

STEELER Nation



News



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Homecoming Court 2020



From left back row: Junior High Representatives: Zameere Thomas, Jiada Brodie, Court members: Xavier Footman, Jacara Green, Gary Satterwhite, Mariah Hopson, Jaden Harrison, Kathleen Dean, Jailen Roye, Toni Austin, Brice Butler, Kamira Brown, Christian Harley, Front Row: Elementary Representatives: Jamale Odem, Symira Footman, Sahavana Davey, Dwayne Jordan.

HOT Topic: School lunches

By MALACHI SHEPHERD



Mrs. Karen Korab and Mr. Joe Tuchek take a moment to talk with SNN's Malachi Shepherd. Mr. Tuchek gives answers to many student meal inquiries. SNN thanks the FASD food service staff!

As a SSN reporter, I reached out to Mr. Tuchek to ask him about our school lunches here at Farrell Area School District. Mr. Tuchek has been working at Farrell for 17 years. He and his staff manage and maintain all standard food services district-wide. Mr. Tuchek has 15 employees here at Farrell.

"I have amazing co-workers," Mr. Tuchek commented. He said his two Chefs are awesome cooks, Head Cook, Mavis and Crissina Hilton. Daily, their job is to make sure everybody here at Farrell gets offered a variety of healthy meals and gets the right amount of

proteins and carbs that they need for a balanced diet.

In February 2010, First Lady, Michelle Obama, introduced the "Let's Move" Act. This initiative, along with the "Healthy, Hunger-free Kids" Act, played a huge role in reducing the sugar and ensuring appropriate nutrients were considered in the de-

Photo Credit: Malachi Shepherd



Freshman, Malikye Green, enjoys a sherbet dessert.

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FHS Students Strive for Success in the Classroom

Students hands-on in Chem Lab



Photo credit: Mrs. Guth



Photo credit: Mrs. Guth



Photo credit: Mrs. Fischer



Juniors, Tyree Odem, Julian Scarborough, Naveah King (above), Sanaa Brodie, Jaylie Green (right, top), Santana Bankston, Sanaa Brodie, Makayla Hall and Cyncere Harden-Mann (right, middle), Anthony Jackson and Omar Stewart (bottom, right), experiment and record findings.

Mrs. Guth explains that students are examining the difference between physical and chemical changes: Changing the state or shape of matter is an example of a **physical change**. Physical changes alter the form of a substance, but not its chemical composition or identity. Crushing a can and tearing paper are examples of physical changes. In a **chemical change**, however, the molecules in a substance combine or break apart to form a new substance. Burning wood and rusting iron are examples of chemical changes. Matter can be described based on its **physical** and **chemical properties**. In this lab, students will describe four substances based on their properties and the changes they undergo.



English students: presentational style



Senior, Honor's English student, Jaileen Roye, gets into character for his presentation of *The Franklin*. Mrs. Smith's students are tasked with this project as part of their study of Chaucer's *Canterbury Tales*.

Mr. Dye's English Classes study the elements of sensory poetry and authored the examples below:

By NATHAN DAVEY

The lights shining on the field on night games
 The turf, grass
 The loud dugouts
 All the jokes and laughs in the dugout
 The speed and gum spitting
 The fresh spikes out the box for game day
 The clinking of the spikes hitting the concrete in the dugout
 The sound of bats clinking on the fence on each other
 The sound of the ball hitting the leather glove
 The new uniforms
 The new caps
 The loud fireworks at the end



By OSIRIS WILLIAMS

The times we stay
 And the times we go
 It blows in the wind
 And the fluffy white snow

We love to play
 We have the most joy
 Inside yes we stay
 And we play with our toys



We run down the stair to open the presents
 All of the fun in the morning like day
 It is night time the moon like a crescent
 In the morning in the snow yes we play



Teacher Spotlight: Mrs. Roberson

By ISAAC CRUIKSHANKS

Mrs. Roberson has been teaching at Farrell Area School District for 17 years. Surprisingly, she has not had any other teaching positions, besides a substitute position at Clarion University, where she also went to college. While at Clarion, she majored in Secondary English, which she has wanted to teach since she was a little kid. She never really considered any other career path than teaching.

Her goal is to inspire kids to be motivated like she was when she was in school. Her favorite part of her job is being able to interact with and inspire kids. The key to success in her class is paying attention and keeping yourself organized. She also believes that grades are ultimately the responsibility of the student and that it is important that they take ownership of them.

