

PERKIOMEN VALLEY HIGH SCHOOL'S

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Middle School West welcomes new four-legged friend

West unveils new student led program

REBECCA DUPRÉ
STAFF WRITER

On January 8th, the Perkiomen Valley Board of School Directors approved the integration of a facility dog at Middle School West. This initiative represents a fulfillment of the district's commitment to enriching both the educational and emotional well-being of its students.

This idea was created by senior Ava Bellino, who inspired the idea of having a therapy dog in school and saw that it would be helpful to learners. Bellino shared her proposal with Mrs. Zielinski, a counselor at Middle School West, and together, they worked hand in hand to guide the proposal to approval. They advocated for this innovation by collecting evidence and presenting it before the school board to showcase how a therapy dog could positively impact the school community.

"Ava's passion for helping her peers was the spark we needed. We did our homework, visiting schools with successful therapy dog programs and gathering all the necessary information to present a compelling case to the school board," Zielinski

said, reflecting on the effort to bring this idea to the school board.

The proposal found strong support from the school's administration, particularly from Mr. Creeden, the principal of Middle School West. He recognized the multiple benefits a therapy dog could bring to the school environment.

"There is a growing need for social-emotional support at the middle level. A therapy dog is an additional support that can satisfy these social-emotional needs and refocus students so they can be academically successful," Creeden said.

Bellino expressed her aspirations for the program and its potential to transform the school's atmosphere. Her initiative reflects a broader understanding of the challenges students face and the innovative solutions required to address them.

"I wanted to find a way to make school a better place for everyone. I'm hoping that being greeted by a dog in the morning will spark some excitement in students to come to school, and I hope that it will serve as a useful tool for emotional support," Bellino said.

In preparation for the facility dog's arrival, significant efforts are being made to ready the faculty, staff and students for this new addition. Zielinski is leading these

efforts, with the dog's selection and training meticulously guided by Wendy Jordan of DogSense, guaranteeing the chosen dog is perfectly suited for the role. The dog will reside with a designated staff member, ensuring its well-being and integration into the school community are seamless and effective.

"Wendy's expertise has been invaluable in preparing us for this exciting addition. She's guiding us every step of the way to ensure our facility dog will become a beloved member of our school community," Zielinski explained.

The project has received notable praise for its comprehensive planning and the positive implications it holds for enhancing student and staff welfare. School board member Don Fountain, an advocate for the initiative, reiterated the benefits of welcoming a facility dog into the school environment.

"The presence of a facility dog in a building can provide an excitement, as well as a calming impact. The positive aspects of the dog's presence impact every student, and even every staff member that may have an opportunity to work with them," Fountain said.

As Perkiomen Valley looks forward to welcoming a facility dog in the fall of 2024, this initiative acts as a potential model for expanding simi-



During the 2022 MLK Day of Service, a therapy dog visited the high school. Therapy dogs offer comfort, while service dogs are trained to complete tasks for their owners.

PHOTO: GEORGIA LOLADZE

lar programs throughout the district. With widespread support, the success at Middle School West is expected to pave the way for an educational environment where student well-being and learning go hand in hand, marking a hopeful step towards a more

inclusive approach across the district.

"We're not just bringing a dog into the school; we're introducing a new form of support and companionship for our students," Zielinski said.

Career Study WHERE TO BEGIN...

BY CODY RATHGEBER

01



Reflect on your interests

Think about your favorite subjects and what you might be interested in pursuing more.

02



Brainstorm potential careers

After evaluating your interests, find potential careers that align with these passions.

03



Locate nearby companies

Research nearby companies/locations with career paths similar to your interests.

04



Reach out to locations

Reach out to companies and find out if they accept volunteers for unpaid experiences.

05



Make a decision

Narrow down your choices of companies/organizations and determine which will be your best fit!

Board repeals controversial bathroom policy 720

FREDDY GRUBER
OPINIONS EDITOR

On Sep. 2, 2023, shortly after the 2023-2024 academic year began, a community member posted on Facebook to criticize the school's then-bathroom policy that allowed students to use the bathroom of their declared gender identity rather than their biological sex. This post contributed to the board adopting Policy 720, a measure restricting students to the restrooms of their biological sex, and culminated on Monday, Feb. 12, when the board reversed its previous decision and retired Policy 720, just 133 days after it was put in place.

During that board meeting, the community member who made the statement stood at the school board's business meeting to criticize their decision.

"It's pretty disgraceful that my daughter had to be the one that is told

'suck it up, we're going to cater to an ideology and you can't go to the bathroom in peace,'" he said at the end of a lengthy, politically charged and emotional meeting where the board voted 6-3 to repeal Policy 720.

In the period between that post and 720's removal, however, even more dissonance struck Perkiomen Valley. On Sep. 15 of last year, many PV students staged a walkout protesting the board's initial decision to not implement Policy 720, with many students wishing to protect the rights of female students whom they saw as being discriminated against by the previous policy.

Only a week later, an anonymous, explosive-laden bomb threat was sent to PV, reading, in all capital letters, "YOU WILL UNDO THIS BATHROOM DECISION OR YOU WILL CONTINUE TO FACE OUR WRATH!" The threat served as another call for the board to imple-

ment Policy 720, which they eventually did on Oct. 2.

Despite all this, the board's sentiment on the issue changed after the school board elections on Nov. 7, whereby the Democratic ticket, known as PV Forward, won unanimously, flipping the board from a slim 5-4 Republican majority to a 6-3 Democratic tilt. This majority is what led the board to comfortably pass a measure to repeal Policy 720 on Monday as one of its first orders of business since rising to power.

"From what I am hearing tonight, some people are saying that the majority is always right," newly elected board member Todd McKinney said, in reference to the fact that the policy protected the district's small minority of transgender students, a fact which many opponents of the previous policy lamented. "If that is the case, then I would still be in chains," McK-

inney, who is Black, said.

Amidst the cacophony of controversy surrounding this policy, the voice of the students at the latest meeting was rather quiet, much to the dismay of many on both sides.

"Student voice, among all those of parents, is much needed and welcomed," school board President Laura White, who voted to repeal Policy 720 on Monday, said.

While many proponents of Policy 720 criticized PV's administration for not polling students on their opinion, others, like student representative Claire Tremba, defended the actions of administration and called for an end to the noise and controversy surrounding the district.

"It's not as simple as sending out a survey or poll," Tremba said at the Feb. 12 meeting. "The consensus of the students is that the issue has become convoluted

with political agendas. It's gotten away from what Policy 720 is about. To our students now, it's about our school being on the news for our school board meetings instead of our student section. We're getting bomb threats and scared for our lives in class over using the bathroom."

For Tremba, the

hope moving forward is that the district improves its decorum and civility regarding hot-button issues.

"[It's] important to be respectful of everyone's opinion. With issues so controversial, it's vital to remember that everyone will never agree, but everyone can be kind," Tremba said.



