



Crown Point High School Crown Point, IN @InklingsCPHS
December 2021 Vol. 86 Issue 2

Managing Media Manipulation

pages 6-9



T.O.C
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■ Senior Katie Koryczan helps load up the Angel Tree truck. National Honor Society sponsored 140 angels this year for Salvation Army.

PHOTO BY ROSALIE DEGENHART

THINK
AHEAD

Upcoming dates and events

Dec. 15
Key Club
Christmas
Party

Open to the entire community, the party will be from 6-7:30 p.m. Guests can bring donations for St. Jude’s House.

Dec. 15-17
Semester
One Finals

All finals will be given on these three days before winter break begins. The finals schedule can be found on the Crown Point High School website.

Dec. 17
End of 1st
Semester

Unlike many years prior, the first semester is ending before winter break.

Dec. 20-31
Winter Break

Winter break officially begins on Dec. 20 and ends on the 31st. Students will return to school on Jan. 4.

Jan. 3
Teacher
work day

Students will not have school this day, making it seem like an extra day of winter break.

Jan. 17
Martin
Luther King
Jr. Day

There will be no school to honor Civil Rights activist Dr. Martin Luther King Jr.

Feb. 2
Half Day

Students will attend school on a half day schedule. School will start at its regular time but will end at 11:07 a.m.



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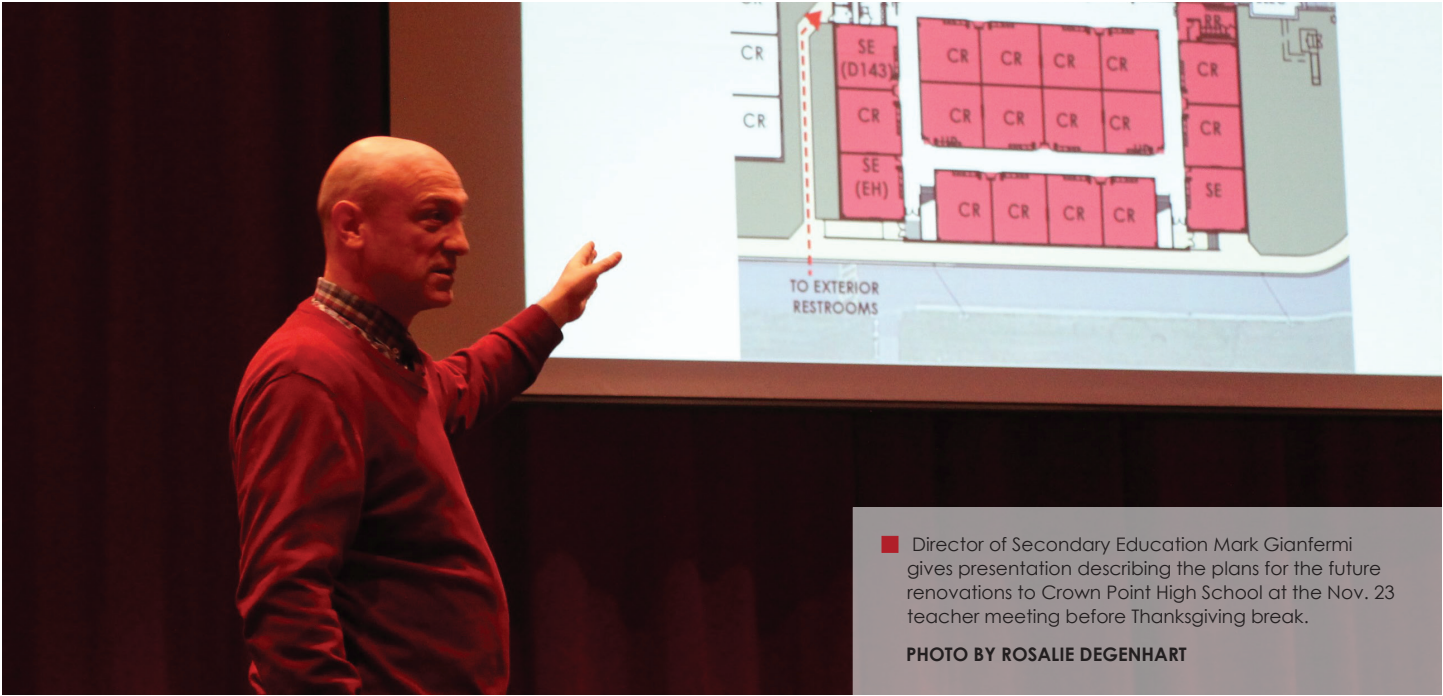
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Under Construction

School Board approves plans for building renovations and additions to high school

BY AUBREY BANKS [assistant editor]
JOSHUA HEDGES [reporter]
ARIEL MOORE [reporter]

what’s going on and how they do the renovations.”

Aside from seeing and hearing machinery during class, one of the staff parking lots will be closed off due to the construction happening in the building.

“There will be some short-term inconveniences, such as the parking outside,” Marcinek said. “One of our staff parking lots is going to be closed off so that they can set up their construction trailers. Therefore, parking might be a little crowded. We also might have some areas of the building that aren’t going to be used. Offices and classrooms may have to relocate temporarily while they are working on one area of the building.”

Another major change happening to the school is the expansion of the cafeteria. The plans include new service lines and more room for eating and serving.

“The plans include a coffee/espresso bar, several panini presses and a lot of new equipment to make new recipes. There will also be two additional lines in the small cafe. I’m excited to have our breakfast lines in the addition where it won’t feel so cramped,” Cafeteria Manager Cynthia Beck said.

Besides the cafeteria and a new academic wing, the courtyard will also experience some changes.

When students come back from holiday they may notice some differences around the school. There may be an increased presence of construction and construction workers starting the second semester.

Crown Point High School will start construction on Dec. 20. There are many changes happening to the school, such as the new academic wing.

“There’s going to be a new academic wing consisting of two new floors. It will be near the tennis court area, which is on the southeast side of the school,” Principal Russ Marcinek said.

While the construction is taking place, some students may hear and see machinery during class and passing periods.

“Throughout the second semester students and staff will start to see an increased presence of construction people here, who will start to work on the school,” Marcinek said. “Some of the work will be during school hours, some will be after hours, and some will be doing the weekends. It’ll be a mix of everything and It’ll be interesting for the students to see

The renovations are set to be completed by

2024

\$47,450,000 is estimated to be spent on renovations for CPHS

The student capacity is being raised from

2,800 to 3,600

“There’s plans to fill out the courtyard with a roof and office spaces, as well as a new large group instruction room on the first floor. The courtyard is now going to be functional, instead of being an open space that wasn’t used very often,” Marcinek said.

The nurse’s office is also getting moved and will be taking the place of the principal’s office while the principal’s office will be moved elsewhere.

“I’m excited about the move because we have outgrown the space. We need more room for beds and possibly another nurse. We’re super busy and there’s a high volume of kids,” Nurse Cori Sabotnik said.

The reason for all of these new additions is because of the big population of students in the school.

“When you look at a school our size, which is just under 3,000 students right now (with a projection of getting even larger) our building wasn’t built for that,” Marcinek said. “We started to outgrow our building, so I think that as we evolve as a school and as a community, we need more room for the new families moving into Crown Point. We felt that it was time to expand our facilities, and anytime you have a school building that is looking to upgrade, you look for an opportunity to do so, and you do it.”

While the construction may disrupt the learning environment and process, some students are glad the construction is happening in the first place.

“It’s good that we’re getting more space in the courtyard now that people aren’t really using it. It would also be good to expand the cafeteria, as well as get more classrooms in the building. I personally would be interested in a new forensics class,” junior Lauryn Bradley said.

While these projects won’t be completed until 2024, Marcinek is excited to see the plans go through, as well as students’ reactions to the new additions to the building.

“The goal was always to provide the best possible experience for our students, and as we work together with our district leadership and our community, that has always been the goal,” Marcinek said. “We might also have an opportunity to improve some programs here at school. That is our vision moving forward and I hope that people enjoy the process. It’s something that both students and staff can hold on to in the future.”

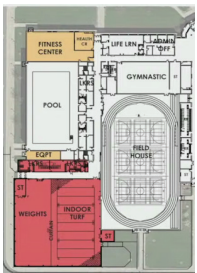
“We started to outgrow our building, so I think that as we evolve as a school and as a community, we need more room for the new families moving to Crown Point.”

- Principal Russ Marcinek

Coming Soon

Details of the renovation plans in sections of the school

Athletic Wing



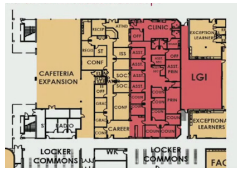
A new weight room and indoor turf field will be added to the Athletic wing. The old weight-room will be remodeled into a general fitness room.

Learning Commons & E Wing



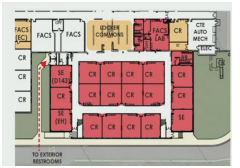
Part of E wing is being turned into a 3D art classroom and ceramics lab. The Learning Commons will be expanded towards the east side of the school. The PLTW, CTE and computer labs will be renovated on main floor.

Cafeteria & Administration



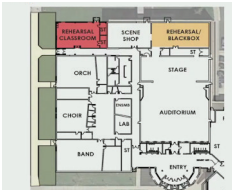
The cafeteria will be expanding into what is now the Assistant Principal's office and Nurse's office. The Administration and Guidance offices will be modified to improve overall communication.

D Wing & FACS Labs



A new section will be added to the back of the school by D hallway and the tennis courts. Twenty-eight classrooms will be added. A new locker bay will be added, as well as a redesign to the FACS labs and autoshop.

Performing Arts



The current black-box will become a storage area. The theatre classroom and the rehearsal classroom will be re-purposed with more storage across from where the orchestra room currently is.

The Social Collateral

Social media algorithms target teenagers, bringing awareness to combating media manipulation

BY ROSALIE DEGENHART [co-editor-in-chief]
ABIGAIL GODSEN [co-editor-in-chief]
LIVY HELMUTH [assistant editor]



In today’s day and age, our phones tend to absorb any relevant information in our lives. From having a conversation with peers to a quick Google search, social media platforms target their advertisements to prioritize user’s opinions, ideologies and preferences. In recent news, Facebook’s whistleblower Frances Haugen spoke out against the company’s algorithm, and, in an interview with *The Washington Post*, called it a, “highly personalized, attention-seeking algorithm,” that is the, “crux of the threat that social media poses to society.”

Crown Point Community School Corporations Director of Communications Brooke Allen has worked in social marketing and has had a first hand look at how social media targets its viewers.

“(Social media) is built to keep you on the platform and to keep you engaged. The more something is interacted with the more it is pushed out to people,” Allen said. “(Social media) also partners with marketers and advertisers to make sure that the content you are getting is the content that you are interested in.”

The algorithm used by many social media companies caters its contents to viewers, filtering through various posts and advertisements narrowing the content to only fit a viewers’ specific preferences and demographics. However, according to Allen, the

problem is also the lack of awareness that users have when it comes to giving personal information to social media companies.

