EYE OF THE GALE

2022-2023
Volume 1

Making History

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Not pictured: Brianna Allman, Carter Schorr, Olivia Minch, Chloe Seesholtz, and Chloe Thimmes.

2022 - 2023
Eye of the Gale Staff

Co-Editors in Chief ..... Isabella Hershey & Peyton Scarbro
Gales Tales Editor ..... Jaxon Delong
Community Editor ..... Brianna Allman
Sports Editor ..... Carter Schorr
Entertainment Editor ..... Laura Overby
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Champions!

LHS girls' soccer celebrates first-ever OCC win

By O. Minch, *Staff Writer*

For the first time in the program's history, Lancaster High School's varsity girls' soccer team won the Ohio Capital Conference. LHS senior Avery Westbrooks was selected as OCC-Buckeye Division Player of the Year and LHS teacher Brian Griffin was named Coach of the Year. Several other players also received honors.

2022-2023 LHS Lady Gales soccer team.

"I think the greatest highlight to the season was watching the maturation of the players on and off the field," said head coach Brian Griffin. "The team at the end of the season wasn't the same as the team at the beginning of the season," he said.

LHS junior Junior Lily Palmer agreed that they had a rocky start at the beginning of the season, but that the team pulled it together.

"We had a great season, it was rough at first. But after the first few games, we learned how to play as a team, which led us to a winning streak along with winning the OCC," said Palmer.

LHS senior player Morgan Nettles recalled the highlights of the season.

LHS senior Avery Westbrooks. Photo courtesy of Westbrooks

"We overcame challenges, bonded as a team, and managed to make history! Sure, it unfortunately ended short but there is nothing I can say I regret. I love this sport and I love this team. I'm so glad to have been a part of the Lady Gales soccer team," said Nettles.

Senior Avery Westbrooks said a highlight of the season was the game against Pickerington Central.

"It was the first step to winning the OCC's and the energy that we had felt that game was amazing," she explained.

"Everyone knew we had a job to do and we got it done."

Westbrooks also credits their win again Newark as a springboard to the league championship.

"That feeling was unreal for me. The feeling that we won and it was all ours was amazing," she said.

Dedication and teamwork is something that every team needs to succeed. Some of the players said that the effort they put into a positive team dynamic paid off.

"Our girls struggled a lot with inner team conflicts that prevented us from playing to the best of our ability and discussed how to hold each other accountable and managed to overcome the issue for the rest of the season. It allowed us to grow as a team and was a major connecting point to our success."

Griffin said that one challenge the team overcame was the ability to get combine the different styles of play and comfortable positions into a cohesive unit.

"Sometimes a decision has to be made that is for the better of the team, and may not be what a player is used to, so buying in is a huge component to the success of the team," said Griffin.

The history making championship is a memory that Westbrooks said she will cherish.

"I am so happy that these girls are the ones that I am graduating with. They are amazing young women and I am so very happy to end my high school career with them."

LHS junior Lily Palmer. Photo courtesy of Palmer.

A Smooth Transition

New LHS class officers take on leadership roles

By M. Wright, *Staff Writer*

Why would a high school student want to hold a class office? It looks good on a resume and colleges tend to recruit students who get involved. Being a class officer is also an excellent way to get firsthand knowledge of the inner workings of the school and be privy to a range of personal and professional benefits such as networking and recommendations (Accredited Schools Online).

The four class presidents at Lancaster High School are senior Kara Weaver, junior Hannah Hansen, sophomore Addison England, and freshman Connor D'Amico.

Weaver has run for class officer every year since she has been in high school, starting with her freshman year.

"I had decided to run for President because I thought it would be a great opportunity to get involved within the school's community," said Weaver.

"Over the last four years, I have used social media, posters, candy, and stickers to campaign," she said.

Weaver made stickers that she and her friends wore on their faces, making it easy for them to spread the word about her campaign.

"I highly recommend getting involved in the LHS student government. You get to meet new people and join one of the district committees, and the meetings are very interesting to attend," said Weaver.

Hanson said that being involved in student government helps to build academic, social, and personal skills necessary for various aspects of life.

LHS Class Presidents: (front row) Connor D'Amico, Addie England. (Back row) Hannah Hansen, and Kara Weaver.

