

Ambridge High School Presents:

THE SILHOUETTE

February 2021 Issue



Major
Trievel



Mr.
Yannessa



Ms.
Simunick

Our Teachers in High School – 90s Edition

By: Jenna McFarland

If you could go back to any time period, what one would you choose? It’s often seen on social media how teenagers wish they grew up in the 80s or 90s. But what was it really like to grow up in the 90s? To go to high school in the 90s? We know what we see on TV in things like *Full House*, *The Breakfast Club*, and *Clueless*, but let’s get some feedback from real life experiences. In this article we’ll cover the high school experience of three teachers at our school who graduated in the 90s. We’ll get their outlook on school then vs now, as well as some advice about the future and being in high school.

PART I: THEIR HIGH SCHOOL EXPERIENCE

“What year did you graduate?”

MT: “1996”

MS: “1993”

MY: “1998”

“Where did you go to high school?”

MT: “New Bern High School in New Bern, NC”

MS: “Brooke High School in West Virginia”

MY: “Hopewell High School”

“If you could describe high school in one word, what would it be?”

MT: “normal”

MS: “mixtape”

MY: “fast”

“What was the best part of high school”

MT: “I loved the JROTC program and sports”

MS: “School Spirit and participation in everything”

MY: “The best part of high school was forming some friendships that I still have to this day. Most of my memories are very positive. I started learning how to form and build relationships with people, both my friends and adults”

“What was the worst part of high school”

MT: “Being made fun of by other students”

MS: “Exams. If you missed three days or more per semester, you had to take automatic exams for three days. If you had great attendance (...) you were

MT = Major Trievel

MS = Ms. Simunick

MY = Mr. Yannessa

allowed to stay home (...) If you got sick or anything, those days still counted against you. Looking back, as a teacher, I think it was a great idea and so many kids never missed school.”

MY: “The worst part of high school also dealt with people. There were some really terrible kids I played sports with and went to class with...”

“What sports or activities did you participate in?”

MT: “Soccer and Navy JROTC”

MS: “Cheerleading, track, newspaper, yearbook, and video news.”

MY: “I played basketball and baseball.”

PART II: HIGH SCHOOL IN THE 90S VS NOW

Now, taking a time machine back to the 90s, what was high school really like? Was it like the movies? And how does it compare to what we know as graduates of the early 2020s? The consensus among all three teachers, when asked if it was anything like the movies, is yes *and* no. “No,” because when you had problems, they weren’t solved by the end of the 90-minute movie, it could take days or weeks. Another thing you see in movies is the courtyard for lunch, but that wasn’t as big a thing as they make you believe. Football on the other hand, that was, especially at Ms. Simunick’s high school. One thing Mr. Yannessa did point out is how much more freedom and less supervision there was back then which can be seen through those movies. Unfortunately, as we know, those kind of security measures and such are a required part of normal life as we know it.

“...I guess the movie Varsity Blues would be a funny comparison. We definitely did not have any Cher Horowitz’s floating around all rich and clueless.” – Ms. Simunick

Let’s talk trends, as more and more fashion statements come back from the 80s and 90s, it makes us wonder what other trends filled these teachers’ lives. There were L.L. Bean backpacks, Jordan sneakers, flannels, and body suits. They “pegged” their pants, which if you don’t know what that is, think joggers – fuller in the waist and tapered at the bottom. Recently, baggy and longer clothes have come back which is something Mr. Yannessa remembers being a big part of his wardrobe. In terms of music there was the classics of rock, rap, and pop with Mariah Carey being a huge hit. A popular song remembered was “Big Willie Style” by Will Smith in spring of ’98.

“I used to get mad at my mom if she bought me a shirt that did not come down at least 12 inches past my waist.” – Mr. Yannessa

What was the biggest difference between then and now? One word...technology. There wasn’t constant texting, you passed notes. There was also no social media, which can both be perceived as a good and a bad thing. Just like a good amount of teens today, these teachers would have stayed in the 90s instead of attending high school now, because to sum it up, life was simpler. That’s a big drawing factor for many teens today as they wish to live in simpler times where there wasn’t social media to make you feel bad about yourself and things of that nature. One thing Mr. Yannessa did point out is that kids nowadays are much more open-minded and accepting/understanding to people that are considered “different” in some way by society.

