

OPINION

ONCE AN INDIAN, ALWAYS AN INDIAN

BY: NINA TOPICH

On Thursday, March 12th, we seniors walked the halls of North Hills High School for the very last time. It's hard not to think about everything we missed the past two months. We should have been able to play in our last powderpuff game, celebrate college decision day together, play and sing in the last concerts, show off work at Arts Alive, go to our senior prom, get clapped out on our last day, and all of the little moments in between. Thinking about what could have been is heartbreaking, but there has been so much good over our four years at North Hills High School. We should embrace all of the good things our school has given us.

To all of the teachers and staff at North Hills High School, thank you from the bottom of my heart. As students, we all have been able to become the best versions of ourselves because of you. You have challenged us, supported us, and been there every step of the way. You have played the role not only as our teachers, but as our coaches, confidants, and role models. Although we may not openly show our appreciation for you all, the passion you have for our education does not go unnoticed. Not being at school has made everyone appreciate our teachers even more. The constant check-in emails and positive energy goes such a long way in a time where it's hard for us to find the light. You all are truly the heart and soul of North Hills High School.



To all of the students who walk the hall after us seniors, please enjoy it. There is something special inside the walls of North Hills. We are a direct reflection of our experiences. Embrace all that is thrown at you, and accept it with open arms. It will make you a better person in the long run. Your time in high school will not define you,

but it is a stepping stone. Nobody said these years will be easy, but you are lucky to be spending them at North Hills. Stay true to yourself, do the right thing, and respect the people here who want the best for you.

To my fellow seniors, our time will come. At some point, somehow we will be celebrated. Because of this, we will carry strength and resilience into our adult lives. No matter where we all end up, I wish each and every one of you success and

happiness. If anyone deserves it, it's us.

After 13 years of being an Indian, it's time to start my future at the University of Akron in the fall. From red and white to blue and gold, I'll never forget where I came from.

Love Always,
Nina Topich, Class of 2020

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Have an opinion to share? Send us an email: nharrowhead@gmail.com

*Denotes Lead Editor(s)

OPINION

Dear Future Seniors

BY: EMMA CRAFT

Without stating the obvious reasons why, Class of 2020 has had... quite the year, I guess you could say. I say this not meaning to sound selfish or naive about the circumstances, but I have had plenty of sleepless nights thinking about how my last year of high school has just been taken away from me in a second. Okay, now that's a stretch, but at this point in time writing this, aka 4 in the morning on March 29th, there are so many unknowns about what the rest of this year is going to look like.

As for everyone else, I'm sure that you are all sick of hearing the seniors whine and complain about how much this sucks because, yeah, this is affecting you, too. With that said, there are a few things that I think we seniors have learned that hopefully you won't have to.

Listen, everyone has heard, "You're only in high school once; make the most of it!" But for those first three years, you can't help but think to yourself that there will always be more time to do everything that high school offers. I promise you, once you're a senior, that mentality is going to bite you so hard in the "you know where" that you won't even know what hit you. The best way I can think to explain it is that when you step foot into your last year of high school, you get hit with this wave of "Omg, this is it. This is my last time stepping foot into this building for the first day of school, my last dances, my last year of a sport, my last year of being in the marching band, my last time tak-

ing this class with this teacher, my last time seeing, wait... who even is that person, my last..." well, you get the point. It's just a lot of "last times" that you didn't expect to have for another few years. I mean, if I'm being honest, freshman year felt like yesterday, I don't even remember sophomore year (who really does), and junior year... well, we won't talk about that.

Alright, time to be a little more serious. Now that I'm a senior, I have realized that it is one of the most fun, yet grueling years, ever. Juniors, I'm not discrediting all of the hard work and tears you have put into this year- we've been there, too. But as a senior, it's time to act on all of that hard work, time to make a final decision about what you're going to be doing when you step outside into the real world. I thought senior year was going to be a lot of gumdrops and rainbows and that I could just cruise through the last few months. Trust me, it is so much fun, (and kind of easy), but we have to be realistic: this year comes with a lot of responsibility. You have just a few months to decide how you are going to spend the next few years of your life out in the real world. Let's state the obvious: Most of you will spend your first semester applying to colleges. It's a lot of work, and very stressful at times, but it's worth it. Yes, you'll contemplate for a while and stress yourself out about what the right fit is for you, but trust me. Everything is going to work out the way that it is meant to. You have to remember that. It's the only way

you'll stay sane. As for the rest of you who aren't going to college, you still have a lot of thinking to do, as well. But again, it'll all work out how it's supposed to.

Look, if there is one piece of advice that I could give any of you underclassmen, it's just to make the most of high school. I know it sounds cliché, but seriously, you don't want to leave high school with regrets of wishing you did something. For the class of 2020, wishing we could do something one last time is going to be with us for a while. Fact of the matter is, we really didn't have a chance to do some things. But you do, and you will! So for the love of all things holy, be in the moment for the rest of the time you have in high school, whether that's three more years or only one. Just do everything while you can: Go to school dances even though you hate them, join that club that three people are in, play that sport to your fullest potential, take that class you've always wanted to take, and for crying out loud, ask that kid out you've liked since 7th grade!

Everyone is completely different, so do everything that YOU want to do. Who cares what anyone else says; this is your life, this is your story, so don't let anyone else write it for you. I want all of you to walk out of high school and be proud of all that you have accomplished and proud of the person that you have become. You get four years, that's it. Make the most of it.

Best wishes,
Emma

PS: Class of 2020. We did it.

OPINION

A LETTER TO THE CLASS OF 2020

BY: JOSH DREYER

Dear Class of 2020,

It's true that shutting down schools due to the pandemic has been absolutely necessary to keep this virus from rapidly spreading more than it already has. But it doesn't mean that it hasn't been an especially disheartening ending of the seniors' high school career. Know that the underclassmen below you are truly sorry for everything you have missed this year.

We all look forward to the final high school activities that we worked so hard towards for twelve years. We are sorry you were not able to experience

your senior prom, and it is upsetting that you may not be able to experience the traditional graduation ceremony. We also know how hard some of you have worked for concerts, school plays, and spring sports. To have these activities just pulled out with no warning...there just aren't words to describe the disappointment we are sure you must be feeling. It's so much more than the typical traditions. It is the missed memories that cannot be created by living them as you think back on these events as you get older.

You are learning lessons that you will carry with you for the rest of

your lives. We hope this change in social interaction brought you happy memories that you may have not otherwise had with your families. We hope you remember our previous interactions with laughter and smiles. We look forward to meeting again in the near future and making new and improved memories. May your future be filled with treasured memories and takes you on a path that fills your life with happiness.

Sincerely,

The Underclassmen of North Hills High School

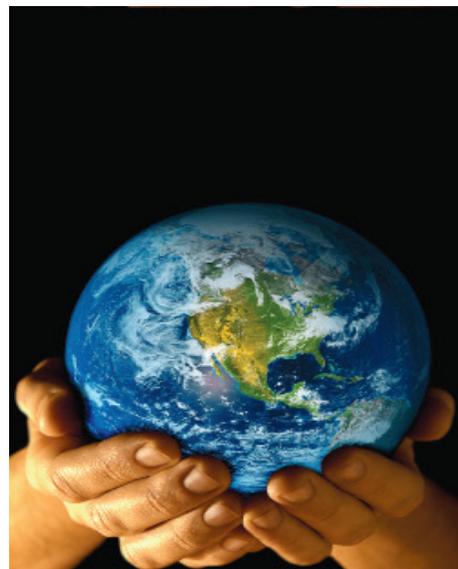
THE BRIGHT SIDE OF CORONAVIRUS

BY: GRACE SCHELLER

Okay, let's not sugarcoat it. This isn't easy. In fact, this is so far from easy- it's almost impossible. And I know for all you seniors out there, it's just about ten times worse. But after months of this insanity, I'm sure that all of us are tired of hearing bad news. The best thing we can do now is realize what has come out of all this: nothing we expected, but maybe something that we needed.

Spending this much time with yourself, sitting alone in your room stuck with your own thoughts well, it's driving us crazy. Take this time with yourself as a much needed break, a much needed session of self-reflection. Life moves at an incredible pace, sometimes even too fast for us to catch up. Slow down, take a breath, and realize what you need. If this quarantine has done anything, it has made us realize what we miss the most. Whatever that is in your life is what you value more than anything and truly something meant to be prioritized. Recognizing

what we love while we don't have it is such a key component in cherishing it. Try to think about the first time you see your loved ones after this is over. Think about the first time you get to touch them, or hug them, or just sit a little clos-



er than six feet away from them.

Once this ends, live every day like it's the last time you will see your best friends. Remember what it feels like without them, and try to take it with you.

If there is anything good that will come out of all this, it is how much you are going to want to make this summer count- how there won't be a single day to waste.

