

FOCUS

The Official Newspaper of Friends' Central Upper School



Issue Two – November 2018

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Artists in Focus: Casper Hoffman and Aiden Kempf

*Reflecting On Their Musical Journey to
Africa*

By: Julian Duvivier '22

There are
few things
as
universal
as music.
One could



venture to any nation and discover a meaningful song. This was the experience of Aiden Kempf '21 and Casper Hoffman '21, who tell the story of their musical journey to South Africa. They traveled to South Africa this summer with the Keystone State Boychoir and its counterpart, the Pennsylvania Girlchoir.

COTD. on Page 11

Athletes In Focus: Daniel Saligman and Ben Meyres

*On Keeping Hope Afloat This Water
Polo Season*

By: Max Marnelli '22

As the weather outside grows increasingly brisk and the fall sports season draws to a close, inside there is still hope for the Boys' Water Polo Team. With just a few games left in the season, the fact that the team has yet to win any meets hasn't come close to dampening the optimistic spirits of two persevering players, freshmen Ben Meyers and Daniel Saligman. Daniel has been attending FCS since kindergarten, while Ben



came in sixth grade after studying at the Perelman Jewish Day School. Both Ben and

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There Are No Words: Jewish Students Reflect on Pittsburgh

By: Anna Volpp '20 and Jane Whellan '20, Guest Contributors

As most of you know, on Saturday, October 27, a shooter, entered the Tree of Life Congregation in Squirrel Hill, Pennsylvania, during Saturday Shabbat services and a baby naming. Screams of hatred and desires to murder Jews were heard. Twenty minutes later, 11 lives were lost, hearts were broken, and families were shattered. This was an attack not only against the 11 victims but against the Jewish community as a whole. The murderer now faces 44 Federal charges, including counts for using a firearm to commit murder, counts of hate crimes, and counts for impeding the right to religious freedom, a founding principle of our nation. According to the Anti-Defamation League, this was the deadliest attack on the Jewish Community on United States soil. But sadly, none of this behavior is new. In 2017, according to the Anti-defamation league, antisemitic incidents in the United States increased about 60%. 1,986 cases of vandalism, physical assault, and harassment were committed against Jews just last year.

Everyday, Jews and other marginalized groups, including but not limited to political affiliations, religions, gender identities, abilities, face this type of hatred, though most

of it does not make it to the news.

The numerous tragic events in the past few weeks are a sign that all affinities of people need to come together. Attacks on specific races, gender identities, religions, abilities, political affiliations, and other marginalized groups all may seem like different, isolated problems. In reality, minority groups are all facing the same discrimination, the same violence, and we all need to come together and advocate for equity and justice not just for our particular affinities, but all marginalized people's identities. This is why Beth David Jewish Reform Congregation, along with many other places of worship, held an interfaith vigil on the morning of Sunday, October 28. There were also vigils in communities all around Philadelphia and Lower Merion.

On that tragic Saturday morning, at around 9:30, my little sister came into my room. "There's a shooting at a synagogue," she told me, as I lay in bed, mindlessly scrolling through my phone. Even after she elaborated on the situation--that there was an active shooter and the synagogue was in Pittsburgh--it still didn't sink in. I had not received any New York Times notification on my phone, and social media remained silent. But it was more than the lack of

confirmation from sources other than my sister, it was my inability to accept that such a horrible thing could occur within my community, the Jewish community.

I spent the whole day processing the news, going about my life as I usually would while trying to come to terms with what the countless notifications on my phone, which started rolling in shortly after my sister left my room that morning, were telling me. A man had opened fire in a place of worship with the intent to kill people solely because of their religion, my religion. Imagine that: in America, the place thousands of people, not only Jews, came to in order to escape religious persecution, people were facing just that, and being murdered because of it.

On Sunday, I went to two different vigils for the Pittsburgh shooting. The first was at my synagogue, and afterwards all of the teenagers present went to have a conversation with the rabbi about how we were feeling after having processed the horrors of Saturday. What struck me the most was not a message delivered by a teenager, but what the rabbi told us. "I'm so sorry."

She apologized on behalf of her

entire generation, and generations before her, for creating a world in which tremendous acts of violence and hate have become almost normal, even expected. She apologized for letting today's youth grow up with regular active-shooter drills where they were trained to flee, hide, and as a last resort fight by throwing whatever they could at someone armed with a much more powerful weapon, a gun. And, while this may have just been how I interpreted her message, she apologized for the fact that it is the challenge and responsibility of our generation to clean up this mess of a world. Sure, we can receive help from older generations, and they are certainly valuable to our cause, but ultimately it is up to us, the youth, to enact our voices and create change. We need to ensure that one day we are not apologizing to our own children for the world we give them, but instead telling them stories of resilience, collaboration, and love. The second vigil that I went to on Sunday was city-wide. People of all races and religions came to a synagogue downtown to grieve together over Saturday's shooting, and to lift each other up and gather strength to move forward and take action.

