



LAKE CENTRAL

AUGUST/SEPTEMBER NEWSLETTER

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SENIOR NIGHT SHIFTS

By: Alayna Wilkening, Junior

Being Resilient in Uncertain Times

by :Principal
Sean P. Begley



I wanted to take this opportunity to thank all our families, students and staff for staying strong in a school year like no other. We at the high school have been preaching to be three things as we negotiate the turbulent sea that is the COVID-19 pandemic. That is to be: Flexible, Adaptable and Sustainable. We have done that. At the writing of this message, we have completed six weeks of school or 30 school days. In that time, our students, teachers, families and administration have stepped-up, took on great challenges and have been successful.

As I am cautiously optimistic, we as a high school have worked very hard to put ourselves in the best position to adjust instruction if and when needed due to COVID-19. We have the ability to carry on instruction with some, all or none of our students being physically in the classroom. In addition, we have leveraged our technology capability to teach remotely, with the teacher in or out of the classroom. As this is not the optimal way to deliver instruction, it gives us the flexibility and adaptability to negotiate through a period that the only certainty has been uncertainty. The ability to adapt and change is key to sustaining the pace where we provide the best educational experience for our students in a complex learning environment on a daily basis.

cont. on page 2.

As the school year kicked off, there was a major concern about whether or not fall sports would be able to operate in the midst of the pandemic. While the decision to continue fall sports was eventually made, there were questions about how long the season would last or if it would last at all. Because of this uncertainty, Lake Central Athletic Director Chris Enyeart decided to move Senior Night to the first home event of the season.

Senior Night is a night set aside to honor seniors and their hard work over the last four years in their sport. It is something that many athletes look forward to for years. Senior nights are usually reserved for the last home event of the season. Enyeart feels that this was the right decision and is pleased with the results. He noted that there was no negative backlash on the decision and that parents were grateful to get the chance to celebrate their seniors. "All of the parents and athletes attended these events and were very grateful to the opportunity for their child to be recognized for their dedication to the program. The event was very different due to the guidelines of hosting events and maintaining social distance, but one we wouldn't change," Enyeart said. Boys' Tennis coach Ralph Holden remarks that the event was very well organized, with dots placed on the bleachers to indicate where it was appropriate to sit. Holden states that attendees were appreciative of the chance to celebrate their seniors, and that all social distancing guidelines were followed without complaint. Students, parents and coaches were all grateful for the recognition of the seniors' hard work and are looking forward to seeing what the rest of the season holds for the teams. "I thought it was a well-thought out and smart decision because we just don't know how long the season is going to go, so to recognize the seniors early on was a good thing," Holden said.



Photos by: Jordan Znosko



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cont. from page 1.

There will be a day after COVID-19.
Each day, we continue to get closer.

We need to continue to support
each other and understand we are
making the best of a bad situation.

We owe our best effort to our
students and our school community.

Always keep a positive outlook and
continue supporting each other.

Thank you,
Mr. Begley

Photo Retakes

Photo retakes will be Monday,
October 5, for those with last names
A-L and Tuesday, October 6, for last
names M-Z. In person students may
take their photo during their lunch. E-
learners may come from 8:45 a.m. to
10:30 a.m. Students must return
their original picture package in order
to have their retake processed.

Chromebook Exchange

If your student needs to exchange
their Chromebook for another one
due to a malfunction, please ensure
that they also return their charger.
There are two different types of
Chromebooks at the high school, so
chargers and Chromebooks need to
be returned together.

AP Test Registration

The AP test registration is open.
Please register before October 15 to
avoid late fees. An email was sent to
AP students and parents with
detailed information on registering
for AP Exams.

Yearbooks and Senior Baby Ads

Yearbooks and senior baby ads are
on sale now and can be purchased
through yearbookordercenter.com.
Lake Central's school code is 3361.

NEW TEACHERS DURING TRYING TIMES



By: Jonareene Rivera, Junior

With the beginning of a new school year comes various changes. For this unprecedented school year, a big change is the addition of new teachers. Because of the trying circumstances that COVID-19 has brought on, multiple teachers have left the corporation for numerous reasons. Consequently, the school has welcomed sixteen new teachers into the faculty, all coming from different backgrounds.

"This is my first time teaching. I actually graduated from Lake Central a few years ago, so I am fairly familiar with the school," Mr. Derek Pruett, Math, said.

The new teachers were faced with the expected challenge of starting at a brand new school. However, they were also met with a unique challenge: teaching in the middle of a global pandemic.