It's also important to remember what quarantine has done for our community and our planet. Our neighborhoods are realizing how much we rely on each other, that we have to come together in order to stay safe. There is a similar situation on a global scale, as countries become aware of the difficulties that arise without external aid. Nations everywhere are sending medical resources and supplies to each other in hopes of providing assistance. Our planet is returning back to a natural balance, air pollution has dramatically decreased, and wildlife is thriving in ways it should have been a long time ago.

This hasn't been easy for anyone, and while our time to grieve what we lost is important, it is also important to not let that time overlap with the time you will soon spend with your friends outside. Always remember what we still have, and what we, surprisingly, gained along the way.

OPINION

Spitting Some Truth: America Kinda SUCKS

BY: TRUTH ARNOLD

Hello, everyone. How is staying inside going for you? My experience is going well. I never leave the house, anyway, so I'm staying pretty sane at the moment. But if I have to keep staring at the ceiling til three in the morning, then I might end up crawling up the wall. And I know some people might be hopeful about us going outside by the summer and going out and having some fun, but let's be honest, America kind of sucks right now.

Now, hear me out. I know this is our country and I shouldn't be saying something so strong as "sucks" in this article, but let's be honest with ourselves- we're not handling this well right now. The U.S. has about 1.2 million cases right now (this is the number while I'm writing this article, but could very well be different when you read this), and I'm not even sure we're reaching our peak yet. This virus has practically exposed the broken health and economic systems that have been boiling under the surface for too long. Most of our problems have been stemming from not shutting down everything quick enough, not providing tests for enough people, or better yet, not making the tests affordable enough to get and causing this horrible downward spiral in the country right now. I'm sure that at least a few of you are aware that America's health-care system is a little bit flawed. No one is able to get the help they need when they need it, which is why



low-income communities don't get the supplies they need and are more susceptible to getting Corona and dying from it (this mostly includes African American communities, but that's a whole different conversation, and I'm not sure we are ready for that talk yet). But come on, guys, most of the other countries that got hit are already slowly getting back up to their own feet while we're debating whether or not we should let people back on our beaches or not. (Yeah, that's right- I see you, Florida. You'd better get your butts back inside.) And I know that that's not what everyone is talking about, but I definitely think some people are talking about the wrong things here. Because again, and I say this with the utmost respect I can give within my tiny isolation box at home, America kind of sucks right now.

Now to get to the point of what

I'm trying to say. I feel as if because of all of this, we will probably be stuck in this rudder for the longest time or it will be on again/off

again. Us being able to go outside will be on and off, money will be scattered, our essential employees will still be overworked/underpaid, and all of our



precious Lysol will be out of stock for months. And I know I sound a little pessimistic with an obvious amount of sarcasm, but this country is

not patient and not prepared. But we can do better, little by little, if we start to work together in the midst of this crisis.

In spite of my saltiness towards America's situation right now, some of the aspects in it aren't that bad. Our communities are pretty good at the heart of it, and we had banded together in a time of need in places that we never thought we would be able to. And with this mess, I implore you all to make the most out of this if you haven't already. Donate to local shelters, say "Hi" to your neighbors (from a distance, of course), and when you also have an idea from staring at your ceiling at three a.m., follow through with it. Make your life and the lives of others around you a little easier by being creative and staying at home. Each and every person can make a difference and make everything a little bit better. So remember, just because America kind of sucks, doesn't mean you have to.

OPINION



Big School vs. Small School

BY: HANNAH VELETTE

You know what they say: bigger is better. While that might not always apply to colleges, big colleges definitely do offer some major perks.

One of the biggest perks about a big college is that it offers a ton of resources. Large schools often have more diversity in their classes and more classes offered, so if you want to take a particular class you may have better luck finding it at a bigger school. Bigger schools also tend to have a lot of things to get involved in outside of the classroom. They often have a lot of clubs and research opportunities students can participate in, and many of them also have well-funded sports programs. Overall, resources are definitely not lacking.

While larger colleges have a ton to offer, it can also be too much for some people. Big schools also mean larger class sizes and less one on one time with your professors, and that could totally not be your thing depending on your learning style.

Some people also may feel overwhelmed by a large campus and a large number of kids, and once again this depends on if you like a close knit college community or if something bigger doesn't bother you.

Honestly, the biggest thing a big school will provide you with is change. By the time you're a senior, you're probably used to seeing a lot of the same faces every day. That's not necessarily a bad thing at all, but some people may be looking for something completely different from high school. In that case, a big school might be better for you because it offers a lot of different experiences and allows you to meet a lot of different people. If you're looking for a major change, then a big school might be right for you.

Hold on, though, don't count out the little guy. While small colleges may definitely be different from larger schools, they still have a ton to offer.

While larger schools may have a ton of resources to offer, these options may be more limited at a small school. A smaller institution may not offer as many majors, but to compensate some of them will let you design your own major. There also may be less of a variety of research opportunities and extracurriculars and less of a focus on sports programs, so you may also have less extracurricular options. However, like with classes you may also be able to start your own activities on campus, and once again this just depends on the school.

While big schools may have more in terms of resources, a smaller school will provide you with a sense of comfort. Classes are often smaller, and you have a greater opportunity to get to directly know your professors and advisors personally. It can be difficult to go to college somewhere for the first time without knowing anyone, and some people may feel lost in a big school and among a big class of people. Smaller schools provide you with a strong sense of community where you might not feel as lost in the shuffle, and if you want that in a school, then a smaller college might be the right fit. Final verdict: It's up to you to decide!

Everybody has different tastes and looks for different things within a school, and as long as you trust your gut, you will ultimately pick what's right for you.

Laptop vs. iPad in college

BY: REBEKAH FROEHLICH

With college quickly approaching for many of us, it can be overwhelming to think about everything we need to buy. Between the many choices of bedding, a coffee maker, a backpack, and of course some new clothes, purchasing a new piece of technology should seem like a no-brainer. A laptop seems like the obvious choice when picking a device, but in many ways an iPad might be the better option for you.

The way technology has progressed, the choice between laptop and iPad becomes mostly personal preference. In some instances, such as computer science or design, your major will determine the need for a computer as it will run the softwares needed more easily. In most other cases, either de-

vice can be utilized in similar ways. iPads now have the capability to attach to a keyboard, but the laptop is always going to be larger. However, the iPad Pro comes in both an 11" style and a 12.9" style, so there is little compromising on size. Another aspect to look into would be price. The 13" MacBook Pro starts at \$1299. The iPad Pro starts at \$799. That seems like a huge difference, but to use the iPad to its full potential, extra purchases will be required. This includes the Apple Pencil and a keyboard which could take the iPad price up to \$1107, which makes the two more comparable.

All in all, you have to ask yourself what you want to do with your device. A laptop will be better for typing papers and running editing software, and an iPad will allow easier annotation of

online resources and the option for digital handwritten notes. When I think about the route I will take, I most consider the ability an iPad would give me to still write my notes while not carrying around notebooks and pens. With similarities in price and capacity, ask yourself whether you would prefer to write or type notes and go from there. Similarities in price and capability allow the choice to be mostly personal, so take the time to consider which one will work best for you.

Laptop Pros: sturdy keyboard, can run more specialty softwares, better for online classes

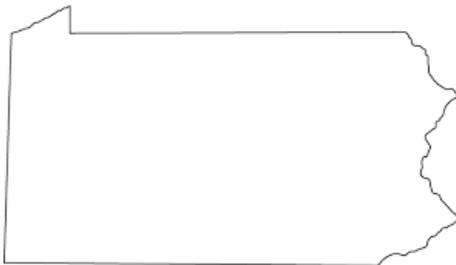
iPad Pros: versatility between keyboard and touch screen, digital handwritten note capability, lighter and more compact

OPINION

In-state

vs.

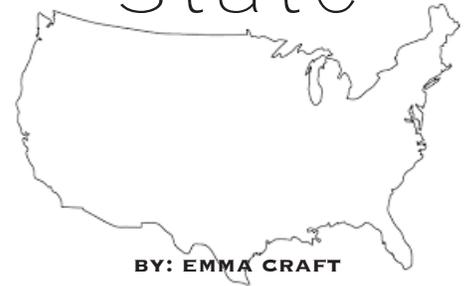
Out-of-state



BY: ANGELINA ASTURI

The biggest reason I chose a school so close to home is because of its Cardiovascular Perfusion Program. Honestly, I didn't know what I was going to do or where I was going to attend school for a long time. I have been to Carlow before because one of my best friends goes to school there. I had a feeling that it was the type of environment I want to be in for the next four years or so. I was looking through their majors, and I stumbled upon cardiovascular perfusion. I looked into it and I was so intrigued. There are only about 10 other schools that offer this major. I shadowed a perfusionist at UPMC Shadyside, and here we are! Once I applied, it took about two months or so for them to get back to me. I'm glad they didn't make me wait too long! I love the size of the school because you can actually get to know the professors, and I learn way better in that type of environment. I actually decided to commute to school my first year because it will help me save a lot of money. I also found so many new people through a Snapchat group, so I'm not worried about not finding any friends. I think I always knew I was going to stay close to home. I just couldn't see myself going outside of the state away from my family. I actually applied to only three schools total. I applied to the Biology programs at The University of Tampa and West Virginia University. Honestly, I considered WVU for a while. I was on the fence between Carlow and WVU. In the end, I chose Carlow ultimately because of the program, and they offered me a lot more money than WVU did. I would tell all the underclassmen to not be afraid to explore your options and to make sure you can feel that you belong at that school. But ultimately, I think being in state is better because you are close to family and friends. Also, you are familiar with your surroundings and you don't have to feel out of place.