In September, there was an uproar in the PV community over a bathroom policy, which was revoked in early February.
PHOTO: MEERA THONIYIL

Biking vikings rides in as newest athletic club



A member of the community mountain biking at Spring Mountain.
PHOTO: JULIAN FLAMINI

MADHU ARI
STAFF WRITER

The Perkiomen Valley School District proposed the launch of a mountain biking team for both the middle school and high school levels. The season is expected to begin in the 24-25 school year, and will take place July 1st, 2024 to mid-November, 2024.

Perkiomen Valley Middle School East Principal Dr. Clune brought forward the club as a means of encouraging

students to get more involved with the local environment.

"As we were developing PV Woods, Mountain Biking came up as a natural partner for our work. Mountain Biking is committed to get students out in nature and maintaining trails," Dr. Clune said.

The practices would take place two days per week, with occasional practices on weekends. While the team plans to participate in competitions, it is currently not

a requirement to join.

"We are also hoping to build on students who want to just ride so that they can build skills and enjoyment of riding," Dr. Clune said.

Some parents have expressed positive feedback for the idea.

"I'm excited to hear about this. This is a long time coming," one parent said. "[I] would love a road bike team too. These are activities kids will do for their entire lives, where most of the team sports that is not the case. Biking is so

much fun!"

The two prospective coaches for the team are Mr. Kory Knaster and Ms. Nicole Slater.

"We have a lot of great trail systems here in Perkiomen Valley, [such as] Spring Mountain, the Perkiomen Trail, Evansburg State Park," Knaster said.

The district is currently undergoing efforts to gauge potential interest in a mountain biking team, such as through online surveys to students.

"It's going to be an

exciting opportunity for kids to get outside, explore nature, get some exercise, and hopefully compete in some competitions," Knaster said.

"It will be a great chance to involve our schools and become a part of the greater mountain biking community."

District commemorates Black History Month

CLAUDIA CARUSO
MANAGING EDITOR

Last Thursday, February 29, marked the end of this year's Black History Month, a tradition established by historian Carter G. Woodson in 1926. Across the Perkiomen Valley School District, teachers, librarians and administrators honored the stories and contributions of Black Americans in a multitude of ways: from class readings and discussions to projects dedicated to researching influential Black Americans.

"During the read-aloud experiences, [teachers] can make those purposeful connections to people who have been influential in Black history," Dr. Champagne-Lee, Supervisor of Equity and Student Services, said. "Visual displays can also serve as a teaching opportunity, although a little less formal, it sources great conversation."

Learning experienc-

es last month differed vastly between grades and buildings, each catering to specific age levels. Many elementary teachers engaged in read-aloud discussions, showcasing Black authors and diverse characters. At the secondary level, more individual projects took place rather than collaborative grade-wide efforts. West showcased a permanent installation in its campus rain garden entitled "Bustani ya Uhuru," translating to "Garden of Freedom" in Swahili, dedicated to "James" and "Dolly" enslaved children of Krause family in Zieglerville. The high school PVTV classes worked on a month-long segment honoring an influential African American during each daily broadcast. Black history teacher Mr. Giess spotlighted local Black activists and influential figures from the greater Philadelphia area during Black History Month. Outside of

strictly classroom activities, the Black Student Union (BSU) at the high school hosted numerous presenters to speak about their professional experiences.

"People who have an interest in similar colleges or career options are coming to present and provide their perspective on their experience being at either a Historically Black College University (HBCU) or an Ivy League college," BSU adviser Ms. Smith said.

The colleges represented included Spelman College, Howard University, Duke University, Princeton University, Stanford and Columbia University and the careers range from NFL Media, nursing, real estate, graphic design and law.

"I want to create a networking opportunity for our black student union in the area as well as other districts," senior and BSU co-president Taylor Johnson

said.

Black History Month encourages people to recognize that Black history is American history, reflected in the administration's ongoing efforts to improve and refine the curriculum to be as inclusive and diverse as possible.

"The recent climate survey [asked] students if they believe that the curriculum that we have reflects the race and the cultures within our school," Dr. Champagne-Lee said. "Do we see representation in our classroom libraries and school libraries of all the cultures here within our school?"

Beyond the administrative level, Mr. Giess recommended ways teachers can make an active effort to incorporate Black history into their lessons - not only in the month of February but year-round.

Whether the subject area is the humanities or the sciences, Black Americans have made

and continue to make vital contributions to all aspects of society.

"One of the ways to incorporate black voices and ideas is to look at the publications that they produce," Giess said. "The Philadelphia Tribune is the oldest, historically black-owned newspaper in the country."

Though Black History Month came to a

close, there are still ample opportunities for the PV community to recognize the everyday work of Black Americans.

"Whether it's urban farming, black businesses, or parents of color leading education reforms, African Americans are pushing for equality all around us every day," Mr. Giess said.



PV's Black Student Union (BSU) hosted a presentation on influential Black Americans during the annual Martin Luther King Jr Day of Service.
PHOTO: MRS. SMITH

JACK TARLOSKI
STAFF WRITER

From cold showers and ocean plunges to ice packs and cryotherapy, cold exposure therapy can change your life. Mentally and physically, cold water has many benefits that will improve the quality of one’s life. According to Dr. Andrew Huberman, professor of neurobiology and ophthalmology at Stanford’s School of Medicine and host of the Huberman Lab Podcast, you can reap the benefits by experiencing cold exposure, with water temperatures between 45

and 60 degrees Fahrenheit, for just 11 minutes a week. Benefits from cold exposure include faster muscle recovery, reduced inflammation, increased cognitive function, skin and hair health, enhanced immune system, better weight management, a better metabolism, and mood improvement. When our bodies are exposed to cold, neurotransmitters, such as serotonin, norepinephrine, and dopamine, which play a crucial role in emotional regulation, are released. For instance, dopamine is the

chemical in the human body that causes pleasure, motivation, and satisfaction. Cold exposure can increase the level of dopamine by 200% to 500%, the same as someone on cocaine. Increased levels of dopamine, “happiness”, can also lessen anxiety. Being in cold water for a long period of time can cause the body and brain to shut down. The cold water takes the mind off of any stressors and focuses on breathing and,er crazy as it may sound, staying alive. Exposure to the cold lowers the heart rate, causing you to be calmer

and less anxious. This was the case for senior Zack McCabe. “I didn’t have bad anxiety to begin with, but I definitely noticed that I was way more calm,” McCabe said. “I also noticed that I was way more productive, I had more motivation, [and] my mood was way better throughout the day.” Controlling the breathing was another thing McCabe mentioned. While your chest and neck are submerged under really cold water it literally takes your breath away. “Learning to control my breathing was

the hardest part. Once I got over it, the cold tubs became easy,” McCabe said. Another thing he mentioned was better sleep. Hormones released during cold exposure cause calmness and relaxation, leading to better sleep at night time. While taking that first plunge into that icy bath may seem daunting, the numerous advantages of cold exposure far exceed the initial discomfort that ensues. People can emerge from the bath with a new perspective and wrinkly fingers.