"I highly recommend running for any class office position because it has so many learning opportunities, such as becoming a better leader through collaboration, learning how to set up fundraisers, or manage money for events. You meet new people, get to share creativity, and have the ability to make a difference at your school," Hansen said.

Her experience as a class officer is something that Hansen says she hopes will also help her as a senior next year.

Senior class fficers: (From Left to Right) Brooke Ehorn, Peyton Wilson, Sydney Humbert,Peyton McMillen, Gracie Stewart, Evelyn Neely, Kara Weaver.

"I don't know what made me run for president instead of co-vice but I am glad I did. I really enjoyed my position last year so I ran again, and hopefully, I will run next year as well," said Hansen.

Sophomore class president England said it can be intimidating to campaign for class officer, but is eager to take on the responsibility of leading her high school class.

"I felt as if I was a good representative of the sophomore class. I had wanted to run last year but got too scared, since I was a freshman and new to the school," said England.

"It's really fun. (Student Government) has good people to be around, and it just feels good knowing you're a class representative," she said.

D'Amico said being the freshman class president is a role that he takes seriously and hopes to be able to fulfill his duties.

"I decided I wanted to run for president because I thought that I would be a good representative for my class and that I would be very helpful when it comes to planning events," D'Amico stated.

"I would recommend running for a class officer position. It is enjoyable to know that what you are doing is leaving a positive impact on others in your school." D'Amico stated.

Welcome to the Family

Educators join the LHS staff

By I. Hershey, *Editor in chief*

New LHS teachers, Jessie Thomas, Nichole DeLeon, Kyle Joseph, and Robin Bethel.

LHS has a number of new educators this school year. Some teachers who taught at other schools in the Lancaster City School District transferred to the high school while others are just beginning their teaching careers. English teacher Molly DiTomasso and French teacher Allory Taylor were very excited to transfer to Lancaster High School.

" I was impressed by the variety of clubs and extracurriculars that are offered and was interested in teaching students with such a wide range of skills and interests," said Taylor.

It is important for not only students to feel welcome at school but teachers as well. One way to encourage this is for teachers and students to form positive student-teacher relationships

The new LHS teachers have been focusing their efforts onmaking their students feel safe and comfortable in class. This is essential because some students don't feel they have an outlet to express themselves and feel safe to be themselves. Allory Taylor said that she believes that teachers should be authentic and genuine with their students.

" I like to be completely myself with students and I think that makes it a lot easier to form relationships. I hope that by being real and treating students with respect, we will maintain a warm and low-stress environment," said Taylor.

LHS junior Jackie Solis thinks that Taylor's teaching style is effective in helping students learn.

"She really focuses on speech and having us speak in French most of the time which helps us with our pronunciation and make us sound like fluent French speakers," said Solis.

"Mrs. Taylor makes class engaging and fun and that helps us learn faster," she said.

LHS also has some first year teachers that aren't only new to our school but are new to the teaching profession such as new social studies teacher, Allison Saulnier. She graduated from Capital University this year with a bachelor's degree in Early Childhood Education and another in Intervention Education.

English teacher Molly Ditomasso. Photo courtesy of Ditomasso.

"I have felt like part of a community since day one," said Saulnier.

"All of the staff members have been absolutely amazing from the first time I stepped foot on campus. My students have shown me respect since the first day of school and they are making my first year teaching a breeze," she said.

French teacher Allory Taylor. Photo courtesy of Taylor.

Those new to the teaching profession experience a learning curve of their own. The early years of teaching are a special time in a teacher's career, different from what has gone before and what comes after. No longer student teachers in someone else's classroom, beginning teachers are on their own, faced with the same responsibilities as their experienced colleagues ("What New Teachers Need To Learn" 2023).

Saulnier said her goal as a new teacher is to bond with her students, make them feel safe, and be there for them when they need her.

"Whatever is going on in their lives both inside of school or otherwise, we will figure out the best possible solution together . My goal is to be the teacher who is there for students when they may not have anyone else to go to for help or support."