“You have something in your hand that holds all the things you like and that can sometimes be really nice, but you don’t have control over what you are seeing. For me, it’s not so much the type of information you are getting. The conversation that’s always missing is that you’re giving information in order to be targeted,” Allen said. “You are giving (all that information) to companies because they are tracking your movements in order to market to you, so it’s not so much as what you’re getting from social media, the other part is what you’re giving them.”

In an educational setting, a sense of community can be nurturing. However, the Crown Point Community School Corporation monitors and then blocks social media platforms on school issued computers in an effort to combat the side effects of social media.

“There is no way to help protect students or know what goes on in social media, and that can be pretty difficult,” Allen said. “We try to be aware of mostly everything. We are supposed to take care of our students, and we take that seriously. If there is something on a social media platform that opens doors to students being unsafe, we really want to prevent those things from happening within the school day on our watch.”

Despite the negative impacts of the social media algorithm, it has formed local, national and global



connections among people, which can foster a sense of community when in-person connections can be challenging.

“Social media can help you feel connected to other people, can help you sometimes even feel like you’re a part of a community, to build support in your life,” Allen said.

Freshman Christian Hua has experienced these effects with social media helping him become more immersed in popular culture.

“I was more of an inside kid and some stuff on social media gave me some laughs. I understood more of what things (in popular culture) meant, and (social media) helped me understand some things that I didn’t understand before. Some of those things being jokes and games,” Hua said.

Although Hua has had positive experiences with social media, he also recognizes that social media can influence teens in a negative way.

“It has changed a lot of teens in the way they act, and the way they respond to people,” Hua said. “If (negative content) maybe was taken away, it would lower the impact of the actions that happen today, like these trends that affect school property like devious

licks. All that stuff could be taken away from social media.”

Social media also plays a role in delivering news and information on timely events. Some social media platforms originally not dedicated to reporting news are finding trendy formats to deliver news content to teenagers. Over the years, Crown Point TV and Radio adviser Chris Gloff has seen the increased dependence that students have on social media, specifically, Snapchat. Due to this, in the winter of 2020, CPTV created “Quick Cuts,” a subscription based news account on Snapchat.

“I’ve noticed that students are aware of things that are going on, but they’re sketchy on where they’re getting their information from. I think it’s becoming incredibly and increasingly difficult

to present factually sound news because we’re all now skeptical of news organizations because everybody seems to have an agenda,” Gloff said. “Now, all these news corporations are owned by (other) corporations with the intent of making profit, and there are very few that are out there without a bias touch to it because they’re all serving a pocket.”

In agreement with Allen, social media algorithms

continued on next page

“Now, all these news corporations are owned by (other) corporations with the intent of making profit.”
- CPTV and Radio adviser
Chris Gloff



51.7%
said
school
was most affected by
social media

target content to users, even news content.

“(Social media platforms) can market, target, write, script, shoot, edit and produce all news so that it fits the consumer. It’s no longer about true delivery of facts, integrity and truth,” Gloff said.

As Gloff said, social media algorithms can filter legitimate facts, steering truth and other viable information away from users whose documented demographics and preferences don’t match the intended target. The overall algorithm has played a critical role in mental health and how people perceive themselves and others. Sophomore Ivy Coppolillo, who has amassed over 16,000 followers on TikTok, has noticed both the positive and negative impacts of TikTok on her mental health.

“My following has definitely helped me gain confidence,” Coppolillo said. “I was never really that confident in myself until around last year. I am an outgoing person, but I was always somewhat closed off. So, it has definitely helped me open up a bit. I know there are a lot of people who may be more closed off at school not because they don’t want to share their interests, but because there isn’t an easy way for them to get out there. Social media may give them a platform to show who they are.”

Coppolillo recognizes that her overall positive experience with TikTok is not a great representation of all users, and her large influence gives her a different perspective on social media as a whole.

“I can definitely see the negative sides of social media more than I used to and how it can affect other people,” Coppolillo said. “People are attacked more on TikTok and the rest of social media more than I would have ever thought. It helps me bear myself for any situation where that might happen to me and leads me to have a lot more self awareness.”

Described by Allen as a “new form of social collateral,” the interaction received via social media likes, comments and shares can build up a personal support system as well as break one down.

“It’s a new form of social collateral. It feels good to send the hearts and all the comments on posts. It’s become a way to try and build your own support network. I would remind people that it’s a little bit of a hollow network,” Allen said. “You can gain friends on social media just as easily as you lose them, which is not necessarily the case with real friendships in real life. The concept of influencer marketing I think has contributed to this idea of perfection or persona, rather than a real person.”

74.2%
said that their
mental health & friendships
were most affected by
social media

*91 students surveyed

Social media companies, like Instagram or TikTok, spend a portion of their budget on “influencer marketing” filled with filters, fake ads and false information.

“Major companies now have whole sections of their marketing budgets just for influencer marketing. It’s not something that existed a few years ago, its really recent,” Allen said. “None of it is real, and I think remembering that is really important. In particular, for your generation, social media has had a huge impact on mental health and self image, and it’s a pretty serious concern because we’ve never raised generations of kids who have (social media) in their lives.”

The question raised by many is what can be done to minimize the effects of social media. According to Allen, there isn’t much that can be done to change the way companies are handling user information, but there are ways that individuals can better manage what they see on social media and what supports their mental health.

“There is not a lot you can do. When you download apps or go to websites it is really convenient that you can sign in with Facebook, instead of creating an account,” Allen said. “Don’t do that because that is giving them permission to pull information from your Facebook profile, and it’s giving them permission to re-target you with ads.”

Being aware of the information that one give to social media companies is a step towards fighting the algorithm.

“Don’t ever use your social media to log into another website or platform. It’s easy, that’s what makes it so tempting, but I don’t recommend it,” Allen said. “The other thing is to just limit your time on social media, which I think most people, especially teenagers, are going to be like ‘no way.’ Limit your time. I set times on my phone. Set timers on your phone so that you are at least aware of how much time you are spending on social media. If you’re looking for information on something do it outside of social media. Don’t use Facebook or Snapchat as your only source to the rest of the world.”

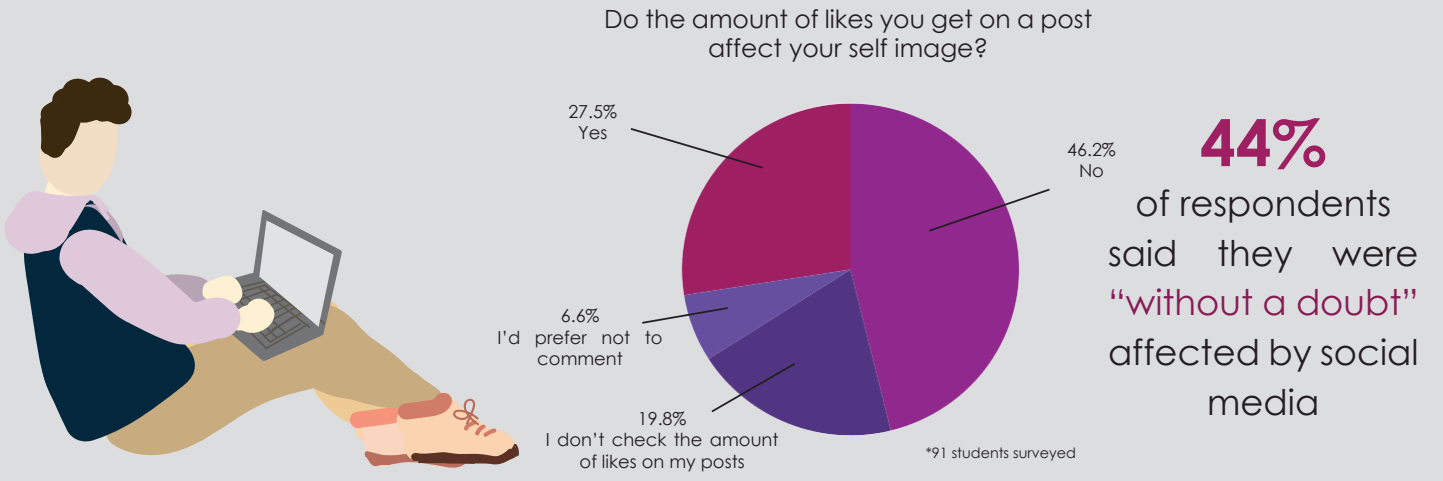
“It’s become a way to try and build your own support network. I would remind people that it’s a little bit of a hollow network.”

- Director of Communications
Brooke Allen



From left to right, junior Alexis O'Neill and freshmen Tyler Brainard and Collin Kreglow check their phones during study hall. Social media apps allow students to stay connected with friends.

PHOTO BY ROSALIE DEGENHART



Speak UP

Student opinions on relevant topics

Which new renovation do you think will be the most beneficial?

"There's a lot of people in the cafeteria, and it's always cramped. It's a good idea because there's a lot of students in one building."

- freshman
Alyssa Oshona

"I think the cafeteria would be the best for everyone just because the lines get really long and you end up with 10 minutes to eat. I think it's cool because the population of the school is getting really high."

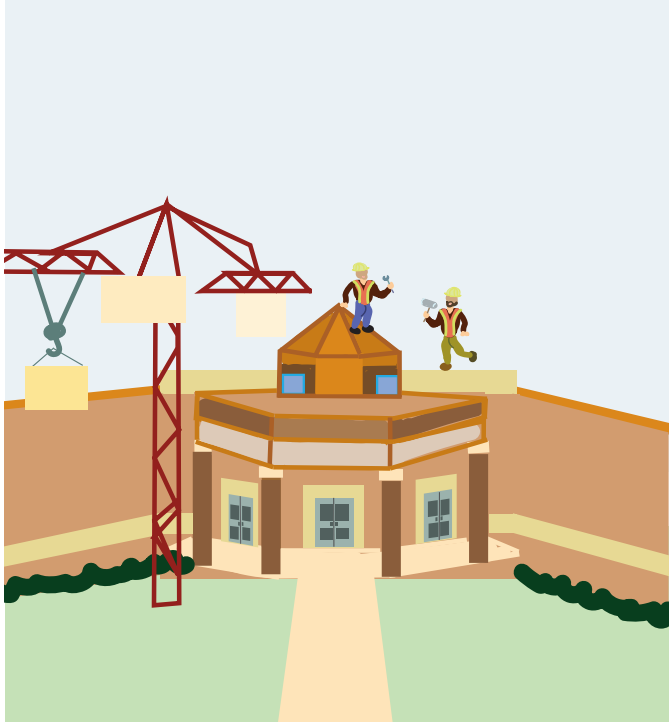
- sophomore
Rae Hall

"The cafeteria is most beneficial, there is no room in the cafeteria to sit. I have to pull up 10 minutes early to get a seat."

