

# THE LANCE

La Follette High School, Madison, WI

The Student Voice of LHS

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2019-20 bush fire in Queensland, Australia  
Photo credit: Wikimedia commons

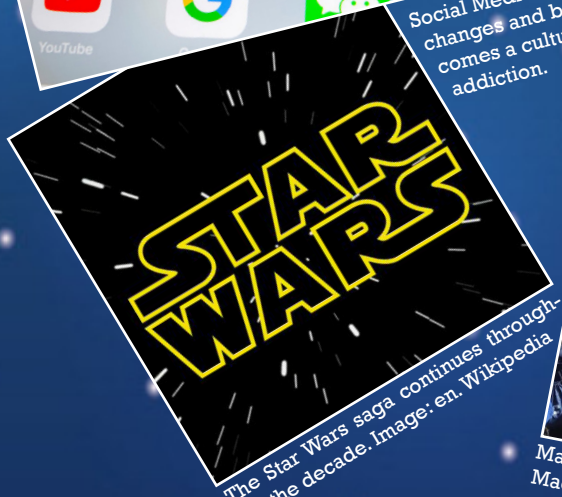


Sept. 2010 President Barack Obama visited La Follette and gave the football team a pep talk. Official White House Photo by Pete Souza



Social Media

Social Media changes and becomes a cultural addiction.



The Star Wars saga continues throughout the decade. Image: en. Wikipedia



March 14, 2018 March for our Lives at Madison Capitol. Photo credit: Tziah McNair

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# THE LANCE

2019-20 Lance Staff

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# Officer Johnson Leaving LHS

**La Follette’s SRO to embark on a new journey as a Madison Detective.**

By Zella Milfred

Roderick Johnson has been La Follette’s school resource officer (SRO) for three years now. On Friday, February 7th he will be departing as he begins his new job as a Madison detective. This will be a huge transition for the LHS community, because Johnson has been here for as long as most of our current students.

“The best part of the job is getting to work with such wonderful kids on a daily basis, not knowing what to expect when you come in for work, and being able to watch young children grow into young adults. Obviously the worst part of the job is when I have to use my police credentials if something goes awry,” Johnson explained.

Even though he is leaving La Follette, he will never lose sight of his Lancer pride. Seeing this pride grow in students as they begin to take responsibility at the school is very impactful for him.

“He is always the type of person to not only be there as a security guard or police officer, but also as a mentor and leader,” Kiesha Duncan (11) said. Duncan was one of the two students who helped with the process of hiring a new SRO, who will begin training at the school with Johnson later this month. His name is Justin Cumley and he has experience being a Madison police officer and an SRO in the West Bend School District.

As Cumley begins at La Follette, Johnson will be starting his career as a detective. He will be working downtown with sensitive crimes and general assignments. After being assigned a case, he will investigate the situation given the details and information provided. “It’s like doing a puzzle and trying to get all of the puzzle pieces to fit. My job will be to put the puzzle together,” he said.

It will be different for him to not work with kids and get daily interaction with students. In other ways though, he feels that his time being an SRO, and working on the police department’s gang unit

before that, will have prepared him for this kind of work. He already does many follow-ups on things occurring in the community, and knows how to communicate information with victims of difficult situations. “It prepared me and I am always looking for a challenge and something different, I don’t ever want to stay stagnant,” Johnson said.

There have been some rocky times in the past three years at La Follette, including a couple of gun incidents near the school. As school safety continues to change, Johnson has seen a shift in more students reporting things when they see them happen. “Students are having more ownership in the school and they want a safe environment to learn in. I think their involvement and their willingness to share information that they get is vital to that school safety,” Johnson said.

SROs have been in Madison high schools since the mid 1990’s in hopes of improving school safety and creating better relationships between police officers and members of the community. In more recent years, some have critiqued the police presence because of the disproportionate number of students of color being cited and arrested. The Madison School Board considered taking SROs out of the high schools, but ultimately voted to keep them in.

Officer Johnson acknowledges that being an officer on the streets is very different than being an officer in a school, and has some advice for the up and coming SRO as to how to make a positive impact at our school. “Be you. Whoever you are when you’re at home and not being a police officer, be that person first. Most of the time you have to wear many hats in this building. Understand that you are here for the kids, that you are here to protect them first and foremost, and that you are here to watch them go from being freshmen, to seniors, to whatever they do after high school. You have to help them navigate through that path and when there are rough patches you have to let them know,” he said.

Johnson thanks La Follette students for everything he has learned from them, and promises to visit. He is confident that Cumley will do well at La Follette, and is happy with his selection.

# Get Ready to Bring your Opinion to the Polls

**Make sure you prepare yourself for election day!**

By Ava Kaminski

Eighteen is that magical number when you become an “adult”. More importantly, you get to cast a ballot in order to give input on who you want to represent you in our government. Whether it is local, state, or national elections, all are important in making sure our democracy is working for its citizens. For many, the next presidential election is imperative, and if you’ll be old enough, voting is a necessity.

On April 7th, Wisconsin will hold its Presidential primary, and the input given through this ballot will decide the final candidates who will be running for President. In order to vote in the April 7th election, you will need to be 18 on or before that date. Along with the Presidential primaries, there will also be equally important local elections taking place. Those elections will include a State Supreme

Court Judge, Dane County Judges, voting District Supervisors and MMSD School Board members. These elections will help determine who will make the decisions that will impact us the most.

In order to vote, everyone needs a valid government issued source of identification, such as a driver’s license. There are many ways to register yourself to vote in Wisconsin. You can do it online, through the mail, or even in person the day of the election. To register online go to [www.myvote.wi.gov](http://www.myvote.wi.gov) and it only takes a few minutes. The deadline for registering online is March 24th, as you need to have the online forms filled out two weeks in advance. If you’re more of a paper person, you can pick up a registration form at a public library and they’ll mail it in for you. If all of this registering business is causing some stress or you don’t know where to get started you will be able to receive help in the commons towards the middle to end of March.

There are some perks for registering at the tables in the Commons. “Since I did

this in conjunction with March For Our Lives WI, we have t-shirts to hand out for students who register to vote. This year we’ll also have Bernie Sanders stickers and buttons for students who pledge to vote for him,” Grace Jensen (12) said.

In Wisconsin, you can register to vote when you are 17, so if you’re 17, that is something you might want to consider. If you’ll be 18 sometime between the primary and general election in November you cannot vote in the primaries in Wisconsin, even though it is allowed in some other states. If you are one of the few in this group, it is still important that you register as soon as possible so that you can be ready when your opportunity comes around.

Happy voting Lancers!



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# You Have the O-P-P Opportunity to See 13!

**Who doesn’t want to be 13 again?**

By Annabelle Reynolds

La Follette’s theatre program has grown immensely over the past few years with semi-new director, Joshua Brown. Productions that Brown has directed at La Follette include “Arsenic and Old Lace”, “Seussical!”, and “Girls in the Boat”. This year, La Follette students will be putting on “13”.

“13” is about a soon-to-be 13 year old Jewish boy named Evan, played by Colton Curley (12), who moves from his home in New York City to a small town called Appleton, Indiana. There, he meets and befriends one of his new neighbors, Patrice, played by Tziah McNair (11). Popularity is very important for Evan, and he struggles to make the transition into the social environment of Appleton. Evan attempts to gain popularity by throwing the best party in town: his Bar

Mitzvah. Meanwhile, a love triangle between best friends Kendra (Lydia Burke, 11), Lucy (Lauren Trowbridge, 12), and the most popular boy in school, Brett (Grant Borcharding, 12) occurs. “13” explores many 13-year-old problems, which we’ve all experienced.

While a lot is going on onstage, there are also many moving parts behind the scenes. Stage crew is headed up by Christian Moura (11) as stage manager and Eli Milanich (12) as student tech director. Stage crew works multiple times a week to create sets, acquire props and costumes, and make sure everything runs smoothly come show time. Morgan Post (11), head of lights, and McKenna Howard (11), head of sound, work to make sure everything runs smoothly.

Working alongside director Joshua Brown, Jillian Ley is the assistant director. Ley graduated from La Follette in 2019 and was a part of the high school theatre scene herself, performing in “You’re a Good Man, Charlie Brown” and “Seussical!”. The choreographer (per-

son who creates and teaches the dances), Kimi Evelyn, has worked with La Follette for two shows, her last one being “Seussical!”. Pam Schroeder, choir teacher at La Follette before Mr. Blakeslee, was the vocal director for “Seussical!” last year and is back for “13” as well.

While “13” is about middle school issues, it’s also about looking at how far we’ve come since then. “A lot of the issues in ‘13’ deal with finding your identity, which is something a lot of us are still working on,” Grant Borcharding (12) said. Middle school has proven to be one of the hardest experiences in general, and this show really brings to light all of the issues that middle schoolers have to face every day.

If you’re interested in coming to support your fellow classmates and friends in “13”, buy tickets! The shows are on March 5th, 6th, 7th, 12th, 13th, and 14th, all starting at 7:30. There is also a 2:00 show on March 7th and the 14th. Listen to announcements for more information about how to order tickets!

# College Opportunities for High Schoolers

**Attention sophomores apply to the STEM program today!**

By Savannah Shadof

STEM, an early college program at Madison College (MATC), has been offering high school juniors the opportunity of a lifetime for two years now. The inaugural class of STEM students will be graduating this spring with their all expenses paid Associates of Science degree. This first class of STEM students has been extremely successful, and this opportunity has great curb appeal to the four year colleges they may apply to. Fortunately, the program lives up to all its promises.

