

KNIGHTLIFE

New Title for A Black Knight - A “Kos” for Change

Mrs. Honeywell & Lucy Honeywell, Staff Writers

You may have known him as vice principal, but effective January 10th Mr.

Kostrobala became our interim principal. Mr Kostrobala is a familiar face to Lake-Lehman. He graduated from our very halls in 1999. As a student, Mr. Kostrobala was an academic scholar and soccer captain stand-out. As a student, he participated in various activities and was selected to homecoming, prom and Mr. Knight courts.

After high school, he attended Penn State Lehman for two years and moved to the main campus in the two plus two program majoring in mathematics with a teaching option. He graduated from PSU in 2003 as a Nittany Lion. Shortly thereafter, he began teaching in the math department here at Lake-Lehman Senior High School. In addition to teaching AP calculus and various courses, he coached soccer for fifteen years. Under his coaching, the team won several conference championships and made multiple appearances in districts finishing as runner-ups.

Furthering his education, Mr. Kostrobala obtained two master degrees both from Wilkes University. The first in Classroom Technology and the second in Educational Leadership with a principal certification in grades K-12. He assumes his new role with enthusiasm. Mr Kostrobala loves the challenges that being in a leadership role affords. “The challenge is rewarding and new”, he stated.

On a personal note, Mr Kostrobala has a Blue Chip rescue dog named Nala. His Spotify playlist is varied throughout genres with an emphasis on 90’s music.

Mr. Kostrobala best wishes on your new role from the Knightlife Staff!



In this edition...

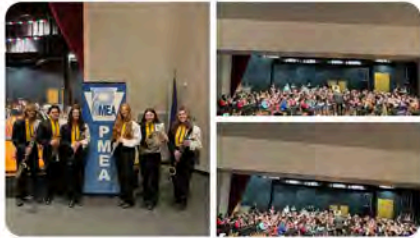
Page 4 - Swifties vs. the NFL Page 5 & 6 - Athletics Page 8 - Midterms
Page 9 - A Cooking Knight Recipe Page 10 - Lunch Review

Working Knights



Band

Congratulations @lakelehmanband PMEA District Band students! Keira, Savannah, Gianna, Josh, and Hailey qualified for Region Band and Landen is an alternate! Excellent work! #llpride #Knight_Vision3



LL HAPPENINGS



Dodgeball Tournament



Entertainment

Percy Jackson and the Olympians

Grace Martin, Freshman

On December 19, 2023, the *Percy Jackson and the Olympians* television show debuted, pleasing many fans, including longtime fans Mollie Kuhar and myself. Officially the second season the the show has been renewed! After the movies flopped in the 2010s, many fans were left wanting more. This show delivered that for people like myself who enjoyed the books and wanted to see them accurately put on the screen. I loved the show so much, and it also gave me something to look forward to every Tuesday at 9 pm.

Mollie added, "The chemistry felt so natural, and all the actors did an amazing job, especially because they're so young, too." In my opinion, the changes made to each character from the book to the show really displayed how stories can change and adapt over time.

Walker, Leah, and Aryan proved this by bringing the astonishing characters of Percy, Annabeth, and Grover to the big screen.

Apart from this, she stated, "My favorite part of the show was the scenes in the underworld. The CGI and cinematography is incredible. I think the book is better, but only because there are more details in it. But it's a fantastic adaptation, and I recommend it to anyone who reads the books." This show is unquestionably a need-to-watch for any lovers of mythology. The storytelling is unmatched by any other show currently running. Agreeing with Mollie I do have to admit that the books are better. Despite all of this, for anyone who doesn't love reading, the series is an easy place to start growing your love for the characters, story, and the mythological universe.

Big Game Predictions from a Chief's Fan

Sean Goble, Guest Writer

By looking at the regular season statistics, San Francisco has a higher pass completion percentage compared to the Kansas City Chiefs, 68.4 to 66.3. No teams have reported injuries so far. The odds of the San Francisco 49rs winning is 1.2 times higher than the Chiefs, but the Chiefs have better players with more experience. Last year the Chiefs won against the Eagles, a first-place team and this year San Francisco is in the top 4, therefore we may see another comeback from the Chiefs. Let's just say the Chiefs can be down by 3 touchdowns ,and still the Chiefs could come back in the second half in win. So I predict that the Chiefs will win with a second half

