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Vegan Lunches Lower Carbon Footprint when Offered

School

If you're vegan, Fleetwood school lunches are not for you. At FAHS, all school lunches consist of some form of animal product. Soy Milk is sold, but for an upcharge. At present, the healthy, cruelty-free options are either more expensive or not available.

In 2019, many schools have adapted food options for everyone. Is FAHS behind?

“With four detailed case studies, the report builds on a 2017 analysis that showed how the Oakland Unified School District reduced its carbon footprint by fourteen percent and saved \$42,000 over two years, just by serving less meat and more plant-based foods. If every public school replaced a beef burger for a veggie burger just once a month, it would save 1.4 billion pounds of CO2 every year, the report noted.” *LiveKindly* said.

“Fleetwood Food Service does what it can to keep its footprint as small as possible and still stays within the state-federal regulations. Many of the vendors we use are environmentally aware,” Food Service Coordinator Jeffrey Woodall said.

But does being “aware” mean that these vendors are actively doing something to combat this issue? Or are they just paying it lip service?

According to *The Huffington Post*, Tyson, one of the food companies that supplies FAHS with food, combined with four other big meat and dairy companies, are responsible for more greenhouse gas emissions than any of the world's largest oil and gas companies.

“Greening school food should be a primary ingredient in combating climate change—just as important as making schools more solar-powered and energy efficient. Research shows that meat-centered diets play a major role in rising temperatures: animal-based food production spews tons of greenhouse gas emissions and guzzles oceans of water,” *Green School National Network* said.

One of the most pressing questions is, how difficult would it be to implement vegan options into the daily cafeteria menus? According to some, the answer is, “not difficult.”

“The New York City Office of

SchoolFood” (SchoolFood), which oversees menu planning for all of the public schools in New York City, planned vegetarian and alternative menus for Peck Slip School with input from the Coalition for Healthy School Food. The meals on the vegetarian menu are designed to be not only vegetarian but also less processed than typical school fare. There's an alternative menu with meals that eliminate beef and pork and may include a bean or tofu option. SchoolFood makes an effort to purchase local, regional, or New York state products, whenever possible,” *Today's dietitian* said.

“Creating vegetarian menus isn't especially difficult,” Amie Hamlin, executive director of the *New York Coalition for Healthy School Food*, said. “SchoolFood service directors have to contend with small budgets and many regulations, but partnering with nonprofit organizations that specialize in school nutrition can make their jobs a little easier.”

By Morgan Althouse

Justin Kramer, Abigail Ryan Named March Students of the Month

School

Every month, two students, one male and one female, from the senior class are selected by faculty as the Students of the Month. These students who are selected receive a special parking spot and a gift card to a place of their choosing. For the month of March, both students proved to be some of the best among the senior class. Justin Kramer and Abigail Ryan were the March Students of the Month.

