

CLUB HIGHLIGHTS

SPOTLIGHT ON: CAMPUS LIFE



Photo and Story by: Bianca Matchain (10)

Campus Life meets once a week to create new friendships, play games and talk about various important topics to teenagers, such as the concept of love.

"We do games, then there are announcements, we watch a video, then break up into small groups [to talk about the video], then we come back and wrap up the topic," Makayla Tubs (11) said.

This club provides a safe place where students feel welcomed to talk about problems and have a couple of hours to play games and learn valuable life lessons along the way.

"It has helped me overcome a lot of issues that have come up in my past, and it has helped me battle different obstacles in my life," Tubs said.

The club works to understand these topics by breaking up into small groups and having more intimate conversations. A team leader asks a question to provoke thought and members are encouraged to share their own opinions.

"There are a couple who have never talked. Some are starting to open up. A couple reach out by text, and we always let them know that they can call us any time. It is really nice because they know they have someone to talk to," Christy Crider, Campus Life team leader, said.

STUDENT COUNCIL HOSTS COLOR RUN

Come join the Lake Central's Second Annual Color Run hosted by the Student Council. The event takes place at Lake Central on May 13 from 7 a.m to noon. Check-In time is from 7 a.m to 8:30 a.m. and the race starts at 9 a.m. The main event is the 5K run, and there will also be a 1-mile children's fun run. During the race, participants are doused with color at various color stations ending with one final color celebration at the finish line. There is also a kid fun zone available consisting of a coloring station, a water splash zone, music, and more.

"I think people should make an effort to come out and join the Color Run because it is a great way to exercise with friends while also raising money for a great cause. Student Council does an outstanding job organizing the event and spends countless hours on it, so not only should students come out, but also people living in the community," Stefan Krajisnik (12) said.

Early Registration ends April 15th. For LCHS Students and Staff, the price is \$25. Public registration is \$30. The price for the 1-Mile Kid Fun Run is \$20. Late Registration

ends May 5th, and after that date, the cost for LCHS Students and Staff is \$30 and the cost to the public is \$40. Full payment is due by May 5th in order to guarantee a race bib, color packet, and t-shirt.

"In order to register for the color run you can get a sign up sheet from room C317 or go to <https://lcschs.revtrak.net/High-School/LCHS-Special-Events/LCHS-Color-Run/#/list>. Signing up early can save you up to \$10," Rachel Frieling (12), Student Council President, said.

All proceeds will be donated to The Riley's Children's Hospital, The Munster Cancer Resource Centre, and LC Student Cancer Scholarships. Come out and support a few awesome charities, and have fun doing it.



WISE: KAHLER SCIENCE DAY



The Woman in Science and Engineering Club got together at Kahler Middle School on Feb. 17 to teach younger students different scientific experiments. It took a lot of preparation in order to have a successful day of science.

"To prepare for the Science Day, we first had to have a club meeting with all the people that were attending [to] figure out transportation and what experiments we were doing. We had to make an inventory of the materials that we had and figure out what materials we still needed to complete all the experiments," Nicole Geer (12) said.

Planning the right experiments was very

crucial because they needed to be age appropriate, yet interesting.

"Experiments have to be ones that don't involve open flame, are cool to watch, are as interactive as possible and are things that we can explain at a middle school level," Geer said.

They performed a variety of science experiments, giving the middle schoolers experiences of different science components.

The students each got a chance to see the experiments during their science classes. The middle schoolers took home with them a new outlook on science, and a message about women.

"[It's cool because] not only men can do this, but also women. This program just really inspires me to get a goal met in life," Gloria Fonseca (7) said.

Middle schoolers can benefit by seeing different elements of science.

"My biggest hope is that they want to learn more about and that more students choose to go into STEM fields, especially the female students. We hope that a lot of them will join WISE once they get to high school. A lot of our current members remember when the club came to their middle schools for Science Days and it had an impact on them," Geer

SPORTS HIGHLIGHTS

WINTER SPORTS SECTIONALS



As winter sports season begins to wind down and the calendar flips to spring season, sectionals takes center stage on the court and in the pool at LC.

The girls basketball team headed into their sectional as the outright DAC champs, but the road ahead of them was one of the most difficult this season. First, the team took on the East Chicago Cardinals who were a heavy favorite against the Indians. With the help of one of the biggest student sections the girls team has ever had, they were able to pull off an upset in nail-biting fashion.

In the semi-final game against Gary West Side, the girls had the tough match-up of the seventh-ranked player in the nation-- Dana Evans. Despite putting up a hard fight and even holding a lead in the fourth quarter, the girls were defeated with a final score of 61-50.

