



# THE HALLS WERE HAUNTED THIS HALLOWEEN



Photo by Ms. Amy Shonk

The halls were filled with Halloween spirit on Senior Dress-Up Day, Oct. 31.

## Seeking solutions in an unprecedented conflict

### Analyzing the Israel-Palestine Crisis and the call for peaceful neutrality

By Patrick Conway '26  
Slate Columnist

People have always aligned themselves within certain types of groups— it gives a sense of security between people with certain aligned ideas or interests. Many of these hierarchies have been determined by power— ones based on the system and its beneficiaries. Others have been based on possession— ones based on the ownership of wealth.

There is another type of alignment

that many people hold, one that is based on the individual and their values rather than on more measurable factors such as wealth and authority. Social classes divide themselves based entirely on how an individual acts, thinks, and feels. There are plenty of ways people divide themselves



### OPINION

in this case, and can range from physical characteristics such as gender and race, to more subjective ones such as idealisms, professions, and religions.

Social divides are likely some of the biggest divides modern-day. As first-world governments international-ly become more con-

nected and accepted, and as all sorts of economic classes begin to become more interconnected, the West is primarily left with social conflicts as the proponent of divide. We see them on a near day-to-day basis, and with varying levels of severity.

For example, the divide between an Eagles fan and a Giants fan doesn't typically involve violence or death. Racial conflict has varying levels of severity

See Conway, page 7

## Education crisis starts with teacher shortage, pay problems

By Abby Peartree '24  
Associate Editor

The United States currently has a desperate shortage of teachers. With some schools in Texas lowering the minimum requirements for a teacher to teach, it leaves one wondering what lead

the educational system to this point. As it turns out, there are a few answers to this question, including that modern students are performing poorly in comparison to those of years prior which makes the jobs of teachers harder as they have to teach more material than usual, but one reason stands out

amongst the rest: teachers are criminal-ly underpaid.

Teachers are a lifeline to the American economy. Without educators, there wouldn't be anyone to fill those highly important (and highly paid) jobs, such as healthcare work. If teachers ceased to exist, there would be nothing stopping

the world from falling into a total collapse. Without the education system, no one would learn, and thus, nothing new would ever get done. The National average starting teacher salary is \$38,617 per year according to Niche.com. How

See Teachers, page 4

### Homecoming Royalty



Photo by Lifetouch

Jack Tosh and Zoe Edwards were crowned Homecoming King and Queen at this year's homecoming game against Salisbury.

## Unraveling the Threads of Time

### Cranking Out some Crochet Coolness

By Lacey Groover '26  
Staff Writer/Artist

Loop after loop, hook after hook, stitch after stitch. Crochet is a hobby where fabric is made with a single hook and yarn. I started to crochet about a year ago, and I taught myself from YouTube videos.

I believe that crochet should be more of a widespread hobby among people of all ages because it's a great way to allow time to pass, make gifts for yourself and others, and allow you to be productive without burning yourself out.

People are quick to judge when it comes to hobbies that are stereotypically meant for elderly people. A common outlook on hobbies like this is that it takes a hefty amount of time to make a seemingly small amount of progress. Most are surprised that I'm able to crochet and crack jokes about the amount of time I spend doing it, so much so that one of my new nick-



Photo courtesy of Lacey Groover

Crochet pants? Why not!

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# The blossoming of the Nature Preservers

By Haven Moore '24  
Associate Editor

Being a student in high school brings a plethora of new experiences to the table, such as being met with different responsibilities, confronted with fresh opportunities, and in general, becoming more acquainted with the people and environment that surrounds them. While many of these are not for everyone, one aspect students particularly find interest in is the large variety of clubs available to get involved in.

Some decide to join clubs based on their level of skill, perks provided, level of familiarity, to socialize, and so on. Whatever the case may be, so many opportunities lie at the tips of these student's fingers. Recently, a new group has been introduced to Northern Lehigh. They go by the name of "The Nature Preservers".

The initial idea for the club was brought attention to by Victoria Hanna, a current senior. As the innovative individual she is, Victoria was inspired to start up a new group available to students because of the relationship she wanted them to have with their community. She believes this aspect of giving back serves as a special sentiment of bringing both the school and community closer together.

"The best way to do so was by making the community's environment a better place" Victoria states as she expresses the main objective behind a club.

So what exactly does this club idea entail? Well, according to the creator herself, "We do community service projects for the school district and the community. These projects include cleaning up an area, helping an organization, and decorating a location." Leading the Nature Preservers with Victoria to oversee and manage this club and its activities are the official advisors, Mr. Tout and Mr. Sander. To lay out these ideas as well as come up with new ones for the future to pursue, the club holds monthly meetings in Mr. Tout's room to discuss.

The club was approved on August 14 at a school board meeting (so it is quite recent), therefore, more projects are waiting to be tackled. So far the club has had students attend the newly reopened Northern Lehigh pool, where they painted and helped spruce up the area in its renovation stages. As for the future, Victoria mentions that their upcoming project to clean the middle school courtyard is planned to take place in mid-November.

The Nature Preservers Club was created with the idea of getting students more involved with the people who lie outside of the school building. It was intended to make positive impacts and changes in the community through nature-oriented projects. Victoria expresses that what she hopes to achieve is to make the environment look much more presentable for the community as well as for them to see how passionate and hard-working our fellow high school students are as members of the community. The Nature Preservers are here to provide kids with a sense of inclusion in local events and to instill pride in what they can do for the people around them. Perhaps give it some thought... could you see yourself becoming a member? 🐾



Haven Moore, Gabriella and Victoria Hanna help out during the Nature Preservers' pool cleanup.

Photo by Mr. Nick Sander



Mr. Tout, Mr. Sander, and Victoria Hanna paint the pool's chlorine house during the Nature Preservers' overhaul.

Photos courtesy of Mr. Nick Sander

# The hidden costs of teens juggling school and jobs



Riley Seaman and Ceeanna Rivera look through the job-searching kiosk in the main lobby. The kiosk was installed two years ago and is sponsored by Pennsylvania CareerLink of the Lehigh Valley. Photo by Kai Grozier

By Ada Porobenski '27  
Staff Writer

Money. Money. Money. That seems to be what everyone needs most these days, especially teenagers. Between trying to save up for a car, college, clothing, and general everyday wants and needs, teens would like to have some change in their pockets, so they resort to finding a job.

Most get their first job at fifteen years of age, but being that they are teenagers they still have to attend school and get an education. Today, 19.4 percent of teenagers in the U.S. are employed while enrolled at school. But is it really a good idea to begin laboring at such a young age?

The average school day for students in America is six hours a day, which runs Monday through Friday. That rounds out to about thirty hours a week, which to some can be considered a full-

time job. Keep in mind some students do after-school activities and are assigned homework, which adds more hours. Now imagine having a full-time job (equivalent to time spent in school) and adding another one on top of it. That is what teenagers are doing these days, and it doesn't seem to pay off as well as they hope for.

Students who are employed are much more susceptible to mental health issues due to increased amounts of stress and strain put on them between schoolwork and the responsibility of a job. Studies have also reported increased suicide attempts from students who are employed.

With the pressure between all that there is to do in the life of a working teen, they generally experience a higher risk of depression, anxiety, and suicidal thoughts. Students who are working are also seen to have reduced academic performance due to time being taken away

from studying to work, low energy from constant activity, low attention spans from low energy, missed out opportunities to get extra help, etc..