99 classmates and I have been tackling the Goodman South campus for a semester now. We've gotten a taste of what college life is like and how it's different from high school. Personally, I love STEM. Being in a more mature educational setting has helped me grow socially who. I have interactions with people who are older than me and from every walk of life, increasing my awareness of others around me. Even within the STEM cohort, you have people from a handful of different countries, religions, ethnicities, and high schools. The great diversity is viewed as an advantage among many STEM students. "Since I was in AVID and Pathways,

I wasn't able to meet new people. In STEM, I've met people from all different schools and ethnicities," my classmate and prior La Follette student Mareme Ndiaye (11) said.

However, it isn't all sunshine and rainbows. Being in college is a challenge and has its downfalls. First and foremost, you are expected to act like a college student, meaning you're less likely to get away with high school behavior at MATC. If you act immature, people do notice and will say something.

"Teachers see you as college students, not as high school students, so you're expected to act like one," Ndiaye said. Part of the expected behavior includes keeping your phone off in class. While some teachers are okay with keeping your phone on, most teachers won't tolerate it and they either take your phone away or kick you out of class. In addition to being well behaved, getting your work turned in on time is also an expectation. Unlike high school, you will not get extensions on homework or classwork, meaning that if you don't turn it in on time, you will get a zero. It's also good to note that an hour in class is equivalent to two hours of homework. This homework is usually of moderate difficulty level, but there is plenty of it to do.

Finally, another important expectation is to be in and on time to class. Most teachers fail students who aren't

present for six or more class periods, whether or not it's excused. In my personal experience, one of my professors fails students who aren't present for three class periods.

Despite there being some shocking differences that many high school students would dread, there are plenty of aspects of college that are splendid. Unlike high school, classes aren't consecutive or the same amount of time. For example, I begin my day with College Algebra, a 50 minute class. After that, I have a two hour break, which helps me catch up on homework and take a breather. To round off the day, I have College Chemistry for three hours. Although you're expected to be on campus until 2:30 p.m., classes usually end for the day between 11:20-1:20. Another advantage is the college credit we receive. One semester at MATC is roughly the same number of credits as one year at La Follette. In addition to having more high school credits than the average student, you will also have an estimated 60 college credits by the time you graduate from the program. This looks great if you plan to transfer to a four year college in the future.

As your future nears, it's good to take steps that will better it. Most agree that STEM is a once in a lifetime opportunity, so take advantage of it and apply today.

## Winter Dance

You asked for it and you got it! Thanks to Black Student Union, the sponsor, and Blessing Odjedele (12), La Follette High School will be hosting its first Winter Dance in several years on January 25th from 7:30 to 10:30! Tickets are only \$5 in advance or \$10 at the door, and all La Follette students not on the Grounded Lancer list or without suspensions or expulsion are welcome. Come to the Spec Gym on Saturday for great concessions sold by Booster Club and music thanks to DJ Vanessa McDowell, CEO of YWCA. See you there!

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# A New and Improved Garver Feed Mill Opens

**Experience different flavors and fun at the Garver Feed Mill.**

By Kelsey Swingen

The old Garver Feed Mill has been renovated into a multi-purpose building hosting cafes, restaurants, yoga classes and much more. The mill has been standing for over 100 years and is now a building for everyone to find something new to try. “The building itself is beautiful and it’s so fun because there are so many people that will come in and tell you their story,” Triona Witkins (12) said. Witkins works at Ian’s Pizza, one of the businesses in the mill.

Built in 1906, the building was a sugar beet processing facility for the United States Sugar Facility. It was the largest factory in the state of Wisconsin and played an essential role in the Madi-

son economy. The mill closed in 1924 because it went bankrupt. In 1929 a University of Wisconsin, Madison alum James Russell Garver bought the building and land surrounding it. Garver had the building turned into a feed mill and granary. The building was open for 66 years. In 1997 the feed mill shut down and was purchased by the City of Madison. The building then sat unused for 18 years. In 2015, after numerous attempts to get someone to purchase the building and put it to use, the City of Madison reached out to Baum Revision. Baum Revision worked on plans to keep the building preserved and work towards making it usable. Two years later, construction began on the old feed mill. In fall of 2019, the feed mill was completely done being renovated and officially opened to tenants. Certain parts of the mill were open over the summer of that year as well.

The mill offers new opportunities for everyone to try. “There’s the Ledger Coffee, there’s Ian’s Pizza and there’s other restaurants that are only vegan food. It’s a very good Madison thing. Then Ian’s has gluten free and vegan options,” Witkins said. Every place in the feed mill is local to Wisconsin. People can also go to a yoga class run by Perennial Yoga to get fit. Another great opportunity is the Kosa Ayurvedic Spa where people can detox in the sauna and steam room. A person can meditate and eat healthy cuisine. The mill also houses multiple different cafes, ice cream shops, and restaurants. On top of that, the mill features a late winter market every Saturday from 8 am to 12 am. All restaurants and markets in the mill have different tastes that showcase the diversity of the city of Madison. It’s a worthwhile visit no matter your interests.

# New Solution Comes to Fend Off Greenhouse Gases

**The creation of the synthetic leaf has the possibility to save the world.**

By Tylor Brackett

As we all know, our planet is being attacked and heated up by excessive carbon dioxide deposits, also known as greenhouse gases. What you probably didn’t know, though, is that we have manufactured a possible solution to this problem called synthetic leaves. Synthetic leaves are human-made and use photosynthesis to replace carbon dioxide with cleansing, breathable oxygen.

The synthetic leaf is a remarkable step in the future of our planet and the colonization of others. Rather than bridging or keeping plants that may die, now we have a never-dying source of oxygen. This has always been a main issue faced in space travel. The original synthetic leaf was created by Julian Melchiorri, a graduate student in innovation design engineering at the UK’s Royal College of Art. The synthetic leaf was made from extract-

ed protein-based material straight from silk fibers used to stabilize organelles. By definition, organelles are any number of organized or specialized structures within a living cell. This allows the leaf to use photosynthesis the same way an organic leaf would. “I have the first photosynthetic material that was working and breathing as a leaf does,” Melchiorri said. Scientists have also created another version of Julian Melchiorri’s synthetic leaf. Instead of producing glucose and oxygen, this one produces alternative fuel and oxygen, and is called the artificial leaf. It was created by a group of scientists led by Yimin Wu. The artificial leaf turns carbon dioxide into methanol, which will reduce greenhouse gases and provide a new safer fuel, replacing the fossil fuels that create greenhouse gases. “Climate change is an urgent problem and we can help reduce CO2 emissions while also creating an alternative fuel; the key to the process is a cheap red powder called cuprous oxide,” Wu stated.

The powder Wu refers to is created when glucose, copper acetate, sodium hydroxide and sodium dodecyl sulfate are added to water and heated. After the powder is created, it is used as a trigger to yet an-

other reaction. It’s mixed with water into carbon dioxide and is then blown through a tube while a white light is shone with a solar simulator. The next step for this creation is commercializing to companies or power plants that emit large deposits of carbon dioxide into the atmosphere. “We believe that the artificial leaf concept could be used in the form of solar farms next to chemical and power plants in order to convert the carbon dioxide from the exhaust stream to fuels,” project co-author Larry Curtis said.

The threat to our planet now has a man-made solution using various forms of photosynthesis to transition our world into a more efficient, breathable future.



Photo Credit: Julian Melchiorri

# Healthcare and Minors; Rights! Rights! Rights! You got em'

**How to take control of your own healthcare, even while you're under 18.**

By Ava Kaminski

Whether you go to the emergency room for a broken foot or are visiting your doctor for a regularly scheduled check-in, there are certain healthcare rights that every teenager has and should receive. Doctors are supposed to tell teenagers about the rights they have before each visit, although many tend to skip over this step. First and foremost, you have the right to one on one time with a doctor. The doctor should ask whoever you bring into the exam room with you to leave at some point in the visit so you can have confidential talks.

Consent is extremely important in many aspects of our lives. In the healthcare field, practitioners (doctors and nurses) need to have permission in order to provide treatments or care. In the case of minors, parents have to give consent for things as simple as the flu vaccine, to bigger things like stitches. A slight caveat to this is that minors can consent to family planning services. This includes STI tests and treatments, pregnancy-related care, and even starting birth control. In relation to pregnancy, a teenager can consent to prenatal services and childbirth services, but if they want an epidural, a parent must give consent. Confidential is a word that many are unfamiliar with, especially when it comes to health care treatment. Confidentiality, in short, means privacy. This means that by law, health care providers are required to keep health and personal information private, including what you talk about during a visit, diagnosis, and treatments. This in short is due to HIPPA (Health Insurance Portability and Accountability Act). The only exception to this is when providers have to report certain information because they are mandated reporters. Unlike our teachers, health care providers don't have to report drug usage or other "risky" behavior. They do however have to report if they believe you're being

physically harmed, you're going to harm yourself, or if you have thoughts of harming someone else. If you're unaware if something you say may be reported, ask your provider what topics they report on.