Dress Guide

MACY'S

Dresses at Macy's are stylish but cost generally between 100 and 200 bucks. Some do tend to be a little pricier, but here is a good bet for a nice new dress. Although, there seems to be a higher chance of having the same dress as someone else.

PV PROM SHOP

Perkiomen Valley, along with many other schools has mini shops where people can buy cheaper, used prom dresses. They are worth \$25 at PV. They are open on Tuesdays, Thursdays and Saturdays.

WINDSOR

Much like Macy's a lot of Windsor dresses are between 100 and 200 dollars. There are more options as well, both cheaper and more expensive. Windsor specializes more in dresses and would be a great option.

GOLDEN ASP BOUTIQUE

This boutique is definitely on the fancier side, where you must book an appointment to go. You get a stylist there to help you find the perfect dress within your price range. Dresses there can range from around 200-600 dollars on average.

VIP FASHION

This boutique specializes in dresses and can be found in King of Prussia. A lot of the dresses are expensive brands and range from 300 to 800 dollars. If you do not care about spending a lot, this is a pretty good option for you.

DRESS CODE

Dress code has beautiful dresses but you cannot find prices in less you go in person. The prices can range a lot but here is where most dresses start getting more expensive, in the 500s.

INFOGRAPHIC: RAYNA BURKE

Hobby turned business

REBECCA DUPRÉ
STAFF WRITER

In 2020, people across the globe started new hobbies to occupy their time amidst the chaos of COVID-19, from puzzle-making to book reading and so on. For senior Rebecca Wezner, her quarantine boredom inspired a newfound passion for jewelry making, ultimately leading her to create her own small business, Simple Tides Co. Intrigued by the idea of creating something, Wezner asked for jewelry-making supplies for her birthday. Little did she know that this seemingly inconsequential request would evolve into a thriving business. “I sent stuff to my family and my uncle, who has businesses. Once they saw the potential, they encouraged me to open up an Etsy shop,” Wezner said, reflecting on the unconventional origin of Simple Tides Co. Wezner’s journey into jewelry making wasn’t just a creative outlet—it was a desire to spread joy during a challenging time. Her initial motivation expanded beyond her close circle as her uncle believed that more than just friends and family would appreciate her creations. “At first, I just wanted to gift people things during COVID to make them happy. Since my uncle lives far away, he thought that more than just my close family and friends would want



Wezner flaunts her handcrafted rings that capture coastal essence.
PHOTO: REBECCA WEZNER

stuff,” Wezner said, emphasizing the communal spirit that fueled the beginning of her business. Balancing school and business, Wezner prioritizes academics while dedicating nights and weekends to her craft. “I spend most nights planning new jewelry ideas and packaging orders. What the future could be is what motivates me. I continue doing all my school and working on my business so I can make a good future for myself,” she says, highlighting the commitment she has put into turning a passion into a business. The heart of Simple Tides Co. lies in its diverse, waterproof, beach-themed jewelry. Wezner’s creations span from bracelets to necklaces, rings, and earrings, with each

piece created for a unique occasion. Beyond the success of her business, Wezner cherishes the connections and friendships that have blossomed along the way. “My favorite part of owning a business is the people I’ve met through it. Since I go to events and talk to people on social media, I have made a lot of connections and new friends with similar interests,” she said. Wezner’s advice to fellow students contemplating uncommon paths is simple yet profound: “Just go for it. You’ll learn a lot about yourself and become more motivated to do both school and your passion.”

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What to do when your situationship goes south

JOHANNA CORKEY
OPINIONS EDITOR

Dictionary.com defines a situationship as a “relationship that is more than a friendship but less than a committed relationship.” Though most high school students probably don’t need to define a word they already know so well. With the ever-growing influence of social media, relationship culture is changing in a dramatic way. There seems to be a decline in commitment and a surplus of people stuck in the purgatory that is the “talking” stage.

It must be stated that situationships are, in theory, not inherently wrong. Don’t let this disclaimer get to your head. Your situationship is probably terrible. A clearly communicated, uncommitted relationship with defined boundaries is not a bad thing. However, problems arise when there is an unequal power dynamic or lack of communication between parties, which almost always exists for teenagers.

The harm lies in imbalance. When one person is

more attached than another, or more in charge, or more experienced, it can lead to a lack of communication and breed emotionally damaging negative self-talk. For both parties, the situation can quickly become toxic. Societal pressures might lead us to shut our own feelings down, leading to self-doubt.

Ask yourself, are you gaining anything from this relationship? Do you see it going somewhere in the future? Are you benefitting from it at all, or only hurting your own feelings? If you answered yes to any of these questions, ask yourself: Are you sure? The first step to solving the problem is addressing it.

If any of your answers to these questions are conditional, let me make this abundantly clear: YOU CANNOT FIX THE PERSON YOU ARE WITH. If you find yourself making excuses for your situationship, or telling yourself that you can fix it on your own, just know that you absolutely cannot. Romantic media may lead you to fantasize about saving your partner, or miraculously fixing the re-

lationship somehow. That is not realistic. Some damaged things need to fix themselves. Taking responsibility for another person’s well-being is never healthy, and if you find yourself beginning to do it, take a step back immediately.

So we’ve established that your situationship is bad. The question becomes, how do you get out of it? Truth be told, leaving a bad situation can be scary, especially if you’re not sure it’s the right thing to do. Let me assure you, it is.

Reach out to a support system- Whether it be friends or family, surround yourself with the people you love. Sometimes when you are so consumed by another person, it’s easy to forget how severely you are adored by those close to you. Don’t forget that you are loved, with or without the person you are trying to solve like a Rubik’s cube.

Look inside yourself- To love another person, you must first love yourself. Situationships can easily lead to self-esteem issues or lack of self-confidence, so it’s important to build yourself

up before breaking it off. Remember that no matter how hard it is, you will always have yourself.

Tell it like it is- When the time comes to let your “friend” down, don’t lie. Communicate your feelings openly and honestly. This will help both you and your “friend” come to terms with your “split.” Even if you weren’t really committed in the first place, letting go can be difficult.

Don’t be ashamed- We’ve all made our fair share of bad decisions. Staying in a bad situationship is not the worst thing a person can do. Don’t let it get you down!



INFOGRAPHIC: JOHANNA CORKEY

Lastly, don’t beat yourself up about what could have been. There are better things than the person you liked in high school. In ten years, it’s likely you won’t have any recollection of this. And some situations are better forgotten!