Violence exposure can be more frequent, which can either be inflicted from the students themselves or from their work environment. Sometimes, kids can even be put into situations they are not ready to handle at their age. These are, obviously, extremely dangerous and harmful issues that greatly affect teens.

Due to these "side effects" of teenagers working, there needs to be a maximum number of hours and an age limit to reduce said side effects.

In most states today, such as Pennsylvania, laws state that the maximum number of hours a minor can work a day is eight, with no more than three on a school day. A minimum age of fourteen is also required to be given a job. One student from Northern Lehigh (who wished to stay anonymous) stated that,

"I think work hours for kids should be lowered even more, especially ones that are still in school. Or at least they shouldn't be raised. It can hurt their grades and affect them mentally. It gives kids way too much responsibility that they shouldn't have to deal with at such a young age."

Teenagers working while in school seems to have more of a negative effect than a positive one.

Teens should not be expected to work when they are of age legally, and if they are working, they should not be expected to work long hours or be exceptional at their work.

Teenagers should be focusing on their schoolwork, getting good grades, making friends, and planning their future, not wondering when their next paycheck is or putting their mental well-being at risk from struggling to balance a job and school. 🐾

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# DEFENDING THE STUDENT VOICE

*How expression of opinion through our newspaper can benefit students*

By Susan Gilsbach '24  
Editor in Chief

Throughout my life and the lives of many of my peers, writing has been a great outlet to express thoughts, feelings, and beliefs. Here at our own Northern Lehigh, we have been lucky to have a very free paper, and an administration that supports our journalistic ambitions. In a world where young people are not often heard, the journalistic process has been vital to many students in this generation and generations past.

Not only does it help academically, but it can also help emotionally. I spoke to some of the *Slate's* own editors who offered some input on what journalism has meant to them, and why they've stuck around for this long.

Haven Moore, a senior and one of our associate editors, said that "Journalism has been an outlet for the mess of thoughts conjuring in my head, in expressing myself creatively, learning to be involved in current news, and becoming a better writer overall." Moore continued that "I have also chosen to continue writing for this paper because it just allows writers to express themselves and their interests in pretty much anything. I am just very proud of this paper and would want nothing more than to be a part of something so special."

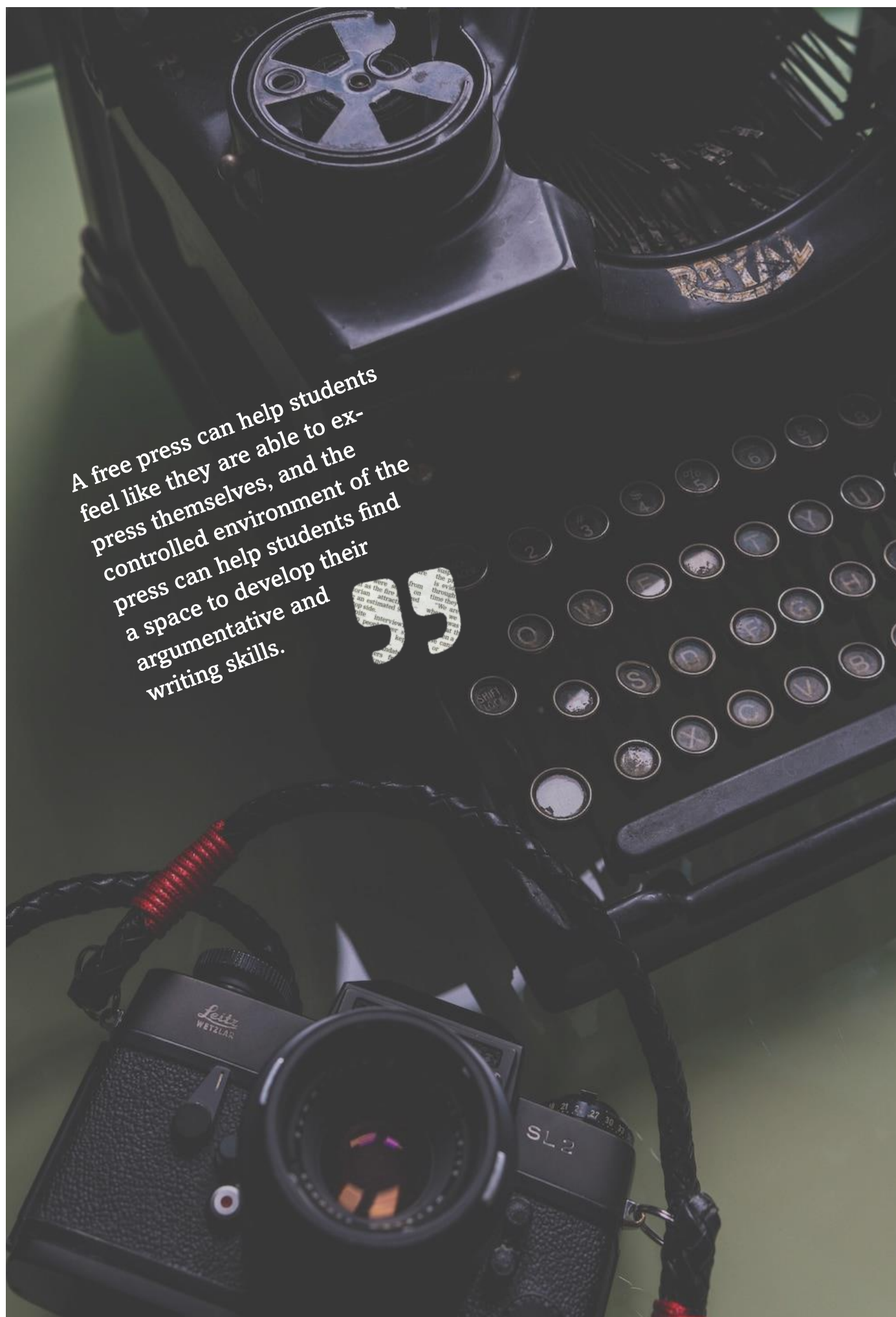
Abigail Peartree, her fellow associate editor, added on to Moore's statements. "I've chosen to stay with *The Slate* for this long because I truly believe it is one of the best school newspapers. Mr. Barnes and *The Slate* team are not afraid of writing about serious topics which I find very nice because I'm not stuck to a list. Overall journalism has helped me as it has allowed me to break boundaries and write about what I think is important."

Continuing on that, Delaney Szwast, sports editor, spoke about how she feels more confident in her opinion after writing for *The Slate*. "As a relatively quiet person, journalism has allowed me to have a voice through writing. Writing for *The Slate* has helped me grow a lot as a person by forcing me to step outside of my comfort zone; for instance, I now have less anxiety over sharing my opinion and reaching out to people that I do not know very well."

A free press can help students feel like they are able to express themselves, and the controlled environment of the press can help students find a space to develop their argumentative and writing skills. This can also express itself academically, with students becoming better writers for their English classes and any other writing-based classes they might take.

Not only this, but writing for a school newspaper can look excellent on a college application, and even give students something to submit for college essays (one of the prompts on the Common Application this year just asks you to submit an original idea or something that you've written in the past). I know that all of these benefits have been true for myself, and I'm sure many of my fellow paper contributors could say the same.

But in today's day and age, it is very rare to have a very free student press. We are lucky to be able to write about almost anything (with administrators



overviewing touchy topics – and we thank them for the input).

In Nebraska, a school's newspaper was shut down due to printing articles on issues like targeting of the LGBTQ+ community.

The paper ceased operation only days after their June 2023 issue (containing these topics) was sent to the printer for publication. The administration informed the students and advisors only after the publication of the issue had been canceled.

