



THE SPRESS

SOUTH PARK HIGH SCHOOL



Polar Plunge

EMBER CARMICHAEL & SAVANNAH BOOTH

The Polar Plunge is an event to help raise money for the Special Olympics. On February 25, students from different clubs and sports went to Heinz Field to participate. For the 2022 year, The Polar Plunge raised more than \$450,000 just in Pittsburgh!

Senior Zack Huwalt says, “I’m looking forward to plunging, it’s been kinda crazy for this past year and a half, so we can finally do something normal as we did in the past, and it’s gonna be fun!” This was Zack’s final year after doing it for the past 3 years, and he states, “it was definitely one to remember.” He even filmed himself jumping in with his GoPro! Biology teacher, Mr. Pastorius, tells us, “I decided to jump because it is for the Special Olympics, and that’s a great cause, and to be honest, I’d love to jump into a pool in the middle of February.” Mr. P has been doing this since the Polar Plunging has started! There are so many amazing things to see and do while at the Polar Plunge, and even on the ride there. The environment is filled with fun and enthusiastic people who love helping raise money. If you get the chance to ever plunge, we strongly encourage you to take the opportunity!

The Polar Plunge is the biggest fundraiser for the Special Olympics. All funds raised by plungers help Special Olympics provide year around training and services to thousands of athletes with intellectual disabilities across the state. Nationally, The Polar Plunge has raised over \$3,000,000 and has 12,533 plungers so far.



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South Park swim team qualifies for states

AVA TURLEY & MEGAN BEAM

South Park High School students Katie Jackovic, Emily Jackovic, Marina Malacki, and Megan Beam are some of the few students who qualified for States. The competitions are occurring at Bucknell University in Lewisburg, Pennsylvania. In order to qualify for States, you must make WPIAL cuts. To qualify for WPIALS, you must make your times in the regular high school swim meets.

WPIALS occured at Pitt University this March 3rd and 4th and the girls swam the 400 freestyle relay, along with other events as well, however they are going to States for the 400 freestyle relay. Katie Jackovic has made it to states for the 100 butterfly and the 50 freestyle. The South Park boys’ team has also made it to states.

What is your main goal heading to States this year?

Megan: “My main goal is to try my hardest to help place in the relay. Although, I also really want to make my brother proud. He is my biggest inspiration when it comes to swimming and I really want to make him proud of everything that I do and accomplish.”

Marina: “My main goal in states is to make finals and drop time.”

Katie: “My biggest goal is to win states and get better times and to also have fun.”

Emily: “My biggest goal is going into states with my head held high and putting every ounce of training that I have acquired the last 5 months into one swim and hope to come out with a medal around my neck. I want to finish my senior year on a high note and make as many memorable memories with the ones I have grown up with throughout my years at South Park before I go off to college.

In conclusion, the South Park Swim Team is very excited to be attending states this year. If you see a swim member in the hallway that will be attending states, be sure to wish them luck.

SPORTS & ENTERTAINMENT

Russian Olympic figure skating

AVA TURLEY

The 24th Winter Olympics kicked off on February 4th, 2022. This year, the Olympics are occurring in Beijing, China. One of the most well-known Olympic sports, figure skating has been a popular watch this 2022 season. For the Russian team, this year's Olympics has been rather chaotic.

Kamila Valieva, a part of the Russian team, was extremely emotional as she missed out on a medal in women's figure skating. Valvieva placed fourth in the games, which has been surrounded by a scandal over her positive drug test before the competition. Kamila allegedly tested positive for a drug before her performance that enhanced her heart. After a rough performance on the ice filled with stumbling and falling, she was reprimanded by her coach, Eteri Tutberidze, who has been known to be rough on the young skaters.

Alexandra Trusova also had an emotional day after being awarded the silver medal on Thursday at the Winter Olympics. According to The Guardian, Trusova said after the awarding, “I hate skating. I hate it. I hate this sport, I will never go out on the ice again!” and “Everyone has a gold medal, but not me.” Trusova loaded up her four minute routine with five quadruple jumps. While Anna Shcherbakova only had 2 quadruple jumps in her routine, the judges say Trusovas routine lacked artistry.

Anna Shcherbakova, the gold medalist of the group, sat by herself after she was awarded her gold medal while her coaches and teammates consoled Kamila Valvieva. “I feel emptiness inside,” said the skater sitting alone. Alexandra Trusova was also asked about Kamila and the whole situation. “I am not going to say anything about Kamila.” Trusova stated.

While the drama this year was messy, it can't take away from the skaters' amazing performances. The Olympics still have many more years to hold.

Women in video games

PAIGE KELLY

Being a girl and playing video games is not as simple as many people think. There is a problem in the gaming community with the exclusion, degradation, and plain-old hatred.