When you are deciding where to go to college, there is one main question... "should I stay or should I go?" By that I mean, you need to figure out if you want to stay close to home, or venture away. I, myself, have decided to leave our beautiful state of PA. However, my friend, Angelina Asturi, is staying close to home. If you're not sure what you want to do, we're here to help.



BY: EMMA CRAFT

In a way, I always knew that I wanted to go to a college that was out of state. My father has been literally all over the world, and that alone made me wonder if it was in my best interest to stay close to home. I did, however, apply to Penn State University, Ohio University, and Kent State University, which are obviously closer. (I would have gone to Penn State had I gotten into main...) Alright, drumroll please. I have decided to go to Michigan State University this fall. It took MSU about three weeks to get back to me with my acceptance; however, I knew a few other people who waited a bit longer to hear back. Getting accepted was just the first step. Deciding to go there was a long, drawn out decision that took me well over a month. But at the end of everything, I looked at it like this: The school is exactly what I wanted. It's the type of school that I pictured myself going to for my whole life. Not to mention, their psychology program isn't anything to laugh at. I've read nothing but good things about it. So I took the leap and committed, and trust me, I couldn't be any happier that I made that choice. Next, it was time to find a roommate. Being the only person going to MSU from North Hills, I couldn't just room with a friend or anything like that. I ended up joining MSU's Facebook page for the class of 2024, and fairly quickly, I added a few girls on Snapchat and we talked. Thankfully, I met this girl named Ella, who is from Michigan, and we instantly clicked. Now, money is a big factor in preventing people from leaving the state. I am so blessed to say that I have support from my family to allow leaving PA to be in the picture. If there is any advice that I could give to anyone going back and forth between staying or leaving, it is to just look at all of the factors involved because as simple as it looks, it can actually be a pretty difficult decision to make. However, if you have the opportunity to see all that the rest of the world can offer you, take the chance. Pittsburgh is my home, and it is all of yours, but there is no bubble around it forcing you to stay. I guess it's fair to say that my slogan nowadays is... trust your gut. If something is telling you to go, then go. If worst comes to worst, you can always come home. Always.



FEATURES

MEET the Seniors in Journalism



- Name: Nina Topich
- Nickname(s): Nin, Ninerz
- Elementary school: McIntyre
- Future plans: University of Akron for Business
- Fav. class: Period 5&6 Graphics.
- Send it.
- The one that got away: Senior Year
- Best HS memory: Senior Year with the gang <3
- If you could bring one teacher with you to college, who would it be? A hybrid of the Longs, Mr. Hillegas, Ms. P., and Mr. Kasper
- If you were to write a book about your life: *Why Does She Act Like This?*



- Name: Emma Craft
- Nickname(s): Em, Emptie
- Elementary school: Ross Elementary
- Future plans: Michigan State University for Psychology
- Fav. class: Journalism
- The one that got away: Casey Santa
- Best HS memory: Meeting Isabella Cillo-Duckett in 10th grade Pre-AP
- English... hey bestie <3
- If you could bring one teacher with you to college, who would it be?
- Can I combine Mrs. Long and Mrs. Medic?
- If you were to write a book about your life: *C'mon People, I Don't Bite*



- Name: Zak Klaczak
- Nickname(s): Griz, Grizzly, Grizzly Bear, Grizzly, G
- Elementary school: St. Sebastian School
- Future plans: Pitt for Business
- Fav. class: Any foods class with Mrs. Medic
- Best HS memory: Walking around the school dressed as a big cookie
- If you could bring one teacher with you to college, who would it be? Mrs. Dipasquale
- If you were to write a book about your life: Either *What's Happening?* or *Don't Talk to Me*



- Name: Kaylee Kleinsmith
- Nickname(s): Kay, Kayleejaylee
- Elementary school: Seville/Highcliff
- Future plans: IUP for human development and family sciences
- Fav. class: Journalism
- The one that got away: Lucas Ankiewicz
- Best HS memory: Hiding miniature babies around the school junior year
- If you could bring one teacher with you to college, who would it be?
- Mrs. Medic
- If you were to write a book about your life: *Literally What Is Going On*

FEATURES



Despite the COVID-19 pandemic, the seniors in Journalism have been working hard behind the scenes at home in their dress pajamas these past couple of months, determined to publish our beloved Senior Issue- all while staying up-to-date on the latest noteworthy Netflix binges and mastering the most challenging TikTok dance moves. Let's take a closer look at the brains behind this wild and crazy operation we call The Arrowhead Staff.



Name: Truth Arnold
 Nickname(s): Truth, Truthie, or Faith if you forget who I am for a moment
 Elementary school: General Greene Elementary (In North Carolina)
 Future plans: Anthropology/Archeology major (w/Psych minor)
 Fav. class: Any class that isn't math and some science
 Best HS memory: Don't have one? Every-day was different and new.
 If you could bring one teacher with you to college, who would it be? Mr. Pedrosky
 If you were to write a book about your life: *Does Everyone Hate Me or Do I Just Need a Nap?*



Name: Rebekah Froehlich
 Nickname(s): Bekah, Bek
 Elementary school: West View
 Future plans: Slippery Rock University for Early Childhood/Special Education
 Fav. class: Graphics!
 The one that got away: My A in Honors Chem...
 Best HS memory: Intense games of rat slap with Gray, Jess and Emerson junior year
 If you could bring one teacher with you to college, who would it be? Mr. Kane
 If you were to write a book about your life: *She Still Works at Chick-fil-A...?*



Name: William Morgan
 Nickname(s): Will.I.Am
 Elementary school: Not in Pittsburgh, but Zinser Elementary in Michigan
 Future plans: Masters degree in Psychology
 Fav. class: Any of the social studies classes
 Best HS memory: Don't really have one; high school flew by
 If you could bring one teacher with you to college, who would it be? Mr. Pedrosky.
 If you were to write a book about your life: I would probably only go into detail about junior and senior year- that's where it would get good.



Name: Yusuf Zaimoglu
 Nickname(s): Brosef, Joseph
 Elementary school: An elementary school in Turkey
 Future plans: Psychology major
 Fav. class: Adventure & Quest
 The one that got away: Spring guitar concert due to the quarantine
 Best HS memory: Soloing in guitar class and annoying everybody
 If you could bring one teacher with you to college, who would it be? Mr. Pedrosky
 If you were to write a book about your life: *Siddhartha* by Hermann Hesse



Name: Julianna Ucciardo
 Nickname(s): JoJo
 Elementary school: Ross
 Future plans: Mercyhurst for Biology
 Fav. class: APUSH or Future of Foods
 The one that got away: Griz
 Best HS memory: first period
 APUSH junior year
 If you could bring one teacher with you to college, who would it be? *Hybrid of Ms. P., Ms.D., and Mrs. Hoffman*

FEATURES

ELEMENTARY SCHOOL WARS



MCINTYRE by Nina Topich

We all know that the energy at McIntyre was unmatched. After the big remodel, McIntyre came out STUNTING with the train station theme. I mean, when we were bored in class, we could go to the hallway and play on the train tracks. Aside from the amazing theme, our little school was like a family. Only the best of the best came from McIntyre, and that can't be argued. Nothing will ever compare to soccer on the wood chips. I don't really ever remember learning at McIntyre, but we did have a good time.

SEVILLE/HIGHCLIFF by Kaylee Kleinsmith

Obviously Seville/Highcliff Elementary School ranks supreme. At Seville, the school consisted of 20 kids per grade, and everyone was a family. Running out of the school during recess was always a rush when you wanted to beat your crush to the blacktop. Having a shared gym, lunchroom, and auditorium all in one room made school quite interesting. Sadly, Seville shut down and our big family was moved to Highcliff Elementary, where we had our own treehouse in the library. There were up to 60 kids per grade, and the school was huge! What's not to love about these amazing elementary schools?



PERRYSVILLE by Grace Scheller



Let's be real, here. No school could even COMPARE to the great Perrysville Elementary. Yes, this school was a home for every student and faculty member, but let us not forget some of the real gems of this place— I mean our legendary jungle gym on the playground, our cherished librarian, Mrs. Stupka, and how could we forget a true king, Buddy the Custodian. If there was one thing I remembered from this school, it was looking forward to Buddy's unmatched storytelling during nap time. Although we were little and our time may have been cut short, we will forever bask in the glory of knowing Perrysville Elementary will remain the best.