- junior
Lucas Ochoa

"The nurse's office is most beneficial because it's really small and it gets really cramped in there especially because there's only two nurses. I know it's going to be a pain while it's happening, but once it's over I think it's going to be really good."

- sophomore
Savanna Melon



CARTOON BY KAITLYN CHANDLER

Editorial

Building renovation impacts on teachers, benefits to learning environment and community

Crown Point High School is preparing to have major renovations to the school campus throughout 2024. These projects will pose major benefits to both students and staff, but, as part of the renovation process and creating a more functional learning environment, adjustments will have to be made, including relocation of classrooms and loss of part of the media center and the tennis courts.

These renovations will be beneficial to students from all different activities. From adding new science labs to creating more indoor athletic training spaces, there are many aspects of these renovations that will greatly improve the overall learning experience for both students and teachers.

While these renovations are going to make learning more accessible, teachers will be displaced from their classrooms, namely the wood shop, machine shop and auto shop rooms, starting over winter break. This will limit the kinds of classes offered students, and the quality of learning may be limited as a result.

One of the biggest issues expressed by students about the current school layout is the lack of space within the cafeteria, which usually causes an overflow of students into the learning commons for lunches. In these new renovations, space will be added to the cafeteria in order to rectify this issue.

The preliminary cost for the renovation is \$47,450,000, which shows just how extensive and well planned these renovations are. The school expansion will increase student capacity by 800 students, so, as the city of Crown Point continues to grow, more students can be accommodated for.

These renovations set high standards and higher expectations for what the future of Crown Point High School will look like. Big building projects like these take time. So it is important to note that while these renovations are starting in Dec. 2021, they are set to be finished in 2024. Students will be receiving an education simultaneously as the building is under construction.

Ultimately, these changes will be an asset to the school and will help Crown Point support new, incoming families, but these changes will not happen overnight.

Column

Public transport can benefit the growing population moving to Crown Point

BY KAITLYN CHANDLER [reporter]



Crown Point and surrounding areas are experiencing a large influx of people and families wanting to live in these nice and quiet neighborhoods. Now that this city is becoming less quiet, it is time for a

new implication of public transportation for the population of Crown Point.

A bus system should be implemented throughout the city that citizens of Crown Point can use to go wherever they need. Citizens would be able to buy a year long pass for a set amount of money, or they would be able to pay per day for one bus ride via a ticket website. There can be bus stops and stop shelters implemented around the city such as in the square, on Broadway, by the fairgrounds and more. There are plenty of benefits to this implementation such as a decrease in traffic, cost efficiency, safety and environmental health.

With a bus system, each bus can fit around 50 people in a single vehicle, which is about 20-50 cars worth of people. Therefore, a bus system would eliminate a large amount of car traffic around the city.

The cost of this project would be a huge benefit for Crown Point. For the average car in Indiana, gas costs about \$60 per month, and insurance costs about \$130 per month. The Chicago Transit charges \$2.25 per ticket, so, at most, \$67.50 per month compared to around \$200 per month is a huge difference.

Not only this, but kids walk to places at such a young age. A public bus transportation system would ensure a great amount of safety for the children of Crown Point, who may not have a ride available.

Last but not least, the environmental impact would be significant. Again, with the amount of cars of people worth that could fit on a bus, this means less CO2 emissions and more fuel being conserved.

All in all, I think that this would be an amazing implication for the city of Crown Point, and I would take advantage of this opportunity if it were available.



CARTOON BY KAITLYN CHANDLER

Should social media be blocked on school computers?

Pro:

Social media poses a huge distraction for students during the school day

BY ZOEY SLAVENA [reporter]

Social media is a huge distraction for many students who are working in class. Students can already access social media apps on cell phones during the school day. If social media becomes unblocked on school chromebooks, social media will create a problem that will escalate quickly.

Teachers won't be able to fully trust students to use school chromebooks freely if students are constantly switching tabs from assignments to social media sites. The school will then have to implement stricter chromebook rules.

If social media was unblocked, it would cause students' grades to drop significantly because it distracts students during class.

Some students are good about distancing themselves from social media at school, but this doesn't work for everyone. Therefore, social media should stay blocked on students' chromebooks.

Con:

Allowing social media at school gives students a chance to recharge

BY AUBREY BANKS [assistant editor]

Allowing social media to be accessed on school computers doesn't always cause distractions to students. It can provide information that can be hard to get.

CPTV as an example, posts their news on Snapchat for viewers to see. This allows students to get informed when they are done with their work.

Another example is overall news that can be seen on social media. Allowing to see it on websites that are normally blocked allow students to become aware of their environment.

Social media being unblocked on school computers won't create multiple problems. Instead, it'll allow students to be informed and knowledgeable of news around the world.

There are some students who have trouble putting social media down, but that doesn't mean that social media should be blocked on every student's chromebook.

IN THEIR VIEW

"Yes because it is a distraction from education, and we already have our phones in the way too."

- junior
Camron Johnson

"No, it's just a lot more fun to talk to people. Social media could also be used to contact teachers."

- junior
Isaiah Chandler

Column

Vocal triggers and negative body talk are as harmful as visual triggers

BY ROSALIE DEGENHART [co-editor-in-chief]



We live in a world full of expectations. Our actions and words seem to be molded to fit an unrealistic expectation perceived by others. What society perceives as the "ideal" body has become, with the

toxic aid of social media, the most fragile and damaging expectation among youth.

In the mental health community, there is a term known as a trigger, which refers to a stimulus that brings upon mental distress, or reminds someone of a past trauma. Photos posted on Instagram or Snapchat that promote the "ideal" body type are triggering to people who have body image disorders. Now, I must stress that there is no "ideal" body type; it is a facade that is brainwashed into the minds of the insecure and unhealthy. Therefore, I am not condemning anyone who posts photos showing their body because everyone should love and respect their body.

The problem, however, is how society has analyzed these photos, analyzed our bodies and made them an indicator of our worthiness. They don't mean to villainize the photo and make it the source of their insecurities. Instead, it is the fault of the societal expectation to fit a specific body type.

There is another trigger to those with body image disorders that is less obvious, and these are vocal triggers. In my experiences, vocal triggers consist of, but are not limited to, "I haven't eaten anything today," "I look/feel so 'skinny'" and "I look/feel so 'fat'." Diet talk can also be triggering, such as "I've eaten too many calories today."

Vocally analyzing the dietary contents of a food product can make a person struggling with an eating disorder more self conscious and can even halt their process in recovery.

Many do not filter what they say in conversations, and they lack the awareness that what they say may be triggering to those struggling with a body image or eating disorder. Vocal triggers are harder to catch and less obvious, but they have lasting impact on those with body image issues.

A GLOBAL COMMUNITY

Students and teacher share experiences of moving to America from other countries and adapting to new life

BY JOSHUA HEDGES [reporter]
LIVY HELMUTH [assistant editor]
MARY MARCINEK [reporter]

Crown Point's population is rapidly increasing, including families migrating to the region from different countries. And though they may come from different countries and cultures, many young first generation immigrants share similar experiences while assimilating to the United States.

Junior Layra Bitencourt moved to the United States with her stepfather and sister, Monyque, but the rest of her family lives in Brazil.

"My stepfather didn't want to live in Chicago because it's really expensive. So, we moved here because Crown Point has really nice schools," Layra said.

Just as Layra immigrated to live with her family, senior Omar Enayeh moved from Syria to Crown Point to live with his brother.

"My brother has been living here for five years, so it was easiest for me to move here than to any other state," Enayeh said.

Enayeh transitioned from Syria's educational system to the United States', and he was surprised by the differences in rigor of his courses.

"In Syria, kids would sit down and stay in class the whole day while the teachers switched classrooms," Enayeh said. "There weren't even any clubs or sports teams. The classes are also much easier here; back in Syria, I was going into calculus in only 10th grade."

"In Brazil, we were always out traveling to the beach and surfing. But, here, I feel like I'm more free. Teenagers here can drive, so I feel like I can hang out more with my friends."

- junior
Layra Bitencourt



■ From left to right, freshman Monyque Bitencourt and junior Layra Bitencourt laugh during class.

PHOTO BY SAMUEL BREWER

■ French teacher Amy Berchem as a child playing outside in Zambia with her guard dog, Cleo.

PHOTO PROVIDED BY AMY BERCHEM

Similarly, junior Ashley Morales, who immigrated from Guatemala to Crown Point, also came from a differently structured school system.

"Here, school is much longer and we don't have recess," Morales said. "Also, there are more classes here than in Guatemala. We just had basic classes there. But here, we have more extracurricular and career classes."

Enayeh prefers Crown Point High School's large and accommodating size, compared to the smaller school he attended in Syria.

"The school I went to in Syria was much smaller than this," Enayeh said. "It was like an old house in the city. To make things worse, there'd be about 70 students in each class, so you'd have to share one desk with three students. There were about 20 classrooms in the

entire building."

French teacher Amy Berchem lived in the African countries of Zambia, Cameroon and Guinea before moving to the United States. Like Enayeh, there were some luxuries of living in the United States that were not available to her in her home countries.

"When I lived in Cameroon and Guinea, we only had electricity maybe six, sometimes 12 hours a day. Sometimes it was on from six to midnight, other times it was midnight to six, so you never knew when it was going to come on. We would sometimes rig up batteries so we could have lights," Berchem said.

Besides just the different learning and living environments, there are a multitude of differences between American society and the societies of

other countries. Freshman Monyque Bitencourt, who moved to the United States from Brazil, was surprised by how different American entertainment was from Brazil.

"Americans are really into sports," Monyque said. "In Brazil, we mainly play soccer, but there are no big competitions."

Prior to moving, Monyque's main understanding of sports was developed from her school's annual competitions.

"There is a time in the middle of the year when every single class competes with each other for one or two weeks, and the whole time is spent playing games," Monyque said. "There's volleyball, soccer, dodge-ball and other athletic games. Also, there are mind games like chess and questions about subjects like English. In the end, each

continued on next page

"I love learning about other cultures and learning a new language. It was difficult, but now I can talk to people that know in Spanish and English."

- junior
Ashley Morales

■ Junior Ashley Morales stands with her mom, who had just graduated from pastry school in Guatemala.

PHOTO PROVIDED BY ASHLEY MORALES



■ (Above) Senior Omar Enayeh standing in front of where he grew up in Syria.

PHOTO PROVIDED BY OMAR ENAYEH

■ (Left) Berchem (infant) and her family tend to their chicks that they raised for eggs and meat.

PHOTO PROVIDED BY AMY BERCHEM

“If I really think about it, I can list 100 things that are different about being a teenager here and being a teenager in Brazil. I’ve noticed that even though American teenagers have more freedom at a young age, it feels like they are still very connected to their parents.”

- freshman
Monyque Bitencourt

class receives a medal for the place they won.”

Layra was more surprised by the differences between American and Brazilian greetings.

“In Brazil, it is very customary to hug somebody when you meet them,” Bitencourt said. “Whenever people greet each other in Brazil, they usually hug. We don’t really do it as much in America, and I miss it.”