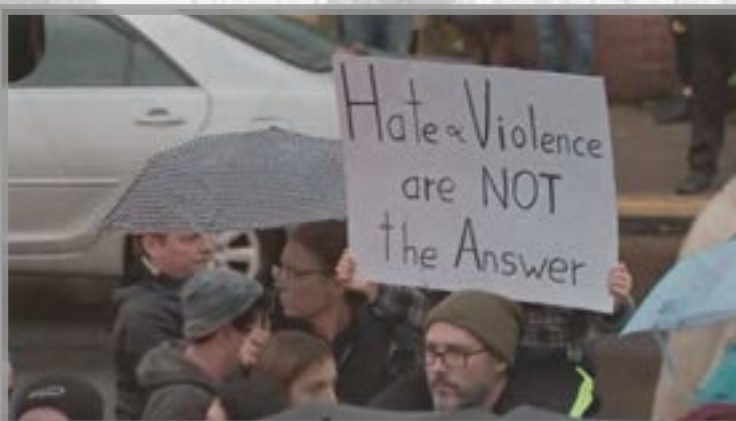
Speakers at the vigil included congressmen, members of state legislature, religious leaders of four different faiths, and representatives from a variety of Jewish

organizations. Though each person worded it differently, the overall messages I received at the vigil were about the importance of coming together despite racial and religious differences, the value and power of love, particularly in the face of hate, and the desperate need for us to take action to ensure that acts of violence such as Saturday's never happen again.

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"If not now, when?" I've been thinking about this saying a lot in recent days, and how it relates our

current predicament with gun violence. If we do not stand up for ourselves and push for change, how can we expect that our representatives in government will stand up for us? If we do not come together for others when they are struck by tragedy, how can we expect that they will rally behind us? And if we do not hold ourselves and our generation accountable for making change now, how can we expect that future generations will do so? How can we expect to raise our children in a world that we don't have to apologize for? I never want to look into the horror stricken eyes of my child, or any other child, and have to say "I'm sorry." 🕯





“Fitness leads to happiness, and happiness leads to fitness,” asserts Coach Sean Campbell, Friends’ Central’s new strength and conditioning trainer. Campbell, who joined the FCS community in September, has eight years of experience in the strength and conditioning field. He holds a bachelor’s degree in exercise science from West Chester University and received his certificate in strength and conditioning from the National Strength and Conditioning Association. His duties at FCS include overseeing the fitness room (located in the basement of the Shimada Athletic Center), providing advice to student-athletes, helping students who aren’t athletes maintain good physical health, and serving as a consultant to those who have questions about exercise in general. “It’s amazing. I actually feel like I’m making a difference.

When I stick my hand into something new, it’s a really rewarding experience,” says the coach about his career.

Though Sean just came to Friends’ Central two months ago, he’s already developed a deep appreciation for his new student-athletes. He reflects, “Everybody here likes to work hard. Nobody comes down to the gym and shies away from anything. Anything I hand to somebody, they’re willing to attack it. As a coach, it makes it very easy to do my job. I really feel like I’m improving people’s lives.” Working with high school students hits close to home for Sean, as it was during his junior year at Upper Darby High School, which is practically down the road, that he developed his passion for strength and conditioning. He recalls, “In my junior year, I was lifting 320 lbs and lost 140 lbs. It was then that I fell in love with the entire idea of strength and conditioning.” While FCS is proud to have many a “muscle man” in our midst, Sean affirms that one needn’t be a bodybuilder to visit him in the fitness room: “I love training everybody.

New Trainer Strengthens FCS

By: Julian Brenman ‘20

The gym is not just a place for athletes. It’s a safe place for everybody to learn and grow, both physically and mentally. You never know how much stress you can handle until you start adding stress in with the gym.” To those who may feel nervous or unsure if strength and conditioning is the right activity for them, Sean advises, “Come to the gym. You can’t get strong if you’re afraid.”

In addition to his work at Friends’ Central, Sean partners with swimmers, hockey players, and roller derby players to ensure they are fulfilling their strength and conditioning potential. A lifelong learner, Sean frequently writes articles on the topic of strength and conditioning, and is currently studying to obtain advanced certification in other areas of exercise science.

Sean, a native of Clifton Heights who enjoys playing the guitar and lifting weights himself, concludes the interview with the following powerful remarks: “If you want to be happy, you’ve got to be fit. If you want to be fit, come down and get happy! I’m excited to work with everybody, and I really hope everybody is excited to work with me.” 🏆

“Sweet Culture” At Friends’ Central School

By: Julian Brenman '20

From donuts at club meetings to candy bowls in offices to baked goods distributed in homerooms, it's virtually impossible to survive a day at Friends' Central without being offered at least a couple of confections. While I have no doubt that everybody who hands out such treats has nothing but the sweetest of intentions, the constant distribution of junk food on our campus has created a “sweet culture” which is dangerously unhealthy for students and teachers alike. Casually munching on “food” known to be toxic for our bodies on a daily basis promotes terrible eating habits and doesn't do anybody any long-term favors, sorry, favors. Sure, candy and baked goods should be allowed on Valentine's Day and Halloween, but beyond that, this trend needs to stop. In recent years, school administrators have taken--from revamping the athletics program to widening food options in the dining hall--to try to improve overall student wellness. The obvious next step is to abolish the scattered candy bowls, have club leaders stop bringing in sweets to swoon new members, and tell peer mentors to celebrate homeroom birthdays in a way that doesn't involve chocolate.