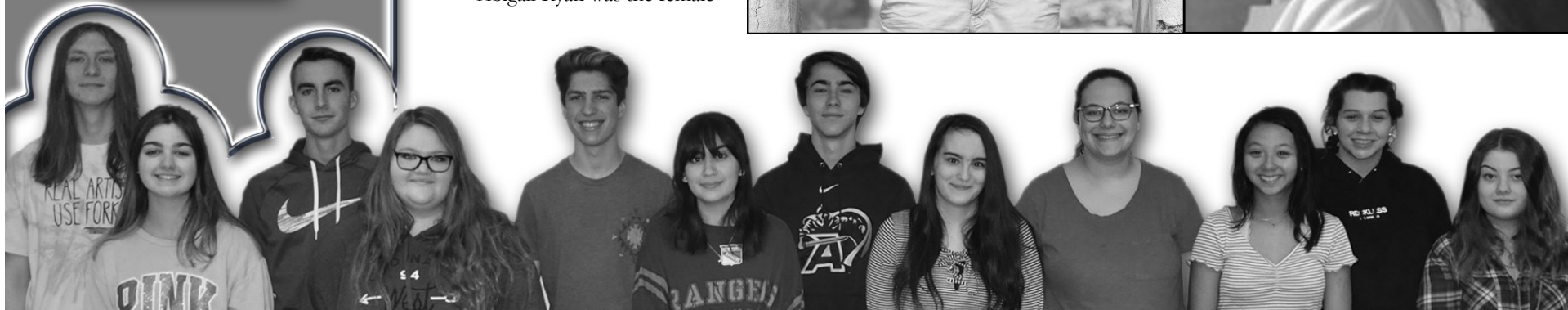
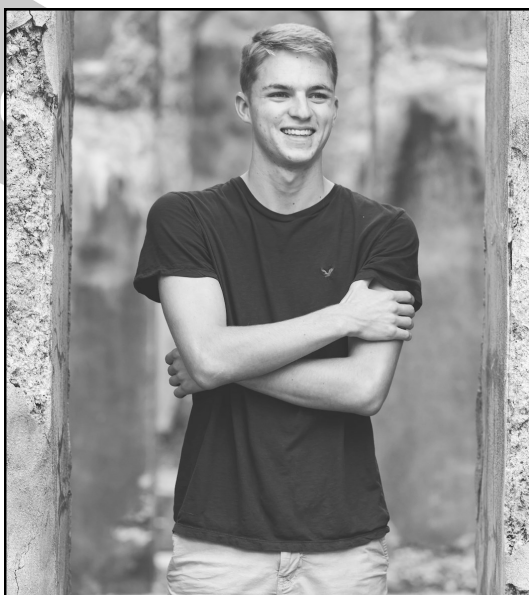
Justin Kramer was the male recipient of the award. Justin is involved in many clubs and extracurricular activities within the community. These include soccer (Co-Captain), tennis, National Honor Society, Rho Kappa, and Interact Club (Vice President). Much of his time is dedicated to community service along with being a lifeguard at the Fleetwood Community Pool. After high school, Justin will be attending Misericordia University to major in Pre-Med and continue his soccer career. He admires his parents most of all because of the motivation they give him and their constant support in everything he does.

Abigail Ryan was the female

recipient of the March Student of the Month award. The daughter of Mr. Kelly Ryan and Mrs. Mary Ryan, Abigail is involved in many extracurricular activities. These include Future Business Leaders of America (FBLA), Relay for Life, and soccer. She also donates much of her time to community service through Relay for Life and FBLA as well as being a lifeguard with

the Fleetwood Community Pool. She admires her soccer coach Stan Citlinski the most. She says he has been a great help in her life and has made her the soccer player she is today. After high school, Abigail plans to attend Piedmont College in Demores, Georgia, to study nursing and continue playing soccer.

By Aydan Tregear



Book Club Takes a Trip to Philadelphia

School

This year's book club wandered Philadelphia for their trip on 12-13 April. Exploring Philadelphia was inspired by the book, *All The Bright Places*. Advisors expect the trip to offer an educational experience for the book club students who are participating.

On Saturday, 12 April, the Fleetwood Area Book Club took a journey to many historic

and popular sites in Philadelphia. The students visited the Mutter Museum followed by a stop at the Eastern State Penitentiary.

Their next day included the famous Magic Gardens and a stop at Edgar Allan Poe's house. The students had many opportunities to write about their trip along the way and get many creative ideas at various spots.

Most of the students participating are taking Senior Art and can include pictures and writing samples from the trip in their art journals.

"I took on a leading role for this trip. I sat in Mrs. Wilkinson's room after school as many days as I could helping to make sure this trip was a success," senior Madeline Reitz said. "I had so much fun on this trip. I loved

being with everyone and staying in a close space rather than everyone in hotel rooms. Book Club really bonded this weekend, and I am very glad we were allowed to wander Philadelphia together."

By Morgan Althouse

Celebrities, Wealthy Parents Accused in College Admissions Bribery Scandal

Cops & Courts

Every high school student knows it is a battle to get into college. Between SAT scores, grades, and extracurriculars, students will do whatever it takes to have an impressive college application.

High school students across the country work very hard to get accepted into their dream school. Unfortunately, money talks, and some do not have to work at all. Fifty people have been found guilty of bribery by using their fortune to buy their children's "successes."

Lori Loughlin, *Full House* star, and her husband J. Mossimo Giannulli paid \$500,000 for each of their two daughters to become recruits

for USC's crew team. The both of them have never participated in the sport. Lori's daughter, Olivia Jade, posted a video back in August of 2018 saying how she only likes college for the parties and the game days. Her parents pushed her to go to college even though Olivia was thriving in her makeup business.