Superbowl LVIII: Swifties vs. NFL

Mollie Kuhar, Junior

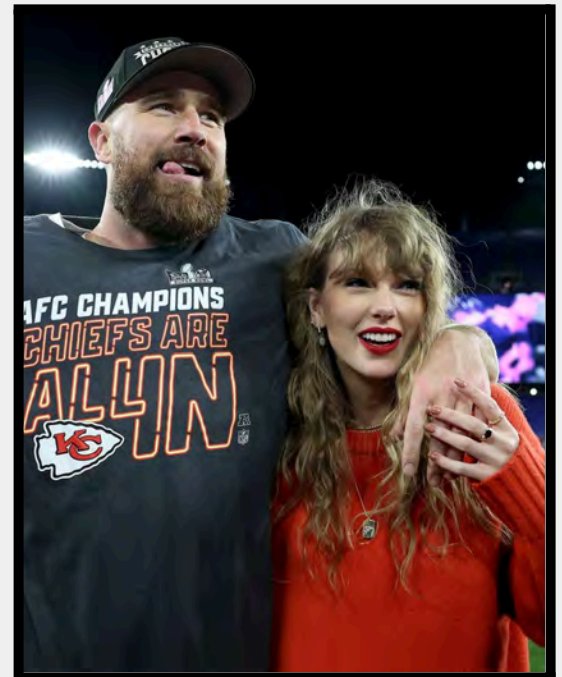
It is in no doubt that the relationship between Chiefs tight end Travis Kelce and pop star Taylor Swift is one of the most wide-spread news-story in recent months. But many of Taylor Swift's fans have spoken on behalf of Swift, saying that the NFL's infatuation with the couple is completely inappropriate. Chief fans and other supporters of the sport have also been ridiculing Swift's appearance at Kelce's games, commenting on how often the broadcast shows Swift in the stands. Both sides of the argument have one common enemy, the NFL.

Taylor Swift's attendance to Kelce's games has made the NFL over \$330 million in less than four months. Female viewership has risen about 53%, and Swift has done nothing to support or advocate for either of these disposals. Is the NFL's endorsement of Taylor Swift unprofessional on their behalf? Many agree that the NFL should leave the couple alone. Swift has said in interviews that she does care what the "haters" have to say. She states that she is simply supporting her partner in his profession.

So why is there a continuity of hatred toward Swift?

When Kelce attended Taylor Swift: *The Eras Tour* in October, the popular opinion on his attendance was that it was a kind and loving gesture for him to support her. But if Swift attends a game, a world-wide controversy is started, endorsements, and millions of dollars that benefit the NFL and partnering companies is profited.

Taylor Swift is achieving one thing with her relationship with Travis Kelce, a supportive partner. But the NFL? Millions of dollars earned on something most of their fans do not even care about. If Twitter, Tiktok, and the millions of fans of both Swift, Kelce, and the NFL could realize that neither of them are causing any issues, but simply just supporting each other, this global social media feud would be solved.



Athletics

Lucy Honeywell, Senior

Girls Basketball

The Lady Knights are currently ranked 14th on 570 Sports Show Power 15. The girls will play in the WVC tournament on Wednesday, February 14, 2024. In addition, the road to the arena starts with District 2 quarterfinals on Tuesday, February 20, 2024. Their biggest competition in the district is Holy Redeemer and Dunmore. Junior Ella Wilson recently scored her 1,000th career point! On the same night, the team had a Senior Knight celebration for their seniors Molly Jenkins and Brenna Hunt.



Junior High Sports

The future of winter sports looks bright for Lake-Lehman. In girls junior high basketball, the team defeated Berwick with a late game rally. They recently won the playoff tournament at West Side Tech and became Division Champs.

The boys junior high basketball team defeated Hanover and Bear Creek Charter. Both teams have winning records.



Wrestling

The team went 1-2 in the team dual championships. On Sunday, Jimmy Mitkowski placed first, Dominick Rikoskie and Reilley Kirkutis placed 5th, and Connor Higgins placed sixth at the Wyoming Valley Conference championship at Wilkes-Barre. This Tuesday, the 2024 candidates were inducted into the Hall of Fame. Individual districts are set to start

on

Friday, February 23 at 4:30 pm and Saturday February 24 at 10:00am.



Swimming

Mollie Kuhar, Junior

After two months of the season already underway, Lake-Lehman Swimming continues to push the limitations of success the team has never seen before in Lake-Lehman history. Back in December the girls team defeated Wyoming Seminary 51-43 for the first time in school history. The girls team is currently 7 and 1. Yet, with only six swimmers on the boys side they have won three meets so far. The only senior swimmer this year is Allison Vitonovic, who is captain along with Junior Mollie Kuhar and Sophomore Connor Runquist. Currently the team is heading into their second week of double practices and have their last meet next week. After that, the next two weeks will be in preparation for districts. Districts will be held March 1-2, and the team is hoping for an amazing end to an already incredible season.