According to an article by AP, the paper's editorial for the June issue was in opposition to Florida's "Don't Say Gay" law. There was no official reason given for the closure of the paper. How-

ever, in an email from a school employee canceling the printing services, it was said that "...[T]he school board and superintendent are unhappy with the last issue's editorial content." The students of this district felt free to express their opinion, and now their opinions have been shut down. In the article by AP, Sara Rips, an attorney for the Nebraska chapter of the American Civil Liberties Union (ACLU), said that the closure "...sounds like a ham-fisted attempt to censor students and discriminate based on disagreement with perspectives and articles that were featured in the student newspaper."

So, when will schools realize these benefits? When will student newspapers

be allowed the freedom to speak their truth without fear? We may never have a completely free student press, but students should be allowed to express themselves and their opinions without fear of getting their paper shut down. The paper should be a safe space for students to express themselves. Students left unable to express themselves are at a disadvantage, and schools should work to ensure that every student has access to a form of self-expression like the paper.

It serves as a creative outlet for many students who feel unable to speak their mind, and helps develop skills that will last a lifetime. Students need access to free press. 🐾

## The urgent call to recognize America's teachers

Teachers, from page 1

can this be? We as a nation let our teachers get less money starting, on average, than plumbers. You read that correctly... plumbers. According to Payscale.com, nationally, plumbers make \$49,000 on average in an entry position with no previous training or experience. Someone who decides to be a plumber who has no training or education is getting paid \$11,000 more than someone who is teaching the young minds that will later become our doctors and lawyers.

Whilst there is absolutely no problem with being a plumber, and it is a very respectable profession, it is a profession that does not require a lot of training. To become a teacher, one has to go through a lot of training that costs a lot of money. This statistic makes it seem as though our society is actively trying to get people not to become teachers despite the fact that there is a severe shortage of them.

Educators have to deal with not only a low pay rate, but also a job that consists of much more than meets the eye. Teachers do far more than simply educate. They lead students who need guidance. They provide stabilization in times of need, and they ensure that every one of their pupils can perform to the best of their ability.

Alongside all of these other things, they also make sure to try to come to school every day and act with kindness. Sometimes this kindness is present even though they are dealing with many stressors themselves.

Teachers do not have the privilege of being adults who work with other adults, nor do they have a private or individualized career. They oftentimes have to hide the fact that they are under stress in order to provide their students with the best education.

Educators are oftentimes the only care and support some students receive. Their duties extend far beyond their classroom as they have to ensure that

students are being taken care of at home. Educators are mandated reporters. If they witness a student being put into a dangerous situation at home or otherwise, it is up to them to make the call to child protective services. Should we let the people who make sure our nation's children are in safe hands be paid such measly compensation?

Teachers go into their jobs knowing that they will not make money. This may prompt you to think, 'Oh, well, if they know that, then why do they still go into such a profession?', but it's not that simple. If all teachers considered money as a large factor in their career choice, we would be without educators. If there weren't people in the world who were willing to sacrifice economic security for the sake of educating young minds, there would be no educating of young minds at all. People often think that by becoming a teacher, one is content with the low pay, like nuns, they are expected to take this 'poverty' upon themselves graciously. This simply shouldn't be the

case. Teachers wish they made more, especially in our current economic climate, and they deserve to make more.

Inflation is ever present in our economy, and those who were okay with being underpaid before are now realizing that they deserve better. Teachers are our most valuable asset. They educate our future. They create our doctors and lawyers, and they receive no thanks in return. But it is not only pay that can help.

To ensure our teachers know how much they are worth to us as a society, we need to thank them ourselves. As a society we do not acknowledge education enough. We deprive educators of financial security even though they are the backbone of our nation. Teacher Appreciation Week is a scheduled event, but we should thank them every day. For, without teachers, we would be nothing; You wouldn't be reading this, and I wouldn't have written it. So, next time you see a teacher, thank them. It may be the only thanks they get. 🐾

# A journey from skepticism to sweaters

Crochet, from page 1

names became "Grandma Lacey."

Many people often tell me that they don't have enough patience to crochet, but I believe that anyone with the right motivation and mindset can crochet. I don't believe that patience is a required skill to have in order to crochet, especially because I don't have much patience myself. For me, crochet is about goal setting.

If I sit down and tell myself that I will finish a certain amount of whatever I'm working on by the time I need to do something else, it will drive me to finish the section and, in turn, complete the project in increments. Repeat that process for a few sit-downs, and voila!

A brand new project is done. Looking at a project as big as a sweater or a blanket as a whole is quite overwhelming, especially as a beginner. I recommend beginning with smaller projects and working up to larger ones while remembering the goal-setting mindset.

As an ambitious beginner, I disregarded my own advice; one of my first projects was a patchwork sweater that took me the entire summer to make.

I used a single crochet stitch (the smallest stitch to use) for 70 squares, each being 15 stitches by 16 stitches, which sums up to 240 stitches in each square. Without counting the stitches used to give the sweater its shape and attaching the squares together, that's 16,800 stitches in just the squares.

It was a lot, but I tackled it one square at a time, and set short-term goals for myself in order to complete it. I was also able to create a shirt within the short span of a week, and a small, pink dinosaur plushie for my sister in under an hour.

Many crochet projects vary in the time they take to create and it all depends on what the project is, what stitches you're using, and your skill level.

I've made many headscarves in my

crochet career because bandanas are not allowed in school, but I need something to hold my hair back. Making multiple headscarves and getting accustomed to doing the pattern quickly is different from starting a sweater for the first time. Both are going to take up drastically different amounts of time.

With the vastness of the internet, anyone is able to find any pattern to make pretty much anything you can think of. Hats, headscarves, sweaters, gloves, room decor, curtains, picture tapestries, plushies, you name it. Some take up more time than others, and that's the lovely thing about it. Within crochet, everyone can find their niche



Photos courtesy of Lacey Groover

and what works for them. I personally don't enjoy making stuffed animals as much as I do clothing items, but I've seen others who specialize in making just stuffed animals.

The diversity of what one can do with crochet allows it to be versatile among people. I encourage people to try to learn crochet next time they're bored or looking for a new hobby to pick up. Crochet can really be for anyone who has the right mindset about it. 🐾

Wear what you make! Stitches + time create hand-made items.

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EDITORIAL

## Stage & Sound Ain't Noise Pollution

### *Theatre and Marching Band's Vital Role in Academia*

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In the fast-paced world of our beloved academia where STEM subjects (Science, Technology, Engineering, Math) often steal the limelight, it is crucial to remember and celebrate the indispensable role of the arts, particularly in the form of marching band and theatre.

Often overlooked and, especially in band numbers, increasingly diminished in participation, there has never been a more important time to showcase musical ability and performance creativity.

Marching band, often overshadowed by other musical disciplines, deserves a spotlight of its own. There was a time when its entire student population covered the Fri-

day night field from endzone to endzone. Now, we seem lucky to fit within the 10-yard flags.

The band is not merely a collection of musicians in matching uniforms; it is a testament to the power of teamwork and dedication. Members learn to synchronize their movements, adapt to rapid changes, and develop the resilience to perform under pressure. These skills extend far beyond the football field; they prepare students for the real world, where collaboration and adaptability are keys to success.

Our small but mighty Bulldog Band, led by longtime conductor/teacher/mentor Mr. David Carroll, consistently wins awards in compe-

titions. Imagine the possibilities if they jump to double, triple the size.

