

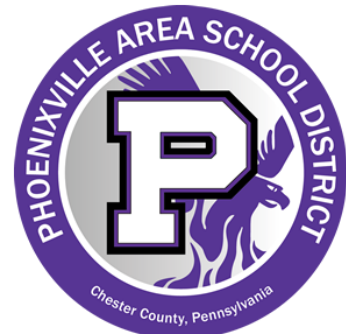
THE PURPLE PRESS

VOLUME 20, ISSUE I

“HOME OF THE PHANTOMS”

OCTOBER 2023

20TH ANNIVERSARY



Homecoming 2023: New and old traditions



Written by:
Celeste
Lennon



Students enjoyed the dance last year, transforming the gym into an entirely different environment. Photos: LifeTouch

Many people associate the fall with colder temperatures, Friday night football games, and an increase in homework as the school year picks up. Despite the begrudging reality that it will soon get dark at 5 p.m., Homecoming is an event that brings students at PAHS together for a week of fun activities every fall.

This year, the Homecoming festivities were planned in a different way. For the first time ever, the junior class was allowed to organize Spirit Week instead of administration, including planning the Pep Rally on the Friday before the dance. Students in the junior class met to coordinate ideas, setting a new precedent for the week.

To kick Spirit Week off, students choose between Barbie and Oppenheimer on Monday, sporting either their best pink outfits or

Throughout the week, several fun activities are offered for students. The Activity Fair will take place on Wednesday during all lunch periods, where many clubs will have tables set up. The messy but beloved tradition of hallway

looking forward to Friday's Pep Rally during the school day. Featured events include "pie an admin," tug of war, and a pie eating contest. Tickets to pie administrators will be sold every day except Wednesday during lunches, and

band and the cheer team will be putting on performances. Per usual, all fall sports and the 2023 Homecoming Court (consisting of juniors and seniors) will also be announced.

Possibly the most exciting football game of the year, the Phantoms play Pottsgrove Friday night at 7 p.m. Show out and enjoy the last home game of the year!

As for the actual dance, it will be from 7-10 p.m. on Saturday. Tickets cost \$10 and can be purchased all week through a QR code. This year, only Phoenixville students are allowed to attend the dance and tickets will not be sold at the door.

Why should you come to the dance? If the 3D photo booth provided isn't enough to convince you, Ms. Foresta said, "It's the first thing that the freshman get to do within the student body, so they should all come." There will also be food for sale at the dance, as well as a DJ in the gym.

While the idea of big school events such as Homecoming can seem chaotic, it is ultimately a time where school spirit is higher than ever and all students have the opportunity to enjoy their limited time in high school together.



Last year, the student section wore their best neon for the Homecoming football game. Support your classmates and make this Friday's game even better.

lots of gray and fedoras. On Tuesday, students have the option of "twin day" or "rhyme without reason." To dress for "rhyme without reason," students can wear outfits that correspond with two words that rhyme but don't necessarily have anything to do with each other (for example: Hannah Montana and a banana).

"Jersey day," Wednesday, will have students repping their favorite sports teams. This will be the start of monthly jersey days in honor of alumni Quinn Hoffman's tradition. Thursday also provides two options for students to choose from, with "country vs. country club." Outfits will either be western with cowboy boots and bandanas, or preppy with polo shirts and tennis skirts. Ending the week, students will dress in their class colors on Friday. Seniors wear black, juniors wear purple, sophomores wear white, and freshmen wear gray.

decorating will continue this year. People from each class can stay after school on Thursday and decorate with the same corresponding class color as Friday's Spirit Day. Seniors will decorate the main entrance, juniors the D and E wings, sophomores the B wing, and freshmen the F wing.

Mrs. Ehrenzeller said, "I would encourage everyone to participate and have fun with this. It's supposed to bring us as a school together, so do the Spirit Days, and come stay after school to decorate the hallways. Just have fun!"

A change made to the festivities this year is that there will be no Powderpuff game during the week leading up to Homecoming. According to Mr. McAdams, the administration team "wants Homecoming to be more about the celebration of the entire school." However, a version of Powderpuff will be held sometime in the spring.

However, students should all be

one raffle ticket will be drawn for the administrator that the most amount of students want to pie. Additionally, both the marching



The Phantoms cheer team performed their routine last year during the Pep Rally. This year, they will showcase their hard work by doing the same.

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PAHS gained ten new staff members this year, and we are glad to have them on our team. We wish them the best of luck this school year! Let's learn a little about them...

The Purple Press is written, edited, produced and distributed monthly by the Phoenixville Area High School Journalism class (Period 3).

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The opinions expressed in this paper are those of the writers and do not necessarily reflect those of school administration and/or faculty members.

If you have a comment, question, correction, or letter to the editor, please e-mail the advisor, Mr. Zittel, at zittelj@pasd.com.

The newspaper can also be accessed online at: pahs.pasd.com

The Purple Press is affiliated with the Pennsylvania School Press Association. The paper is printed by schoolpaperexpress.com out of Wappingers Falls, New York

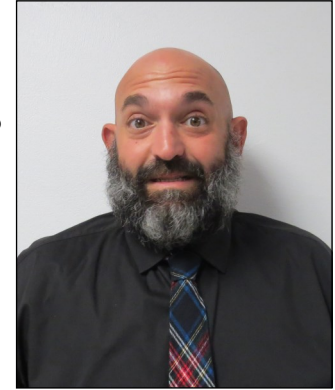
Ms. Cattani

This year we welcome Ms. Julia Cattani to PAHS. Coming from Renaissance Academy, she is currently teaching English 9 CC, English 11 CC, and Intro to Film Studies. She went to high school at Upper Merion, and did her undergraduate and graduate studies at Cabrini University. In her free time, Ms. Cattani loves to read, hike, and kayak with her fiance (John) and dog, named Bear. In fact, she reads so much that she tries to read 50 books a year! Over the summer, she traveled to Newport, Rhode Island for a wedding and looks forward to going back. She has always wanted to work here at Phoenixville, and since she arrived has been very impressed with how kind the staff and students are. We are so glad to have Ms. Cattani here at PAHS!



Mr. Ciarllo

PAHS welcomes a new teacher to the English department, Anthony Ciarllo! He graduated from Episcopal Academy before continuing his undergraduate education at Ursinus College. Mr. Ciarllo also attended Holy Family for graduate school. He is not new to the teaching scene, as Mr. Ciarllo has about 20 years of experience teaching at The Lincoln Center for Family and Youth, Upper Darby Area High School, and Norristown Area High School. He decided to join the Phoenixville teaching community because his wife and children have attended the district. This year, he is teaching 9th grade Elements of Literature, Techniques of Writing, and 12th grade British Literature. Besides teaching, Mr. Ciarllo is also a familiar face because he has been coaching Phoenixville Football for six years. He was an assistant coach for wide receivers and defensive backs during his first two years of coaching, but he was promoted to head coach in 2020. In his free time, Mr. Ciarllo enjoys spending time with his friends and family members like his children, Dominic and Scarlett. He loves visiting Brigantine in New Jersey, cooking, growing a fig tree, and watching shows like Adventure Time and Law and Order. Welcome to PAHS, Mr. Ciarllo!



Mr. English

Phoenixville is excited to welcome a new face to PAHS, Mr. English! He graduated from Upper Dublin High School, and went on to further his teaching education at West Chester University. Mr. English was very impressed with the Phoenixville community when he was a student teacher here last year with Mr. Zittel, so he wanted to come back and be a part of the Phamily. He noted how welcoming everyone has been, from the students to the faculty. If some were wondering what he teaches, it is in his name, English of course! Mr. English is teaching the following classes this year: Techniques of Writing, 9th Grade Honors, 11th Grade Honors, and Mythology. In his free time he enjoys golfing, and spending time with his dog Jasper. Teaching runs in his family, as not only is his mother a teacher, but his sister is too. Over the summer Mr. English had the opportunity to travel all the way to Ireland and do some golfing. A fun fact about Mr. English is that he is a die-hard New York Yankees and Giants Fan. We are happy to welcome Mr. English as a new teacher here at PAHS.



Mrs. Costello

Replacing Mr. Leinhauser, Mrs. Cathy Costello is PAHS's new STEM teacher! She's teaching AP Computer Science Principles, Technology Essentials, and Intro to Programming. For high school, she went to Bunnell High in Stratford, CT. She then attended West Chester University (class of 2000) for undergrad and Temple (class of 2007) for graduate work. This is Mrs. Costello 17th year teaching. She taught in Philadelphia (North Philadelphia and then Kensington) for 10 years before moving to the suburbs. Her last school was Pennsbury High School, which is in the Levittown/Langhorne area. She decided to come to PAHS because she lived in the community and wanted to contribute to the place where she lives. She loves computer programming and is looking forward to helping the computer science program at PAHS grow. As far as her personal life goes, she has a husband, a grown son, and a cat. In Mrs. Costello's words, she spends "FAR too much time playing a city-building app called Forge of Empires." Mrs. Costello's wacky habits include being an avid home improvement enthusiast, and her latest invention was to put a cat flap on her bedroom door. We are very excited to welcome Mrs. Costello to PAHS and see her creative flair in action.



Mrs. Tolan

Mrs. Tolan has been at PAHS for five years now in various positions, and is currently a long term sub while Mrs. Fields is out on maternity leave. Mrs. Tolan went to Central Bucks West High School, and Bloomsburg University. She previously taught Family Consumer Sciences, a couple of science classes, special education, and four business classes. Currently, she is teaching Personal Finance, Sports and Entertainment Marketing, Accounting, and Cybersecurity. Something she likes about Phoenixville is the close knit community! In her free time, Mrs. Tolan loves to hang out with her friends and family, go to Phillies games, and go for a walk or run. She has been married for almost 19 years and has three kids: Ryan, Alyssa, and Evan. Some fun places she has traveled are Aruba and Key West, with an annual trip to the Jersey shore. Welcome back Mrs. Tolan!



PAHS gained ten new staff members this year, and we are glad to have them on our team. We wish them the best of luck this school year! Let's learn a little about them...

Mrs. Flores

Meet Lisa Flores, a new Study Skills/Special Education teacher here at PAHS. Mrs. Flores grew up in New Jersey, and graduated Toms River High School in 1997. She then attended college at Georgian Court University, a small Catholic school in the Jersey area. She worked full time during college, as she was the first person in her family to put herself through college. She moved to PA from the Jersey Shore right before Covid due to her husband's job as a supervisor of security at the Limerick Nuclear Power Plant. Previously before coming to PAHS, Mrs. Flores was a middle school special education teacher in NJ for 16 years, and worked in the Downingtown School District last year. She decided to come to PAHS because it is very close to home, as she lives in Phoenixville with her husband and three children. She has been married to her husband Carlos for 16 years, and they have a son Cristian (13), and two daughters, Emma (10) and Ava (8). She also has one brother, who is not her twin, but they share a birthday! Mrs. Flores has been very impressed with the friendliness of the staff and making her feel part of the PHAMILY here at PAHS. Mrs. Flores enjoys spending time outdoors with her family, whether that is fishing, hiking, bike riding, or swimming. Her daughters play soccer and her son and husband play baseball. They have one dog, Jax, a silver Lab, that is also a part of the family and goes wherever they go! Over the summer, Mrs. Flores went back to the Jersey Shore and spent a lot of time at the beach. Let's give a PHriendly welcome to Mrs. Flores!



Mrs. Longo

This year we welcome Mrs. Longo, one of many new teaching additions to PAHS. She teaches many scientific courses, including Physical Science, Intro to Chemistry and Physics, and Environmental Science. She lives here in Phoenixville with her husband, two daughters, and her dog, Doodles. For her education, she attended Steel Valley High School, and spent her college years in Westminster College (undergrad) and Virginia Tech (grad). During her time in grad school, she worked with a non-profit organization to help raise money for a drinking facility in a Ghanaian village. This is not Mrs. Longo's first time teaching, as she previously taught in Upper St. Clair outside of the Pittsburgh area. She mentioned that the good community and school district are the main reasons why she chose PAHS as the next chapter of her teaching journey. In her free time, she enjoys paddleboarding, and at home she finds herself working on crafts and home improvement projects. Over the summer, she enjoyed some time in the Poconos, and spent many days at the local neighborhood pool. We are incredibly overjoyed to welcome her to the PAHS community.



