

KNIGHTLIFE

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Sacrifice Over Self Lucy Honeywell, Senior

On November 8, 2023 the junior and senior high school participated in two tributes to veterans. This year's speaker was a 2000 graduate of Lake-lehman Rick Blaine. Rick Blaine represented Heroes Hearthstone, an organization that provides strategies and help to veterans in their civilian lives. The theme of his address was "How to Thank Veterans". But before he spoke to that point, he shared a moving story of a fellow serviceman who sacrificed his life for his platoon. Blaine showed the audience a band he wears with the name of the soldier (never to be forgotten) who sacrificed his life so that Blaine may be here today. Blaine expressed the need to remember, to thank and to be mindful of veterans' needs. The 7th grade added to the morning assembly by reading the names of living and deceased members in a roll call of relatives and friends. While the senior high assembly added a round table discussion which included a question and answer session full of advice and treasured stories from our guests of honor. The chorus and band also performed patriotic songs.

In addition, an Armed Forces Day was held in the lobby celebrating our armed services. Students engaged in conversation with military personnel, gathered informational materials and tried their hand at the military pull-up bar.

Athletics

Knightlife MVP

Betsy DiGiovanni & Grace Martin, Freshmen

Olivia Corcoran is a cross country runner and one of the only fall athletes this year that made it to states. Her place of 11th at districts with a time of 20:30 gave her the opportunity to compete. Cross country states were held in Hershey this year, with a very tough competition.

Olivia got 82nd place with a time of 21:14. Olivia's impressive performance also earned her all-star recognition in the Wyoming Valley Conference.

Betsy: "Why did you decide to run cross country?"

Olivia: "I decided to run when I realized I didn't like soccer as much as I used to. I wanted to try something new."

Betsy: "Have you always liked running?"

Olivia: "When I was younger, I always hated running in soccer. It was the part of the sport that I dreaded the most. But in 8th grade, when I started running in track I realized that I really enjoy it."

Betsy: "What do you like about running?"

Olivia: "My favorite part about running is that I can 100% control my performance."

Betsy: "You suffered an injury at the beginning of the season, what did you do to come back even stronger?"

Olivia: "When I was hurt I was very focused on a safe but quick recovery. I rode a bike everyday to keep my cardiovascular system up. I also stretched everyday to try to prevent my injury from happening again once I got back to running. I think this and my summer training from before my injury helped my comeback."

Betsy: "What was your goal at the start of the season?"

Olivia: "When I started the season I didn't have any specific goals. I was hoping I would medal at some invitationals but since I was out with my injury that didn't happen. I also hoped to medal at the coaches meet and districts."

Betsy: "What was your experience like at states?"

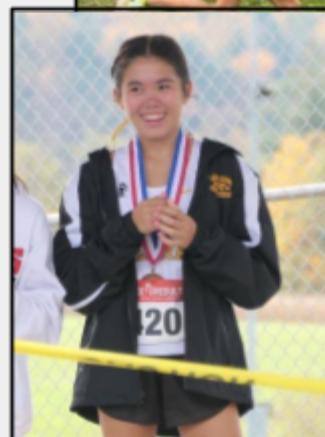
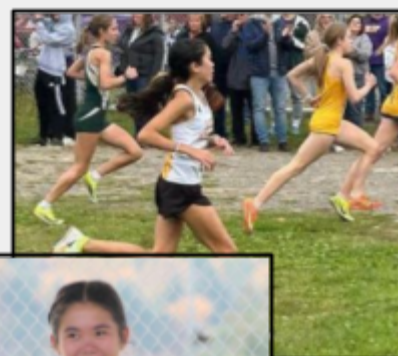
Olivia: "I had a great experience at states. I got to run the course with my coaches, Shelby and Mr. Sobe, the day before the race to get to know the course better. My teammate Alana also came down to stay overnight with me so I wasn't alone in the hotel. The actual race was really fun and I enjoyed being able to run with so many amazing runners and just be able to enjoy my time down there. I had an amazing time and I hope in the future to be able to run at states with some of my teammates!"