Join them. Grab a piece of that camaraderie.

Theatre, similarly to marching band, is a realm where creativity and self-expression find their fullest form. Whether it's acting, directing, or working behind the scenes on crew, the student stage provides a space to explore their emotions, build confidence, and learn the art of storytelling. The ability to convey a message effectively and engage with an audience is a skill that transcends the stage.

Theatre also fosters empathy, as actors often have to inhabit characters with perspectives vastly differ-

ent from their own. This exposure to diverse experiences promotes open-mindedness and a deeper understanding of the human condition. In an increasingly polarized world, the stage experience serves as a powerful platform for championing compassion, tolerance, and unity.

Both programs try to recruit more and more members and theatre's numbers have been on the rise. Where is the same desire for the marching band?

It is essential for communities and educational institutions to recognize the intrinsic value of the arts, but without the people – there is colorless silence. 🐾



“Door Dash” at Plymouth Rock.



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## Beyond the Battle: Navigating the Perils of Religious Conflict

Conway, from page 1

across the globe, with some situations being very mild and others involving murders and genocides.

Though there isn't one single conflict that is objectively worse than the rest, it is safe to say one that has stayed quite consistent in severity in religious conflict. As new religions have been founded and popularized, dissenters from these religions have come to form sects and completely different religions have come to fight against them—whether it be philosophically or literally.

It is in part due to the totality of religion— a god is an all-powerful being.

lem of civil war in the Middle East. Two of the most prominent ones are Israel and Palestine— two neighboring countries in the Levant considered to be mortal enemies. Though neither have robust economies, nor the opportunities to grow them, their recognition as sovereign states have lived long enough to be considered relatively stable political states.

It is not as though they have been entirely unaffected by religious violence— both have had a long history of repressing minority religions. The issue has escalated dramatically, as the two countries have moved to engage each other, rather than just fight religious

Even more have been wounded and captured. Those unfortunate enough to have been captured have been subject to torture, and afterwards are murdered on livestreams to create fear in the opposition.

It's unfortunate such a subject can create so much divide— we've seen protest by people of both sides, that is, pro-Israel right wingers and pro-Palestine left-wingers. We have, yet again, turned a dark, vile situation into a culture war— in a similar fashion to the ongoing situation in Ukraine. As millions suffer outside of our view, we divide ourselves into different positions by hanging flags, plastering flags onto our bios and pro-

times.

This article's different— there's no encouragement of taking part in any of this. Not the war, not the social media posts, not the rallies and protests— **nothing**. This article, unlike my others, is trying to advise you of the benefits of avoidance, rather than activity. There is nothing beneficial to picking a side in this— it only heightens the tension and causes more problems within your country and others. Staying informed is one thing, but creating a divide simply to feel a part of something is simply mockery. If you saw your hometown in flames with half the people massacred, would you want to be constantly re-



Art by Lacey Groover

It cannot be defied without punishment. A true believer is expected to take arms for their god or gods in many religions, for fear of punishment or otherwise. It explains the theocratic nature of countless states throughout the years.

There has been a resurgence of theological thinking lately, and with it the advocacy of theocracy— that is, religious government. We see it throughout the world, but especially in the Middle East. The Middle East was at one point an incredibly prosperous area, and created some of the most influential religions and intellectual systems in history. In recent times, the area has fallen to rampant civil wars and turmoil caused by religious extremism— if not destroyed already, the nation states of the Middle East have had their institutions crippled.

There are a few outliers to the prob-

minorities domestically. This war in the Middle East started when Palestine— a country with institutionalized Islamic law— launched assaults and rocket barrages on Israel— a republic led by devout members of the Jewish faith. In response, Israel has begun tactical strikes, bombing campaigns, and full-blown invasions into Palestinian territory.

The conflict between the two has escalated into full-blown war, with terrible atrocities committed by both sides. Thousands of people— both soldier and citizen— have been murdered in terrible fashions. Citizens, in particular, have taken the brunt of the damage from the war, and have witnessed the torture and murder of many of their countrymen. An estimation of twelve thousand people have been killed as of writing, and this number grows every single day.

file pictures online, and making posts in “solidarity” of whatever group of people we choose to follow. We never consider how much this really hurts the problem.

Political violence, within the last few months, has certainly made a thunderous resurgence. As the conflict abroad grows, so too does the domestic one. Protests and their counter-protests— ones that involve hundreds of people— evolve into screaming matches and end in violent acts against “the other side”. Many are hurt as a result. It is not only here in our country, but across the entire world. A militaristic conflict has, once again, turned into a case of “pick-a-side”, disregarding the severity of the atrocities that are occurring in Israel right now. We forget that this is ongoing— since we haven't been exposed to war, we don't understand how this is real and happening *within our life-*

minded of it when looking on Instagram?

It is one thing to be informed, but it is another to “show solidarity” with action. You must understand that these conflicts pertain to real people, real atrocities. Picking one side and opposing the other is effectively encouraging the perpetration of more crimes against innocent people— as protest of either side grows, so too does the scope of the war.

The violence caused by this war and its protests will not stop, but removing yourself from both will help reduce its severity and ensure less people get hurt. *Remain neutral*. Understand both sides and their ongoing domestic struggles. Discuss civilly with your peers, but don't be “pro-Israel” or “pro-Palestine”— instead, be “pro-peace”. 🐾



## Disagree with us!

TO OUR VALUED READERS INSIDE THE SCHOOLS AND OUT IN THE COMMUNITY: THE SLATE PUBLISHES A BUNCH OF TOPICS – SOME TOUCHY ONES THAT ARE NOT THE NORM FOR A STUDENT PUBLICATION. IF YOU HAVE A DIFFERENT VIEW, SHARE IT! WE WELCOME DIFFERENT PERSPECTIVES.



Letters should not exceed 200 words and may be sent to: [theslatenews@nlsd.org](mailto:theslatenews@nlsd.org)

## ¿Pero por qué? Aber warum?

*The benefits of taking a foreign language course in high school*

By Andi Szwast '27  
Staff Writer

High school students are notorious for complaining about required classes simply because they are a requirement, and foreign language classes are no exception.

At Northern Lehigh, four levels of physical Spanish courses are offered (including Spanish I, Spanish II, Honors Spanish III, and AP Spanish IV), as well as online French and German courses taught through Bulldog Academy.

College-bound Bulldogs are required to take either two foreign language classes or two arts and humanities courses in order to increase the number of colleges they will meet the criteria of.

Most colleges require two years of foreign language education, although some will only recommend it. Ivy League colleges often look for three to four years of foreign language experience. In general, college admissions committees prefer a few years of foreign language experience over none.

But aside from expanding students' college options, how is studying a foreign language actually beneficial to students' education? According to research done by the NEA, there are many positive effects of taking foreign language

classes. For college-bound students, foreign language study supports higher grades and rates of graduation.

A 2001 study mentioned within this research and conducted by Laura Horn and Lawrence Kojaku revealed that college students who had taken three years of foreign language classes in high school were less likely to drop out of college and more likely to achieve higher grades in college classes.

Taking foreign language classes also amplifies the career opportunities students may have after high school and college. Christine Uber Grosse's 2004 survey of American Graduate School of International Management alumni uncovered many advantages of high school and college foreign language classes.

Most alumni shared that, as an important aspect of hiring decisions, having adequate knowledge of a foreign language helped them to feel more fulfilled, be more mentally disciplined, and have more awareness and respect for foreign cultures.

