

THE STUDENT TIMES

Volume 84 Issue 3 1100 Fowler Ave. Berwick, PA 18603 February 2022

School faculty overcoming changes to education

CARLY HILL
Junior Editor

People often overlook school faculty, focusing on the youth. However, over the developing years, teachers and education officials had to adapt to numerous modifications in teaching and guiding undergraduates.

Often teachers have various classes with diverse topics. It can be exceedingly overwhelming for faculty to keep up with their many students. Senior AP student Sophia Guerriero said, "We only have to worry about ourselves and the work that we have; they have to worry about us, what we get done, if we did it well, and if we turned it in." With so many components to remember, the job can quickly become stressful for faculty. "Students make it stressful. Kids who don't want to do their work and who give you a hard time for not doing the work are difficult," Guerriero said.

AP Physics teacher Matthew Shrader had an opposing opinion on the matter. "It's not the kids... I'm not

stressed when I'm teaching. I'm stressed when I'm managing and planning." Weekly planners remain common in school districts. There are too many students and too much information to cover with not enough time to work through it comprehensively. Teachers worry they may not complete the curriculum while giving students an accurate understanding of the materials in a simple school year.

"I think the most stressful part of the last two years has just been the lack of continuity," said Todd Gunther, AP Calculus teacher. The changes within the past few years have affected students and school faculty alike. It

is much more challenging to teach virtually. Keeping students' attention is difficult when they are located in front of their televisions or in their bedrooms. Besides, questions are harder to ask

education right now." Over virtual and hybrid teaching times, Melito found difficulty in contacting students. Not everyone checks their e-mail daily, so Melito's contact over Gmail remained restricted.

When students were in school for a mere two or three days out of the week, Melito felt discouraged to pull students out of the

students got while virtual, they are now more comfortable working independently, reducing stress for concerned teachers. Furthermore, teachers familiarized themselves with websites such as Google Classroom that allow staff to plan weeks in advance and post it for all students without the hassle of writing entire weekly plans on white boards or printing sheets. Moreover, students have fewer excuses for missing work. If they are absent, they can check the class stream to see what the class did in the day. Contacting teachers and peers resides easier, as well as having access to the virtual resources, so getting work done is easy.

Students can also assist in reducing faculty stress. High school students hold a track record for procrastinating. Not getting assignments in on time hurts teachers' agendas. It is difficult to remember which students turned the assignment in and who needed more time. Some students might have completed the work but forgot



(Photo by Daniel Hallett)

and answer. Seeing students' frustration hurts teachers and staff who wish for their success.

Guidance Councilor Heather Melito said, "The uncertainty of what the next day will look like, the lack of consistency with routine, and trying to keep students motivated are major factors in

classes they had such limited time with.

However, the past few years have benefitted school staff as well. Shrader said, "Now, post-Covid, it is better than it was than what we had before. In-school now is as a higher level than in-school before because of all that." With all the online resources

FACULTY contd. pg. 3

INSIDE

News.....2,3
 Around BHS.....4,5
 Reviews.....6,7
 Valentine's.....8,9,10,11
 Features.....12,13
 Sports.....14,15
 Survey.....16



School Musical
Musical participants prepare for upcoming shows.
Page 3



Valentine's Notes
Students communicate with Valentine's-themed notes.
Page 8,9



Seasonal Recipe
Learn a recipe inspired by Valentine's Day.
Page 10



Winter Sports
Teams proving to be competitive this winter season.
Page 14,15

FBLA State Qualifiers prepare for competition



(Photo by Eden Savoy)

Pictured are Berwick High School's FBLA State Qualifiers, seated from left: **Caydence Jones** (1st place - Parliamentary Procedure); **Bailee Robbins** (1st place -Parliamentary Procedure); **Gavin Jones** (1st place - Parliamentary Procedure); **Karly Kile** (1st place - Management Information Systems); **Gianna Culpepper** (1st place - Parliamentary Procedure). Standing from left: **Jack Dacier** (1st place - Hospitality and Event Management); **Graham Marshman** (1st place - Hospitality and Event Management); **Miles Doll** (4th place - Accounting II); **Michael Kaleta** (2nd place - Word Processing); **Benjamin Carro** (1st place - Management Information Systems); Not Pictured: **Hunter Madl** (1st place - Hospitality and Event Management), and **Eric Switzer** (3rd place - Word Processing).

New school board votes on key issues

DYLAN SMITH
Senior Editor

The new Berwick Area School District's School Board met for their first monthly meeting January 10. The board comprises of President, Sandra Slavic, Vice President Brenda Post, Susy Wiegand, Keith Hess, Carol Bodwalk, Ron Robstock, Rachel Gaizeck, Jeffrey Taylor, Krista Kurkolo, and Joseph Nespoli, with the last three being newly sworn in following their election. They discussed and voted on routine business affairs pertaining to students and staff alike.

POLICIES

Firstly, the board approved four policies, all of which passed unanimously. Approved policies featured admissions into school, penalties regarding bringing a weapon to and from schools, hazing, and a technique for staff to utilize for stressed students known as "trauma-informed approach".

The board unanimously passed a resolution against increasing school taxes in the 22-23 fiscal year beyond the Department of Education in-

dex. Kupsky also introduced a call to improve dental hygiene amongst students by adopting the Geisinger Health Plan Mobile Dental Unit Services Agreement. In short, this plan would extend the dental services provided by the school past eighth grade to include all students in the high school, as well.

ATHLETICS

Regarding the school district's athletics, the board approved the long-awaited turf replacement at Crispin Field. The total sum of the project amounts to \$468,107.17, which was much less than the amount the district budgeted. With a vacant head coaching position for the Berwick Bulldogs varsity football team, the board was tasked with appointing an individual to fulfill this role. With three dissenting votes, Michael Bennett was selected to head the Dawgs.

MASKS

Wendy Kupsky began with a PowerPoint designed to provide information relating to COVID and its spread in the community. Data and graphs portrayed trends of

infections spiking following breaks, when students and their families usually get together without masks.

This could lead to higher infection rates in a state and community "in the red" for COVID.

Kupsky emphasized the need to keep students in school despite these cases, though stressed "masking is essential".

While admitting this issue "is not an easy decision", the superintendent ultimately said, "I would support masking." However, the decision is not solely hers. The board decided to deal with masking on a month-to-month basis, keeping the mandate in place for the time being.

CONCLUSION

Many matters were discussed during the school district's new school board. From health plans to football fields and eventually mask mandates, the board dealt with a wide variety of topics with the goal of improving the school and community altogether. The next school board meeting will be February 7 at 6 PM.

Decorating contest opens doors for students' creativity

HELEN SANCHEZ
Sophomore

When pondering about the door decorating contest at Berwick Area High School, excitement and anticipation fills the air. The contest is an opportunity for students to interact with and express their creativity, as well as a chance to win a special prize.

The door decorating contest is a chance where students get to decorate their homeroom doors with any school appropriate theme. In the fall, ten homerooms participated and Mrs. Chris-

tine Dent's room won. For the winter, eighteen homerooms participated and Miss Stephanie Hauer's room won. Both classes received donuts for breakfast the day after they won.

Sophomores Jayde Bartholomew and Eden Savoy were able to highlight different features of the contest. Yet, Bartholomew describes her experience as an "unequal cooperation of participants." Not only does the class consist of only ten students, but she says attendance played a huge role.

Since her class was small and she competed around Christmas time, there were a few students who were out for vacation or other purposes.

Nevertheless, Savoy says that was opposite, in her case, for she had competed in the fall contest around Thanksgiving. Although both contests were around holidays, Savoy admits that her class had less struggles.

She says, "The cooperation between my classmates was pretty much equal, besides those who had less free periods to spend working on

the door." On the bright side, Bartholomew still enjoyed her experience and says that the contest had its positive impacts as well. Through the contest, classmates were able to convey their individuality and get to know each other better.

Bartholomew said, "An advantage our class had was that we were smaller than the other classes competing. I know other people might see this as a disadvantage, but it was convenient for us because there was less arguing and we all communicated

well." She even stated that her favorite part about the contest was the competitive aspect involved.

While students seem to have a diverse opinion about the event, in the end, the contest is a great exposure to creativity and interaction between one another.

Students agree that the door decorating contest fosters a worthwhile impression that encourages individual innovation, and it is an opportunity to explore creativity and promote a positive environment..

Berwick's theatre ensemble prepares for *Little Shop of Horrors*

MAKAYLA MASLINSKI
Junior

Berwick High School's third musical is now kicking off a new production. The show choice, *Little Shop of Horrors*, is directed by Melissa Driscole, as well as Anthony McDonnell and Mark Thatcher.

Little Shop of Horrors is a comedy show with a rock-and-roll musical style. The plot follows a sad florist, Seymour, who meets an insecure but attractive woman named Audrey. However, Audrey is dating an insane and controlling dentist, so Seymour makes it his goal to save her with a flesh-eating plant he grows in his shop.

One of the most anticipated songs in the musical, according to staff, "Suddenly, Seymour", will be sung and performed by both Anna Rinehimer (Audrey) and Ethan Esquilin (Seymour).

This point in the plot highlights an incredibly

significant moment between the two characters in a heart-warming ballad.