A Fuller House

The LHS baby boom

By G. Brown, *Staff Writer*

Lancaster High School teachers welcomed new bundles of joy into their families over the last year and a half. Three teachers, Kylee Crist, Rebecca Taylor, and Daechia Miller,shared their experiences with the expansion of their families and how it has affected their day-to-day life. Kylee Crist LHS Environmental Science teacher welcomed a six-week premature baby in March.

"There is never a perfect time to add another person to your family, but it is ALWAYS worth it! I can't imagine my life without my husband and my kids. Even though the days can be long and exhausting. My family is really the best part of me! Being a mom is just the coolest," said Crist.

Crist also talked about the fears that come with having a premature baby.

"Although it was scary at first to have a baby so early, he was really quite low maintenance once he arrived! He is now six months old and his little personality has really flourished," she said.

Crist is the head coach of the LHS swim team and said she is happy to return to work since her maternity leave.

"I'm so happy to be back this school year. I have gotten back into working out and still enjoy being active and following the kids around to all their activities! My favorite days are the ones spent with my family," said Crist.

LHS staff member Rebecca Taylor's family. Photo courtesy of Taylor.

LHS staff member Kylee Crist's family. Photo curiosity of Crist.

ebecca Taylor, a math teacher at LHS talked about her experience of welcoming a newborn baby and what it was like to return from summer break.

"Returning back to work was refreshing! Of course, I miss my babies, but I love teaching, and it has been nice to get into a routine," said Taylor.

This is not Taylor's first maternity leave and she described what it was like having to plan to take an extended leave from teaching.

"Planning for maternity leave was much easier the second time around! I had the same long-term sub as my first maternity leave, so I knew what to expect. I knew she would be great with my students no matter how detailed my sub plans were," she said.

Taylor stressed that planning ahead and establishing a routine is necessary for her, not only as a teacher but as a mother.

"I have a Type A personality and need routine! I love being a working mom. It makes the time with my kiddos even more special! Coming to work forces my kids to get used to someone else besides me or my husband taking care of them and they love playing somewhere other than home too!"

Daechia Miller, an English teacher at LHS spoke about how having a new baby during the school year is bittersweet. She was excited to see new and former studenta after returning from leave, it was difficult to leave her newborn to work every day.

LHS staff member Daechia Miller's. Photo courtesy of Miller.

LHS staff member Daechia Miller's family. Photo courtesy of Miller.

"I love my job, and I was so excited to see my former students and meet my new students, but it was also very difficult to leave my new little baby. However, I am grateful to have such a wonderful environment to come back to here at LHS! My students make it all worth it," she said.

Miller remarked that a successful maternity leave away from school often depends on good planning by the teacher and the effectiveness of a long-term substitute.

"My sub was able to just make the assignments I had scheduled live. Miss. Vannatta was also wonderful in making sure everything went smoothly after I left," she said

"It is a balancing act. I want to give the best of myself to everything I do and Our life is busy and a little chaotic but so fun!"

Mathias Takes a Final Bow

LHS history and drama teacher to retire

By L. Overby, *Editorial Editor*

Lancaster High School history and drama teacher Stephen Mathias has worked for Lancaster City Schools for more than three decades. He is the head honcho in the drama department. But all good things eventually come to an end, so Mathias will retire at the end of the school year.

"Over the years much has changed. The students and staff ebb and flow in and out of LHS. Over the last 34 years I have had the pleasure of being a part of this process," said Mathias.

Cindy Cupeles, staff at LHS has worked as the Lancaster High School Drama producer and has worked beside Mathias for a long time.

"Mathias has personal experience in all the fields of drama so that alone is priceless, he has also sacrificed a lot of personal time to go beyond expectations" she said.

Avery Hullinger, a senior at LHS stated that Mathias's direction of drama and its many productions have had a lasting impact on students.

"Mathias's direction has helped me improve a lot with my acting. He knows what he wants and what all you can do, so he pushes you further than you think you can." said Hullinger.

Mathias set a precedent for LHS productions. He strived for quality and pushed his students to be the best they could, creating high expectations from the community.

Mathias directing students during the 2022 fall play at LHS.

"Theatre is a complex art form that with a certain vision, and cooperative help from many others, creates, performs, and teaches humans what it means to be human," Mathias said.