Finally, knowing a second language may even help to prevent mental decline acquired through the process of aging, according to a 2004 study led by Ellen Bialystok. This study revealed that bilingual people were less likely to have impaired cognitive function throughout



adulthood and later years than monolingual people. Despite the hassle they may seem to be to many high school students, foreign language classes build valuable life skills that can improve grades in college, enhance career opportunities, and prevent deteriorating cognitive abilities.

Additionally, being able to communicate in multiple languages enriches the connections within life and builds deep, long-lasting relationships that will forever have an impact on the cultural appreciation of today's modern youth. 🌟

## A potential breakthrough or Pandora's Box?

*The Unseen Risks and Ethical Dilemmas Ahead in Bioengineering*

As some of you know, bioengineering has been in the works of major development ever since the 1970s. If you are unsure as to what bioengineering is, it can be referred to as "a discipline that applies engineering principles of design and analysis to biological systems and biomedical technologies," according to the UC Berkeley Department of Bioengineering.

From the very beginning of its development, bioengineering has been a major breakthrough for all of society. From new and improved versions of crops to even being able to change the appearance of an unborn child, scientists are slowly upgrading each and every feat that bioengineering can grant us with.

These achievements all seem very great, and they truly are with how far humanity has come, but this doesn't mean that bioengineering is going to solve the many problems that we have in this day and age, or the ones we may have in the future.

What I mean to say is that this is something that could be the biggest breakthrough we have had so far in this



century, but it can still have faults and even be used for the worse of things rather than the greater.

While, yes, changing your child to how you want them to look is a very unique thing on its own, it can be very concerning. As far as we know, biologically changing a human baby's body could cause very bad problems, even if it's something as minor as a shift in hair color.

Thing is most of these 'perks' would be offered to privileged rich people for a long time before even coming out to the public. Not even being able to be used by society until its popularity dies down and people move on to the next big thing that the government has to offer 'us'.

Bioengineering can also be used for many illegal and horrible acts. Animals are also prone to having their DNA exchanged for a 'better' sample, and this could be taken advantage of by people with intentions to purely fuel their own wants. Such examples include dog fighting, creation of unauthorized or dangerous species, personal animal weapons, and experimenting on animals



such as cats, dogs, birds, lizards, and more creatures of nature.

Something as powerful as bioengineering could be easily exploited, regardless of how useful it is to get rid of disease, increase immunity and lifespans, improve crops and harmless pesticides, and more.

And this may not seem like a concern to you, but it eventually will be, once it affects your life and loved ones in such drastic ways that could be potentially more harmful than expected.

This is why I think scientists should be much more careful of this infor-

mation, and not randomly give out to people just because they have enough money to buy it. There are people out there who are capable of figuring out how to do these things, and once they sell it out to the public? Who knows what might happen regardless of the government's intervention in it.

The future movement of bioengineering is what we want, but is it exactly what we need? 🌟

*Kristiana Callaby, a sixth-grader at Slatington Elementary School, is a writer for The Slate.*

## Navigating job searches: Advice from LV CareerLink

By Savannah Hall '26  
Staff Writer

Teen jobs — are they going to help? What do you need to get a job? I asked Lawrence Jackman from Pennsylvania Careerlink Lehigh Valley for some guidance to some questions.

**Should teens begin the job search before or after seeking out a work permit?**

Answer: "[T]eenagers should initiate their job search well in advance of receiving their work permits. Once they obtain the requisite authorization, they can explore potential job openings through their high school career advisors, local public libraries, or various community organizations, including a visit to their nearby CareerLink office."

**Question: Is it good for teenagers to go through a job search? How can they effectively manage a job, as well as go through school, school activities, and their social life?**

Answer: "It is paramount that a clear distinction exists between after-school employment and a student's primary commitment to their education. Employment should not infringe upon their study time in any manner. To foster a harmonious balance, one may consider the following advice, in alignment with recommendations provided by bigfuture.collegeboard.org:

1. Engage in an open discussion with family members about your schedule, thus ensuring a network of support.
2. Begin with a modest work commitment, avoiding an immediate over-extension of hours.
3. Prevent time conflicts by meticulously planning both school and work schedules well in advance.
4. Utilize your time efficiently, such as allocating downtime during work hours, with the consent of your employer, to engage in academic endeavors."

**Question: Do you happen to know the age requirements for job opportunities near us?**

Answer: "In general, the retail and restaurant industries offer the most prevalent opportunities for teenagers, with an average age requirement of 16 years old."

After asking him those questions, I did some research on Indeed for jobs that hire at different ages.

- 14 and up: Rita's Ice.
- 15 and up: Weis.
- 16 and up: CVS, McDonalds, Burger King, Wendy's, Dunkin Donuts, Domino's.

I also went out and found some websites you can use to look for jobs yourself. U.S. News job search site, Indeed, LinkedIn, and ZipRecruiter.

Teens may wonder what to do once they've found a job that suits them. Well, once they find a workplace, they should either apply online or call them. If they were going about calling them, ask them how to apply. Some will ask that the future employee put an application at the workplace.

Others will ask to do it online. Once

the application goes through and the employers see that they will be a good fit for the job, they will either call or email their future employee to schedule an interview. On the day of the interview, they would make sure they have a couple of questions to ask, to get more information on the job and the job requirements. While they are in the interview, they should inform the employer if they are doing sports or other activities. The employers usually will work the schedule around it.

If not, then it might not be a job for them. But if the interview goes well then ask the guidance counselor to get a work permit. After they obtain a working permit, they would hand it to the boss or manager.

Have the employer make a copy of it because the teen should always keep the original. After that, always double-check the dress code and any other rules with the boss. These tips are great to remember, no matter if it's your first job or your fiftieth. 🌟



# History Made

*Boys soccer team earns first-ever playoff win*



**By Delaney Szwaast '24**  
Sports Editor

The 2023 season proved to be very eventful for the boys and girls soccer teams, with several outstanding performances. Both teams concluded their seasons with historical firsts for Northern Lehigh.

The boys soccer team was led by seniors Jackson Hunsicker and James Stock as well as a trio of juniors: Logan Berfield, Matt McCarty, and Michael Wilk. Head Coach John Murray referred to these five players as “the backbone of the team.” Sophomores Chayce LoPinto, Ethan Moore, and Zaid Salih provided “a strong supporting cast” as well. Berfield and Moore were the team’s leading scorers this season, while Hunsicker and McCarty lead the defense.

“Our roster consists of 13 players, which means that most of the boys will play the entire game,” Coach Murray explained. “In the early part of our season, our small squad would show up at games where the opposing team would

have 18-25 players and be overwhelmed by the opponents large roster. Seeing this, I told the players that ‘the game is won with the 11 players on the field and what matters is having the RIGHT 11 players,’ which has propelled us to [7] wins and a tie.” He noted that the boys deserved all of the credit for this for the hard work they put in at practice.

The team entered the season with a few goals in mind, hoping to continue where they left off last season. “At the beginning of this season, this team set out to improve on the achievements of last year, in which we won more games in one year than the previous total of the past 4 seasons and to again return to the District Playoffs,” Coach Murray said. “This year, we built on our achievements and won twice as many games as the previous year, and we won more Colonial Conference games than we did in the last 4 years.”

In addition to this, the team returned to the District XI playoffs this season. Last year, the team was invited to the playoffs as the sixth (and final)

seed, and this year, they entered the playoffs as the fourth seed. This was a significant accomplishment for the group; they were once again one of the six teams that continued on to the District playoffs, but this time, they were ranked fourth out of the eleven 1A schools. The team went on to win the first District playoff game, allowing them to advance to the semi-finals. This marked the first ever District playoff win in NL boys soccer history.

