

KNIGHTLIFE

National Newspaper Education Week: *Our Powerful Voice*

Janaya Yusko, Senior

National Newspaper Education Week is recognized during the first week in March to inspire educators to incorporate newspapers in the classroom. focused on K-12 education in the United States. Our county is unique in that it has two major publications *The Times Leader* and the *Citizens Voice*. According to Newsweek, 1 of 2 Americans read or access information from their local weekly newspaper every month.

Lake-Lehman partners with *The Citizens Voice* newspaper each year to promote journalism in our schools. The CV can be found in Dr Davis's room 104. The Lake-Lehman Gifted Program encourages student editorials and school news reporting through the NIE program offered by *The Times Leader*.

Education is the foundation of our future, the bridge between potential and success, and the key to shaping a better world. At the heart of this mission stands *Education Week*, a publication dedicated to illuminating the triumphs, challenges, and evolving landscape of learning in America. For over four decades, it has been more than just a newspaper—it has been a voice for teachers, students, and everyone who believes in the power of education.

Newspapers do more than just report; they inspire. It sparks conversations that lead to change. Long live Knightlife- and the freedom of speech

LE COMMUNITY

JLNE Group Provides NEPA with a *Sense of Sobriety*

Stephen Martin, Junior

Substance abuse is not an issue that can be solved overnight. Sense of Sobriety, a 2025 Junior Leadership Northeast project group is dedicated to raising awareness, building support and inspiring recovery through their partnership with The Wyoming Valley Alcohol and Drug Service. The group will be holding a pickleball tournament on April 5, at Dallas High School. The doubles tournament is only \$12 to enter and QR codes are posted around the school. Sign up to play, come to spectate, buy raffle tickets, or just simply donate to the cause.

In conjunction with the tournament, Sense of Sobriety is also raising physical donations for rehab centers in our area. They are collecting mens and womens apparel, hygiene products, and items of need. The bright pink box in the lobby holds more information on how you can help. This issue is bigger than Sense of Sobriety, it's bigger than Lake-Lehman, and it's bigger than NEPA. Join the groups mission to create hope and healing for those affected by addiction on April 5th.

Leadership Northeast
WVADS, INC.
WYOMING VALLEY ALCOHOL AND DRUG SERVICE

SENSE OF SOBRIETY PICKLEBALL TOURNAMENT

where DALLAS HIGH SCHOOL
when 12P.M. APRIL 5, 2025
senseofsobriety.jlne

QR CODE

SIGN UP WITH QR CODE!
before march 31st

\$12 per team

WVADS, INC. SENSE OF SOBRIETY Leadership Northeast

DONATION BIN

clothing

- gently used clothing
- winter apparel
- coats
- socks

hygiene

- toothpaste / toothbrushes / oral care
- deodorant
- soap (body wash, shampoo)
- shaving products

DONATE MONETARILY WITH THIS QR CODE!

QR CODE

DIML: *Miss Stepanski*

Jonny Sassi, Senior

Miss Stepanski starts every Tuesday by waking up at 4:00 am to get to her Orangetheory Fitness class. After the class, she gets ready for her day as a school counseling intern. Throughout her day she enjoys working with students and learning new things from Mrs. Molino. After school lets out, she makes her way up to Marywood University and attends one of three classes that she is taking this semester. This will be her last semester and she states, "I am very excited for graduation."

Her graduate class lets out around 7:00 pm, she then makes her way home to enjoy dinner and catch up on her favorite television shows. Overall, the highlight of her day, she says, is "spending time in Lake-Lehman and seeing what each student brings to school that day and watching them learn and grow!"



A New Face at Lake-Lehman

An Interview with Mr. Matusick

Betsy DiGiovanni & Grace Martin, Sophomores

Us: "What do you like about Lake-Lehman so far?"

Mr. Matusick: "I like how small Lake Lehman is and how most of the students know each other. The teachers know their students and are aware of students' families, siblings, and schedules. I like that students are taken care of and on track."

Us: “What inspired you to teach history?”

Mr. Matusick: “I got my degree in early childhood education and special education. I got a degree to teach English and math at WVW. I have an interest in teaching all curricula, especially English and history. I enjoy the history aspects with dedicated teachers like Mr. Lindbuchler. I’m excited to join a great group of history teachers and see what I can add to the history department. I’ve always had personal interest in teaching and I just knew I wanted to teach at a secondary level. History landed in my lap and I am happy to explore it. Although I didn’t look to become a history teacher, I have personal interests in history. I got an overall degree in education. I’m excited to see where it takes me.”

Us: “What is your role as a history teacher at Lake-Lehman?”