PART III: LOOKING INTO THE FUTURE + SOME ADVICE

Whether you’re in school now or in the 90s, the future was a scary thing waiting for you. Whether you knew what you wanted to do from a young age like Major Trievel who wanted to be a Marine like his father, or you don’t decide until the last second, it’s important to remember everything will work out like it’s supposed to. It’s not a big deal if your plans change or don’t work exactly like you planned. Take it from Ms. Simunick and Mr. Yannessa for example. Ms. Simunick wanted to become a news anchor because of her journalism teacher, she got the degree at WVU, but then got her masters in English & Communications at Duquesne and went in the education direction instead. Mr. Yannessa got his degree in history and education, then almost went for a masters in administration, but decided it wasn’t what he wanted. If it weren’t for their career changes we wouldn’t have them at our school, so we’re lucky in that way. Some advice for going through high school would be to push through all the bullies, get the most out of your classes, and from the wise words of Ms. Sim, “Do not get a perm.” As far as the future goes, set long- and short-term goals for yourself, but make sure they’re attainable. Don’t let yourself be easily discouraged when things don’t work exactly the way you’d imagined, and try not to stress over your mistakes, just learn from them so you don’t make them again.

“Do not let someone else tell you what you can and cannot be.” – Major Trievel

World and Nation News

Chinese New Year

By: Sophia Pedigo

Chinese New Year, the Spring Festival or Lunar New Year (traditional Chinese: 春節; simplified Chinese: 春节; pinyin: Chūn Jié), is the beginning of the new year on the traditional lunisolar Chinese calendar. A lunisolar calendar is based on exact astronomical observations of the sun's longitude and the Moon's phases. This year, the holiday that is considered most important in China, occurred on February 12th, 2021.

Some traditions are wearing new clothes and putting up new decorations (preferably red, wearing something new is symbol of removing old), feasting, and giving oranges or tangerines because “orange” sounds like “gold” in Cantonese, symbolizes wealth with tangerines symbolize good tidings as it sounds like “good luck” in Chinese. Another tradition is giving red packets to children called ang pao or ong bao with new money to pass on a year of good fortune and blessings. The tray of togetherness is

also served, an eight-compartment tray filled with candies because eight is a symbolic number in Chinese that represents prosperity, contains preserved kumquats for prosperity, red melon seeds for happiness, coconut for togetherness and sweets for a sweet and rich life for the coming year.

2021 is year of the ox (other recent years are 1949, 1961, 1973, 1985, 1997 and 2009). People born under the sign of the ox have an honest nature and are known for diligence, dependability, strength, and determination. These reflect traditional conservative characteristics. The Metal Ox (recent years being 1961 and 2021) have characteristics of being hardworking, active, always busy, and popular among friends. Some lucky colors for this year are white, yellow and green, while an unlucky color is blue. Lucky numbers are 1, 4 and numbers containing them, and unlucky numbers are 5, 6 and numbers containing those two.



National Cancer Prevention and American Heart Month

By: Norah Best

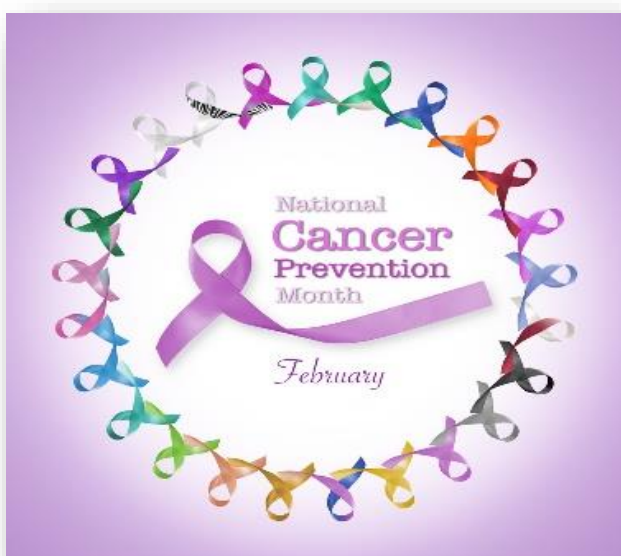
February is National Cancer Prevention Month and American Heart Month. This month is all about saving lives, an important job in the face of a pandemic that has claimed so many already.