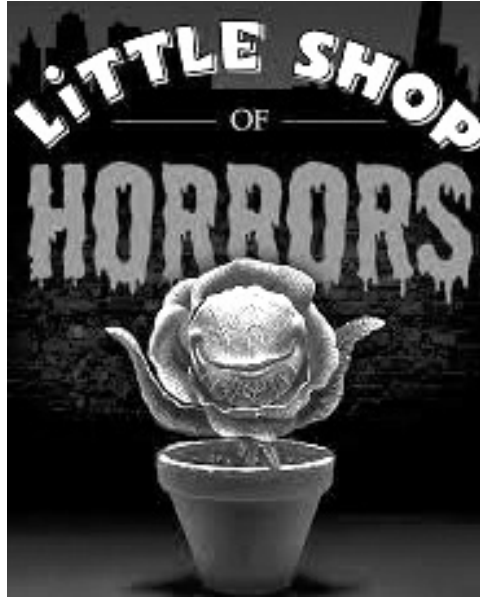
As far as their practice schedule goes, the ensemble works in the music wing of the high school at least four days a week, each lasting about four hours. During this time, the actors practice their singing, memorize their lines, and learn their choreography so they can perform a quality show for their viewers in March. These rehearsals become more intense as the show gets closer.

Driscole expresses excitement for the potential of the musical, saying, "The show is such a great fit for the cast." She adds, "We've wanted to do the show for a couple years, and we thought this year we could cast it the best."

The musical staff spent a very long time casting the show; however, McDonnell

admits he immediately knew certain people would be perfect for specific roles.

The staff believes that the



(Courtesy of Tribune News Service) cast is very talented and one of the best parts of the show. They hope to maximize the full capabilities of this great cast.

McDonnell also mentions that theatre is important to

many- as it allows individuals to embrace their talent and use theatre as an outlet for self-expression. In theatre, McDonnell says the kids get to "portray roles they don't get to everyday," which he believes could mean a lot to someone.

Theatre is something greatly appreciated by those who participate in it. Driscole, a theatre fanatic, explains, "I can never believe the amount of talent people have. It's super-human. Whenever I go to a Broadway show I realize how crazy it is that average people like you and me could perform like that."

One of the most significant moments in the action-filled, captivating show, according to Thatcher, is when the flesh-eating plant first speaks. The plant, voiced by Olivia Gomez, exists in a series of four puppets that increase with size through-

out the show, each of them handmade.

The show possesses strong personalities and a unique plot with many twists and sparks of character development. The directors have no doubt that their cast can successfully put on an amazing show for everyone who comes to watch.

Each of the directors has been participating in theatre and musical arts since they were young, and they hope to pass down what they know to others. They want to help these young actors and actresses achieve their goals. Each director utilizes their own unique skill sets in order to unlock their potential.

The show will be held in the Berwick High School auditorium from March 18th, 19th, and the 20th. These dates span over Friday to Sunday of the third week of March. For more information, talk to Melissa Driscole in the band shell.

FACULTY contd. from pg. 1 to hit send on the virtual assignment. Then, the student remains angry at the teacher for the low grade while the teacher simply did not receive the finished task to grade. Turning assignments in before the due date aid in downsizing stress for students and staff correspondingly.

Students' outlooks also affect how classes operate. Melito said, "Come to class prepared and with a positive outlook. Try to be kind to each other and more understanding of each others' situations." Youth should obtain empathy, not only for their peers but for their teachers as well. With positivity

and compassion, classes will function smoothly.

Teachers can also reduce their own stress by finding avocations that take their minds off work. Mental health remains essential for everyone, and teachers can easily forget to take care of themselves by looking after students all week. Some faculty enjoy sports, or lying on the couch watching television. Other staff members appreciate school-functioned events. It can be challenging for faculty to meet expectations, especially with all the changes to education over the past few years. Melito said, "For my colleagues: Take care of yourself! Find your outlet, your way to relax and

recharge. And don't be afraid to ask for help if you need it."

All components considered, teachers and staff complete many tasks to assist students at the beginning of their careers. Students should keep in mind that, while some faculty might aggravate them, they are there to help. Shrader said, "I would ask all students, no matter what class they're in, no matter what grade level they are, to care about their futures as much as their teachers care about their futures." School staff make differences in the lives of their students daily, and it is time people recognize them for their outstanding attainments throughout the tribulations.

Cinderella's Closet ready for prom

ALLIE SHULTZ

Copy Editor

Since the cancellation of Winter Formal at the school, prom is the next big dance. With a not so large turnout for the last Cinderella's closet, juniors Anna Rinehimer and Allie Shultz are looking forward to once again giving the gift of Cinderella's closet for those in need, with help from Mackenzie Switzer.

Donations are being accepted in the band shell and front office and this time. Being that the closet is size inclusive, the closet would appreciate dresses of all sizes and lengths to keep that tradition alive. Any dresses not being used for prom will be stored and utilized for future dances.

Cinderella's Closet

Making Dress Dreams Come True

FBLA students travel to Kalahari

FBLA participates in a fieldtrip to Kalahari for a conference with informational workshops.



(Photo by Student Times staff)

Pictured from left to right: Ryan Conklin, Colton Rinehimer, Eric Switzer, Jayda Powell, Michael Kaleta, Graham Marshman, Emilee Andreas, Bailee Robbins, Zander Unger, Cadence Jones, and Jackson Dacier.

JAYDA POWELL Junior

Despite the frigid temperatures, the trip to Kalahari for the annual PA State Conference was enjoyable for Future Business Leaders of America (FBLA) students. Participants include Caydence Jones, Ryan Conklin, Colton Rinehimer, Eric Switzer, Jayda Powell, Michael Kaleta, Graham Marshman, Emilee Andreas, Bailee Robbins, Zander Unger, and Jackson Dacier. They were accompanied by advisors, Rhonda Rowles and Stephanie Hauer.

The group partook in the opening ceremonies and went to several workshops on the first and second days. The workshops highlighted pathways such as Marketing and Entrepreneurship to prepare students for courses and procedures in such fields. A

favorite among BHS students was The Magic is Within You workshop, a motivational workshop utilizing creative, entertaining magic tricks.

While students understood the importance of the informational workshops, they knew time to relax was necessary. The students met new people and explored the unfamiliar area.

The next day, the participants took part in several workshops, followed by the closing ceremonies. Before the conference ended, a Bingo game to kick off the Feeding America Fund-raiser was held. Every year, the conference chooses a fund-raiser that they begin at their event that is then continued by participants.

Overall, the trip was a success and students look forward to next year's trip.

Students score at Mathletics

BHS Mathletics and high scoring mathematics students participate and dominate at the annual King's College Mathletics tournament.



(Photo by Todd Gunther)

Pictured from left to right: Skye Terrones, Luke Peters, Kylie Smith, Neven Uits, Megan Golumb, Jack Dacier, Alina Gusick, Jeff Lin, Gwyn Noroski.

KYLIE SMITH Sophomore

On Wednesday, December 1st, Berwick High School students from the Mathletics club participated in the King's College Math Competition at King's College in Wilkes-Barre.

The participants of this competition went through two different rounds including one of individuals and one of teams.

Competitors were Alina Gusick, Neven Uits, Megan Golumb, Jack Dacier, Gwyn Noroski, Luke Peters, Jeff Lin, Kylie Smith, and Skye Terrones. The students were accompanied by Mr. Todd Gunther, the Mathletics advisor.

Students had to be invited by Gunther, the BHS advisor, to participate in the event. Those involved in the Mathletics club were automatically

accepted to take part. Others involved were from high mathematics classes or clubs in BHS,

The first round was the individual round where everyone took a test to earn points for themselves.

The second round was the team round where students could earn points for their whole team by working together.

Students agree the first round was more nerve-racking since they remained unable to confer with their trusted teammates. In groups, students know that their peers also did not understand the material if they do not answer correctly, which is not true for individual answering.

Throughout these matches, students partook in mathematical tests featuring varying skill sets, including, but not

limited to, Algebra, Trigonometry, and Geometry.

Students were rewarded points depending on correctness and speed of answers. Point systems changed between the two rounds since students could confer with their teams during the second round.

At the conclusion of the event, points were added up between individual participants and teams to find top scorers.

The top three scorers from Berwick were Neven Uits, with 110 points, Luke Peters, with 107 points, and Jeff Lin at 101 points.

The competition was followed by a tour of the college campus provided by the hosts from King's College.

The participants worked hard for their well-earned scores. The students look forward to future competitions.

Students participate in Quiz Bowl

Students compete in annual educational competition



(Photo by Todd Gunther)

Pictured from left to right: Regan Welch, Eric Switzer, Elizabeth Gunther, Christopher Stola, Jack Kendron, Thomas KiBattista, Josephine Morgan, and Emma Czajkowski

COURTESY OF BHS QUIZ BOWL

Berwick Area's Quiz Bowl team has had an active late fall, participating in tournaments at Ithaca High School in New York and Manheim Township High School near Lancaster. Quiz Bowl tournaments take place on Saturday, with school teams facing off in roughly half-hour matches on cycles of 20 toss-up and bonus questions on scholastic topics like literature, science, and history as well as broader topics like geography, current events, mythology and religion, and popular culture.

The morning rounds serve to qualify teams for either championship or consolation brackets, with the top teams facing off for trophies while other teams get to enjoy competing against teams near their skill level.