No matter how great your provider is, sometimes confidentiality can be broken. Insurers send an EOB, or explanation of benefits to the address of the person who pays for the health insurance. An EOB may list tests that a doctor ordered. If a doctor orders a pee test to test for an STI, that can show up on an EOB, then left to parents' interpretation of what that means. If you've had your provider for many years your parents' contact information is what offices have on file. You wouldn't necessarily want STI test results to go to them, so make sure to give the doctor and receptionist your number so they call you. Many facilities are good about this and also set a "code-word" so that they know if it really is you answering the phone. Until you are 18, parents can request to see your entire printed medical record. Although the process is lengthy, it can be done. Some providers are starting to code medical records for symptoms instead of diagnosis. When in doubt, if you're worried about this, talk to your doctor to find a solution. MyChart is also a great tool for communication and checking basic medical history. When you're under 18, you are

not allowed to have your own account and parents have access to your information. If there's ever any worry about confidentiality being broken in relation to family planning services, go hit up your local Planned Parenthood or the Eastside Public health clinic. If you're worried about payment don't be! "FPOS! I've recommended so many people to FPOS, (family planning only services insurance). Basically, every teen that walks into planned parenthood is recommended to sign up for it, since it goes off our individual wage, and let's be real, teens don't make that much money, it's free. It's a federally funded insurance program that covers all family planning services," a student from Memorial High School in the PATCH program, Zoe Crooks (12) said.

The PATCH program stands for Providers And Teens Communicating for Health, and it is a group of 13 Dane County high school students who could recite these rights in their sleep. They give presentations to teenagers about their health care rights, and even to doctors to tell them how to make their practices better. For more information on the program or your rights visit [wipatch.org](http://wipatch.org).

Make sure you get alone time with your doctor, when in doubt go to Planned Parenthood, and stick up for yourself. After all, knowing your rights will only benefit you.



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## What's Hot What's Not

By: The Lance Class

*What's Hot: Hot chocolate*  
*What's Not: Cold toes*  
*What's Hot: Winter dance*  
*What's Not: Not going*  
*What's Hot: Basketball*  
*What's Not: Only supporting the boys*  
*What's Hot: Fire*  
*What's Not: Climate Change*  
*What's Hot: Australia*  
*What's Not: Billions of animals dying*  
*What's Hot: World peace*  
*What's Not: War with Iran*  
*What's Hot: Baby Yoda*  
*What's Not: Waiting for the next season*  
*What's Hot: 2020 Visions*  
*What's Not: Not thinking ahead*  
*What's Hot: Two three day weekends*  
*What's Not: Having to go through finals*  
*What's Hot: Not the school*  
*What's Not: Broken heaters*  
*What's Hot: TikTok*  
*What's Not: Hackers getting information*  
*What's Hot: Fresh start at the semester*  
*What's Not: Not improving your grade*

## Random Facts

By Lance Class

During the last decade...

- Scientists have found evidence of water on the moon and Mars.
- In 2012 research on chimps was put to an end, as it was deemed unnecessary.
- A new meat eating animal named the Olinguito was found in South America.
- In 2014 a “chip” that you place on the top of your spine, was invented to stop slouching and correct posture.
- Gene editing has started taking place to treat genetic disorders.

# What Grinds Your Gears?

**Don't blame your bad choices on the stars.**

By Savannah Shadof

Over the past few years, the pseudoscience of astrology has dominated social media and the younger generation. For those of you that aren't aware, astrology is described by Merriam Webster dictionary as “the supposed influences of the stars and planets on human affairs.” Horoscopes, a part of astrology, tell us what influence the stars will have in our lives. There are 12 different horoscopes, each correlating with certain birth dates and zodiac signs. A recent horoscope on Astrology.com about my Zodiac sign, Virgo, told me, “What used to feel like a family obligation is starting to feel like a treat you're lucky to be a part of—and this is a sure sign that you are feeling much more in sync with relatives (especially older relatives).”

You expect me to believe that because two celestial bodies are colliding, that my supposed family problems are being fixed and it's not because of the hard work I may have put into connecting with my family? The fact that someone can believe something so evidently fake doesn't just grind my gears, it boils my blood. For many reasons, science and astrology just don't get along. In fact, there are actually 13 constellations in the zodiac, not the 12 that we know and love. Science points out many holes in astrology, and there's no need to explain all the flaws here when it should be common sense that planets light years away from us don't determine our lives. Despite the scientific community rejecting astrology, 26% of Americans are convinced the planets dictate their life. Astrology is on the rise, but has existed for 2,400 years, created by the Babylonians. In that time, astrology was a synonym for astronomy, where both studied the factual universe. 19th century

astrologist Alan Leo changed astrology's purpose. He combined astronomy and psychology to result into the popular version of astrology we know today.

When one is struggling with life, rather than seeking help, they turn to the stars to explain how they're feeling. Additionally, people also use their horoscope to justify poor and unacceptable behavior, rather than acknowledging the fact that they need to work on themselves. “People created them to give themselves excuses for the way they act,” Olivia Hammserly (11) said.

Astrology simply exists to explain ideas and concepts we don't understand. However, it is a brilliant marketing idea, and hats off to Leo for making modern day companies millions.

Speaking of marketing, from clothing to apps, astrology is a big industry. For example, Daily Mail writer Jonathan Cainer creates horoscope columns that have earned him and his team \$2 million annually. This alone proves that astrology is a scam for companies to make money. It's a common pattern we see worldwide, companies take advantage of gullible people and turn their foolishness into profit. Astrology can be entertaining, but when you dive deeper into the pseudoscience, you find false information. Our universe has been misinterpreted, and that's the fault in our stars.

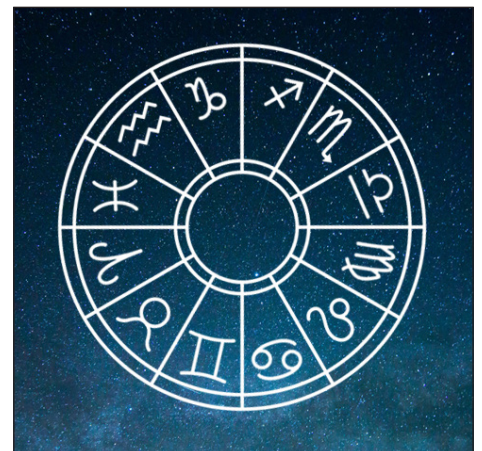


Photo Credit: numerologysign.com.

# Artists of the Term:

## Ortiz in Focus and Carlson in Tune

Two Lancers with countless artistic talents.

By Tziah McNair

This month is all new everything: new year, new decade, new term, and yes, new artists of the term. While there is an extensive list of gifted and hardworking Lancers roaming the halls, it was clear that Sophia Carlson and Facundo Ortiz-Santana were the perfect seniors to mark the first featured artists of 2020. Since the early age of 8, Facundo Ortiz has demonstrated a keen talent for immortalizing moments through photography. Inspired by his father, over the years Ortiz has subsequently been perfecting his craft, primarily professionally and in his personal life. “When there’s a party, [my dad and I] go to a park or something and take pictures before,” the lensman stated in regard to his jobs, most of which take place during weekends. All the events covered are through his family’s agency: World Pictures (which you can find on Facebook at the handle “World Pictures”). “We like to meet with the celebrated people to kind of have an ice breaking conversation, getting to know each other and what they like, after that we like to take pictures a long time before the event, maybe with family or friends. The day of the event we tell the clients that we are there for any moment they want to capture.” During the school week, for the past four years, Ortiz has been encapsulating our memories here at La Follette as a member of the yearbook staff. He has recently been named photo editor, a title he has held for 2 years. “[I love] the fact that I can show people what I’m living right in the moment,” he said in regards to his passion for taking photos. Although he personally prefers photographing items over people, Ortiz wants “to show everyone that everyone is able [to capture moments] and that everyone has their own shape and form of art,” which is why he mainly uses his iPhone. When he’s not snapping pictures, he’s being an engaged member of our



*Senior Sophia Carlson*

LHS community - Ortiz is a dedicated member of OLA Club, a group at LHS that celebrates Latinx culture and pride. The soon-to-be graduate will attend MATC in the fall, majoring in dental hygiene. While he doesn’t see photography as a part of his desired career, with the support of his parents, Ortiz plans to open his own photography company here in Madison. Details such as location are still unknown, but ideally this will open this summer. Given the immense amount of encouragement from his family, it’s no surprise that the young photographer dubs his family as his inspiration. “My dad is a really dedicated photographer who spends every minute of free time learning about new cameras and improving his skills. My mother never studied how to edit pictures or videos and yet she’s the best one I’ve seen,” Ortiz gushed. Instrumentalist Sophia Carlson also realized her passion at a young age. In the 3rd grade with prompting from her musically-inclined mother, Carlson sat on a piano bench with a tutor and her long-lasting love for music was born. Two years later, the musician decided to try violin, which she is now most known for. She plays the four-stringed instrument as first chair in the La Follette orchestra, is a member of Pit Orchestra and



*Senior Facundo Ortiz-Santana*

Solo Ensemble (where she has won many awards), and is in MadFiddle Ensemble, a local violin group. She also plays piano in the Jazz Band and takes private lessons. “[Music] is an outlet for me. If I ever have a lot on my mind I can just pull out an instrument. It doesn’t always have to sound good - it’s just calming to me,” Carlson expressed. She also won a scholarship to the U.W. Music Clinic which is a summer program. In addition to engaging in a beaucoup of music-related extracurriculars, the senior is captain of the girls swim team. Throughout her four years in the sport, she has been awarded the “Scholar Athlete Award” and “Most Improved.” Her hustle doesn’t just stop in the orchestra room or the pool; Carlson has maintained a 3.98 GPA, earning herself a spot in National Honors Society. With this impressive achievement, Carlson will undoubtedly have no problem getting accepted to her #1 school: UW Madison. There, she hopes to study music education. Not only does the senior have a love for music herself, she enjoys teaching others about it. Currently, Carlson has an internship at Whitehorse Middle School in which she student-teaches for the orchestra teacher and she plans to one day offer youth the opportunity to learn music at affordable costs.