February 4th was World Cancer Day, and the whole month of February is National Cancer Prevention Month. Cancer is the second leading cause of death in the US, today (CDC), with breast cancer being the most diagnosed type and lung cancer being the deadliest. Although the death rate from cancer has declined drastically due to new medical technologies, and is continuing to drop, around 606,520 people in the US still die from it each year. About 1,806,590 new cases are diagnosed in the US each year. Cancer is caused by many different factors, some are genetic, others are caused

by unhealthy behaviors like smoking, bad diets, and too much sun exposure. Some types of cancer, like liver cancer, can sometimes be caused by viruses or infections, as well as other things. Treatments for cancer depend on the type, and the individual infected. It is important to remember that cancer effects everyone in different ways. For more information on cancer, treatments, and the different types, click the link at the end of the article.

There are many different ways to donate to cancer prevention organizations. Some of the most popular charities are the American Institute for Cancer Research, American Cancer Society, and Stand Up to Cancer. All around the US there are fundraisers, walks, races, and more dedicated to raising money for cancer research and bringing awareness.

American Heart Month is about bringing awareness and informing people on the causes and dangers of heart diseases. Heart disease is the number one leading cause of death in the United States, with about 659,041 deaths per year, according to the Centers for Disease Control and Prevention. It can affect anyone at any age. The most common type of heart disease in the US is coronary artery disease, also known as CAD. CAD is the build up of plaque in arteries supplying blood to the heart, causing low blood flow. This can lead to heart failure, heart attacks, or death. Other common forms of heart disease include congenital heart defect, arrhythmia, dilated cardiomyopathy, and myocardial infarction (for more information on these diseases, and others, visit the link at the end of the article). Like cancer, some heart diseases are caused by genetics and cannot be prevented. These conditions need to be monitored and screened by doctors regularly. Other diseases are not caused by genes and can be prevented. Activities such as smoking and drinking high amounts of alcohol, as well as things like obesity and high stress/anxiety levels can



cause some heart diseases. To help prevent these diseases, physical activity and eating a healthy diet are recommended.

There are many charities and non-profits out there dedicated to helping people who suffer from heart diseases. Some of those include the American Heart Association, Children's Heart Foundation, Kids with Heart, Women's Heart Foundation, and the American Red Cross. Along with these charities, there are fundraisers and awareness nights to inform people about these diseases, like Heart Walks. On Tuesday, February 16th during their game against the Washington Capitals, the Pittsburgh Penguins' coaches and announcement staff wore red ties and pins for Check Your Heart Night, a day dedicated to heart screenings.

It is no secret that Covid is still spreading rapidly. What does this mean for cancer and heart disease patients, though? For them, it means an even greater risk. Cancer patients are at a higher risk of becoming severely ill from the virus because of their weak immune systems. They are also more likely to contract Covid. It is because of this that many health care experts are recommending people with cancer to get the Covid vaccine as soon as possible, but only after talking to their doctors to make sure it is safe for them. Similarly to cancer patients, people who suffer from heart diseases are more likely to become severely ill after contracting the virus. Unlike people with cancer, though, in heart disease patients this is due to Covid damaging the respiratory system, making it harder for the heart to function properly. Both cancer and heart disease patients are at a higher risk of dying from the virus.

February is an important month for people who have cancer and heart disease, their friends, and their families. This year it is even more important to be safe and do everything possible to prevent contracting cancer and heart diseases.