Mr. Matusick: “I am a special education teacher in the history department. I co-teach with Mrs. Ferentino, Mr. Lindbuchler, and Dr. Gorski. I teach one class myself for history, and for the remainder, I co-teach special education. I meet with the kids with IEPs and I help the students in 10th grade at Lehman. I make sure their IEPs are up to date, that they aren’t behind, and that their accommodations are met.”

Us: “Do you have a favorite historical event or time period that you'd like to teach?”

Mr. Matusick: “This is my introduction to teaching history, so I don't really have anything specific yet. I enjoy learning about ancient cultures, like the Ancient Egyptians. There's so much we don't know about them, so I'm excited to teach in that area, get more involved, and learn more myself.”

Us: “If you weren’t a history teacher what would you be doing?”

Mr. Matusick: “I’ve worked in a lot of different jobs since I got out of high school. I have taught everything from preschool, special needs, high school, and adults with special needs. I think I would still do something involving teaching or mentoring. Whether it would be coaching or alternative-based education. I also love teaching at the farm and getting hands-on experience with students. I would really get more into the farm if I wasn't in the classroom.”



Band Fest Comes to Lake-Lehman

The Lake-Lehman Band will be hosting the Luzerne County Band festival on Tuesday, March 11, 2025. This is the 30th anniversary celebration of the festival. We will be welcoming approximately 200 student instrumentalists and their directors from schools across the county.

The students will rehearse in the auditorium and band room throughout the school day and present a concert at 7:00 pm. The concert features the 7-9 Junior High Band and 10-12 Senior High Bands and will be conducted by guest conductors, Kenneth Luckey, Director of Bands at Tunkhannock HS, and Jason Morehouse, Director of Bands at Central Bucks HS East. It is free and open to the public. Donations to the Luzerne County Band Music Scholarship Fund will be collected at the door.



Lake-Lehman Performing Arts Showcase March 22, 2025
at Lake-Lehman High School, Lehman, PA

Doors open at 11:30am , Showcase starts at 12 noon

35 performances-Dancers, Twirlers, Colorguard, Percussion
Includes local and regional groups
Some local groups performing-Lake-Lehman,
Dallas, Pittston Area, and Hazleton

Food, and beverages, bake sale, candygrams, merchandise

Ice Cream Truck on site 1-5pm

Admission- \$15, \$10 Seniors, \$5 students (K-12), under 5 free



SOTM February

Congratulations Peyton Naugle,
Sawyer Walsh, Colby McDonald,
and Madelynn Holcomb



It's Wild in Room 717

Emma Salko, 8th Grade

The eighth grade Honors LECO Science classes recently participated in a lab that allowed them to interact with animals from around Mr. Kalinay's classroom, and even bring some of their own from home. Guest stars in Mr. Kalinay's room this week included a bird, a bearded dragon, various hermit crabs, and a ball python. The lab required students to create two different stimulus and response sets, and then test how their organism responded to the stimuli. When asked how the lab would help with students' overall comfort around the animals, Mr. Kalinay said that it gave the students a better understanding of the classroom around them, and how these animals function in both their natural environments and a school environment. Mr. Kalinay and student teacher Ms. Novitski gave the eighth grade students a great lab that was widely enjoyed.

New Condiments in the Cafe

Madisyn Cox, Freshman

We got new sauces in the cafeteria. They can be found with the other condiments. These sauces were introduced thanks to the vice principal, Mrs. Miscavage, and one of the freshman class officers, Rumen Baer. Mrs. Miscavage had requested hot sauce in the cafeteria. Then, one day Rumen decided to say that hot sauce would be a nice addition to the cafeteria. Mrs. Miscavage agreed and said how she had put in a request. She added to her request with a follow-up saying that a class officer also would like hot sauce in the cafeteria. A few weeks later, the request had been fulfilled, and now we have new sauces in the cafeteria.

Time is on Our Side

At 2:00AM, on March 9, the clock will spring forward for one hour. For one most of us will lose sixty minutes of precious sleeping time and many of us are already exhausted. So from March to November we will be entering into the Daylight Saving Time era. It is a topic that everyone seems to have an opinion on but with good reason. On the other end, DST has its benefits. Conserving energy, more vitamin D and addition daylight to enjoy outdoor activities. Mrs. Honeywell's 7th grade Nonfiction Reading and Composition Class interviewed several teachers on Friday regarding this topic.

Mrs. Perillo, along with Mrs. McCabe both agreed that standard time is what they preferred. Mrs. Hackling stated, "She wanted to keep DST year round", as did Mr. Evans.

According to the National Sleep Foundation only 15% of teens get the recommended 8-10 hours sleep. At age 11, teens' internal sleep clock changes. Teens have a tendency to sleep later and because of the time change will be more sleep deprived than normal.