Junior Logan Berfield reflected on the season: “I felt like the season was the best season NL has ever seen,” he said. “Yes, we didn’t get the most wins, but we made history with the district playoff win. Now, I don’t know what the past NL teams were like, but I do know that if we were able to go back in time, we could beat every single past team.”

Berfield was happy with how the season went and was very proud of this year’s team, noting that “everyone came together as a team.”

“We believed in each other, trusted each other, and never backed down,

even to the bigger teams,” he said. He believes that the team will continue to improve and expects another good season next year.

“Personally, I am looking forward to seeing each other again on the field and working together [next season],” he said. “I’m going to miss my seniors Jackson and Jimmy, but I do believe we are going to be able to go even further next year. Everyone will be faster, stronger, and have more soccer IQ.”

**The girls soccer team also had a** very impressive season this year, recording several new school records.

“We had a great season this year,” Head Coach Jason Reinhard said. “We had 13 wins, which set a regular season school record for our program despite the fact that we were without nine players at one point or another due to injury.”

Junior Katelynn Barthold set the all-time scoring record for goals, assists, and overall points for the girls soccer

See Soccer, page 12



This year’s soccer team took its season further than any other group in the high school’s existence.

# FRIDAY NIGHT LIGHTS AREN'T JUST FOR FOOTBALL

## *A Cheerleader's Journey of Dedication and Determination*

By Morgan Smith '27  
Staff Writer

When I was in 7th grade, I saw a flier hanging on the wall in the cafeteria of the middle school. It said that open gyms were every other Friday at six in the elementary school gym. Open gyms are basically cheer practices that occur before the start of the season, and the purpose is to allow new cheerleaders to get a feel for what it's like and try to get better.

I decided I was going to go, but only if my friend went with me. We walked into the elementary school, ready to take on cheerleading. I learned the dances faster than I thought I would, and I knew that I was made to be there. At the end of May were tryouts - three days of learning new skills and then showing them to the judges/coaches that will decide if we were going to be on the team. On the third day of tryouts, we were going to perform. Waiting in the hallway for my turn to try out was like a nightmare.

There were three to four groups cramped in a tiny hallway, all of them practicing. But when it was my group's turn to go in, all of my nerves suddenly went away. I felt like I was made to be there. All the moves flowed together like I'd done it a million times.

The next morning, I got a message from my coach. She told me that I had made Junior Varsity. I was so ecstatic that I had finally achieved my goal and I was going to be a girl cheering on the sidelines. I finished my 7th grade year, and summer conditioning was right around the corner. Once it started, I realized that it wasn't as easy as I had thought. I didn't just cheer - I also played field hockey. It was my first time playing two sports at once, and I didn't really know how to budget my time well. With this schedule, I would miss half of a week of cheering practice for field hockey, and would miss learning the cheers.

So when it was time for the football game I was lost and the moves no longer flowed like they did once before. By the middle of the season, I started realizing how lost I was at cheerleading, and it started to frustrate me. I made it a goal to focus more on hockey and less on cheer. I found myself lost in cheer, dreading every practice. Once the season ended, I questioned whether or not I wanted to come back next season. After a lot of convincing from myself, I decided to give cheer another shot.

The first two days of tryouts I gave it my all. I went in the front row when we



Photo by Daisy Richards

Kyndra Dougherty, Alexa O'Connell, and Morgan Smith play as important a role under the lights as athletes on the field.

were stretching and learning moves to the cheers. I went home and practiced for hours. The third day, I was assigned my group, which only had three people, and we went into the tiny hallway again before going in.

We had to perform our jump, a quarter cheer (which is just a slightly longer cheer than the rest of them), and a dance with music. The room was silent and awkward, with only my group and a handful of judges sitting about ten feet away from us at a table.

With the judges' permission, I called out the cheer. With a big smile on my face, I yelled the words as loud as I could. I was as sharp as humanly possible and made sure that there were no mistakes. The cheer could not have gone any better, but we still had to do the dance. I had practiced the dance many times in the days before, and I knew I could nail it. The music came on, and I knew I was nailing it. Then, I felt my

body go still as I froze in front of the judges. My mind totally blanked. I felt like I blew my only shot at making varsity was blown by a silly brain block. A week later, we got the results. Under my name, it said "still evaluating." This news was difficult to process. On one hand, it was good news because I still had time to prove that I deserved to be on varsity. But on the other hand, it was bad news because I didn't make varsity; therefore, I could not make a single mistake without jeopardizing my chance at varsity.

Over the four weeks of summer conditioning, I was working as hard as I could to prove myself. Throughout the summer, rumors circulated about when I would find out what team I made. I didn't get my hopes up just in case people were wrong. On July 12, my birthday, I woke up and went to practice. After practice, I got a text message from my coach saying that she would be mov-

ing me to the varsity squad! That text was my birthday wish. Almost instantly, I texted my group of friends. Our friendship had formed through cheer, and we were so excited to develop it. Between messages, I found out that all four of us had made varsity.

I was so excited to once again be cheering with my favorite people. A week later, real practices started. We had about two weeks to get ready for the first game, and I was nervous. When that first game came, I went out under the stadium lights.

At this moment, I knew that I was where I was meant to be. From that point on, every Friday night became a highlight and a memory. I created so many friendships and built a family within cheer. I got to spend many hours putting blood, sweat, and tears into stunting, learning routines, and working with my favorite people ever! 🐾



## Fall sports Awards Night honors standouts



Boys soccer: Logan Berfield and Michael Wilk



Girls soccer: Gabby Hanna and Katelynn Barthold



Football: Jack Tosh, Sam Frame Jr., Brody Dye, Chris Frame



Cross Country: Emma Heil

# Lions Club

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## Bulldogs look to rebuild next season

By Fiona Jones '27  
Staff Writer

The Bulldogs definitely had their ups and downs on the gridiron this year. One goal constant for the team throughout the season was growth. For example, they demonstrated growth as they moved positions around: the Dawgs moved Cyrus Kinchen and Noah Herring to guards. They moved Landon Moll and Brody Dye from guards to tackles.

The Bulldogs had a great couple of games, including the homecoming game where the Dawgs beat Salisbury 45-13. Fans rallied together for the game post-parade, and the boys put on a show. Chris Frame picked off his area-leading fifth pass in the homecoming game and took it for a touch down.

He then took a wide receiver screen 68 yards. Senior Jack Tosh ran in a touchdown, and senior Chase Moffitt kicked the extra point. Freshman Chris Frame received a 68-yard pass from Garrett Smoyer, and senior Chase Moffitt kicked an extra point. Another game highlight includes Chase Moffitt kicked a 25-yard field goal. The Bulldogs had 18 first downs, and they had 44-196 rushing yards. During the game, Jack Tosh was crowned homecoming king, and senior cheerleader Zoe Edwards was crowned homecoming queen. The homecoming weekend started out with a bunch of school spirit.

Although the next few games were not ideal, there are several positives that came from this season. Underclassmen showed much strength and stamina this season and received a lot of playing time. This should help the program in years to come to gain varsity experience and knowledge. Sophomore Grady Newhard rushed for over 100 yards. Newhard ended the season rushing 811 yards, and he scored six touchdowns in three games in the second half of the season. As of 11/2 and the end of regular season, he had the sixth best total rushing yards in the Colonial League. Freshman Chris Frame was tied for second in the Colonial League regular season for number of interceptions, which was five. Senior Jack Tosh rushed for 548 yards and scored six touchdowns. The Bulldogs finished with a record of 3-7.