"I was hired here at the high school just a week before school started this year. I prepared for this school year by recognizing the need for proper cleaning and sanitizing equipment and the need to get comfortable with wearing a mask for hours at a time," Mrs. Lisa Groszek, English, said.

A main concern for the teachers was the e-learning component for the school year. Unlike any other year, the teachers had to figure out how to transfer their in-class teaching and curriculum to a virtual space.

"The hardest part [of the transition to the school] is acclimating to the virtual component mixed with the in-person component, but I think that's probably true for most everyone," Mrs. Meredith Allen, Spanish, said.

Although the year seems uncertain, the teachers have kept their goals for the year in mind. They have adapted to the changes that the virus has caused, while also overcoming the intimidation of teaching at a new school for the sake of the students.

"My goals as a teacher is to prepare my students for their future, help them succeed in my class and keep them safe. My goals did not change due to COVID, the only thing that changed was my plan for how to accomplish those 3 goals in the most effective way," Pruett said.



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By: Tiffanie Richerme, Senior

NAVIGATING A NEW NORMAL

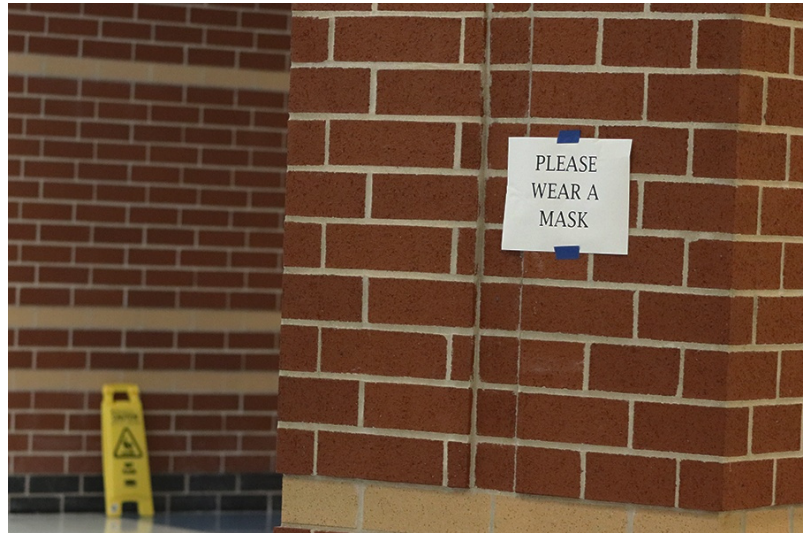
In the past, students would walk into the school and see large groups of friends gathering in the hallways before the morning bell, students sitting together in the cafeteria and kids talking without facial coverings or social distancing. However, in light of COVID-19, these sights have become nearly nonexistent, with no congregating in the hallway or eating in the cafeteria allowed and new mask and social distancing requirements. Although these changes are new for both freshmen and seniors, the two grades seem to have differing thoughts on the matter.

"Though this year's setup is fine, I've definitely liked the setup of past years better. I miss being able to talk to my friends before school and at lunch. Many of my friends and I are in completely different classes, so I only had those opportunities to really interact with them during the school day. It's definitely bittersweet," Allison Peterson (12) said.

Since this year is the first time the freshmen are experiencing Lake Central as students, they don't have past high school experience to compare with this year. However, some students, like Lauren Kennedy (9), had expectations for their freshman year that weren't met.

"I think it's more stressful [than a normal school year], and I'm disappointed because I really wanted a normal start to high school, but this changed almost everything," Kennedy said.

Freshmen and seniors also have different tasks to complete throughout the year. For example, freshmen are required to take state tests like ISTEP, while some seniors must complete



Signs reminding students to wear their masks are posted throughout the hallways. Staff taped signs on the wall over the summer in preparation for the start of school. Photo by: Matt Gacek.

college applications.

"Although I understand why we are doing it this way I definitely prefer earlier years. I'm worried about getting all of my standardized testing down. I understand a lot of colleges don't require SAT or ACT, but I still want to take them," Kaitlyn Gregerson (12) said.

All grades are also adapting to incorporating both in-person learners and e-learners into the curriculum. Although the school shut down in March due to COVID-19, this is the first time students and teachers are participating in class with online and in person.

"I'd prefer if everyone was in school or everyone was online because I think it would make it easier for everyone. I think it's less stressful [than a normal school year] because I feel like we are getting less homework because of the e-learners," Timothy Tkach (9) said.

Although they are four years apart, both freshmen and seniors are attempting to navigate the changes, whether it is their first year of high school or their last. It is currently unknown when or if the school day will resume last year's protocols, but for now, the changes have become a new normal.