Lake-Lehman Community

Celebrating a Slice on Friday National Pizza Day

Lucy Honeywell, Senior

Friday is National Pizza Day. We all have an opinion on where to get a slice, pie or pan of pizza no matter how you say it. New this year is the Luzerne County Pizza Trial. Visit Luzerne County (Luzerne County Convention & Visitors Bureau) has officially launched the new Visit Luzerne County Pizza Trail. The mobile, interactive trail features 41 participating pizzerias throughout Luzerne County. Those participating in the pizza trail, which is a year-long promotion, are encouraged to visit as many pizza places as possible to win an array of prizes, that include:

- stickers
- a ceramic mug
- a travel tumbler
- a hoodie
- a candle
- a backpack that includes the names of all 41 participating pizzerias.



It is free for those who want to participate - sign up on the Visit Luzerne County website and follow the prompts to enter your phone number and email address.

<https://visitluzernecounty.com/358/6087/Visit-Luzerne-County-Pizza-Trail>

Curbside Coffee

Lucy Honeywell, Senior

On Friday, February 2nd, the Interact Club surprised our bus drivers with coffee and treats at the curb. We love our drivers! We appreciate all they do to keep us safe on our commute to and from school, athletic events and field trips. Thank you for all you do!



Midterms: Are They Beneficial to Students?

Jr High

Madisyn Cox, Eighth Grade

There is one question that people in Jr. High have been wondering. This question is, "Should Jr. High students have to take midterms?" Every year, at the end of the second marking period, each student has to take a test, in each class, that is worth up to 15% of their grade. In addition to taking the midterms, students in Jr. High also take finals. Jr. High students must take an assessment in each class at the end of the school year. Finals can be worth up to 20% of their grade. I asked some Jr. High students their opinion on having to take midterms and finals. Here are their statements:

Ethan Ungvarsky: "I believe it's more stressful having to take something worth 10-15% of your grade with the content spanning over two quarters; let alone finals."

Briana Noto: "I HATE IT! They cause me so much extra stress that isn't needed in my life. Plus, they are worth too much of my grade; they should be worth like 5%."

Ayden Richardson: "I think that we should take a test every quarter, BUT it can ONLY be on what we did in THAT quarter."

Timothy Recek: "I think that, although a great way for teachers to assess what you've learned and how well they taught you, for students it can be incredibly stressful and difficult to handle. I think that we should only take a midterm because, during the end of the year, the only thing we really learn (in the 4th quarter) is review stuff for the PSSAs and Keystones."

Hailey Marusak: "My opinion on having to take midterms and finals is very complicated. I think it's very stressful for no reason for some people. I feel like there should be a test to go over our knowledge, but not so long and stressful."

So, is it fair to make Jr. High students take midterms and finals? That is clearly up for debate.

Senior High

Julie Conte, Senior

The debate surrounding the purpose of midterms has always been a controversial topic. Primarily, midterms serve to assess students' retention of information and effectively prepare them for final exams. Although, many teachers now are counting unit tests as midterms. The significance of midterms becomes more pronounced in accelerated classes. I hold the view that midterms should be exclusive to students opting to take accelerated classes, especially those who take AP classes. For AP test takers, midterms serve as a valuable tool to identify and focus on areas requiring further improvement.

A Cooking Knight Recipe: Monkey Bread

Cooking Knight was held on January 22, 2024. Members made various baked goods. A special hit of the evening was Monkey Bread; a simple recipe that was a crowd pleaser.

We would like to share the recipe for you to try.

INGREDIENTS

- 2 cans Buttermilk Biscuits 10 ct
- 1/2 cup sugar
- 1 Tbsp cinnamon
- 3/4 cup brown sugar
- 3/4 cup melted butter



INSTRUCTIONS

1. Preheat the oven to 350 degrees F and grease a 10" bundt pan with a non-stick cooking spray.
2. Remove the biscuits from the packaging and cut them into 4 pieces each.
3. Place the biscuit pieces into a large zip lock bag. Add the granulated sugar and cinnamon to the bag. *Do not remove the air from the bag.* Seal the bag and shake to coat the biscuits with the cinnamon and sugar mixture.
4. Then place the biscuit pieces into the bundt pan.
5. Place the butter and brown sugar in a small saucepan. Then heat over medium high. Whisk the ingredients together and bring the mixture to a boil.
6. Pour the brown sugar and butter mixture over the biscuits in the bundt pan.
7. Bake for 35 minutes or golden brown and the center is no longer doughy.
8. Then let the pan set for 5-10 minutes and then carefully invert onto a pan to serve.
9. Serve warm and enjoy!