Celebrating Chinese New Year across borders

SARAH GAULT
STAFF WRITER

The New Year is filled with excitement and anticipation. In America, we usually find ourselves watching performances from various artists while waiting for the ball to drop or attending a party. However, in other cultures, the tradition for the arrival of a new year is completely different.

Chinese New Year, also known as the Lunar New Year, falls on the new moon that can appear between the 21st of January through the 20th of February. This year, the New Year falls on February

10th. The tradition dates back to an estimated 3,500 years ago. The New Year aligns with the Lunisolar calendar used by various countries like China, Korea and Vietnam.

Sophomore Rita Chen celebrates this tradition with her family. While every family’s traditions may vary, Chen’s celebrates with traditional customs, such as red envelopes and a New Year’s dinner.

“The one tradition that we always do is giving the children red envelopes which has money in it and it really depends on the family member for how much they would

give us,” Chen said.

The red envelopes, also referred to as Hong Bao, contain money that is given to children in the family by relatives. The origin of the red envelopes dates back to some of the oldest documented stories of the Lunar New Year. The story goes that the mythical demon Sui would terrorize children when they fell asleep on New Year’s Eve. The envelopes served as protection against the demon and have been used ever since.

Another common tradition called Nian Ye Fan is to sit around a large table and enjoy a New Year’s dinner.

Families may burn incense to worship their ancestors. Delicious foods are made and served during the holiday like dumplings to bring luck, noodles symbolic of longevity, and fish, the staple of many New Year’s dinners.

“For dinner, we would have hotpot, crabs and like other seafood,” Chen said. “We would also gather around in the living room to watch the CCTV Spring Festival Gala.”

The CCTV Spring Festival Gala is a Chinese New Year broadcast special that features various performances, acts, dances, comedic skits

and music. The program, according to Guinness World Records, is the most watched in the entire world. The program showcases the beauty of the festival and the quality of family time, as many Chinese families tune in to watch.

Chinese Lunar New Year is a magical celebration full of joy, good food and family bonding. While Pennsylvania may be 7,107 miles away from China, the ideals of Lunar New Year are carried across borders from generation to generation.

Experiencing sacred bonds of Hindu matrimony

ADWITA THORAT
OPINIONS EDITOR

Hindu weddings are renowned for their elaborate and joyous celebrations, steeped in tradition and meaning. I recently was able to attend such a wedding for my cousin. Arriving at the wedding venue, I could already feel the excitement and anticipation in the air. Workers busily prepared the space, from hanging flower garlands to setting up chairs. As friends and family began to arrive dressed in their brightest traditional clothes, a feeling of infectious enthusiasm spread among us: the colorful, dream-like celebration was about to commence.

My cousin, the groom, made his dramatic entrance into the wedding hall on horseback, having the time of his life surrounded by the sea of joyful relatives dancing to the deafeningly loud music. After my family and I took our places next to the groom, all spectators turned to the doors

to witness the entrance of the radiant bride. Draped gracefully in a stunning yellow sari and accompanied by dancers adorned with tiny twinkling lights, the bride walked slowly to the emotional melody of Hindi music. She appeared regal, yet nervous, as over 800 guests watched silently in awe. The bride locked eyes with her groom, who stood in the center of the stage as small tears formed in his eyes, never once looking away.

The priest commenced with age-old rituals, positioning the couple on either side of a white barrier cloth, blind to each other. My family and I huddled behind the groom, the bride’s family mirroring our actions, prepared to toss handfuls of rice after each recitation, a symbol of nourishment, sustenance and prosperity. At last, the cloth dropped, and they turned lovingly toward each other to exchange garlands of

vibrant marigolds, sealing their union. The couple sipped holy water from their mehndi-clad palms in a traditional purifying ritual, preparing them spiritually for the sacred vows to come.

Then came the emotional moment when the bride’s father cradled his daughter’s hand before placing it into my cousin’s palm. Her mother, with tears pooling in her eyes, poured holy water from her palms into her daughter’s, which then trickled down to the groom. The priest recited mantras as holy water trickled over their clasped hands, signifying the bride’s family’s trust that their daughter would be loved and accepted.

My cousin beamed as he adorned his bride’s neck with a beaded wedding necklace and applied crimson powder along her hairline, solidifying the promise of an eternal bond. The ancient and solemn fire ceremony followed, where offerings

burned brightly amongst vows and chants, honoring their commitment to surrender possessions and devote themselves fully to their marriage. With a cloth symbolically and physically tying them together, they circled the blazing flames seven times to seal promises of mutual support, protection and eternal partnership. Each circle of the fire, or phere, symbolizes the seven pillars of marriage in Hinduism.

Before the fire’s glowing light, my cousin grasped his bride’s hand in his own and began the final ritual: the pivotal seven steps on beautiful flower arrangements reinforcing sacred marital vows lovingly exchanged between the blissful newlyweds. With intertwined hands and now intertwined lives, the bride and groom took the first steps of their marriage and new life.



The bride’s mother pours holy water onto the hands of the couple.
PHOTO: SEVENTY BY TWO

The Voice
2023-2024

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The Voice is an eight page print newspaper published by The Voice. The Voice is written primarily for the approximately 1800 students attending Perkiomen Valley High School, and is distributed free of charge to all members of the school community. Secondary audiences which receive the newspapers include other school journalism programs and organizations which promote the development of scholastic journalism. The publications Board is the decision-making body of the newspaper which governs its day-to-day operation. The Voice staff has adopted the following editorial policy to express the rights, responsibilities and philosophy of this newspaper for the 2023-2024 school year. The Voice is an accessible public forum which provides information and entertainment in addition to various viewpoints on debatable issues in the form of editorials and columns. Funds for production come from advertising. Letters to the editor, guest columns and all material submitted for publication must include the writer's name, signature and class or position. The Voice will not print anything in the newspaper that is deemed libelous, obscene or in poor taste, in accordance with the Supreme Court's justified standards. Rights are reserved to postpone, edit or withhold from publication anything submitted which does not meet the specifications. The meaning of any submission will not be altered, but we reserve the right to correct spelling, grammar and punctuation when necessary. Additionally, The Voice refuses to print criticism which is not constructive and not supported by facts. The editors and adviser will make the final decision on all material appearing in The Voice. Letters should be addressed to the editor, taken to the Newspaper Room (123) and given to a member of the staff or to the Adviser. As an open forum, The Voice sells advertisements for publicity and to pay for newspaper related costs. The basic rate is twenty-five dollars per business card sized advertisement. We will refuse any advertisement which makes reference to illegal or controlled products, services, substance or paraphernalia. We reserve the right to refuse any other advertisement deemed inappropriate to the Perkiomen Valley community. As a responsible newspaper, The Voice will not intentionally invade the privacy of any person and will make every effort to correctly spell names and make accurate class and position identifications. Accurate reporting of fact is the goal of the staff. Opinions will be clearly marked and found on the editorial pages or as designated on other pages. Corrections will be printed when mistakes are found or brought to the attention of the staff. Original stories will carry bylines, although stories rewritten by someone other than the original author will not receive a byline. Commentaries and opinion columns are the expressed opinion of the author and not of The Voice and its Editorial Board or its adviser.