Despite moving to Crown Point from an entirely different continent, Berchem experienced a similar cultural shock.

“I noticed that a lot of people didn’t like to stop and talk to people and really ask them how they were doing,” Berchem said. “In Africa, greetings are huge, and they’re very important to use. A lot of the greetings start with ‘How are you?’ and then it’s ‘No really, how

are you?’ Then they’ll go on and say ‘How is your husband?’, ‘How is your wife?’, ‘How are your kids?’ or ‘How is your house doing?’ because their relationships are so important to their life.”

On his first day at CPHS, Enayeh received a different type of greeting from his new classmates.

“I was literally in the first class of my first day in-person when my classmates asked, ‘Are you a freshman?’ and I said, ‘No, I’m from Syria.’ That was hilarious,” Enayeh said.

Adapting to an entirely new culture can be challenging for anyone regardless of age, let alone for teenagers. Berchem initially didn’t enjoy attending school in the United States because of how challenging it was to fit in.

“When I was 15 in my sophomore year of high school, I didn’t like it at all. One of the reasons why was that every-

one had already made their friends as freshmen, so I went into the high school system not knowing anybody. It was kind of hard to make friends,” Berchem said. “Do you know that movie called *Mean Girls*? I’ve never seen it, but, apparently, there’s a part about a girl who was born in Africa. So, they just called me ‘the girl from Africa’ and never by my name.”

The language barrier made Morales reluctant to meet new people and to open up more.

“At the beginning, I didn’t feel comfortable making friends,” Morales said. “It’s not that I’m an introvert. I like to socialize and interact with people. I was just scared to talk to people because I was new to the English language. I was afraid that I wouldn’t be able to learn English or have conversations with other people.”

However, Morales began to take ESL classes in the United States to improve her English communication and comprehension. With stronger English skills, Morales feels more socially confident.

“I still struggle a lot with English, but last year I stopped taking an ESL class,” Morales said.

“At the end of the year, I have to take tests in reading, listening, writing and speaking. If I passed those tests with a five or more, it means I’m good with English and can handle it by myself. If not, I have to take that class more. I took it freshman year and sophomore year, and I passed the test in January of this year. It’s still a little bit difficult for me to make friends, but not as much as it used to be.” Morales said.

Similarly, Enayeh initially struggled with the language barrier between

the United States and Syria, but he learned to overcome it by practicing English at any opportunity.

“When I first got here, I had a job interview but still couldn’t really understand much, so I had a translator,” Enayeh said. “They would translate Arabic to English and English to Arabic for my employer and I. After that, I really felt bad, and I knew I’d have to speak English at work.”

This experience motivated Enayeh to dedicate his time to learning English.

“I started practicing it at home. I stopped talking Arabic the whole time I was at home,” Enayeh said.

Enayeh not only motivated himself to learn English, but he also drove himself to learn new skills for his job.

“I was talking to Mrs. Grill, my ESL teacher, and she told me that her son worked as a lifeguard at the YMCA

and that they needed more. I applied and failed the swimming test the first time. After that, I went there every day and swam for about one to two hours and taught myself how to swim,” Enayeh said.

The Bitencourt sisters, Morales, Berchem and Enayeh have all adapted and integrated into American society while maintaining a sense of their own culture far from its origin. Berchem wishes that her experiences could be shared with everyone.

“I think it would be amazing if every person was able to spend three months at least in another country so they can see how other people live,” Berchem said. “A lot of the time, there are parts of life in a poor or third world country that you want to bring back with you.”

“Since I was living in those different countries, school was just like a daily field trip because you’re constantly learning new things about the different cultures and people. It was constantly an adventure.”

- French teacher
Amy Berchem

SPANISH

is the most common second language in the United States

43% of the world's total population is bilingual

In 1950, 10.3 million people in the US were born in another country

In 2018, 44.8 million people living in the US were born in another country

Information via www.pewresearch.org and www.researchgate.net



(Above) Morales and her friends at a theater performance in Guatemala.

PHOTO PROVIDED BY ASHLEY MORALES



(Right) Morales and her cousin playing in a forest in Guatemala.

PHOTO PROVIDED BY ASHLEY MORALES



(Left) Berchem and her family wearing West African clothing, called Boubou.

PHOTO PROVIDED BY AMY BERCHEM

(Below) From left to right, Layra and Monyque stand on a bridge in Brazil in 2018.

PHOTO PROVIDED BY LAYRA BITENCOURT



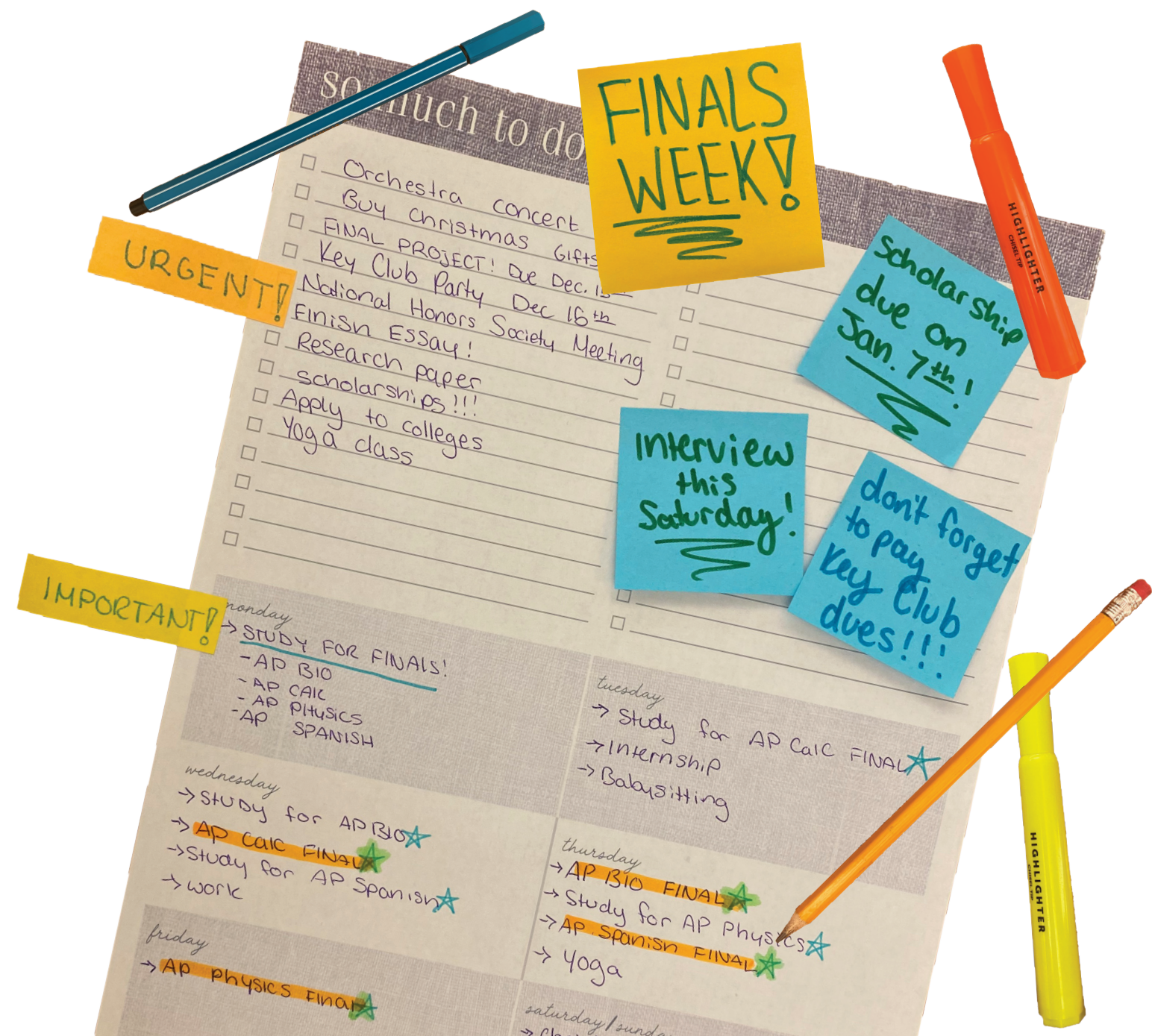
(Left) Morales and her friends on her last day of sixth grade in Guatemala.

PHOTO PROVIDED BY ASHLEY MORALES



What to do when there is

TOO MUCH TO DO



Students, staff discuss importance of managing stress, share tips to take care of mental health during finals

BY AUBREY BANKS [assistant editor]
KAITLYN CHANDLER [reporter]

High school, a time when grades can become an enormous stressor in students' lives, to the point where mental health can be sacrificed. The discussion of managing stress and anxiety, while also maintaining a good education, is crucial to the well-being of teenagers. With finals week around the corner, students will be experiencing a great deal of stress. It is important to explore reasons as to why students are experiencing this and how they can develop helpful habits to be successful both academically and mentally.

According to school social worker Jamie Monday, one of the biggest factors behind student stress levels is the lack of sleep that a majority of students experience.

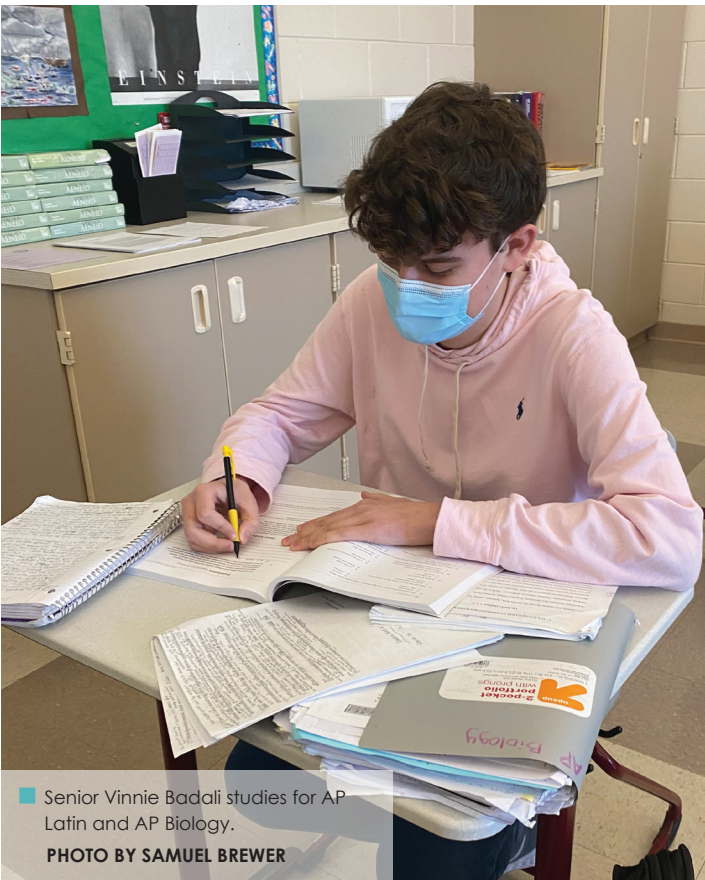
"The reality is, if our brain does not go through all of the different cycles of sleep, it actually affects our capability of dealing with stress, but it also affects our memory. In the end, staying up late to cram is counterproductive. It is important for students to prioritize their sleep," Monday said.