Lindsey Schweitzer '20 couldn't disagree with me more. She shares her thoughts on the FCS “sweet culture”: “I think ‘sweet culture’ makes Friends' Central a better place. When people are eating candy and donuts, they're happy.” Blayre Walters '21 adds, “I don't think there's a problem with having sweets on campus. Personally, I get especially happy when I see [Hershey] kisses. [‘Sweet Culture’] just brightens the overall mood of the day.” Mr. Dankoff, known to be the sweetest chap on campus, adds to the conversation: “I like the sweets. I'd actually like to have more sweets. I especially like homemade things. Students should always feel free to bring those to me.” However, Mr. Dankoff eventually admits, “I guess [‘sweet culture’] is unhealthy but I don't think it should be regulated by the institution. There are some things that we need to monitor and this isn't one of them. I do think that having cookies, brownies, scones, crepes, I could go on, is lovely.” Prior to joining the Friends' Central Community, Marielle Buxbaum '20 attended the French International School. She claims that “sweet culture” is unique to FCS and that

such a phenomenon wouldn't have been allowed at her previous place of study. Reflecting on her experiences with “sweet culture” at FCS, she explains, “I have a complex relationship with ‘sweet culture.’ I love it but I know it's so bad for me. Health class in tenth grade reminded me that [excess] sugar is really bad for me and I need to eat it less...but then it's always being offered to me and it's hard to say ‘no.’ I don't think we should take the sweets away so it's not an option, but we shouldn't make it the only option.” Being asked to comment on the topic of “sweet culture” actually prompts Marielle to reflect on how she, as a leader of the Gender and Sexual Orientation Alliance, contributes to “sweet culture.” She contemplates, “We often have things like donuts and stuff like that at the club, and for the first time just now, I was thinking that maybe it would be better to have fruits or veggies as an alternative. It would be more inclusive for people who are trying not to eat sweet stuff, because maybe they're trying to lose weight, or just be more healthy in general. Just having sweets may make some people feel socially excluded, and lead them to think, ‘I don't want to go to GSoA because I can't or don't want to eat the food.’”

All of this is food for thought. Just remember, though, that the best thing somebody can do if he or she is trying to get healthier is to rid his or her home of any delicious temptations. So too should our school push its students and teachers to a lifestyle where carrots are more common than Starbursts and where people attend club meetings for the sake of participating in the club, not a chocolate-covered lure. That's just my opinion, I guess. 🍷

*What are your thoughts?
Write a letter to the editor!*



This Month In Film



Quick disclaimer: A Star Is Born is rated R for strong language and violence. If this matters to you, then don't see this movie. If the R rating does not matter to you, then keep reading.

One of the most hyped-up movies of the year has been *A Star Is Born*. The movie follows an established rock star, also an alcoholic and a drug addict, who falls in love with an aspiring musician and helps lead her to fame. *A Star Is Born* is a remake of the 1976 movie of the same name, with a modern twist on the story and the characters. This movie is excellent. It has a fantastic story, fantastic actors, and a fantastic script. The movie is directed by Bradley Cooper; *A Star Is Born* marks his directorial debut and he does a wonderful job. Also, the script is excellent. It is written by Eric Roth, who has written outstanding movies in the past, including the iconic *Forrest Gump* and *The Curious Case of Benjamin Button*.

Starring in *A Star Is Born* are Bradley Cooper and Lady Gaga. Cooper portrays Jack, who is a drunk drug-addict, exceedingly well. He is the perfect man for the role. He has a shockingly wonderful voice and is a great actor. Lady Gaga, who plays Ally, is exceptional as well. This marks Lady Gaga's first blockbuster movie, though she previously won a Golden Globe for playing Elizabeth Johnson in *American Horror Story: Hotel*. She has a terrific voice and is surprisingly a wonderful actress.

A Star Is Born is a phenomenal movie, but not a fun one. It tackles the issues of alcoholism, drug use, and suicide, and handles them very well. Writers and producers place just enough emphasis on the topics to get you to notice and think about them, but not too much that the whole movie is about them. The one flaw that this movie has is that it is two hours and 14 minutes, and it gets a tad boring at times. If you are not too bothered by this problem, you should definitely see this film. It is a must-watch for a lot of people, as long as you do not go into the theater craving a quick, light-hearted flick. 🍷

Over the month of October, a steady stream of photos from *Spider-Man: Far From Home*, set to release in 2019, leaked. The first leaked photo showed Jake Gyllenhaal as the infamous Spider-Man villain Mysterio who is presumed to be the main antagonist of the upcoming film. After this, fans received a photo of a seemingly stealth-suited Spider-Man. This suit seems to be made of a mix of armor and fabric and was presumably given to Spidey by S.H.I.E.L.D as the logo of the organization is visible on the upper-right part of the suit's chest. The final and largest leak was of Spider-Man's new black and red suit. This suit features a similar design to the suit in 2017's *Spider-Man: Homecoming*, directed by Jon Watts, where the blue sections on each side of the chest and legs have been made black. The spider symbol also features white highlights. Personally, I am looking forward to this movie and it's probably my second most anticipated movie of the year, behind *Avengers 4*. The suits have increased my hype for this movie even more! I am a big fan of the new red and black suit as it reminds me of the suit belonging to The Superior Spider-Man in Marvel Comics. I am also excited for Gyllenhaal's performance as Mysterio and his suit seemed interesting enough. As next entry in the MCU after the much anticipated release of *Avengers 4*, *Spider-Man: Far From Home* will be the first movie set in a post Snap universe. *Far From Home* will act as a bridge between the previous ten years of the MCU and the years to come. *Spider-Man: Far From Home* is set to release on July 5th, 2019. 🍷