Mr. Jock

We welcome Mr. Jason Jock, one of our newest science teachers starting at PAHS this school year. Mr. Jock went to high school at Rochester Adams High School in Michigan and attended both Michigan State as well as SUNY Buffalo. Mr. Jock also spent four years teaching in South Philly, where he studied and completed a second master's degree in teaching. After living near Phoenixville for a few years and being charmed by the town, Mr. Jock got hired to teach Honors Physics, and Physical Science at PAHS. Over the summer, he went back home to Michigan to visit, and also went to London as well. Mr. Jock enjoys hiking with his dogs, cooking, and crochet. He also has a bachelor's degree in German and considers himself a "wannabe Einstein." Welcome to PAHS Mr. Jock!



Mr. McGuinness

This year, PAHS introduced Mr. Conor McGuinness to PAHS. Mr. McGuinness graduated from West Chester Henderson High School as well as Saint Joseph's University. Taking his first teaching opportunity here at Phoenixville, he's instructing various science classes and filling in for other teachers. Mr. McGuinness chose Phoenixville for its culture of dedicated support to its students, and he is impressed by how welcoming the Phoenixville community has been. Mr. McGuinness, his parents and younger sister are all huge Walt Disney World fans, and also frequently visit the Jersey shore. He enjoys watching sports such as football, baseball and basketball. Mr. McGuinness definitely has one of the most interesting facts out of all of the new staff, having 14 pet ducks in his backyard. We are excited to welcome Mr. McGuinness to PAHS, and look forward to Bring your Pet to Work Day.



Mrs. Galvin

This year, we welcome Ms. Bridget Galvin to our Phoenixville community! For education, she graduated from Central Bucks East High School and studied at Penn State, UNC Wilmington, and Princeton Theological Seminary for college. Ms. Galvin has taught for three years at Plymouth Whitmarsh High School, and an additional two years in North Carolina. She decided to come to Phoenixville Area High School because Miss Dreyer informed her about an opening in our Spanish department and how amazing our school/students are. She is teaching Spanish II along with Spanish 4H. She finds our friendliness at Phoenixville very impressive! In her free time, Ms. Galvin enjoys horseback riding and participating in triathlons. When she isn't at school, she is with her husband, Brendan, and her two-year-old daughter, Hazel. Over Ms. Galvin's summer break, she enjoyed camping at PSU and hanging out at the Jersey shore. A fun fact about Ms. Galvin is that she has eight cousins in Italy that she has yet to meet! Welcome to PAHS, Ms. Galvin!



Ella Ballow: An athlete helping athletes



Written by:
Emma Ward

You're at the girls' soccer game, watching as one of their captains streaks down the sideline to cross the ball into the box. A few months later, you're watching as she dives into the pool, flying through her 100 meters. In the spring, you admire her handoff to her teammate in the 4x100 relay at a track meet. Every Friday, you attend the Varsity Club meetings as their president, this same senior, discusses the importance of athletes' mental health. Who else would this school-involved, multi-sport athlete be, other than Ella Ballow.

Ella Ballow is involved within Phoenixville Area High School in countless ways, including clubs, activities, and extra-curriculars. She is a captain of the Lady Phantoms Soccer team, the president of Girls' Varsity Club, a Morgan's Message Ambassador, and a member of the school's swim and track teams. Being a multi-sport athlete, club president, a National Honor Society member, and a participant in the school's Allied Health program may seem like a difficult task, but Ella handles her responsibilities with grace.

Having played soccer since she was three years old, Ella is a great leader and reliable teammate on the field. Being a speedy player, she thrives on the wing or outside defense. She currently plays on a travel team at Phoenixville Area Soccer Club, as well as the high school's Lady Phantoms' team. Ella is planning on continuing her soccer career beyond high school, although she is not sure where

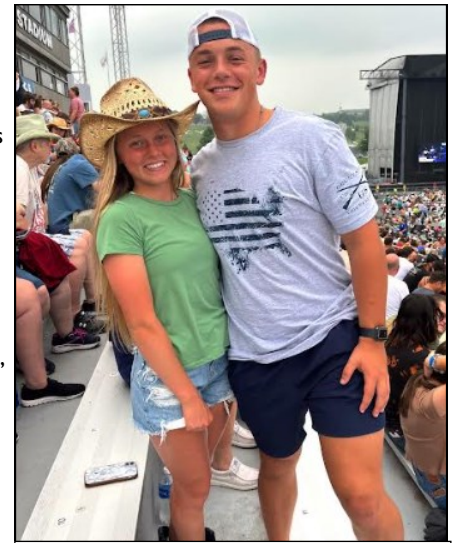
yet.

Reflecting on the sport, Ella stated, "Soccer has become a second nature to me. I couldn't imagine a life without it. I've met some of my best friends there, and have learned so much about myself over the years."

Being president of Girls' Varsity club, Ella's opinions are valued when it comes to their events, including blood drives and Homecoming. Last year, blood drives were held in the winter and spring. Teachers, students, and administrators generously donated their blood to the Red Cross. Ella, working alongside the Boys' Varsity Club president, Sam Moore, and additional members of the Varsity Club helped coordinate the event, sign

volunteers in, and provide them with drinks and snacks. Without their efforts, the event may not have run as smoothly as it did.

Another notable club Ella is a part of is Morgan's Message. This organization focuses on decreasing the stigma surrounding mental health among student athletes. Ella co-founded the club in her freshman year, in honor of Morgan Rodgers, who passed away by taking her own life in 2019. Seeing the value in decreasing the stigma with mental health, Ella strives to spread "Morgan's Message." The most common event held by Morgan's Message is a #9for9, which is when you complete 9 of any activity (9 jumping jacks, 9 mile walk, 9 cartwheels,



Dating since freshman year, Varsity Club leaders **Ella Ballow** and **Sam Moore** enjoy time together at the Zac Brown Band concert in Hershey over the summer.



Ella dribbles the ball across midfield in the Phoenixville Girls' soccer game against Springfield, searching for a teammate to pass the ball to. Photos courtesy of Ella Ballow

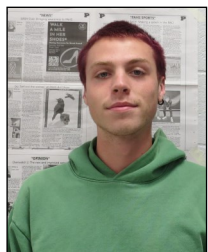
etc.) These #9for9s can be held anytime throughout the year. The biggest one, run by the organization itself which is headed in Virginia, is on July 11th, the day Morgan passed.

"It's cool being able to lead a club (Varsity Club) full of athletes and do work within our community. Morgan's Message is another way to reach those people," she said.

When not on the soccer field or leading a club meeting, Ella can be found at the gym or working at Rush Bowls, the new acai bowl and smoothie place in downtown Phoenixville. At home, Ella spends time with her mom and dad, twin brother Greyson, sister Sara, and dogs Penny and Jovie. In the future, Ella plans on heading into the sports medicine field to help people rehabilitate from injuries.

Ella follows her own advice to reach success in school and life, which is, "Do your best, eat pickles, and have fun."

Sam Moore: Multi-talented PAHS powerhouse



Written by:
Jackson Deets

Do you sometimes have so many interests or things to do that you don't know how to make time for it all? Well, senior Sam Moore is like that too. Sam is an outgoing and great leader at PAHS who excels in sports, clubs, and even music. Sam does it all while keeping a great attitude, strong grades, and a respectful demeanor.

Sam is a captain of the PAHS Football Team for the 2023 season. Sam plays running back and linebacker, carrying



#26 running back **Sam Moore** dodges a Chester player with speed and determination at a Phoenixville home game last year.

jersey number 26 on his back. As one of the five team captains, his goal is to lead the talented team of individuals to victory and keep everyone working as hard as they can.

Sam described one of their first games and wins this season against Great Valley as "a big revenge game for us," as the team went on to beat Great Valley (42-14) for the first time in over a decade. One of the big games later in the year will be against Pope John Paul, one of Phoenixville's biggest rivals, and Sam hopes the team can go into the game healthier, faster, and stronger than ever. Sam has been playing football since he was in first grade and next year he will be going to Ursinus to play on their team and continue to pursue his love for football.

Alongside being the captain of the football team, Sam is also the president of the boys in Varsity Club. Sam helps coordinate activities like the blood drive, Homecoming, and various fundraisers. The Varsity Club is always looking for new people throughout the year and the boys' side especially is very slim, so they are always looking for new people to help expand and support the club. In his free time, Sam enjoys hanging out with friends and family, listening to music, and playing video games.

Sam is also an avid member of the club called Morgan's Message, which "spreads awareness for athletes' mental health nationwide," said Sam. Morgan's Message was founded after Morgan, a high school lacrosse player, sadly passed away due to suicide. The club represents advocating for athletes' mental health, and anyone can join.

Also a lover of music, Sam has been



Sam (left) making magical memories with his family on a trip to Disney World in 2022. Photos courtesy of Sam Moore

playing trumpet since fourth grade, even playing in the school jazz band in middle school. His interest in music has brought him to continue playing and even pick up classes like beginner piano and guitar. Sam stated, "I hope to continue to expand my knowledge and experience with music for years to come."

After high school, Sam would like to stay in athletics and hopes to find a career in physical therapy or athletic training. Sam currently works as a lifeguard at the YMCA in Phoenixville. In the summer

Sam enjoys traveling with his parents, Kim and Dave Moore, his sister Kylie (16, a junior) and brother Jacob (12, in 7th grade). Even though Sam doesn't enjoy long car rides, he enjoys going to the beach, the mountains, and Disney World.

Overall, Sam Moore is a great student, athlete, leader, lifeguard and musician, always available to help someone in need. His advice to others: "always try to stay positive; life isn't always going to be sunshine and rainbows."

Which is better: Starbucks or Dunkin'?



Written by:
Maddie Witcoski

Do your body and taste buds a favor—choose Starbucks



When you're craving a really good cup of coffee, what comes to mind? The answer should be simple: Starbucks. While Dunkin' Donuts may have been around Phoenixville longer, Starbucks, located right near us on Egypt Road, is the actual birthplace of quality, fast coffee.

Let's start with the basics. Starbucks will always be the mother of coffee. Starbucks coffee is classified by three roast profiles: blonde roasts, medium roasts, and dark roasts. You can get hot coffee in four different sizes: short, tall, grande, and venti, and cold coffee in five (adding Trenta after venti). You can also customize your beverage, so there are over 87,000 possible different drinks you could customize at Starbucks. They brew their coffee fresh every day and are very on top of health concerns. I know this because I work there as a barista!

Starbucks coffee is not only better crafted, but it's of a higher quality than Dunkin'. They grow beans in Latin

Starbucks offers healthier options with cleaner ingredients. For example, Starbucks offers a reduced-fat turkey bacon and egg white sandwich. While Dunkin' only offers two kinds of egg white bites, Starbucks offers three! Dunkin' sandwiches focus more on size, while Starbucks emphasizes quality, which is easily detectable when tasting them. Starbucks' coffee cake, chocolate croissant, and pumpkin bread are all to die for.

As far as the cafe environment goes, Starbucks is a great studying location. I doubt you will ever find yourself



The photo above demonstrates one of the many high-quality cafe environments Starbucks has to offer. This one focuses on environmentally friendly themes with its live plants, as well as a calming atmosphere with its subtle overhead lighting. Photo: stories.starbucks.com

America, Africa, and Asia / Pacific. It's clear from the taste alone that Starbucks' coffee quality is top-tier, leaving you with a taste that can only be classified as satisfying bliss.

Starbucks also offers a variety of seasonal-based beverages to get you in the holiday spirit. For fall, this includes but is not limited to pumpkin cream cold brews, pumpkin spice lattes, iced pumpkin cream chai lattes, and iced apple crisp oat milk shaken espresso. Starbucks is also currently doing BOGO (buy one get one free) on fall drinks every Thursday. It doesn't get much better than that!