It doesn't affect everyone though, I’ve met younger people from many backgrounds that all treat others differently. Most commonly, young boys are spiteful towards feminine people in video games. The adults, however, are normally more tolerant of women in video games. Not that women are something to tolerate, though. Anyone who plays video games should not have to worry about acceptance.

My experiences with video games do not attest to everyone’s, but I know I share a lot with many other women.

Being a girl and playing video games is not as cut and dry as people would expect. Some of the things that have been said are a version of, “Get back in the kitchen”, “Make me a sandwich”, and “Is that a girl?” But sometimes it's not mean. There is this metaphorical white light around “gamer girls” for some people. It makes “gamer girls' ' seem like these perfect people who have to be the most attractive since they play video games. This results in quite a bit of verbal, or even cyber harassment.

Women face these struggles online constantly. Whether it’s avoiding turning the microphone off or playing a different game, the way women are treated can make video games just unappealing.

Not all non-women are mean and disrespectful though, I’ve met people from both ends of the attitude spectrum. Most of the anti-girl gamers are young males, as misogyny is something that is taught and learned from a young age, not just from parents but also from society. It’s not to directly blame these young boys for believing what their parents taught them.

However, cyberbullying or harassment is not something that can just be accepted or forgiven in any circumstance. Parents should and are actively teaching their children better than their parents taught them.

Women’s History Month

History

Deeds not words

EMBER CARMICHEAL

This month is Women’s History Month. Some of the most important women are rarely talked about, or not well known. Take Emmeline Pankhurst for example, do you know what she did?

Emmeline Pankhurst was the founder of the Women’s Social and Political Union, a British organization that put women’s rights into political view. She had an ongoing 40-year campaign up until her death in 1928. She was so dedicated to making sure the future generations of women would have their say that she even died for it. After peaceful protests for women's enfranchisement by the peaceful suffrage movement proved unsuccessful, Emmeline Pankhurst mobilized women to adopt more militant protest tactics by forming the Women's Social and Political Union (WSPU) and organizing demonstrations throughout the years. Emmeline Pankhurst’s most commonly known motto was “Deeds not words,” which is also something we say today “Actions speak louder than words.” In the society that Emmeline lived in, women did not have a say in anything, so many women couldn’t talk about the things that they were going to do about women’s rights. If they did talk to others about creating changes to give women more freedom, people would laugh at them because they did not believe women were anything more than someone to cook dinner, stay home with the kids, and do laundry. Emmeline Pankhurst was one of the many women who shaped society today. Without her, we may not be where we are today, and women may still be suffering the way they were before.

Emmeline Pankhurst has created an example for all young girls around the world. She shows that no matter how big the task, how big the challenge, or how big the obstacle, you can always rise above these limitations that society has set for you.

TO REMEMMBER

All to know about Haben Girma

SAVANNAH BOOTH

Haben Girma is a disability rights attorney, who became the first deafblind woman to graduate from Harvard Law School in 2013, and has then made it her mission to advocate for equal opportunities for people with disabilities.

Haben Girma empowers students with disabilities to become better self-advocates, and she teaches families and educators to set expectations for themselves. She was the first deafblind student at Harvard Law School, and now she is on her way to becoming a disability rights lawyer. Haben Girma has hosted workshops and speeches for students, educators, and parents around the country. She is an intern at the U.S. Department of Education’s Office for Civil Rights. Previously, she spent three weeks building a school in Mali to help the children. After building the school she served as a mentor to students with disabilities in the U.S. and abroad to help them get another chance to experience the world in a new way. After law school, Haben will serve as a Skadden Fellow at Disability Rights Advocates where she will work to increase the accessibility of digital instructional materials at colleges and universities.

The first deafblind person to graduate from Harvard Law School, Haben Girma is a human rights lawyer advancing disability justice one step at a time. President Barack Obama named her a White House Champion of Change for all of her hard work and Haben believes disability is an opportunity for innovation. She teaches organizations the importance of choosing inclusion and has made a huge impact on thousands of deafblind people. She is 33 years old and she is making huge impacts on people’s lives every single day.

HISTORY

Sojourner Truth

DAISHA BRISCOE

Sojourner Truth was an American abolitionist and women’s rights activist. Truth was born into slavery in Swartekill, New York, but escaped with her infant daughter to freedom in 1826. After going to court to recover her son in 1828, she became the first black woman to win such a case against a white man. She was bought and sold four times, and subjected to harsh physical labor and violent punishments. In her teens, she was united with another slave with whom she had five children, beginning in 1815. The family bought her freedom for twenty dollars and helped Truth successfully sue for the return of her five year old son Peter, who was illegally sold into slavery in Alabama. During the 1850’s, Truth settled in Battle Creek, Michigan, where three of her daughters lived. She continued speaking nationally and helped slaves escape to freedom. When the Civil War started, Truth urged young men to join the Union cause and organized supplies for black troops. After the war, she was honored with an invitation to the White House and became involved with Freedmen’s Bureau, helping freed slaves find jobs and build new lives.