Anxiety can be induced by many factors, but one of the most common forms for students is test anxiety. Senior graduation coach, Adrian Richie weighs in on the way the brain functions and why we experience this anticipatory fear towards exams.

"The ID, or the 'ego' of the brain, wants you to believe your future is going to be as miserable as your past. It wants you to be fearful because 10,000 years ago, at the beginning of mankind, our brains were wired to be cautious of predators and surviving in the wild. Now that there are no saber-tooth tigers, the ID's role is to play on your fear," Richie said.

Monday shares her input on students' stress levels and why anticipatory stress is so harmful to students.

"A lot of times with anxiety and tests, we have anticipatory future oriented thinking. We have to try and focus on the here and now. It is a lot of wasted energy to focus on things that you have no control over. The best



thing to do is focus on what you have control over today," Monday said.

With the mind naturally inducing this fear, Richie says it is important to take time on mindfulness each day, with meditation being one of his go-to's.

"I am a big believer in mindfulness and meditation. I start the day in meditation, and I end the day in meditation," Richie said.

It is important for students to have some quick, helpful strategies for stress management when on a time crunch, especially right before an exam. Richie gives a helpful tip for students to utilize.

"Breathing is so important before a test, for it calms the mind and the body," Richie said.

Self care, in order to prevent burnout, can look different for every-

one, from exercise to simply creating boundaries for oneself. According to Monday, there are many things that students can do to take care of their mental health and prioritize self-care.

"It could be yoga, running, sprinting, walking or powerlifting. It does not matter. Your body just needs something," Monday said.

"Creating boundaries for yourself is also important. It is about finding what is reasonable for you because it is impossible to do everything. It is important to not worry about making others feel bad, but you should make yourself a priority. It is not selfish, it is self care."

To senior Eva Pycraft, working out is a great form of stress relief.

"I personally love weight training because it makes me feel strong, but

I also love spin classes. High intensity workouts help me combat pent up stress," Pycraft said. "The better the headspace I am in, the better I tend to perform in school."

Even with using some stress-relieving tactics, it can still be easy for students to become overwhelmed with extracurriculars, jobs and hard classes. Junior Jacob Philips manages his time by completing his most important tasks first.

"If I'm in a club, I take breaks from it if I'm falling behind on school work. I do my homework first and if I have time I will go visit the club. It depends on if I have homework or studying to do first," Philips said.

Graduation coaches also have resources that include charts for students struggling with time management.

"You track everything from the time you wake up to the time you go to bed and what your day looks like. What you will find is that every day is pretty much the same but there is a lot of time between daily tasks that can be dedicated to working on those classes you struggle with," Richie said.

According to Monday, some students are guilty of believing that they have more time than they actually do, and this is what leads to procrastination.

"We need schedules. It's important to prioritize things in a calendar and do these important things first," Monday said.

According to Richie, building a good relationship with teachers is another factor in student success, for teachers are there for students to ask questions and get help.

"It is important to gain a great relationship with your teacher. If you can make some sort of connection with them, then they see you in a whole new light also. Your teacher has 150 of you a day, and you have six or seven teachers, so it is a lot easier if you seek out that relationship," Richie said.

As stated by Richie, it is important to prepare and stay on track, or even ahead, on class work because of the way the brain functions.

"The better the headspace I am in, the better I tend to perform in school."

- senior
Eva Pycraft

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Five tips to keep your brain healthy and bright for finals

according to Web MD

Move your body

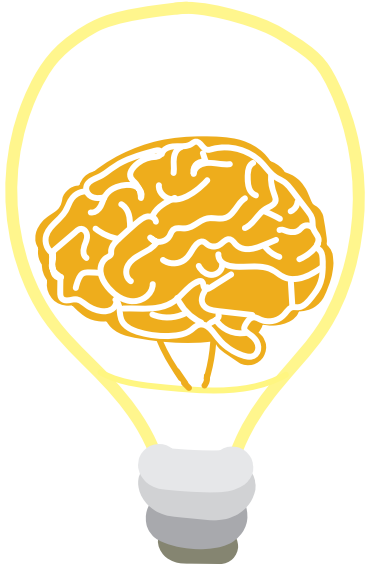
Moving your body helps to circulate blood to the brain, and it increases the size of the part in the brain where memories are stored.

Make a to-do list

Quickly writing down a to-do list, especially during such a busy week, can help prevent from becoming overwhelmed.

Try new things

Trying new things increases new brain cell connections and promotes enhanced cognitive functioning.



Take care of your diet

A diet rich in Omega-3 fatty acids promotes brain health and functioning. Foods include avocado, salmon and nuts.

Do a digital detox

Staying off of electronics 30 to 60 minutes before going to bed improves sleep quality and helps brain functions.



Senior Eva Pycraft works out at the YMCA after school.
PHOTO BY KAITLYN CHANDLER

“I also recommend staying ahead of the teacher. If you come to class having prior knowledge, the brain will recognize information and it will be more easily stored in the brain,” Richie said.

According to senior Vinnie Badali, it is important for students to build relationships with teachers for academic success.

“Don’t give up and always ask questions. I think everyone has different subjects that come naturally to them and others don’t. I truly believe anyone, regardless if you’re struggling with classes now or in the future, is able to overcome that struggle if they seek help, ask questions and have the right mindset,” Badali said.

According to Badali, there are plenty of great resources for students to take advantage of for studying.

“For finals, I look over the books and notes. I do use video resources, as well just for topics that I’m confused about. I also use Khan Academy to study for the SATs and finals week. A

lot of the AP classes and CollegeBoard work together to create resources for students,” Badali said.

For Phillips, the biggest factors for successful studying is the environment he studies in as well as keeping distractions away.

“I usually study alone at home without any distractions. I do that by leaving my phone and other devices in another room. This is so I can focus and get my work done on time,” Phillips said.

“Einstein also said that when you find that thing that you enjoy doing and you love doing, it is not learning but it is remembering.”

- senior graduation coach
Adrian Richie

Badali also prefers to study at home with no distractions.

“I usually don’t study outside of my home. In general, it’s hard for me to focus in places when it’s super loud and chaotic.

I try to do to the quiet toom if possible just so I can focus. It’s stressful if it’s really loud when you’re trying to get stuff done,” Badali said.

Everyone’s genetics and brains are different, so it is impossible to all learn the same way. Exploring the different learning styles can be beneficial for struggling students.

“I feel like everybody is different. It’s figuring out what kind of learner you are. Some of us are visual, audio, or kinesthetic learners. Every teacher has different learning styles and it is important to see what strategies teachers use that work for you and integrate these strategies into studying,” Monday said.

Richie believes that one of these strategies can be looking for problems to solve before looking over information.

“One of the most crucial skills that I have learned for successful learning is going over the questions before reading. The brain is a computer looking for a problem to solve,” Richie said. “If there is no problem to solve, the brain will struggle. However, you read the questions before reading a passage, your brain knows what it is looking for and it will efficiently store the information away.”

Most of all, according to Richie it is most important for students to focus on finding one’s fulfilling purpose in order to stay motivated, for eventually it will become fun to learn rather than a chore.

“Einstein also said that when you find that thing that you enjoy doing and love doing, it is not learning, but it is remembering that you are on Earth for a reason, to follow your purpose and your passion,” Richie said.

ZzZ ♣ •

According to Stanford Children’s Health,

7 out of 10

high school students

do not recieve enough sleep each night

How to improve your sleep

- Monitor caffine intake
- Daily exercise
- Introduce pleasant aromas
- Avoid light disruptions
- Disconnect from devices
- Avoid eating right before bed

according to the Sleep Foundation

What Type of Learner Are You?



Visual

Learners who gather information by seeing it are visual learners. Visual learners study best by using images, pictures, and other visual media to help them learn and understand information.



Reading/ Writing

Learners who gather information by reading or writing are reading/writing learners. These learners study best by reading or writing the information over and over again.



Kinesthetic

Learners who gather information by using their hands are kinesthetic learners. Also known as tactile learners, the learners study best by doing physical activities and absorbing information through touch and movement.



Audio

Learners who gather information by hearing it are auditory learners. These learners study best by listening and speaking the information.



■ Senior Jessica Carrothers dribbles down the court in the team's home opener against Andean on Nov. 16. The team won the game 71-35.

PHOTO BY GILLIAN GATLEY

Defending the Title

Girls basketball shoots for consecutive state titles after last year's victory

BY SAMUEL BREWER [sports editor]

Winning a state title is one of the hardest accomplishments a high school program can achieve. Defending that title, however, can be even harder. The girls basketball team faces that very challenge this season and all kinds of rankings agree they have so far lived up to the challenge.

The Indiana Basketball Coaches Association has ranked them first in each poll they have had this season. This can put pressure on teams, and according to head coach Chris Seibert, the team has had to adapt to this challenge.

"I think the scrimmage at Benton Central was a good wake up call for us. I think they saw right away how motivated teams were gonna be," Seibert said. "The target has been there the last few years, but coming back as a defending state champion, the target definitely grows."

Senior and Purdue University commit Lilly Stoddard is a veteran of the



■ Senior Lilly Stoddard shoots a free throw against Andean on Nov. 16.

PHOTO BY GILLIAN GATLEY

team, with this being her fourth year on varsity. According to Stoddard, the chance to defend a state title can be exciting, but it shouldn't change the way the team approaches games.

"I think that the way we approach games has always been taking it one game at a time, but now that we've won state, we had that experience and know what we're working towards again this year," Stoddard said.

This year, the team has added many highly ranked in and out of state teams to their schedule, one of which being now Indiana's number three ranked South Bend Washington and last year's Ohio state champion Mount Notre Dame, who the team lost to 56-41. According to Seibert, this gives the team much more experience playing in tough matches.

"Seeing different styles (of play) I think helped us last year, because when you go for the tournament you see so many types of teams with size, speed, zone, man and all the different things,

and being able to be pushed in the regular season I think really helped us in our run last year," Seibert said.

Stoddard is excited for the challenge of facing more quality teams.

"I like playing new teams and good competition. I think this helps us when we get to the postseason," Stoddard said.

A large problem with teams defending a title is having to deal with the large loss of seniors, but with the team only graduating three seniors from last year, Seibert is focused on the future instead of the past.

"If we didn't have as many people coming back we maybe would reflect on last year a little more, but we knew as soon as we got done we had to continue to get better," Seibert said.

According to Seibert, this does not mean the team will look or play like they did last year.

"We just have a different team too, offensively being a little more creative. Losing (the three seniors), who were

Jessica Carrothers Record Breaking 1986 points

After a 27 point outing against Portage, senior Jessica Carrothers broke the all time scoring record for Crown Point, overtaking Anne Kvatchkoff Equihua's record set in 1985.

three very good defensive players for us, we can't just line up and do what we've done for the last few years. We have a little bit more length and a little bit more size now but maybe not the speed and the on-the-ball pressure that we've had," Seibert said.