At Ithaca, Berwick Area students Regan Welch, Elizabeth Gunther, Thomas DiBattista, Emma Czajkowski (front) and Eric Switzer, Christopher Stola, Jack Kendron, and Josephine Morgan participated on two teams with both reaching the playoff rounds of the Ithaca Fall quiz bowl tournament held at Ithaca High School on November 20. Berwick's A team of Regan, Elizabeth, Thomas, and Eric qualified 2nd in the "Red" bracket with a 4-2 preliminary round record, with

Thomas (34 points/game) and Regan (24 points/game) leading the charge. Berwick's B team of Emma, Chris, Jack, and Josephine also finished 2nd in the "Gold" bracket with a 4-2 record, with balanced scoring (all above 18 points/game) led by Emma's 33 points/game.

Berwick B's two playoff round wins in Ithaca over teams from Saratoga Springs and Bishop Ludden (from Syracuse) advanced the team to a match for 3rd place overall, where they defeated Moravia, NY 170-85 to claim the 3rd place trophy. Berwick A's single playoff win gave them a 6th-placed ranking after falling to Saratoga Springs 140-115 in their placement round match.

Berwick's High School teams faced stiffer competition at Manheim Township, with four of the top ten ranked teams competing in the event.

Berwick's retooled their A team, with Eric Switzer leading Emma Czajkowski, Jack Kendron and Chris Stola, took tough defeats to more experienced teams from Tower Hill and Downingtown East A before coming back with morning wins against Waynesboro and Roxbury Prep. A final loss to top-five in the state Hempfield A gave Berwick A a 2-3 record in the morning, with Czajkowski's 34 points/game

and 4 powers and Kendron's 25 points/game and 4 powers leading the way. The "A" team pulled out a close 165-140 win in the afternoon over Lancaster Mennonite overcoming 5 interrupt penalties with help from a power each from Czajkowski and Kendron. The win clinched an 11th place finish out of 18 teams for Berwick A.

Berwick's B team featured three players in their first-ever high school tournament: Klynn Butrej, Khriis Perez, and Neven Uitz. Uitz led the team in scoring with 26 points/game on the day and his first two powers in competition. B team got their first individual victory thanks to a 150-75 win over a team from Greenwood.

The Quiz Bowl team has much to look forward to, as Berwick's 3rd place finish at Ithaca has qualified Berwick High School for invitations to the 2022 NAQT High School National Championship Tournament, held over Memorial Day weekend in Atlanta, GA. The team also competed in another tournament at Great Valley High School in Malvern, PA. Berwick will host a Middle School tournament in February.

Any students interested in participating, please see Gunther in room 42 and consider attending practice Wednesdays after school.

Debate Club competes at Model UN

Members named "Superior Delegates" at PA College of Technology.



(Top Photo by Stephen Swicklik)
(Bottom Photos by Carly Hill)

Pictured from left to right

Top: Dylan Smith, Carly Hill, Emma Taney, Makayla Maslinski, Alex Hacker, Pavan Gadam, Sean Murphy, Francesa Pupo, Cassidy Feudale, Trace Maneval, Jeff Lin, Brendan Turowski, Gwyn Noroski, Ryan Conklin, Leo Talanca, Erin Hess, Alina Gusick, Riley Lindsay, Amy Beer, and Ariana Morris.

Bottom Left: Trace Maneval

Bottom Right: Dylan Smith

STUDENT TIMES STAFF

19 students from Berwick participated in a mock Constitutional Convention, or "ConCon," hosted by Penn College of Technology. Many local schools partook in the competition as well, such as Williamsport and Jersey Shore. Students introduced bills, debated their merits, and voted for or against its passage.

Regarding the passage of so many Berwick bills, ConCon Advisor Pavan Gadam said, "More Berwick bills were selected and subsequently passed than recent years." This is a testament to the debating skills utilized by

representatives from BHS.

The competition consisted of two sections: the first of which featured students split up by committees involving the three respective branches where students' bills were debated upon and decided whether to be passed. Once the committees ended, all students assembled in the auditorium to debate and vote for or against the bills that passed in the previous committees.

Most Berwick students won an award for "Superior Delegate" at the convention, with the highest award of the day, "Best Delegate", being given to senior Dylan Smith.

Minecraft's new updates entertains diverse audience

LAUREN BIRK

Sophomore

Minecraft, an activity for non-gamers and gamers alike, combines straightforward building mechanics, PVP, continuous large updates, and exploration to create one of the most popular pastimes in the world. Created by Mojang Studios in 2009 and later bought by Microsoft in 2014, according to 15+ Mind-Blowing Statistics for the Dedicated Gamer from Hosting Tribunal written by Branko K., the game continually boasts over 200,000 unique daily players and over 600 million copies sold.

With its evident success, Minecraft is doing its job sufficiently. According to hostingtribunal.com up to 54% of boys and up to 32% of girls ages 3-12 play. Furthermore, 53% of children ages 6-8 and over 68% of ages 9-12 play. Half of those players record returning to Minecraft more than once a week. However, even with these numbers reflecting on children, the average player is a 24-year-old male. So, it appeals to a younger demographic and an older demographic. Its potential is ageless.

The two-game modes of Minecraft include creative and survival. In creative, the player is given complete freedom to do as they please without the danger of dying to a creeper (an explosive mob). They can control everything in the game, from the weather to the time of day. Their inventory is filled with every block, and they have an unlimited number of each.

In survival, the player spawns into a chosen or randomly generated world. They have the liberty to search for a place to build a home, gather supplies, explore, travel, or do everything simultaneously! After the player is satisfied with their situation, they can build a portal to the Nether. Obsidian, or water placed over lava, and a flint and steel are required to make one. Once the player reaches the Nether, their new goal is to find the Nether Fortress. Following that, they look for a blaze spawner and defeat blazes. They will use the blazes to make blaze powder. Then, they will find endermen and use the ender pearls dropped by the endermen with the blaze powder. Combined, they make an eye of ender, which leads to the stronghold. The stronghold is a tricky maze with a portal room hidden in its depths. After the player finds the portal room, they need anywhere from 0-12 eyes of ender to complete the portal and to travel to the End. When in the End, the player will defeat one of the games' bosses, the Ender Dragon.

If neither of those game modes interests the player, there are many different online servers. These servers range from role playing and mini games to PVP (player versus player). Furthermore, constant bug fixes and extensive updates are added to the game.

One of the more recent significant updates, Caves and Cliffs, added a large array of new items and features to Minecraft. It allowed for a much more varied terrain range, from the deepest depths to the highest mountains. As the update title suggests, it enhances the caves and cliff gameplay aspects. There are now **MINECRAFT contd. pg. 15**



(Courtesy of MCT Campus)

Albert Camus' *The Stranger* intrigues readers' curiosity

GABRIELLE FINUCAN

Sophomore

The Stranger by Albert Camus is a profound piece of classical French literature that dives into an introduction to philosophy and moral ambiguity. This novel progresses rapidly—the direct language is easily comprehensible for a vast audience. Overall a perfect book for advanced readers and inquisitive analysts to begin on the expedition of French philosophy.

Albert Camus is a famous French existentialist and writer who is well known for providing widely enjoyed novels depicting society and humanity's desire for a meaningful purpose in life. These themes are commonly expressed in his other pieces of fiction such as *The Plague* and *The Fall*.

In this novella, Camus emphasizes humanity through the perspective of the protagonist named Meursault, and his overall apathy to society and the consequences of his decisions. The book contains mature themes revolving around the aftermath of death, grief, romance, and crime. These attributes are furthermore enhanced through the eerie lens of a man whose indifference devours his morality, and how that mind-set not only affects him—but the people he interacts with. Leaving audiences drowning in Meursault's unreliable depiction of reality while evaluating their personal moral values in the process.

Meursault wanders around life aimlessly—while adamantly dismissing the loss of his mother—and occupies himself by indulging in a shallow relationship with a girl named Marie Cardona.

Through the course of his mediocre days, he passively allows himself to get invested with the suspicious and taboo life of his neighbor Raymond Sintes, which eventually causes him to spiral downhill as he mercilessly murders another man, and is forced to suffer the physical and mental consequences of his actions in prison. Readers who enjoy morally grey characters are bound to immerse themselves in the problematic and inconsiderate mind of Meursault as his irrationality progresses throughout the course of the plot.

One of the most enjoyable aspects of this novel is the contrast in characters. The vivid lives of Meursault's neighbors, Marie, Raymond, and even his acquaintances hold more authentic characteristics than the protagonist. Their personalities and expressiveness cater to the audience's attention on how bland Meursault compares to them—how he is truly a stranger in his own life. Camus actively indulges readers to observe these characters at their rawest form and to follow Meursault unwillingly on his treacherous journey to self-sabotage the remaining consistency he holds.

The novel is 123 pages long and comes in both hardcover and paperback. The English translation of this book is by Matthew Ward from the Vintage International Vintage Books division from the publishing company Random House, Inc. New York.

Iron Maiden's new sound track impresses listeners

NEVEN UITZ

Sophomore

On September 3rd, 2021, a day short of the six-year anniversary of their last creation, Iron Maiden released a brand new sound track for its fans. Their new track, "Senjutsu" marks the 17th album, and one that definitely does not disappoint. Senjutsu, a Japanese word that loosely translates to strategy and tactics, solidifies that the band will be continuing with the long, epic-inspired style that they started using in their last album.