Betsy: "Did you have a favorite course this season?"

Olivia: "My favorite course of this season was the Wyoming County Fairgrounds where coaches and districts were run. That course is very hilly, but I feel that hills are a strength of mine and I was able to use it to my advantage."

Betsy: "Do you have any advice for other cross country runners?"

Olivia: "My advice to other runners is to always have a positive mindset and to have fun with it. You only get 4 years to run high school cross country so make the best of it and enjoy every second."



Entertainment

Savvy Shopper Strategies

Julie Conte, Senior

Black Friday, the annual shopping extravaganza, luring millions of eager shoppers gearing up for the ultimate deal-hunting. While it was once a tradition to set out before the crack of dawn in pursuit of the best deals, many today have opted for a more comfortable approach, choosing to shop from the cozy confines of their own home. With so many options right at your fingertips, it is essential to approach Black Friday with a strategic mindset. Here are some tips to keep in mind for this Cyber Week.

Start early. The sales have already kicked off, so be sure to monitor both pre-Black Friday deals and upcoming Cyber Monday sales. Stay vigilant, as new discounts will surface daily. Notably, Amazon is among the many retailers offering enticing pre-Black Friday deals.

Compare Prices. While Black Friday offers can be lucrative, not every deal is created equal. Use online tools and apps to compare prices across various retailers. Sometimes, what seems like a massive discount may not be as significant when compared to regular prices elsewhere.

Stay Alert. Use apps or websites designed to monitor prices and alert you when products on your wishlist experience a price drop. This proactive approach ensures you seize the best deals as soon as they arise. Consider utilizing Honey, a fantastic app that effectively tracks and notifies you of price changes for items on your wishlist.

By incorporating these strategies into your Black Friday shopping plan, you can maximize savings and make the most of the online shopping experience. Happy shopping!

New Fortnite Drop

Betsy DiGiovanni, Freshman

Attention fort-KNIGHT gamers!!!! Fortnite OG just dropped and will continue until December 2nd. We'll get a new season from the original chapter every week with season five going through season 10. This is the shortest chapter ever in Fortnite and is only up for five weeks! This chapter is good for both original Fortnite gamers and new gamers. The original gamers get the nostalgia from the first chapter, while the new gamers get a chance to get to know the original fortnite experiences and to learn the lore. It includes the old maps, the original layout of the item shop, the removal of swimming, the original loot pool, many new or returning vehicles and skins, the return of bushes and chug jugs, and many more. In addition to the fun of having the original seasons, we are also getting an end-of-season live event when we will be greeted with the brand new Fortnite Chapter 5! It's going to be a great adventure and should not be missed!

Lake-Lehman Community

He'll Go Down in History Emma Salko, 7th Grade

Any one of Mr. Yoniski's former students will speak very highly of him and his classes.

I decided to talk to him about his past at Lake Lehman and his plans for the future.

All of us here at Knightlife wish Mr. Yoniski good luck in his retirement!

ES - When did you begin teaching at Lake Lehman?

Mr. Y - In November of 1988

ES - How many years have you been teaching here?

Mr. Y - 35 years

ES - What were the highlights of your careers?

Mr. Y - All the different kids that I have gotten to know over the years, friendships with fellow teachers, like Mr. Sobe and Mr. Hynick, and obviously winning the golf state championship was the biggest achievement.

ES - What topics did you enjoy teaching the most?

Mr. Y - I liked teaching American history, and I also enjoyed teaching geography as I got older.

ES - Where were you on 9/11?

Mr. Y - The office in the old junior high building when I first heard the news, and then it turned into its own classroom lesson.

ES - What moment in history that you lived through is the most memorable or impactful in history?

Mr. Y - It has to be 9/11, no question. That changed so many things about the ways we lived, and the way this generation has grown up.

ES - What do you see as the biggest challenge for your colleagues in the profession?