# The Past, Present, and Future of Star Wars

**As the final installment of the Skywalker saga hits cinemas, fans reflect on how Star Wars has been affecting lives for over forty years - and where the franchise will go next.**

By Brigid Mullen

Star Wars might just be the most iconic franchise in film and entertainment history. The series has spanned several generations, with the most recent trilogy finishing up with *The Rise of Skywalker* hitting theaters just a few weeks ago. The first Star Wars movie, *A New Hope*, was initially released in 1977. The Star Wars universe has been expanded through movies, live-action and animated TV shows, comics, toys, video games, theme parks, and more. The classic heroes, villains, ships, fights, and locations in Star Wars have touched countless lives over the forty-three years since *A New Hope*'s release. But why? What makes Star Wars so special? And now that the "final" movie has been released, where will the franchise go from here? To try and understand the full impact Star Wars has had on the world, one must first reflect on the past. "Groundbreaking" is much too small a word when trying to describe how revolutionary *A New Hope* really was, directed by George Lucas and only being called Star Wars, many cite this movie as the first ever blockbuster, a movie with a big budget and celebrities that typically comes out in the summer, and is met with great commercial success. In reality, Star Wars didn't have that big a budget, and its most famous star at the time was probably Sir Alec Guinness, but it was certainly met with unprecedented success, popularity, and of course it made a lot of money. No one expected Star Wars to do as well as it did. It was incredibly, indescribably successful, and was promptly followed up with *The Empire Strikes Back* in 1980 and *Return of the Jedi* in 1983, completing the trilogy. Both of these films were extremely successful at the box office and well-received by fans as well. "Star Wars has definitely had an impact on other movies. I think it inspired a lot of big

franchises to make more than one or two movies..." "Also Star Wars was a bit of a spark of inspiration to use special effects in movies as much as we see them now," said Parker Olsen (11), a long-time Star Wars fan. This trilogy of films altered the cultural landscape forever, changing both the lives of fans, and moviemaking in general.

After the completion of what is now referred to as the "Original Trilogy," and nearly two decades of lucrative comics, toys, video games, and other merchandising, the second Star Wars trilogy of movies was released. "The Prequels," as the collection of movies is called, expanded on the story of what took place before *A New Hope*, and how certain characters got to where they are in that movie. While not nearly as well received by critics and fans as the original trilogy, the prequels had their own share of box office and commercial success. Additionally, these movies were released in the late '90s to early 2000s, the perfect time for experimental CGI - Computer Generated Images - and other digital effects in films. As a result of this, while making the films George Lucas took lots of risks and pioneered the landscape of digital effects for movies yet to come. While these effects may not hold up today, it is unquestionable that without them, the standard of digital visual effects in the movie industry today would not be nearly to the point at which it is. The movies were almost immediately followed up by the TV show *The Clone Wars*, which aired on Cartoon Network in the late 2000s. The show grew to be a fan favorite; many teenagers today regard it with a lot of nostalgia. "As a kid, I loved to watch the movies just because it was such a cool world. Growing up with the *Clone Wars* TV show was great, because I thought the clones were the coolest thing," Olsen recalls fondly. This show is widely regarded as being one of the best things to come out of the prequel trilogy.

While the prequels may not have been well-received, the Star Wars franchise was far from over.

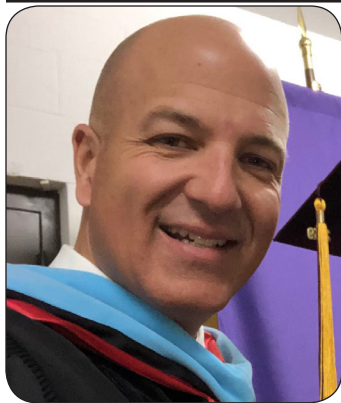
About ten more years of successful comics, toys, and a TV show later, Lucasfilm - the company that controls all things Star Wars, aptly named after George Lucas - was bought by Disney for \$4.05 billion in 2012. In just eight short years since this purchase, Disney has released three TV shows, five movies, a new theme park,

and, of course, countless toys, comics, and the like. The incredible amount of Star Wars related media Disney has produced in just under a decade has been met with some mixed reviews, but overall is regarded as pretty good. The series continues to produce iconic settings, characters, effects, and, most importantly, stories. The "Sequel Trilogy" of Star Wars movies released through Disney - *The Force Awakens*, *The Last Jedi*, and *The Rise of Skywalker* - have been immensely successful financially, and introduced Star Wars to a new generation of fans.

So where does the Star Wars franchise go from here? It's probably too early to say for sure right now. "What we've focused on these last five or six years is finishing that family saga around the Skywalkers. Now is the time to start thinking about how to segue into something new and different," stated Kathleen Kennedy, the current president of Lucasfilm. Supposed rumors have been circling of a new trilogy helmed by Marvel's Kevin Feige, with the first movie released in 2022, to be set in an era of time completely independent from that of the Skywalkers. New series on the Disney+ streaming service have also been hinting at focusing on the stories of more minor characters, further expanding the world of Star Wars. Little is known about the details of any of these upcoming projects, and it seems like fans will be left to speculate for months or even years to come, as the storytellers and higher-ups at Lucasfilm take a step back to examine where they want the future of the franchise to go. No matter the future of the franchise, Star Wars' impact on our cultural landscape as well as the world of movie-making is undeniable.



## Lancers: Where Are They Now?



**Joe Gothard:** Class of 1989. At La Follette, he has been a Biology teacher, Head Football Coach, Dean of Students, Principal, and was the Assistant Superintendent for MMSD, all in the span of nearly 30 years. When going to school here, he had Mr. Hujik for Biology who was a huge inspiration and lead him to get a college degree in Biology and education. After leaving MMSD in 2013, he continued his career in school leadership and is now the Superintendent of Saint Paul Public Schools in Minnesota. This is a huge district with 36,000 students, 6,000 staff, and nearly a \$800 million dollar budget. "Lancer Pride is something I will always have. Don't ever allow the perceptions of others define 'who' you are, or 'what' your community means to you. I weathered many challenges as a leader at La Follette, the solutions were always in the hallways. I believe in you and wish you well," he said.



**Danielle Wendricks:** Class of 2017. She is currently attending UW Madison and majoring in Community and Nonprofit Leadership and History, with a certificate in Education Policy. She first got interested in public service when joining Key Club at La Follette, and from the guidance of LHS teacher Donna Kennedy. In the future she hopes to work as a high school teacher or guidance counselor. "Take advantage of all the opportunities that might come your way, and keep trying if they don't pan out. Whenever I see an internship, opportunity, or scholarship that I think sounds cool, I put in an application. I have been turned down by many places, but I have also been accepted to a great deal too," she said. She is currently on an eight-month-long study abroad trip in Scandinavia, completely paid for by a scholarship with the Brittingham Vikings Association.



**Jonte Flowers:** Class of 2003. At La Follette he was a part of two state champion teams, and his success in athletics surely did not stop there. After graduating from Winona State University, he began an 11 year long career playing professional basketball throughout Europe. He played in more than 20 different countries, and lived in seven! In May he decided to stop playing and started his own business as a Realtor in Minnesota, in which he helps clients with their real estate needs. He is also one of the Basketball Academy Directors for the Minnesota Timberwolves and Lynx, and gets to travel throughout the state of Minnesota leading camps and clinics for youth. "So far in my life, I have seen numerous people quit on their dreams because of outside influence, negativity, etc. Do what drives you, as long as it provides a positive benefit to our society, don't hold back," he said.



**Justin Stutchlik:** Class of 2005. He is a Project Manager and structural engineer with GRAEF-USA, Inc. located in downtown Madison. "My job entails working closely with architects and contractors to develop design documents consisting of drawings, 3D models, specifications, and supporting calculations pertaining to all of the structural members and connections within a building," he explained. He has worked on several high profile projects throughout the U.S. including hospitals, museums, schools, and arenas. La Follette's higher level physics and math classes helped prepare him for his time at Milwaukee School of Engineering. "Figure out your purpose and what you can contribute to your community and work at it with all of your being. Combine purpose, passion, focus, skill and effort and you will have a fruitful life," he concluded.



**Nicole Newman:** Class of 2014. She plays professional softball in the National Professional Fastpitch league. As a freshman in high school she made it to state in softball and volleyball, and athletics are still the centerpiece of her career. She was recently drafted 13th overall to the Aussie Peppers team of Minnesota, and will play with them in the summers. When not playing softball, she is going to graduate school at the University of Minnesota pursuing a Masters in Education in Youth Development Leadership, and is also a full time graduate assistant softball coach for the team. "My advice to you all is to work hard in school, enjoy family, and love the people around you," she said. "Seniors, live in the moment and say yes more. Say yes to the random food dates, road trips, trips to the mall, movies, late nights, etc. Enjoy your last sports season and play every game with passion."



**Graham Diemer:** Class of 1995. He is the Associate Athletic Director for Advancement at Florida Gulf Coast University. He works with student athletes and head coaches of 15 different sports on the fundraising initiatives for this successful Division I Athletics program. "My career has sent me all over the country to follow our programs and meet with our donors. I have always wanted a career that I would be passionate about. I was an athlete in high school and college and have a business degree from UW Whitewater. Working in college athletics allowed me to 'marry' my passions of athletics and business," he said. He appreciates the values of responsibility, work ethic, accountability, and professional courtesy that were passed down from his La Follette classmates, teachers, teammates, and coaches. He encourages current LHS students to find their passion and work hard at it.