Since the forming of the band in 1975, Iron Maiden has proven itself one of the most skilled and unique metal bands with a constantly changing style and massive fan base. Their mastery of the genre was not even phased with every one of the six members being over 55 years old. Without a doubt, this band is still going strong through the many decades they have stood, and Senjutsu has continued their grand legacy perfectly.

Senjutsu is full of many well-made songs, but none can stand up to the masterpiece that is "Writing on the Wall". This third track opens with a sole acoustic guitar but rapidly brings in two electric guitars to form a riff that could only be achieved through the sheer power of three guitarists. Of course, the vocals also do not disappoint, with Dickinson's voice still wielding the force it had in the '80s when the band grew huge and mixed perfectly with the performance of the guitars. But beyond those factors, and what truly makes this among the band's best, is the story carried alongside the song. "Writing on the Wall" tells the story of doom and rebirth, and asks the question, are the children of the new generation truly deserving of the work their ancestors have done? It questions if the youth will carry the torch of greatness, and through lines like "Once our empires glorious but now the empire's gone, The dead gave us the time to live and now our time is done" it seems that they have considered the answer to be a no. Despite this, if one watches the video released alongside the song on YouTube, one can see that though they believe the world has met its worst days after they will be a new, greater age for those after us.

Another creation that stands tall above the others is "Darkest Hour". Deeper and darker than Writing on the Wall, it still has very impressive vocals and acoustics but sticks out for the emotional story it tells. "Darkest Hour" tells the sadder side of one of history's greatest leaders, Winston Churchill. He was the leader of Britain during World War Two and resisted the Axis forces for six long years. Despite his seeming unbreakable resilience and strength often portrayed in schools and media, he was a plagued man, living with horrible depression for most of his life. Lines like "Here I stand In a serenade of glory, Naked by the throne of kings, You sowed the wind, And now you reaped the whirlwind, Before the dawn the darkest hour" tell this story like no other. In addition to the deep meaning of the song, it also contains the greatest guitar solo of the sound track, with a slow, multiple-minute-long masterpiece of playing by Adrian Smith, the band's lead guitarist.

Even after 47 years since their forming in 1975, it's obvious that Iron Maiden still packs a punch in the modern-day metal scene. The band has survived decades on end, even recovering through the hellscape that the '90s and early 2000s were for the genre, and today stands as a massive beast of metal. Unfortunately, with the ages of the members climbing, this may be the last major album Iron Maiden may release before its original cast passes away. Despite that, the print left by this band has undeniably been among the largest to ever be seen.

PS5's significant quality warrants overwhelming popularity

ZACKARY BEDWELL

Junior

Eight years after the successful production of Sony's PlayStation 4, which sold an immense amount of 114 million units according to IGN, its successor was released and has taken the world by storm. The PlayStation 5, selling 2.5 million units on release day, has since become scarce incapacity. Gamers, scalpers, and parents alike have invested many hours into their search to obtain the infamous console, many of which are resold at twice the value and set in place to manipulate the patience of patrons.

Despite the challenge, through devotion and constant efforts, I secured a unit that arrived on Thanksgiving Day. With approximately 120 hours of thorough gameplay since then, the console is certainly worth the price. Standing at \$400-500 depending on the version, the PlayStation runs at a swift 120fps (frames per second) with 4k resolution and no struggle. In comparison to my previous main console, the Nintendo Switch, when it comes to performance the Switch is at a heavy disadvantage running 60fps. In fact, the specs of the Switch are comparable to Sony's PlayStation 3, released in 2006.

With the introduction of the PS5 exclusive DualSense™ wireless controller, Sony set the bar high for its competitors with several new features. The controller innovated the features of haptic feedback and adaptive triggers immersing players in their gaming experience. For example, if you are lifting a heavy object in a game tension can be felt in the triggers and provides a realistic experience. In addition, a touchpad has also been incorporated allowing interactions never seen before in gaming. Sony thoughtfully welcomes users new and old to these with the already installed game Astro's Playroom on PlayStation 5 consoles. A short, but visually appealing, interactive, and relaxing experience to begin the journey of new owners.

Quality gaming with reasonable expenses and never-before-seen features place the PlayStation 5 above its competition in the next generation of consoles. Sony even has the rights to a plethora of exclusive games adored by gamers such as God of War, the Spiderman games, and Demon's Souls. With the hardware within the console, the capabilities are pretty much endless, and the next few years during its life will bring joy to many owners.



(Courtesy of MCT Campus)

Jayde Bafile

Thank you for being awesome. By the way you're really funny!

Marissa Burger



Bash TV

Thank you for producing a wonderful show every single day for all of us to watch. All of your anchors are strong and public speaking is an excellent skill to have. Can't wait to keep watching every day! That Trace Maneval,

he's a star!

Anonymous



Sprite

I just wanna tell you how I'm feeling. Gotta make you understand. Never gonna give you up.

Ace



All of my students

I hope your Valentine's day is filled with friendship and love. Remember, the greatest thing you'll ever learn is just to love and be loved in return.

Mrs. Haubert



Derek

You're a great friend. Thank you for everything you've done for me.

Your Favorite



Varsity Soccer Team

It's amazing to have people like you on the team, and I feel like it is my second family.

Connor Mensinger

Hannah Briggs

Roses are red, violets are blue, I'm glad I put my trust in you. Happy V.-Day Bestie!!!



Alix Cole

Tierra McMillan

You are a very good and trustworthy friend. You always stay true to who you are and you are one of the most beautiful people to ever exist.

Symone Chase



Everyone at BHS

Be the sunshine in everyone's day!

Mrs. Laubach

Mia

You are my favorite friend forever. I love you so very much BFF. You make me smile. Happy Valentine's day, have a great day at school and work.

Olivia Weisbrod



My friend Kyra

You're the best! You make me smile.

Benjamin

Lily Cheslock

To my sweetheart, you brighten my life.

Steven Maslinski



My sweetheart S.M.

You brighten my life! You may be hot headed and talkative but you are the best boyfriend a girl can ever wish for. You make me happy and every time I see your face you make I laugh.

You love sports and play football.

Your Sweetheart L.C.



The Lady Bulldogs

Basketball Team

Happy Valentine's Day to all of you! I appreciate your hard work and dedication to our program!

Coach Phillips



Roses are red

Violets are

These V

were p

Carn

You got co

Vande

Mo

Dear Mom,

being super av

everything yo

ing taking co

thirteen childre

remember the

had during bar

marching bar

Chi

Mrs. C

Thank you fo

the bulletin ev

appreciate y

The Bash

Aubrey W

You are my

in the entire v

you with every

body. Thank y

ing by my side

eleven years. Y

the best thing

happened to

have pointless

friendship is s

no ot

Bliss

Frien

You brighte

Sag



Staff and Students

You brighten my day!

Mrs. Kern

Mason

Your a great friend. Do good in life. Don't disappoint.

Nick

Helen Sanchez and

Lauren Birk

Thank you girls for always brightening my day and playing games with me endlessly into the night, The love you girls give me will be carried into my heart forever. Love you girls forever and always <3.

Kay

Symone Chase

I love you so much. You're such a good friend with a beautiful smile and hair.

Tierra McMillan

Zachary Bedwell

Happy Valentine's Day!

Enjoy this love filled day and eat chocolate to your hearts

content! Love you!

Amanda Carr

AV

You keep singing those heavenly sounds. So relaxing.

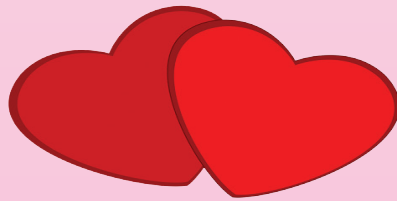
D- Bo



blue...

Valentine's messages

placed here for you!



Gigi, Jayde, and Onyx
 You guys are my fave ily best friends. <3
 L

Integrated Science
 Sudan III is red. Deoxygenated blood in veins appears blue. Disaccharides are sweet, and so are you!
 Love, Roth.

AP Biology
 You are the substrate to my enzyme! Nothing can denature us!
 Love, Roth

George
 You have nice hairs pal.
 Blorge

Friends
 Happy Valentine's Day, you brighten my life! You're the best! You make me smile. I like our time my friend Kyra.
 Miles

Mrs. Kerbacher's students,
 Roses are red. Some sharks are blue. I wanted you all to know, I'm thankful for you!!
 Happy Valentine's day to all!
 Mrs. Kerbacher

All BHS students
 Valentine's Day has a long and complicated history, but there's nothing complicated about how much I appreciate all of you. I am proud to call you all my students.
 Happy Valentines Day!
 Miss Mowery

Everyone at BHS
 Be the sunshine in everyone's day.
 Mrs. Laubach

Alex
 Despite all your flaws you may think you have, they make you the person I love spending time with, and I wouldn't change anything.
 Redd

Allie
 Happy Valentine's Day! You are such a good friend.
 Maddie

Maddie Brown
 Maddie, your fashion sense is exquisite.
 Allie Schultz

Home Fry
 How dare you change lunch tables.
 Overthinker

W
 Thank you for the kind and encouraging conversation we have every day. Especially the discussion about the camera handle. I really appreciate that talk. It made my day, it made my entire week! I hope and wish we continue to have amazing talks like that one.
 Danny Dimes

Muggi,
 You are the cutest dog in the whole world. Thanks for binge-watching Netflix with me <3
 :)

Princess
 I love you so much Princess! It is a royal treat to hang out with you every day!
 Happy Valentine's Day!
 Prince

Homeroom 22
 Happy Valentine's Day to the BEST HOMEROOM EVER!! Spread the love, guys, and stay beautiful.
 Dent

Kayla Santiago
 Heyyy, I may not like Valentine's Day very much but here you go! xoxo
 Thy Humanoid

My Bash Crew
 You make every day a "Special" production.
 Mrs. C.