"They expect a well-built set with details .They expect the singing and acting to be exceptional or at the least, good. They expect his plays to have some form of humor that many people don't get though we all love to try," Cupeles added.

"I will always remember the pep talks he gives us before performances. He holds such pride in all of us and it shows. He always makes sure we know how proud we should be of ourselves and our performances," Hullinger said.

LHS teacher, Cindy Cupeles (left). Avery Hullinger (right). Photo courtesy of Hullinger.

Mathias had been exposed to the arts from a young age, and it had always been in his life since then.

"My mother was very much into music and the arts. My sister was also involved and we attended many choir-type concerts that she was in. My father had died when I was four so my family became very tight," Mathias said.

The influence that Mathias' mother had on his life shines through his occupation and love for his craft.

"My mother was an educator and I decided that I wanted to be a teacher while obtaining my second degree at OSU. You just know sometimes, almost guided there by some unforeseen force," Mathias said.

"To perform and be a part of it creates a power that is hard to describe. It makes you feel and emote concepts that seem impossible with ease and joy. A life without music is dark and void," Mathias said.

In his final thoughts, Mathias gave this advice to anyone who has a love for music and the arts.

"I would tell those who pursue these artistic things that you have worth. You are vital and necessary to keep humanity growing. The ability to make humanity look at itself and find the flaws that make us shine. And the flaws make us ugly".

Coping With Cancer

LHS teachers share their personal experiences

By Z. Clark, *Staff Writer*

A cancer diagnosis can devastate a patient and their families, but according to research, learning to cope with the diagnosis may help them through a challenging experience. Patients are often told to just stay positive, but it is a lot harder than some people make it seem, most people not having control over their thoughts or emotions at any moment, which was stated by an article posted by Stanford Medical Center.

Two Lancaster High School teachers shared their cancer experiences and agreed that staying positive and acknowledging gratitude is vital in dealing with a cancer diagnosis.

Christina Falvo, a Spanish teacher at LHS was diagnosed with cancer at the end of last year and has been coping with the disease for about a year now. Her diagnosis has changed the way she approaches everyday life.

"My family and I have had to scale back on some of our activities due to my lower energy level and compromised immune system," Falvo said.

Although she has to remain under the care of her doctor and take medication for the next several years to prevent a recurrence and adjust to intense fatigue, Falvo said that isn't the most difficult aspect of her cancer.

"The hardest part was that my family, friends, colleagues, and students had to watch me go through it, but couldn't do anything . . . losing my hair was emotional and surreal; realizing that my body was never going to be the same was devastating," she said.

LHS teacher Christina Falvo.

"I am working on building my strength and overall health, but I have to be mindful not to do too much and set myself back," she said.

LHS teacher Leah Morgan and her twin sister, Lisa. Photo courtesy of Morgan.

When asked about how she copes with the disease and its effect on her life, Falvo offered sage advice.

"Stay as busy and active as you can," she said.

"Learn to accept help when you need it and be sure to express gratitude. I have talked with friends who have been through breast cancer treatment and joined some online support groups as well as the LiveStrong class at the YMCA. I have tried to keep myself engaged in my family and work activities, but I'm learning to rest when I need to," said Falvo.

Another LHS teacher, Leah Morgan described her shock when both she and her sister were diagnosed with different types of cancer within a year from each other.

"My twin sister, Lisa, was diagnosed with terminal pancreatic cancer nine months before I was diagnosed with kidney cancer. That news was terrible and unacceptable to me. My initial thought was we are supposed to live our lives together," said Morgan.

"Stay as busy as you can! Learn to accept help when you need it and be sure to express gratitude.

Christina Falvo

Late July, Morgan was told that an MRI revealed a tumor on her kidney. While that may cause anyone great concern, Morgan said initially she was not as shocked as people would expect and that her major concern was for her sister's life.

"It wasn't a surprise to me because so many people are getting cancer in today's world. But mine is fixable, Lisa's is not at this time. I'm fighting for her."

Morgan added that, although her physical pain from the tumor was mostly in her lower back and stomach, emotionally her heart aches for her sister whose cancer causes her to suffer from sickness, weight loss, hair loss, and general pain in her entire body. Kidney cancer has an 80 percent survival rate, so Morgan mostly focuses her time on others to cope with her disease.