"For so long, I've always thought about all the joy that would come with senior year, from Friday Night Lights, school events and just making memories with my friends. Everything seems to have been put on hold for me. As of now, this senior year definitely has been the complete opposite of what I ever could have imagined, but it's still exciting and memorable in its own unique way," Peterson said.

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SCHOOL BOARD APPROVES CHANGES TO SCHOOL SCHEDULE

Blue Day/White Day

Blue Day	White Day
1st Period 7:15 – 8:47	5th Period 7:15 – 8:47
2nd Period 8:53 – 10:25	Pathways to Excellence 8:53 – 10:25
3rd Period 10:31 – 12:31 A Lunch = 10:25 – 10:55 B Lunch = 10:57 – 11:27 C Lunch = 11:29 – 11:59 D Lunch = 12:01 – 12:31	6th Period 10:31 – 12:31 A Lunch = 10:25 – 10:55 B Lunch = 10:57 – 11:27 C Lunch = 11:29 – 11:59 D Lunch = 12:01 – 12:31
4th Period 12:37 – 2:09	7th Period 12:37 – 2:09

Early Release Wednesdays

Blue Day	White Day
1st Period 7:15 – 8:24	5th Period 7:15 – 8:24
2nd Period 8:30 – 9:39	Pathways to Excellence 8:30 – 9:39
3rd Period 9:45 – 11:24 A Lunch: 9:45 – 10:15 B Lunch: 10:05 – 10:35 C Lunch: 10:25 – 10:55 D Lunch: 10:54 – 11:24	6th Period 9:45 – 11:24 A Lunch: 9:45 – 10:15 B Lunch: 10:05 – 10:35 C Lunch: 10:25 – 10:55 D Lunch: 10:54 – 11:24
4th Period 11:30 – 12:39	7th Period 11:30 – 12:39

By: Brenna Sealy, Senior

Decided by a unanimous vote from the present school board, beginning the week of Oct. 14, students of the Lake Central School Corporation will be released 90 minutes early every Wednesday. This change is being put in place to allow teachers additional time to plan and prepare lessons for both online and in-person students.

“We don’t take cutting out instructional time lightly. In most cases, we wouldn’t do it, but we just recognize we’ve got a lot of [teachers] that are struggling a lot and so in the short term at least, we’d give them some time to work with their peers,” Dr. Larry Veracco, superintendent, said.

Teachers will be able to use this time to learn to use the new forms of technology that are needed in the classroom as well as transferring lessons online. The extra 90 minutes is hoped to allow pressure to be relieved.

“I think that they are applying a lot of pressure to themselves and it can make the job a lot tougher than it maybe has to be but we really just want to try to take the pressure off and we figure the middle of the week is a good time to do that. [The teachers] can fill that gap with whatever they need the most,” Veracco said.

The concerns regarding parents being unable to watch their children will be taken care of through the Adventure Club. Bus services will also remain available.

“We’re going to look at bringing the Adventure Club in a little earlier for the elementary kids to see what the demand is but we should be able to satisfy some of the demand,” Veracco said.

This time is intended to better the student's education and the mental health of teachers. Teachers will have more time to do whatever is needed in order to adapt to school during COVID-19 and create the best learning environment possible for students.

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FOOTBALL DURING A PANDEMIC

By: Emily Prince, Senior



Friday night football games look a lot different this year compared to last year, but the same thrill is still there. Lake Central has kept up with the CDC guidelines, making masks a requirement and keeping six feet apart as much as possible. The football team also has new guidelines they follow to ensure the safety of the team. Not only do they wear masks to practice, but they also wear them on the sidelines for games. Instead of standing between the ten ft. yard lines, they stand between the twenty-five yard lines to maintain as much distance as possible. The coaches cut players on away games and make sure they keep an eye on their players' health.

"This year I'd say we need to stick together through the rough times, our season has been a lot of ups and downs but we push forward as a team," Tyler Wellman (11) said.

Football games have been something that both fans and athletes can look forward to. Students attending the game can participate in spirit wear and cheer on the team with their friends. Coming out of quarantine, students appreciation for events.

"I love being with my friends and cheering on our team. I love that we finally have a sense of normalcy in our lives," Madeline Swantko (12) said.

Senior athletes on the Varsity team have worked hard since the beginning of summer, even without a promise of an actual season. They started practicing in the beginning of July and played their first game of the season in August. Despite the obstacles they've faced this season, the coaches are proud of the hard work put in by every athlete. Even with a loss of a game, the team finds ways to learn from their mistakes and improve for their next game.