**Helen Rottier:** Class of 2014. She is currently earning her PhD in disability studies at the University of Illinois in Chicago. "My research and leadership are focused on empowering disabled college students and academics to produce knowledge in unique ways," she explained. She additionally gets to travel around the country presenting her work at conferences and lectures. "I enjoy traveling to new places and sharing my work with others who are passionate about education and disability justice. I also get to meet incredible, inspirational students and academics in Chicago and around the country," she added. She participated in many extra-curriculars at La Follette including the show choir, Latin dance team, Creative Writing Festival, and Forensics, and encourages current Lancers to take advantage of opportunities that come their way and to be open to new experiences.



**Enjyiana Nururdin:** Class of 2017. She is attending UW Madison in the School of Journalism. During her high school years, she wrote for Simpson Street Free Press, was Editor in Chief of the Lance, and especially enjoyed her English and history classes. She has interned with the Capitol Times Newspaper, Madison Magazine, the Wisconsin Center for Investigative Journalism, and NBC. She has studied abroad in Botswana, Africa, and is now taking a trip to Israel as a student journalist. She is additionally on the board of directors for the National Association of Black Journalists, and has written for The Black Voice on campus. She is grateful for all of the opportunities and guidance she has received, and will continue working hard to pursue a career in political journalism. "Politics can be so divisive, and so mean, and so hateful, but it doesn't have to be that way," she said.

## Lancers: Where Are They Now?



**Evangeline Smith:** Class of 2012. She works for a non-profit organization called L'Arche Chicago that owns homes where people with intellectual disabilities live side by side with people who do not. L'Arche Chicago believes that people with intellectual disabilities have an incredible amount of gifts to share with the world, and works to help them lead a happy and fulfilling life. For three years Evangeline lived in one of these homes, and now lives down the street as the Director of Care for the administrative team in the L'Arche Office. She supports everyone living in the homes, and makes sure that everything runs smoothly. Some of her responsibilities include making schedules and setting up appointments. "I would encourage high school students to be empathetic and patient, especially with your peers who you might not understand," she said.



**Bella Sobah:** Class of 2012. She is now only five months away from being sworn in as an attorney after attending law school at UW Madison. She hopes to work for an organization like the NAACP or ACLU and fight for what she is passionate about. "As a lawyer, I intend to dismantle oppressive systems that disadvantage marginalized communities," she said. Her La Follette English classes taught her skills, like analyzing information from different perspectives, that she still uses every single day. She is now also the chair of Madison's Disability Rights Commission. "Your voice and your experiences are important and you do not have to be silent in the face of oppression. I am proud to be a Lancer and I am proud of your generation for taking a stand against hatred and apathy. Keep going," she added.



**Alex Wehrli:** Class of 2015. He is the Social Content and Production intern for the Minnesota Vikings. "In a nutshell, I edit crazy, cool and fun videos for the Vikings social media channels and I also capture on field content during games," he explained. Before this, he graduated from UW Madison with a degree in Communication Arts and spent a few years doing video work for Wisconsin Athletics. He has great memories from being on the cross country team at La Follette, including when his team got second in the state meet. He always loved his high school classes that required creativity. "While I would definitely say it's important to focus on your school work, you gotta remember you're only in high school once, so make sure you take time to have fun because you never know how those experiences could help you in the future," he said.



**Hamp Johnson:** Class of 2010. He is a police officer for the Madison Police Department, with most of his job being mediation to resolve conflicts between people in different situations in the community. He must constantly use his social skills to see from all perspectives in a situation and create the best resolution. "I have consoled suicidal individuals, given bad guys timeouts, helped save a couple of lives, and been a shoulder to cry on at times," he explained. He gained many of the social skills necessary for this job from his Human Social Behavior and Social Issues classes at La Follette, and went on to study Sociology in college. He wants to remind you to live in the moment. "As I'm reminded of all to often in my job, tomorrow is not promised. Let's not focus too hard on tomorrow and let's enjoy what we have today."



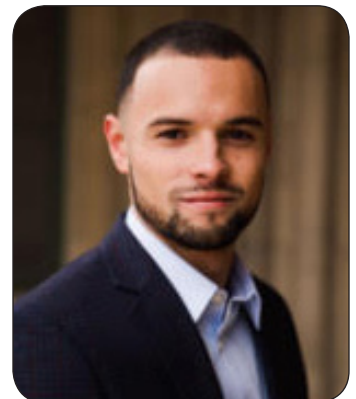
**Kristina Navarro:** Class of 2002. She is a Senior Associate Athletic Director at Rutgers University in New Jersey. She works with 700 student athletes to identify career interests for them after sport. In 2012 she earned a Ph.D. in educational leadership and policy analysis, and has had many jobs in athletic administration. For her, Lancer Pride means family. "LaFollette High School has shaped who I am as a student, athlete and professional. I grew up in the halls. My grandparents, parents, aunts and uncles have all worked at LaFollette," she said. She encourages LHS students to align their passion with their purpose to help with the process of choosing a career after high school.



**Maddy Armbruster:** Class of 2015. This is her first year teaching 8th and 9th grade math at Hermantown Middle and High School in Minnesota. She also plans on coaching track and cross country for her school, both sports that she excelled in at La Follette. There is a lot that inspired her to pursue a career in education. It was mostly a mix between taking La Follette's Career Internship class, and having her mom, who is also a teacher, as a role model. All that she learned from her LHS math teachers continues to help her as she now teaches it to her own students. "I feel lucky that I got to go to a school like La Follette. The teachers truly care and made school more fun. There are so many opportunities La Follette can offer, that lots of other schools don't have," she said. She feels that growing up with the diversity that exists at our school has made her a more accepting and understanding person.



**Maverick Wilhite:** Class of 2015. He is a 2nd lieutenant in the United States Air Force and is working as a program manager with government and private partners. He explained that he works to "provide the men and women who fight our nation's wars with the aircraft, tools, and equipment they need to be successful." At La Follette he had many teachers who helped prepare him for where he is today, and has great memories from participating in the 24-hour long swim fundraisers with his team. "The more options you have in life, the higher the likelihood that you will end up pursuing something that you truly enjoy, surrounded by people that you love. If you are always afraid of what comes next, you'll never be able to experience and enjoy what is happening around you right now...take a second to breath, bring yourself back to the ground, and live in the moment!"



**Andre Johnson:** Class of 2013. He works in Sales Development at Adobe in Denver, CO. This involves gaining new business partnerships for the company. "Sales Development is an organization that sits between the marketing and sales functions of a business and is in charge of the front-end of the sales cycle: identifying, connecting with, and qualifying leads," he explained. He is also involved in Adobe's Black Employee Network, in which he works to make Adobe a more inclusive workplace. Being a good planner and having intentional goals has helped him be successful. "Break those goals you have into bite size pieces and before you know it, you'll be right where you planned to be," he added. At La Follette he participated in football and track and field, as well as the Lance newspaper in which he learned leadership skills that he still uses today.

# A Decade of Monumental Social Change

The largest social movements of the 20teens.

By Tziah McNair

Throughout these past 10 years, we've seen dozens of social movements emerge. Below is a timeline of these revolutionary crusades.

To kick off the 2010s, many united to advocate for the use of the term *Latinx*, a gender-neutral alternative to *Latino/a*, which have male and female connotations. While the term appeared in the 2000s, it wasn't until the turn of the decade that it began to gain popularity.

In 2011, under the Obama administration, the "Don't Ask, Don't Tell" policy was repealed. This was a discriminatory law that for 17 years, prohibited qualified gay and lesbian Americans from serving in the armed forces. LGBTQ+ service members previously discharged under DADT were given the opportunity to re-enlist.

2012 brought us the Deferred Action for Childhood Arrivals (DACA). Young undocumented immigrants, also referred to as Dreamers, spent the year fighting for rights in the country they call home. On June 15, 2012, after two protesters launched a hunger strike to call attention to the alarming number of deportations that had taken place that year, Obama installed DACA through an executive order. The program provided deportation protections, work permits, and Social Security numbers to about 690,000 undocumented immigrants who, before 2007, were younger than 16 when they came to the United States.

The year 2013 was monumental for Black Americans, as it was the year of the beginning of a powerful movement known as Black Lives Matter. The hashtag first appeared in 2012 after the murder of Trayvon Martin, an unarmed 17-year-old black boy, by Officer George Zimmerman. It wasn't until his acquittal, however, that Alicia Garza, Opal Tometi, and Patrisse Cullors made the foundation official. The movement sought to fight the targeting and murdering of African Americans by police officers, and its importance has been validated countless times since its founding

on July 13th.

2014 was primarily a continuation of the year prior, but 2015 marked a major milestone in U.S. history, specifically for LGBTQ+ communities. On April 24th, Olympic gold-medalist and reality star formerly known as Bruce Jenner came out to the public as transgender. Since, she has successfully used her high-profile image to make visible, and even change, the public perception and opinions of transgender people in modern day culture around the world. Not too long afterwards, the Supreme Court ruled to legalize same-sex marriage in all 50 states. Thousands rallied all around the country to celebrate the victory. "The legalization of gay marriage was really big for my family," shares LHS student Maggie Murray (12), who self-identifies as queer and has relatives that are in the LGBTQ+ community. In 2016, following the election of President Donald Trump, people gathered in various cities to protest the win and show their disdain. Additionally, the #NoDAPL movement was launched by a group of young Native Americans who claimed the title of water protectors in response to the proposed Dakota Access Pipeline. It began when Anna Lee Rain Yellowhammer, a member of the Standing Rock Sioux Tribe, started a Change.org petition titled, "Stop the Dakota Access Pipeline." From there, young activists began using hashtags like #StandWithStandingRock to spread the word, garnering the support of hundreds of thousands of people. Once Trump took office, he reversed the block on DAPL. Fights against pipelines all across the country have continued.