"Concentrating on someone else's needs first helps me. My faith is strong," said Morgan. "All my life I questioned the path I was on and it led me to teaching. I am so thankful and my students make me happy. They bring purpose to my life."

Following the writing of this article, Morgan's sister passed away. The *Eye of the Gale* staff offers deepest sympathies to Morgan and her family.

Student Spotlight

LHS student designing her way to a bright future

By C. Seesholtz, Staff Writer

She's what one would call a well-rounded student. Lancaster High School junior, Hannah Hansen is team captain of the Lady Gales tennis team, junior class President and involved in multiple clubs such as NAHS, Science Olympiad, and Key Club. Hansen was also class president for two years in a row.

Recently she created an outstanding model of a home in her *Civil Engineering and Architecture* class which was showcased at the Ohio School Board Association Capital Conference for PLTW. Hansen has always had a love and passion for architecture and interior design but also getting encouragement from the high school staff helped her along the way.

"I took Civil Engineering and Architecture because of Mr. Hartzler's encouragement and my interest in architecture. In my previous years of high school, I took the other *Project Lead The Way* classes such as *Intro to Engineering and Design* my freshman year and Principles of Engineering my sophomore year," said Hansen.

Building and designing a modeled home using the resources that she did seems like a very challenging assignment, but Hansen made it work.

"Our project was to create a small-scale model of a home out of the styles we learned about in class. I cut out foam board to build walls and accents, then put it together using hot glue. My model is a bungalow, which features low-pitched roofs, decorative porches, and large windows., said Hansen.

Hansen displays the model home she built for Civil Engineering & Archetecture class.

LHS teacher Holly Lavender recognized the high level effort that Hansen demonstrated in the model home project and said the details she included made an impact.

"I thought she did a very nice job on that because if you see here, this little porch. It's proportioned right and she took a lot of time to make all these shingles on the roof and all these windows. There's just a lot of really nice detail here that she went above and beyond to show what this style really looks like. She put a lot of work into it." said Lavender.

Lavender went on to praise Hansen for her natural talent in building design.

"Hannah seems to have a really good feel for it, the topic has a bit of background because of her dad. He does this type of work and so it is a good resource for somebody who has a good feel for style and has a good feel for construction as well," she said.

"She seems very interested and dedicated to the STEM program and has been really active and involved in it. She's taken all the classes, been here, done stuff and experienced things. Just so involved," said Lavender.

Hannah Hansen (left) talks with Eye of the Gale and teacher Holly Lavender.

After Hansen graduates high school, she plans to pursue architecture in college.

"I have grown up around architecture, homes, and interior design my whole life. I always leaned towards the interior design side of it because of my love for art. However, when I found my passion for engineering through the PLTW classes, I realized I could have a future in architecture," said Hansen.

Lavender agreed that Hansen has an excellent chance to succeed in future projects.

"I feel great about Hannah's accomplishments, I mean I enjoy having Hannah in class and I'm very anxious to see what Hannah does when we do our Affordable Home project because I think she's got potential to show something very amazing." said Lavender.

When in Europe . . .

LHS senior goes international

By J. DeLong, *Gales Tales Editor*

Eiffel Tower in France. Photo courtesy of Conklin.

Traveling may be the best way to learn about the world. Caroline Conklin, a senior at Lancaster High School, recently traveled to three foreign countries including Greece, Italy, and France in less than a month's time. The life-changing trip for Conklin presented her with a life-experience to learn about other cultures, architecture, and people.

"The opportunity to go away for nineteen days and run around Europe is something very few people get to do and I figured now was as good a time as any to do it," she explained.

One specific moment listening to a musician on a street on her first night in Italy is something Conklin said was especially inspiring. She described hearing a man play pop music in the classical style on his electric guitar in a square in the middle of town, a few blocks away from her hotel. Her group sat for hours to listen to him play.

"It was one of the most memorable moments in my life and it's hard to translate it into words but it was just an incredible experience," said Conklin.

"Everything felt so surreal at that moment and that was when it kind of clicked that I was actually in Europe and that this was actually happening," she said.