FEATURES

ELEMENTARY SCHOOL WARS



ROSS by Emma Craft and Hannah Velette

Sure, train tracks are cool. Scenic trees are nice. Wait, does West View even have a theme? But, how about the deep, blue sea? Let's get one thing straight- if you went to Ross, you're automatically superior. Everyone knows it, and everyone's jealous. We had the coolest school with the best teachers and students. We also brought some serious D1 talent to those 6th Grade Olympics every year. Being the newest elementary school, remodeled in 2010, it's safe to say that Ross is by far the nicest. Picture this: A nice, relaxing day at the beach. The sun is shining, the water is a beautiful blue, a sailboat is in the distance. Those are all things us Ross kids got to experience on the daily... well, kind of. There's even a literal ship in the library... How many other schools have a pirate ship that you can go read and chill in?! If that's not enough, we even had not one, but two courtyards complete with mini ponds and bridges.

How about those teachers? It's safe to say that they all helped to shape us into the students that we are today. Remember Mrs. Oberst, the art teacher? Her room... was in the shape... of an O. We honestly feel bad for the kids now that don't get to experience the joy that she filled the room with each day. Also, let's not forget to mention the great outdoors. Ross is home to a beautiful football field, a perfect track, the most fun playground ever, a cute, little baseball field, the list goes on. We digress. Ross Elementary is home. You walk through the halls and can sense the love that every teacher and every student puts into that building. Every. Single. Day. "Ross is Boss" will always be true, and it's time everyone else just accepts it as a fact. We're sorry, but Ross wins... cry about it.

WEST VIEW by Peter Sokolowski

Before I began going to West View Elementary, I was going to Northway Elementary. Northway closed after my first grade year, and all my peers were going to start second grade at McIntyre Elementary, but my family was moving at the time to a house in West View. I had to leave all of my friends and start over at a new school I had never even seen before. When I began going to West View, it was very scary for me not knowing anyone and having no friends at this school, but I soon created bonds with a few kids in my class. After I created bonds with the kids in my class, they introduced me to others from other classes and it really made the whole experience a lot easier for me. I am glad that I got to move to West View and make the friends that I made- those people truly helped me become who I am today in some way, shape, or form. A lot of my joy came from the friends I made at West View, and that is one reason why it's the best. Now, I'll talk about recess and the teacher that meant a lot to me. West View is the best



because we had a full basketball court in our backyard, which made recess a ton of fun. When we got to play out back, it was basketball, and when we got to play out front, it was football. Out back there was a basketball court, and for most of my time at West View, out back was a cement lot where we could basically play whatever we wanted. We would play basketball, four square, football on the cement, or just run around acting like vampires (ask Mitchell Gray about that one). Out front we had a big playground and a grassy area where we could play football. I had a lot of great times playing football and witnessing the shattering of a teacher's windshield due to Sam Ranallo's punt. Now, the main reason that West View is the best is one man. His name is Mr. Goodworth, my fourth grade teacher and the man that truly changed my life. Mr. G. brought out confidence in me and helped me realize who I was. I attribute a lot of my personality and the person I am today to Mr. G. believing in me. So, in short, West View is better than every other school.

FEATURES

A Day in the Life of an Essential Worker

BY: REBEKAH FROEHLICH

The term “essential worker” is entirely unique to this time. If you told me I was an “essential worker” three months

ago, I would have said you are crazy. Right now essential businesses include Urgent Care centers, grocery stores,

doctors’ offices, and fast food and takeout restaurants, among others. I currently work at Chick-fil-A, and at the beginning of this pandemic, I must admit I was confused as to why we were considered an essential business. However, over the past few weeks I have come to realize that takeout and delivery restaurants help take the strain off of grocery stores and also provide help to other essential workers who are not always able to make a meal. Every worker who is risking their own health to serve the community is extremely valuable. Nevertheless, adjusting to the numerous changes in the workplace is not easy.

No matter whether we are working or not, this pandemic has brought more than a virus into our lives. It has brought fear, anxiety, and change to every home in one way or another. Many changes are being seen in working environments, as well. At the beginning of the pandemic, workplaces were mostly frantic, trying to make the right decisions for their employees and customers. The most notable change in the first few weeks was the closing of inside restaurants, as the lucky few were able to stay open for delivery or carry out. At Chick-fil-A, this meant a lack of the hustle and bustle we were all accustomed to as people came in

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and out of our doors. They even stopped turning on the dining room lights, which only perpetuated the dreary feeling. Uncertainty locked in for many employees.

“How long will this last?” and, “When will it be normal again?” were questions asked daily.

However, as time passes, we come to accept this as our new normal.

“This is a different world. So that’s why we need to help each other, to keep each other safe.”
- Gray Cleric

Stricter rules came down on every business. Employees are met with mask requirements, stricter grooming policies, distances and contactless service set up where possible, and increased cleaning. “My boss would set a timer for everyone to wash their hands every few minutes,”

Asia Neill, a junior who works at Sweet Mary’s in West View, recalls of the first few weeks of the pandemic. “It became

normal. It took some time to get used to hearing people order with masks on as they stood seven feet from the window, but I think all of us have super hearing now.” The adjustment period has definitely had times of uncertainty and stress, but as the weeks go on, workers are simply getting used to this new world. Gray Cleric, senior and employee at Giant Eagle Pharmacy says, “A lot has changed. People act and live differently. We are adapting to the world we live in the best way we can. This is a different world. So that’s why we need to help each other, to keep each other safe.” One of the main changes I have seen in my workplace since the start of this pandemic has been the attitudes of my coworkers. In the beginning, when this seemed like a two week stint, many wrote this off as an unnecessary interruption in our lives. Then, as it dragged on, there was an atmosphere of discontent for customers who seemingly did not need to be out. However, as we are adjusting to the new normal, finally, a sense of community is washing over the workplace. Though it may be unsafe, work gives us a place to have human connection and help others through their day. In this time, especially, it is important to remember that you never know what someone is going through. It would be extremely easy to become bogged down by all the changes in our lives and in our workplaces,

but employees everywhere are proving that it is possible and fruitful to choose to help one another. This will not last forever, but

while it does, we can lean on each other to make it through.



FEATURES

The Life of an Exchange Student in Germany

BY: EMMA CRAFT

For her final year of high school, Ana Gongloff chose to finish out her studies in the beautiful country of Germany. Thankfully, she took the time to answer some of the questions we've all been dying to ask her!



How did you decide to finish out high school in Germany?

Herr Deible told us about a scholarship to go to Germany for a year. About a week before the application was due, I thought, "Why not?" and decided to write an application.

What was the process like to become an exchange student?

So, the program I applied to is called the "Congress Bundestag Youth Exchange" (CBYX), and it is an exchange partnership through the US Congress and the German Bundestag. We send around 200 high schoolers to Germany and receive 250 German high schoolers. CBYX uses four exchange organizations for the different regions of the USA to interview/screen all the candidates. The organiza-

tion for the North/East is AFS. First, there was an application process. I believe it consisted of three short essays, a letter to a future host family, grades, extracurriculars, achievements, etc. After my initial application was selected, I then had an individual interview and group interview at Pitt. They took me into a room, and around six adults sat across from me in a half circle and asked me questions for around twenty-five minutes. It was scary. Then, the other applicants and I had a group interview where they observed how we interacted with each other during an activity. After a few months, they notified me that I received the scholarship. After that, we had some meetings, webinars, and an orientation in DC before we flew to Germany.

Where in Germany did you study? Did you have time to visit other cities?

For my first month in Germany, I was living in a youth hostel with the other 50 AFS students. We were in Hamburg, which was beautiful, and went to language school for four hours in the morning. My first host family lived in a super tiny village (1000 people, 200 of them were nuns) called Untermarctal. My second host family lived in a smaller city (40,000) called Backnang. I got a chance to see Lubeck, Bremen, Ulm, Stuttgart, Munich.

What was the family you lived with like? Do you still keep in contact with them?

My first family was great! We all got along really well. I was in the same class as one of my host sisters. My host mom is a principal of the elementary schools in two villages, so sometimes I'd go and help her out. My littlest sister was super cute and we would watch movies, play board games, and I'd do her hair.

Was it easy to adjust to life in Germany?

For the most part, yes. When I got to my host family, I found that they did not speak hoch deutsch (normal German) but instead Schwäbisch (a German dialect). So that was a bit challenging to get adjusted to.

Ex: Hoch Deutsch : Das Haus ist einfach schön.

Schwäbisch : Dahoim isch oifach schee.
English: Home is simply beautiful.

Did studying German at North Hills prepare you well for speaking in Germany?

Herr is great, and I went with a solid foundation to build my skills on.

How is school in Germany different from school in America?

Well, the entire school system is different, but that's too complicated to explain here. I went to a gymnasium and the biggest differences were that I was with the same class all day, and the days varied in length and classes.

What did you miss the most from Pittsburgh?

Friends and family are the obvious choice, but aside from them, I really missed driving.