Mr. Y - Now the biggest challenge is electronics and all of the social media out there, because our brains our being flooded with stuff that's going on.

ES - What makes a memorable student?

Mr. Y - Their personality, the way they interacted with other teachers, and what they were involved in.

ES - What will you miss most about LL?

Mr. Y - The kids. People don't realize that this school and these kids can't be much better anywhere else. It's a great community and that's why we have such good students and feel so safe here. I'll also miss some of my colleagues.

ES - Do you have any plans for retirement?

Mr. Y - I don't really have any definitive ones, but I'll definitely find a job in the golf industry somewhere, work out more, and travel.



John F. Kennedy Remembered 60 Years Later

November 22, 1963

Mrs. Honeywell, Advisor

November 22, 2023, is the 60th anniversary of the Assassination of President John F. Kennedy. Knightlife asked several members of our staff to recall memories from that fateful day.

Mr. Jones recalled being a Sophomore at Bucknell University, in Lewisburg, Pa. He said that learned about President Kennedy's death during class. "Classes were dismissed. Everything was QUIET. Everyone was silent with no movement", Jones explained. He remembered returning to his fraternity and gathering with his peers around a great dining room table. Everyone was talking softly about what happened and equally searching for answers as to why? Jones believes the country never fully recovered from the loss of Kennedy. Jones acknowledged, "He was a one-of-a-kind President. You just felt his presence." Mr. Jones spoke of his admiration for Kennedy. He said, "...with his wealth he could have been anything but he chose to serve our country. That tells you something about his character and the man he was."

Mr. Procopio -- Mr Procopio said, "Oh boy, do I remember it." He was a sophomore at Christine Brother's Academy in Syracuse, NY. He was changing classes with a group of friends when he saw his history teacher Mr Brown was crying. We asked, "Mr Brown what happened?" He exclaimed, "President Kennedy was shot". He stated that students finished the day in silence. All was quiet and still. We were very worried about relations with Russia in the cold war. He stated, "We were all concerned something else would happen. We thought it might have been a precursor to Soviet missiles or something ." He recalls his parents being very upset and watching the television with the nation as Walter Cronkite of CBS reported the events of the day.

Both teachers spoke with reverence and sympathy about this day in history.



Why Are They Confering About Us Without Us?

Emma Salko, 7th Grade

Parent-teacher conferences. The dreaded meeting where teachers tell all about our grades, behaviors, and overall class performance. And the worst part is that our parents have to hear it all. But does the conference really make a difference in a student's learning if the student isn't there? Parents and teachers are both so secretive about what goes on behind closed doors, even if the conference is only ten minutes long. Why? The parents don't need to hear what's wrong with the student's learning, the student does. In order to really make a difference in our school experience, then the students need to know exactly what they're doing wrong, and how to fix it. Some people could argue that the conference is a time to talk about students, not with them. But a student-led conference shows that both the parent and teacher are part of the student's educational team, and willing to support the student academically. So next year, maybe we should be a part of our parent-teacher conferences. We'll learn better, communicate better, and show that we're all committed to learning.

SATs & Their Current Evaluation

Landen Aritz, Junior

The Scholastic Assessment Test, or SAT, has been a standard in college admissions for generations, administered with the intention of assessing a student's readiness for higher education as well as a comparison for competing applicants. However, its necessity has become increasingly divided. Arguments stand that the SAT provides an objective measure of academic aptitude, offering colleges a standardized tool for evaluating a vast pool of applicants and aiming to level the playing field by allowing students from different backgrounds to be evaluated on a standardized scale. On the other hand, an increasing number of critics argue that the SAT is biased, favoring students from privileged backgrounds who can afford test preparation courses. Additionally, some believe that the test is not an accurate reflection of a student's true potential and abilities.