In her free time, she enjoys spending time with her kids, does Bible studies, swims and likes music. She likes traveling and she is

planning a trip to Africa, which is a dream trip for her. She is planning on going to Kenya on a mission's trip with her church next summer.

Some of her favorite FHS memories come from chaperoning lock-ins over her years here. Unfortunately, the school lock-ins might be different because of Covid regulations.

Mrs. Roberson finds the current school year rather challenging, for example, interaction between students and teachers is limited with social distancing measures. Also, masks make it harder to read people's moods and feelings. She feels that making connections with Virtual Students is particularly difficult, and as a result it is challenging to provide them with motivation as she does daily with her in-person students. She believes we will get through it if we rely on her favorite phrase "I can do all things through God that strengthens me." *Philippians 4:13.*



Mrs. Roberson poses in front of her word wall. Thanks Mrs. Roberson!

School Lunches continued from page 1

Photo Credit: Malachi Shepherd



Sophomore, Sihe Keller, opts for a healthy salad for lunch.

sign of school lunch menus. Michelle Obama's reforms affect a lot of schools and our school is one of them! In response, Mr. Tucheck commented, "We had to put a plan in place and follow that plan in order for our kids to eat healthy."

Respectfully, I commented that many students here at

Farrell feel that we do not get enough food and are hungry again around mid-morning. Mr. Tucheck responded that the district goes through a program called C.E.P, which stands for Community Eligibility Provision. This program allows for students to eat for free. Also, Mr. Tucheck says he is willing to sit down with a few students so that they can choose fruit and vegetable selections that they prefer. Additionally, he is ordering new items for the students to try.

Mr. Tucheck says that he is aware that there is, at times, an issue with food waste. Mr. Tucheck responded that there are regulations and time limits set and they have to dispose of items following this requirement. For the part of the students, he encourages and wants all students to take advantage of the free breakfasts and lunches as most schools/students don't get entirely free meals. Here at FASD, we have nutritious, varied options, even if it is not always your favorite, it is still a privilege.

I asked a couple students here at Farrell their opinion on our school lunches. Sophomore, Harold Hooten, commented that he loves Thursdays, because of the pasta. Sihe Keller commented that he loves Taco Tuesday. These seem to be common favorites among many students. Several students commented that the food is often cold when they sit down to eat it. Mr. Tucheck explains that the food that comes to the school is precooked, so the cafeteria staff heats it up as per the instructions. Again, they are mostly following guidelines and regulations set for them and students should do their best to consume food shortly after picking it up as it does cool off quickly.

Photo Credit: Malachi Shepherd



Freshman, Jakai Burris, finishes off his meal with a sherbet.



Sophomore, Kylon Wilson, enjoys a Salisbury Steak and sides for lunch.

Farrell High School HOCO 2020

2020 Homecoming Court announced...



Photo credit: Clark Studios

Female Senior Attendants:
Toni Austin, Jacara Green, Kathleen Dean, Mariah Hopson and Kamira Brown

Male Senior Attendants:
Christian Hartley, Brice Butler, Xavier Footman, Gary Satterwhite, Jaden Harrison and Jailen Roye



Junior High Representatives:
Zameere Thomas and Jiada Brodie



Elementary School Representatives:
Jamale Odem, Symira Footman, Dwayne Jordan and Sahavana Davey





Farrell High School HOCO 2020



Brice Butler and Jacara Green named Homecoming King and Queen

"When I heard my name announced, my heart jumped into my throat and I looked to my grandmother, who had tears in her eyes. I could feel the warmth and support from friends and family and it made me feel overwhelmed with emotion." - Jacara Green



Emandalay Johnson and Eric Bell announce the game to livestream viewers.



Sports: Let's talk linemen

By ANTHONY JACKSON

The Farrell Steelers defeated three out of the four teams they played this season. The team came out victorious twice against Sharpville and Greenville, with the scores of 41-0 and 51-7, against Sharpville, and 47-7 and 30-8, against Greenville. The first time the Steelers played Wilmington, they lost by 21 points with the final score of 41-20.

The second time the team played Wilmington they came up short by one point with the final score of 20-21. This impressive attempt is thanks to the effort the big boys gave up front. The offensive and defensive linemen are dominant and physical by moving and making running gaps to let the running backs run through. No matter how big or physical the opposing team may be, the Steelers lineman always come ready to perform at 100%.