One of these returning players is sophomore Ava Ziolkowski. According to her, even though she is an underclassmen, she sees defending the title an exciting opportunity rather than something stressful.

"It feels really good to be a part of a state championship team, especially after it being my first year of high school

basketball. My teammates really made last year a great experience, and I really enjoyed it. This year it feels great to be defending the state title and still being a part of it this season," Ziolkowski said.

Ziolkowski thinks that the defining factor in the team's success is their teamwork during the season, not just raw talent.

"I think it will take us to all work together as a team to win. We already all work together really well. It is our biggest goal to do a repeat from last year," Ziolkowski said.

The team will continue their regular season campaign with a DAC match-up at Lake Central on Dec. 17.

Starting off STRONG

The girls basketball team has only lost one game in their first 12.

- 70-17 **W** at Kankakee Valley
- 78-26 **W** at Bishop Noll
- 71-35 **W** vs Andean
- 47-24 **W** vs Northridge
- 40-19 **W** vs Warsaw
- 67-13 **W** vs LaPorte
- 56-41 **L** vs Mount Notre Dame
*2021 Ohio State Champion
- 79-30 **W** at Lowell
- 50-25 **W** at Portage
- 53-26 **W** at Penn
- 87-32 **W** at Lake Station Edison
- 43-35 **W** vs Valparaiso



■ Senior Jessica Carrothers (above) goes up for a contested layup against Andean.

PHOTO BY GILLIAN GATLEY

■ Junior Brooke Lindesmith (below) drives past a defender in a 71-35 victory over Andean on Nov. 16.

PHOTO BY GILLIAN GATLEY





■ Senior and Duke commit Nick Tattini prepares to go up against a LaPorte wrestler in the team's second meet at home on Dec. 1. The team beat LaPorte, moving their record to 2-0.

PHOTO BY GILLIAN GATLEY

Wrestling team shoots for state led by three Division One commits

BY GILLIAN GATLEY [reporter]

Many high school athletes dream of continuing their sport when they make the transition from high school to college. For three wrestlers, that dream has become a reality.

Seniors Nick Tattini and Jesse Mendez have committed to Duke and Ohio State respectively while junior Logan Fraizer has verbally committed to Virginia Tech.

Tattini's commitment to Duke on Oct. 26 marked the first commitment of the three. With the drive to wrestle in college, the need to distinguish himself from his competitors in order to be noticed by college coaches was present even through the ending of the high school season according to Tattini.

"Most of the schools have reached out to me through tournaments that I've wrestled," Tattini said.

"Basically just going to a lot of out of season tournaments helped that."

Mendez announced his commitment after Tattini, committing to Ohio State on Nov. 3 and later signing on Nov. 10. According to Mendez the belief he has in the Ohio State coaches and his recruiting class pushed him toward accepting Ohio State's offer.

"Just having faith in the coaches and I think we (Ohio State) have the best recruiting class probably ever," Mendez said. "Having Logan Stieber as the RTC coach who's around my size who is going to be able to wrestle with me is huge."

Unlike the two seniors, Fraizer has two seasons of high school wrestling left before he moves on to college. With the pressure of knowing that not only is he wrestling in upcoming high school seasons but also preparing for college, Fraizer takes each match one at a time.

"I just try to stay in the moment, stay in high school, don't look forward," Frazier said. "Just think about the next match."

As for last year's season, head coach Branden Lorek is happy with the way his team performed but understands that his wrestlers wanted more out of the season that they did not achieve.

"I believe we have some unfinished business from last year. I'm only happy with the season when the wrestlers are happy," Lorek said. "I believe our team did an incredible job last year, especially with all the restrictions. But, I know they weren't satisfied with where we finished."

Along with wrestling in college, the two seniors and one junior have their 2021-22 seasons to look forward to. Not only does Fraizer have high hopes for his individual season, but is also hopeful for the team outcome as well.

"Hopefully I get a state title and the team gets a state title. All blue rings for all of us," Frazier said.

Fraizer is not the only one that is optimistic for the 2021-22 season. With his last high school wrestling season starting, Mendez most looks forward to getting to wrestle with his teammates and is hopeful that he will be a part of their team's success through the season and at state.

"Just being with our team. I want to win a state title with these guys," Mendez said. "We didn't get it done the last couple of years but I think this is our year. I think we're all going to work hard and we're going to get a team with a whole lot of blue rings."

In order for the team to succeed and achieve their overall goals, focus and hard work are key to the season according to Lorek.

"I'm looking for all my players to work and listen. I believe if our team stays focused and makes good choices, they will be able to capture their individual and team pursuits," Lorek said.

In order to reach these goals, the team has had to start training hard for their season according to Tattini.

"We have morning practices before school on Monday and Wednesday and we practice six days a week," Tattini said. "Some very intense practices."

According to Lorek, the team doesn't just wrestle during their season but also trains in other strength aspects in order to improve on the mat.

"The team prepares by spending several months strength training and conditioning, and the wrestlers put many hours of work on the wrestling mat all off season," Lorek said.

Though keeping the motivation and morale of the

team is important, the team put emphasis on working on little things that will improve overall performance as well.

"When you work so hard as a team every day in the wrestling room, it makes it that much easier to win those close matches when it comes down to the wire," Mendez said.

The team's first match on Nov. 23 ended with an impressive 68 to 9 win over Portage on the team's senior night. They continued their winning streak on Dec. 1 against LaPorte. According to Tattini, winning the first meet of the season is important for setting the tone for the rest of the season.

"It's a long season so I feel like getting that

first match out of the way is always very important," Tattini said. "Hopefully it was a good indicator of how the rest of my season is going to go."

With the first few meets out of the way, Fraizer says the team needs to focus on wrestling and training hard in order to keep winning meets.

"We need to keep drilling and wrestling hard

in the room and I think all the hard work will pay off," Frazier said.

According to Lorek, goal setting is a crucial part of the long wrestling season.

"The season is long, so we make sure that the wrestlers have short and long term goals," Lorek said. "I constantly want my wrestlers working towards a goal or pursuit each month: academically, personally and athletically."

The team will continue their season on Dec. 16 against Lake Central at Lake Central High School.



■ Senior and Ohio State commit Jesse Mendez looks to the ref after pinning a LaPorte wrestler on Dec. 1.

PHOTO BY GILLIAN GATLEY



Jesse Mendez

Class of 2022

Ohio State

Major: Business/
Sports Management

Why Ohio State?

"Just having faith in the coaches and I think we have the best recruiting class probably ever."



Nick Tattini

Class of 2022

Duke University

Major: Biology

Why Duke?

"Duke was just the perfect combination of athletics and academics. It's a great school size too."



Logan Frazier

Class of 2023

Virginia Tech

Major: Filming/ Business

Why Virginia Tech?

"I just knew it was home right away. I love the coaches there, and I knew I could get better everyday."

SPORTS
SHORTS

Gymnastics prepare for season with high season hopes for postseason success

BY ABIGAIL GODSEN [co-editor-in-chief]

The CPHS Gymnastics team started their season back in November with a team filled with new faces, primed with the potential to make it to state, which they haven’t done since 2016 according to head coach Amy Pysh.

“Our team goal for this season is to go all the way (to state). I have a very good team this year. A lot of newcomers, club kids, that typically don’t come out for the team decided to come out, and we are very stacked. It is a joy to come to practice every day and see all the new talent,” Pysh said.

Pysh sees every gymnast as being a valuable asset to the team. Every girl has real talent and has put in the work to really shine in competition.

“It’s just unbelievable. The talent all the way down from one to 16. Every single one of them has gotten better that I can’t even tell you right now who the standouts are. I feel like it’s premature to do that but just know that every single one of them brings something special to the team,” Pysh said.

Going into this new season, team

Boys Basketball ■ Boys Swim ■ Girls Swim ■ Gymnastics ■ Moments of the Month



■ Freshman Leah Fenner practices a split jump on beam during a practice in preparation for the team's first meet on Dec. 18.
PHOTO BY ABIGAIL GODSEN

chemistry and working hard are going to be the main focuses according to Pysh.

“Team camaraderie, being everyone’s cheerleader, whether you’re competing or not, Varsity or JV, no distinction, just everyone being on board and seeing the big picture. The big picture is to make it all the way to state and to make sure that they’re being encouraging to everyone,” Pysh said.

Like Pysh, returning gymnast senior Dani Kamleiter can see the team

making it all the way to state because of the talent, hard work and dedication of all the gymnasts.

“I could really see us going for this year. I want us to make it, as a team, to state. The last time it happened was 2016, so I really want to see that happen this year. It’s probably our year for it to happen,” Kamleiter said.

Their first meet is the LaPorte Pairs on Dec. 18 and they will be taking eight of their 16 total gymnasts with them to compete.



■ Senior Drew Adzia drives towards the basket against Illiana Christian on Nov. 30. The boys won the game 45-35.
PHOTO BY SAMUEL BREWER

Boys Basketball starts season with win against Illiana Christian

BY SAMUEL BREWER [sports editor]

The boys basketball team opened their season with a 45-35 win against Illiana Christian. According to head coach Clint Swan, the team did a great job of starting the season off right.

“We saw some resilience in that first game and I’m eager to see how we build off it. There were a lot of guys in that game getting their first varsity action, and I think they got better as the game went on,” Swan said.

Junior A.J. Lux is also happy with how the team has started their season as well, especially during the preseason.

“I think we’re looking pretty good, we have a lot of guys who know their roles so I think we should have a good season,” Lux said.

With many of the team’s leaders from last season lost to graduation, Swan has been surprised with the way his team has stepped up to lead one another.

“We really didn’t know how these first few weeks would go, but we’re really encouraged. We feel like the guys have been playing really hard, so it’s been good,” Swan said.

Swan contributes a lot of this success with how the team worked in the preseason.

“It was probably the most important factor for the progress we’ve made up until now. We’ve seen it pay some dividends,” Swan said.

He’s hopeful that will kick start a successful season.

“I think we’re trending in the right direction right now and hopefully by the end of the year we’re playing our best basketball,” Swan said.

After beating Illiana Christian, the boys pushed their record to 3-1 after a win against Warsaw and East Chicago Central. The team will play next on Dec. 17 against Munster.



■ Senior Colin Gingerich races in the 200 Individual Medley against Munster on Nov. 22.
PHOTO BY GILLIAN GATLEY

Boys swim chase individual records as season goal

BY GILLIAN GATLEY [reporter]

The boys swim team opened their season with a 137 to 43 loss against Munster on Nov. 22. Even with the loss, the boys’ individual races are the real focus according to senior captain Matthew Dumbksy.

Dumbksy hopes this is the year he will break the 15 year 50 free record of 21.03 and earn a first place sectional title, securing an individual state spot.