Katya
 I think you're really pretty, funny, and nice. <3

Girls/Boys Volleyball
 I'm incredibly blessed to have so many amazing athletes to work with on and off the court. Your effort and passion for the sport and our program makes my job easy and fulfilling.
 Thank you for being such an important part of my life!
 Coach Warner

Morgan
 Happy Valentine's Day!!!
 You're Awesome <3
 Ky



Exploring history, origins of Valentine's Day

EDEN SAVOY

Sophomore Features Editor

Valentine's Day has faced an increasing stigma in recent years, with many people believing that the purchasing of Valentine's Day gifts materializes and demeans the real meaning behind the holiday, the celebration of love. Many have the mind-set that the holiday is not real at all and instead it is just a marketing scheme invented by larger corporations to sell gifts like flowers and cards.

Those against the holiday consider valentine's day as overly commercialized and profit oriented. Valentine's Day gifts are supposed to come from the heart, with a

real meaning behind them that is greater than how expensive it was. Instead, today's objective seems to be focused on the price, a real disrespect to the actual origins of the holiday where people showed each other how much they mean to them. In a survey conducted among students at Berwick Area High School, 61% of students said that a gift that is romantic and meaningful was a better gift than something store bought.

Valentine's Day gets its name from St. Valentine, a historical figure whose exact story has become murky with his original story being spun from retellings for

over hundreds of years. In every story, St. Valentine represents a sympathetic and romantic ideal whose story has been passed down multiple generations. Those who worshipped began to celebrate St. Valentine in place of the Roman celebration of Lupercalia, a feast and festival originally dedicated to fertility.

As more began to celebrate Valentine's Day in place of the feast of Lupercalia, the holiday became more heavily associated with love and romance. France and England both considered February 14th to be the start of bird mating season, which is the same day Valentine's Day

is celebrated. The first time Valentine's Day was recorded as a romantic celebration dates all the way back to 1375 in English poem written by Geoffrey Chaucer.

Valentine greeting cards started to gain their popularity around the year 1415, with even King Henry V hiring someone to compose a letter to Catherine of Valois in honor of the holiday. These greetings have now grown to become a mainstream part of Valentine's Day, with pre-made Valentine easily available, which are now shared with friends and family.

Cupid, a figurehead, often portrayed on Valentine's Day cards, has a history of his

own. The cherub is meant to represent the Greek God of love, Eros, who shoots arrows from a bow at unsuspecting lovers. Many stories call Eros mischievous for his manipulation of people's feelings. It's said that Cupid's arrows could change the emotions of humans and Gods alike, inciting love into those he hits with the golden arrows.

Even though Valentine's Day has grown into a largely celebrated holiday, it is important to remember the true meaning behind the celebration. This year, focus on telling and showing the important people in your life you love them instead of trying to buy the 'perfect' gift.

Giving chocolatey treats to loved ones

CARSON WITNER

Sophomore

Valentine's Day is approaching, and what better gift to give someone than some delicious chocolates. Chocolates are a great gift for Valentine's Day since it shows one's appreciation in a simple and (quite literally) sweet way.

Although gifting a friend or a significant other a box of chocolates is cliché, it still represents one's admiration for another. The gift is more than just food; it is a symbol. It is a representation of the relationship one holds with the recipient. By giving one's friend or significant other the gift of chocolate, one shows that they are willing to go out of their way to buy something meaningful just for them.

Since many people love to be given food and candy as a sign of admiration, giving

chocolates ensures that one will make that person happy. Specifically due to its sugar content, it is proven that by consuming dark chocolate can create serotonin- a chemical that can positively affect one's mood. Not only does eating chocolates makes one feel better, but smelling chocolates can have a positive effect on a person's mood. The smell of the cocoa that is in the chocolates naturally relaxes one's brain and can therefore act as a delicious stress reliever.

By giving a person chocolates, one is also giving them a way to loosen up after an exhausting day. With the stress of school, work, and other activities, the gift of a sweet stress reliever can be extremely thoughtful.

There are however some people that simply don't have a sweet tooth, and prefer other Valentine's Day

gifts over chocolate. But even if one gives these people chocolate, it still shows one's admiration for them since they went out of their way to buy them a gift. If anything, the recipient can share the thoughtful gift with others. By making other people happy with sharing chocolates, it will naturally make the original recipient of the chocolates happy since their friends are now in a good mood because of it.

Now that it is established how chocolate can be the perfect gift, the question of which chocolate to give someone remains. Looking at the three main types of chocolates: dark chocolate, milk chocolate, and white chocolate, they are similar in nutritional values, but there are multiple differences between them. White chocolate, for instance, does not contain any of the solid cocoa

components which make up the majority of the other two chocolates. This is why white chocolate is white, it just does not have cocoa. To compensate for this, white chocolate has other sugars, making it have the highest calorie content out of the three chocolates.

On the other hand, dark chocolate contains the most cocoa solids because it does not have as much dairy content as the other options do. This causes the chocolate to have a more bitter taste and crumbly texture. However, the high amounts of cocoa within the dark chocolate make it the healthiest chocolate due to its beneficial antioxidants that can also brighten one's mood. The slightly bitter taste can be more appealing to those who do not have much of a sweet tooth, and even though it is not by much, it is techni-

cally the healthiest choice of chocolate.

A safe option would always be to go for milk chocolate. This is the happy medium out of the three main chocolates. It still contains cocoa the white chocolate does not have, and it also contains more dairy components than dark chocolate. Because of this, milk chocolate has a very creamy, velvety texture. It is sweeter than dark chocolate, but not quite as sweet as white chocolate. This makes it the safest choice if one is not sure which chocolate to buy.

Overall, this sweet treat is emotionally a thoughtful gift for Valentine's Day. Not only does it show one's respect for the recipient, but it also shows how one is trying to do something nice for them. After all, it is the thought that counts when giving someone a gift!

Valentine's Day Playlist

"Till Forever Falls Apart" - Ashe, FINNEAS

"Space Song" - Beach House

"Easily" - Bruno Major

"Sparks" - Coldplay

"Japanese Denim" - Daniel Caesar

"Out of My League" - Fitz and The Tantrums

"Thinkin Bout You" - Frank Ocean

"Sweet Creature" - Harry Styles

"Like Real People Do" - Hozier

"My Kind of Woman" - Mac Demarco

"18" - One Direction

"Olivia" - One Direction

"Still Into You" - Paramore

"Love Story (Taylor's Version)" - Taylor Swift

"Paper Rings" - Taylor Swift

"Hey Jude" - The Beatles

"Lovers Rock" - TV Girl

"My Girl" - The Temptations

WELL contd from pg 13.
to use a thick moisturizer after washing hands or showering. Believe it or not, it is also important to wear sunscreen even in the winter. Although, the UV index is lower, there is still a chance for sun damage which can lead to skin cancer.

5. Eat Well: Make sure to eat foods that are filled with vitamins and antioxidants. Some great foods to incorporate into your diet are spinach, blueberries, honey and legumes, which all include these important aspects of nutrition.

6. Get some Sun: Getting Vitamin D is an extremely important part of staying healthy and feeling good throughout the winter.

Vitamin D deficiencies are very prevalent today, and can have poor effects on a person's mood and overall health. And going outside on a sunny day is a free and easy way to maintain health without supplements.

It is important to remember Valentine's Day season, while we are showing each other love, to show love to ourselves by taking care of our bodies.

A Recipe For Love

AMY BEER

Sophomore



We all know that Valentine's Day is known as the day of love, and what better way to say "I love you" than a well-baked dessert? I have found the perfect brownie truffle combination that will melt in your mouth and is sure to get your significant other hooked. This baked good is a cute and delicious treat that both you and your Valentine can enjoy! Do not worry about the tedious work of normal baking, the treat is fun and to make.

This is not my recipe. The brownies came from a Baker's Corner Box. The brownie is called the "Chewy Fudge Brownie." However, you can use your own favorite recipe. The Baker's Corner Brownie is very simple to make and

should not take any more than 45 minutes at most. It took me a little less than 40 minutes for mine to make. So, to make this brownie, there are a few steps you have to take.

To start, follow all the instructions located on the box and gather some heart shaped cookie cutters, meltable chocolate, and red or pink food dye. I will leave the "how to" for those interested since that is all on the box. Instead I'll describe how to make them perfect for

your Valentine's Day date!

While waiting for the brownies to cool down, gather other materials. Bakers will need one or two smaller bowls, heart shaped cookie cutters, and some heart shaped sprinkles. After the brownies are cooled down, take the heart cutters and push them into the brownies.

The treats can be cut into different sizes if desired. When done pushing the cutters in, use a knife to cleanly cut the shape around the cutters, depending on the thickness of the brownies.

Once all the hearts are separated, peel the excess brownie away. There should be a lot of excess brownies left now for bakers to enjoy before the special date! Personally, I

enjoy rolling them into small, bite-sized spheres to make some truffles. Feel free to get creative with it!