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Mission Statement

The Voice is the official newspaper and website of the Perkiomen Valley High School and serves as a public forum to exercise the students' First Amendment rights. Our mission is to impact our readers with the most interesting content through fair, accurate, and professional reporting that includes the entire community. The Voice strives to provide a platform and a place to those under-represented in our community by embracing beliefs, cultural traditions and views of our subjects and staff. The Voice hopes to enhance future readiness by using the students' passion for reporting, writing and editing.

Correction Policy

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Editorial
Veritas? Higher Education's Hidden Vices

The editorial staff voted 12-0 to publish this editorial

High school, though significant to the lives of many, is, at its core, a transitional period preparing students for college or a career. Beginning with freshman year, many students meticulously map out their following four years, complete with various clubs, AP or honors classes and volunteer efforts with the ultimate objective of being admitted into the college or university of their dreams. But as high school seniors finish their applications and juniors study for their SATs/ACTs this school year, they have surely heard murmurs about the litany of problems boiling at the surface at many prestigious colleges across the country.

The impetus for the recent tensions on college campuses was the Oct. 7 Hamas attack, resulting in the deaths of around 1,200 civilians, and subsequent Israeli Defense Force military strikes that have taken the lives of over 29,000 people as stated by the Health Ministry on Monday, Feb. 19.

On American soil, outspoken student advocates from both sides of the issue took to the streets, organizing protests to express their views - a practice that these universities claim to encourage. Despite frequently calling for forthright advocacy amongst applicants and claiming to champion diverse opinions through their websites, these schools were ill-equipped to handle the divisive climate.

According to the New York Times, in just the first month since the incident in Israel, students at Harvard were targets of a doxxing campaign after 30 student groups published a letter denouncing the Israeli government.

At Brown, 20 students were arrested after staging a sit-in calling for a ceasefire. All the while, hundreds of Columbia students walked in Pro-Israel and Pro-Palestine demonstrations, resulting in the suspension of two Pro-Palestine groups under claims that they had violated campus policies. The disputes across campuses in America led to federal investigations of discrimination after reports of antisemitism and anti-Muslim rhetoric and harassment.

Fanning the already contentious flames were the testimonies by the presidents of Harvard, UPenn and MIT at the Dec. 5 congressional hearing. The now-infamous clip that provoked an uproar bringing the issue to the national stage was the line of questioning by NY Republican representative Elise Stefanik. Stefanik, overgeneralizing that Pro-Palestine chants of "from the river to the sea" and "intifada" (the Arabic word for uprising/resistance) were calls for the genocide of Jewish people, asked whether such calls would violate the universities' codes of conduct. The three presidents' failure to give a clear yes or no response angered many across the country. All three responded that when students aim language toward a person or group, with that language directly fueling harassment or violence toward that group, it does in fact breach the universities' codes of conduct.

Following the hearing, UPenn President Liz Magill and Harvard President Claudine Gay retracted their statements, with Gay clarifying that a call for genocide, regardless of the situation's context, would violate Harvard's code of conduct. Magill

Uncaring hands leave local news dead

FREDDY GRUBER
OPINIONS EDITOR

When Austin Hertzog, head sports editor of the Pottstown Mercury, enrolled at the University of Pittsburgh in the early 2000's, the idea of being a journalist had seldom crossed his mind.

"I went to Pitt with the idea of becoming an orthodontist because that pays really well and it would be a great career," Hertzog said at the start of a tell-all phone interview.

The young Lancaster County, PA native promptly abandoned his orthodontic aspirations after realizing, as many students do, that chemistry is incredibly difficult. He therefore set himself on a different path: writing about sports.

"I sat myself down and said 'Well, I love sports and I do like to write. Why don't I become a sportswriter?'" Hertzog said. "In retrospect, it was the most simple, stupid thing you could come up with but it gave me a real career goal in mind that set me on the right path with the right internships."

With this decision to become a journalist, Hertzog would send his life on a wild journey that has supplied him with endless gratification and, unfortunately, endless anxiety and frustration. Hertzog has witnessed and lived a tragical-

ly underreported movement with disastrous effects on our democracy, society and basic ability to distinguish fact from fiction. He and many other small-town journalists in America are but cogs in a broken, dying machine: the machine that is local journalism.

As soon as Hertzog decided to commit to the idea of becoming a journalist, he switched his major, began to seek out internships, and found himself as a starry-eyed intern at The Pittsburgh Tribune Review, the city's second-largest newspaper.

"The building at that time was positioned right in between Heinz Field and PNC Park, so I was faced with 'the big time' and it really gave me a goal in mind for continuing to pursue journalism," Hertzog said.

When Hertzog graduated with a journalism degree, he went from being face-to-face with the 'big time' to being face-to-face with the realities of journalism. After working for a short time in his native Lancaster County, he was hired as the heir apparent to the late Don Seeley, then-sports editor at the Pottstown Mercury.

In the mid-2000's, The Mercury, alongside most newspapers large and small in America, was still predominantly a print publication.

resigned days later after pressure from alumni and donors. Less than a month thereafter, Harvard President Gay resigned amid resurfacing accusations of plagiarism, which Harvard later clarified as incorrect citations. In her New York Times op-ed piece, Gay warned that the campaign against her credibility and leadership is part of a larger attack on higher education and other institutions of prestige.

But what exactly does this mean for high school students preparing for college? Despite representing less than 1% of the population, prestigious universities are recognized as pillars of American education. However, it is paramount that we reevaluate how we view higher education, given the systematic inflation of benefactor power in the decision-making processes of these institutions. As reported by CNN, in 2022, US colleges received \$59.5 billion in private donations, according to the Council for Advancement and Support of Education. Donors have threatened to withhold funding to influence campus policies and politics, exposing the limitation on colleges from truly representing the interests of their students. There also needs to be further clarification of the extent to which freedom of speech and protest are protected and for whom. College is not designed to be a protective bubble shielding students from world issues. It is meant as an environment to foster discussion, however varied it may be or however contentious the issue is. When students express concern for the lives of others across the world, shouldn't their words be commended, not stifled?

Most papers were incredibly slow to transition to digital media, as they assumed that the internet and digital consumption of media was a temporary trend that would never oust the classic Sunday paper. As Hertzog laments, they could not have been more wrong.

"The newspaper powers that be were so short-sighted that they thought 'The internet, it's just a passing fad. People are always going to buy our newspaper so we'll just throw it [online] for free because no one's going to read it there.'" Hertzog said.

In a crucial misstep, most papers put nearly all of their product online for free for several years while the internet was still a burgeoning, unknown market. In doing this, they made the general public expect to receive news for free and stop buying printed newspapers, cutting off a major source of income that they have never really gotten back.