On the other side of basketball world at LC, the boys are wrapping up their regular season with hopes of bringing home some postseason hardware. With a record just a few games above .500, the boys will also be an underdog heading into sectionals. Nonetheless, the team still has high expectations.

The girls swimming team ended their season at sectionals in Crown Point by placing third. Despite the team getting eliminated, swimmer Savannah Spears (12) and diver Kallie Higgins (12) advanced to state. Spears put up her best effort but was unable to final. Higgins was a finalist and placed 14th.

The excitement is evident for LC athletics as postseason play continues to inch closer. Schedules for all upcoming athletic events can be accessed on the LC Athletic's website at <http://athletics.lcsc.us/>.

CHEER GOES TO DISNEY WORLD

On Thursday, Feb. 9, the varsity cheerleading team boarded onto their plane and headed south to Orlando. For the first time ever the girls were headed to compete at UCA Nationals at the ESPN Wide World of Sports.

"In our division we competed against 40 teams. They split prelims up into two groups of twenty, A and B, by random. We were in the B group of prelims and competed against some talented teams that have been going there for many years. Ten teams from the group of twenty from each prelim moved on to semifinals. We ended up getting eleventh so we did not move on, but we still had a lot of fun," Mia Graziani (10) said.

Despite being unable to qualify, the girls still feel fortunate to have had the opportunity to compete. Much of the trip was a learning experience and will be taken as notice for things that need to be improved on in the future.

"Everyone was kind of shocked by the outcome, but everyone was happy with our performance.

We knew we had a mistake, but we didn't think it would affect us as much as it did. Being our first year going down there, I think the whole trip overall will stick with us for a while, because we are going to continue going down each year for nationals," Madeline Mills (10) said.

While on the trip, the team was able to visit Magic Kingdom and Animal Kingdom along with their time at the Wide World of Sports. Getting the chance to spend that trip with peers was one that led to much excitement.

"My favorite part about the trip was the practices. Being able to go down to the huge football field between the hotels and see all the hundreds of cheerleaders and getting to practice with all of them was exciting," Mills said.

The trip is just one of many high school memories the girls will keep with them forever.

"It was our first year going so it was a cool experience and we made a lot of memories," Graziani said.

SPOTLIGHT ON: WEST LAKE ALL STARS



In the wintertime, more goes on in the Lake Central gym than the typical varsity basketball games and dance invitationals. The West Lake program has a basketball team, the All Stars, that practices and plays within our own walls and at other schools in the area.

The team is actually split into two separate teams: Team Brann, coached by Ms. Karen Brann, West Lake, and Team Powers, coached by Mr. Tim Powers, Principal. The two teams will occasionally compete against each other in addition to games against other schools. The All Stars' main competitors are Crown Point and Lowell, and they have frequent games against them throughout the months of January, February and March.

This year, the All Stars showcased their talent at the winter pep rally for the whole student body to see. This spiced up their typical schedule, however, the rest of their season remains approximately the same. The team will finish out their season at the annual Sammy Ballicki Memorial Basketball Tournament hosted by Crown Point High School.

MONTHLY HIGHLIGHTS

JAZZ BAND CONCERT GALLERY



Photos By: Samantha Szewczyk

Lake Central Jazz I and II performed at the mid-winter band concert Thursday, Feb. 9. The band will perform

with Elliot Smith, new Jazz teacher, at their first ISSMA Jazz contest in March.

SPOTLIGHT ON: LAKE CENTRAL THEATER

The Lake Central Theater has been preparing for their Spring Musical, *Into the Woods* this March.

It will be performed in the Lake Central Auditorium on March 10th, 11th, 16th, 17th and 18th. All shows will begin at 7 p.m.

Tickets can be purchased online at <http://lscs.booktix.com> or at the door. All tickets are General Admission. Adult tickets are \$13, students and seniors are \$11 and kids 12 and under

BUSINESS AT THE UNITED CENTER



The Chicago Bulls business team hosted their 16th annual Career Day. All business and marketing classes were invited.

"[We have been doing the field trip for around five or six years. The Bulls provide speakers at different levels of marketing jobs. They go from entry level to people [with] the Bulls for 20 years. They tell the kids how they got into the business, what they've done and the kids get to ask questions. I think it gives them a good opportunity to ask 'how do you get in that field'," Ms. Terri Budlove, Business, said.

After the students attended the seminar, they stayed to watch the players practice before the crowd rushed in. Students impatiently scrambled to their seats, and with only .9 seconds left in the game, Jimmy Butler secured the win for the Bulls.

"Last night the game was so close and a lot of the kids were so excited standing up and cheering. [My favorite part of the field trip is] seeing [the kids] happy, making new friends [and] doing something different that's productive," Budlove said.