While Starbucks' prices may be higher than Dunkin's, it ensures you top-notch quality food as well as beverages. While Dunkin' can serve you greasy bacon, egg, and cheese on a hard bagel,



You can't resist the new fall drinks offered by Starbucks: Pumpkin spice latte, pumpkin cream cold brew, and the apple crisp oat milk macchiato! Photo: eatingwell.com

peacefully doing calculus in a Dunkin'. Starbucks has a variety of different seating options depending on what location you are at, and they range from cushy reading chairs, to a table and chairs for study groups. Starbucks is also a relatively quiet environment and definitely peaceful. The one near Oaks even has a reading corner! The cleanliness Starbucks strives for is obvious too, with consistently spotless counters and limited floor crumbs.

Starbucks also places an emphasis on customer service and connection. Baristas are trained in customer service and intentionally creating positive connections with customers. It's a hard environment to feel out of place in. At Dunkin', this kind of hospitality isn't as common. Workers sometimes seem to just be trying to get through the shift with little regard for customer interactions. While this is understandable, it clearly isn't as enjoyable for customers.

Don't let Caitlin fool you with her faulty notions of 'cheap prices' and 'delicious food'. We all know that that's just code for cheap, greasy, and mediocre products. The small price difference at Starbucks is well worth not feeling sick to your stomach afterward. Caitlin is a frequent Dunkin' flyer, some may even say addicted. She has fallen completely into the Dunkin' trap and hence has developed a cult-like loyalty. Her opinions aren't factual, they're a result of brainwashing.

So please, do yourself a favor and stick to clean, tasty, quality food and drinks at Starbucks. It's well worth your money, and your taste buds will thank you.



Written by:
Caitlin O'Meacham

Phoenixville runs on Dunkin'



If you're in the mood for a small snack or maybe an iced coffee, Dunkin' Donuts is the place to go. With the best and quickest coffee and pastry options in town, it's the perfect stop before or after school! PASD is very lucky to have not only one, but two Dunkin' locations right around the corner of our school, the closest on Nutt Rd, and the other location on Schuylkill Rd.

I know you're trying to save a penny, so why would you go to overrated places like Starbucks? It's 2023, and people should not be paying \$8 for a Latte that's mostly ice. Don't let Maddie and Starbucks fool you with their "higher quality" coffee beans. Dunkin' acquires their coffee beans from places like Columbia and Guatemala, two countries that are known for producing the best coffee beans in the world.

The Dunkin' menu is also filled with a variety of delicious drinks for everyone, from hot or iced coffees to refreshers. Dunkin' offers frozen drinks too, something Starbucks lacks. Their most popular drinks are their signature lattes, Caramel Craze, Cocoa Mocha, as well as their new fall addition—the Pumpkin Spice Signature latte (my personal favorite at the moment.) The pricing for drinks are also very reasonable, ranging from \$3.79 to \$5.59 at most.

If you're looking for a delicious breakfast or snack, yet again Dunkin' is the place to go. Unlike Starbucks, you will actually feel fulfilled after eating their food because their proportions are normally sized, not extremely small, and overpriced for no reason (ahem, Starbucks.) They also have breakfast sandwiches, hash browns, breakfast wraps, bagel bites, and DONUTS.

You cannot tell me whenever you go to Dunkin' you are not urged to get a donut; they have so many flavors, there is a do-

takes a while to get there and by the time I do, I'm running late and can't even stay there.

Overall, Dunkin' stays on top, and it always will. You cannot trust Maddie or her opinion, considering her bias as a Starbucks barista. Do not listen to Maddie and her Starbucks propaganda: the only



Here are a few of the new fall flavored treats at Dunkin': the new pumpkin cream cold brew, the pumpkin spice signature latte, and the pumpkin flavored donuts and muffin. Photo: news.dunkindonuts.com

real reason she is writing this article is to get in her boss's good graces. Dunkin' is clearly the better option, and it's clear to see that Phoenixville runs on Dunkin'.



The Dunkin' Donuts right around the corner from PAHS, many students come here daily to get coffee and breakfast to fuel their day. Photo: patch.com

nut for everyone like the traditional glazed, Boston creme, or even a jelly donut. Of course, Dunkin' is also famous for their munchkin boxes which everyone loves so much. Munchkins are great for any occasion because you can share them or keep them all to yourself.

As a high schooler, Dunkin' is great for me. It's a quick and easy stop to get myself caffeinated and fed before school or even when I'm in a hurry going somewhere. I'm always on the go, so sitting down to eat or drink coffee is not always what I'm looking for and Dunkin' is a great easy stop for me. I feel like Starbucks is in a very inconvenient location for me (all the way in Oaks). It always



**VOTE HERE:
STARBUCKS OR DUNKIN'?**

Many graduating seniors have said that their most important piece of advice for incoming freshmen is to get involved in sports, activities and clubs. Phoenixville Area High School's 48 clubs offer a wide range to choose from, so it's time for you to get involved!

Academic Team

Academic Team engages in structured competitions that test historical, scientific, mathematical, literary, and other knowledge. We practice weekly to prepare for these competitions. Our practices are in the mornings before school on Fridays. If you are interested, please see Mr. Sprenkle in F-3 for more information, or email sprenkle@pasd.com.

Activism Club

The Phoenixville Activism Club is a group of students devoted to increasing political participation in our school and educating ourselves about current events. Throughout the year, we work on activism projects within the school and community, hold debates about current events and political issues, and meet with local political leaders. We encourage students of all political ideologies and levels of experience to join at any point in the year. Meeting dates to be determined. Contact Ms. Bicker for more information, or follow us on Instagram at [@phoenixvilleactivism](https://www.instagram.com/@phoenixvilleactivism).

American Red Cross Club

The American Red Cross Club works to prevent and alleviate human suffering by turning compassion into action. Our goals include providing aid and support to families, communities, and service members. We frequently organize various volunteer opportunities, blood drives, and fundraisers to assist our cause in helping those in need. The club meets bi-weekly in the morning in room J-14. For more information feel free to contact our club advisors Mrs. Thomas at thomasm@pasd.com, or Ms. Schubmehl at schubmehl@pasd.com.

Anime Club

Anime Club is a group committed to appreciating and learning about Japanese culture, especially the Japanese art style also known as Anime or Manga when in book form. Some of the club activities include watching anime television shows and films, lessons on Japanese culture, and just getting a better understanding of Japan. Anime Club meetings will be held, after school, on Tuesdays in room D-4 from 3-4 p.m. For more information, please contact Ms. Azat at azatr@pasd.com.

Art Club

Art Club is an open art studio environment where we create personal and community-based projects. We plan to participate in local design contests, and work with a variety of media like paint, collage, ceramics, and more. We make art to express ourselves, explore our world, help us learn and connect with our community with the gift of art. Art Club meets after school in room G-5 from 3-4 pm with Mrs. Shoemaker. Meetings will be 2-3 times per month on Tuesdays. All dates and other info will be shared on our club Canvas page. This club is a great space to relax and make awesome art with creative friends! If you would like to become a member or learn some more about what we do, email Mrs. Shoemaker at shoemakerl@pasd.com

Asian Student Association

ASA is a club whose goals are to promote cultural awareness, encourage solidarity at PAHS, and create a sense of community and belonging. An important priority of the club is to provide a platform for students to speak out on social issues and uplift the Asian community. In addition, ASA aims to celebrate the richness of Asian cultures through celebrating important events and occasions, taking field trips, encouraging cultural exchange, and sharing cultural experiences such as foods, languages, and art. The club is open to everyone looking to embrace Phoenixville's diversity and share Asian culture. See Vedika Agnihotri or Jennifer Huynh, or email Mrs. Gow-Carnes for more information about meeting dates at gowcarnesg@pasd.com. To join our Remind group text to 81010 and text a message "@cg4bc2".

Astronomy Club

The Astronomy Club is for students interested in observational astronomy. The club arranges 2-3 Star Night events in both the fall and the spring. During the Star Night events, we utilize our two telescopes to view the night sky on the upper turf. Students will learn how to use telescopes with and without tracking devices to observe features of the night sky. The club will be meeting one Friday per month with the time and location to be determined and communicated at previous meeting. If you would like to be included, contact Mr. Jockl in E-13 or by email at jockl@pasd.com

Best Buddies

Best Buddies is a nonprofit organization dedicated to creating friendships between students with intellectual and developmental disabilities and their peers. As a club we hold fundraisers, volunteer in our community, attend school events, and have a ton of fun. The friendships that are established through this club not only last for the school year, but are lifelong friendships that positively impact both buddies' lives. Best Buddies will be meeting bi-weekly rotating between before and after school meetings. Rachel Curry is the president. Stop by H-15 for information and a club calendar.

Book Club

Welcome to the Book Club, where enthusiastic readers of all grades meet every Monday at 7:30 in room I-2. We explore a diverse range of novels and genres often overlooked in the classroom, sparking lively discussions. Regardless of your grade, your voice matters; all members help select our reads. If you are someone who finds joy in the pages of a good book, relishes the art of diving deep into literary realms, and craves the thrill of lively, book-centered conversations, then the Book Club is for you! Visit Ms. Spinozzi in I-2 for more information.

Bowling Club

The Bowling Club was created with the goal of inclusion and having a good time. We plan to learn as a group the techniques of bowling while also maintaining a zero-pressure environment. We are here strictly to have fun without the worry of performing well. Whether you are a pro bowler or have never touched a bowling ball, this club is for you! Club meetings will be held in Mr. Baver's room (F-8) on Tuesdays after school and will be starting in late October. During our regular club meetings, we will be using bowling equipment that is set up in the school. The club will also periodically take trips to Arnold's Bowling Center where we will get the chance to bowl in a real alley. If you want to become a member or have any questions you can email Mr. Baver at Baverr@pasd.com

Cappies

The Cappies, "Critics and Awards Program," is a program through which high school theater and journalism students are trained as critics, attend shows at other schools, write reviews, and publish those reviews in regional newspapers like The Philadelphia Inquirer online. At the end of the year, the student critics vote for awards that are presented at a formal Cappies Gala. See Mr. LaLuna in room H-5, or Leah C. Garofalo for more information.

Chess Club

Chess players of all skill levels are welcome to play in a friendly, noncompetitive environment. Whether you're a budding grandmaster or if you just want to learn the rules, join us every Monday after school in room H-5. To learn more, talk to Sophia Pratte or email Mr. LaLuna at lalunag@pasd.com.

Class Council

Class Council is comprised of elected class council members and homeroom representatives for each grade (9-12). These students, along with any other students who are interested in participating, are responsible for encouraging and promoting class participation in fundraising events. The council's goal is to raise money and organize upperclassmen activities such as Homecoming events, the Senior Year-book Banquet, and the senior prom. To get involved, see or email Mr. Winters or Mrs. Son (freshmen), Ms. Chen-Tso or Mr. Acosta (sophomores), Ms. Ehrenzeller or Mrs. Moore (juniors), or Mr. Rutchaskas or Mr. Smiley (seniors).

Debate Club

Debate club is focused on improving formal debate skills by researching current events to engage in structured debates. We follow formats like the 'Lincoln-Douglas' structure to have focused argumentative discussions. See Mr. McAndrew (in F-3) for information if interested, or email him at mcan-drewp@pasd.com.

Destinations with Direction

DWD is a program designed to increase awareness and motivate high potential, economically disadvantaged students to pursue opportunities in higher education, or improve work & life skills. The students selected for DWD annually receive additional supports including extended school days, counseling, college mentors, tutors, weekly workshops, and college tours. Additionally, school personnel establish relationships with the appropriate college level officials to help match student needs with resources and services available to assist them on this journey. Students also gain beneficial knowledge on alternative courses after high school, such as two-year programs and technical schools. By giving the students these additional supports, they will become empowered to pursue their goals after high school. This effort will make our students believe in the importance of a education and training beyond high school and give them the confidence to know they have a realistic chance at becoming successful. DWD is advised Mrs. Lewis. Students can see Mrs. Lewis in room I-5 for more information, or via email at lewisa@pasd.com. Meetings are held on Thursdays after school.