She took the name Sojourner Truth because she traveled up and down the land showing people their sins and being a sign to them, and Truth was to declare the truth unto the people. This new name reflected a new mission to spread the word of God and speak. She became a powerful speaker, preaching about faith, women’s rights, and the abolition of slavery.

Unknown of VanGogh

TESSA LETTIE

There are so many beautiful things in our city of Pittsburgh, you probably don't even know about. A particular place that I personally love is The Immersive Van Gogh Exhibit. If you're into abstract, contemporary art, you would love this featured building. You will also discover artists/artwork that you might not know about. Some of these featured rooms and artwork are the venues, the secret room and the lighthouse airspace. There are so many pieces in this building that need to be seen and appreciated.

You might be thinking, who is Vincent Van Gogh? Vincent Van Gogh was an extravagant Dutch painter from the 1800s and created over 2,100 pieces of work. For all of them you can see them at the Immersive Van Gogh Exhibit. Out of all of them he only sold one painting in his whole lifetime! His painting, Starry Night, is one of the most famous paintings in the world. He painted it in the time he was in an insane asylum. Van Gogh is an amazing artist that expresses emotion and his own unique perspective. He paints by telling true emotion and not by the opinions of people observing his work.

Recently, during my visit to the exhibit, I was intrigued by their secret venue. The secret venue is an extraordinary huge room, beautifully covered in Van Gogh's art. If you are open and available to visit, I highly recommend the VIP pass and to look at every featured piece of art in the building. If you are interested, you can visit The Immersive Van Gogh Exhibit at 720 E Lacock Street, Pittsburgh PA from 10AM-10PM.

Why you should take public speaking

CALLIE HEYNES

SPHS offers many opportunities when it comes to electives. One elective that is an example of this is public speaking, taught by Mr. Tobias in room 118.

Public speaking is often a fear of many people. However, while taking this class, students learn to use public speaking skills in modern times and to learn how to connect with others. Public speaking is a place for students to learn the power of their words. Mr. Tobias, states, “In the simplest terms, the public speaking class provides training and practical experience for students in the preparation and presentation of informative, narrative, persuasive, and special occasion speeches.”

Many students don't believe that they will ever need to speak in public. Regardless of future life careers, almost everyone will come to a time where they need to present publicly, in some form. In public speaking, students will learn strategies and techniques to further their argument and help them become better speakers as well as listeners. Skills learned throughout this course are versatile and can be applied to many different situations.

This class isn’t just for those with prior experience. It is a chance for students who want to learn a new skill to help them in the future. Mr. Tobias said, “This class is designed to help all students grow as speakers, regardless of ability level. I would recommend it to those who may have very little speaking experience as well as to those who may have some public speaking experience but wish to refine their skills further.”

Public speaking is an opportunity for students to learn how to talk with others instead of talking at them.

Eating Well

MEGAN BEAM

How can eating correctly affect your body for the better? Eating a balanced diet helps you receive the energy you need throughout the day. Heart disease, strokes, metabolic syndrome, diabetes, high blood pressure and more health related issues are directly impacted by correct eating habits. Mr. Collodi, South Park High School’s Food and Nutrition teacher said, “Healthy eating habits are extremely important because food determines performance. This means your mental and physical energy is determined by what you put in your body.” Mental energy is so important for high school students in particular because we need our brain to work and get multiple assignments done, to stay awake in class, and to be your happy and healthy self. Physical energy is also very important for high school students because some of us play sports and are in extracurricular activities and we need energy to keep going throughout the sports and activities.

Mr. Collodi also stated “I always tell people to eat like a caveman. This means, if a caveman didn't eat it, neither should you. Avoid the processed foods and the foods in the middle isles of the supermarket. Focus on fruits, vegetables, nuts, meat, and fish. “You should eat more natural foods because they are better for you. Eating healthy is important to fuel our bodies and to stay energized and healthy throughout the day.