What will you miss the most from Germany?

Friends, family, and the legal drinking age.

What was the food like? Any favorite meals?

The food was really good. For lunch, there was the big meal of the day, and when I lived with my first family, we'd go to Oma's (grandma's) every Tuesday for lunch. German grandmas make the best food. My favorite dish of hers was Maultaschen (pork ravioli/dumplings) soup.

American boys vs. German boys?

Germans don't really have the "talking" phase. You're together or you're not.

What did you do in your free time? Did you go to Oktoberfest?

I wasn't near Munich, but I did go to a Bierfest in a city near me! Same idea as Oktoberfest, but a lot smaller. Normally, I would hang out with my friends and visit other cities.

Did you meet "the one" ;)

Haha. Personally, no, but my best friend Bridget actually fell in love with her host brother. She'll be moving back to go to fashion school there and will continue to live with her host family. So, it is possible!

Was it hard to make friends at first?

Yeah, it was a bit intimidating speaking German to real Germans at first, but I got over it.

FEATURES

Coup de Theatre

BY: QUINN PETERS

I would like to take a moment of silence for everything we've lost to this pandemic. These past few months have been difficult, and even though there's light at the end of the tunnel, we need to remember these times so we realize how fortunate we are. Be grateful for everything you won't be able to do until this is over, because, for some people, the conditions of this quarantine are everyday life.

Something that has affected me personally is the shutdown of Broadway. Broadway has always seemed untouchable, a powerful place where reality is altered, theatre culture is appreciated and encouraged, and 'theatre kids' can express their passion. Aside from 9/11 and worker strikes in the 20th

century, Broadway hasn't ever really...shut down. That's what makes it so influential; it has always been an escape from the real world. But Broadway's gone dark. There's nowhere to escape to now.

This is the longest amount of time Broadway has been dark. Originally announced on March 12th, all shows must remain closed until April 12th, but as of now, they must stay closed until June 7th. I would not be surprised if this is extended even longer. This is extremely unfortunate because the members of the theatre community are all out of work, not to mention Broadway has no way of making money. People cannot enjoy shows, and the usual buzz in and around Broadway is gone. However, there is a way to support the performers and workers that provide us with timeless entertainment. The Actors Fund

works hard to support people involved in the theatre arts and keep them elevated in times of crisis. The Actors Fund is needed now more than ever. Broadway Kids Auditions (among others) is offering online workshops with Broadway actors and donating \$20 to The Actors Fund with every registration. I have already participated in a class with Alex Brightman, and I found it to be very beneficial towards my musical theatre career. I loved the feeling of supporting and helping my favorite performers because I know that when Broadway returns, they will do the same for me.

Furthermore, the school musical, *Catch Me If You Can*, was cancelled, as well as many other school shows across the country. The members of the Drama Club are very proud of what they had prepared for audiences and wish dearly that they could've shared all of the long hours they put into making the show the best it could be.

"We were so close. It's hard to think of all of the hard work and trouble we went through to just not put on the show, but I know the whole Drama Club and Drama Club supporters know that it takes more than one person to make a show great, and we are all thankful we had an amazing experience last year to showcase each and every person involved," says Julia Arlia, a senior.

It has been a difficult time for the cast and crew of the musical because the majority of their spring was supposed to be taken up with rehearsals and other related activities. Nick Sciulli, a senior, came up with an idea to display the talent of the Drama Club despite the circumstances. There will be a virtual Drama Club showcase online sometime soon. Students will submit videos of them performing, and a compilation of said videos will be made for people at home to enjoy. Keep an eye out for that!

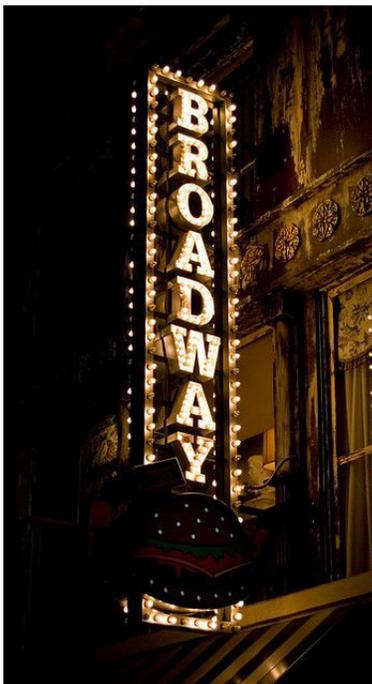
I attend an acting studio called Paragon Studios. We are also unable to perform our annual musical this spring. Paragon has been my second home since I was seven years old, and I was devastated when I learned that I wouldn't be able to perform with my friends in May. I miss it so much, and I want nothing more than to get up onstage and sing my heart out for an audience right now. However, this isn't possible, but something everyone should remember is that whatever you're missing right now, whether it be a sport, activity, hobby, etc., will come back. It isn't gone forever; we just have to stick together until the time comes.

And how can we stick together? By staying home. I know you want to hang out with friends. School's almost over, and you want to go outside and enjoy the sun. You want to go shopping and on vacation and so much more. Trust me, I know. But that will do NO ONE a favor in the long run. It just increases the time we will be in quarantine. So, for yourself, your friends,

and the world, please stay home.

To the fellow members of the theatre community, what we're going through is something none of us have experienced before.

Remember to support Broadway in these times, but more importantly, support yourselves. Keep performing and working to better yourself within your art. I cannot wait for us to be onstage together again!



SENIOR SURVEY

THE ONE THAT GOT AWAY

Everyone has that person that they just can't let go of.
Here are the brave seniors who admitted it.....

"Senior Year." -Logan Marshalek
"Matt Marchese." -Evan Peluso
"Graphics- I never took it." -Rachel Lewandowski
"All the men that are below me." -Laiken Young
"Ben Swayze." -Sarah Mass
"Joe Mattes." -Robin Ringer
"Nobody. I laid low on the dating scene."
-Meredith Eddy

"Mrs. Hershman." - Ryan Guckert
"Sam Hillegas." -Mikayla Simms
"Easily Julia Molinaro. Julia, if you're reading this please take me back."
"Sam Hillegas." -Kayla Haile
"Damon Thompson." -Nina Topich
"David Lukac." -Julia Molinaro
"Sarah Mass." -Sam Hillegas
"Casey Santa." -Emma Craft



ADVICE FROM THE CLASS OF 2020

Grey Cleric: It goes faster than a person can ever realize. Cherish every opportunity you have to spend time with those you care about. Don't graduate believing you didn't give it all your absolute best.

Nick Sciulli: Get a double personal pan pizza every Tuesday. You never know when it'll be your last.

Bryanna Lawry: Never take the time you have for granted and let people know how much they mean to you.

Abby Mulrow: If you wake up and second guess going to school, don't go.

Chloe Wiseman: Stay positive and strong.

Ana Baskinger: Don't take it for granted. You never realize how good you have it until it's decided for you that it's gone.

Theoni Richter: Cherish every memory. Spend your time being genuinely happy and yourself. Don't let others make you forget who you are.

Sam Hillegas: Stay to yourself and don't fall into the hole of drama. Do the right thing all the time and have fun, but make sure you're smart.

SENIOR SURVEY

BEQUEATHALS

I, Logan Marshalek, bequeath title of Best Dressed to Anthony McCall.

I, Mikayla Simms, bequeath being a lax god to Ellie Fleisher.

I, Grey Cleric, bequeath the last Cleric award to Kacie Cleric.

I, Anna Baskinger, bequeath my varsity position to Chiara Ocasio.

I, Moody Ticar, bequeath walking the hallways to Jessee Mook.

I, NaeNae, bequeath my speed to anyone who wants it. I'm not running anywhere.

I, Savannah Argenas, bequeath only talking to underclassmen to Miranda Hilderbrand.

I, Ryan Guckert, bequeath my front row parking spot to Tommy Muzzey.

I, Nina Topich, bequeath my charming personality, heart, and soul to Sydney Ryan and Lexie Kowtica.

I, Tyler Eisses, bequeath being Owen's senior guy to love to Josh Bogniard.

I, Kayla Haile, bequeath my stone-cold, annoyed hallway face to Kaydence Mclane.

I, Ahmir Tuli, bequeath rapping to Janet Meiglitz.

I, Jacob Smith, bequeath my amazing ability to hit golf balls to one Matt Seidl.

I, Jessica Jones, bequeath my AP food skills to Taylor Mahoney.

I, Julia Molinaro, bequeath my love of "Drops of Jupiter" by Train to Maddie Hughes.

I, Sam Hillegas, bequeath my spot as TOP DAWG to Ethan Mikovitz.

I, Emma Craft, bequeath being the walking definition of a dumb blonde to Morgan Spade.

WHICH TEACHER WOULD YOU TAKE TO COLLEGE?

"Mrs. Zwicker."

-**Mackenzie Hunter**

"Mr. Long."

-**Halley Koenumund**

"Mr. Bosley."

-**Half of the Senior Class**

"Herr Deible."