Dungeons and Dragons Club

Do you enjoy role-playing? Challenge yourself and your friends and join the D&D Club! Many activities are planned for this year; it doesn't matter if you've never played!! All are welcome!! Come meet our Dungeon Master! Meetings will be held every Thursday from 3-4 p.m. in the cafeteria. Join us!! If you are interested, please contact Mrs. Eberly at eberlyr@pasd.com or come by D-14!

Educators Rising

Educators Rising is cultivating a new generation of highly skilled educators by guiding young people on a path from high school through college and into their teaching careers. By working with aspiring educators who reflect the demographics of their communities and who are passionate about serving those communities through public education, Educators Rising is changing the face of teaching. In the club, we will work with our community to try out teaching techniques, do observations, come up with (and execute) programs to learn about the field of education, and work toward the National Conference and Competitions. See Mrs. Ehrenzeller in room E-3 for more information.

Empowering Women in STEM

The Empowering Women in STEM club is geared toward helping students explore topics in STEM. We will focus on gaining insight into careers in STEM through discussions with guest speakers, field trips, and discussions with each other. We will also engage in outreach with younger students to provide role models and encouragement. Contact Sophie Axten, or Mr. Jennings (room E15) at jenningsg@pasd.com for more information.

Environmental Club

The Environmental Club is a service-oriented club that has been in motion for the past ten years. We are committed to empowering Phoenixville students to make our school and community more sustainable. Potential club projects for this year include helping out at a community garden, starting composting at the high school, and cleaning up around campus, among other things. With your help, we can make a huge difference in our school and community! The club will be meeting Thursday mornings at 7:30 a.m. in room J-13. Contact Mr. Wilcox (wilcoxsp@pasd.com) for more information.

Fashion Club

Fashion Club is a place where students can channel their creativity into clothing. Our club is a fun way to learn about fashion, learn to make and design your own clothing, model, learn how to work the runway, organize a school-wide Fashion Show, or support the behind-the-scenes design work with organizing events. The club meets a couple times a month and holds many events throughout the year. Please see Mrs. Eberly in D-14 with any questions, or email eberlyr@pasd.com



Educators Rising Club from last year: **Courtney Clineff, Ellie Ruch, Trevor Heron, Erin Mullarky, Meesha Spivey, Zach Samuels (graduated), Chloe Myers, Christine Amalraj, Jake Sullivan, Emilee Madden, and Morgan Foster.**
Photo courtesy of Mrs. Ehrenzeller

FBLA

Future Business Leaders of America is an academic club that prepares students for careers in and outside of business. It teaches networking, skills, and puts an emphasis on community service. FBLA is the largest student organization in the country and at times the largest here at PAHS! Meetings are held every Thursday in room F-14. We have morning meetings at 7:30 a.m. and afternoon meetings at 3 p.m.; you choose what works best for your schedule! If you have any questions, please email any officer or adviser: Keshav Vyas, Subhada Mohapatra, Elle Eckhardt, Christine Amalraj, Ben Pastore, or Mr. McCormick (McCormickM@pasd.com).

French Club (Le Cercle Francophone)

The "Cercle Francophone" (French Club) meets once a month and is open to all students. The purpose of French Club is to explore and learn about the Francophone cultures through cooking lessons, outings to restaurants, trips to museums (Philadelphia Art Museum, Rodin Museum, Barnes Foundation), French films (Colonial Theatre, Ursinus College French Film Festival), and more. Some of our discussions may include promotion of the French Program, and fundraising. French Club is run by the students in the Société Honoraire de Français (French honor society). The SHF co-presidents are Ashni Kumar and Nico Horne. The faculty advisor is Madame Gasbara and the club meets in I-8. Email gasbarav@pasd.com for more information.

Gazebo Literary Magazine

Gazebo is a writing circle dedicated to cultivating and sharing the artistic talents of students at the high school. Writers of all abilities are welcome to meet in a supportive setting to compose and receive feedback on poems and short stories. Our work culminates in the publication of a literary magazine showcasing the creative writing and visual art of the school. The club meets every Wednesday after school in room H-5. If you're interested in joining, you can speak to Bowen Collet or Mr. LaLuna, who can be reached lalunag@pasd.com.

Gender and Sexuality Alliance (GSA)

The PAHS Gender and Sexuality Alliance is a club devoted to providing a welcoming space for community building and social interaction with a focus on freedom of gender and sexual orientation. Each year the club undertakes projects designed to educate the student body and improve the culture of PAHS. Anyone interested in promoting the acceptance of all PAHS students can join the GSA. See Mr. Zittel in room H-4 or email zittelj@pasd.com for more information. Better yet, just show up to H-4 on Thursdays after school.



Students of the Spanish National Honor Society decorating Christmas cookies to sell before Winter Break. That year the proceeds were donated to Save the Children. Photo courtesy of Mrs. Knaster

German Club

Deutschklub exists to further the knowledge and education for students who wish to pursue German outside the classroom and beyond the scope of school instruction; to meet other German speakers with whom a student may not have class; as a forum for students who are not currently enrolled in a German class to keep up and develop their German skills; as a forum to which to invite native speakers; to plan exchanges, visits, trips; for German cultural experiences, such as food, movies and conversation; to support the German program at the high school. It is open to all current and past German students at PAHS. The club meets in Frau Tavani's room I-12 every other Monday after school.

Government Club

The purpose of Government Club is to discuss pertinent current event issues of the day in an analytical and comprehensive manner. All political ideologies are welcome to join and add to our mature debate forum. We also plan to participate in some service activities. If interested, see Mrs. Kabatt in F-4, or talk to Scott Gordon. The club meets every other Day 1 at 7:30 a.m. in room F-4.

Habitat for Humanity

Habitat for Humanity International Inc. is a Georgia nonprofit corporation that seeks to eliminate poverty housing from the world and to make decent shelter a matter of conscience and action. Habitat invites people from all walks of life to work together in partnership to help build houses for families in need. The Phoenixville Area High School Chapter has been set up to assist Habitat by working with a local affiliate and with Habitat's international headquarters to carry out the mission and principles of Habitat for Humanity. Please email Mr. Perry for more information at perrys@pasd.com.

HOPE Club

HOPE stands for Humans of Phoenixville Empowered. The mission/objective of HOPE is to allow for equal discourse amongst students who care deeply about promoting diversity at PAHS; to engage the community in discussions regarding cultural diversity, identity, access, representation, and school climate; and to identify, plan, and implement projects that address cultural climate improvement at PAHS. HOPE is open to all students who are passionate about issues concerning diversity, equity, and acceptance. If you are interested, please contact Mrs. Lewis at lewisa@pasd.com. Meetings will be held every other Wednesday in Room I-5.

HOSA

HOSA is a global student-led organization recognized by the U.S. Department of Education and the Department of Health and Human Services and several federal and state agencies. HOSA's mission is to empower HOSA-Future Health Professionals to become leaders in the global health community, through education, collaboration, and experience. HOSA actively promotes career opportunities in the health industry and to enhance the delivery of quality health care to all people. Competitive events provide recognition and scholarship opportunities and prepare students for college and beyond. If you are interested in joining HOSA, please see Mr. Gianni in J-10.

Key Club

Key Club is an international student-led organization that provides its members with opportunities to provide service, build character, and develop leadership. Being the oldest club at the high school, the goals of the club are to build leadership, character, care, and inclusiveness. Members participate in a wide range of events such as leaf raking for the elderly, food collections, collections for Mom's House, Kiwanis events such as Kidsfest, the Halloween Party, the Holiday Parade, and the Phoenixville Jaycees 5K. The Key Club has also been assisting at the annual "Taste of Phoenixville" event. Jennifer Huynh is the president, and the club advisor is Mr. Hughes. See him in room D-2 for more information.

Latin Club

This organization focuses on the ancient Latin language and Greco-Roman culture to anyone interested in the Classics. One doesn't have to be a Latin student to join the group. The club holds many Roman-style activities, including the celebration of the winter holiday of Saturnalia, the screening of classically-inspired films, Certamen (Greco-Roman trivia competition), Ides of March Festivities (possibly including an assassin fundraiser), a Roman banquet, and Rome's birthday in April. The club also strives each year to involve students in the Philadelphia Classical Society's Latin Week Competition and the Pennsylvania Junior Classical League Convention. Meeting dates and location TBD. Email Magister Castagna for more information at castagnan@pasd.com.

Mini-THON

The students at Phoenixville Area High School spend 12 hours on their feet through the night to benefit Four Diamonds at Penn State Hershey Children's Hospital, Hershey, PA. The PHX "Mini-THON" is based on the Penn State Dance Marathon---the largest student-run philanthropy in the nation where dancers spend 46 hours awake and on their feet to raise money for pediatric cancer patients. The mission of Four Diamonds is to conquer childhood cancer by assisting children treated at Penn State Hershey Children's Hospital and their families, through superior care, comprehensive support, and innovative research. Phoenixville students organize, run, and fundraise for this event throughout the year. This year's Mini-THON date is still to be decided for the spring. PHX Mini-THON is looking for committee members to serve and welcomes all to join us to dance the night F.T.K.—For The Kids. For more information, email Ms. Kurtz, the advisor, at kurtzm@pasd.com. Join the Remind text @phxm to 81010 to get updates on club information.

Model U.N.

Model United Nations is a club dedicated to expanding students' minds beyond the community. Students meet once a week to discuss, debate and resolve world issues ranging from Europe's increase in Muslim immigrants as a result of the Arab Spring, to ways to eliminate racism from the English Premier League soccer organization. The club is modeled after the real-world United Nations and gives students the opportunity to see the world through the eyes of a delegate. Throughout the year, we will travel across the country to compete, debate and grow with some of the most talented minds from across the world. Mr. Winters and Mrs. Son are the advisors, and this year's president is John Hamid. The club meets once every two weeks in Room E-4. Email wintersj@pasd.com for specific meeting days and times.

National Honor Society

The National Honor Society serves to honor those students who demonstrate scholarship, leadership, service, and character in both the school and community. Students in good standing with at least a 3.5 GPA are invited to submit their credentials for membership. The advisor is Mr. Winters, and the president of NHS is Anna Carruthers.

Phantom E-Sports

Phantom E-Sports is a club and team for Phoenixville Area High School students who have a shared interest in competitive and intramural gaming. Phantom E-Sports fields competitive teams in select game titles through the Pennsylvania Interscholastic E-Sports Association (PIEA), and the Pennsylvania Scholastic E-Sports League (PSEL). The club looks to host intramural gaming events for the school community over a handful of game titles. For any questions, contact the club advisors: Mr. Chookagian (chookagianc@pasd.com), or Mr. Chwiecko (chwieckom@pasd.com).

Phantom Relief

Empower disadvantage communities and families by providing them with essential necessities and support. This club dedicates its time and resources to volunteering, organizing clothing drives, and fundraising for underprivileged children and youth, subsequently donating the proceeds to local non-profit organizations. If you'd love to support your community, then this is the club for you! Club meetings are every 1st and 3rd Tuesday of the month in the cafeteria after school. Contact Mrs. Son for more information by emailing sona@pasd.com.

Phantom TV Club

Open to students in Grades 9-12. This club creates video content for Phantom TV, the school district TV channel which broadcasts to the Phoenixville community and beyond. Video production of PASD events such as sports, concerts and other special ceremonies is the focus. Students are also involved with recording the morning announcements. As students gain more experience they are welcome to create their own video projects. Academic credit is available. No experience required. Just stop by the TV Studio, located in the F Wing, and introduce yourself.

Phoenixville Platform for Service

Platform for Service is a community service club dedicated to volunteering and improving the community of Phoenixville. With events such as visiting the Veterans' Center to spend time and play games with the veterans, Movie Night to raise money for families in need, and providing kids with the opportunity to build gingerbread houses and meet Santa in December, Platform for Service is a great way to get involved, have fun, earn service credits, and raise money to support families in need during the holiday season. If you have any questions or would like more information, please contact club president club advisor Mr. McLaughlin at mclaughlind@pasd.com. The club meets every other Tuesday morning at 7:30 in room F-5.