CULTURAL HISTORY

Irish Heritage Month

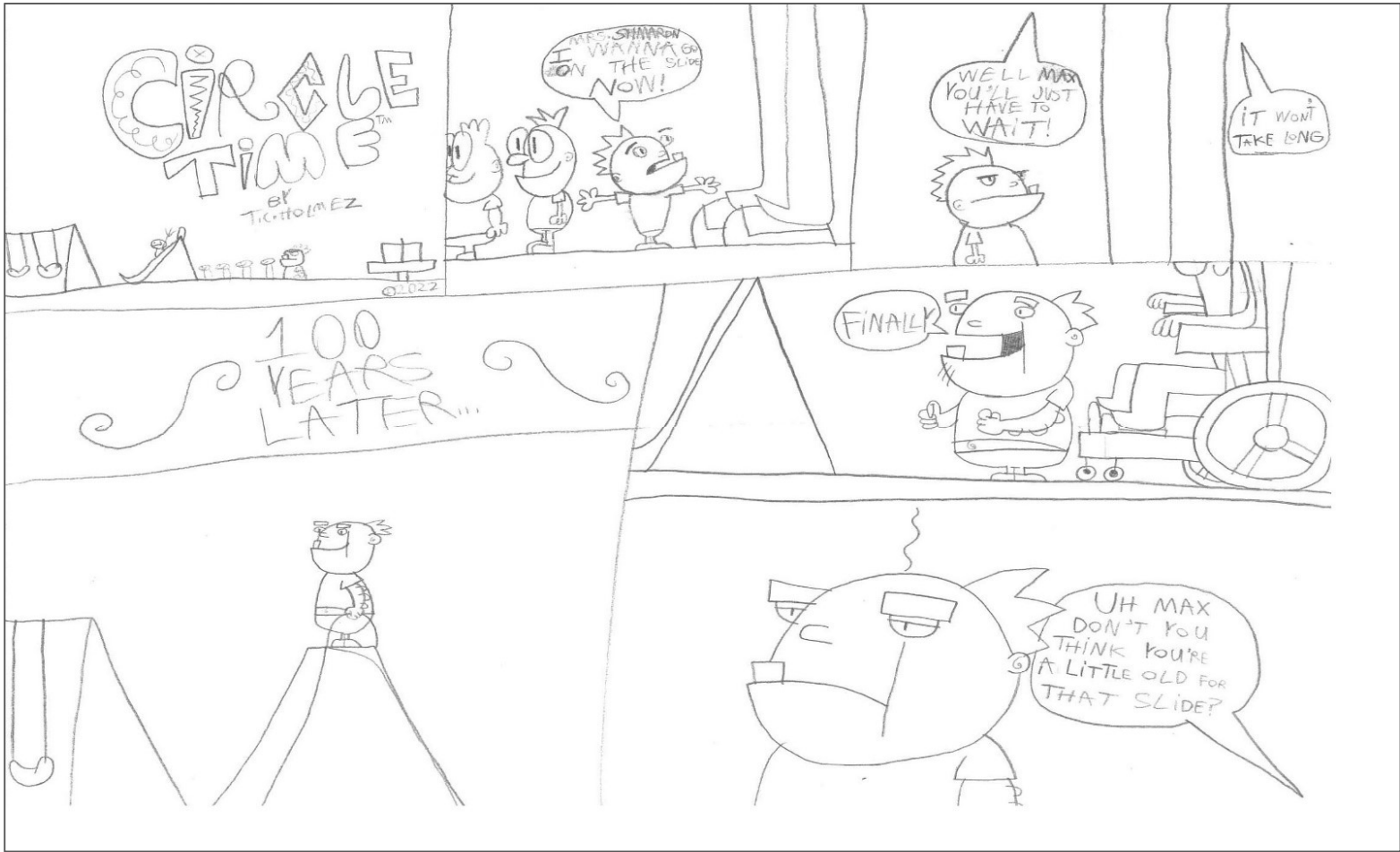
CALLIE HEYNES

For many Irish-Americans, there are many reasons to celebrate this month. As of March 1991, Irish-American heritage month is officially recognized. Irish heritage month is a chance for many to connect with their families, and friends who have the same ancestry and culture. March is a time to celebrate those that immigrated to the U.S to find hope and better opportunities for their families. According to the census, nearly 35 million Americans have claimed Irish heritage. This number is especially important in Pittsburgh because of the countless mayors and famous people who can be linked to Irish heritage. One of the more well-known Irish related holidays is St. Patrick's Day, most known for its green food and drinks. Originally, it was a day to honor Saint Patrick who introduced Christianity to Ireland. However, the entire month of March is a chance to find more out about yourself and ancestry

Our waste Land

TESSA LETTIE

Climate Change, what exactly is climate change? Some people think it's a concept and some believe it's entirely made up to make us recycle our plastic water bottles. How does it affect us and why should you care? Climate change is said to be a change in the average conditions, such as temperature and rainfall over a long period of time in different regions. NASA scientists have observed Earth's surface is warming, and many of the warmest years on record have happened in the past 20 years. Some 97 percent of scientists involved in climate research agree that it is extremely likely that much of the warming observed since the early 1900s results from human activities. Activities we all do on a daily basis that you might not realize is hurting our planet. Simple chemistry, chemical analysis and basic physics can vouch for this observation. So what can you do to help? There are several organizations around the world encouraging mindfulness to the planet.



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