“My biggest goal is to get down to state for an individual event, mainly the 50 freestyle and definitely go for the 50 free record,” Dumbksy said.

With a second place finish in prelims and a fourth place finish in finals at last year’s sectional meet, Dumbksy feels as though this is his year to excel and focus on his individual goals.

“I’m working on keeping my endurance up,” Dumbksy said. “Putting in the work at practice and making sure I don’t fall behind.”

Not only does Dumbksy have high hopes for his individual season, head coach Blake Yeager also believes

Dumbksy is a key swimmer for the program along with junior Aleks Kostic.

“We have a couple individuals that are returning from last year’s state relays, Aleks Kostic and Matt Dumbksy,” Yeager said. “Those would be the two returners from the state teams that we hope to maybe be able to make it (to state) individually.”

With the hard practice schedule, Dumbksy’s hope is that the effort in practice translates to the effort that is exhibited during meets.

“I hope they just come in, try their hardest and just do their very best,” Dumbksy said.

Girls swim begins season looking for back-to-back sectional titles

BY ZOEY SLAVENA [reporter]

The girls swim team is competing to win back to back sectional titles.

Coach Blake Yeager has faith that the team can redeem a sectional title for this year’s season.

“I believe this team has the chance to win back to back sectional titles. This is something that has only happened maybe once in school history for swimming, so that is our goal. It is going to take a lot of hard work and take our whole team to achieve this goal,” Yeager said.

Senior Emma Bahr thinks that the team had a rough first meet but is making progress quickly.

“We didn’t get a great start to our season with losing our first meet, but we are working towards improving so we can redeem the sectional title we won last year,” Bahr said.

According to Bahr, working as a



■ Senior captain Emma Bahr swims past a Munster swimmer in the 200 Individual Medley on Nov. 22.
PHOTO BY GILLIAN GATLEY

team is a crucial part to the season.

“A big thing the team needs to work on is our motivation and acting as a team. We lost a lot of amazing swimmers and friends when the class of 2021 last year graduated and I think it took a huge toll on the girls including myself. We really need to work on keeping personal drama out of the pool during practice so we can help motivate ourselves and the girls around us to have an amazing season,” Bahr said.

Varsity has a few swimmers injured who are needing to recover for some

big meets ahead.

“We have a few swimmers that are recovering from major injuries that have taken some time to recover,” Yeager said.

According to Bahr, the junior varsity team is also doing its part in helping the varsity team’s season.

“The JV is really stepping up and working hard to help fill in spots when we have kids that are not able to make a meet,” Bahr said.

The team will swim next against Portage on Jan. 6.

MOMENTS
■ OF THE ■
MONTH

■ **12-4** The girls basketball team **beat tenth ranked Penn 53-26**, pushing their record of 9-1, now 10-1 after a win against Lake Station.



■ Students cheer after a basket by Crown Point in their home opener against Illiana Christian.
PHOTO BY SAMUEL BREWER

■ **12-7** The girls swim team **beat Valparaiso 94-92**. This pushed their record to 4-2.

■ **12-2** The boys swim team **beat Hobart and Knox High School at Hobart High School**, giving them their first win of the season.

The *flavor* of the *Holidays*

Staff picks of foods from around the world to add flavor to your holiday celebrations

Tamales

BY SAMUEL BREWER [sports editor]

My dad grew up in Texas, so Mexican food was always a big part of his life. He learned how to make amazing tamales. Every Christmas he makes a big batch of them along with amazing salsa. The tamales are a must have every holiday season.

Link to recipe:

<https://mexicanfoodjournal.com/chicken-tamales-with-salsa-verde/>

Opera Cake

BY AUBREY BANKS [assistant editor]

Every time I went to my grandma's house, we would bake a classic opera cake. Although we aren't from France, we enjoy baking it because it was my grandma's favorite. My favorite part was tasting the almond cake topped with the French butter cream.

Link to recipe:

<https://livforcake.com/french-opera-cake/>



Egg Pie

BY ARIEL MOORE [reporter]

Over the holidays my grandma would always make three pies, one of which is egg pie. It derives from the South and, as the name suggests, is mainly made from eggs.

Take a cup of sugar, tablespoon of flour, pinch of baking powder and a pinch of salt and mix that together. Then you take three whole eggs and add them to the mix. Take the last three eggs and separate the yolk and whites, only adding the yolks. Then add that to the dry ingredients and beat together. Finally, gradually add buttermilk or whole milk to the mixture and bake.

We normally make this pie purely for Thanksgiving and Christmas, which makes it a special treat we look forward to at the end of the year.

Link to recipe:

www.southernliving.com/recipe/big-mamas-egg-pie

Kolachkes

BY ROSALIE DEGENHART [co-editor-in-chief]

Since I was little, I would always go to my grandparent's house and help my grandma make kolachkes, originating from Poland. My sisters and I would work together to prepare them, and our favorite part was folding the dough to hug the little dollop of jam or jelly in the middle.

How to make it

Ingredients:

- 8 oz cream cheese
- 1.5 cups butter
- 3 cups flour
- 1/2 teaspoon salt
- 1-1.5 cups filling (such as fruit preserves, jam, nuts or poppy-seed filling)

Instructions:

1. Cream the cream cheese and butter until light and fluffy
2. Stir in flour and salt
3. Wrap in plastic wrap and chill for an hour
4. Preheat oven to 350
5. Roll out the dough by first dusting the surface with granulated sugar
6. Roll to 1/4 inch and cut into 2 inch squares (you could use a fluted paster cutter to get a zig-zag edge pattern)
7. Place a teaspoon of filling in the center of each square
8. Fold over opposite corners and seal well
9. Bake for 15 minutes or until corners just begin to brown
10. Cool on a rack and dust with powdered sugar

Recipe via www.polishhousewife.com



Pierogies

BY LIVY HELMUTH [assistant editor]

A savory delicacy originating from Poland, pierogies can be baked and appreciated in a multitude of ways. My aunts and I meet at the end of every year to pinch, prepare and package dozens of pierogies for family and friends to enjoy. We create potato pierogies and sauerkraut pierogies, but there is a much larger variety. Spinach, meat, cheese and bacon are all fantastic pierogi fillings to drool over.

The slightly crunchy, slightly soft exterior combined with a warm filling of choice surely help to make the season bright.

Link to recipe:

<https://cooking.nytimes.com/recipes/1020983-pierogi-ruskie-potato-and-cheese-pierogi>

Hot Pot

BY JOSHUA HEDGES [reporter]

With the arrival of my step-mom, I have been introduced to more Chinese traditions. On the winter solstice, we gather thinly sliced meats, fish balls, an assortment of fungus and veggies and shellfish from the Chicago Chinatown and have a meal known as hot pot. A pot of boiling broth is set in the center of a table for all to cook their meat or veggie of choice. My family's pot can hold two broths, often a mild and spicy broth, with each broth providing a different flavor to the items cooked.

Link to recipe:

www.thewoksoflife.com/chinese-hot-pot-at-home/

Potato Latkes

BY GILLIAN GATLEY [reporter]

Ever since I was little, my mom would bring my sister, and I to her elementary classroom on pajama day and help us make potato latkes for her students. We would pack all the ingredients and supplies into a box and spend the entire day making latkes.

Link to recipe:

<https://www.thekitchn.com/how-to-make-latkes-at-home-251997>

Red (Taylor’s Version) brings back old favorites and introduces new hits

BY ROSALIE DEGENHART [co-editor-in-chief]

Ultimate fan behavior is taking a quick power nap at 10:00 p.m., and setting an alarm for 11:00 p.m. to wake up and listen to Taylor Swift’s *Red (Taylor’s Version)* immediately when it dropped on Nov. 12. This is what I did, and, when I heard the alarm go off, I was constantly refreshing Apple Music, anticipating the moment when the re-recorded album and its songs flooded my screen. My eyes were searching for the song I had been anticipating the most: “All Too Well (10 Minute Version) (Taylor’s Version) (From The Vault).”

“All Too Well” is easily one of Taylor’s best, and the 10 minute version was the most anticipated by fans. In just the first few seconds, the change in the mood was so noticeable. The soft guitar was calming, with the addition of subtle background beat, giving the song a whole new aura. “All Too Well” was a masterpiece before, but the added lyrics had me speechless. The lyrics, “‘I’ll get older, but your lovers stay my age,” is such a deep cut

at Jake Gyllenhal, and I relish in it. Taylor had so much more of a picture to paint in this song, and the 10 minute version completes this picture with crafted, yet personal, lyrics like, “You, who charmed my dad with self-effacing jokes/ Sipping coffee like you were on the late night show.”

Never before heard songs that were written for the original release of *Red* are on *Red (Taylor’s Version)* and listed as being “From The Vault.”

To be honest, these songs are not my favorite of Taylor’s. Unpopular alert, but I think these songs sound like they’re from the 2000s Disney Channel era.

This being said, one song “From The Vault” does stand out lyrically from the rest: “Nothing New.” This song tells the inevitable reality of growing up and the heartbreak and uncertainty of realizing who you really are as you grow.

Original songs such as “Red,” “State Of Grace,” “Stay Stay Stay” and “Holy Ground” are even better than before. Taylor’s voice is clearer, steady-

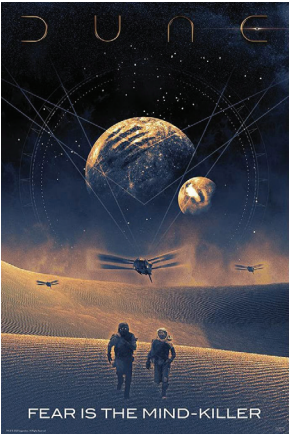


er and more mature. Her tone sounds confident, and the instrumentals of the originals were tweaked only slightly to fit Taylor’s current taste, as well as to highlight her newfound individuality in gaining the rights back to her old music.

The rerecording of *Red* proves that Taylor Swift’s music still has had a lasting impact on fans and that little vocal and instrumental changes do make a difference. Taylor is still one of the world’s most popular artists, and the re-recording of her old albums will keep her reign supreme in the music industry.

Dune portrays the original novel fantastically living up to the hype

BY SAMUEL BREWER [sports editor]



As it was one of the most anticipated Sci-Fi movies of the year, *Dune* gives fans of the genre a look into what could be one of the biggest movie franchises in the coming years.

Based on the classic Frank Her-

bert novel of the same name, *Dune* revolves around main character Paul Atreides’s perspective on the *Game of Thrones*-esque political struggle between his own House of Atreides, House of Harkonnen and the Imperium over a precious resource “The Spice,” a psychoactive agent that is crucial to the Imperium’s economy. This agent is only found on the desert planet Arrakis, which has just been handed to the Atreides from the Harkonnen by the Imperium.

The movie is set tens of thousands of years in the future, but the technology and architectural style does not fit the preconceived idea of being sleek and smooth. With a certain roughness to it, the aesthetics make the move seem much more realistic, which allows viewers to immerse themselves that much more into the environment. The graphics and world building

are not the only things to be excited about, however. The uber-talented cast consists of stars such as Timothee Chalamet as Paul Atreides, Zendaya as Chani and Jason Momoa as Duncan Idaho, who all do a great job of portraying their characters and keeping the audience engaged.