Physics Olympics

The PAHS Physics Olympics team will be competing with schools around the country in the US National Selection Tournament and will try to earn spots on the US team for IYPT. The projects this year involve studying water droplets as microscopes, an air pressure trick, and launching projectiles off of air cushions. This is physics-research intensive, so physics knowledge is required. Mr. Jennings (E-15) is the advisor; contact him with any questions.

Reading Olympics

The Reading Olympics Club unites students who enjoy reading for pleasure and discussing books with peers. We select books from a variety of genres to read based on a list released each year, culminating in a friendly countywide competition with other schools in the spring. Join our Remind for updates @readpahs. Contact Ms. Bicker or stop by the library for more information.

Science Club

The goal of the Science Club is to bring together people that have a passion for science, inquiry and different ways of thinking! More of a social experience, the club meets to discuss science, make friends, watch movies/shows related to scientific phenomenon, and engage in activities that increase their "nerd cred." The club provides hands-on experiences to enhance scientific thinking and skills on a regular basis as well as the opportunity to compete against other like-minded individuals for scholarship, recognition and academic opportunities. All are welcome and encouraged to take part. Mr. Winters is the advisor, so email wintersj@pasd.com for meeting days and times.

Ski and Snowboard Club

The PAHS Ski and Snowboard Club is dedicated to enjoying the great outdoors while skiing or snowboarding. We are planning four local day trips and possibly one overnight trip. Community service is also a part of the club. Fundraising will be utilized to pay for club T-shirts and to reduce the cost of our trips. The club advisor is Magister Castagna. Meeting dates will be advertised through homeroom announcements, flyers, and the REMIND app. Email Mr. Castagna for more information at castagnan@pasd.com.

Spanish Club

The goal of this club is to further the understanding of the language and customs of the Hispanic world. The club does a variety of events including fundraisers for cultural-based field trips and organizing Hispanic cultural celebrations. The club will play games and host entertaining activities for its members. The club meets Monday after school. Mint Both is the president, and Mr. Acosta is the advisor; email him for more information at acostan@pasd.com.

Spanish National Honor Society

Every February, students who are currently taking a Spanish class can apply to be a part of the Spanish National Honor Society (Sociedad Honoraria Hispánica). This society is a nationally recognized society for students who excel in Spanish and who would like to promote the study of the Spanish language and celebrate the cultures of the Spanish speaking world. The Spanish National Honor Society organizes and participates in events that help Spanish speaking people in our community and the world. If you are interested, please see Mrs. Knaster in room J1 for more information. You can also email her at knastern@pasd.com

Technology Student Association

The Technology Student Association fosters personal growth, leadership and opportunities in technology, innovation, design, and engineering. Members apply and integrate science, technology, engineering and mathematics concepts through co-curricular activities, competitive events, and related programs. The club will be meeting twice per month in E-13. Contact Mr. Jock in person or at jockj@pasd.com for more information.

Varsity Club

The Varsity Club promotes school spirit and encourages good play and sportsmanship. Any boy or girl who has earned a varsity letter in athletics is eligible for membership. We meet once a week throughout the year to plan various activities. Activities include American Red Cross blood drives, field days and Dr. Seuss days at the elementary schools, and other activities to raise school spirit. The club also provides seniors with awards and scholarships as symbols of sportsmanship, spirit, initiative, and self-sacrifice that must be embodied in those who earn a varsity letter. The club meets Friday mornings at 7:30 in the gym. The advisors are Mr. Acosta and Mrs. Foresta. The club leaders are seniors Ella Ballow and Sam Moore.

Vocal Fusion

Club Description: Vocal Fusion is a student-run acapella ensemble. This group rehearses outside of school as well as performs in school and community events. See Miss James in the choir room (G-13) for more information.

Yearbook

The yearbook staff is looking for writers, designers, photographers, and editors to create and design the yearbook. Any student (grades 9-12) interested in designing this year's yearbook should contact Mrs. Weinstein for details at weinsteina@pasd.com. Yearbook meets every day during all lunch periods in room I-6.

Which teachers would most likely be voted Homecoming King and Queen, and why?



Nick Darragh, Lauren Curry, and Emily Birdsell (11): "The Weinsteins because they're a match made in heaven."



Izzy Sams (10): "Mrs. Ehrenzeller and Mr. Hughes because they have bubbly personalities."



Mr. Houck: "Ms. Davies and Mr. Acosta because she was a cheerleader and he was a jock."



Matthew Malinowski (10): "Mr. McLaughlin and Mrs. Norris because they're introverted and extroverted."



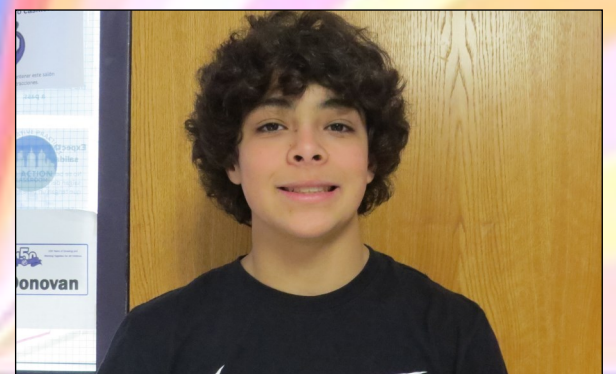
Andrew Beecher (9): "Mr. Donovan and Mrs. Eberly because they're nice and funny."



Mint Both (12): "Mr. LaLuna and Ms. James because they are the best teachers."



Lindsay Richter (12): "Mr. and Mrs. Weinstein because they are the best."



Noah Robinson (9): "Mr. Winters and Mrs. Son because they would look good together."



Angelo Wuiz (9): "Mr. Donovan and Ms. Cattani because they are the greatest."



Chardae Coleman (9): "Mrs. Cattani and Mr. Morrow because they're both nice and chill."



Ruby Gale (10): "Mr. Houck and Mrs. Eberly because they are both energetic."

What is the best couple's Halloween costume?



Kelsey Kring (12):
"Gru and Vector."



Gabe Zambrano (12):
"Blue and Steve from 'Blues Clues.'"



Bill (#1 Security Guard):
"Peanut Butter and Jelly."



Natalie Murray (11):
"Mickey and Minnie Mouse."



June McManus (12):
"Shrek and Fiona."



Avery Hickey (11):
"Cop and Robber."



Broderick Brown (9):
"Angel and Devil."



Sam Faunce and Max Hauer (11):
"Sully and Mike."



Avarry Carr and Kate Illig (9):
"Barbie and Ken."



Chase Johns (9):
"Mario and Luigi."

"Glow Up": Next-level makeup



Written by:
Elle McDonnell

Makeup is a work of art. It requires a great mix of talent, skills, and self-expression to enhance natural features on one's skin. Starting with season one in 2019, the Netflix Original, "Glow Up" portrays this art of self-expression through competition and fun. In the show, makeup artists from the United Kingdom and other surrounding countries go head to head in a competition of colorful artistry to win a career-making opportunity in the beauty industry. Before diving into the show's storyline, it's important to recognize that this Netflix Original won an



Ellis' look in the season one finale was adored by the judges because of the color scheme and 'digital piece of art' look it portrays.
Photo: distractify.com

award for the Best Fashion and Makeup Show at the National Reality TV Awards

in 2022.

With judges Dominic Skinner and Val Garland, who critique every move that these ten aspiring makeup artists make, "Glow Up" colorfully portrays a whirlwind of emotions. In the reality TV show, MUAs (makeup artists) are given tasks to complete in an allotted amount of time. These tasks may include performing a catwalk-glam for London Fashion week, applying theatrical makeup for Cirque du Soleil, or special effect makeup in a horror movie. MUA's are given a description of the new look and are required to complete the challenge with their brief prior preparation of ideas on hand. The judges, and special guest star of that episode, choose a winner from one of the talented MUAs to stay behind and help with more looks.

Unfortunately, the lowest two scoring MUAs must go head-to-head in a 'Face Off,' meaning two makeup artists go up

against each other in a difficult challenge, normally focusing on one section of the face. If the selected individuals do not accede to the judges expectations, they are given consequences, usually resulting in elimination. The tough feedback that Val and Dom give consist of critiques such as 'not symmetrical,' 'not vibrant enough,' or 'that their look is just downright bad!' With limited time and harsh critiques, applying makeup becomes incredibly nerve-wracking to say the least.

One thing that I enjoy about this show is the MUAs support and kindness to each other. All contestants are very genuine when competing against each other. Some even help each other out when they may be running behind in their task. It gives the audience a sense of comfort to see these talented individuals look out for each other.

"Glow Up," now in Season five, is a show for all people. It teaches many aspects, including the importance of expressing yourself and letting yourself show vulnerability. It also teaches real world skills such as stress and time management, with a flair of color and fun. I have a great amount of respect for the talented individuals who do makeup for not only models, but for film, TV, and just everyday looks in general.

I cannot criticize this show in the slightest. I think it's very interesting and attention grabbing at all times. It will make you want to binge all five seasons! I really love this show and I think you will too. Seasons one through five are available now on Netflix.

Grade: A
Genre: Reality TV
Rating: Ages 13+
Judges: Dominic Skinner, Val Garland



Dominic Skinner and Val Garland, whose favorite line to say is 'DING DONG!' when an artist creates a perfect look, judge all five seasons of "Glow Up."
Photo: metro.co.uk

"Barbie": A look at life in the Dreamhouse



Written by:
Julia McNamee

Barbies. Everyone knows what they are, and most children who grew up in the 1960s and beyond have played with them at one point in their lives. Who would have guessed this innocent-seeming doll and her friends would one day cash out at the box office, generating 1.3 billion dollars in global sales?

The 'Barbie' movie begins with multiple actors who represent past versions of the Mattel Barbie, living blithely in BarbieLand. Without a care in the world, the movie shows all the Barbies going about their day in a perfectly pink manner. 'Perfect Barbie', or main character Barbie (Margot Robbie), is seen heading to the beach to meet with other Barbies, and of course, the Kens. As a juxtaposition to the real world, the Patriarchy does not exist in BarbieLand. The Barbies rule BarbieLand and the Kens only have one job; 'beach'. When Barbie starts to have forbidden thoughts about death and her morning routine gets out-of-whack, she goes to see Weird Barbie (Kate McKinnon). Weird Barbie is one of those Barbies that was played with too hard, had missing strands of hair, and was always left naked. Barbie is told she must go to the real-world and find 'her person', who is hurting.

When Barbie, and Ken, who sneaks along for the car ride, enter the real world, Barbie finds who she believes to be her person, Sasha (Ariana Greenblatt), a self-conscious high schooler. Sasha yells at Barbie and calls her an assortment of names, such as 'fascist'. Barbie is struck by feelings of self-doubt as she realizes the real world is nothing like BarbieLand,



Barbie (Margot Robbie) and Ken (Ryan Gosling) in the real world (Los Angeles), dressed in outfits they took from a convenience store, oblivious of the weird looks they are receiving from others.
Photo: Warner Brothers

while Ken feels empowered because he is starting to see the power men possess in this world. When Barbie, Sasha, and Gloria (Sasha's mom) return back to BarbieLand, they realize it has become Kendom Land- where Patriarchy is a very real concept. The Barbies have become brainwashed and the infamous Dreamhouse has become "Ken's Mojo Dojo Casa House." Sasha, Sasha's mom, Weird Barbie, and of course, Barbie, are able to restore BarbieLand, however Barbie feels like something is missing. She hopes to become human, and the original creator of Barbie, Ruth Handler (Rhea Pearlman), enters the movie and tells Barbie she never needed permission. Barbie transforms, and the movie ends, conveying a feeling of female empowerment.

While the movie was advertised to most age groups (everyone older than 13), it was specifically created for your parents, and even grandparents, who are now able to fully experience their childhood toy

again in a different light. For example, Gloria, Sasha's mom in the film and Barbie's "person," who had not touched a Barbie in decades, was pleasantly reunited with her old childhood best friend. This is why you may have noticed Barbies in BarbieLand that you did not recognize, like 2003 Lawyer Barbie (Sharon Rooney), Allan (Michael Cera), and 1963 Barbie, Midge (Emerald Fennell), who was pulled from shelves in 2003.