Felicity Huffman, *Desperate Housewives* star, and her husband William H. Macy paid a conspirator to doctor her daughter's SAT score. This was plotted to guarantee college admissions into Ivy League schools. The SAT score was doctored at the test-taking center shortly after their daughter finished taking the exam. Huffman

paid this "test doctor" \$15,000.

On 21 March 2019, UCLA men's soccer coach resigned after taking part in a college scandal. Salcedo accepted a \$100,000 bribe from a sports marketing company to forge soccer documents for Lauren Isackson. The documents were to guarantee a spot on UCLA's women's soccer team. Lauren's father is a realtor who gifted 2,150 Facebook shares for the falsified documents. Lauren has never played soccer a day in her life.

The one man who plotted these college schemes is known as William "Rick" Singer. His website called thekeyworldwide.com is currently shut down due to the scandal, as it is where most

of his clients went to seek help. Rick claims he is a coach who helps families get their children into college, but in reality, he only gets teenagers into college if money is involved.

This scandal hurt millions of students who did not get accepted into elite schools, such as USC or UCLA. The colleges are currently sued for corruption, and the students who were handed their admissions may have their degrees terminated.

By Madeline Feichtel

Belgium Hosts European Gull Screeching Championship

"OOU OOU OOU, OOU OOU OOU OOU OOUU OOU!"

Sound like a seagull? Think again. That's just a human impersonating a seagull.

Belgium now hosts the European Gull Screeching Championship every year. Hosted in Adinkerke, Belgium, the contest is in its second year. Contestants came from all around Europe, including the countries of France and the Netherlands. The contest hopes to one day include contestants from Australia and the United States.

The contest was first created to show the people of Belgium, and all beach towns, that seagulls aren't as bad as we make them out to be. Students from Fleetwood have their own opinions on seagulls.

"They're like sky rats," senior Taylor Althouse said.

"I think they're kind of annoying when you're on the boardwalk and they follow you around because they just want your food,

but they're not bad," senior Kayla Yasso said.

"They're birds," physics teacher Mr. Damian King said.

"I think they're really cute and majestic," junior Korrin Dietrich said.

Each contestant was scored out of twenty points by a panel of judges, fifteen for the noise they made, and five for the performance, including dressing up as a seagull as well as flapping his or her arms to imitate the coastal bird. Two winners were crowned this year, Reggy Laatsch of Amsterdam and Bregje Iding of Haselt, Belgium. Both contestants win bragging rights, as well as a basket of Belgian beer.

"I'm against them," shop teacher Mr. Heck states. "I've seen them take pizza from human beings, and human beings need pizza. If they're going to steal items essential to human life, then I don't like them."

By Aydan Tregear

Rob Gronkowski Inducted into Football Hall of Fame

Sports

After nine seasons of dominating defenses, Rob Gronkowski decided it is time to hang up the cleats. Not only is Rob Gronkowski a Hall of Famer for how he played on the field, but he is also remembered by his wild actions outside of sports.

Clips of Gronk have surfaced the web of him dancing and partying with other celebrities and fans plenty of times. Gronk may have made inappropriate jokes and said wild things, but that's part of what compelled some fans to adore him. People loved his crazy energy and amazing humor.

Before Rob made it into the NFL, he attended the University of Arizona for three years. As a freshman in 2007, Gronk recorded twenty-eight receptions for 525 yards and six touchdowns. Gronkowski only played until 2009 after injuring his back his junior year.

Gronk's nine years in the NFL will always be remembered as "exciting." Gronk always seemed to get the fans on their feet with his big, fancy plays.

"As a Steelers fan, I am happy to see him retiring, but as a football fan, it is a little upsetting. I enjoyed watching his exciting plays and his energy during games, but hopefully he will go on to broadcast for the NFL. I feel like he could make the games funny, and he knows what he is talking about," senior Seth Wagner said.

Throughout the nine years, Gronk made appearances in four Super Bowls, winning two of the four. Even though Gronk was not able to bring in a Super Bowl MVP, he was always a big piece in the Patriots' offense.