New Spider-Man: Far From Home Set Photos Leaked: Two New Suits and More

By: Riley Roche '22



Rewatch Recommendations

Baby Driver

By Jared Miller '22



There's more to read!

Visit fcsfocus.org/film for more amazing reviews.

My Rewatch Recommendation for the November issue is *Baby Driver*. *Baby Driver* is a cinematic masterpiece. It has action, a stellar soundtrack, and an all-star cast. *Baby Driver* is about Baby (Ansel Elgort), the incredibly-talented getaway driver for a criminal mastermind, "Doc" (Kevin Spacey). Baby finds himself in the middle of things he doesn't want to be a part of, and he has to get out of the mess he has made. Almost every character in this movie is well developed and plays an integral role in the plot. If I were to produce this movie, I would not cut one scene, as they are all important to the story, and are very well done. *Baby Driver* was written and directed by Edgar Wright, the man known for *Scott Pilgrim vs. The World*, and *Shaun of the Dead*. Both of these movies are excellent, all thanks to Edgar Wright. He uses cinematic cues uniquely well, an example of this in *Baby Driver* is when a song is playing, there is graffiti written in the background written as the lyrics of the song.

Along with the incredible director, there is an excellent cast. The stars of the film are Ansel Elgort and Kevin Spacey. Ansel Elgort nails his role on its head. He is silent for the majority of the movie, but still has an enormous impact on the film. Kevin Spacey played "Doc," the criminal mastermind behind the whole scheme. He is serious and clever, everything a criminal mastermind has to be. The supporting cast is excellent as well. With great actors such as Lily James, Jon Hamm, Eiza Gonzalez, and Jamie Foxx, everything about this movie is amazing. If you have not watched *Baby Driver* already, you need to stop reading this article right now and go see it. 🍷

Are We There Yet? Super Commuters Share Their Stories

By: Jack Li '20 and Vicky Liu '20

Many of us are oblivious to the varied journeys our fellow community members endure to arrive at school each day. While some of us live just steps off of the Friends' Central campus, others of us regularly spend more than two hours en route per day just to get to and from school. In fact, there are students from over 70 zip codes who attend FCS. *Focus* recently interviewed some of the “super commuters” of FCS, students who live very far from or very close to school, in an effort to elevate their stories.

Noah Condiff '19, for example, commutes a great distance even exceeding state boundaries. He resides in Cherry Hill, New Jersey. Even on a good day without much traffic, it takes Noah 45 minutes to an hour to get to school. Ever since kindergarten, he has been making the long commute to Friends' Central. Before he obtained his driver's licence,



he used to be dropped off at 30th street station and take the train to school. For his commute home, he needed to wait at school until 5:30pm for his parents to pick him up. Now that Noah can drive himself, he can control his own schedule, yet having to spend so long in the car is anything but fun. Besides the immense amount of time he spends daily in the car, Noah adds how driving to school is quite an expensive ritual: “Driving here and back is one gallon of gas [which costs about four dollars]. I need to

fill my tank every week.” He maintains there isn't much advantage to living far away. However, he says it improves his time management skills and forces him to keep a well-organized daily schedule. Each school day, he arises precisely at 6:49am and gets ready by 7:20am. At the end of the interview, he imagines if he lived closer to school, saying, “My life would be so much easier, and I would save so much money on E-ZPass. I could also have more time to do work.”

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Mason Mosley '20 dwells in Mullica Hill, which is also in New Jersey. He describes his arduous hour-long commute to school: "Either one of my parents takes me to school, but most of the time, I take the train. It takes me 30 minutes to get to the train station and 15 minutes from there to Overbrook Station, then five minutes of school bus." Similar to most students who live in remote locations, Mason follows a strict time schedule because, otherwise, he would miss the train and be late to school.

Unfortunately, he often struggled with punctuality last year. However, as he is gradually getting acquainted with his tight schedule, he has improved greatly on his morning attendance in recent months. Mason's one-hour journey requires him to get up at 5:55 every morning, and prevents him from beginning his homework until seven o'clock each evening. Like Noah, Mason imagines what life would be like if he resided

closer to FCS. He claims he wouldn't have to leave home until ten minutes before the start of the school and that he would feel much more rested and energized every day.

When asked why he chose to attend FCS in the first place, he cites our school's competitive basketball team and strong academics. Despite the time spent travelling, says Mason, it's worth it.

