



# THE SPRESS

## SOUTH PARK HIGH SCHOOL

### Community Day in South Park

AVA TURLEY

On September 18, 2021, South Park Township hosted its annual South Park Community Day at the South Park Fairgrounds. The day kicked off with a lively parade, which has always been a favorite between students and parents.

"The best part of community day was seeing friends and family and performing as a majorette," says Camrie Hochendoner, a ninth grade student and majorette at South Park High School. Camrie performed alongside the school's marching band in the parade. Callie Heynes also enjoys being able to participate in the parade. "I love performing for everybody who came to give their support." Callie is part of South Park's colorguard.

One of the most exciting parts of community day for the residents is enjoying the opportunity to gather with their community. According to Callie, she will "continue to go so that I can support my community." Ask most South Park residents and they will tell you that community day has been a tradition for many years. For example, Camrie notes that she's been going to community day since she was little. And, according to Callie, "I enjoy walking around, and seeing family, friends, and friends in general."

Walking around community day is exciting for many like Callie as there are fun activities like axe throwing, inflatables, face painting, food trucks, and many craft vendors. In conclusion, South Park Community Day has long been a favorite for everyone.

### Breast Cancer Awareness Month

SAVANNAH BOOTH

The month of October is National Breast Cancer Awareness Month in hopes to spread awareness and fundraise.

South Park High School Interact Club will be selling pink masks the week of October 11. All money raised will be donated to St. Clair Hospital Cancer Center. The football game October 15 will be a pink out, and everyone is strongly encouraged to wear pink.

According to the National Breast Cancer Foundation, breast cancer is a disease where malignant (cancer) cells form in the tissues of the breast. 63% of breast cancer cases are diagnosed at a localized stage meaning that there is no sign that the cancer has spread outside of the breast, for which the 5-year survival rate is 99%. Breast cancer is the most rare type of cancer aside from skin cancers. It is estimated that 30% of new cancer diagnoses will be breast cancer.

South Park High School is proud to help spread the word about National Breast Cancer Awareness month.

### Jumping back into sports

SAVANNAH BOOTH

Sports teams in South Park High School have been facing some different issues than usual from quarantine. Mr. Strickler, track and field coach, and Mr. Rieck, football coach, had a few extra challenges trying to keep their players motivated throughout COVID-19.

Many students at South Park High School strongly love and appreciate the sports that they play. COVID-19 has really impacted everyone differently and has made a number of athletes appreciate their sports more. Mr. Strickler, track and field coach, was asked if the team struggled more since we had a break because of COVID-19. Mr. Strickler responded, "I believe because of the circumstances that were dealt, that the students were more excited and motivated to get back out there and show what they were capable of." Football coach, Mr. Rieck, stated, "Every team was in the same boat, there was less preparation time but in the first football season affected by COVID-19 we finished second in the conference and were again able to make the playoffs."

Even though COVID-19 presented us with many struggles, sports teams in South Park High School were able to rise above. Coaches Mr. Rieck and Mr. Strickler were able to prepare well enough and have both teams still succeed. The track and field team ended on positive terms last year and had a student athlete participate in the PIAA State championships. The football teams made playoffs again as well and rose above to accomplish their goals. Both coaches, Mr. Strickler and Mr. Rieck, kept all of their athletes motivated even throughout a difficult time.

### IN THIS ISSUE

**HALLOWEEN FOR TEENS**

**DRESS CODE: YES OR NO?**

**HOME COMING 2021**

# Why should kids have all the fun?

MEGAN BEAM

57 percent of people said kids from ages 12-15 are too old for trick or treating as of a 2015 survey from FiveThirtyEight.com. South Park students from grades 8 to 12 still think it is appropriate to go trick or treating. There is often a stigma surrounding teens trick or treating because they are too old and that it is for little kids, which is completely false. Ashlyn Morris, South Park Middle School student, loves trick or treating and “will never be too old for it.” Riley Burnett from South Park High School says “I like spending time with my friends. Free candy is also nice.” Proof that teens and adults enjoy Halloween can be found by an article on Yahoo.com. Some of the top trending halloween costumes are “Squid Game” characters, Britney Spears, and Venom. Trick or treating is a fun activity for people of all ages, and you get exercise while doing it.