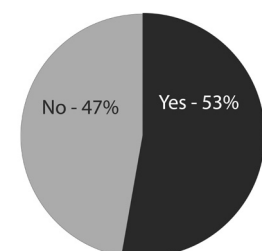
After all the shapes and pieces are ready, it is time to start decorating. First, melt down the chocolate to a smooth consistency, and then put in the food dye, as much or as little as wanted. Once the color is in, drizzle, dip, or line to your heart's desire. The designs or artistic style is completely customizable. Now, you have created the cutest hearts ever! If individuals agreed with my truffle idea and made some of their own, they should use the left-over chocolate or melt some more in another color and cover the rolled brownie in it. You can even sprinkle some heart sprinkles over them!

Now let them set and cool for a wonderful evening.

Congratulations, you now have the perfect baked good to give to that special person! This easy to make recipe can be changed and fitted to your desire, which makes it perfect for a gift for your Valentine! This recipe is so easy to do, the batter is almost completely pre-made which makes it quick and easy. Even the melting of the chocolate and the decorations do not take that long to do. Regardless of cooking or baking skill, this is just one way to make this recipe perfect for a Valentine's Day personal treat!

Do you believe in love at first sight?

According to a recent survey, BHS students feel that love at first sight is a reality.



Scouts BSA maintains community involvement

EDEN SAVOY

Sophomore Features Editor

Staff and students around BHS have been looking for ways to get involved in the community. Math teacher Scott Hook has found himself supporting our community through the youth organization Scouts BSA.

According to Scouts BSA it is one of the largest youth organizations in the United States, with over 1 million current members. The organization prepares young people to make moral and ethical choices throughout their lifetime. Hook said, "The goal of Scouts BSA is to mentor youth, male and female, in the outdoors to be

leaders." Youth who participate in the program learn to take their current selves and grow into the best versions of their future selves.

Hook holds multiple positions within Scouts BSA. "I am a merit badge counselor and have worked at Camp Lavigne during the summer. My

main position is Scoutmaster of Troop 6. With any position in scouts, you need to



(Photo by Eden Savoy)

Hook

take hours of online training and also some training at Camp over the weekends," said Hook. As Scoutmaster of Troop 6, Hook oversees a group of youth members of Scouts BSA. He is responsible for training

and guiding youth leaders to operate Troop 6.

The program participates in many activities to help our local community. Hook and other members volunteer their time to the Bethany UM church and help to open and close the Ber-Vaughn pool. Hook said his personal goals within the program are "to help youth learn leadership principles and learn outdoor skills. I want them to learn how to work together. I want them to be good stewards of their community, country, and the environment."

Scouts BSA host many fundraisers to help keep their organization successfully running. Members have sold

multiple food items, such as popcorn, nuts, and beef sticks, as well as holding car washes and running the safety break on rest stops in order to make a profit. All of the proceeds go towards funding the program so that they can continue to work with the youth.

Hook said, "Any youth, male or female, can get involved in Scouts BSA. They could talk to me anytime and I could link them up with a troop, there are three boy troops in Berwick at this time and 1 girl troop." Students looking to get involved should see Mr. Hook for more information regarding the program.

Students find ways to creatively maintain school-life balance

REBECCA ALEXANDER

Sophomore

COVID-19 has affected the lives of students in unexpected ways. The pandemic it made has caused them to completely separate their personal lives and their school lives, causing an uneven balance between the two. However, not all hope is lost, because one can find the balance that's right for them.

Berwick Area High School took many measures to protect students when it came to the COVID-19 pandemic. Changes included virtual learning and hybrid learning. While keeping the students' health in their best interests; however, no one planned for the impact that these changes would have on the students regarding their school lives and their personal lives.

A familiar struggle that many students are attempting to overcome throughout the pandemic is the abrupt loss of physical and social contact in their personal lives

because of the pandemic. Gabrielle Finucan, a sophomore, said that the lack of this contact made her feel distanced and socially uninvolved, "because of being unable to really leave my house," despite making her feel more comfortable in isolation.

In agreement with her is Amy Beer, a sophomore. Beer said that this loss of communication within her personal life "has cut down the number of people I talk to daily" and "has made me more introverted than I was before."

Another struggle that students are going through in this time is how the pandemic has negatively impacted their work ethic and personal routine. Finucan describes that the change in her school life made her prioritize school above all, saying that she "spent most of my time and energy devoted to it" and that her "sleep schedule became unorganized." Both of these situations contrib-

uted to a negative effect on her work ethic and personal routine. Likewise, Beer said, "It caused distractions and destroyed my work ethic. While I used to be a lot more efficient work-wise before the pandemic, I now have more trouble focusing for long periods of time."

In all, the negative effects add up to cause serious mental stress for students.

When asked to describe her personal life in three words, Finucan said, "Mediocre, stressful, exhaustive." When asked the same question in relation to school life, Finucan said, "Satisfying, but draining, overwhelming."

However, there are many effective ways to deal with the struggles that students are facing right now. Beer said that during virtual learning at BHS, she balanced her personal and school life by "turning my phone on silent during classes" and socially trying "to get as many interactions as I could

after school." For the current year, Beer said that while she struggled with adjusting to everyone being back at school, she "focused on my school work and relationships with peers to get me through the year."

But above all, while there are ways to find the perfect balance, one has to put themselves first. One can do this by taking time off for themselves, such as a stress-free mental health day, away from the work that may be burdening them.

A junior, Jasper Martínez, said, "I like to read a book." They then continue to describe how this helps them have a clear mind to continue a healthy routine for their life.

Additionally, many other students are finding creative ways to incorporate positive work-life balance into their lives. Kylynn Butrej, a freshman, said that she "takes breaks from electronics" and "goes for walks" to keep

herself on track to be the best she can be.

Another freshman, Paige Wark, said that she tries to get a healthy amount of sleep every night so that she can be ready for the next day.

These are a few simple steps that any student can take to find that perfect balance in their life.

Students from all over are struggling with mental, social, and physical issues regarding the separation between their personal lives and their work lives as a result of the pandemic. They are striving to find the perfect balance between the two ways of life. However, through the struggles, a student can find this balance by finding a solution that will work for them.

Despite the hardships that many students are facing during the pandemic, it is still possible to create a positive, stress-free environment and prioritize taking care of one's self.

Mental health awareness in today's society

ALLIE SHULTZ

Copy Editor

Mental health is a major setback for many people in today's society. Mental health does not just prescribe a set illness, but thousands, each in their own forms. The silent battle many students trudge through on the daily does not get enough attention. In order to overcome these battles, education on the topic is extremely important.

In an article written by Howard Adelman, it is stated that public places are essential for the normalization of mental health and spreading the word, leaving schools to be "essential partners for doing the work". A school's main focus is education, and this type of education needs

to be incorporated.

A great portion of a teenager's life is spent in a school setting, and without talking about mental health. A student may feel outcast from the rest of the student body because he or she does not realize that a mental health setback is a normal thing that many people deal with. The real monster surrounding this global issue is lack of information and education.

Some may wonder, why can't people just reach out? A lot of people see mental health as a taboo and most forms of aid for these types of situations cost money- something that not everyone has laying around. Luckily, there are free services that anyone, regardless of race, gender,

or age, can receive. There are many resources, such as emergency hot lines, that run 24/7. These even include programs like Robbie's Hope, which focuses on decreasing depression and suicide rates in teenagers.

Robbie's Hope is a teen run organization that started in Colorado that has spread all over the world. One of the main goals of this organization is to prevent and slow down the suicide rate among teens. Additionally, Robbie's hope provides free and public hot lines to assist anyone and everyone for any issue. They can be located under their resources tab. The further one scrolls, more resources begin to pop up. There are resource

handbooks and resources for parents to help in ending the epidemic that teen suicide has become. Robbie's Hope goes the extra mile to make sure everyone is included in receiving the help they desire. The organization is on multiple social media platforms, and even has a newsletter that one can subscribe to. Type Robbie's Hope into the search bar and the website will be at the top.

In today's age, social media is a teen's way to get news and spread awareness. However, all over social media, advocates for mental health continuously share posts regarding it, but it is rare that they share a true way to find the help people need. Often, the posts shared that seem

remotely helpful only gave ways to pick up signs other people demonstrate or how to completely avoid the topic altogether, which completely avoids the point one is trying to make altogether. Spreading awareness is extremely important, but the knowledge behind the awareness is just as important.

No one ever completely knows what another person is going through, so it is important to always treat people with kindness.

During these unprecedented times, many people face many different challenges, none exactly like another. People cope in different ways, but showing kindness towards everyone goes a long way.

Maintaining wellness in the winter months

MADELYN BROWN

Junior Reviews Editor

Here are several suggestions to help you stay well in the winter months.

1. Wash Your Hands: winter is prime cold and flu season, so germs spread rapidly. Not to mention we are still in a global pandemic, so it is important to make a conscious effort to stay germ-free. According to the Center for Disease Control (CDC), it is important to wash your hands with soap and water, scrubbing for at least 20 seconds. To stop the spread of illness, it is important to wash your hands; before and after eating, after sneezing, coughing, or blowing your nose, and after going to the rest room.

2. Medical experts suggest getting a Flu Shot/ Covid-19 Vaccine: Both vaccines have been proven effective in

lessening the severity of the illnesses if people do catch them. It is a very simple process to get these shots. Most doctor's offices and Pharmacies administer both vaccines.