MEME THIS Contest:
 What would you
 caption this picture?
 Submit to knightlife@llsd.org

**Interested In Joining the
 KNIGHTLIFE Staff...?**

Follow us on Instagram
 @knightlife_newspaper
 for meeting news or email
knightlife@llsd.org
 for more information!!

Lunch Review: Texas Toast Grilled Cheese Sandwich

Stephen Martin, Sophomore

On January 24th, 2023, the lunch ladies graced our stomachs with the Texas Toast Grilled Cheese Sandwich and a side of Tomato Soup. This meal not only filled me up, but it made me want even more. The toast consists of a very thick piece of bread that wasn't extremely rock hard but wasn't completely soft. The appropriately seasoned bread had an extremely pleasant crunch. However, the cheese inside had no crunch whatsoever which is all anyone can ask for in a sandwich. The entrée was accompanied by a side of tomato soup. The combination not only provoked nostalgia, but provoked my stomach into devouring the whole meal. The fruit and veggie selection has also expanded giving students more variety in their choices. This day specifically, I remember cucumbers and celery were among the selection. To tie the whole meal with a bow, snack was open that day. A happy ending anyone would ask for.

Initial Speculation	Final Results
Taste: 8/10	Taste: 9/10
Filling: 7/10	Filling: 10/10
Enjoyment: 6/10	Enjoyment: 10/10

B I N G O

\$100 Visa Gift Card BINGO!!!

Raffle Baskets!!! Benefits the Lake-Lehman Last Knight Lock-In

Saturday, April 6, 2024 *50/50 Drawings!*

1:00 pm
(Doors Open at Noon)
Lake-Lehman Jr/Sr High School Gym
Old Route 115, Lehman

Instant Bingo!!!! Tickets: \$25 (in advance) *
\$30 (at the door)
(Advance Ticket Sale deadline is March 20th)

Lake-Lehman Last Knight \$100 Visa Gift Card Bingo tickets cost \$25/advance
Please make checks payable to Lake-Lehman Last Knight, 1128 Old Route 115, Lehman
Must be 18 to purchase.

Name: _____
Address: _____
Phone #: _____
of Tickets: _____

The Lake-Lehman Class of 2024 thanks YOU for your support!!!

THE LAKE-LEHMAN KEY CLUB PRESENTS.

FIGHT HUNGER FEBRUARY!

This is a three week-long district-wide food drive!

STARTING FEB. 9TH!

DONATIONS WILL TAKE PLACE IN THE HIGH SCHOOL LOBBY AND THE THREE ELEMENTARY SCHOOLS.

FOOD DRIVE THEMES:

- February 9th - Jars, Jars, and Jars
- Bring in items in jars like peanut butter, pasta sauce, jelly, gravy, and fruit juices.
- February 16th - Cans and Cans
- Bring in items in cans like fruit, veggies, and beans.
- February 23rd - Boxes and Boxes
- Bring in items in boxes like rice, noodles, cereal, syrup, pancake mix, and mac-n-cheese.

MISSION FOR VETERANS

ALL PROCEEDS GO TO THE VETERANS HOSPITAL (VA) OF WILKES-BARRE

LOOKING FOR:

Hygiene/Comfort Items:	Gift Cards (\$10-\$25)	Men's Clothing
-Backpacks	-Price Chopper	- Lounge Pants
-Men's Soap/Deodorant	-Rite Aid	- T-Shirts
-Disposable/Electric Razors	-Wigwags	- Sweatpants
-Shampoo/Body wash	-Weis	- Sweatshirts
	-Gerritys	* (ALL M-3XL) *
	-Walmart	Activity Items:
	-Target	- Adult Coloring Books
		- Colored Pencils, Crayon
		- Pens
		- Postage Stamps

AND MORE!!

THANK YOU FOR YOUR DONATIONS

Lake-Lehman Interact Club

Fortune Cookie Sale

Friday, February 9, 2024
during all lunches
Vanilla and chocolate flavors

LL Stuco Presents

February Bake Sale

Cookies Dirt Brownies and more!

\$1

ON FEBRUARY 27th

See you there!

Editor in Chief - Stephen Martin First Revisor - Lucy Honeywell

Head of Format and Design - Mollie Kuhar

Writers - Julie Conte, Madisyn Cox, Lucy Honeywell, Mollie Kuhar, Grace Martin, Stephen Martin, Emma Salko, Mrs. Honeywell

Advisor - Mrs. Honeywell