# How do the students at SPHS feel about the dress code?

PAIGE KELLY

A survey of students at South Park High School shows strong opinions on the dress code and how it affects their 2021 school year. 81% of 58 students surveyed say that the dress code is not beneficial. Many females feel undignified by the dress code, while the males are upset about the hats and hoods rule. Females feel that the strictness and the deeply rooted misogyny of the dress code is unfair and limiting to self-expression. One anonymous female student says, “People should focus more on education than police what others are wearing. They should also have enough self-control to not look at someone’s midriff or be ‘distracted’ by their shoulders.” The typical concern is about thin straps of a shirt being prohibited or why showing a tiny bit of midriff could get them in trouble. However, not all females at SPHS feel this way about the dress code. There are a number of responses from the young women who believe the dress code is beneficial. They think that it shapes their future career. Anonymously, another student writes, “It gets you prepared for what to respectfully wear at a job.” Dressing modestly is ostensibly seen as being a strong and powerful woman in the workplace, so it makes sense that one would be particular about how they dress for school. Overall, everyone has a specific feeling about the dress code here at South Park, but self-expression, comfort, and education are often conflicting factors.

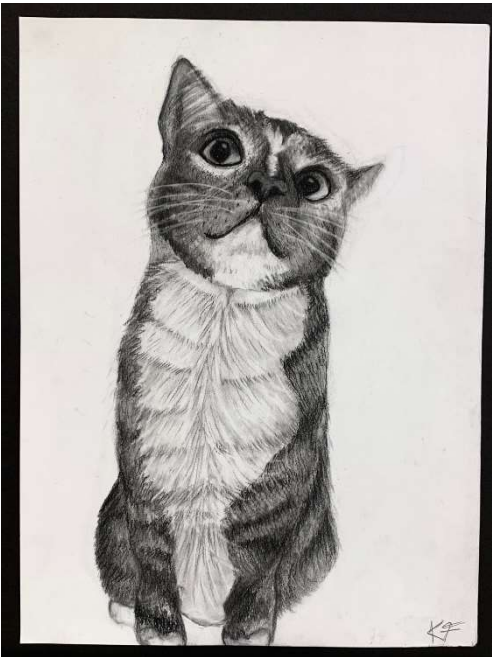
## STUDENT CORNER

### Artwork



Sarah Coe

Keela Falcione



## A Night to Remember

TESS LETTIE

This year’s homecoming dance was not one to miss. This year because of the ongoing pandemic, our student council decided to hold our homecoming outside at the South Park High School stadium. There were a lot of minor setbacks this year but our homecoming committee and student council have found different ways to pull it off. They provided a supervised safe space for students where they were able to create memories that can last beyond school. The theme this year for the 2021 homecoming was “starry night”. Homecoming was held in a 1200 square foot tent. Since we didn’t have a homecoming dance last year and we couldn’t be inside, they wanted to go as full out as possible. Students were very fond of the music and the DJ. People said the whole time it was very upbeat and there was never a dull moment, due to the music mix. Many said they had a good experience and it was quite promising. South Park School District hopes you had an incredible time at our homecoming this year and we encourage students to attend future school dances and other events.

# Teens and adults agree on the cons of social media

EMBER CARMICHAEL

Teens and adults are thought to have very different opinions on many things, such as style, food, and relationships. But, will they have the same opinion on social media?

Both Callie Heynes and Mrs. Peterson were asked “How can someone’s words affect someone’s mentality?” Mrs. Peterson responded, “Words are powerful! Words both positive and negative can really have an impact on a person's mentality.” Callie Heynes stated, “In my opinion, someone’s words can affect someone else’s mentality saying something hurtful in the comments or through messages. It can also have a positive effect when you leave an uplifting comment or message, giving a compliment, or even saying they did a good job on something.” Mrs. Peterson and Callie Heynes had the same opinion on how the things you say on the internet can have an effect on how someone feels.