"As a team, we were disappointed with how our season ended "We had two winnable games in Tamaqua and Jim Thorpe, and unfortunately, we weren't able to win those games. However, we understand that we play a very tough schedule and that schedule prepares us for playoffs."

Unfortunately, the Bulldogs missed the playoffs this season. "I strongly feel like we would have had an opportunity to win a district title had we gotten in. The teams that qualified ahead of us had significantly easier schedules than we did," Coach Tout explained.

With the exception of the seniors, the members of the team will have a chance to make it to the playoffs again next year. "We do lose a good group of seniors that played in three district championship games, won two district titles, played in two state quarterfinals, and one eastern final. So, they've been part of a remarkable run." Coach Tout said. "Our seniors include: Jack Tosh, Owen Mikulski, Bailey Smith, Jackson Van Norman, Zach Lehman, Sam Frame Jr., Brody Dye, Conner Martinez, and Chase Moffitt."

Senior Bailey Smith said, "My mindset at the end of the season was just to have fun. As the season was coming to an end, I knew that we needed to pick it up. There were some games that should've had a different outcome, but [they] didn't and that's ok. With it being my last game ever on that field with my brothers, I wanted everyone to enjoy the last game win or lose. I feel like we got that emotion, just having fun, playing like a team, like brothers and that's what was important for me. We may never come together like that again, so that was really important for me to have that game played like that. I will miss them, but I will forever hold the memories that we have made over that season."

Coach Tout remains optimistic about next season. "We are very excited for next year and already planning on ways to improve our program. Although we lose nine seniors, we do have several starters returning and multiple players who have varsity experience. We are very excited for the next three years and feel like next year will be a bit of a revenge tour with our schedule." 🍀



By Delaney Szwast, Sports Editor

## Cheer

"This season will probably be one of my favorites for a long time. This team was very determined to put in the time, effort, and research to push themselves harder than previous seasons."

A turning point for them was UCA Camp, which was held in July. The instructors taught them dances and cheers to use throughout the season. Each cheerleader gained credentialing in stunt safety and progressing their skills. A few of the girls

were given the opportunity to take a leadership training, where they learned how to set goals and communicate effectively with their team. The last day of camp, the cheerleaders had the opportunity to try-out for All-American. They are scored on their ability to perform a cheer and dance, as well as their attitude and leadership throughout the camp. 12 out of the 28 girls who attended camp achieved this title. When chosen for All-American, it gives them the opportunity to showcase their skills at a variety of events, such as the Thanksgiving Day Parade in Philadelphia, Pearl Harbor Memorial Day Parade in Waikiki, Hawaii and the New Year's Day Parade in London, England. Three seniors, Zoe Edwards, Daisy Richards, and Cadence Whalen, will be representing our small community by participating in the Pearl Harbor Memorial Day Parade this December.

The seniors mentioned above were also co-captains for the fall season. I am so proud of their work ethic and commitment to their team. Some of our goals were to update band dances and increase our skills with stunting. We definitely achieved these goals, with the help of these 3 leaders.

This year we are introducing a Competitive Spirit squad. Our first competition was held on Nov 2 at Wilson HS. Although we didn't get the results we were hoping, it gave us the experience we needed. We are looking forward to and working hard on increasing our skills for



our next competition, which will be the first weekend in January for the District 11 Competitive Spirit Competition. This event is held at Easton HS and if we do well, it would give us the opportunity to perform at the state level at the end of January.

I am proud of all of the cheerleaders within Northern Lehigh and wish them positive and successful experiences throughout the rest of the school year!"  
—Head Coach Michele Richards

## Field Hockey

"The season could have gone better, but I am proud of the progress made this season. The program will not be changed overnight and will require a lot of effort from both coaches and players. This season, there was a lot of effort put in during preseason, and that definitely helped. Next year, we will work more on refining our skills and communication. We had a few key players this year, offensive and defensive.

Offensively, we had Ariana Williams, who was our leading goal scorer, with 4 goals. She worked well no matter where we put her and adjusted as needed. Another key player for us this year was Addison Cieri. She was our forward, but really excelled when we moved her back to defense. She added a strong layer of support on the defensive line. Before Addison was moved from offense, she scored 3 goals for us. Another key player is Delaney Szwast. She was not just offensive or defensive, she went wherever was needed and excelled in every position. She ended her season with 3 goals. This year, the overall team dynamic has been different, in a positive way. The teamwork and dedication these ladies have shown this year is awesome. They were able to connect as a team. Our most memorable moment this year was getting our first win over Palisades. With hard work and dedication, I am certain we can rebuild our Field Hockey Program."

— Head Coach Cassandra Beller



## Senior Chase Moffitt breaks an 18-year drought

By Delaney Szwast '24  
Sports Editor

On September 29th, senior Chase Moffitt kicked a 25-yard field goal against Salisbury. This is believed to be the first field goal made by Northern Lehigh since Aaron Mill's 32-yard field goal against Lakeland in 2003, and it was the first field goal made in the eighteen years that Head Coach Joe Tout has been in charge of the football program.



"The last [field goal] we attempted was in 2010, and we missed it," Coach Tout said. "Our last made field goal was either in 2004 or 2003. I know we made a field goal in the Eastern Final against Lakeland in 2003. The kicker was Aaron Mill."

Coach Tout noted that field goals do not occur as often in high school football as they do at the

collegiate level or in the NFL. "Oftentimes, we don't have a soccer style kicker and that has an impact on attempting field goals as well," he explained. "Risk/Reward also plays into it. If we find ourselves in the red zone, we will oftentimes prefer to go for it on a fourth down. We would rather have the 7 points and not 3."

At the end of a low-scoring first half, Coach Tout decided to take the risk because he felt that "points were at a premium." The team did not have time to run another play, and Moffitt had

demonstrated his ability to kick up to about 35-40 yards at practice. With all of those factors taken into consideration, the Bulldogs went for the field goal, giving Moffitt the opportunity to score. His successful kick helped the Bulldogs secure a 45-13 victory over Salisbury.

"Being given the opportunity to kick the field goal was an exciting moment," Moffitt said. "[In] those situations, you can't really afford to be nervous as I learned the year prior. In the end, I was just happy that I could score and contribute to the win." 🍀

## Girls set new records, achieve historic season success

Soccer, from page 9

program. She also broke the school's all time goal and points record this season.

"The previous record was 72 goals by Jill [Olewine], who told me this past track season I was going to beat it without a doubt. Coming into my junior season, I had 41 goals overall and needed 31 to get the record," Barthold explained. She scored a total of thirty-nine goals this season.

"The goal where I beat the record was during our game at Catasauqua when I scored 4 goals. Once I scored my fourth goal that game their announcer announced my accomplishment over the speaker and their coaches gave me the

game ball I scored the goal with," she said. "Then the next day at practice, I had everyone on the team sign the ball because they are the reason I accomplished this goal in the first place. I couldn't have done it without them and the girls who helped me that graduated already. I really owe it to them and I wouldn't haven't wanted to reach this accomplishment with any other girls."

Several other individual players had outstanding performances this season. According to Coach Reinhard, junior goalkeeper Dekota Barthold has more wins and shutouts than any goalkeeper in school history. In addition to this, Katelynn Barthold, Victoria Hanna, Nicole Zarayko, and Mikayla Gordon all

moved into the top five for points in the history of the girls soccer program. They contributed to the total of 94 goals scored by the team this season, which was a new team record for goals scored in a season.