The starting offensive line consists of Senior, **Gary Satterwhite** 6'2, 290 lbs, Senior, **Cameron Burris** 6'0, 300 lbs,

Junior, **Preston Williams** 6'2, 385lbs, Junior, **Jaiman Holden** 6'2 290 lbs, Sophomore, **Malachi Shepherd** 6'3, 215lbs, and Sophomore, **Anthony Jackson** 6'6, 28lbs, and has an average height of 6'2 and a weight of 300 lbs. They outweigh New Wilmington's dominant line by over 30 pounds per Bob Greensburg on his *Twitter* post on 10/8/20.

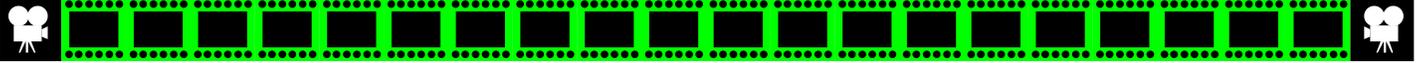
As a back to back state championship winning team, the coaches know what it looks like and the sacrifices it takes to be a state championship team. The coaches know how to select the biggest, most dominant and aggressive players on the team to be part of the offensive and defensive lines.

As linemen it's their responsibility to set the tone. They practice and work the hardest because they have to play the hardest in a game. As a defensive linemen they have to be vigilant and focused every play. A winning season depends on the linemen stepping up to this role.



Photo Credit: Camfilmz

Steelers' defensive line (from left), **Kien Wade**, **Anthony Jackson**, **Preston Williams**, **Gary Satterwhite III**, and **Omar Stewart (#5)** checks the backfield.



What are YOU watching?

BY JADEN HARRISON



Have you ever watched the comedy show *Wild 'N Out*? The show started on July 28, 2005, on MTV. The starring producer since that date is Nick Cannon, and the hit show still currently plays on MTV. In general, teenagers love the comedy television show because it shows funny rap games and battles. They have games for approximately sixteen contestants that star in the show and in some games they get the fans on the stage to join in

on the fun. Most times, they have celebrities join on the show (mostly rappers) and they perform at the end for their fans.

The reason it has the most energy and popularity is because the stars on the show bring the positive energy to the stage. Who doesn't like jokes, comedy, and a happy atmosphere? The atmosphere makes the viewer want to be, and even feel like they are a part of the group. They create a relationship. They treat each other like family on and off the stage. Most of them actually have rap careers and comedy shows when they are not having a performing day.

A big part that makes this show popular is the rap battles, teamwork, and the jokes. Now how do they do that? They make a list of even teams and mini games then a guest performance. This can be any musician, any professional player or comedian, any guest star. This part is actually rehearsed before the actual show so that positioning, lighting and sound goes smoothly during the shoot.

The main stars in the show are Chico beans, Karlous Miller and Emmanuel Hudson. The upcoming stars are DC Young Fly and Justine Valentine. When they have their rap battles, the crowd goes wild because they know it is going to be a good match up and it is a toss up who will win the final game "Wild Style." In "Wild Style," an instrumental type of beat is given to freestyle on and that is where all the stars can show off the funniest freestyle to win the rest of the game. DC Young is regularly victorious, proving that he is a favorite. The best matchup is Chico Beans vs. Karlous Miller because they have the same flow and are both very old school.

If you have not already, check out this program, you will not be disappointed!

BY: KENAI KING

"The technology that CONNECTS us... also MANIPULATES us..."

♦ *thesocialdilemma.com*

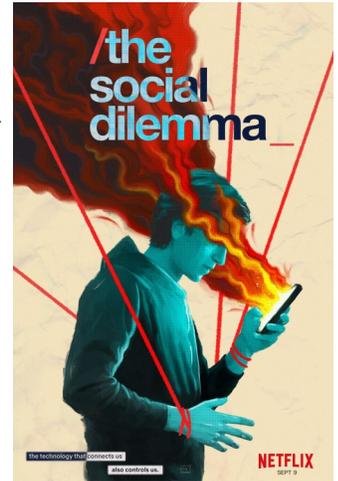
The Social Dilemma is a documentary on Netflix that explains how screen time and social media affect the lives of people today, with an emphasis on young people. Have you ever stayed up all night because you are on *Tik Tok*, *YouTube*, *Snapchat*, or some other social media app? You may find some of the information in this film and article helpful.

This documentary shows us first hand accounts from the employees of Instagram, Twitter, Facebook and others. It reveals their thoughts and reflections on the different features that were developed during their tenure with those companies. The documentary attempts to persuade the viewer that we do not need our phones to survive, on the contrary, they are actually tearing down the society that they claim to be improving.