When I watched the movie for the first time, I was not expecting all the political and social references the movie makes. I think a lot of people, including myself, expected the movie to be a light-hearted comedy. While there are certainly some funny performances in it, I now take the movie as a reflection on the inequality in our society, as well as a way to ridicule the unattainable beauty standards society holds for women.

It is clear Mattel has realized the problematic standards they've set with their

line of 'perfect' Barbies, and in the past years have begun creating new Barbies that represent more and more of our diverse population. While some say the movie is too political, I believe they are simply not open to the inclusion and change that is needed in our world today.

Humorous moments and very catchy songs, like "I'm Just Ken" help to bring the right of comedy to this movie, while also bringing social awareness to all age groups. Although our country is no BarbieLand, movies like "Barbie" help bring attention and awareness to issues in our society, such as sexism, that must be changed or prevented in hopes to better our world.

Grade: A
Genre: Fantasy Comedy
Streaming Service: Prime Video
Starring: Margot Robbie, Ryan Gosling, America Ferrera, Ariana Greenblatt, Will Ferrell

Ice Spice: Spicing up today's music scene



Written by:

Lilly Sivco

"If you ain't cookin', then get off the pot / My name Ice, but I always stay hot." Ice Spice, an up-and-coming rapper from the Bronx, uses catchy and amusing lyrics within each of her songs to capture the attention of listeners around the world. By combining a fascinating flow with memorable wordplay, this rising 23-year-old rapper has been climbing the Billboard charts since 2021 with the success of songs like "Deli," "Princess Diana," and "Bikini Bottom."

Isis Naija Gaston, professionally known as Ice Spice, began her musical career while balancing an education at Purchase College. As she was studying communications and playing volleyball, Gaston released "Bully Freestyle" in March of 2021. This debut song was produced by RiotUSA, another musician attending the same college as Ice Spice. The pair met through a mutual friend, unaware that this partnership would soon lead to 41.7 million monthly listeners and over two billion views on YouTube!

The stage name "Ice Spice" (which is not affiliated with the Spice Girls) arose when Gaston was creating a name for her Instagram account. Her first name is Isis, where the "Ice" part of "Ice Spice" comes from. After thinking of words that rhyme with ice, she chose the word spice, leading to the invention of her captivating stage name. The name "Ice Spice" is also fitting because she loves spicy food, especially hot sauce. Gaston's vivid red hair and electrifying personality are fitting additions to her overall presence on stage.

Many of Gaston's songs contain beats and a flow from a genre called "drill music," which originated in Chicago. This musical style is also utilized by rappers like Pop Smoke and King Von to illustrate the reality of their lives and culture. Gaston's experiences with unrequited love, partying, and female empowerment, for example, are emphasized within her debut extended play album, "Like..?" This collection of six songs was announced only a few hours prior to its release, yet it gained instant traction with the success of her hit song "Munch (Feelin' U)." Gaining over 39 million plays on Spotify and 50 million views on Youtube, Ice Spice became an overnight sensation.



Taylor Swift performing a verse of "Karma," a remix featuring Ice Spice. The duo stood in front of over 82,000 Swifties after selling out New Jersey's MetLife Stadium.

Photo: Entertainment Tonight



Ice Spice poses in front of the K & N Deli and Grocery in Manhattan. This clip from her "Deli" music video is a tribute to the store she often visited after school.

Photo: Pitchfork

Although "Munch (Feelin' U)" is the most widely streamed song on Gaston's original album, her motivational nature is captured within the song "In Ha Mood." Gaston's intentions while writing the album "Like..?" were to excite and stimulate listeners while providing them with a catchy, upbeat melody. On the song she raps, "She a baddie, she know she a ten / She a baddie wit' her baddie friend." Not only does this song contain memorable lyrics that inspire women to know their worth and be confident, but it also inspired over 700,000 Tiktok users to dance and create videos to her music. With an unforgettable chorus, stating "she in ha mood," Ice Spice advises listeners to chase success and money in life, without worrying about relationships or toxic friends who will drag others down.

While Ice Spice is a fairly new rapper with only thirteen singles, she has dominated the music industry with feats that

few others have accomplished. Her success has paved the way for collaborations with artists like Nicki Minaj, Doja Cat, and Taylor Swift. Perhaps her most memorable performances occurred on Taylor Swift's "Eras Tour" stage, as the duo performed "Karma" for audiences greater than 70,000 per show. Ice Spice's rapid fame, despite the fact that she is only 23 years old, proves how swiftly a talented artist can spice up today's music scene.

You can stream Ice Spice's thrilling tunes, including the album "Like..?" on Spotify, Apple Music, YouTube Music, Amazon Music, SoundCloud, and Pandora.

Grade: A+
Artist: Ice Spice
Album: "Like..?"
Genre: Hip-Hop/Rap
Record Label: Capitol Records
Release Date: January 20, 2023

"Live at the Paramount": The beginning of the end



Written by:

Cat Baxter

Although performed on Halloween of 1991, three years before the dissolution of Nirvana due to the death of Kurt Cobain, "Live at the Paramount" was considered by those attending the concert as, "the beginning of the end" of Nirvana. The album, which was only officially released 20 years after its recording, became available to the public in 2011 and followed the massive success of Nirvana's 1991 album, "Nevermind."

The album consists of songs from the two albums that the band had released at the time, as well as their EP "Blew" and a

couple of covers from other bands including "Love Buzz" by Shocking Blue, and "Jesus Doesn't Want Me For A Sunbeam" by The Vaselines.

Despite having agreed to record the live performance, the members of Nirvana (Kurt Cobain, Krist Novoselic, and Dave Grohl), did not agree to it being videotaped. John Silva, co-manager of Nirvana, hired a video crew for \$250,000 to dress in black and secretly videotape the concert with 35 mm cameras to sell for profit against the band's wishes.

Seattle photographer Charles Peterson, credited for his chronicling the rise of grunge in Seattle, believed that the record label Nirvana belonged to, DCG Records, covertly filming the concert was, "The beginning of the end. It was so unfair to their home audience because it stilted the performance. It reeked of money."

The recorded show was the third of three performances by Nirvana in the

Pacific Northwest alongside the band Mudhoney, and the final show of the North American leg of the "Nevermind" tour. It was the largest show the band had played, with an audience of 2,800 people. Tickets were only \$10.

The show began with bassist Novoselic, commenting on the lack of Halloween costumes in the crowd and beginning with a cover of "Jesus Doesn't Want Me For A Sunbeam," which garnered loud cheers from the audience, as did the next three songs "Aneurysm," "Drain You," and "School." They then delve into their fifth song, "Floyd the Barber," about a character from "The Andy Griffith Show" who is visited by a man looking for a shave only to get kidnapped, tortured, and killed by locals, noting how the generation raised in the 1950s have idolized their upbringings. Once they finish performing the song, Novoselic shouts into the mic, "White boy funk sucks!"

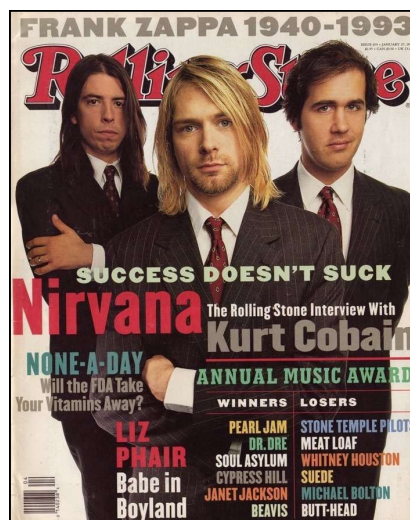
A song that was considered by Cobain as "risky" to perform, as there was pressure within the social scene to remain more punk, was a 1989 track off the "Bleach" album, "About a Girl", a song that was written and produced before Grohl joined the band, and inspired by the Beatles. When Cobain was asked what it was about by at-the-time drummer Chad Manning, he simply responded, "it's about a girl."

One of the most notable songs played was an at the time unreleased song "Rape Me," performed during the show's encore, which was a part of the band's final album, "In Utero" that was written by Cobain while "Nevermind" was being mixed.

This show given by Nirvana is one of the clearest and most concise they had ever played. Cobain's phrasing and vocal

performance, although rough and yowling, seems a deliberate choice. Krist's unifying bass playing, and Grohl's relentless and empowered drumming renders the act poignant and exhilarating. The performance is anything but incidental or non committal and feels more intense and remarkable with every individual listen.

This show might've been the beginning of the end for Nirvana, but if you happen to be looking for a similar sound, I'd recommend Hole, Foo Fighters, Jane's Addiction, Screem, and Mudhoney.



Leading vocalist and guitarist Kurt Cobain, bass player Krist Novoselic, and drummer Dave Grohl pictured in a 1994 edition of Rolling Stone.

Photo: Rolling Stone

Grade: A+
Artist: Nirvana
Genre: Alternative
Record Label: DCG Records



Kurt Cobain on stage performing on MTV Unplugged in 1993 (two years after the "Live At The Paramount" show)

Photo: Pinterest

Girls' Tennis: Channeling mental toughness



Written by:
Emma Ward



Seniors **Lindsay Richter, Sophia Pratte, Ava Siaton, Margaret Mercer, Emily Hacker, Makayla Bernotas, and Grace Jagers** brought leadership to the team this year. Photo courtesy of Coach Lindeman

Following the success of last year's (record) season, the Phoenixville Girls' Tennis team had high hopes going into their 2023 season. Although they experienced many rainouts that postponed or canceled matches, the girls remained resilient and displayed exceptional mental toughness. Combining the experience of the upperclassmen and the enthusiasm from underclassmen, the team was able to return to the court in full swing.

Entering her tenth year with the team and fifth as head coach, Coach Summer Lindeman worked with assistant coaches Abriana Nolan and Anna Chan to lead the girls to a successful season. With an overall record of 8-3, (with one left to play) the Phantoms gave their all in every match of the season.

"Our team's strength is that we have strong players all the way through our Varsity lineup from first singles to fourth doubles. The fourth doubles team in particular has helped us close a lot of our matches!" Coach Lindeman said of the team.

All players contributed to the success the team achieved this season. Playing first singles was Vivona Xu (sophomore), at second singles was Elise Pham (junior), and at third singles was Lindsay Richter (senior). The varsity doubles players consisted of Madeline Kerry (junior) and Addison Graver (sophomore) at first doubles, while Ella Pietrzykowski (junior) and Ava DeMutis (junior) handled second

doubles. Gwen Natale (junior) and Addy Cirone (freshman) took third doubles, and Sophia Pratte (senior) and Dani Ryan (sophomore) followed up at fourth doubles.

The dedication from senior captains Lindsay Richter and Sophia Pratte greatly contributed to the success both on and off the court. In addition to leading warm-ups every day, they organized the team's annual donation to the Cancer Center at the Phoenixville Hospital, and the new Lead 'Em Up program. Senior players who were also influential in the positive environment included Ava Siaton, Margaret Mercer, Makayla Bernotas, Emily Hacker, and Grace Jagers.

A key win this season was when the girls shut out Boyertown 7-0. Another big victory was the 4-3 win at Owen J. Roberts. The match contained many court split sets and came down to fourth doubles. Due to the united effort from everyone on the team, the girls were able to

pull out the win.

Commenting on her favorite parts of the season, senior captain Lindsay Richter stated, "I like both our away and home matches because we always cheer each other on and I like playing group games on the court."

In the PAC Single's Tournament, Viviona Xu took fourth place. Elise Pham lost a very close match 8-10 in a 10-game pre-set against a Perk Valley player. At District Singles, Xu lost to a tough player from Lower Merion. The PAC Doubles Tournament will take place on October 5th and 6th.

Not only were the girls determined competitors on the court, but they participated in many fundraisers off the court as well. They held a Petrucci's night and an Iron Hill fundraiser. Unfortunately, their annual Play for the Cure Tournament was rained out and was unable to be rescheduled. However, they will still be donating the proceeds they already

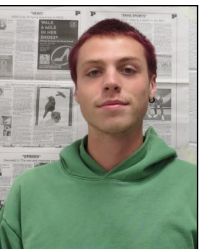
raised to the cause.