2017 was the year of female empowerment. The year started off strong with the then largest single-day protest in U.S. history. On January 21, the Women's March on Washington swept hundreds of cities worldwide and a million protesters hit the streets. Approximately 10 months later, the #MeToo movement (originally started by Tarana Burke in 2006) went viral. The New York Times published an article detailing accusations of sexual misconduct against Harvey Weinstein. Alyssa Milano's call for women to use the hashtag and highlight their experiences publicly resulted in the hashtag gaining more trac-

tion and empowered other women (and men), celebrities and not, to come forward to discuss their experiences with sexual harassment.

On February 14 of 2018, one of the deadliest mass shootings in modern U.S. history took place at Marjory Stoneman Douglas High School in Parkland, Florida. When a former student opened fire with a semi-automatic rifle on the school campus, killing 17 people, student survivors from Parkland immediately acted, becoming well-known activists with a clear message: #Never-Again. On March 24, March for Our Lives - coordinated by the student activists - took place in D.C. with more than 830 smaller marches taking place worldwide, including a local one organized by Maggie Murray along with other Madison teens. Organizers estimated that 800,000 people were in attendance in D.C. alone, which would make March for Our Lives the biggest one-day protest in recorded history. Fridays for Future was initiated in 2018 by Greta Thunberg, and really gained momentum in 2019. The global movement began when the Swedish teenager started a solo school strike to protest inaction regarding climate change. Protests against ICE has also been extremely prevalent as Trump administration policy has raised concerns about our system in regard to the immigration.

To the history-makers who are fighting for a better tomorrow, these major moments are proof that anyone, regardless of age, location, and experience, can make a difference. "[Being an activist means] believing in a cause, and even if you just change one person's mind, that is change, and that is huge," Murray reminds us. "If you're under 18, the only way you have power in our democracy is to use your voice and be a part of movements. If you want change, you have to fight for it and there's no age restriction. The American political system is an ever-swinging pendulum and you have to fight to get the smallest bit of progress in it. Setbacks are gonna happen but you have to just keep pushing because if you give up, nothing is going to happen." These major moments have changed minds, laws, communities, and the world. They will only continue to do so as we move forward into a new era.

# A Decade of Disasters, More to Follow

**Natural disasters in the past decade have wrecked havoc on our ecosystems and there doesn't seem to be a stop in the foreseeable future.**

By Allison Rau

In the past decade, natural disasters around the United States have progressively become worse. From extreme temperatures to earthquakes and hurricanes, the weather is much less predictable.

In 2010, the United States experienced earthquakes in both Southern California and New York. In New York, the earthquake was a magnitude 3.9 and was the first one they'd experienced in over 18 years. Wisconsin and Illinois had rare tornadoes hit. Live Science reports that tornadoes touched down in November, which had not happened in the past 39 years.

In 2011, the southern, central and eastern states were affected by multiple tornadoes. The largest tornado hit Joplin, Missouri. According to The Balance, the total cost of the damage was around \$3.2 billion, it was the deadliest tornado since 1950.

2012 had many natural disasters, from hurricanes to extreme heat and wildfires. From the end of October into the beginning of November, Hurricane Sandy hit the east coast. It was the strongest hurricane in the Atlantic during 2012. It became one of the most expensive hurricanes to hit the US, costing almost \$70 billion.

A massive heat wave swept through the US during 2012, with high temperatures reaching 113 degrees in Kansas and up to 126 degrees in California. California was also affected by wildfires that burned around 870,000 acres of land.

In 2013, there were more strong tornadoes. A massive tornado tore through Oklahoma and took two elementary schools with it as well as damaged many homes. Many children passed away during the incident.

In 2014, not many natural disasters took place in the U.S. USA Today reports that there was some flooding in New York, Arizona, California, and Michigan; it was an overall calm year as far as weather goes.

2015 experienced major flooding in Texas, Oklahoma and South Carolina. Homes and buildings were washed away. There were also many wildfires caused by a drought that stretched from California to Montana. ABC News reported that over 70 fires broke out, and many had to evacuate their homes.

In 2016, Hurricane Matthew hit Florida along with North and South Carolina. In August, Louisiana had historical flooding. Over 20 inches of rain fell in three days.

2017 had three major hurricanes that caused a great deal of damage. Hurricanes Maria, Irma, and Harvey. Hurricane Maria was one of the deadliest natural disasters in the Atlantic since 1988. Hurricane Irma hit Florida with a powerful punch. Hurricane Irma took place at the beginning of September and Hurricane Maria took place two weeks later. Hurricane Harvey hit Texas and created major flooding that left many stranded. These were some of the strongest and most expensive hurricanes that we have ever seen.

In 2018, Hurricane Florence hit North and South Carolina. Then Hurricane Michael hit Florida, Georgia, and the Carolinas. This hurricane was a cat-

egory five. California recorded the deadliest wildfire in history according to ABC News. The fire swept through most of the state and took hundreds of thousands of acres with it.

In late January of 2019, the Midwest saw record low temperatures. Temperatures dropped all the way to 40 to 65 degrees below zero. There was a 100 degree difference between different parts of the United States.

In the past ten years we have had many natural disasters and they are getting stronger each year. There are stronger hurricanes that cause more disasters. Flooding is becoming more extreme, depth wise, and it happens more often. Wildfires are getting out of control, which causes more damage. "Its so crazy to think about how some areas of the world are experiencing extreme drought and are running out of water. Whereas other regions of the world are experiencing the opposite, water is being poured down and causing flooding," Lauren Johnson (11) said. Natural disasters are only getting stronger and in the last decade we have seen the extreme weather that is a direct result of climate change. People all over the world have been displaced from their homes and some have even had to become refugees in other countries. The US has already seen many strong natural disasters, so now we have to do what we can to help prevent natural disasters in the coming years.



*Photo taken from the international space station of Hurricane Florence. Photo Credit: NASA*

# “I’m Not Throwing Away My Shot!”

**A review of Hamilton, the musical comes to Madison.**

By Cecilia Ridgeway

Hamilton came to Madison’s Overture Center this fall! Hamilton is a Broadway musical, famous for not only using rapping to teach history but also because of its extremely diverse cast. Hamilton was written by Lin-Manuel Miranda, who also starred in it as Alexander Hamilton, “a founding father without a father,” as the musical stated in the opening song. It premiered on January 20th, 2015. The musical is about Alexander Hamilton, a smart young adult who loves to read and write but can be a bit conniving. He was a real person who lived during the American Revolution, born in Charlestown Nevis Island. After a hurricane hit his island, he was sent to the colonies to attend college and earn an education, but that’s not what he wanted. He dropped out of college just a few months before he graduated to join the American Revolution where he became George Washington’s “right-hand man”. Hamilton was performed at the Overture Center from November 19th through December 8th, exciting many fans.

Even though it wasn’t the Broadway voices that many knew, most of the cast blew the audience’s mind, with their creative dance moves and angelic voices. I was very excited and almost started crying just from the fact that I was actually there seeing this iconic show. I was probably most excited when the Schuyler sisters, Hamilton’s future wife and her family, came onto the stage. Their entrance was so fast I almost wish I had more time to enjoy the sister trio, but their song made up for that by showing off their amazing vocals. I thought the actor playing Peggy Schuyler’s was really great, and even though I couldn’t see their faces, I could tell that she didn’t upstage her sisters yet she still had an important presence. I was a bit disappointed by the actor play the lead role, Alexander Hamilton.

His voice didn’t have much emotion and I was left wishing it was someone else playing him. I was a bit surprised that the show didn’t have any dialogue, but I got used to it flowing into each song consecutively pretty fast.

While I was underwhelmed by the Hamilton actor, I was pleasantly surprised by everyone else. Every time an actor belted out a note or made me laugh my heart skipped a beat. The stylings of Hercules Mulligan, Marquis de Lafayette and John Laurens definitely left the whole house cracking up. “The acting and singing was phenomenal and the emotions the actors displayed hit just right to get the same emotions and reactions out of the audience,” Natalie Mullen (9) said.

If I was going to pick one actor who was my favorite in the whole show I would have to pick Elizabeth Schuyler, Hamilton’s wife. Her voice was so sweet and pretty. It soothed me but empowered me at the same time. I could always tell what she was feeling just by her voice, like when she met Hamilton for the first time or when he publicly announced that he had cheated on her. Especially when Phillip, her son, died, I felt completely heartbroken, and even shed a few tears.

Overall, my Hamilton experience was really amazing. It’s not every day you

get to time travel through history, and I’m glad I got to experience it through a musical.



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# The Not-So-Micro Microaggressions

Everyone faces micro-aggressions, and the list of them continues to grow.