Losing Gronk is going to be a big loss for the Patriots even though many players and reporters believe that Gronk will make a comeback. For now, Rob Gronkowski seems to be done with football, but who knows where he is going to end up in the next couple of years?

By McKenab Rapposelli



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Three Victims of Parkland Shooting Commit Suicide

Obituaries

A shooting never ends with the last bullet; it continues to live on with the survivors and the memory of violence. This was proven true all in one week when three innocent people took their own lives; they had one thing in common: all of them were victims of school shootings.

Over the course of one week, devastating news was released that Jeremy Richman, Sydney Aiello, and a third unnamed sophomore from Parkland had all committed suicide.

Jeremy Richman was a forty-year-old beloved man who died on in March of 2019, making him the latest victim of the 2012

Sandy Hook shooting. Richman's daughter, Avielle Richman, was a six-year-old girl who died during the Sandy Hook Shooting. Avielle's family started a foundation called the Avielle Foundation, dedicated to violence control. Even after seven years of co-founding his foundation and living his life, the memory of the tragic event that took his daughter stuck with him. He was found dead in his office on a Monday. He took his own life.

Sydney Aiello was the second victim who took her life that fateful week. She was only nineteen-years-old, just graduated, and was in school at Parkland on 14 February 2018. Although she was not in the freshman

building where the shootings occurred, her close friend Meadow Pollack was, and she was killed. After the event, Aiello was diagnosed with post-traumatic stress disorder; her life was consumed with survivor's guilt. Aiello took her life on 17 March.

The third victim was an unnamed sophomore who went to school at Parkland. More information on that student is told to be released soon.

All three of these deaths have shocked many people. Some are wondering if we should be helping people more after events like these.

"I think it's a hard topic to say you

believe one certain side. On one hand, you want to help the victims out, but on the other hand, you want their lives to go back to normal," Cailyn Miller, a junior at FAHS, said.

Others are just giving their sympathy towards those who experienced these events.

"I can't even begin to imagine what these people were going through, having someone close like your daughter or good friend murdered. Even just witnessing violence like that could ruin someone; it did ruin these people," Mamadou Jalloh, another junior at FAHS, said.

By Jessica Carlin

Grace Packer Trial Issues Death Sentence

Cops & Courts

"I just want this to be over so my daughter can rest," Grace Packer's biological mother, Rose Hunsicker, said in an interview with CBS 21 News on 11 March 2019.

Grace was murdered by her foster mother, Sara Packer, and Sara's boyfriend, Jacob Sullivan, on 9 July 2016. Sullivan and Sara Packer have been charged with homicide, kidnapping, torture, assault, dismemberment, and abuse of a corpse.

On 19 March 2019, Sullivan admitted to killing Grace, and prosecution pushed for the

death penalty, according to CBS 21 News. The hearing was in Doylestown, Pennsylvania, at the Bucks County Justice Center.

On 20 March 2019, the hearings began. Sheehan was in the Bucks County Justice Center in Doylestown, Pennsylvania, advocating for the news outlet's special *Project P.A: Children In Crisis*. He referred to Sara Packer taking the stand against Sullivan as a "highly anticipated moment" in Grace's case.

CBS News reporter Jessie McDonough said Sara Packer's testimony would help the jury

determine whether or not to give Sullivan the death penalty or life without parole.

"Either life in prison, or he'll be sentenced to death. It doesn't matter as long as I get justice for my baby girl," Rose Hunsicker said in an interview with *The Morning Call*.

On 28 March 2019, Sullivan was sentenced to death. Sara Packer testified that she was wrapped up in Sullivan's rape-murder fantasy, according to WFMZ News. Sullivan refused his opportunity to speak, and showed no emotion when his fate was revealed.

"You have no soul. I have never said that to another human being in my life, and I hope to never say it again, though I expect to say something similar to Sara Packer. Like the little baby you are, you asked [the detectives] to protect you, because you're scared of having done to you what you did to this child," Honorable Judge Diane E. Gibbons said to Sullivan when his sentence was delivered.

By Isabella Balthaser



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FLEET TWEETS

"I'm not here for a long time; I'm here for a good time."— Ashley Unger

"Join band front next year!"— Keith Weichert

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First Drug for Postpartum Depression Approved by Food & Drug Administration

Health/Medicine

On Tuesday, 19 March, the FDA approved the first ever drug specifically for postpartum depression.