Both were asked “Do you have social media? Why or why not?” Mrs. Peterson answered, “Yes, I have an Instagram account. I gave up Facebook because it was so negative, political, and contentious,” while Callie said “Yes, I have social media to keep in contact with friends that live far away.” They both had similar opinions, but not exactly the same. Both Callie and Mrs. Peterson have social media, but Mrs. Peterson has a different perspective on the impact of different social media sites.

Mrs. Peterson and Callie Heynes both shared their thoughts on positive and negative impacts. Mrs. Peterson responded, “The best part is catching up with old friends. The worst part is all of the negativity being spread.” Callie Heynes stated, “The best part of social media is being able to talk to friends that live far away and being able to stay in touch with them. The worst part is the things people say and the consequences they have.”

Students and teachers have the same mindset on how words and actions online can affect people.

# Students wearing masks again

DAISHA BRISCOE

Students at South Park High School are wearing masks again. Some people want to wear mask and some of them don't. Mrs. Doyle, a teacher at South Park High School, said, “Wearing masks in school makes me feel safer. I feel that the higher rates of infections with the Delta variant make us all susceptible to getting sick.” At the beginning of the school year students didn't have to wear masks. Governor Wolf said that it is mandated that we have to wear masks inside school buildings here in Pennsylvania. Some students think they should have a choice whether or not to wear a mask, but for now it is required.

## STUDENT PROFILE

### *Interact Club’s positive influence*

CALLIE HEYNES

Zachary Huwalt, co-president and executive board member, is one example of how Interact Club has a vital impact on South Park and other local communities, even when we may not notice.

Since starting Interact in his freshman year, Zachary has secured his title by volunteering, taking responsibility when needed, and, in his words, helping our local and surrounding communities. However, it is recognized that he has changed since then. He was quoted as saying, “I would say that I definitely changed as a person, both inside and outside of the Interact Club. It helped me understand a new perspective of volunteering and how rewarding it is for the person/group being benefited.” Zachary claims that Interact Club has been his passion ever since his sister, Maura, recommended it to him, and his inspiration comes from always seeing a smile on someone’s face. Zachary also stated that he would recommend anyone to join Interact Club because it allows students to participate in a club and encourages them to make a change for the better.

Interact Club goes to show the impact we could have on each other and our community by reaching out and lending a hand to those in need, like how Zachary has proven we all could.



EDITORIAL

Should students receive homework?

AVA TURLEY

Many students every year become overwhelmed with balancing school work along with extracurricular activities. Is it too stressful on somebody who is already going to school seven hours a day five days a week? Should teachers be handing out homework whenever students are already balancing so much? Megan Beam, a student at South Park High School spoke about juggling the two. "I have to go swimming from four to five and three to five and then have a million more things after practice." As most students, Megan already has a lot to accomplish after coming home from a long day of school. Homework makes sense and can appear as extremely helpful to a student's education and grade. Although, it can often pose another burden. After school is a time when students should get to take a break from working hard in the classroom. However, they still come home to see more work that they also have to complete. This can add onto the student's stress and open up doors to things like depression and obesity. Many high school students are also getting jobs. This takes up even more of the student's free time that they should have every day.

Should teachers be putting this much pressure on teenagers? Should students receive homework? Students should not receive homework because of the extra stress students are already being put under because of school work out of school. A Stanford research shows that 56 percent of students consider homework to be a primary stress source. Teens should not have to complete 1-2 hours of homework while also balancing extracurricular activities and jobs.