"By creating a free situation around your news content, you are now incentivizing people to not want to pay for what you are producing, which is totally insane for any business. If you don't create value around your content, then you've lost your entire money making proposition," Hertzog said.

Continued on pg. 6

Local journalism (Cont'd from pg. 5)

This critical mistake at the dawn of the newest era of media has had lasting effects on the news industry. From top to bottom, news companies have been affected, with big fish like the New York Times even being forced into layoffs from dwindling profits.

For Hertzog and other minnows of the journalism world, the effect has been even more pronounced.

“When I became sports editor of The Mercury in 2013, my staff was going to be a total of six people. Most recently, throughout

the back end of this fall, The Mercury’s sports staff has been just me. It’s changed my ability to do things and cover the area in as comprehensive a way as the previous standard has been,” Hertzog said. “It’s difficult to realign what your standard of excellence is when you don’t have the bandwidth to do what you previously were capable of, and it forces you to make tough decisions.”

Hertzog’s story is not an anomaly. Thousands of small papers around the country are experiencing similar challenges with understaff-

ing and layoffs, hindering them from fully achieving their goal of providing news to communitie. One common trait of most struggling newspapers stands out, however: corporate ownership.

The Mercury is a subsidiary of MediaNews Group, a Denver-based conglomerate that owns around 300 publications in the US. MediaNews Group, in turn, is owned by a hedge fund called Alden Global Capital. Most local papers can no longer survive independently, forcing them to be bought up by large hedge funds that further compromise their ability to function.

“There’s a cynical approach to ownership by the hedge funds in that they’re not actually trying to succeed at providing the news, they’re really just trying to buy up the properties and strip them of their assets to turn a huge profit margin. That’s part of why our staffing is so dire,” Hertzog said. “It’s almost like we’re being killed from within.”

Local news’ decline comes at the hands of uncaring corporate suits that would be perfectly content to liquidate their publications when profits dry up. The effect of this is a decline in the ability of local papers to cover events in their own community, leaving residents weaker in their knowledge of local happenings, politics, and corruption.

“The checks and balances of a community that local journalism provides such as

informing people of what’s going on in a municipal meeting or in their school district or school board is where I see the biggest loss. Being a watchful eye on whether or not a local mayor gave himself a \$300,000 raise, for example, makes journalists the protectors of truth and decency in the face of corruption. The death of local news is therefore a real concern from a community standpoint, a democracy standpoint, and for the health of a functioning civilization.” Hertzog said.

We see it so often nowadays. Local corruption, political extremism, and a general lack of respect and unity. In our own school board meetings, it has not been uncommon to see immature bickering and uncouth comments from board members and residents alike. This disunity and lack of decorum would certainly decrease if a healthy local publication were present to report on the events of the meeting and point out such offenses.

These events therefore beg the question: what happens next? If local journalism is to die off, we would most certainly be left with more corrupt, disunified municipalities. But will it actually die off? Hertzog, for one, is cautiously optimistic.

“My belief, for the last number of years, has been that, outside of these big newspapers, local journalism needs to burn to the ground and begin again. A bit like how newspapers worked

at the start of our country, which is to say, persons in a community banding together to bring people the news. There of course needs to be funding for that, and it would probably have to happen in a nonprofit manner or from local businesses in order to monetize it and give journalists a living.” Hertzog said of where he thinks that journalism is headed in the not-too-distant future.

It is not only clear that local news is dying, but that local news is essential for the health of communities and democracies. We as a school and a community must therefore continue to support local journalists like Hertzog who work thankless hours with insulting wages to provide for the betterment of our area. As Hertzog and others around the country live each day with the thought that it may be their last in their current job, we must do all we can to keep local journalism alive.

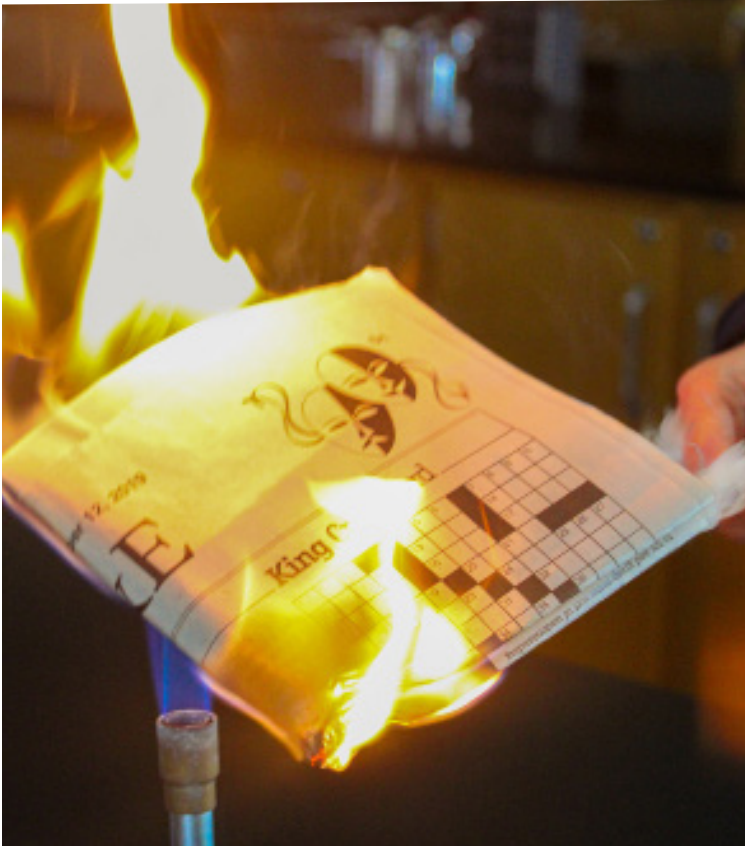


PHOTO: MEERA THONIYIL

Why TikTok is ruining music

GEORGIA LOLADZE
EDITOR-IN-CHIEF

It is a common saying Scrolling down my For You Page, I am bombarded with continuous chimes of “Wait, did I just make the song of the summer?” This never-ending chorus spawned from the frenetic environment that TikTok’s algorithm nurtured. TikTok is a powerhouse in the social media sphere, ranking fifth in the world with 1.562 million monthly active users, according to Statista. However, the app’s greatest influence undoubtedly lies in the music industry, but not without heavy consequences.

When the song “abcdefu” was posted by GAYLE, one unsuspecting day in the summer of 2021, all self-respecting late songwriters collectively rolled over in their graves. The GarageBand beat, edgy lyrics and repetitive nature do not make for a good song, but it is TikTok gold. It skyrocketed in popularity due to its catchy chorus, allowing for easy lip-syncing and dancing. The song gained

break-up anthem status, and Atlantic Records released it a year later. Other similar songs like “Dance Monkey” (which should be considered a means of torture under the Geneva Conventions) and “Twinkle Twinkle Little B-” also gained traction on the app, setting a dangerous precedent that has begun to reshape the music industry as we know it. While this conclusion may seem overly dramatic, it is the reality we face.