The Social Dilemma explains throughout the interviews, that social media is a virus, a virus that leads people to believe anything that makes sense. In the documentary, for example, for months President Donald J. Trump had told several untruths during the months of January until March, concerning the Covid pandemic and many people believed what he was saying because it made sense. Although social media can support the spread of dishonesty, some things on social media can also be accurate. The film continues to explain to us that social media is not always negative. Some people use it to stay connected to family and friends, to find the weather, understand Covid information, and/or election updates.

Keep in mind that many people do believe that this film may be overreacting and exaggerating. Australian blogger, Tim Denning says that "The movie, *The Social Dilemma*, is a complete overreaction." Denning also states that social media should not be blamed for the fact that people don't want to be social. He claims that books are stealing our attention away from human interaction anyways.

Denning, T. (2020, September 22). The Movie "The Social Dilemma" Is a Complete Overreaction. Retrieved October 23, 2020, from <https://medium.com/the-post-grad-survival-guide/the-movie-the-social-dilemma-is-a-complete-overreaction-c5f552ae769b>



Focus on Mental Wellness, now more than ever

World Mental Health Day



"You don't have to struggle in SILENCE. You can be UN-SILENT." - Demi Lavato

By MICHELLE STUBBS

World Mental Health Day is an international day celebrated to bring awareness to global mental health education and awareness. It is celebrated in numerous countries around the world. The very first celebration was in 1992, at the initiative of the World Federation for Mental Health, which is a global mental health organization with members from many other countries around the world. For the first two years of the celebration, there was no set theme. The main reason for the celebration is to raise awareness for mental health issues around the world. The celebration takes place on the 10th of October every year.

This year's World Mental Health Day fell on the 10th of October and came at a time when most of our daily lives had drastically changed, for better or more so, for the worse, due to COVID-19. It has brought many challenges into our lives that have taken a severe toll on large portions of the population around the globe. Workers, students, and everyday citizens

have struggled from many different mental health problems because of being locked up in their houses in quarantine for months on end. People have struggled with having the most amount of anxiety and depression and other mental health issues that they've ever experienced before in their lives. People have been feeling lonely, felt like everyday was a repeat of the one before, and people who have never suffered from mental health problems are starting to suffer due to this pandemic.

It is important to keep track of the mental health of your loved ones. You can never know what someone is going through in their lives. You can save someone's life by simply just sending a simple text or taking 20 minutes out of your day to stop by and check up on them. One's physical health and well-being can be affected by their mental health. They can lose or gain a considerable amount of weight in a short time period. You can notice if someone's mental health is suffering by

looking to see change in their attitude, emotional outbursts, sleeping problems, appetite and weight change.

If you are personally suffering from any mental illness or notice someone else showing symptoms, you need to be sure to tell a trusted adult or call a suicide prevention hotline as soon as possible. It is very crucial to seek help. Even if you are not 100% positive that someone is suffering from mental illness, you should always initiate action. The longer you stay silent, the worse the illness can get.

Getting help for somebody else can save their life. If you are suffering from mental illness, getting help is just as important. Never dismiss your own feelings as a weakness. Your feelings are valid and matter.



Technology Takeover: student survey results revealed!

By JORDAN JONES

Do you think technology has taken over? Have you watched "The Social Dilemma"? If not, this movie touches on many topics about iPhone usage and social media. Apps such as *Facebook*, *Snapchat*, *Instagram*, *Twitter*, etc... are a common obsession within the lives of teenagers of whom, a staggering 50% feel they are addicted to mobile devices. There has been a huge difference in the way we socialize and interact with the world from before technology until now. Oftentimes, people fail to realize how much of an impact technology has on our everyday lives, both positive and negative. A survey was sent to Farrell Area High School students that asked 12 questions about how students are using cell phones. We got over 50 responses to analyze this topic. Questions focused on three main themes: time spent, content and awareness about effects of screen time.

The first question asked was how much time do you spend on your phone each day. The majority of students answered 5-10 hours each day, a quarter of students said 10-5 hours and 1.9% answered 2-5 hours. Despite the long hours spent on a phone, 60.8%

said that they spend more time with "face to face" friends, while 37% said that they spend more time with "virtual friends." Participants were asked how soon after they wake up do they interact with a cell phone and 66.7% replied after a few minutes, 13.7% said not until they got to school and 17.6% students said within seconds.

Students answered another question that asked which Apps are you most likely to spend the most time on, the majority of students answered *Youtube*, 37% said *TikTok*, 36% answered *Snapchat* and the third most used was *Instagram* which was 35%. Despite the long hours spent on a phone, 60.8% said that they spend more time with "face to face" friends, while 37% said that they spend more time with "virtual friends." This shows the kind of engagement that students have with their cellphones.