Mr. Dankoff, one of Friends' Central's history teachers, as well as the faculty advisor for Student Council, shares his experience of commuting to work. He explains that, until a few years ago, he and his family lived in the Fairmount neighborhood, not far from the Eastern State Penitentiary Museum. Then, to be closer to Friends' Central, they moved to Overbrook Farms, the neighborhood right across City Ave., a mere half mile from our school. The move shortened Mr. Dankoff's daily

commute by car from 20 minutes to four minutes at most. He loves the convenience of being able to attend school events very often. He explains, "It was so easy to see *The White Snake* twice and to see the chorus concert." Living close to school also allows Mr. Dankoff to host after-school events for faculty, either to gather socially or to plan school events. Mr. Dankoff usually wakes up at around six, as he takes care of his two children. One of them, who is in seventh grade at Friends' Central, loves to get to school early. To accomplish this, the Dankoffs leave home around 7:40am. Due to the geographical convenience, Mr. Dankoff and his children like to bike to school, specifically when the weather is decent and Mr. Dankoff doesn't have an off-campus appointment. He comments, "We drive too often, we'd rather bike more."

Jack Li '20 makes his home in Friends' Central's "backyard" at Greenhill Condominium. The commute by foot lasts less than five minutes. One can even

Tech Focus: Version #1: Drawing on iPad

Jerry Yu

On a daily basis, we all experience the advantages of the iPad--its touchscreen, wireless connectivity, and room for various accessories--and most notably, its keyboard. For many of us, Docs, Chrome, YouTube, and Fortnite (or Hearthstone) might be all the apps we use on a daily basis. However, drawing on iPads feels quite unfriendly. Our fingers are too thick, the styluses fight with our palms, Notability does not offer much for on-the-fly color switching, and iPad Pro + Pencil is simply too expensive.

Thus, for our first installment of "Tech Focus," we will talk about a set of apps that might come to our help: Adobe Illustrator Draw (aka Draw) and Adobe Photoshop Sketch (aka Sketch), two amazing endeavors by Adobe to make free apps (look at their PS CC pricing).

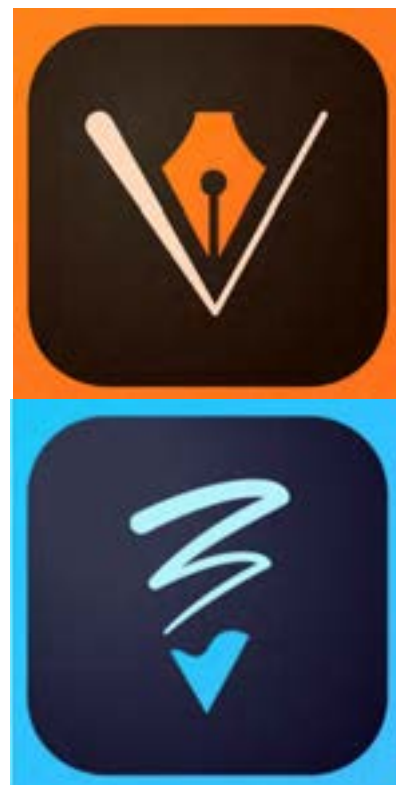
After logging in to either app, we dive straight into the interface. Neat and clean. We can get to all the options within two menu choices, a drastic difference from ProCreate and Tayasui Sketches, both designed for more for quick

quick sketches due to their minimalistic albeit highly-accessible and still very powerful interface. After all, it is the choice for professional artists like Tokyo-based Illustrator Yutanpo Shirane, who opened an exhibition, "Abstract, Representational and Beautiful Woman etc." This exhibit showcased over 100 art pieces done on iPad Pro using Adobe Sketch and took full advantage of the variety of tools offered on Adobe Creative Cloud, Adobe's cloud service for artists.

Sketch offers a sidebar toolset that can be customized with 24 pencils, pens, and brushes of different textures, each creating a unique effect. Users create a new work of art by choosing from a wide selection of templates and express their creativity freely without worrying about eraser dust or piles of tracing paper. Works of art can be exported into PC versions of Photoshop and Lightroom CC through Creative Cloud, downloaded and shared locally, or recorded into

recorded into time-lapse videos showing procedures involved therein. Draw seems to be a simplified version of Sketch, with limited brushes, uniform lines without textures, and easy settings, but as much color as its counterpart. Tired of sketching carefully with your face stuck to screen? Pour some paint onto the canvas through Adobe Draw!

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"Musical Journey to Africa, From Page One

Casper has been singing with the choir for five years, and Aiden for four. Neither of the gentlemen had traveled to Africa prior to this trip, though Aiden had gone abroad with the choir to both South America and Europe. Casper and Aiden's journey began when they flew into the Cape Town via a connecting flight from Frankfurt Germany. Here, the choir, a group of 93 boys and girls, stayed and sang. For them, music was everywhere. They sang in the airport, on the street, and to the wait staff of the restaurants at which they dined. Casper puts it best when he says, "We sang every day. We would finish a song, walk a few feet and begin another." Casper and Aiden's first formal performance was with the Tygerberg Kinderkoor, a South African children's choir. The duo concluded their time in Cape Town with a journey to one of the southernmost points in Africa, the Cape of Good Hope. They took that trip on Casper's birthday. Casper reflects, "That day we went to the Cape of Good Hope, where we sang. It was amazing spending my birthday at the southernmost point that I will ever reach."