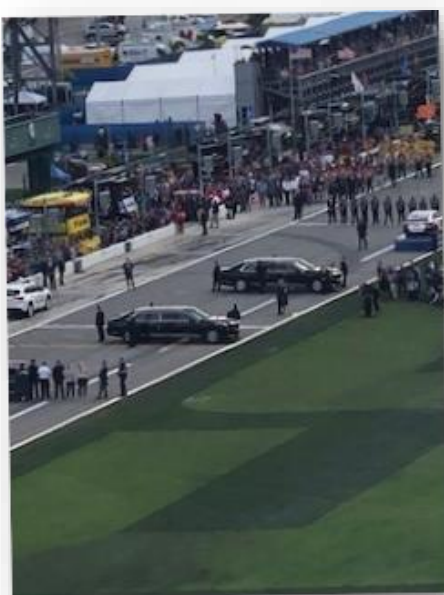
NASCAR & The Daytona 500

By: Brett Mueller & Evan Schooley

NASCAR has been around for a while and is loved by many. It may just consist of mostly left turns, but there is more to it than that. NASCAR stands for National Association for stock car racing, and it was founded on February 21, 1948 by Bill France Senior. In the early years of NASCAR, competitors drove the same types of cars that people drove on the street – Buicks, Cadillacs, Oldsmobile's – among others with minimal modifications. Now they use Chevy, Ford, and Toyota, but they are highly modified, reaching around 750 Horsepower. The first ever race was held at Charlotte Speedway in South Carolina and the winner was Glenn Dunnaway. Later he was disqualified because he used illegal rear springs. After that, Jim Roper took the prize money home. In all there are a total of 24 racetracks, but a total of 38 races in each season. The reason for that being, some of the racetracks are turned into road courses for different races. The most important race of the year is Daytona. It is the first race of the year and one of the most intense races ever. Daytona is a 2.5-mile superspeedway that hosts multiple sporting events but is the center piece of NASCAR. This track also draws the attention of presidents occasionally like Trump last year. The NASCAR season kicks off at Daytona with speed weeks. Speed weeks consist of the clash, which is a race that only the best drivers compete in. Then there are the duels, which acts as the qualifier for the Daytona 500. The Daytona 500 is the season opener for NASCAR that has high speed patch racing that is always exciting because 1 wrong move at 200 mph can take half the field out of a race.

My [*Mueller's*] 2nd time at the Daytona 500...

Here are some pictures I would like to share with you!



School News

Is Your School Laptop Running Slow?

(Here’s a few tips & tricks to fix that problem)



By: Lukas Sovich

Students seem to be facing a road block with technological issues when using their school computers. Their computers are running slow and not able to open documents, forcing them to get homework in late. The computers move so slow that they cannot even join their classes on Microsoft Teams. These are common issues that can be fixed in the matter of minutes. The problem usually pertains to the memory that the computer has and opening tabs, saving too many documents, or even not updating can be the factors prohibiting the computers from running at their prime. These computers do not seem to have a lot of memory, so they cannot be flooded with downloads and unnecessary applications. Teams shuts down constantly and can’t even run properly. The school computers should be restarted every once and a while to ensure they’re running at the speeds they’re supposed to. If there is a different reason your computer does not work, and if these solutions do not work, please contact the school for further information.

Quick Solutions to Fix Your Computer Issues:

- Close all of the open tabs.
- Delete documents that you don’t use/need anymore.
- Check for updates under the update tab in settings, they will sometimes pop up on your screen.
- Restart your computer by holding down the power button for about five seconds.
- Do not create as many shortcuts to applications on your desktop.
- Do not download third party applications that take up too much memory.

Valentines’ Day!!!

The Five Love Languages

By: Jenna McFarland

(1) Words of Affirmation

Using positive words & phrases to reassure a person of how much you love them and care about them

(2) Acts of Service

Doing things for the other person like, breakfast in bed, pack them lunch, clean up their room

(3) Receiving Gifts

Buying and making gifts for the other person on special occasions and even surprise occurrences to show your love

(4) Quality Time

Spending 1-on-1, or even group, time with them. Like going on dates or even spending the night at home together

(5) Physical Touch

You like to be physically close to your partner. Whether that be by a hug, cuddling, back scratches, etc.