TikTok is an app centered around shoveling as much content into a person as humanly possible. People’s attention spans are becoming shorter and shorter at an aggressive pace. This phenomenon has reached peak absurdity because people now need content to pay attention to other content (I’m looking at you, Subway Surfers, Minecraft obstacle courses and weird DIY craft split screens). Artists have seen how getting straight to the point has done wonders with the algorithm, so

songs are whittled down to a simple, unoriginal and marketable chorus. Songs are being specifically written following this formula, which has oversaturated the app with little meaning or substance beyond face level. Anyone can write songs of this caliber, but it does not mean they should.

It is undeniable that TikTok is the breeding ground for the majority of trends nowadays, and this influence has gone beyond the black borders of the app, leading to the exponential inflation of music. TikTok notoriously boosts once-popular songs to new levels of fame. For example, Kate Bush’s “Running Up That Hill” resurged on the charts after a “Stranger Things” TikTok trend started. This elicited many negative reactions from fans who had enjoyed Bush’s music long before it went “viral” and no longer get to hold their superiority complex over uncultured normies. I do not support gatekeeping music, especially songs that

deserve every ounce of attention they get. Still, it saddens me that many TikTok users only listen to that 15-second clip and rob themselves of the full listening experience. These clips can also distract or alter the essence of a song since they lack context for the whole work and can be manipulated by users. For example, the trend of posting one’s significant other while the lyrics “Take a look at my girlfriend, She’s the only one I got” from Supertramp’s “Breakfast in America.” What most people participating in this trend would know if they listened to the whole song is that the next line is “Not much of a girlfriend,” which I cannot imagine most people would appreciate being showcased as. Another embarrassing moment occurred at a concert when fans singing along to Steve Lacy’s “Bad Habits” only knew the lyrics from the viral TikTok clip. The deafening silence exposed the shallowness of the audience and diminished the atmosphere of



ILLUSTRATION: NADIA LEES

the concert.

With the recent removal of about one-third of songs on TikTok, conducted by the Universal Music Group, a void has emerged. Instead of filling this void with more cookie-cutter songs that could be created by a monkey with a typewriter, I would like to see an emphasis on small creators. Some of the best songs I have ever heard I stumbled across on TikTok. So many talented artists are still out there, working hard to produce well-written and thought-provoking music that will with-

stand the test of time.

So when a person sitting in their room with a guitar asks for a minute of your time, stop scrolling and thank whatever you find holy that they are not playing “Dance Monkey.”

Behind enemy lines

EVAN KENNY
SPORTS EDITOR

For Mr. Graham, much of his life is the same as it was a decade ago: he is still a history teacher for Perkiomen Valley High School, still a high school swim coach and his boys swim team is currently undefeated, just as his Vikings were ten years ago. The only difference is instead of coaching the Perkiomen Valley swim team, he is coaching the school's biggest rival, Spring-Ford.

"I missed coaching swimming," said Graham. "I stopped coaching [at PV] when my kids were born. They got

old enough, there was a coach already here, I live in that community, and I missed coaching swimming."

The oddity of the situation is not lost on Graham, however. "It feels really weird to coach at Spring-Ford and teach at PV. I've been a Viking for close to thirty years now, and that's how I feel," Graham said. Once he returned poolside, however, the comfort of years past gradually returned.

"The first year was really, really difficult. I didn't know anyone from there, and there are a lot of differences: when I coached here, you see

the kids in the hallway, you have a relationship; I don't get that opportunity [at Spring-Ford]. But when I get to the pool, it's kinda like it always was," Graham said.

In his first season as the Spring-Ford swim coach, Graham led the team to its most Pioneer Athletic Conference (PAC) wins ever, finishing 9-1 and securing second place in the PAC.

Graham admits it is a weird feeling competing in meets against Perkiomen Valley.

"I've been away from Perk Valley now for ten years, so I don't really know the Perk Valley swimmers like

I would've, which has been very strange. Swimming is a type of sport where you can still root for your opponent, someone like Andrew Keenan. I love Andrew Keenan, and I will always be rooting for Andrew Keenan. One of my favorite photos I have is of Cooper Demark and Declan Lees in my first year," Graham said, reminiscing on his past as the Vikings coach.

The goal for the rest of the season remains the same as it was ten years ago: win the PAC and dive for more.



Mr. Graham is currently teaching at Perkiomen Valley while coaching the Spring-Ford Swim and Dive team.
PHOTO: MEERA THONIYIL

Star bowler Andrew Arnold's lane to success



Junior bowler, Andrew Arnold, scored his first perfect 300 game in a match against Devon Prep on November 29th, 2023.
PHOTO: ANDREW ARNOLD

SAMANTHA REHLING
SPORTS EDITOR

November 29th, 2023 was a groundbreaking day for 11th grade bowler Andrew Arnold. In a match against Devon Prep, Arnold scored his first ever perfect (300) game.

"It was a very gratifying experience, it made me feel like now that it's happened once I know it can happen again," Arnold said.

Arnold's interest in bowling began when he was only four years old, encouraged by his parents who both played growing up. Soon enough, he was asking to go to the alley twice a week. At the end of his freshman year, when PV finalized bowling as a PIAA sport, Arnold was ecstatic to join the team. Since the 2023 season started, Arnold has secured great success in both his performance and comradery amongst his teammates.

"He is a great person to be around. He always provides confidence for his teammates and constructive criticism if something isn't going right. He puts the posi-

tives over the negatives before game time," varsity player, Rylan Mears, said.

On the day that Arnold bowled a perfect game, he put the team, coaches, and himself on cloud nine.

"That was a very proud moment for me. That was 12 years of effort. All my friends kinda got theirs around when they were 16, and now they have like 30, and they are only 19 years old," Arnold said.

The week after his perfect game, Arnold rolled a 290. Arnold's love for the game is truly exposed by how often he practices perfecting his skills.

"He's always in the bowling alley. The day that he got that 300 perfect score, that night he went back to Limerick and bowled some more," head varsity Coach Costello said.

Before each match, Arnold sets a positive vibe for the team. Sophomore Ryan Bodge mentions that Arnold has a pregame quote to hype everyone up. He is seen as a role model for the players and gets his

peers in the right mindset for success.

"If you want to improve, it's just about practice. A lot of practice and a lot of dedication. It's a lot of time, effort, and money," Arnold said. "Bowling is a really mental game. If you tell yourself something's not gonna work, it's not gonna work. Whatever happened in the last frame, it's in the past now, you just gotta focus on this shot and making this shot better."

Costello is continually impressed by Arnold and what he brings to the team each week because it truly binds the game and players together.