Social Media affects the mind in plenty of different ways, it is very important to make sure you watch what influences you and also what you put out there. Students responded on a linear scale the extent to which cell phones can be toxic to one's physical, emotional

and mental health. The results reveal that six people feel that on a scale from 1-5 that it affects them at a 1 (not at all toxic), eight others say a 2 (a small amount), twelve students say 3 (an average amount), another fourteen say 4 (can be quite toxic), and eleven answered 5 (very toxic). We have also asked students, in a checkbox question (multiple answers permitted), if they are aware of certain ways our phone can affect our daily lives and social lives. 42 students checked off that they know cell phones can alter moods just through activity, 38 checked off kids are particularly vulnerable to smartphone addiction, and 33 said they know that overuse of smartphones can increase stress. This is good that students are aware of these things mainly because it is easier for it to be avoided.

As a final question, we asked if students would be interested in learning ways to limit their own screen time, learn why limiting screen time is important, or learn about the negative effects of too much screen time. A majority, 60% of students said that this topic would be of interest to them. This is a promising percentage because it shows that students would be open to learning more about this topic.

Haunted Halloween Happenings

By JACARA GREEN

Close your eyes and imagine Anthony Jackson, 6'7, 300 lbs, wearing all black, running full speed towards you, and you are NOT on the football field! Hard to say what was scarier, him or the haunted house! Trying to have some innocent fun at *13 Acres of Fear*, he rammed his shoulder into my chest, pushed me over and continued running like I was a skinny twig hanging loosely from a dying tree. I fell on the ground, turned around, covered my face and started screaming. Even though I had a brush burn on my knee, and got trampled over, I had a great time.

Every October 31st, we celebrate a holiday favored by children and many teens, called Halloween. The tradition originated with the ancient Celtic festival of *Samhain*. This was a celebration when people had bonfires and wore costumes so they could scare away ghosts. November 1, marked the end of summer and the beginning of harvest.



Today we have Halloween, but celebrate much differently.

Today, we celebrate Halloween and the fall season in general. We go on haunted hay rides, haunted houses, go to corn mazes, and even do different Halloween parties where we dress up. One such experience was the haunted house referred to above, "13 Acres of Fear." This haunted house was previously called "Ghost Lake, 13 Levels of Fear," however, this year due to Covid 19, that indoor haunted house was suspended. Years prior, if you wanted to get through all 13 levels, you would have had to get through 13 different houses.

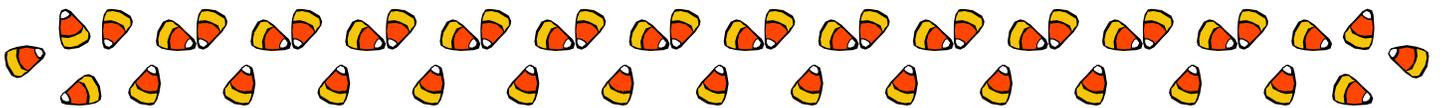
This year at "13 Acres of Fear," my experience was fun yet upsetting. Participants walk through the middle of the woods with yellow "caution" tape directing which way to go to get out of the maze. Groups start out feeling secure as they are walking through the woods together and seemingly safe. A few seconds later an unfamiliar woman and her son mysteriously joined the group. Maze goers are led to believe that she is a person going through the maze. Abruptly, she turned around, looked at the group, and be-

gan singing and smiled with big black teeth. The boy who was with the woman began running around like a little monkey, which compelled everyone to start running. 10th grader, Malachi Shepherd, ran so fast that he fell on his face and bowled over several friends. The creepy maze woman eventually gave up her chase and all appeared to resume to normal. Although I was scared of being trampled over, we made it out with only a clown encounter and some eerie screaming.

History.com Editors. "Halloween 2020." History.com, A&E Television Networks, 18 Nov. 2009,



Students, (left, back) Tamera Slater, Maria Haynes, and Jacara Green with (former FHS students) Nikyah Jefferson and Milan Stephens pose before entering *13 Acres of Horror*.



Jada Jackson, Eric Bell, Marcus Green, Makhya Burns (above) and Kaitiya Millhouse, Makhya Wells-Odem, Jordan Jones (right) partake in annual FCS pumpkin carving, treats.



(Right) FHS teachers, (from left), Mr. Lewis, Sra. Torres, Mrs. Armour, Mrs. Smith, Ms. Grills, Mrs. Munnal, Mrs. Guth, Mrs. Latzoo get into subject specific character!