Favorite Valentines' Candies

By: Brett Mueller

Valentine's Day is a spendy holiday. People buy indulgences and gifts like jewelry and flowers, and candy is one of the top ones. Candy sales are expected to exceed \$1.8 Billion this year.

- 15. Sweethearts Conversation Hearts
- 14. Wax Lips
- 13. Charms Valentine's Day Lollipops
- 12. York Heart-Shaped Peppermint Patties
- 11. Valentine's Day Tootsie Rolls
- 10. Starburst Favereds
- 9. Ghiradelli Valentine's Impressions Chocolates
- 8. Charms Valentine's Heart Pops With Bow and Arrow
- 7. Chocolate Roses
- 5. Dove Heart-Shaped Chocolate



Red Tuesday

By: Sophia Pedigo

The Tuesday before Valentine’s Day seems like any other, innocent day of the year, but it is the day couples are more likely to break up than any other during the year. While it may seem cruel to break up right before a big day for couples, it can be a lifesaver. Break ups and being single on V-Day are hard, but it can be a lot easier than staying in a relationship where you are unhappy just to make it through a holiday. The peak “dumping time” is about two days before the holiday, over text. Three of the top reasons for such a high number of breakups are saving money on a gift, not wanting to be forced to declare love when the feeling is not there and reflecting on the relationship during the times of holidays. Seeing a partner’s interaction with your family can be a game changer for so many. The period between December and February is considered a popular time for people to spring clean their love lives as well as their homes.





Top 10 Cheesy Pickup Lines

By: Lukas Sovich

- 1) Do you believe in love at first sight—or should I walk by again?
- 2) Do you have a map? I keep getting lost in your eyes.
- 3) Do you know CPR? Because you are taking my breath away!
- 4) Can I follow you where you’re going right now? Because my parents always told me to follow my dreams.
- 5) Somebody better call God, because he’s missing an angel.

- 6) Feel my shirt. Know what it’s made of? Boyfriend material.
- 7) Are you a 45-degree angle? Because you're a cutie!
- 8) Are you from Tennessee? Because you're the only Ten I See.
- 9) If you were a vegetable, you would be a cute-cumber!
- 10) I seem to have lost my phone number. Can I have yours?

The 8 Greatest Love Songs of All Time

By: Tyler Sproul

In the spirit of Valentine’s Day, these are the greatest love songs of all time. Also, remember that this list is just my opinion, so it should not matter to you.

8. Perfect Day – Lou Reed

In his beautiful, simplistic take on a perfect day with a loved-one, Reed brilliantly captures the essence of what love is with words like “you just keep me hanging on” and “you made me forget myself.”

7. Stand by Me – Ben E. King

A movie and countless renditions performed by multiple musicians are not the only factors that allowed this song to stand the test of time, but its truthful view on the protective instinct associated with loving someone is why this song is still popular today.

6. I Will Always Love You – Whitney Houston

Houston’s powerful voice harmonizes perfectly with an appropriate use of piano and strings that created one of the best love songs about unconditional love.

5. Your Song – Elton John

Elton Hercules John gave something to the world when he released “Your Song.” His honest and soulful approach to describing what he would do for love still is chilling in its grandeur.

4. Yellow – Coldplay

Coldplay took the world by storm with its punctual ode to love and happiness with this audible treasure of a song.

3. I Can’t Help Falling in Love with You – Elvis Presley

A simple melody, a simple premise, simple words and the great vocals of Elvis Presley make this simple song about love one of the best.

2. God Only Knows – The Beach Boys

The Beach Boys, or the titans of surf rock, definitely shattered all preconceived notions about their musical ability with the release of *Pet Sounds* in 1966. Brian Wilson’s genius shined with the song “God Only Knows.” Beautifully spoken words like “If you should ever leave me, though life would still go on, believe me. The world could show nothing to me, so what good would living do me” brilliantly capture the feeling of existential attachment that comes with love.