3. Exercise: In the winter months it is hard to get the proper amount of activity. A lot of options for getting in some extra movements are limited due to the weather. However, along with the cold weather arises fun new ways of exercising. Skiing and skating are two forms of exercise that gain popularity in the winter. And if being outside in the cold is not suitable, there is always the option of at home exercise videos and going to the gym.

4. Take Care of Your Skin: During the winter the air is less humid, so people's skin gets dryer. This can result in red and itchy skin. It is best **WELL contd. on pg. 11**

ALLIE SHULTZ

Copy Editor

It's not secret that Berwick isn't anything like the big cities. Often more times than not, people struggle to find something to do in the Berwick area. However, there actually happens to be quite a few places to go, but here are just a few amazing places to spend some free time.

The Berwick Theatre and Center for the Arts

The Berwick Theatre and Center for the Arts (BTCCA) is located on 110 E Front Street in Berwick. The theatre is non-profit, and with prices rising everywhere, it is a relief to know that tickets to see a film are only \$5 for all ages. Open everyday but Monday and Tuesday, the theatre has ample opportunities to catch a show. The theatre has had a long and important history within Berwick, and hopefully many more generations

will have the opportunity to enjoy it.

The Teen Center

The Teen Center is another non-profit organization in our community, located on 1130 6th ave in Berwick. They offer many free programs for students to take part in. The Teen Center offers many different activities- individual and group. There is something to offer for anyone and everyone- including tutoring, a rehearsal space for musicians, and an area for fun and gaming. The center is open on Monday's from 4 to 7pm and Tuesday-Thursday from 3 to 7pm.

PPL Susquehanna Riverlands

The PPL Susquehanna Riverlands is a great place to embrace nature. The Riverlands has walking trails great for you and even your pet! Ample places for picnicking are scattered around, be it a

pavilion or an old-fashioned grass picnic. If you're looking for a nice relaxing activity, the Riverlands allows you to fish. You might not always catch a fish, but the view and the area offer a relaxing view nonetheless. Spending hours at the Riverlands can be a great way to spend time outdoors, whether its done alone or surrounded by friends and family.

The Berwick Test Track

The test track offers another great space for walking, biking, and benches to enjoy the view of the Susquehanna. At the Test Track, there is a boat dock that allows one to go out on the water and enjoy a nice day on the lake. Fishing is also an option. This is a great way to get some exercise and staying healthy.

Berwick may be a small town, but its full of many great places for teens to spend time.

Swim team looks to improve

JAYDE BARTHOLOMEW
Sophomore

The current girl's swim team has a 2-3 record, while the boys hold a 0-5 record. Although there are areas for improvement, individuals on the swim team have accomplished major goals.

Head varsity swim coach Stacy Banyas said "Madelyn Fry, a sophomore girl, just broke a record that was held for 21 years, so that's a good way to start the season." The previous record was held by Amanda Scheno and was replaced by Fry on January 4th at the Wilkes-Barre vs. Berwick swim meet, held at Wilkes-Barre. Scheno's record was 1:03:50, but Fry was able to defeat the record with a 1:03:37.

Banyas continued say-

ing, "The four hundred boys relay", which includes



(Photo by Eden Savoy)

Jackson Matash, Thomas Andrews, Travis Stever, and Ethan DiPippa "placed first by less than a second against Tunkhannock on January 11th."

The team as a whole has said that one thing they struggle with is pushing themselves past their mental blocks. A major mental block that was mentioned by several different team members is the fear of failure. Junior

swimmer Marisa Canouse said, "I feel like it may be holding me back, but we all believe in each other and push each other towards our goals!" Together the team is working past these by "participating in mind activities," said Banyas. Including yoga and meditation to move past the mental barriers and into growth as individuals and a team.

Michelle Matash, the assistant varsity coach, and head coach Banyas both agree that their main goal for the season is to have the majority of the team qualify for districts. Matash said, "If some swimmers qualify for districts will allow us to move into post-season and overall spend more time working with our swimmers in the pool."

Girl's basketball eyes another successful season

ALYSA LEWIS
Sophomore

Last year, the Berwick Lady Dawgs had an outstanding season. Together, they made it to the district finals at Mohagan Sun Arena. However, they lost a few key seniors from last year to this year. Although the team is young this year, they have high hopes.

The team is coming back with a few changes from last year. They lost four starting seniors. Last year, four of the five starters were seniors. This year, however, three of the five starters are lower classmen. The starting five are Freshman Point Guard Carly Ochs, Sophomore Point Guard RaeAnna Andreas, Sophomore Forward Gabby

Starr, Junior Guard Rachel Whitenight, and Senior Point Guard Sarina DeFinnis. They are all working together to live up to last year's legacy.

Head Coach William Phillips is very optimistic about the upcoming season. He said, "We graduated 6 seniors, 4 of them were starters. We have a very talented

B-BALL contd. pg. 15

Green, Rhodes reach milestone by shooting 5,000 points

TRACE MANEVAL
Sports Editor

This year, two members of the Berwick Area Rifle Team both achieved an astounding goal. Kelsey Green and Dustin Rhodes, both Seniors and Captains, reached the coveted 5,000-career points milestone. Shooting 5,000 points during a BHS high school career is record-book worthy, and even gets their name on a banner in the Varsity Gym. Few who enter this

sport achieve this milestone, let alone two people in one season.

Reaching the 5,000-career point total is not an easy feat. The coach of the team, Cathy Curtin, explained how challenging it actually is for a member to reach that many points, "You need to shoot almost all the regular season matches from the time you are a freshman. The team needs to do well enough to make the championship

tournament to have more attempts to get points. Also... making the State Team Tournament or State Individuals helps because it gives you four more targets to shoot." Hearing these adversities and what one must do to make it that far could give someone an extra sense of respect for the team members who can achieve this hard-fought challenge.

Green is extremely proud of her accomplishment, and

thankful that she had the opportunity. She said, "Rifle has been such a huge part of my life for over six years...I've gotten to do some amazing things I wouldn't have had the opportunity to if I was not a Rifle Captain." Green also cites how the sport has been a true family affair, "I've gotten to shoot alongside my sister and have my grandfather and father be my coach...Curtin has become like a mom away from

home and I'm so thankful." While she did not have the dream senior season, Green still realizes the challenges she has beaten to make it where she did, "I've gotten to kick a lot of butt which was an added bonus." Overall, Green is happy and thankful for everything that she has contributed and accomplished during her time on the Berwick Rifle Team. Curtin is grateful for

RIFLE contd. pg. 15

Ski Club once again travels to slopes

GREYSEN KUPSKY
Sophomore

Ski club is an ideal choice for anyone who likes to ski or snowboard. Usually ski club would go to Montage Mountain every Wednesday; but, due to the pandemic, there is not a scheduled day to go every week.

With the uncertainty of the season, club advisor Mrs. May will reach out to members about times and dates that the club will go if something is not already scheduled. Do not let this be a deterrent from joining, as there are still benefits that can come with this club.

The number one benefit is getting a discount to go to the mountain any time. This discount allows anyone in ski club to go to the mountain at any time of the week, and ski for less. People that are not members of ski club either have to pay a regular fee of \$79 for a lift ticket or a discount fee of \$35 dollars the first time you go, \$30 on a weekday, and just \$40 on the weekend! Montage Mountain uses a reloadable RFID card

that is easy to pay for online, and will slip right into a coat pocket for an enjoyable day on the slopes.

When the club goes on weekdays, students can bring their own equipment to school (if they have), or they can rent it at the mountain for a discounted price. Students head to the slopes right after school, and leave the mountain around 8:30-9:00 pm. Even though this may seem like a short time, do not forget that anyone in the club can go any time without the whole club for a discounted price.

Sophomore Gabe Evensen who attends Berwick High School, and is in ski club says, "It really is cool that we can go any time for a lower price, and I really like that I found people to snowboard with in ski club." This student recommends ski club and all of its opportunities to anyone interested. Ski club is an excellent out of school activity for many students. For further information about ski club please contact the advisor, Mrs. May.

RIFLE cont. from pg. 14



Above: Kelsey Green, Coach Curtin, Dustin Rhodes, Ms. Bulla.



(Photos by Trace Maneval)
Above: Dustin Rhodes, Mr. Green, Kelsey Green, Coach Curtin, Mrs. Green, Coach Eric.

the leadership Green and Rhodes have shown as team members for many years, “Kelsey and Dustin...have taken a big role as leaders on the team, such as working every practice to help set up and tear down the range, scoring targets, and working with new shooters. Both are

very motivated competitors and competing with each other probably helped them both achieve this milestone.” Congratulations to both Green and Rhodes for defying the odds and for accomplishing something unique and amazing during their high school athletic career!

Olympics set to begin in February

MASON EDDINGER
Sophomore

“The Greatest Spectacle in sports” begins on February 4th, spanning across 18 days and concluding on the 22nd of February. This edition of the Olympics will include 109 different events and 7 sports lasting 18 days.

The Games will be held in the capital city of China, Beijing. This is the first time since 2008 Beijing hosted the games. As expected, China will enforce COVID-19 restrictions for the games. No foreign fans will be allowed to attend any of the games and some citizens of China may be barred from attending as well. The lighting of the torch will take place on Friday February 4th. The live broadcast will debut at 630 AM Local time (730PM Beijing). There will also be a rerun shown at 8PM of the same ceremony on NBC.