LL ATHLETICS

SWIM Strokes Toward New Heights at Districts

Mollie Kuhar, Senior

The Lake-Lehman Swim team dove into new records and medals at their District Championship meet on February 28th and March 1st. This two day event took place at Wilkes Barre Area Natatorium, and every Black Knight on the team qualified in 1 or more events.

The first day began with two medals for the girls and boys 200 Medley Relay, but as the events continued the team finished the meet with nineteen total medals, five school records, one district champion, and four state qualifiers. Connor Runquist won the 500 freestyle, becoming the first Lake-Lehman swimmer in school history to become a District Champion. Runquist also qualified for states, as did Kaleb Legaspi, Jack Kashatus, and Andrew Morris. The qualifiers will swim March 12-13 at states. Good luck Black Knights!

KNIGHTLIFE MVP: Jimmy Mitkowski Heads to Hershey

The Knight's wrestling season officially came to end Thursday as Jimmy Mitkowski suffered a tough defeat in his last match in his quest for gold at the state wrestling tournament in Hershey. However, Mitkowski struck gold in other ways this season.

Mitkowski stated to the Citizens Voice earlier this season that his success is due to many factors. "The football training does help a lot. The two sports definitely go hand-and-hand. If you do one sport, you should definitely do the other. You are going to be gifted in both sports," he said. "My explosiveness has definitely improved. I am very explosive and snappy off different things, and I have noticed my reaction time has really improved. I am seeing things that maybe I didn't see in the past. On the offensive side of the football, you see different things, and it ties into wrestling."

Jimmy finished with an impressive 32-6 record in his senior year. He finished 2nd at districts and 4th in regionals--a strong finish for a strong senior on the mat.



GIRLS BASKETBALL

A Bittersweet Ending

Betsy DiGiovanni, Sophomore

The Lake Lehman Lady Knights varsity girls basketball team had a tremendous 2024-25 season. Finishing with a record of 18-7, the Lady Knights' teamwork and effort led them to a WVC Division 2 championship. Led by sole senior Ella Wilson, the team worked their way to a second-seed spot in the District 2 Class 3A playoffs. Although they fought hard, the Knights suffered a season-ending loss to Holy Redeemer in the District 2-3A semifinals. Congratulations on a fantastic season!

L-L Key Club presents a...

Bake Sale

March 11th

During ALL lunches

All items will be sold for \$1

Come out and support!

LL STUDENT COUNCIL PRESENTS
A ...

BAKE SALE & DRIVE

March 18th

During ALL lunches

All items will be sold for \$1

Unless a drive item(s) is brought in for one free baked good.

All drive items and profits will benefit the Ruth's Place Women's Shelter

Materials Needed:

- Body wash
- Body lotion
- Shampoo/conditioner
- Feminine hygiene products

Lake-Lehman junior high

MOVIE NIGHT!

JOIN US FOR A NIGHT AT THE MOVIES
WHERE WE'LL BE WATCHING
THE SANDLOT!

SUPPORT YOUR JUNIOR HIGH CLASSES!

\$5

TICKETS INCLUDE MOVIE ADMISSION,
PIZZA, SNACKS, AND DRINKS

FRIDAY, MARCH 14
6:30 P.M. TO 9:00 P.M.

CAFETERIA + AUDITORIUM

TICKETS WILL GO ON SALE MONDAY.

Big Brothers Big Sisters
OF NORTHEASTERN PENNSYLVANIA

BOWL FOR KIDS' SAKE 2025

20'S EDITION

GETTIN GROOVY DEFENDING POTENTIAL

JOIN US ON APRIL 10TH
FROM 11-1 AT CHACKO'S

100 NORTH MILANOS BARRE CLUB, MILANOS BARRE

Raise \$500 - and receive a 2025 BBBS of NEPA T-shirt and entry to win an Apple iPad mini!

For more information, to register, or to become a sponsor please visit www.bbbsnapa.com/bowl-for-kids-sake-2025/, or scan the QR code.

Dates & Locations include:

- 3/15/25 at Wallenpack Bowling in Hawley
- 3/22/25 at Best Bowl in Selinsgrove
- 3/29/25 at Valley Bowling Lanes in Carbondale
- 4/5/25 at Skyline in East Stroudsburg
- 4/12/25 at Kave Fun Zone in Williamsport
- 4/19/25 at Chacko's Bowling in Wilkes Barre
- 4/27/25 at Starlite Bowling Lanes in Towanda

*Bowl on Your Own Option All Month at Chacko's!

SADD CLUB PRESENTS

Pajama Day

FBLA BAKE SALE

MARCH 13

DURING ALL LUNCHES

03-14-2025

IN SUPPORT OF
NATIONAL SLEEP
AWARENESS WEEK

Order before
May 2nd for

\$40

*after tax

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