Overall, the movie does a fantastic job of telling the epic that is *Dune*, however, it is very easy to get lost at the beginning of the movie, as it is introducing a lot of important background details that explain most of the plot. For viewers unfamiliar with the original plotline, paying attention to the first 20 minutes, or even reading up before the movie, is crucial to enjoying what truly is a classic science fiction epic. And with the massive amount of praise it has already received, it is easy to predict one, if not many more sequels to come in the very near future.

Best of the B.E.S.T

BY ZOEY SLAVENA [reporter]

Best App



Your Focus Motivation helps people stay focused on things that they need to get done. You can set up notifications during the day to remind you to stay focused and get what needs to get done.

Best Follow



The account @jenny_originals creates beautiful watercolors featuring various plants and flowers. This is her account to sell the watercolors she makes, but her main account is @jenny_illustrations.

Best Destresser



Our reality can get extremely stressful at times. By reading books, you can end up in new realities such as fantasy, horror, comedy etc. The options are endless, as anyone can find a great book to escape reality.



PHOTO BY MARY MARCINEK

New restaurant Ramen District offers authentic food and lively environment

BY MARY MARCINEK [reporter]

Right outside the historical Lake County Courthouse, a delicious sweet and tangy aroma hits passers-by and leads them to wonder what the source could be. The delectable scent is almost irresistible. Those who choose to explore it may be surprised to discover such an upbeat and modern restaurant in this 143-year-old building.

The sight of Ramen District is really quite awe-inspiring. After walking through bland brick hallways of the Courthouse lower level, you come upon a lively and inviting environment, styled from wall to wall with modern, light wood finishes and a signature touch of subtle red LED lights. The entire restaurant has a really great atmosphere. The open design, friendly employees, and 60s music playing overhead all add up to create a very positive ambiance that seems to put every customer in a lively mood.

But of course, how’s the food that you came here for in the first place?

Ramen District offers a variety of Asian cuisine, of which something could be found for everyone. Their menu ranges from savory and plentiful entrees like ramen bowls, rice and

noodles, to delectable desserts like their specialty sweet potato cobbler. They even reassure customers that the ingredients of every dish are very flexible, and can be made to accommodate diet restrictions. With the quality and amount of food provided, Ramen District’s average entree price of \$13.50 is definitely within reason.

To anyone that isn’t familiar with authentically Asian meals, many ingredients may seem peculiar, but they are so worth a try. The dishes are vibrant, each a blend of unique flavors. I was personally surprised to discover that I loved ingredients such as trumpet and maitake mushroom, napa cabbage, roasted kohlrabi and pickled ginger in my veggie fried rice dish. I was also super impressed with the restaurant’s signature lavender cherry lemonade. I’m sure all other first-time customers may also be surprised about what they end up loving.

Overall, Ramen District is a very upbeat and fun addition to the Square, and really adds some life to the historical Courthouse. It’s a great place to visit with friends and family, and offers some truly delicious meals.

IN Review

“Buddy Holly” by Weezer is upbeat and nostalgic to play year round

BY REAGAN WHITE [reporter]



The beat and tone of the song “Buddy Holly” by Weezer makes listeners feel like they’re at a summer pool party.

It is very upbeat and gives nostalgic vibes, which makes sense since the song was released in 1994. The song fits with today’s times perfectly and can be seen as becoming a timeless hit with catchy lyrics like, “Ooh-wee-ooh, I look just like Buddy Holly.”

Bryson Tiller’s *A Different Christmas* encompasses spirit of the holidays

BY KOZMELINA MORALES [reporter]



Bryson Tiller recently released a new album *A Different Christmas* on Nov. 19. One of my favorite songs from the few songs he released is “Winter

Wonderland.” This song not only includes his adorable daughter Haley Tiller, aka Halo, but also puts you into the Christmas spirit.

His other songs on the album also bring Christmas to mind, but he did it with the help of other well known artists such as: Justin Bieber, Poo Bear, Kiana Leda, JB, Tayla and more.

P.L.A.Y.I.N.G FAVORITES

New Water Fountains

The new water fountains throughout the school are incredibly convenient and are a good reminder to keep yourself hydrated throughout the day. It is also more eco-friendly since you can refill water bottles you already have instead of buying a new one at lunch.

Zzz

Naps

There is nothing better than having a refreshing nap after a long day at school. Since teens tend to not get enough sleep through the night, naps can give you the boost you need to take on the rest of your day.

WE'RE SO O.V.E.R

People not using their turn signals

One of the major aspects of driving is switching lanes and being able to turn onto streets or parking lots. It is not only frustrating to the other drivers on the road, but it can be extremely dangerous and even fatal.

Cliché Christmas Music

There is some Christmas music that are holiday classics and embody the holiday spirit, but there are so many Christmas songs that don't seem add anything new to the holiday music genre.

Packing a PUNCH

High school senior competes globally in karate championships, plans to graduate after first semester to continue training on the East Coast

BY AUBREY BANKS [assistant editor]

Karate is a martial art seen in many TV shows and movies. Some wouldn't dare to enter the dojo, but for senior Maddie Jennings, it's her home.

For almost 12 years, Jennings has been practicing karate and winning over 50 medals to take back home.

"I have a lot of medals. From the time I started doing competitions to the intermediate division, which is a brown belt, I did not lose a fight in those four years. I would say I have around 50 medals, maybe more. My biggest ones are the Pan American bronze medals, which I have two of. I also have a Kay One bronze medal and have also competed at one world championship," Jennings said.

In order to win these medals, Jennings has had to travel all over the world competing in different competitions.

"I compete around 10 times a year, and they are all over the place. We travel all the time to the competitions. The biggest ones are usually in Dallas, as that is where the hub is for karate," Jennings said. "I've been to Montana where I taught there last summer. I've fought in Mexico twice, I've fought in Italy, I've fought in the Canary Islands, which is right off of Africa, but technically the territory is a part of Spain. I've also fought in Brazil and Argentina."

Jennings practices Kumite, which is one of the three main sections of karate training. Jennings explains what different kinds of karate are there.

"There are two different routes that people take for sport karate. There's Kumite, which is what I do, which is fighting, and then there's Kata, which is a set amount of forms. If you dive deeper into the sport, there are different styles," Jennings said. "There's Shotokan, which is what I used to practice, and then I switched dojos about a year ago, and now I practice Wado-Ryu. There's also Shito-Ryu, which is more of a Kata style."

Jennings plans to move into South Carolina after she graduates, where she'll be training with her new coach.

"Right now, I'm in-between dojos. I left my old dojo last December because I had a coach that we felt



■ Senior Maddie Jennings wins two Massachusetts Championship medals.
PHOTO PROVIDED BY MADDIE JENNINGS

"I've given up so much to be where I am right now, as I am moving and progressing my whole life to South Carolina, and I'm only 18. It's crazy; not a lot of people are doing what I'm doing, and I recognize that and I'm grateful for the platform that I have."

- senior
Maddie Jennings

wasn't the best fit for me anymore so we parted ways. I connected with one of the U.S. head coaches of karate, and he is based in Greenville, South Carolina. That's where I've been training right now. I fly there once a month and plan to move there by Dec. 28 after

I graduate," Jennings said.

In the future, Jennings hopes to become a U.S.A. coach where she'll teach and train others about karate.

"I would love to coach and teach others about karate. U.S.A. karate actually has never had a woman head coach before, so I would love to be the first. I think that would be a really big honor. If that doesn't work out, I want to go more into a professional job working for a company," Jennings said.

Jennings gives credit to her brother, who inspired her to start practicing karate.

"My brother inspired me. He was a lot younger than me and he had tried karate before, but he quit because he was too young. He wanted to try it again, and I had just quit dance. He was saying that karate wasn't for girls and that I couldn't try or do it. I wanted to prove him wrong, so I started doing karate with him. He's no longer in the sport, but he is the reason I started," Jennings said.

As a tip for some who want to join karate, Jennings advises to do it and have fun.

"I would say do it. It has seriously changed my life, and even if you don't pursue it at the level that I'm doing it, it's still amazing. It's an amazing workout and really helps with focus, dedication and discipline," Jennings said. "If you were to pursue the sports side, I'd say to get a good coach, and really focus on a practice schedule. Everyone has strengths and weaknesses, I mean I have weaknesses and areas that I need to work on. Just focus on things that you need to get better at, that's what I would say. Definitely learn from others. There are trends in the sport, and so I would say to study those trends and learn how to do them."

Jennings comments on how she dedicated her life to the sport, and that she has given up a lot to progress in it.

"I've given up so much to be where I am right now, as I am moving and progressing my whole life to South Carolina, and I'm only 18. It's crazy; not a lot of people are doing what I'm doing, and I recognize that and I'm grateful for the platform that I have," Jennings said. "I'm also very grateful every time I win a medal. It's an amazing feeling, especially when I have people come up and say 'you're my inspiration.' It's incredible to know that you are making a difference."



■ Senior Maddie Jennings has won two Pan American bronze medals.
PHOTO PROVIDED BY MADDIE JENNINGS

STUDENT SPOTLIGHT

HOLLY JORDAN

Senior

Q. Where do you see yourself going after high school?

A. I want to go to college and major in sociology, but I'm not exactly sure where yet. After I get my undergrad, my dream is to go to law school and become a civil rights lawyer.

Q. What is your role in theatre?

A. I'm a part of stage crew and the running crew, and I love being part of the behind the scenes work.

Q. How do you feel about going to college next year?

A. I'm really looking forward to college, but I still have some nerves about meeting new people and going to new places.

Q. If there was an album that would be the soundtrack of your life, what would it be?

A. *Folklore* by Taylor Swift. It's about growing through your rough patches and evolving as a person.

Q. What is your favorite high school memory?

A. During the musical last year, me and my friend Colton would frost a fake cake using shaving cream every show for a scene. Every night, we would make it more and more complex and just have so much fun doing it. It was our favorite thing to do during the show.



What Do You THINK?

What is your favorite kind of cookie and why?

"Levain cookies are my favorite because they are crispy on the outside and gooey on the inside. I especially like the chocolate chip walnut Levain cookies."

senior Suedod Erbini

"My favorite cookie is probably iced sugar cookies because they have just the right amount of sweetness, and they remind me of being a little kid."

junior Izzy Bikoff

"My favorite cookie is a fresh out of the oven chocolate chip. It's my favorite because it's soft and very tasty."

junior Trey Blanton

"The classic chocolate chip cookie. It never fails to hit the spot."

senior Bryce Poling-Pineda

"Sugar cookies are my favorite. They're always so rich and soft because of all the butter in them."

sophomore Tanner Pavichich

"My favorite kind of cookie is a chocolate chip cookie because it's a classic that everyone knows and loves."

freshman Sasha Trajkovski