At the seminar, many people on the Bulls business team had a lot to say about what got them into their jobs.

"[My favorite part of my job is that I] work for [my] dream team. As a little kid growing up in the Chicago area, [I was] in love with the game of basketball. Having an opportunity to work for the team you always admired [is the best part]," Anthony Horton, Bulls manager of inside sales, said.

MONTHLY HIGHLIGHTS

FAIR HAVEN REPRESENTATIVES VISIT LAKE CENTRAL



Photos and story by: Camyrn Wallace

During PtE, senior girls were invited to learn about unhealthy vs. healthy relationships, consent, social media and rape culture.

Emily Imrich from the Fair Haven Center for women reached out to Mr. Al Gandolfi, Assistant Superintendent, about coming to the school to present these topics. Mr. Gandolfi and Mrs. Melissa Rettig, Director of Guidance, agreed that it would “be a good program for the students.”

“These are senior students that are getting ready to go away and have a lot more freedoms. [It is important for the students] to be aware of the rape culture or what sexual assault is,” Mrs. Rettig said.

With the presentation on Wednesday only offered to girls, some students were unsure why it was decided to be sepa-

rated by gender.

“I feel like it’d be good to have [both genders] together because it’s something we deal with together in society. It’s something we should be talking about together,” Kristen Hecht (12) said.

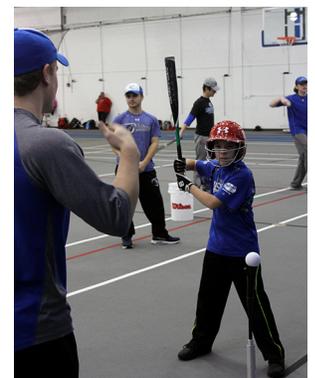
Imrich reminded the audience that even though the boys were not there, the topic is still just as important to them.

“[Rape culture] is not a girl issue. This is an everybody issue,” Imrich said.

Although some believe only the girls would receive the demonstration, Mrs. Rettig reassured that is not the case.

“We are also meeting with the male senior students because they need to be aware of this issue as well,” Mrs. Rettig said.

TEACHING FUTURE INDIANS



Photos and story by: Amber Murray

Baseballs scattered the fieldhouse floor as members of the high school baseball team helped young players on Saturday, Feb. 18. The team improved the elementary students’ swings, posture and gave advice on how to be a better player.

“[The team and I are] basically trying to build the program at the younger ages and try to build that type of community up through the high school level. We feel like weeks like today and weeks like next week with second and third grade [will] start to get the kids feeling like they’re involved in the program and continue to build it up,” Mr. Jay Jones, Assistant Coach, said.

For some of the players, helping out at the camp meant

more to them since they attended the camp when they were younger.

“[Teaching the younger kids] feels pretty good because when I was younger I did this camp and now I’m carrying on what I learned from it,” Matthew Fundich (10) said.

Jones felt like the boys had much to offer to the younger players and hope the next camps are also a success.

“The [team] is doing a great job. I feel their willingness to be coached while we’re working out at the high school practices. Now they’re seeing the other end as coaches, and they’re coaching the younger guys. They’re passing that concept of coachability,” Jones said.

SPOTLIGHT ON...

LAKE CENTRAL ALUMNI SUCCEED IN DREAM CAREERS



Lake Central High School alumni, and cousins, Aaron Buchler and Lucas Buchler were definitely on the “Pathways to Excellence” throughout their four years at Lake Central. With the struggles of tests, sports, and homework all piling up, it can be difficult yet rewarding to make it to the end of the year.

Aaron Buchler is a Sports Medicine Physical therapist at Lutheran General Hospital in Park Ridge Illinois, working with a variety of orthopedic injuries focusing primarily on athletes. He specializes in the treatment of baseball players, specifically in pitchers and the biomechanics of their throwing motion. Aaron graduated from Lake Central in 2004 with a wrestling and academic career behind him. After high school, he continued his wrestling career all four years of college. He attended Millikin University for his Bachelor of Science in Biology and Northwestern University for his doctorate in Physical Therapy.

“Lake Central provided me with an atmosphere that allowed me 4 years to find out who I was as a person, student, and athlete. I think the community should be proud of Lake Central and excited that the new facility will be providing memories to generations to come,” said Buchler.

Looking back on his four years at Lake

Central, Aaron feels that being exposed to such a large and diverse student body helped develop social skills that were needed to be successful in both college and his career.

“I think parents should see Lake Central as an asset to their kids, knowing it can provide a great education and even better experience.” Buchler said.

Lucas Buchler is a fourth year orthopedic surgery resident at Northwestern Memorial Hospital in Chicago. Lucas graduated from Lake Central in 2005 leaving behind a strong academic and swim team career. Buchler attended DePauw University for his B.A in Sports Medicine and then continued his medical career at the Indiana University School of Medicine.