From Cape Town, the singers traveled to Johannesburg by train, and from there to Soweto. In Soweto, they again meandered from place to place, always singing. Aiden mentions their path was dictated by the whims of their director: "Our choir director is very spontaneous, so we sang at many unplanned spots. He knew a local group and rearranged one of our days around them." The group also met a local conductor who had come to the States and knew Mr. Fisher from a workshop on African music they attended together.

As a contrast to their typical Western repertoire, the choir enjoyed learning and performing a plethora of South African songs, which Casper and Aiden describe as quite different from our American tunes. Firstly, contrary to the standard of music elsewhere, the melody of these tunes is held in the bass instead of the alto. As Casper explains, "What's cool about South African music is that the basses are the ones who have the melody, while the higher parts build off of the basses." Additionally, much of South African music is passed down by oral tradition. This means that, though the lyrics are preserved, the melody often is subject to great variation. Despite this, the people to whom the choir sang would always join them in whatever song they were singing, creating one beautiful, united, cross-cultural voice.

Casper and Aiden felt so embraced and welcomed by the communities they encountered when travelling across South Africa. In fact, they were so at home, they decided to cancel their long-awaited appearance at the highly competitive South African 2018 World Choir Games to spend more time with the people of Soweto. Casper recalls their decision to stay in Soweto as opposed to attending the choir event: "Because [we stayed] we got to experience much South African culture." The two choirs did, however, end up visiting the World Choir Games later, as a

surprise visit, to meet and sing with the Lesedi Show Choir, arranged by their director.

Finally, their trip brought them a few hours east to the small town of Hazyview in Kruger National Park. They traveled the park, embracing the natural beauty while continuing to sing at every chance they could get. On safari, they saw wildlife so dissimilar to that which lives in the rest of the world. They describe waking up at four in the morning to watch the sunrise as they drove. Finally, it was time for Casper and Aiden to wave goodbye to this country that had welcomed them with song and open arms. In their final reflections, they reiterated their sense of community, or Ubuntu, as Aiden explains, "Everyone would welcome you into their house and give you what they had."

Casper and Aiden both feel that they will remember this experience in a hundred forms and for the rest of their lives. Whether it be the culture, the community, the wildlife, or the music, every element brought a lifetime of experience. Their trip was certainly unique and couldn't have happened without their choir. They both encourage people to join for the travel, the community, and, of course, the music. As Aiden describes, "It's lots of work, but if you love singing, because of what you do and where you go in the world, it is life changing." 🌟

Go Philly!

The Monthly Update On Your Favorite Sports Teams

Eagles Update

By: Max Marnelli '22

Week 5: 10/7/18

Eagles vs Vikings

Final Score: 23-21 ,Vikings

Summing up the Eagles' offense coming into Carson Wentz's third week in one word is an easy task: slow. Putting up six points through three quarters without a single score in the first quarter, the Eagles had already dug themselves into too deep of a hole to crawl out of before they attempted to make a comeback. In the fourth quarter, Wentz attempted to rally his team to come back from the then-manageable 14-point deficit, which ended up being 17 after the defense failed to hold the Vikings and gave up a field goal, essentially ending all hope. In the end, the Eagles rallied 15 points in the quarter, thanks to yet another brilliant two-point conversion under Doug Peterson. It was thanks to this conversion that the team was put into a position to win with a field goal. Jake Elliott and the special teams unit were lined up for the onside kick, and Elliott ended up seemingly kicking the



perfect, causing Thielen to bobble the kick, resulting in a dogpile on the ball. Sadly, the Vikings recovered the ball, which led them to end the game. Kirk Cousins was easily able to run the last minute off the clock, securing the Vikings a win and the Eagles yet another heartbreaking loss, their third of the season. Before we even begin to imagine what a two-three starting record implies for the Eagles for the rest of the season, let's first examine the mistakes which led to them trailing 14 points heading into the fourth quarter.

The Eagles were fortunate to be given a chance in this game, even with defensive mistakes, by the football Gods and still managed to "fumble" it away with poor offensive decisions and terrible coverage by Mills and the rest of the secondary. The second most

accurate kicker in NFL history, Dan Bailey, who was picked up by the Giants as a free agent after Daniel Carlson blew his chance in week two, going 0 for 3, ended up missing a 28-yarder on the Viking's first possession. For any NFL or college kicker, a 28-yarder should be a "gimme." Yet, the Vikings are used to a terrible history with kickers, so this could not have come as too big of a surprise. Nonetheless, the Vikings already should have had three more points in just the first quarter alone. Now, I know this section of the article may seem harsh, but everything I say will always be brutally honest, whether it is against the Eagles or not. I love my dear Eagles, but sometimes I despise the decisions they make. For example, with just under four minutes remaining, the Eagles were faced with a third down and inches situation. For for some reason, Doug Pederson called for a flip from Wentz, the Eagles fourth string running back, Josh Adams. This led to a loss of yards, forcing the other players to punt the ball back to the vikings. The Eagles stopped the Vikings and drove up the field for what should have been a touchdown. However,

Smallwood dropped a pass from Wentz, which would have given them a first and most likely a future touchdown. Instead, they were forced to kick a field goal, losing them a possible four points, which, in the end, would have won them the game. This is just in the first quarter or so. I think you get the point!👑

Week 6: 10/11/18 Eagles @ Giants , Final Score: 34 - 13, Eagles

The Eagles greatly improved from their poor offensive outing last week. They needed to step it up against their division rival, the Giants, who were 1-4 at the time. Luckily, the Eagles did just that. Team members jumped ahead to an early lead and for the most part contained it. Not much more needs to be said, other than stay tuned for next month's edition where we will be taking a deep dive into the horror the Eagle's game against the Panthers ended up being.