"He provides the examples. Players get frustrated when they don't see the product of their hard work. They know that it can break because they can see it from our #1," Costello said.

Arnold has built a family within the sport he loves by connecting him to others on the team and giving them somebody to look up to.

Mears looks up to Arnold because of "One, his consistency. When he goes up on that lane,

there is no doubt in my mind that when that ball strikes the first pin, all 10 of them will go down. Second is his positivity. That stuff spreads like wildfire and creates this great vibe that lasts throughout our entire matches. He is a great person to be around, and I think all of my teammates would agree with me on that."

To say the team was elated to be there when Arnold achieved the 300 is an understatement.

"I was very happy for him. I was happy that he got it for PV and I was happy that I was there to witness it," Costello said.

Going forward, Arnold continues to practice different shots and improve his technique with his 8 different bowling balls, each 14 pounds. After high school, Arnold plans to bowl through college but stop short of entering the professional league.



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Cheer team advances to states

SAMMY REHLING
SPORTS EDITOR

On January 26 the competition cheer team traveled to States which took place in Hershey at the Giant Center. The girls left school at 9:30 in the morning to get ready for their performance that same afternoon.

“There were so many thoughts and emotions going through everyone on the team. Most of us were nervous but also very excited,” junior Madison Wilson said. “The warm ups were probably the most nerve racking part because everyone was worried to go out and compete especially if warm ups don’t go as planned.”

The girls ended up placing fourth for their division further qualifying them for semi finals which would occur the following morning.

“It was such an amazing experience to hear the announcer say “Perkiomen Valley!” during awards ceremonies,” Wilson said.

Working up to this day was quite a challenge for the team as they had a lot of new members join who had to learn the basics of their positions. In addition, the structure was different and for returning girls, they had to adjust to the changes.

“Starting the year off with an entirely new coaching staff was one of our setbacks but we all worked really hard to qualify for states and eventually for semifinals,” sophomore Madison Katits said.

Despite the adversity, the team managed to work together and perform their routine at the competition without receiving any deductions. Right before they performed, they hyped each other up and tried to settle the nervous energy flowing through the air.

“We always play the same few songs to get us excited and take our mind off of the routine just for a few minutes,” Wilson said. Our coaches tell us what we need to do to be successful and things we need to focus on during the routine. Then right before we go on the mat we all get in a big circle and say ‘WE ARE VIKING NATION!!’ before we run on.”

The next day early in the morning the girls per-



Bases From Left to Right: Sloane Lewis, Tessa Lentz, Madison Wilson, Bella Grauer, Cassidy Brewer, Abigail Fulop
Flyers From Left to Right: Margaret Casazza, Madison Katits, Soffia Lukens, Avie Kelly
PHOTO: ACTIONSHOTS

formed again in semifinals, but did not advance to finals which would have been later that day. The team placed 9th in the state out of 15 teams from their specific category.

Although the competition season is over, the 17 girls among others from the sideline team are involved in doing stunts and cheers during basketball

games.

“I love the comradery of my team and how close we are to each other,” sophomore Soffia Lukens said. “After all, we spend most of the school year together between basketball games and football games, practice, and competitions.”

Three students score their 1,000th point



Junior Grace Galbavy
PHOTO: MEERA THONIYIL

Junior Grace Galbavy, senior Julian Sadler and junior Quinn Boettinger scored their 1,000th point on December 21st in a game against Upper Perkiomen, December 19th against Boyertown and January 5th against Own J. Roberts, respectively. Sports editor Samantha Rehling sat down with each individually to discuss their recent milestone and basketball careers.

What is your favorite part about playing basketball?

Galbavy: I love playing the game itself in general, but the people I’ve met and the connections I’ve made through the sport are a fun part of it.

Sadler: I would say my favorite part about playing basketball is the relationships I’ve been able to create with people. The relationships I have built with my school teammates, AAU teammates, high school and AAU coaches, and trainers are really something I appreciate and enjoy.

Boettinger: My favorite part about basketball is the ability to win and be successful with my best friends. Playing together for years and seeing it come together in our high school years is incredible.

How did you feel after the game where you scored 1,000 points?

Galbavy: It was exciting to achieve something that I always wanted to do since I first started playing. Looking up at the banner and seeing those names all those years definitely was something that motivated me.

Sadler: It felt pretty surreal. It didn’t hit me when I scored the point in the game but as the night went on I started to really take in what I had accomplished. Overall, a really special moment.

Boettinger: I felt relieved because it was a goal



Senior Julian Sadler
PHOTO: HAYDEN BRADY

I wanted to accomplish since freshman year and knowing that it was finally achieved felt great!

Who is someone you look up to?

Galbavy: I look up to my parents. They’ve taught me such important lessons and values throughout life, and I couldn’t be thankful enough to have them guide me through life and teach me things along the way.

Sadler: Somebody I really look up to from a basketball standpoint is my brother. My brother is somebody I have played and worked out with my whole life. He’s been able to teach me a lot of great things.

Boettinger: I look up to LeBron because he always has that winning spirit.

What is one piece of advice you have for aspiring athletes?

Galbavy: Stay disciplined if you want to achieve more than others, no days off.

Sadler: A great piece of advice for aspiring athletes is to trust your work. Put in more work than everybody else even when nobody’s watching. If you work hard in the gym on your game then it will never fail you.

Boettinger: Keep believing in yourself and working hard to be your best.

How do you motivate yourself or get yourself in the right mindset before a game?

Galbavy: I would say mostly knowing the scout for that team is what really makes me confident and gets me in the right mindset.

Sadler: I usually get myself in the right state of mind by listening to music. I listen to a lot of Young Thug and Lil Durk before games.

Boettinger: I enjoy listening to music with the



Junior Quinn Boettinger
PHOTO: MEERA THONIYIL

team in the locker room while getting ready because it boosts all of our energy and gets us ready.

Can you describe what basketball means to you?

Galbavy: Basketball has been such a big part of my life for so many years. It has taught me so many important lessons outside of the sport, and I couldn’t be more thankful to have found something that I love so much.

Sadler: Basketball is a tradition to me. I obviously love playing but I come from a very athletic family where a lot of my relatives played basketball at a high level so I was kind of born into basketball. I found my love for it really early since I was around it so much.

Boettinger: Basketball means the world to me as it is my outlet from life. It has been something I have always done and therefore cannot see myself without it.

What has been your favorite memory specifically from high school?

Galbavy: Winning the District 1 Championship last year as sophomores. Everything about the weird week leading up to that game, and that whole day itself was something that I’ll never forget.

Boettinger: My favorite memory is winning the District One Championship last year at Temple.

Sadler: My favorite high school basketball memory was our win against Cardinal O’Hara this year. The team played super well, and we got a great win against a tough Philadelphia Catholic league team.

SAMMY REHLING
SPORTS EDITOR