South Park Aquatic Club on the hunt for a swim coach

MEGAN BEAM

The South Park Aquatic Club is trying to find a swim coach for the 2021-22 swim season. Team members would like their coach to be compassionate and hardworking. Madi Moffat, who has been swimming for Bethel Park for about 7 years, stated, "Personally I rely on coaches and teachers and honestly any adult for support." Madi is an example of a swimmer who needs a compassionate coach to get through the swim season and just life in general. An example of a swimmer who needs a hardworking coach is Elliott Giusti. He has been swimming for South Park for 6 years and Bethel Park for 6 months, and he believes coaches need to be "Pretty hard working, but not overkill. They need to do a bit of everything." Since the beginning of the COVID-19 pandemic, the South Park Aquatic Club has been struggling to stay afloat. Bethel Park graciously offered the South Park swimmers to join their team leading to an eventual merge between the teams. Getting a new Coach would affect both South Park and Bethel Park. The swimmers know what they want - a coach, but what is in it for the coach? In the 2020 season, there were three relay teams with three alternates, four individuals swimming two events each, and a diver for a total of eleven events at WPIALS. There were five events at states in 2020, but unfortunately they had to go home because of the COVID-19 pandemic. There were multiple swimmers who went to Junior Olympics as well. The search for a permanent coach continues.

Caffeine's impression on everyday life

CALLIE HEYNES

Recently, more teens have been reported drinking massive amounts of caffeine daily, but how does this affect us?

Over the years, researchers have started saying that an average human should only have a maximum of 2-3 cups of coffee per day, or 400 mg. However, many people, especially teenagers have been taking caffeine consumption to an extreme. According to Verywell health, a trusted research site, about 80% of the world's population drink caffeine products daily. Of this statistic, it was estimated that 73% were children.

This is important to note because of the possible side effects long term caffeine consumption can have on young bodies. Misusing caffeine can cause negative reactions that many wouldn't realize or understand until it's too late. Caffeine plays an extensive role in our sleep schedule and diet. Although long term research has yet to be conducted, scientists have already learned that caffeine can cause insomnia. Insomnia is a very common sleep disorder that can affect your mood, anxiety, and cause jet lag. Along with this, caffeine also decreases our appetite, making it hard to find interest in eating.

However, according to teens, the pros far outweigh the cons. As some may already be aware, caffeine can improve cognitive function. Caffeine can make us more alert and vigilant. What some people may not know is that this alertness won't be long term and can cause even more fatigue when we come down from that high.

Caffeine can affect us in many ways. These ways can both be negative and positive, but more importantly, we need to understand how we can be influenced both long and short term.



# Color poem

PAIGE KELLY

Sadness on a summer evening,  
Reminiscent of the underwater feeling.  
Indigo tears melt a blueberry snow cone  
And a cold smile warms a frozen gravestone  
While unique shards of turquoise glass lie on the cyan floor,  
Periwinkle blossoms sprout in spring fields for many to adore  
The sprouts arouse a comforting feeling,  
A happy sapphire healing.  
Static dreams looking in,  
Past self within.  
Navy sounds ring through the resolve,  
As a person, there’s a need to evolve.



Jenna Ciora

## STUDENT CORNER

# Digital Photography



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SPORTS SCHEDULES

Football

October 15 – 7:00 PM  
Home vs. South Allegheny

October 22 - 7:00 PM  
@Mount Pleasant

October 29 - 7:00 PM  
Home vs. Southmoreland

Girls Volleyball

October 19 – JV 6:00 PM / Varsity 7:00 PM  
Home vs. Chartiers Houston

October 21 - JV 6:00 PM / Varsity 7:00 PM  
@Serra Catholic High School

Cross Country

October 28 - Varsity WPIAL Championships  
@WPIAL

Girls Soccer

October 16 - Varsity 1:00 PM  
@ Chartiers Valley

October 19 - Varsity 7:30 PM  
@Thomas Jefferson

Boys Soccer

October 16 – JV 10:00 PM / Varsity 11:30 PM  
Home vs. Ambridge

October 18- JV 6:00 PM / Varsity 7:30 PM  
@Ringgold

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