-**Sydney Riddle**

"Mr. Jones."

-**Moody Ticar**

"Woff."

-**Sophia Yacoviello**

"Mr. Franks-
he's a genius."

-**Laiken Young**

"Mr. Vozza."

-**Chloe Weisman**

"Mrs. Medic."

-**Savannah Argenas**

"Mr. Kane."

-**Zelayna Curry**



SENIOR SURVEY

WHAT'S SO FUNNY?

High School Moments.....

"Being in class with Jacob Smith." -Logan Marshalek

"Homecoming." -Evan Peluso

"The last day of high school this year was a senior skip day." -Bella Kunz

"Anything involving Eric Feth." -Half of the Senior Class

"The little pictures of Danny Devito everywhere for a couple of days." -Sophia Yacoviello

"Disney trip of 2018." -Rachel Lewandowski

"When my eyes swelled up during soccer season and I looked like a raccoon." -Grace Lyon

"Telling Officer Chuck I park in a teacher spot." -Laiken Young

"Bella Kunz slipping and falling in the mud walking down to the parking lot." -Sarah Mass

"Using the heater in graphics to make hoagies." -Meredith Eddy

"Emailing Mr. Hillegas and telling him I was homeless so I didn't have to dig clay." -Hannah Gorrell

"Locking Adam Brown under the sink in World Foods." -Ryan Guckert

"When Mr. Weber ejected Max Badamo from the powder-puff game." -David Lukac

"When Nina Topich collapsed over a cone at basketball practice." -Kayla Haile

"When Shay Hagerman broke our shower on the Costa Rica Trip." -Megan Wurster



Elementary and Middle School Moments.....

"My outfits." -Halley Koenumund

"Going to the football games and hanging out behind the stands." -Mikayla Simms

"Throwing up all over my lunch tray." -Bella Kunz

"People getting mad at me because I was the kickball umpire." -Moody Ticar

"In third grade recess, the boys were playing football and broke Mr. Cloonan's car window." -Rachel Lewandowski

"Watching Chris Thornton throw a desk." -Julia Arlia

"When David Lukac tripped me in Mr. Proctor's class and I wiped out." -Nick Sciulli

"When Nate Saul made me cry about my three crushes at Voices of Freedom practice." -Kayla Haile

"Dancing with my boyfriend at 7th grade snowball while he wore a fedora." -Averie Peet

"We sank a dock at Moraine on our 6th grade field trip." -Sam Hillegas

"I got dumped over text and played Xbox and cried while my friend played 'Let Her Go' by Passenger over the mic." -Ben Swayze

SENIOR SURVEY

Who's **MAD**

We're **MAD**

Here are some of the Senior Class's BIGGEST pet peeves about life at North Hills High School.

"The homework." -**Faith Kelly**

"Fake friends. There's too many." -**Mikayla Simms**

"Not having the rest of our senior year." -**Evan Peluso**

"It goes by too fast." -**Ana Baskinger**

"People can be brats." -**Bella Kunz**

"People who don't say good morning to Officer Adam." -**Megan Buccigrossi**

"That one door that's 1/8th the size of the normal door outside the cafeteria. Take it out, for God's sake." -**Ben Swayze**

"People who walk on the wrong side of the hallway." -**Zak Klaczak**

"People who complain about wanting to leave high school. Shutup and enjoy it." -**Nina Topich**

"DRAMA." -**Ronnie Novosedliak**

"People never wanting to see you do better than them." -**Ahmir Tuli**

"People who are disrespectful to teachers" -**Tommy McDonough**

what high school memory will you remember FOREVER?

"My lacrosse team and the memories we made." -**Mikayla Simms**

"Going to band camp for the last time." -**Grey Cleric**

"The little things and the background characters. It's not always about big moments." -**Evan Peluso**

"When the wind ensemble was in Springfield, OH and we got the news that we would not be performing in Indianapolis. At first we were all disappointed, but the next day we got together in the middle school and recorded our pieces we were going to perform." -**Sydney Riddle**

"Senior year being cancelled." -**The Senior Class**

"The musicals." -**Josh Noker**

"Football games. Nobody does football games like North Hills." -**Ava Mckee**

Breaking the school record for the 200 freestyle relay." -**Maddy Cordial**

"Hiding 100 miniature plastic babies around the school." -**Lauryn Graham**

"Singing the alma mater at football games." -**Kaylee Kleinsmith**

Allegheny College
Emmalee Brammer

Carnegie Mellon University
Ana Baskinger

Carlow University
Laiken Young
Sarah Mass
Anny Hoang
Angelina Asturi
Kelly Giger
Mollie Stanton

Community College of Allegheny County
Halley Koenemund
Evan Peluso
Cara Janeda
Savannah Argenas
Brooke Locher
Laurel Huffmeyer
Ryan Guckert
Moody Ticar
Megan Buccigrossi
Mackenzie Nash
Abby Mulrow

Trey Lavioe
Melissa Graham
Will Morgan
Samantha Palone
Meghan Harris
Nick Spriggs
Nicole Welsh
Shayna Stewart
Chris Thornton
Artemis Mitchell
Mason Richardson
Ian Mrdjenovich
Jacob Boyle
Rory Dugas
Sam Caloiero

Mady Siatowsky
Bella Kane
Zach Miller
Madison Schultz
Emily Geyer
Rachel Lewandowski
Colton Lucas
Christian Heinel
Katie Swab
Marie Swab
Nick Swab
Jess Swab
Krista Leffakis

Chatham University
Meghan Dominek
Sofia Caloiero
Seth Pepmeyer

Clarion University
Bella Gorrell
Lexi Bruner

Dickinson College
Lauren Johnston

Duquesne University
Julia Arlia
Theoni Richter
Dylan Pawling
Scott Drawl
Mackenzie Montgomery
Katie Dublin
Emma Polen
Chloe Wiseman
Edinboro University
Hannah Gorrell
Maddy Cordial
Eric Feth

Gannon University
Julianna West
Zachary Dickinson
Mariella Dzubinski

Geneva College
Isabella Hopf

Grove City College
Katie Emmons

Indiana University of Pennsylvania
Kaylee Kleinsmith
Cooper Mehall
Angelina Scott

La Roche University
Grace Lyon
Nicole McKinney

Mercyhurst University
Damon Thompson
Truth Arnold
Juliana Ucciardo

Pennsylvania State University
Wendy Hunyh
David Lukac
Megan Wurster
Ryan Martin
Kushal Ranpura
Tyler Wissner
Chandler Cleric
Alyssa Yauger

Pittsburgh Technical College
Robin Ringer
Caleb Tarbert
Robert Morris University
Josh Noker
Malakai Bennett
Abby Grund

Slippery Rock University
Taylor Towne
Zelayna Curry
Rebekah Froelich
Mya Bell
Patrick Caye
Tommy Bachert

Pat Megahan
Emily Rossi
Ben Johnston

Temple University
Isabella Cillo-Duckett
Jonah Brown

University of Pittsburgh
Grey Cleric
Chelsi Egan
Lauryn Graham
Averie Peet
Jessica Jones
Julia Molinaro
Zak Klaczak
Cade Gallagher
Jenna Pierotti
Matt Marchese
Heath Arroyo
Kayla Watson
Madina Sobrijoniva
Jake Higgins

University of Pittsburgh Bradford
Kasia Bauer

University of Pittsburgh Greensburg
Madi Martin
Isabella Cillo-Duckett

University of Pittsburgh Johnstown
Meredith Eddy
Max Badamo

Waynesburg University
Logan Marshalek
Shay Hagerman
Alex Dietrich
Rachel Woelke

West Penn Hospital School of Nursing
Jaelyn Aguglia-Laird

Oh The Places We'll Go

Baldwin Wallace University
Kate Wells

Case Western Reserve University
Grant Mumper

Denison University
Mackenzie Mallory

Kent State University
Mikayla Simms
Cassidy Delfine

Jacob Smith
Gunnar Norberg
Marissa McDonell
Casey Santa

Ohio University
Chloe Miller
Savannah Powers

University of Akron
Nina Topich

University of Cincinnati
Sydney Riddle

University of Mount Union
Sam Ranallo

Youngstown State University
Jesse Crownover

Fairmont State University
Tim Suto
West Virginia University
Bella Kunz Zach Hune
Ava Mckee

Albany State University
Tyjae Good
Cornell University
Mitchell Grey
Houghton College
Jon Hutmire

North Carolina State University
Bryanna Lawry

Purdue University
Jeremy MacPherson
Nate Saul

University of Louisville
Nick Sciulli

Florida State University
Cassidy Goodworth

Embry-Riddle Aeronautical University
Bethany Wittig
University of Maryland
Josh Begler

Middlebury College
Duncan Kreps

University of Southern California
Ben Swayze

University of Chicago
Kayla Haile

Boston College
- Adam Aguiar
Boston University
- Rebecca Yu
Emerson College
- Koby Polaski

Virginia Tech University
Sam Hilllegas
Liberty University
Morgan Hezlep

Central Michigan University
Ronnie Novosedliak
Michigan State University
Emma Craft

ENTERTAINMENT

Easy Workouts For SUMMER

BY: EMMA CRAFT

If you are anything like me, you want to work out but have little to no motivation. I'm not a big runner, lifting weights is not my thing, and I have about five minutes to work out before the inhaler is necessary. However, through trial and error, here is a list of easy workouts that I truly believe everyone can handle as well as a playlist to help you get motivated!