"As a team we try to learn from it and then move on. It is important to keep a positive mindset and move forward. A loss isn't a loss, it's a lesson," Coach Tony Bartolomeo said.



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FOOTBALL GAME HIGHLIGHTT

Lake Central vs Crown Point

On Friday night the boys Varsity football team played against Crown Point. After an intense game they ended up losing 13-7. Each player showed good sportsmanship and supported each other.





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THE LAKE CENTRAL EDUCATION FOUNDATION PROVIDES THE LAKE CENTRAL SCHOOL CORPORATION WITH GRANT 53



By: Brenna Sealy, Senior

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ANTIBODY TESTING IN OUR SCHOOL

By: Alyssa Klimowski, Senior

The year 2020 has been impacted heavily by the COVID-19. Schools, restaurants and places of gathering were shut down with the hopes of reducing the number of people with the virus. With a new school year approaching, people wondered if sending their kids back to school was a good idea. Lake Central High School tested to find out how much of their staff was affected by COVID-19.

“We are hoping that this test will provide staff with valuable information. As opposed to a COVID infection test, which only indicates if one is currently carrying the virus, an antibody test informs individuals that they have previously been infected. Since many individuals have few or no symptoms, this may give some staff members a little more information,” Dr. Larry Veracco, Superintendent, said.

This process included two testing times: one before school starts and one around nine weeks after school starts. This test could be beneficial to staff members, especially because it is being provided to them for free. Veracco believes it could also provide insight to if they had the virus, considering many people experience different symptoms and some are asymptomatic.

“Well, for most viruses, although we are still unsure about COVID-19, once you have the antibodies, the virus is unlikely to have a significant effect on you at least for some time period. You are at least to some degree immune from the virus. Although not proven for COVID-19,



This test involves taking a small amount of blood and tells someone if they have had the virus before. The viral test takes a swab from the inside of their nose and tells if they have the virus currently.

we hope this holds true for it as well,” Mr. Kendal Smith, Science, said.

Knowing this information is helpful for staff members. Even though it is not proven for COVID-19, Smith hopes that antibody tests could provide hope for returning staff members.

AP Chemistry Students, Lilah Lopez (12), Graham Weber (12) and Thao Nguyen (12), were the lead investigators. “The goal with this is basically to help people know what’s going on with the virus within our own community, especially since no other seroprevalence study has been done of a suburban community in this area. Other seroprevalence studies have been done, but they haven’t been targeted at a population like this one, like in a school setting, in a suburban setting, and it’s supposed to give insight as to what the virus is like in a community like ours,” Lopez said.

With COVID-19 being so new, Lopez hopes that this study could provide information to what COVID-19 is like in our community.

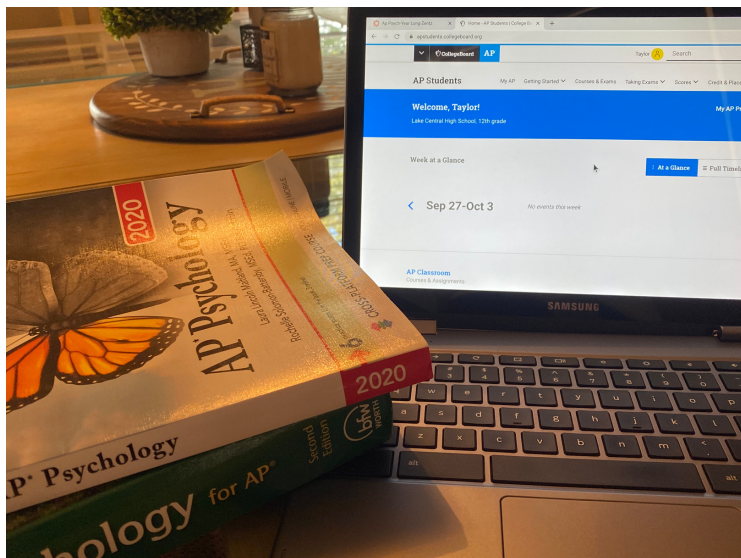
“The second trial will be really, really important because, hopefully, at that point, we’ve been in school for roughly nine weeks, so we’ll be able to tell how much going to school increases the spread of Covid. If the numbers jump up extremely high, then we’ll know changes need to be made,” Weber said.



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AP CLASSES FROM HOME



By: Taylor Anderson, Senior

Due to ongoing complications from the COVID-19 pandemic, students can make the decision to stay home and do e-learning for the first semester. This includes students that have enrolled in Advanced Placement classes for both semester and year-long classes.