To get the negatives out of the way, the only problem was defensive, and it was in regards to containing the star rookie running back, Saquon Barkley. Barkley put up an outstanding 229 yards from scrimmage, coming one receiving yard short of becoming the first Giants player ever to put up 100+ rushing and receiver yards in a game. In fact, Barkley only put up 52 yards fewer than Eli Manning, who definitely did nothing to steal the spotlight from Barkley. Now, enough about the Giants, regardless of Barkley's seemingly unstoppable efforts. One player

can't carry a team. The Eagles dominated on both sides of the ball, crushing the Giants 34-13. Not much more needs to be said, other than stay tuned for next month's edition where we will be taking a deep dive into the horror the Eagle's game against the Panthers ended up being. 👑



76ers News

By Jared Miller

One of the most popular sports in Philadelphia is basketball, mainly because of the 76ers' recent success. Last year, the team made the playoffs, grabbing the third seed before losing to the Boston Celtics in the conference semifinals. The team's success is credited to their amazing coach, Brett Brown, and their two rising superstars, Joel Embiid and Ben Simmons. The team is supported by its incredible array of supporting players, including JJ Redick, Robert Covington, and Dario Saric. For this upcoming season, the team acquired valuable additions, including Wilson Chandler, Mike Muscala, and the projected break-out of the 2017 first overall pick, Markelle Fultz. Also, the majority of our 2018-19 roster spots are players that are under 25 years old, so we still have a lot of room to grow.

The NBA season began on October 16, when we played our rival, the Boston Celtics. We lost 105-87, but the Celtics are projected to be the best team in the Eastern Conference. The 76ers then bounced back when they played the Chicago Bulls during our home opener. We won 127-108, with Ben Simmons putting up a triple-double (13 points, 13 rebounds, and 11 assists). At the time of this writing (November 1), we have a four-four record, Joel Embiid is averaging 27 points, 12 rebounds, and four assists, and Ben Simmons is averaging 14 points, 10 rebounds, and eight assists. 76ers fans should be optimistic about this season, as we will most likely be a top-three team in the Eastern Conference. "Trust the Process!" 👑

"Commute" From Page Nine

catch a view of Jack's abode from many parts of the FCS campus! Jack, who is an international student, reflects, "Even though I come from a country on the other side of the globe, I live right next to Friends' Central and walk to school everyday. I wake up at 8 o'clock mostly and get to school at around 8:25. Living this close to school gives me the advantage and luxury of getting up late and not having to worry about driving or taking a train. This allows me to better focus on getting more work done without having to sacrifice much sleeping. Living close is good in every single possible way."

Either joining us from near or far, every member of our school community brings with him or her a unique perspective from a different setting. Some of us live in the suburbs, some in the center of town, and some in rural parts of the state. Whether we can walk to school or endure a strenuous drive twice per day, we all manage to congregate at one magical place: 1101 City Avenue, in the charming town of Wynnewood, PA. 🏰

"Tech Focus" From Page Ten

With these apps, Adobe also released a set of hardware: Adobe Ink and Slide. Ink is an active stylus developed in collaboration with Adonit. It can connect to the iPad via Bluetooth, and access a hotkey to access a menu with brush, color, shape, and Creative Cloud clipboard. Meanwhile, the Slide is a tiny brick that can be placed on the screen. Press the button to choose a shape, and move the Slide to where you want the shape to be. Simply put, Slide is a digital ruler. Slide can be helpful for designers with its simple shapes, polygons, and French curves. However, there is still good news: Apple Pencil is fully functional in both apps if you have one.

Hey Council, What's Up?

By: Katia Campos '22

Don't know what to look forward to for the next few weeks?

Do you feel as

though your concerns as a student are not being properly addressed? If this is the case, don't worry! The Student



has your back! *Focus* recently sat down with Vice President Kalila Jones '19 to get the inside scoop of what's happening in Student Council.

Vice President Kalila Jones shares both she and President Nathan Levitties have been working together to help improve the new key card system: "I don't enjoy the way this system is being used at the moment and I think most of the students here agree with me as well, so I am going to work on making a better, more efficient system." **COTD. on 15**

"Water Polo" COTD. From Page One

Daniel started playing water polo in middle school. All three of Daniel's older siblings, Lindsay Saligman '14, Robby Saligman '17, and Nina Saligman '19, played water polo at FCS and talked Daniel into joining the team. Daniel and Ben had been close pals for a while, so Daniel roped Ben in. Daniel thought Ben would be a natural goalie, as prior to being a water polo player, Ben had been involved in competitive swimming. On their first day as water polo teammates, Daniel taught Ben how to play. By the end that day, the boys had learned two things: Ben was not a good goalie, but he had a great arm and had a passion for the sport. The duo added that "wopo" is the slang term used to refer to the game. I asked Daniel and Ben how it felt to be on a team that had not only lost every game this season, but has been consistently defeated for many years in a row.