This year a very historic achievement will be accomplished. Over 45% of the

participants will be women. Among these 45%, the US women’s hockey team looks to be the ones with the most attention. Their rivalry against border rival Canada will most likely be the storyline to watch over this 18 day period.

Germany, Russia and Norway look to be the early favorites to take home most medals, with the US somewhere in the middle. Haiti and Saudi Arabia are expected to make their first appearance ever in the Winter Olympics.

The majority of the eyes will be on the United States Men’s Hockey team. The NHL opted out of the 2022 Olympics due to the rise in COVID cases. So, the team will go with 15 college athletes this time around.

The storylines are plentiful; now it’s just up to the athletes to go make a name for themselves and cement their name forever as an Olympic Gold Medalist.

MINECRAFT contd. from pg. 6

cave biomes, each with their unique blocks and properties. These new biomes contain cave plants and moss, clay pools, vast water spaces, and stalagmites. A new creature, called the Warden, is found in the lowest points of some cave systems and can quickly end any exploration when it finds you. It senses its surroundings through sound instead of sight, making it near impossible to avoid it. With a large amount of new content, there are also many new blocks to match it.

Along the way, the player will encounter monsters, or “mobs,” such as the Warden, whose goal is to kill them. They drop valuable materials that the player can use to advance their game.

Minecraft has four major bosses: the Illager Patrol, the

Elder Guardian, the Wither, and the Ender Dragon. Players can die from many different types of damage, including mob attacks, drowning, and falls from great heights.

Additionally, there are elements of personalization in the game. Players can download various free “skins,” or their character’s appearance, from player-made websites. Alternatively, they could purchase a skin pack from the in-game marketplace. Minecraft also can create and further customize your skin in the dressing room.

In my time, I have played a multitude of different games from varying genres. Usually, I overplay and exhaust my interest in them. With Minecraft, however, I can spend countless hours on it and still have the motivation to come back the next day. There is an insurmountable limitlessness

when it comes to possibilities for a number of reasons.

Players interested in adventure, building, PVP (player versus player), and sandbox games should try Minecraft. It has a relatively reasonable cost across platforms: Minecraft for Windows and Nintendo Switch costs \$29.99, \$6.99 on mobile devices, and \$19.99 on Xboxes. A multitude more is possible in the game than what is mentioned here. Those interested should check out the game for themselves.

B-BALL contd. from pg. 14

young group of hard-working players. Many of our freshmen and sophomores have stepped up to help our experienced returning players.”

The Lady Dawgs are looking forward to their season.

Student Times Staff

Senior Editor.....	Dylan Smith
Junior Editors.....	Carly Hill
.....	Trace Maneval
Sports Editor.....	Trace Maneval
Asst. Sports Editor.....	Sean Murphy
Features Editor.....	Eden Savoy
Reviews Editor.....	Madelyn Brown
Business Manager.....	Olivia Gomez
Photo Editor.....	Danny Dimes
Copy Editor.....	Anna Rinehimer
Copy Editor.....	Allie Shultz
Advisor.....	Mrs. Theresa Christian

Photographers: Symone Chase, Teirra McMillan, Eden Savoy

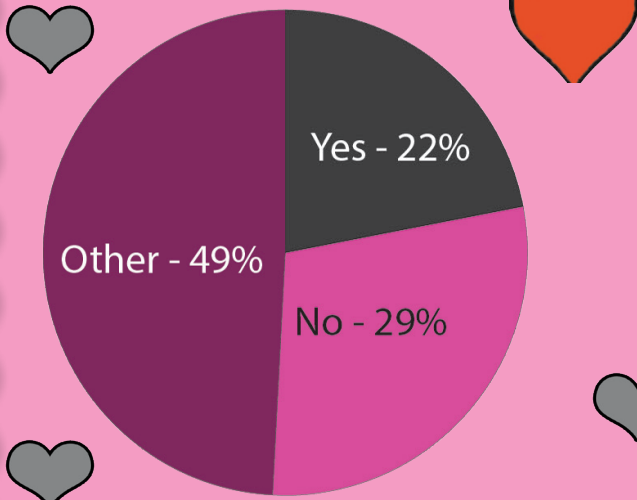
Reporters: Rebecca Alexander, Sophia Ambrosino, Jayde Bartholomew, Kylie Beck, Zackary Bedwell, Bryn Byrne, Amanda Carr, Symone Chase, Stormy Day, Mason Eddinger, Gabrielle Finucan, Julius Hellenenthal, Greyson Kupsy, Alyssa Lewis, Rylie Lindsay, Percy Littwhiler, Makayla Maslinski, Teirra McMillan, Kessa Mordan, Bliss Ney, Caleb Obrien, Damon Reed, Anna Rinehimer, Allie Shultz, Jade Volkert, Carson Witner

Policy: *The Student Times* staff of the Berwick Area High School is an equal opportunity, non-profit organization that has an open forum striving to publish current events and student concerns. All help is appreciated, and editorials are welcome as long as they are signed and have the grade level included. They can be dropped off in room 60. *The Student Times* staff reserves the right to edit any submissions due to lack of space, to avoid libelous statements, or to fit the journalistic standards of the publication. All editorials are strictly opinion and often do not reflect the views of the staff. This printed newspaper is published by *The Press Enterprise*.

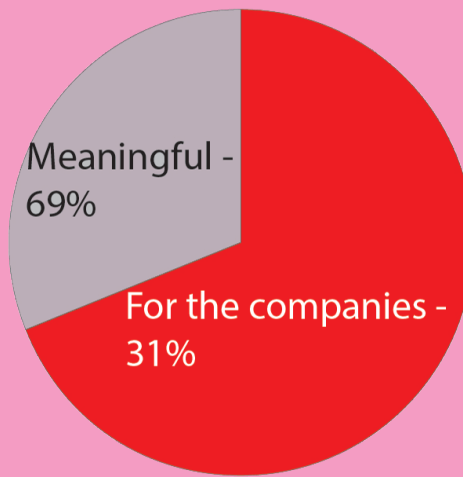
The First Amendment

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

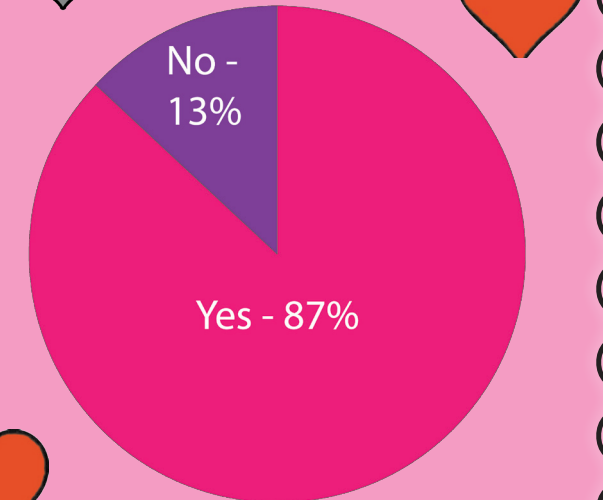
Do you plan on doing something special for Valentine's Day?



Is Valentine's Day a special day or is it a holiday for the economy?

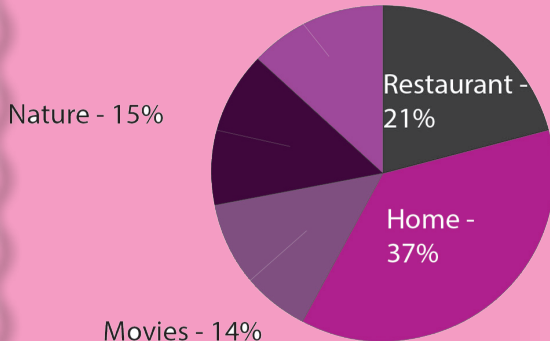


Can friends celebrate Valentine's Day together?



What is the best Valentine's Day date?

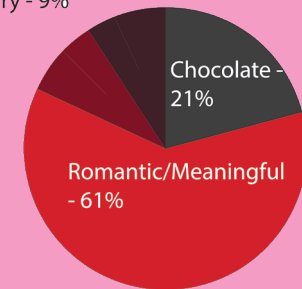
Other - 13%



BHS students speak out on Valentine's Day & LOVE

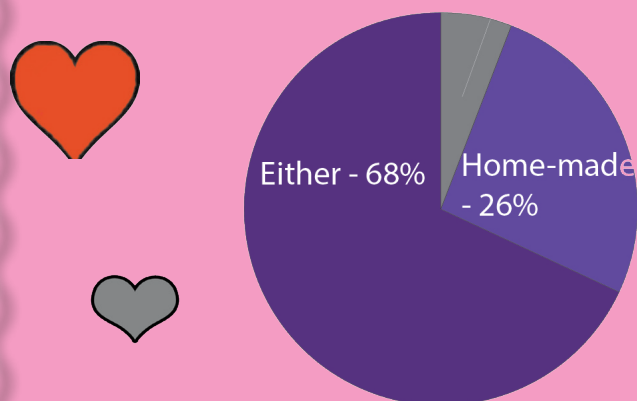
What is the best gift to give or receive on Valentine's Day?

Flowers - 9%
Jewelry - 9%



What is a better gift: store-bought or home-made?

Store-bought - 6%



What is the right amount of money to spend on a Valentine's Day gift?

More than \$35 - 8%