1. Something – The Beatles

“Something” is a masterpiece. George Harrison poetically describes the warm feeling receives and the grace he perceives out of love. A beautiful array of instruments provide a strong foundation for the even stronger word choice and various melodic changes throughout the piece. Everything about this song is perfect. True masterpiece. *Just listen to the song, then you will understand.*

MEET THE STAFF:

Editor



Hi, I'm Jenna, I'm a junior. I've been in newspaper for five years. Specifically, the Silhouette staff for the last three, and editor for two. I watch a lot of Grey's Anatomy, NCIS and Criminal Minds. I'm also a huge fan of almost anything Disney :)



My name is Brandon and I am a junior in the high school. I have been taking newspaper class since 8th grade. I usually write about sports articles in the paper. I play baseball for Ambridge playing catcher.



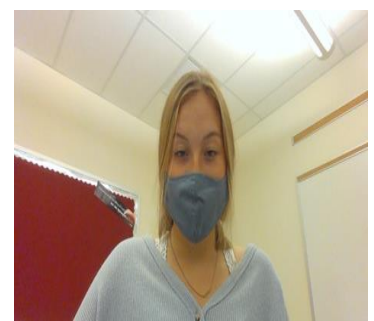
I am Evan Schooley, I am in 11th grade, and I have been in newspaper for two years. I like to play Xbox with my friends and go outside. I also have a job at Walmart. I like it there because a lot of my friends work there, so it makes the job more fun. Some of my other hobbies are hunting and fishing.



Hi, my name is Samuel Tusick, I am a sophomore. I have been involved in newspaper since freshman year. In my free time I like to play PlayStation and hangout with family.



Hi, my name is Brianna Mueller, and I am in newspaper III. I am in 11th grade and I do hybrid schooling. I like to have fun with my friends and play soccer. I like to write, but only about topics that interest me. I also love to go snow skiing and to Erie in the summer.



THE SILHOUETTE



My name is Cameron Weatherly. I am 16 years old the oldest of 5 kids. I work at Walmart. I enjoy listening to classic rock music and watching movies. My favorite band is Led Zeppelin. I've been in newspaper for 5 years and I enjoy working on political news the most.



Hi I'm Brett Mueller I've been doing newspaper for 3 years. I play soccer and volleyball in my free time I ski, boat, and play Xbox. I like to play COD and sports games.



I am Sophia Pedigo, a seventeen-year-old with hopes of becoming a well-known author one day. As a senior in high school, this is my sixth year in newspaper, starting in seventh grade ending in senior year. My goal is to go to school for Journalism and stay involved in the writing field for my career. I play lacrosse in the spring, this year being my fourth and final year. I am the second youngest child in my family, with two older step-brothers and a younger sister. We have two cats, Kinsley and Lexi, and I am by no means a dog person. I am very interested in social justice work and politics, as well as sketching and reading. I used to be able to play the violin, but I have lost all musical ability; the same happened with practically losing my ability to speak Spanish, though I am in Spanish V this year.



My name is Lukas Sovich and I'm in 11th grade. This is my 3rd year taking Newspaper. I like being outside and having fun with my friends. I work at Walmart stocking and unloading trucks. I work with a lot of my friends at Walmart. I like to hunt and fish.

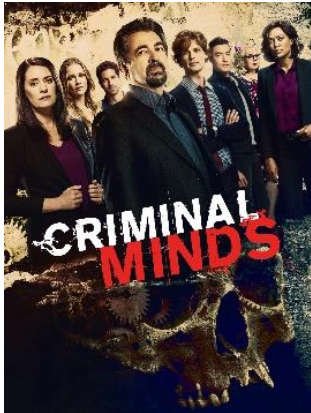


Hello, my name is Tyler Sproul and this is my third year working for the newspaper at Ambridge. I play ice hockey for Ambridge-Avonworth and some of my hobbies include playing guitar, eating food, and riding my bike. My favorite movie is Superbad and my favorite band is Doors. I am currently a junior, and I want to be a writer when I grow up.