Postpartum depression is the intense sadness, anxiety, or despair that occurs within the first year after giving birth. It affects about one in nine women, 400,000 annually. Symptoms can include disturbances in sleep and eating patterns, feelings of sadness and apathy; those affected often feel confused and guilt-ridden as to why they're feeling down during what is supposed to be a happy

time in their lives.

Up until now, new mothers experiencing PPD have been prescribed regular antidepressants that take weeks to affect them and don't account for the hormonal changes a new mother goes through.

The new drug, Brexanolone, or, as it will be marketed, Zulresso, contains a synthetic form of the hormone allopregnanolone, a progesterone derivative that increases during pregnancy and can dramatically plummet afterwards, which is possibly a contributor to PPD.

Zulresso is not a pill; it's delivered through an IV over a period of 60 hours in a medically supervised setting. The cost of treatment will be between \$20-35,000. It is unknown how much insurance would cover, but it's a one time price.

A once-a-day pill is in clinical trials and could be released in the next few years.

By Madi McElwee



Random Cheese

Where is your favorite place to travel?

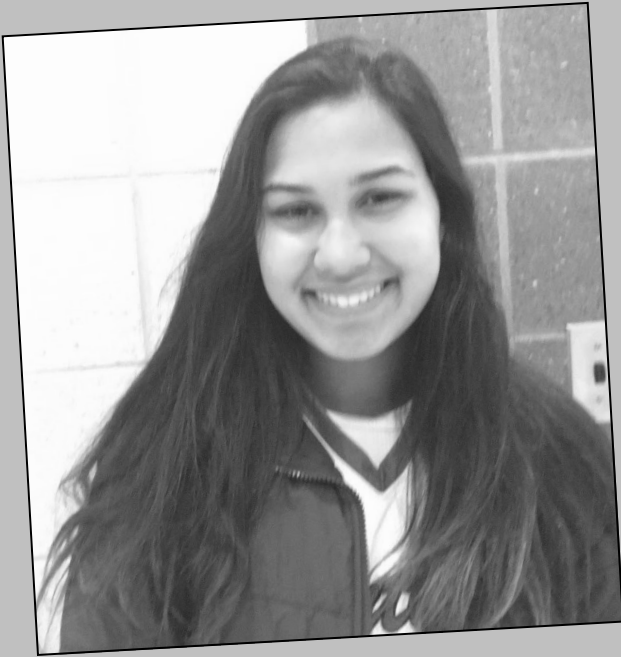
By Jessica Carlin



Kenzie Miller - (Grade 10) "I love any beach really, the freeness of the ocean and the waves it just all feels so amazing".



Dan Arisme (Grade 11)--"I like Virginia Beach because of the pretty views and the nice people."



Sydney Mahmood (Grade 11)--"My favorite place is probably California. I went when I was younger, and it was really beautiful."



Paige Garrett (Grade 11)--"Clearwater beach in Florida, because they have the best waves for surfing and they have the best sunsets, and that's where I have a lot of good memories with my dad."



Gage Moyer (Grade 9)--"I like Myrtle beach because that's where my family vacations, and it is really fun."



Jessica Merzy (Grade 11)--"NYC because the liveliness of it all."

The Tiger Times is a high school news journal that is produced using funds from The Fleetwood Area School District as well as club fundraisers. All subjects and topics appearing within The Tiger Times are self-selected by student reporters themselves; however, article suggestions are accepted from all students, staff, administration, and community members. Opinions and viewpoints stated in The Tiger Times are not necessarily the opinions and viewpoints of The Fleetwood Area School District, its administration, its faculty, the club advisor, or even the entirety of The Tiger Times staff. The Tiger Times is a public forum, the primary goal of which is to provide an outlet for student expression to The Fleetwood Area School District and its constituent communities. Viewpoints and opinions that are contrary to those appearing in The Tiger Times are welcomed, but they are not guaranteed publication except by approval from the student editors. Students who are not matriculated in the journalism course or who are not among the club's roster are still eligible to submit content for the periodical. All articles and letters selected for publication may be subject to editing for length and language consistent with the style established by student editors of The Tiger Times.