"I feel the season overall was very good despite injuries," Katelynn Barthold said. "The team had the most wins in history in a regular season. Everyone also improved. The team as a whole was very close and bonded to each other. It always felt [like] you could share [anything] with anyone, which was a nice feeling."

Coach Reinhard is very proud of the team's efforts this season. "The team never stopped fighting and gave every-

thing they had every night," he said. "It was a great ride with a great group of young ladies."

Senior Arabella Heintzelman, who joined the team mid-way through the season, is also proud of the team. "I think overall we had a great season, even though I came half way through. These girls are very talented in many ways," she said. "Even though we lost [in the District quarterfinals], it was still a very successful season. I was honored to play with these girls, and I appreciate everything they've done for me. They have taught me many skills and how to be confident. I love each and every one of them. I'm sure they'll go all the way next season!" 🍀

# Crossing the season's finish line

*Overcoming challenges, and looking ahead to a promising future*

By Delaney Szwast '24  
Sports Editor

Members of the boys and girls cross country teams crossed the finish line for the final time this season on October 27th at the District XI Championship Meet. The season had a very promising start; for the first time in years, both the boys and girls teams met the five runner minimum to score as a team at meets. Unfortunately, team scoring goals had to be set aside after injuries left both teams low in numbers.

"On the girls' side, we had two big setbacks with injuries to Kasia Dos Santos and Emma Heil." Head Coach Michael Lehtonen said. "Kasia came into her senior season in great shape, so it was very sad to find out that she would be out for such a substantial amount of time. The sudden loss of Emma Heil later in the season was another major blow. She was the team's top runner for every meet this season in which she competed."

With only four runners left, two of which were dual-sport athletes and unable to regularly attend meets, the members of the girls team had to focus more on achieving individual goals. They continued to work toward beating their personal records and developing as runners for the remainder of the season.

"Freshman Emily Gad had a very solid season as she quickly adjusted to the 5k distance. She showed that she has a very bright running future ahead of her," Coach Lehtonen noted. He expects her, along with Emma Heil, to be stronger, with more varsity experience, next year.

The girls team will be losing three seniors to graduation: Kasia Dos Santos, Haylie Fenstermaker, and Delaney Szwast. Dos Santos was unfortunately injured for the majority of her senior season.

"Although she might consider herself a softball player, senior Haylie Fenstermaker was a very competitive distance runner and valuable member of the squad," Coach Lehtonen said. Fenstermaker, along with the other seniors, will be greatly missed next year.

Szwast was a dual-sport athlete, splitting her time between field hockey and cross country. "Delaney was the team's top finisher at both the Colonial League Championship Meet and the District Championship Meet," Coach Lehtonen noted. "She finished 19th at the Dis-

trict Championship race, missing qualifying for the PIAA State Championship Meet by only one place."

Junior dual-sport athlete Dekota Barthold's time and energy was greatly appreciated by the team as well. Barthold split her time between soccer and cross country this season, competing in meets whenever she could.

The boys cross country team grew in numbers this year, with five runners competing in races throughout the season. The team was led by a group of three runners in the front: senior Ayden Scanlon, junior Seth Schaeffer, and freshman Edward Benedict. The team will unfortunately be without Scanlon's leadership and experience next year since he will be graduating.

"As a senior and 4-year varsity runner, Ayden has developed into a very competitive runner during his time at NL," Coach Lehtonen said. "We will definitely miss him next year."

With some varsity experience, he expects Benedict and Schaeffer to be stronger next season. Both ran cross country in middle school and raced at the varsity level for the first time this year.

"As a freshman, Edward did a good job making the transition from middle school to the high school 5k distance," Coach Lehtonen said. "Seth had a great work ethic that he brought to practice each day. He also showed huge gains over the course of the season."

New to the sport, freshmen Andrew Rudolph trained hard to continue to drop time. Rudolph represented the team at the District XI Championship meet this season, and Coach Lehtonen states that he "showed a good work ethic which led [to his] times getting quicker almost every meet."

Next year, Coach Lehtonen is hoping to have more athletes running cross country. "The big thing we want to do is increase numbers and get more people coming out for both teams," he said. "We felt like we had momentum over the last couple years, but this year didn't take off quite as much as we were hoping."

With some strong middle school runners coming up and several experienced varsity runners returning next year, he hopes for the teams to have very competitive seasons next year. 🐾



Photo by Lifetouch  
Emily Gad



Photo by Lifetouch  
Henry Slonaker

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# Around the POUND

**By Chloe Benner & Jameelah Gonzalez**

We are already a quarter of the way through the year and things have gone pretty smoothly! We have all by now learned the best routes to class and how to get there on time, our favorite classes of the day, and what's the best lunch. What do you guys think of this school year so far?

Did you guys hear about Haven Moore's opinion on the way the cafeteria cuts the carrot sticks? She said on the morning announcements that she loves it! Well, Mr. Barnes is upset that the pineapple tidbits aren't called "tidbits" anymore. You have to be real, it's a fun name. Does anyone else take notice of their vegetable or fruit shapes?

Let your lunch ladies know what's up! We appreciate all their hard work.

Sadly, fall sports have ended. Great Job to all our Cross Country, Soccer, Football, and Field Hockey players. You all did amazing this year and your hard work showed. We could only hope for better next year. To all the seniors who participated, we appreciate the hard work and dedication you put into those sports and will miss you next season. Has anyone else started putting up Christmas decorations?

As soon as Halloween is over, the Christmas trees are coming up, the stockings are put above the fireplace, and Christmas music is played all day around the house. People always say "Don't forget about Thanksgiving." How could you with all that delicious

food that you get to eat?

But what do you expect people to play around the house...turkey noises?? There's not many Thanksgiving themed songs that exist.

We want to say a huge thank you to everyone who has purchased their yearbook this year! The Yearbook team has been working incredibly hard on every detail to make it perfect for you guys. I think the "Hear the Year" theme has really hit it off and is a super fun idea.

Have you joined any clubs this year yet? There's a bunch to choose from. From Art club to Debate, German Club, SADD. The main reason people don't join clubs is because they might not know someone there or they don't think they'll like the clubs, but clubs are meant for meeting new people and fig-

uring out new things you like. Maybe you've never done art in your life, but you join Art Club and find out art is now one of your favorite things to do. Don't hesitate to join any clubs, but check to make sure it's not too late as some clubs cut off enrollment after a certain date. Well, we hope everyone is having a great year so far and keeps a positive outlook on what's in the future.

Whether it was the talk about tidbits or maybe the fall sports that drew you in, we hope it entertained all of you in one way or another.

There's so much to look forward to this school year and so many reasons to smile! Stay tuned to read more of what goes on Around the Pound!



Photos by Kai Grozier



The annual Homecoming Bonfire was held Sept. 28 to fiery results. Fall sports teams were introduced, clubs sold items for fund-raising, and food trucks (including the Curd-Zone) took care of the hungry locals.



# HOMEcomings, FROM THE BOOTH



COURTESY OF LEHIGH VALLEY EVENTS



# “BIRTHDAY BLUES”

BY KAI GROZIER



Birthdays signify a new year of someone’s life, and time flies. For some, growing up can be scary and sudden.

## Scholastic Scrimmagers head to Bethlehem



Members of NLHS’s Scholastic Scrimmage Team visited Bethlehem for a competition, Nov. 1. Pictured are Madilynn Husack, McKenna Kirk, Taylor Everk, and Seth Schaeffer.

Photo by Mr. Mike Lehtonen