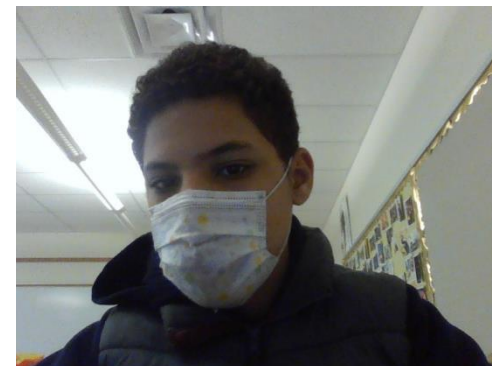
Hey! My name is Hannah, and I am a junior here at the high school. This is only my second year in Newspaper, but I love it so much! Outside of school I play volleyball, do a lot of homework, listen to music, watch movies and tv series, go shopping, and sometimes I like to draw or paint to relax. I hope everyone enjoys all of the articles coming soon to Ambridge Silhouette and enjoys this school year as much as you can, even though it looks and feels a lot different!



Hi, my name's Norah Best, and this is my sophomore year at Ambridge. This is my second year in newspaper. I play softball on the Ambridge Softball team, as well as on a tournament team. In my free time I like read and watch Criminal Minds. I have an older brother who graduated and a younger sister in sixth grade. We adopted my dog two years ago, and she's a lab/dachshund mix. I would like to have a career as a forensic scientist in the future.



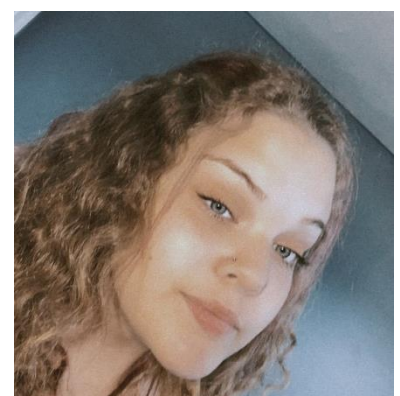
Hello! My name is Souhaib Elhalouly. I am a recent student here from New York! I joined the newspaper class to learn and know others! My Favorite hobbies are playing soccer and building things online. My future goals are to be an entrepreneur and create a global marketing business like amazon online.



Hi, my name is Sophie Beaudway and I'm in 9th grade. It's my first year of newspaper but I'm excited since I love to write. I like to act, sing, draw, and really just anything creative. I've been doing musical theatre for three years and my first show was Snoopy the Musical. I like all types of music except country, and I have an older brother, although sometimes I wish I didn't, and three cats.



My names Amara Platz, and this is my second year of newspaper. I play softball for Ambridge, and I like to hang out with my friends. I got a dog during quarantine, she's a labradoodle. I like to play x box with my friends.



- GUIDANCE OFFICE INFO-

Ms. Benedict (9th&10th): cbenedict@ambridge.k12.pa.us

Mrs. Santini (11th&12th): nsantini@ambridge.k12.pa.us

Ms. Brecht (social worker): kbrecht@ambridge.k12.pa.us

Mrs. Misencik (secretary): vmisencik@ambridge.k12.pa.us

DATES TO REMEMBER IN MARCH

March 1st & 2nd – Students 6-12
return to school via hybrid model

March 19th – NO SCHOOL

March 25th - *AP Chem students*
- PITT Exam #3

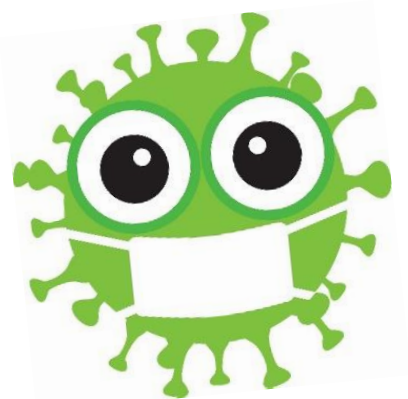
March 30th – April 1st – NO
SCHOOL ~ snow make up

DATES TO REMEMBER IN APRIL

April 1st – April Fools' Day :P

April 2nd-5th - NO SCHOOL ~
spring break

April 4th – Happy Easter!!



Stay Safe and
we hope to be
back in school
again soon!!!



THE SILHOUETTE

Our sponsor: Ms. Simunick

Ambridge Area High School Follow our Instagram!!!

901 Duss Avenue

@aahssilhouette

Ambridge, PA 15003

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