“We have 1188 AP Students here at Lake Central High School. Of those, 305 are e-learners,” Mrs. Beth Toth, Guidance, said.

With the hybrid teaching method that is being utilized for classes, students that are e-learning are expected to join Google Meets at the time their classes start, following the standard bell schedule until they are dismissed. AP students are no different, and they are able to listen to lectures, ask questions and participate from home when prompted. Classwork, quizzes and tests are all completed online, so they are open-book and open-note to make things fair for the in-class students. E-learner Jenna Zajac (12) elaborates on this change.

“I don’t see too much of a difference in most aspects [of my AP classes]. Since all of the tests are open-note, it makes it easier for sure, but I know that won’t help me on the AP tests,” Zajac said.

Another difference that online AP students have to deal with is AP testing in the spring. Last year’s tests were administered online and from home, as schools were closed indefinitely. This school year, College Board is committed to holding full-length tests in schools. E-learners will be expected to register and come in for any tests they plan to take and can prepare using any resources from class, along with the online AP Classroom on the official College Board website. More information about testing times and locations will be provided closer to testing dates.

“I’m expecting the in-school AP test to be a little more difficult, since the AP classes are all open-book, open-note, but it shouldn’t be too bad, since my teachers are teaching well,” Zajac said.

Online registration for AP tests opened on Aug. 26 and all AP students must be fully signed up by the Oct. 15 deadline, just like in-person students, or will have a late fee added to their charge. Students will have the option to cancel exams without a cancellation fee due to the uncertain circumstances of the year as long as they are registered by the fall deadline. Check for an email from Total Registration for more information and email btoth@lcschools.com with any questions.



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ALUMNI FEATURE: HANNAH REED

2015 LC GRADUATE

JOURNALISM MAJOR AND CREATIVE WRITING MINOR AT INDIANA UNIVERSITY

By: Brenna Sealy, Senior



Q: What exactly do you do?

A: "I freelance write. I was an intern for the Post Tribune when I first graduated from Indiana University and I interned with them and then I started freelancing for them. I focus on education but I write about whatever they need. Right now it's mostly education, which has been fun, but I got into that in the beginning of the pandemic, so it's not the normal way education would be. There's a lot more going on with everything happening right now."

Q: How did you get the internship with the Post Tribune?

A: "I applied for an internship with the tribune when I was in the second semester of my senior year of college, then someone reached out and said they had a spot at the Post Tribune in Crown Point and I was like, 'Perfect, I'll be able to live at home. I don't have to worry about some money after I graduate.' Essentially it was me getting lucky a month before I graduated and they [said] we have this for you and I [said] perfect, because I don't have to set up an apartment or plan to move my entire life somewhere else. I get to move back home and cover my hometown."

Q: How do you know what to cover?

A: "For the Tribune I'm in constant contact with an editor and he will either send me stories he wants me to do and then I will say I can do that or I don't think I would be the best for that, but usually I take them all. He will either pitch it to me or I will pitch it to him. 'Would you want something on this? Is this something you're interested in?' We talk about it beforehand and then I dive in and send it over and then it goes up."

Q: How did your experiences at Lake Central contribute to where you are today?

A: "I feel like [Mrs. Verpooten] and [Mrs. Wadycki-Cruz] fully contributed to me becoming a journalist. I took a journalism class my freshman year of high school because I liked writing and I saw that there was a food day or two and I was like, 'Why do they get to eat and we don't?' and so I applied to be in pub because of the food essentially, and then after that I fell in love with journalism and I was on yearbook for three years, and after that I went to Indiana University and then I did the student newspaper. Freshman year of high school at Lake Central when I learned what journalism was I took it and ran with it, and now it's my entire life."

Q: What are your plans for the future?

A: "I've been applying for jobs in the city because I do kind of want to stay in the Chicago-land area. I really like this area and a lot of my friends live here and there's a lot going on here that I enjoy [learning] more about. I feel like I'm still dipping my toes into the water of being a professional so I'll be moving to the city pretty soon and I'll probably keep freelancing for the Post Tribune, and then hopefully I'll be able to contact some other places in the city like the Sun Times, the Chicago Tribune and Block Club Chicago and be able to see if they need any freelance work right now because with everything going on, it's been really difficult for me to even get an interview with anybody, so I'll probably freelance. My plan is to freelance until I can land a full-time role somewhere."

Contact basealy@gmail.com or PRinterns@lcscmail.com with any suggestions for future issues.