By Annabelle Reynolds

At some point or another, we are all going to work in an environment where there is some type of microaggression towards a specific group of people. According to the Merriam-Webster Dictionary, a microaggression is defined as “a comment or action that subtly and often unconsciously or unintentionally expresses a prejudiced attitude toward a member of a marginalized group.” Microaggressions continue to be seen all over our country, and Madison is no exception. There can be many different types of microaggressions, but the two we mainly see are gender specific and racial microaggressions. Using micro-aggressions can often seem harmless and people don’t necessarily understand they’re being racist or sexist, which is what can classify it as a microaggression. A common racial microaggression is saying, “What are you?” People aren’t a “what”. People of every nationality and ethnicity are human, and asking them “what” they are is alienating them and wrong. Rather than just what people are saying, there are still plenty of other racial microaggressions that we see every day. For example, something as simple as crossing the street so you’re

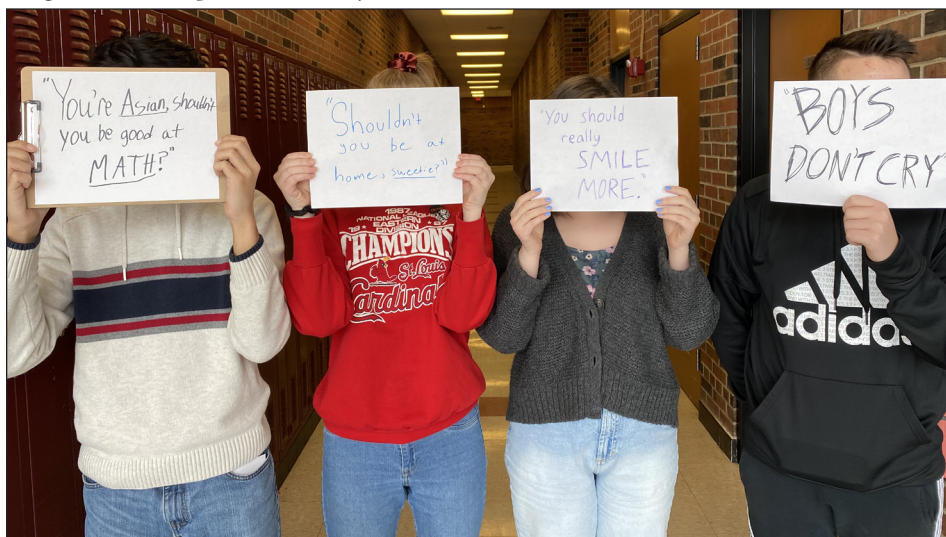
not walking on the same side as a person of color, even though they’ve done nothing wrong or anything to make you think you’re in danger. Another racial microaggression is when someone denies that color matters. The color of someone’s skin is part of who they are, and saying ‘America is the melting pot’, or ‘I don’t see color’ is saying you don’t see them as who they are. Saying you’re ‘colorblind’ is taking away a big part of someone’s identity, and they deserve to be the person that they are. Another common racial microaggression is saying Asians have to be good at math. Race has nothing to do with the fact that some people might excel in some places more than others, and saying all Asians should be good at math is unfair to them and just downright racist. It’s NOT a compliment.

Another form of microaggression is based on gender. Generally, women are the targeted group, but men can face the effects of it as well. For a long time, women were thought of as the lesser gender and it was believed that they shouldn’t be able to do everything men can do. Of course, since then we have decided that women can actually amount to something and should be treated as such. Women face microaggressions such as language and tone policing, mansplaining, stereotypes, and objectification. Language and tone policing is basically when someone says ‘You don’t look as pretty when you say those

words.’ “I think this [microaggressions] has shaped our society in a way that makes men feel as though they have power and dominance over women. I feel that people make these comments in an effort to boost themselves up and oppress others,” Lucy Murphy (10) said. These stereotypes include that women should be in the kitchen, women can’t be good at math and science, women should have to dress nice and presentable whenever they go out. This is the 21st century; people still think like that? Mansplaining, for those that don’t know, is when a man tries to explain something to a woman in a condescending manner, assuming she doesn’t understand what he’s talking about without him “dumbing it down” for her. This can prove to be extremely obnoxious if the woman actually understood what you were talking about before you decided you needed to explain it. There are some other microaggressions towards women that are a little more serious. Victim shaming, for one, has proven to be one of the worst. Victim shaming a woman is when you blame her for something happening to her when she has no control over it. Women are not to blame for things like sexual harrasment, sexual assault, rape, etc, and saying it is in any way their fault is extremely wrong and a microaggression that desperately needs fixing.

Men face microaggressions, too, such as everyone assuming they can’t have feelings. They aren’t allowed to cry, especially in public, and they shouldn’t be taking care of their babies because they aren’t “motherly” and “babies need their mom”. Men deserve to show their feelings, and they aren’t any less qualified to take care of their consensually-conceived babies than their partners are.

In all, America has claimed to be ‘ahead of the times’, but we still have our issues regarding treating people how they should be treated. Microaggressions are still offensive, racist, and sexist, even if it’s not technically breaking a law. We’re all different, but we’re all people. We need to stop dividing ourselves and treating each other like we’re each better than the next. We are not.



LHS students pose with microaggressions that have been said to them.

# Athletes of the Term:

## Bunny Hops and Bops to the Top from Probst and Freeland

Probst and Freeland excel as students and athletes!

By Cecilia Ridgeway

We have many great athletes here at La Follette High School who excel not only in sports, but in academics along with being all around good people. Lily Freeland and Ben Probst are two of those athletes. Throughout their four years at La Follette they have achieved successful school, social, work, and athletic lives while juggling all of their extracurriculars. Lily Freeland has maintained a 3.7 GPA while taking a total of six AP classes, and still manages to excel as a dancer. She has even been offered scholarships to dance at some of the country's most impressive dance studios. "I am proud of getting a dance scholarship to go to New York and take classes at Broadway Dance Center last year, although I was not able to go," Freeland said.

She has many irons in the fire while working hard to maintain her grades, perform well in dance, and work at the Henry Vilas Zoo. "I am a busy person, but I have learned to enjoy being busy, rather than resent it," Freeland said. Freeland has been on the dance team at La Follette for four years, and has taken part in dance competitions at her dance studio, A Step Above Dance Academy, for nine years. She plans on going to college for either anthropology or ecology. Although she is unsure of where she is going to end up after high school, her impressive resume will certainly serve her well.

"Make sure you put school above your sport," Freeland reminded. She emphasizes the importance and connection between performing well in your sport, as well as in the classroom. "Your sport may seem like it should be your top priority, but maintaining good grades and getting a quality education is way more important."

The other athlete chosen as athlete of the term is Ben Probst. Probst is the



Senior Lily Freeland

prime example of outstanding performance on the field and in the classroom. Probst was this year's football quarterback, is currently starting on the boys basketball team, and will play baseball in the spring. He is also the treasurer of the National Honor Society. "I take a lot of pride in both my academics and athletics so these were huge accomplishments for me," Probst said.

Similar to many other student-athletes one of the biggest obstacles he has faced is time management. "Dealing with a lot of homework and also practice every night of the school year, it can get stressful and it is hard to find time to complete everything while still having time for a social life. I learned to use my time wisely and try to stay on top of all my homework so that I can enjoy the free time I have and still do well in school," Probst said.

He's most proud of being able to maintain his 4.0 GPA, while still having the time to earn 10 varsity letters. Probst wants to go to either UW-La Crosse, UW-Platteville, UW-Stevens Point or Edgewood College and play basketball while studying sports medicine or business. Probst was also awarded athlete of the week on October 11th by ESPN (see sports cover).



Senior Ben Probst

"I would advise future athletes to work hard at everything they do, because they will succeed, and to cherish every moment they have of their high school careers, because even though it sounds cliché, it really does go by fast." Probst added.

Being an athlete can be a really fun and rewarding experience, as Freeland and Probst have shown. They also understand that while they might love their sports, school is also very important. The school applauds student athletes and all of their hard work.



Photo Credit: Dustin Searle

# “And it’s BLOCKED BY JAMES!”

The decades wildest sports moments.

By Elijah Rader

The 10s were, simply put, a great decade for sports. From the best finals series in NBA history to the best comeback in NFL history, there was something for everyone.

In basketball, so many historic things happened. Kobe Bryant won his fifth and final championship in 2010 and dropped 60 points in his final game in 2016 to cap off his amazing career. He wasn’t the only legend to retire, we also lost other top 10 player of all time with Tim Duncan, Dirk, and Kevin Garnett. Not only did the game lose some of it’s very best, it also gained many future Hall of Famers. This list includes 2x finals MVP Kawhi Leonard, six time all star Kyrie Irving, the future of the league in Giannis, along with others. Regarding the best finals series in NBA history, which many would say is 2016. LeBron’s 6th straight finals appearance, searching for revenge after losing to the Warriors the previous year. This year was different for two reasons. The first is the fact that Kyrie Irving and Kevin Love were back from injury. The second is that LeBron had a chip on his shoulder. After coming back to Cleveland, he felt the need to give them their first ring in franchise history. There was no way he would lose two years in a row in these circumstances. Many fans were faced with doubts of this after they fell down three games to one. Eventually almost everyone turned into doubters, and for good reason. No team had ever come back from a 3-1 deficit in the finals in the history of the league, but no one had seen the best player of all time with so much to prove. After two great wins, Game 7 was amazing. After a comeback, my favorite moment of all time in LeBron’s block on Igoudala, and a dagger by Kyrie, the Cavs had done the impossible. “Back to Igoudala, AND IT’S BLOCKED BY JAMES!” My personal favorite basketball moment of all time.