“Each time I have transitioned from one step to the next - high school to college to medical school to residency - I have felt proud, but mostly fortunate for the opportunities that I have been afforded,” said Lucas Buchler.

Lucas believes that high school is a very formative experience and his time at Lake Central allowed him to begin to develop his learning style and establish lifelong friendships. With his involvement with Lake Central Athletics, he was taught the importance of hard work and being a supportive teammate.

“Lake Central absolutely had a positive impact on me,” said Lucas, “I think that Lake Central provided me with a top notch educational and developmental experience and I could not have asked for more out of my high school. I felt prepared for college when I graduated from Lake Central and I am so lucky to have met some great friends with whom I am still close today. I was very lucky to work with great coaches and teachers throughout my time at Lake Central. Overall, I had an enjoyable experience that I will remember forever.”

IN THE CLASSROOM

ADVANCED THEATER SHOWS



The Advanced Theater class performed their sketch shows on Feb. 8. They split up into three groups and each group

performed several sketches that they had been working on in class.

ANATOMY AND PHYSIOLOGY: ENDOCRINE SYSTEM



On Friday, Feb. 3, Mrs. Stephanie Parks, Science, had her Anatomy and Physiology classes perform a lab about the endocrine system and the hormones it releases.

"This lab is teaching the students the functional anatomy of the endocrine glands. We are learning the endocrine glands [and] where they're located. They're learning some microscopic anatomy by looking at the pancreas and the thymus under the microscope. In addition to that, they have to learn in general what hormones each of those glands release," Mrs. Parks said.

The students were able to look at a

model of the endocrine gland and cells to have a visual basis of where different hormones are secreted from. The class has a test coming up so Mrs. Parks gave this lab as a review.

"I really enjoyed this lab. My favorite part was looking in the microscope and you can see all the different things up close that you wouldn't normally see. We were able to better ourselves and to see more and understand more, and it benefitted me because if we didn't do it, I wouldn't have known about it," Halley Benko (11) said.

Mrs. Parks also saw this as an opportunity to teach the students thinking about going into the medical field something they will need to know throughout their career.

"Because this class is dual credit, most of my students are either interested in pursuing a career in the health field or they're just looking for a dual credit option and it's an honors class so it's beneficial for them because everyone is governed by hormones. I think it's good to have a working knowledge of hormones, and if they're going to pursue a medical career in

Photo and Story by: Cherylynn Gholson

SPOTLIGHT ON: COOKING FOR BREAKFAST



The Gourmet Cooking Class had a test run breakfast, preparing themselves for the big brunch that they will be making for the staff in April.

"What's best about doing this for our faculty is that we have the opportunity to do this class by allowing it to be a class and it teaches us good life skills for the future," Makayla Van Vleet (11) said.

Many of the students in the class were very grateful for the opportunity to give back to the faculty by making them this breakfast. The feeling was mutual, the faculty was very thankful that the students to show off their skills and take time out of their day to make them breakfast.

"I wanted to learn hands on cooking and I'm looking to go to culinary school later on in the future," Emily Gora (11) said.

A lot of the students taking this class are looking to go into some type of culinary arts after high school. Many of them already have scholarships to college for culinary purposes.

IN THE CLASSROOM

THE RUBE GOLDBERG PROJECT



Mrs. Martin's, Science, Integrated Chemistry & Physics class did group projects based on the Rube Goldberg

project. The students will be given a starting point and end task and they build a simple machine to get it to work.

A NEW EGGS PERIMENT



For the AP Psychology classes of Mrs. Teresa Zentz, Social Studies, a new experiment has been added to the curriculum.

"The egg experiment

is where they have to carry an egg around for seven days, and they need to treat it if it's their baby. They cannot leave it unattended, they can't mistreat it, they have to clean up after it if they crack it. Then they have a daily journal for five days, which goes through Erik Erikson's developmental stages, so [students]

have conflicts that they are going to face as students raise this egg from zero to adolescence. They are using concepts and terms from what they're learning about, and then applying it to the egg," Mrs. Zentz said.

After their journals, the students write papers recording their parenting styles and the treatment of their eggs.

"I think it gives me somewhat of an idea for parenting. It's not necessarily to that scale but I do get a sense of what it is like to have a kid with taking care of the smell and not forgetting it," Eric Blankenship (12) said.

The experiment allowed students to have as much creativity as possible when creating their eggs.

"I decided to have twins because twins run in my family, so I have one boy and one girl since my dad is a twin. The girl is Paige and the boy is Ethan," Madeline Spoerner (10) said.

Story and Photo by: Camryn Wallace