Reflecting on the season, senior captain Sophia Pratte stated, "I'll miss being on a team. It was my favorite team to be on in high school. Everyone is really nice and there to help people. If someone is feeling bad or needs a snack, people will offer up theirs."

Looking into next season, the girls' tennis team is hoping that although they are graduating a few seniors, the underclassmen will pull through and lead the team to success once more. The number of returning players is a strength that provides great depth for the team, leading to lots of experience walking back onto the court.

After a winning season, Vivona Xu emphasized the importance of supporting your teammates and remaining confident in your abilities, stating, "You don't have to be the best to beat the best. As long as you have a strong mental game, you can do anything."

The future is bright for PAHS Boys' Golf Team



Written by:
Jackson Deets

tant coaches Dan Wasson and Brian Leister continued to provide great guidance for the team.

The seniors this year also did a great job of leading the team and bringing great performances. The varsity seniors included Team Captain Dale Mackay, (four years), Tom Lockner (three years), Mike Kritzman, and Braydn Strzelecki. Other seniors included Jay Leinhauser, Nico Horne, and Cole and Bennett Hathaway. Junior golfers on varsity were Will Linko, Connor Menasion, and Declan McCoy. The rest of the varsity squad this year consisted of freshmen Cole Geiger, Walker Mannon, and Morgan Thompson, as well as sophomore Sai Upadhyay.

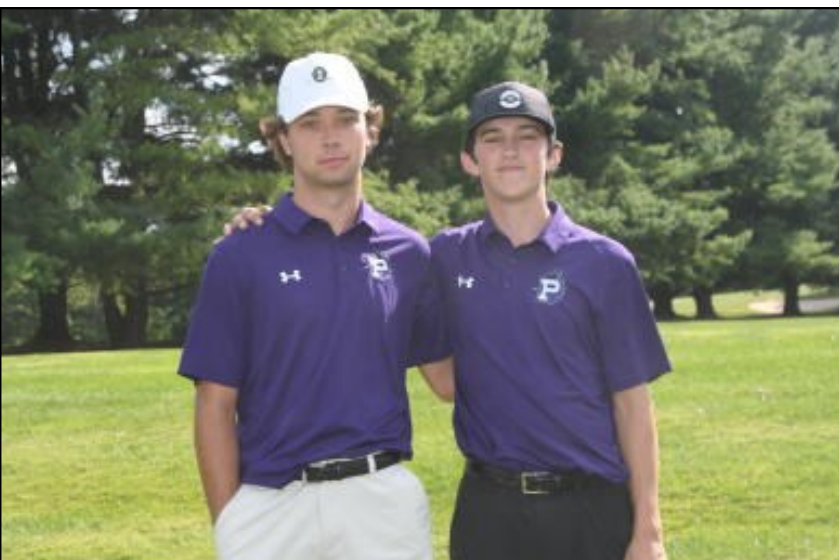
The team's practice and home games were held at Pickering Valley Golf Club and Phoenixville Country Club. Head Coach Huston said, "They have always been very accommodating to us as well

The Boys' Golf team this year had a great line up of hardworking players and showed the talent of each of these individuals on the course, finishing the season with a PAC record of 5 wins and 5 losses.

The coaches this year are great leaders and experienced golfers. Coach Huston, who has been coaching golf for the past 22 years, has spent the last two years as the head coach and has continued to assist many new and talented golfers at PAHS. Along with coach Huston, assis-



A group picture of PAHS senior Varsity players before a match at Pickering Valley Golf Club: **Tom Lockner, Braydn Strzelecki, Mike Kritzman, Dale MacKay, Nico Horne, and Jay Leinhauser.**



Four-year varsity leader **Dale Mackay** and junior **Will Linko** pose for a photo after a match. **Linko** qualified for the District Golf Tournament on October 9. Photos: LifeTouch

as our opponents." The team's main focuses during practice revolved around short game, putting, course management, and the rules of golf.

Senior Dale MacKay is an avid hockey and lacrosse player who got into golf casually, playing with friends, not realizing that it would turn into four great seasons with the school. The team expectations were higher than normal this year with many players being able to shoot low in tryouts and practices. But even then, the team exceeded Dale's expectations with Linko and Menasion advancing to Districts.

One of the team's best achievements this year was their 198 score game against Pottsgrove; coincidentally, this also included one of MacKay's best performances this season, scoring a 38 (+2) during the match. On Senior Day, Phoe-

nixville won by eight strokes in a tight match against Upper Perkiomen on September 20.

As for MacKay's favorite moments on the team, he included: "sitting on the patio after the match just talking with my friends on the team. On the field, it would be playing with Will [Linko] and just having fun playing a sport we like." MacKay would like to continue to play golf, but plans to go to college to study finance and economics.

Even with seniors like MacKay leaving the team, younger players Linko and Menasion are lined up to be the next great senior players for PAHS.

2023 was an excellent season for the Boys' Golf Team. As the guys provided some of the best performances in years for the team, they showed that this new lineup is a force to be reckoned with.

Road to repeat? A look into the Phillies' postseason



Written by:
Cam Clark

It comes as no surprise that the Phillies are back in the playoffs, given their impressive performance last year in the postseason. Having clinched a wild card playoff berth, fans question what the post season has in store for Philly, and what the team needs to do to make another World Series appearance. How did they get here? What are some main concerns?

With a final record of 90-72, the Phillies will play in the National league wild



Kyle Schwarber hits his 47th home run of the season against the Mets on September 30, finishing second in the National League behind the Braves' Matt Olson. (54).

card round as the #4 seed, and will host The Marlins in a best of three game series. In a head-to-head matchup against Miami, the Phillies seem like the favorite. However, a short series against any team brings up the Phillies' most prominent issue throughout the season, pitching. This concern has been preached by Philly

seems like a redundant take, because if every team hits home runs, every team would win, but it is true. The Phillies rank third in home runs behind the Dodgers (#2 seed) and the Braves (#1 seed). After starting off the season not hitting home runs, the final number is impressive, as the Phillies ranked number two in home

finishing the season with 104 wins (14 more than Philadelphia) but that doesn't mean the Phillies' season has to end here. The Phillies pose a real threat to Atlanta, as already proven in last year's playoffs during an upset in the same round, so why not do it again? Philadelphia already has an immediate lineup advantage against the Braves' injured roster.

The Phillies have a shot at the World Series, but their best chance lies in the National league finals. On the other half of the League bracket, there is no absolute NL finals contender. In a situation where it becomes the Dodgers, the Phillies would have played an additional series compared to the Dodgers who had a bye at the 2 seed. Fatigue may start to set in for pitchers and hitters. Los Angeles has one of the best offenses in the league. Even through the problems, there is no telling what this Phillies team can do.

In the event a World Series appearance does occur, the Baltimore Orioles are the most likely matchup. Any team from the American League is a lesser opponent than the Dodgers and Braves, who the Phillies would have already played, most likely. Baltimore is lesser in offense, with similar defense to the Dodgers or Braves. A World Series with all games happening here at home or right down Route 95 would make for a fun set of games.

I thoroughly believe the Phillies are a fun and entertaining team, but the road to a championship will be tougher for Philly than other teams may have it. No matter what, any series the Phillies are in will be close. The Philadelphia Phillies are a young team with depth, heart, and potential, and a title win is inevitable for this team in the near future.

Prediction: The Philadelphia Phillies fall short to the Dodgers in the National League Championship in game 7 (4-3).



Bryce Harper and the Phillies celebrate their playoff clinch after a win over Pittsburgh on the 26th of September. Photo: ESPN

fans alike, but doesn't get as much national attention as praise for their hitting, or individual stardom from players such as Bryce Harper or Trea Turner.

On paper, the Phillies have a solid pitching staff. They are third in the National league in ERA, strike outs, and quality starts (just four behind the NL leader). However, the relief pitching has shown to be an issue throughout the mid-season. Throughout the 2023 season, the average Phillies relief pitcher who's played at least 25 games had an ERA close to 4.11. These pitching numbers will get you through the season, but won't fly in the playoffs

In the postseason, the key to the Phillies' success will be hitting the ball. It

runs over the last 30 days (43). Home runs play a crucial role not just for runs themselves, but keeping a scoring distance from whoever they may face.

The Phillies' first playoff opponent, the Marlins, snuck into the postseason by dominating low scoring games. In one-run games this season, the Marlins are 33-13. This series could pose an unwelcome threat, especially because the Marlins took the series win during the season (7-6) with four Marlins victories ending in one-run games. The Marlins are last in the NL in runs scored, so if the Phillies' bats stay hot, Philly can hopefully win the series quickly and focus on the series ahead: the Atlanta Braves.

The Braves are certainly a tough team,

Is this the year? Previewing the 76ers 2023-24 season



Written by:
Erik Groff

The 76ers have had a controversial recent history. Between "Trust the Process," the Ben Simmons saga, and not reaching the Eastern Conference finals since 2000, Philly has had a rough stretch. So could this be the year to take the title? I think so, but it will take the best of our best and lots of hard work. The Sixers' current success is a heavily debated subject, with some happy to be good, but most tired of losing in the first and second rounds of the playoffs every year. The hope is that the 2023 team can be different with new coaching, some new players, and some revitalized play from the big man, Joel Embiid. These are the significant factors that will contribute to the 76ers championship hopes.

The biggest move in the Sixers' offseason was bringing in new head coach Nick Nurse. Nurse was the head coach in Toronto for five seasons and finished his tenure there as the winningest coach in Raptors' history, with a .582 winning percentage. He was the 2020 NBA Coach of the Year, and won the NBA championship with the Raptors in 2019. Coach Nurse is known for his defensive-minded schemes and his unique way of containing star players that was a major contributor to the previously mentioned 2019 champion Raptors. Nurse makes his teams hustle and run the floor, which were known past problems in Philadelphia. This change in coaching looks good in a perfect world,

with Nick Nurse seeming like a solution to many of the 76ers past problems. Of course, any amount of mishaps could occur like bad team chemistry, or injuries, but it is a fact that this team will have a much different mindset, for better or worse.

Another big move for the 76ers has been the signing of Kelly Oubre Jr., a wing coming from the Charlotte Hornets. This signing was massive and sudden, with him being officially signed on September 26th, only a little less than a month before the season's beginning. Kelly Oubre Jr. is a talented scorer, putting up 20.3 ppg (points per game) on a solid 44% from the field, and shooting 32 percent behind the arc. Adding a shot-maker like this helps create gravity on the court and take some defensive attention off our stars. Oubre will be a great contributor to the team, whether that is in the starting five or coming off the bench. I personally see him coming into a microwave scorer role, making shots off the bench coming in for Tobias Harris. This role is one the team could very much use, with past issues making shots when perennial MVP candidate Joel Embiid is off the court. Oubre is also a good defender with great length for his position with a 7'3 wingspan. I only see his defense getting better under a coach like Nick Nurse, who is known for his defensive genius.

Of course, you can't talk 76ers without talking about Joel "The Process" Embiid. He is one of the best players in the NBA and the reigning league MVP. Last season he continued to be a dominant scorer, averaging a ridiculous 33 PPG on 54% shooting, but the main takeaway was his progression on defense. Embiid saw a massive development on the defensive end this season, becoming much better at moving his feet and hands to contest

shots at the rim or the mid-range without committing fouls. Embiid draws as much defensive attention as any other player in the league, which can lead to easy buckets for the team. With Joel Embiid on the 76ers, there will always be a chance for them to go to the promised land.

So, do the 76ers have the ingredients to win it all? Yes! I believe this may be the year for them to shock the world, especially in a stacked Eastern Conference. The truth is, the biggest problem the team has is hustling. They have had issues getting back on defense or running the fastbreak for easy points just because they weren't bringing enough energy on the court. However, I think if anyone can

change this team mindset and make them push themselves, it will be Nick Nurse. Glen Rivers's coaching was downright hard to watch at times. Between his strange rotations and his total denial of accountability, he was just not the right guy for the team. I think Nick Nurse has the perfect mindset for the environment he has come into. I also think the new addition of Kelly Oubre will make this offense flow much better with a shooter like that.