Make sure to drink plenty of water and don't overwork yourself. If you feel like you have to stop... you probably should. Nonetheless, good luck <3

"Enemies" - Post Malone, DaBaby

"The Box" - Roddy Ricch

"Say So" - Doja Cat

"In Your Eyes" - The Weeknd

"Welcome to the Party" - Pop Smoke

"Truffle Butter" - Nicki Minaj, Drake, Lil Wayne

"Can't Hold Us" - Macklemore, Ryan Lewis

"100 Degrees" - Rich Brian

"Blinding Lights" - The Weeknd

"Toosie Slide" - Drake

Ab Workouts

Crunches: Lay on your back and bend your knees with your feet about hip-width apart. Place your hands behind your head or crossed on your chest, lift your upper body and clench those abs! **Planks:** Yes, everyone hates these. But there are so many variations that may be easier for you, so experiment with whatever one is best for you. Just keep in mind to keep your core tight!

Leg Workouts

Lunges: Now is your time to go back to elementary school. Start standing up straight, and then step forward with one leg and bend both knees to about a 90 degree angle. Make sure your knees do NOT touch the ground! **Side Leg Raises:** Channel your inner karate kid. Start off standing straight again,

and then with one leg, lift it to your side, trying not to bend your other knee.

Booty Workouts

Squats: Do I really need to explain these? Stand with your feet shoulder-width apart, lower your hips, and then stand back up. Squeeze your butt when you are standing to really activate the muscles. **Bridges:** Start in a position similar to a crunch. However, straighten your arms along your sides and then lift your hips straight into the air and back down again. Don't forget to squeeze when you lift! Add weight to bump your workout up a notch.

Back Workouts

Reverse Fly: Use weights you are comfortable with in each hand. Have your legs straight about hip-width apart, and slightly lean forward. Raise the weights until your elbows are level with your shoulders and repeat. **Lateral Arm Raise Planks:** In a plank position, all you need to do is tap shoulder with the opposite hand.

Arm Workouts

Bicep Curls: With weights in each hand, start with your arms straight at your hips, wrists facing outward. Bend your arms up, bringing the weights to your chest. Lower your arms and repeat. **Dumbbell Criss-Cross:** With weights in each hand, stand straight up with the weights at your chest. Punch forward, extend your arm completely, and slowly bring it back to your chest.

SNACK BREAK : COLLEGE EDITION

BY: CHIARA OCASIO

Here is what I have come up with the TOP snacks you'll want for college. Some have the healthy curve and nutritional value that other snacks may lack. These are for when you're on the go, are studying and need something small, or just snacks that never disappoint.

1.) *belVita Breakfast Biscuits*

These crunchy snacks are the ultimate holy grail. They are good for on the go and can be found at any of your local grocery stores in multiple different flavors (cinnamon sugar is the best).

2.) *Cheez-its*

A snack that has never disappointed since childhood. Either keep a box in your dorm or always have snack size ones ready to go. Cheez-its are a snack that are just so essential- how could you ever think to not want to have them?

3.) *Mac n' Cheese Cups*

Though they're not good for the go, these are still a good little something to have in your dorm. Most colleges allow you to have a microwave or have a common area with one, so mac n' cheese cups are a must have. Whether you're more of a Kraft or Velveeta person, mac n' cheese is a must-have.

4.) *Kellogg's Fruit Snacks*

Though on the sugary side, how could one ever pass up the best fruit snacks to ever exist? The size of the bags allows you to get a good 2-3 servings out of them, needless to say if you're not starving and aren't looking to inhale something.

5.) *Meal Replacement Bars*

If you're running from class to class all day, you may not have time some days to grab an actual meal, whether it be breakfast or lunch. A quick



refuel to your day could be a meal replacement bar. They come in all kinds of flavors. The best brands include Cliff, Kind, Simply, and Quest.

Happy snacking and best of luck to the class of 2020 in their coming years! Though this is not an ideal end to your senior year, college is going to open up more opportunities in life than high school could ever offer. Stay strong and keep your heads up.

ENTERTAINMENT

HOW TO AVOID THE FRESHMAN 15

BY: KAYLEE KLEINSMITH

The next chapter of our lives is right around the corner. Some will go into a trade, some will go into the military, and some will go to college. Ahhhh, college. AKA the dreaded "Freshman 15." Every upcoming college student's worst nightmare. The Freshman 15 is bound to happen to everyone if we eat chicken flavored ramen noodles for the next four years. But don't worry. From tips to meal ideas, I've got you covered.

Throw out the ramen. There are more choices.

Some people swear by ramen; some think it is the epitome of health. That would be incorrect. Try a microwave meal with assorted vegetables on the side (Healthy Choice is a great brand-10/10 recommend). Or, reach for the can of chicken noodle soup that is 99 cents at your local convenience store.

Walk to class.

Now, I'm by no means telling you to take a long stroll in the five degree weather, but if it's a nice day, skip the bus! Enjoy casual weather and listen to your music. Get those arms swaying and those legs pumping! A little bit of exercise a day can make all the difference when you go to class.

Don't skip breakfast.

One of the easiest things to do is also very detrimental for your health. Breakfast will provide you with the fuel you need for the day. Adding protein like eggs, sausage, or even nuts can boost

your energy for the day. Without breakfast, your brain will get tired and your day will drag on. Remember: Just because you don't want the Freshman 15 doesn't mean you have to skip a meal!

Don't study near the fridge.

If you eat out of boredom, this tip is perfect for you. Go to the library or meet up with friends and study where food isn't allowed or available. Being in your dorm will lead you to eat out of boredom or stress. Don't stay in your dorm and eat those five-month-old snacks under your bed.

Meal prep.

If you have a busy week and it can easily be filled with fast food, meal prep! Prepping your meals on a Sunday night allows you to have grab-and-go meals when you don't have time to sit down. These meals can provide lots of nutrition and flavor without the consequences.

Stay hydrated.

Make sure you carry a water bottle of some sort around campus. You never know when you'll be out late, so make sure you can always replenish your body with cold water. Some water bottle brands that keep drinks cool are: Yeti, Hydroflask, Brita Sport, and Kleen Kanteen.

Now, I am not a nutritionist by any means, and I will more than likely break all of my own rules. But these tips can help you live a better lifestyle in college if you are absolutely dreading the Freshman 15.



Dorm Room Checklist

BY: KAYLEE KLEINSMITH

Senior year is over, so we are heading off to college, where we will be living on our own for the very first time! Every dorm is different, but no matter what, there are essentials everyone needs! The adjustment to college might be hard, but hopefully this will make things a tiny bit easier. By no means am I an experienced college student, but these are just a few must-have items for moving into your dorm. Bring what you need so you can feel at home.

Bedding/Bedroom

You NEED somewhere to sleep if you're not commuting. All colleges provide beds, but you need to bring your own comforter set, sheet set, bed pillows and blankets/throws. These are essential for your everyday life unless you plan on never sleeping!! Bring things that remind you of home so you never get home sick. This is your room- be creative!

Bath

Some dorms have their own bathrooms, and some have communal ones. If you

have your own, bring shower curtains, liners, hooks, rods, rugs, robes, and towel sets. If you are stuck with the dreaded communal bathroom, bring a shower caddy, shower shoes/flip flops, and a robe.

Decor

This is where you can be you. Your room should represent your favorite things and everything you love. You can have message boards, mirrors, tapestries, fairy/LED lights, rugs, curtains, a fan, desk lamps, picture frames, and pictures of your favorite things/people. Hanging up pictures with your favorite memories and people will remind you of home and what matters most to you. There are so many ways to set up rooms. Make yours all about you or simple and functional.

Personal Care

Everybody going to college is going to want to look somewhat approachable! Whether you are going to class or hanging with friends, everybody needs these things: dental care, skin care, and personal hygiene. Make sure you stock up on your favorites before the semes-

ter starts to look and feel fresh and clean. If you are a girl like me, you need your makeup and hair care. Make sure you bring your favorite Fenty products or keep it simple with some Maybelline. Heat protectant is a must when doing your hair. Bring all of your hot tools and products, and you'll be good to go.

Laundry/Cleaning

Let's be honest, most of us do not know how to do our own laundry. We are probably going to WIKIHOW it as soon as we get to college. However, I can provide you with the things you need for your laundry and cleaning. Your must-haves include: a hamper, laundry bag, iron/ironing board, vacuum, laundry detergent, fabric softeners, kitchen cleaner, floor cleaner, and a swiffer.