In recent years, an increasing number of colleges and universities have moved towards test-optional admissions policies, acknowledging limitations and potential biases of standardized testing. This major shift in the education system has sparked discussions about the relevance of the SAT and if students should bother taking it. Ultimately, it is dependent upon one's circumstances, personal preferences, and choice of higher educational institution as to whether or not they should opt to take the SAT. Regardless of which position may be favored on the matter of the SAT's relative importance and aptitude for evaluation, students must still understand its significance as a pillar of educational standards and consider the role it may play in their educational ventures - or the role it may be absent from, for there is not clear answer as to whether SATs truly do still matter.

Fast 5: The Thanksgiving Meal

Stephen Martin, Sophomore Interviewer, Janaya Yusko; Junior

For edition 4 of Knightlife V2, we asked each member of our schools' lunch staff some questions about the upcoming holiday. We collected responses from Donna, Amy, Andrea, Sarah and Mary. Fan favorite, Holly, declined to do the interview.

The first question we asked was, "what is your favorite Thanksgiving food to make?" The most popular answer was pumpkin roll as both Mary and Donna gave it as their response. Other responses include sweet potato casserole given by Amy, pumpkin pie given by Sarah, and stuffing given by Andrea; the newest on the staff.

The next question asked these ladies to state their favorite Thanksgiving food to eat. The top answer; stuffing. Sarah and Donna said this was their favorite with Donna specifying that she enjoys hers made with giblets. Mary said that her Thanksgiving favorite is green bean casserole. Once again, Amy went with sweet potato casserole while Andrea simply said, "all the pies."

Knightlife asked the staff one final question; "What are your best tips to cooking a Thanksgiving meal?" Sarah and Donna both stated that starting early is their pro tip. Thinking the same way, Mary says that starting desserts the day before is an easy way to get ahead. Andrea shared that chefs should always make sure their oven is preheated. When we asked Amy this question, her response was the fastest of the interview. Her biggest tip to making Thanksgiving dinner is to, "have someone else do it."

Turkey for Me, Turkey for You

Madisyn Cox, 8th grade

The turkey had a variety of dark and light meat in it, which was nice. I would rate it a 10/10. The mashed potatoes were nice and warm. I would rate it a 10/10. The stuffing was its usual texture and it was smooth. I would rate it a 8/10. The gravy was very good with a little hint of spice. I would rate it a 10/10. And last but not least, the apple juice. The apple juice is amazing in its sweet and delicious way. I would rate it a 10/10.



Last Friday Mr. Lindbuchler brought in and displayed his WWI weapon collection for his students.



Ads and Posters

Lake-Lehman Last Knight Lock In Presents

HOT CHOCOLATE BAR

\$3.00
December 1st,
during all lunches!

Customize with your own toppings! We have whipped cream, candy canes, marshmallows, and sprinkles!

LAKE-LEHMAN PHYS. ED. PRESENTS

2V2 CORNHOLE TOURNAMENT

FRIDAY, DECEMBER 8TH
IN THE NEW GYM

HALF DAY ASSEMBLY
FREE TO ENTER

TEAMS FROM EACH GRADE LEVEL WILL
COMPETE TO DETERMINE THE CLASS OF
ALL CLASSES!

REGISTER OUTSIDE OF MR. CARR'S
ROOM (107) BY DECEMBER 1ST

Lake-Lehman Theatre Presents

WAYS TO SURVIVE
THE HOLIDAYS

M A K E E M
L A U G H

Sitcom Length

FUN FAMILY COMEDY ONEACT PLAYS!
SANTA in Lobby!
Lake-Lehman Jr. Sr. High School
Saturday Dec 2 @ 7pm
and
Sunday Dec 3 @ 3pm
Tickets
Reserved Seating \$7 Adults - Kids/Senior Citizens \$5
Email: ltheatre@lakelehman.org
for ticket order or contact any LLAHS ACTOR
Tickets also on sale at door
(1 hour prior to curtain)

Student of the Month: October!

Adelyn Kalinay
Kason Wojnarski
Natalie Fedor
Tyler Janosov

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