I wondered about how this would affect their mental states before and after games. One might think such a history of defeat would discourage them from even trying to win. Yet, the team's "less-than-ideal" track record has actually had the opposite effect on these two, and seemingly, the rest of the team. Daniel said, "the string of losses doesn't affect me too much because I have confidence in the team. Ben and I broke a losing streak in middle school water polo last year which just motivates me to repeat it for the amazing feeling of breaking the streak." Ben elaborated that he has turned the constant losing into a positive, using every loss as a "motivation for him to win more." On social media, many water polo players have started a movement called #BreakTheStreak, putting the hashtag in the captions of their water polo-related posts.

I asked the guys what they planned on doing once they finally won. Daniel quickly responded, "Easily having a party at the captain's house. Amanda will bring donuts and food." He also plans to "invite the girls' team because [the guys team is] 'nice.'" Clearly they had thought about this plan before. Daniel and Ben told me the water polo team is making sweatshirts regardless, but it would be extra special if won. If they ended up winning, all they would request is a modest shoutout at assembly and a new reputation of not being an utter joke among the other schools in the league.



"Student Council" COTD. From 14

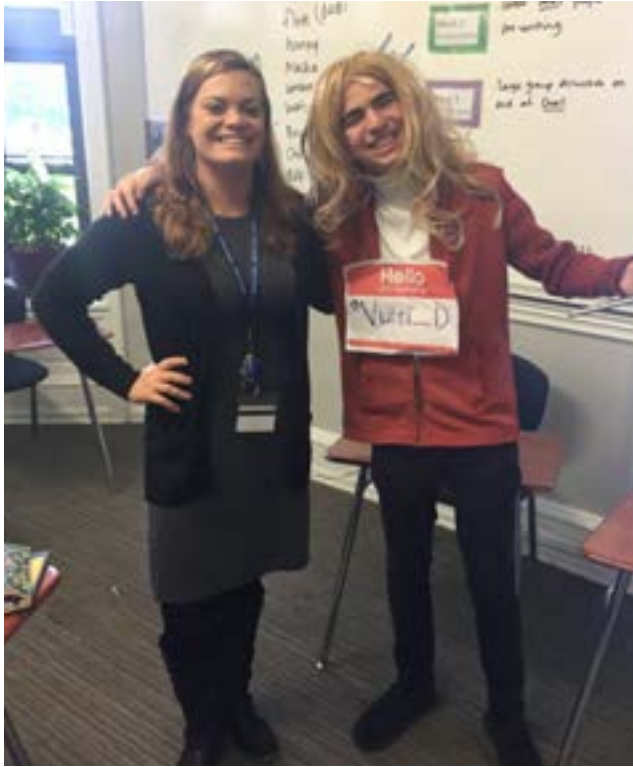
In addition to the key card system, the Student Council has worked together to help improve many other things here at FCS. One of those projects is the microwaves in the cafeteria. Kalila explains, "We have recently installed another microwave that can be located on the left-hand side of one of Shallcrosses entrances, on the table amongst the condiments. The first microwave can be found by the coffee stand." Despite having many people involved in the council, it can sometimes be difficult to gauge the needs of the student body as a whole. To address this, Kalila shares, "Even though we are on the council, it is still very hard trying to find out what to do in the future or how to help in the community. I hope to install a future suggestion box, something that all of the students can get a hold of." Kalila elaborates that the suggestion box would be a place students "can put in their own ideas or suggestions without having to be dedicated to the student council. It could be a way to see how the students here feel about our school or what they might want changed. We want it to be more accessible with other people's opinions."

Something to look forward to in these upcoming weeks is the Freshmen-Senior Sibling Assembly. Kalila describes it as, "A day where the seniors meet up with their little siblings, and they get together and act out little skits. Towards the end everyone acts out in a friendly competition where the judges choose which pair or team has done the best act." Freshmen-Senior Sibling day is always a highlight, so look forward to it!

Overall, Kalila maintains that this year, the council is filled with bright and dedicated members she knows will make everybody's life at FCS smoother, simpler, and more joyful. 🏰

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Our Staff



No, you're not seeing doubles! Above, 'Vizor_D and her gorgeous identical twin pose on Halloween.

Focus extends a special thank you to Mrs. Claire Luzuriaga, who has tremendously helped in providing additional guidance to our Layout and Design Team. We look forward to working with her much more in the future!

All photos in this publication were taken by Lydia Varcoe-Wolfson '19, except for the stunning photo of Casper and Aiden, which was taken by Matt Shen '22, the shot of Sean, which Julian snapped, and the breath-taking picture of the 'Vizor_D Duo, which was taken by Mr. Soper.

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