Extras

If your school permits it, bring a blender, Keurig, mini fridge, and toaster to amp up your food choices. Sometimes school food doesn't cut it when you pay thousands in tuition, so make your own!

ENTERTAINMENT

SIZZILING SINGLE SENIORS

BY: KAYLEE KLEINSMITH



Name: Jessica Jones
Grade: SENYAAA
Nickname: “Jessie Rabbit Face”
Interests: Sleeping, Just Girly Things, eating hot chips, and lying
Favorite restaurant: Sheetz (God, I miss it!)
Celeb Crush: Joji
Perfect Date: Going to the Cheesecake Factory and acting like it’s a five star restaurant, only talking via Snapchat
Turn-ons: In love with Playboi Carti more than they like me, will buy me things, eats rocks
Turn-offs: Likes cheddar popcorn, smells like Arby’s roast beef, likes me



Name: Jonah Brown
Grade: 12th Grade, Senior SZN
Nickname: “Brownie”
Interests: Listening to music (no offense), researching the potential collapse of industrial society, watching The Sopranos
Favorite Restaurant: Macianos Pizza back in Chicago
Celeb Crush: Chrissy Teigen (John Legend took her from me)
Perfect Date: We sit down across from each other and name everything we dislike about one another until the awkward silence is so unbearable that one of us leaves
Turn-ons: Not smarter than me (duhh), laughing at my jokes, telling me I’m tall
Turn-offs: Industrialism, fact-checking any claim of mine, telling me I couldn’t make it to the NBA

The Best of 2001/2002

BY: ALEXIS ROSE



Top Song

“Hanging By a Moment”
by Lifehouse
“How You Remind Me” by
Nickelback

Top Artist

Destiny’s Child
Kylie Minogue

Top Movie

Shrek
Spider-Man

Top TV Show

Scrubs
24

Forbes Top 100 Top Person

Tom Cruise
Britney Spears

Best Actress

Judi Dench
Nicole Kidman

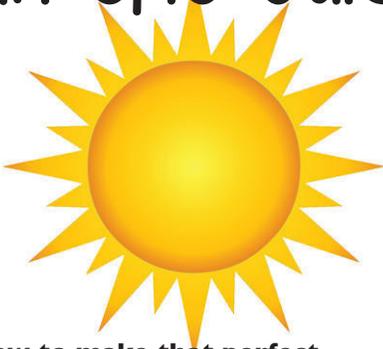
Best Actor

Denzel Washington
Vin Diesel

ENTERTAINMENT

AN EPIC GUIDE TO AN EPIC SUMMER

BY: JACOB RODNEY, GRACE SCHELLER, AND MARIA CHUTKO



How to make that perfect summer Instagram post:

If you're trying to achieve that flawless summer glow, golden hour is your best friend. You can't go wrong with a little color, either. Get creative and add some fun flair to your pictures with some summer props- maybe a beach ball or a pool floaty. And of course, if you have the opportunity, beach pics will definitely get the job done. Another great way to give off summer vibes on your Instagram is to include your friends! Photos of you and your friends/family just enjoying the sun and having a good time in the warm weather is a great look, especially during the summer. Now if you're really going to commit to having a theme for your account, try choosing a specific color and stick to it. A good way to keep it up is to make sure whatever post you include has some sort of hue or object that includes that color. Check to make sure your eyes are immediately drawn to it. If they are, the photo definitely fits the theme.

How to look fly in summer:

Everybody loves some good summer style, especially when it looks fly. So, how do you make your outfits for summer look nice and make you feel confident? First, clean out your closet/dresser ASAP. It might look like the apocalypse in your room, but it's for a good cause (that can be the excuse you

tell your mom). Sort through what you don't wear anymore or what isn't in season and either donate or put it in the attic because it will not be useful. Next, you need to look at what you have and make some outfits out of it. Make sure they go together, but that does not mean your pants are the same color as your shirt. Experiment with different color combinations and try using clothing items that have a similar color pattern. Most of the time, the outfit doesn't need that much work. No need to throw out everything you have. There's a high chance you have some really cool stuff that can be used. Now you want to think of layers. Summer nights can get cold, and if you think your mini skirt and



short sleeved t-shirt are going to keep you warm, you've got another thing coming. Sweatshirts are your new best friend, so bring one literally wherever you go. If you don't want to wear it, fine. Tie it around your waist or put it in a backpack. Accessories are also super fun during summer. It all depends on your "aesthetic" and

vibe. Homemade bracelets, bandannas and ratty hats give you that chill, teenage movie vibe. Charm bracelets, simple necklaces, and watches are more stylish and clean cut. Just don't forget about the accessories because they can bring the whole outfit together. In the end, make sure you look put together and confident. It's all about how you feel about yourself. If you feel cute, you're cute. If you feel attractive, you're attractive. That's just how it works, I don't make the rules. When you see yourself looking fly, you'll feel good about yourself.

As Taylor Swift once said, "We never go out of style."

How to get that summer tan we all know and love:

Want to get that natural tan that is special to your body? Well, come along and get intake on some tricks and hacks to getting that summer tan. Some may prefer to go to the tanning bed, but in the summer, isn't it nice to let your skin get that natural golden color from the sunshine itself? To start, applying the right sunscreen can be a make or break point. You want to put on a sunscreen that won't block out the sun completely from hitting your skin, but you also don't want one that will disregard any protection. There are plenty of sunscreens out there that are made specifically for tanning, and they help you to not burn at the same time. Also, know your limits. It probably is not the best idea to sit out in the sun for three hours if you know you have fair skin. However, if you are cautious of your time spent in the sun, you can still achieve a tan by doing things such as taking shifts from when you are in the sun and out of the sun. It is a good idea to be in the sun for a little bit, and then go and find some shade to give your skin a break, which will help to reduce sunburn. Research also shows that some foods can help to increase sun protection naturally, such as red and orange fruits and vegetables. It has also been said that coffee may help reduce the risk of skin cancer, which is a win-win situation.



BACK PAGE FUNSTERS

What 2000s Song Are You?

BY: SAMANTHA SMITH

WHICH FOOD DO YOU PREFER?

- A) WAFFLES
- B) TACOS
- C) BURGERS
- D) PIZZA

WHEN DO YOU GO TO BED?

- A) BEFORE 10PM
- B) 10PM-12AM
- C) 1-3AM
- D) WHAT'S SLEEP?

CATS OR DOGS?

- A) CATS
- B) DOGS
- C) NEITHER

COFFEE OR TEA?

- A) COFFEE
- B) TEA
- C) NEITHER

WHICH VACATION?

- A) AMUSEMENT PARK
- B) CAMPING
- C) CITY
- D) BEACH

WHICH POPTART?

- A) STRAWBERRY
- B) S'MORES
- C) COOKIES AND CRÈME
- D) EW POPTARTS

WHAT IS YOUR GO-TO FOR A SATURDAY NIGHT?

- A) HANGING WITH FRIENDS
- B) WATCHING NETFLIX
- C) READING A BOOK
- D) DOING HOMEWORK

- A= 1 POINT
- B= 2 POINTS
- C= 3 POINTS
- D= 4 POINTS

IF YOU GOT 7-11 POINTS YOU ARE:
 "PARTY IN THE USA" BY MILEY CYRUS
 IF YOU GOT 12-15 POINTS YOU ARE:
 "HOLLABACK GIRL" BY GWEN STEFANI
 IF YOU GOT 16-19 POINTS YOU ARE:
 "MR. BRIGHTSIDE" BY THE KILLERS
 IF YOU GOT 20+ POINTS YOU ARE:
 "YEAH!" BY USHER

What TikTok trend are you?

BY: QUINN PETERS

Pick a color:

- A) blue
- B) yellow
- C) purple
- D) red

Pick a TikTok song:

- A) "Say So" by Doja Cat
- B) "Falling" by Trevor Daniel
- C) "Roxanne" by Arizona Zervas
- D) "My Oh My" by Camila Cabello feat. DaBaby

Pick a food:

- A) hamburger
- B) salad
- C) pasta
- D) pizza

Pick a city:

- A) London
- B) Paris
- C) Tokyo
- D) New York



Results:

Mostly A's: POVs!

Mostly B's: Call Me by Your Name (Timothée Chalamet slo-mo)!

Mostly C's: Making fun of Debby Ryan!

Mostly D's: The Renegade dance!

What's Hot & What's Not

BY: TRUTH ARNOLD

Hot   Not

- 1) Washing your dang hands
- 2) Animal Crossing
- 3) Making new recipes/DIYs
- 4) Dropping off gifts at your friend's front door
- 5) Netflix/Hulu bingeing
- 6) Reading *The Arrowhead* (Obvi)

- 1) Not washing your hands (You nasties)
- 2) Not acknowledging essential workers
- 3) Over/under sleeping for days at a time
- 4) Not being able to see your friends
- 5) Not having a prom
- 6) Not reading *The Arrowhead!!!*