All of the changes in Philadelphia look promising to me, and can hopefully lead to the 76ers reaching the pinnacle as NBA champs.



Kelly Oubre Jr. with his previous team, the Charlotte Hornets, getting hype on the bench. He signed September 26th and brings a lethal scoring threat to the 76ers. Photo: ESPN

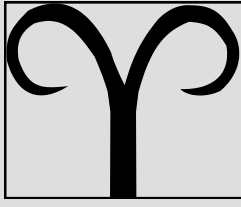
Horror-Scopes

Written by: Reed Gleba and Carter Smith

ARIES: (March 21 - April 19)

Looks like you're out of luck Aries, for this month is going to be a rough one. Miserably, Venus is leaving your star chart, so your life is not looking good. Your date to HOCO is going to suddenly fall sick, and Halloween is going to be an even bigger disaster! You'll be invited to a party, but someone is going to spill their drink all over your costume. And be careful, your school issued laptop will go up in flames, probably during math class.

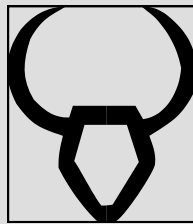
This Month: Eat three bags of candy corn and binge Teletubbies.



TAURUS: (April 20 - May 20)

Get ready Taurus, things are really looking up! Saturn is entering your star chart, and so are all new opportunities into your life. You'll be invited to the biggest Halloween party of the year, and your costume will be fantastic. Your school life will be even better, so good in fact that your teachers will let you sit on your phone in class. Although you may not have a Homecoming date yet, a secret admirer you've had will ask you out at any moment!

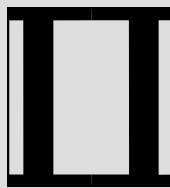
This month: Purchase a chicken coop for your pet rock.



GEMINI: (May 21 - June 20)

This month is going to be fantastic for you Geminis! With Mars entering your star chart, this month is going to be through the roof. You'll even make friends with a Libra, and twin for Halloween. One morning when you wake up, you will be greeted by 50 roses on your doorstep, all from different people. In your sport you'll be named captain, and even make States. College recruit, here you come!

This Month: Binge watch a bunch of 90's horror movies.



CANCER: (June 21 - July 22)

Unfortunately, this month is going to be a struggle for you Cancers. With Pluto entering your star chart, your life is about to get as controversial as Pluto. At lunch, you will find that all your friends have moved two tables away, or transferred to a different lunch. At home, you'll be told that you are no longer receiving an allowance. Now how are you supposed to support your "wet floor" sign collection? Let's hope HOCO will go well for you!

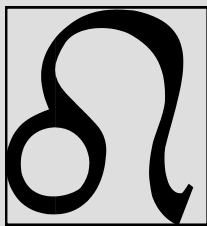
This month: Take control of the smart board in class and broadcast your favorite Shrek meme.



LEO: (July 23 - August 22)

Time to celebrate, Leos! You've been blessed with Jupiter entering your star chart. You will have no difficulties getting a date to Homecoming; in fact, people will line up left and right to ask you. Your least favorite teacher will give you two king sized candy bars and out of kindness you give one away. A certain Scorpio will go out of their way to help you with your classwork, and overall school will be a breeze! Enjoy this month while it lasts!

This month: Buy a life sized statue of Leatherface, and fit it with a real chainsaw.



VIRGO: (August 23 - September 22)

Prepare Virgos, for this month is going to be awesome! With Neptune entering your star chart, this month is going to be perfect. In school you're going to get all A's, except for that one nasty B++. At home, your parents are going to spike your allowance by 20 dollars, and remove two of your chores because they think you deserve it. For Homecoming, you'll have the night of your life, and it won't end there, Halloween is going to rock!

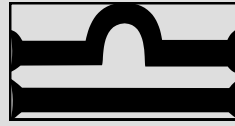
This Month: Show up to Homecoming in tuxedo pajamas.



LIBRA: (September 23 - October 22)

Amazing news, Libras! You are going to SLAY this month! With Jupiter aligning in your star chart, your luck will be through the roof! Those tests coming up will not be an issue, because you'll get As on will get full-sized candy bars at every house you visit! You will also make a new best friend with one specific Gemini, so get ready for a brand new adventure with a brand new friend!

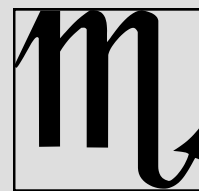
This Month: Twin with a friend as Squidward for Halloween!



SCORPIO: (October 23 - November 21)

Scorpios, it's time to prepare for the tough month ahead, because it isn't looking too bright for you. With Saturn leaving your star chart, your month will be filled with stress and work overload. Your English teacher will announce a new 5-page essay due by the end of the week, and your math teacher will surprise the class with a pop quiz almost every class. Don't even worry about HOCO; it's better to ditch it and avoid the embarrassment that you will face when you get rejected.

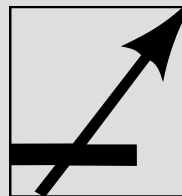
This Month: Go Trick-or-Treating in your underwear.



SAGITTARIUS: (November 22 - December 21)

Get ready Sagittariuses, because this month is filled with excitement and thrills! Your parents will surprise you with front-row tickets to an Eagles game, and the Birds will win in a blowout! A certain Pisces will invite you to go to an amusement park, and you will have the time of your lives! Ask your parents to make your favorite food for dinner, and it's a guaranteed yes, no matter what it is! This month is all you, so make sure to enjoy it!

This Month: Dress as Michael Myers for Halloween and intimidate your friends!



CAPRICORN: (December 22 - January 19)

Capricorns, this month is looking quite fine for you. While the excitement may not be through the roof, that doesn't mean it's going to be bad! Now is the time to relax, because the month ahead may be filled with chaos and excitement. Invite a friend to HOCO, because it's better to be accompanied than left alone. Halloween will be fun, because many of those pesky kids won't stop at your house this time. This means the leftover candy is all for you!

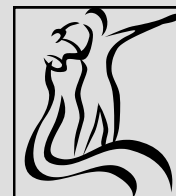
This Month: Take your dog out to Homecoming.



AQUARIUS: (January 20 - February 18)

I've got good and bad news for you, Aquariuses. This month will be one of the most chaotic times of your life. HOCO will be a fun time, because you'll rock the dance floor and impress all of your friends! But the next day, you'll slip and fall and get a nasty migraine for the rest of the week. Halloween will be even MORE action-packed! one neighbor will leave the candy bowl unattended, which means you've just hit the jackpot...until you get sick from all the Kit-Kats and Snickers bars.

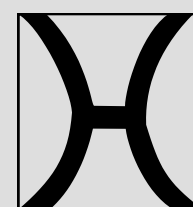
This Month: Take a nice walk in the park...at 2 AM.



PISCES: (February 19 - March 20)

Pisces, it's time to get ready for a month full of exciting friendships! With Neptune entering your star chart, everything will go your way! You will grow the bravery to ask out your crush to HOCO, and they will most certainly agree to go with you. You will also ask a certain Sagittarius to an amusement park and have loads of fun. Don't forget to invite your friends to go trick-or-treating one last time. It doesn't matter if you're too old!

This Month: Spend Halloween night glamping with your family.



FOR ENTERTAINMENT ONLY

Which Halloween candy represents you?

Written By: Caroline Hallman and Reed Gleba

Calling all Halloween lovers! Have you ever wondered which candy most relates to your personality? Well now you can find out! There's many candies to get, and what you get could mean a lot more than you think.

Take this quick simple quiz to find out exactly which tasty treat best matches your personality.

1. Your best friend is hosting a Halloween party, and invited everyone in the school except you! What do you do the night of the party?
 A- Call your friend and confront them peacefully
 B- Go to the party and comically throw fruit punch on people
 C- Stay home and cry while eating bags of candy
 D- Show up to the party uninvited in the most extravagant costume
 E- Call up a few friends and host your own party



2. Someone asks you to Homecoming, but you're not really all that interested in going with them. What do you do?
 A- Hook them up with your friend who doesn't have a date
 B- Roast their bad HOCO proposal
 C- Tell them no, then immediately regret it
 D- Go with them because you don't want to make them feel bad
 E- Agree to go, then stand them up

3. You get a failing grade on a test, how do you react in class?
 A- Ask a friend how they did things, then ask nicely for a retake
 B- Confront the teacher and ask if your grade is a bad joke
 C- Smile like nothing happened but scream in rage when you get home
 D- Study exclusively for the next test, ignoring all your other classes
 E- Rip the paper in half, throw the shreds everywhere, and laugh out loud



4. You go to an amusement park, but your favorite ride has been temporarily closed. What do you do in response?
 A- It's okay, you'll check back later
 B- Demand to see a manager
 C- Scream at the ride worker, fall to the ground sobbing, then jump up and give them each a hug
 D- Climb over the barricade, start the ride up, and ride it solo
 E- Write a very negative Twitter post, demanding a refund



5. You're looking for a new TV show, what genre are you looking for?
 A- I'm a hopeless romantic FOR SURE. Rom-coms for me
 B- Drama. Especially Legal drama because I love to see people get arrested
 C- I go through different genres depending on my mood
 D- I **NEED** thrillers in my life. I would never be able to survive without them

6. What is your favorite season?
 A- Summer
 B- Hm, I'd say fall
 C- Spring, Spring, Spring!
 D- I LOVE THEM ALL
 E- Winter. I get to stay inside all day and don't talk to anyone



7. You are in the woods with your friend and you see a bear- what do you do?
 A- Take a video
 B- Run in the direct opposite direction
 C- Wrestle it
 D- Scream at the very top of your lungs

8. What will be your Halloween costume this year?
 A- Taylor Swift
 B- A witch or pirate
 C- A group costume of M and M's
 D- An inflatable dinosaur
 E- A murderer from a slasher film

Scoring: Add up the number of times you chose each letter, then check your results below.

Mostly As- Congratulations! You're a Hershey bar! You are a go to friend, and are one of the sweetest people. You are an original gangster and always help people feel better when they're having a bad day by your smile and kindness. You are most likely an extrovert, and your favorite thing to do in your free time is hang out with your friends. Maybe you don't stand out in the crowd, but you are reliable and people love your company!

Mostly Bs- You're Sour Patch Kids! A lot of people think you have a sour personality, but deep down you know you're just trying to make everyone laugh. Always making sarcastic remarks, you can turn the least entertaining class (Economics and Government) into something people look forward to. Underneath the sour exterior though, your family and closest friends know you are the sweetest!

Mostly Cs - Hurray! You're Candy Corn! You are all over the place to the point where sometimes people think you have three different personalities. Some days you want nothing to do with school, while on others you look to be an academic mastermind, and every once in a while you come into school decked out in school pride. Instead of staying home on Halloween, you like to leave and look for trouble...or cause it. Look out trick-or-treaters, Candy Corn is looking for fun!

Mostly Ds- WOW. You're definitely the king-sized candy bar. You have an extra big personality, and definitely love to be noticed, and in charge of everything, like over-the-top birthday parties for your friends. You fantasize about almost everything in your life and LOVE being busy. Also, in case you haven't realized- you are the loudest person in your friend group. Go over the top for your Halloween costume this year, it'll be good!

Mostly Es- You are Black Licorice! You have a very short temper, and appear bitter when most people first meet you because of your unique style. On Halloween, you prefer to stay home and turn off all the lights to dismiss trick or treaters. Despite this, many people seem to worship you! You are loyal and true, and have a close group of friends with whom you have known since kindergarten who will never leave your side.

PAHS ART

Thomas Schratz is a senior who is known at PAHS and beyond for his creative photography, graphic design, and video production. He is an asset to our high school art department. He has been working on a ton of independent projects and has greatly expanded his skillset over the past few years. Thomas has worked with teams both in and out of the district to capture footage and create promotional materials that are shared to the teams' social media accounts. These artworks attract a crowd and help to get the players and audience excited for the sporting events. Check out his work below!