The NFL also had many great games



*Decades most decorated athlete, LeBron James.*

*Picture Credits: Keith Allison (wikimedia commons)*

throughout the ‘10s. The Packers won a Super Bowl in 2011 led by an amazing Aaron Rodgers (they should have won at least two more, but that’s a different story). The New England Patriots dominated the decade (they have been on top of the league since 2002). They played in four Super Bowls, and won three. Tom Brady had done nothing but improve his case for being the greatest of all time, adding three regular season MVPs and three Super Bowl MVPs. One of these wins was the greatest game of the decade, taking place in the 49th Super Bowl in 2015. It was a matchup against the NFCs best from the 2010s, the Seattle Seahawks. Both teams had great success in the regular season, and it was set to be a good one. The Legion of Boom against the best of all time. The future of the league vs the best. The game was a nail biter coming up to the end, and it did not disappoint in the final minutes. After a nice 10 point comeback led by Brady, the Seahawks were down 28-24 with 2:02 left on the clock with the ball in their hands. After a few amazing catches and plays, the Seahawks were left with the ball on the one yard line with one minute left to play. “Run the ball with the most dominant running back in the league” said literally everyone watching the game. For some reason, however, Pete Carroll decided to abandon his philosophy and brain cells by calling a slant route. Wilson forced the ball into a tight window, and Malcolm Butler of the New England Patriots

intercepted the ball. The world was in shock, including the announcers. Why would you pass it? The world will never know, and the Patriots won the best game in recent memory. Another really memorable moment came from Odell Beckham Jr. in 2014. Everyone saw the catch that put the young athlete on the map. After getting pulled by the corner, he had to reach back with every ounce of will in his body to snag it with one hand. With the countless amount of praise for the catch came a lot of backlash saying his newfound fame was not deserved. People who said that were wrong, as he was already emerging before the catch and went on to be a consistent top three receiver in the league in all of the upcoming seasons after.

In baseball, the Cubs have the story of the decade obviously. The Chicago Cubs, led by third baseman Kris Bryant, were able to beat the curse in 2016 and win their first championship since 1908. The series win couldn’t have ended a better way, with an 8-7 victory in Game seven over Cleveland in the 10th inning. In more local news, after many years of inconsistency and heartbreak for the Brewers, a bright spot was finally shown. In the fateful month of January, 2018, the Brew Crew was able to trade for the up and coming outfielder Christian Yelich. Yelich was able to blow the league away, winning the NL MVP award with 36 home runs hit and batting .326. The team is being put together well and is giving fans hope for the 2020s.

# US Gymnastics Team Takes the Win

How they've soared in the 20teens.

By Jessica Rieder

The US Gymnastics Team has achieved a lot in the last decade, including dominating two Summer Olympics in 2012 and 2016. In the 2012 Olympic Games in London, the US team won a gold medal for team all-around as well as for individual all-around. Their lineup included Jordyn Wieber, Alexandra Raisman, Kyla Ross, McKayla Maroney, and their individual all-around champion, Gabby Douglas. Alexandra Raisman also won a gold medal for vault. They were the third best country at the event, with three gold medals, one silver and two bronze.

In 2016, the games were held in Rio de Janeiro, Brazil. The bar was set high, and they entered the competition with a dream team lineup. Returning to represent the US Olympics were Alexandra Raisman and Gabby Douglas, along with hand-picked newcomers Simon Biles, Laurie Hernandez and Madison Kocian. The team, known as the Final Five, won gold

in team all-around, and went into individual event awards very strong. Simon Biles produced the most individual medals, winning gold in individual all-around, vault and floor and receiving bronze in balance beam. Alexandra Raisman came out of the games with two silver medals, one for individual all-around and one for floor. Madison Kocian left with a silver medal in the uneven bars and Laurie Hernandez finished with a silver medal in balance beam. Outside of the Olympic Games successes, the US team has also found incredible success in the World Artistic Gymnastics Championships. In fact, our very own Simon Biles is the all-time most decorated gymnast from these World Championships, both in all-around medals and individual event medals. On top of that, the team won a gold medal for all-around every year except one during Biles' 2013 to 2019 reign. Alexandra Raisman was another force behind the US Gymnastics Team in the World Championships. While she was on the team from 2010 to 2016, the team won two gold all-around medals, one in 2011 and the other in 2015. Gabby Douglas was another member of the 2011 and 2015 World Championship team

victories.

All the victories of the US gymnastics team set an example for other girls who want to achieve the same thing. There are so many aspiring gymnasts that look up to the examples set by past and current Olympic Team members. They even make an impact on our very own La Follette gymnasts. "My goals for gymnastics in general is to improve but also to push myself as a person to get better, and seeing others succeed inspires me to work even harder," Thea Bender (10), a La Follette gymnast, stated. "It helps me understand that other people have some of the same troubles I do with gymnastics but they can always overcome them," she finished. After crazy successes for the US Women's Gymnastics teams of five this decade, in 2020 the number will be brought down to four. The decision was made by the International Governing Body of Gymnastics in 2015, heavily due to its then-president, Bruno Gandri. It'll be a big change for the international gymnastics community, but the new rule is supposed to focus more on all-around athletes instead of event specialists, as well as help smaller countries' chances of success.



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# LHS Athletics Through the Decade

Coach Swanson recalls the best moments and athletes La Follette has seen in the last decade.

By Mikey Rottier

Throughout the last ten years La Follette sports have not been shy of success. From hitting home runs on the baseball diamond, to winning competitive cheer competitions, to finishing first place on some of the state's most elite cross country courses, La Follette athletes have brought a lot of school pride. Coach Swanson (Swanny to most) has been the head football coach at La Follette for the last six years and acted as an assistant coach for seven years before that. Swanson has been an active part of the La Follette athletics program for the last decade and has seen some of the best athletes and moments in La Follette's sports history.

Coach Swanson is proud of the football program's seven straight playoff appearances and multiple playoff wins. The Lancers have also dominated city rival Madison East nine straight years earning themselves the Lussier cup and have maintained it with each win over the Purgolders. Swanson and his fellow coaching staff have produced many all conference winners and many players who have moved on past the high school level to continue their football careers in college. Ben Mogilevsky graduated from La Follette in 2014 and went on to play 4 years at UW-Platteville and finished his senior season as team captain. Josh Bernhagen is currently the backup long snapper at UW Madison one of the top 25 teams in the AP college football ratings. La Follette graduates Zach Oruruo and Braden Jorenby play significant time at the University of Minnesota Duluth and Tyler Duncan plays as a tight end at Aurora University just outside Chicago, Illinois. Another stand out player to continue their athletics career after high school is Katie Feller. Feller earned seven letters throughout her high school career, four in soccer, two in volleyball,

and one in football. Now she starts as a defender on the UW La Crosse soccer team.

Outside of football Coach Swanson has also seen some other impressive athletic accomplishments, "I think one of the coolest things was LaDell (Cannon) and Kiara (Lee) both winning the triple jump last year and basketball being just one game away from state," he recalls. "The cross country team also never fails to entertain, I love watching those guys run and compete for conference titles every year," Swanson said. It is true that the cross country team has been successful and produced some wonderful athletes over the last ten years. In 2011 Chandler Diffie became the first cross country runner in school history to win the state title as a junior and also became the first runner to compete at the Nike Cross Nationals race that same season in Oregon. As if Diffie's impressive accolades were not enough, along came Finn Gessner. Gessner won back-to-back state titles his junior and senior year setting a blistering school record of 14:39 in the 5k. He competed at the national level twice and captured a hard earned title of Nike Cross Nationals runner up his senior year after being in the lead with 70 meters to go. Gessner even competed internationally by representing team USA in a world championship race in Scotland. Gessner also won state in 2017 and set a school record 8:47 for the 3200 meter in track and field. In addition to the individual success of the cross country team in the last ten years, Coach Nichols has also led his athletes to second place finishes at state twice and has only missed state qualification 3 years in the last decade.

Along with football and cross country the girls softball team has also produced some high caliber athletes that continued their athletic careers after high school and into college. Tyra Turner currently plays at UW Madison on the women's softball team. She had a jaw dropping athletic career at La Follette not just in softball but all around as a 5 sport athlete. Turner participated in basketball, volleyball, gymnastics, track and field and softball in high school. She



*La Follette trophy case near the commons depicting athletic achievements of the last decade.*

qualified for the state track meet all four years of high school and won the vault at state gymnastics her senior year. She earned second team all conference for softball her freshman, sophomore and junior years and first team all conference her senior year. She was three time offensive MVP, and was named defensive MVP as well. In 2018 Turner was named Madison sportswoman of the year and all area female athlete of the year before choosing a softball career over track and enrolling at UW-Madison for the next chapter of an amazing athletic career. Nicole Newman also had an amazing career with the La Follette softball team and then went on to an equally if not more impressive career at Drake University. Newman is considered the best pitcher to ever play at D1 Drake and was named first team All American for the entire NCAA. Newman leads Drake in strikeouts and wins in the history of the school and also set an NCAA record of five perfect games pitched in a season. She is now working as an assistant coach for the University of Minnesota softball team. Newman's astounding accomplishments help fill Lancers with pride and inspire current Lancers to succeed along with all of the successful Lancer athletes of the last decade. As current Lancer athletes see these inspiring figures who were once in their shoes it opens up a world of opportunities and possibilities. La Follette has dominated athletically in the last decade and they look for more accomplishments in the decades to come.



# THE LANCE *Sports*

WINTER ISSUE 2019-2020

La Follette High School, Madison, WI

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## Reliving The Most Spectacular and Exhilarating Moments of the Decade

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Ben Probst receives ESPN, UW Credit Union, Sports World Player of the Week award January 9, 2020.

Cover Picture: Senior Ben Probst