Carolin Conklin in Rome and another stuent in Rome, Italy.

This once-in-a-lifetime trip was sponsored by The Global Citizen Program, an international student travel program designed for middle, high school, and college students. The program offers worldwide trips during the summer months.

Conklin's parents were supportive of her decision to travel internationally.

"They were super excited on the days leading up to my departure and I think they were sad to see me leave for that long but they knew I'd have the experience of a lifetime," said Conklin.

Traveling abroad provides students with opportunities to experience the lifestyle, culture, and traditions of a foreign country up close, and studying abroad in high school is also good for students to develop cultural and interpersonal skills (Education First. edu 2022).

Conklin said that her tour group spent a good amount of time in each of the three European countries, visiting the larger cities, making short stops in small country towns, and rural areas, and really getting a feel for the country. While traveling, Conklin noted some facets that are distinctly different in the United States.

"Those countries, for the most part, are a lot cleaner. They were different styles of architecture and each one was unique as opposed to the very uniform and plain buildings here," she said.

One of the most notable differences between France, Italy, and Greece, compared to America, was the number of gardens and plant life.

"There were trees and plants and flowers everywhere. Everywhere you looked there was something green."

Conklin describes what it was like conversing with people from different countries and what it was like meeting them and interacting with them.

"The people in Europe were very kind and most of them spoke enough English so we could communicate pretty easily," stated Conklin.

One of the most interesting parts of the trip for Conklin was meeting new people, especially a girl named Lou whom she befriended during her trip.

"She lived in Los Angeles and while she was on the trip, her family was moving to London. So when she left for the trip she left everything she knew behind to go live in London," she explained.

The Colosseum in Italy. Photo courtesy of Conklin.

Not Your Parent's FFA

LHS Animal Science Today

By A. Brown, *Staff Writer*

Almost a hundred years ago, Future Farmers of America was established to prepare future generations for the challenges of feeding a growing population. Today the organization emphasizes that agriculture is "more than planting and harvesting – it's a science, it's a business and it's an art" (FFA.org).

LHS teacher Lauren Cain with FFA Club menbers.

"FFA is about leadership, teamwork, and personal development. It is definitely not just about agriculture. While competitions involve agricultural and animal science-related topics, they also involve various leadership and character developing options like public speaking," said Animal science teacher Lauren Cain,

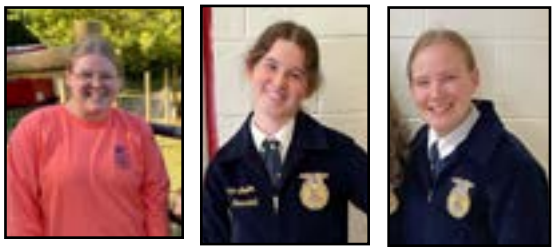
There are 850,823 students in FFA in 8,559 chapters nationwide (FFA.org). FFA is a student organization that focuses not only on agriculture but math and different sciences, hands-on work, important life skills, as well as discovering career paths. It can also offer students many opportunities like scholarships.

"FFA can offer different scholarships that can definitely help on my path to college, as well as hosting leadership nights so that students can really learn about becoming better leaders. As well as teaching them others like, responsibility, collaboration and professionalism that will help them now and for the rest of their lives," said LHS junior Jackie Solis, FFA lab manager.

LHS senior and President of the LHS FFA, Bailey Senften said that not only has she achieved much from FFA as an individual, but the club has also come a long way.

"I joined FFA because we didn't have one. I know that sounds odd but I saw all these other schools around us competing in their competitions and I wanted to get the ball rolling for us to be able to do that. So myself, along with Claire, started up FFA to help others get involved and have fun," Senften said.

Sophomore Claire Louden, Vice President of FFA, explained her role in FFA.



FAA Officers - Sentinel Chloe Scott, VP Claire Louden, President Bailey Senften.

"My responsibilities as an officer are to plan events and work with my other officers to decide what's best for our chapter. I'm also someone that anyone can reach out to for questions about FFA," she said.

"These skills are something that I will use all throughout my life. I'm still learning and will be every day and that's what I love most about FFA. You never truly stop learning!" stated Louden.

The LHS chapter of FFA has eight officers: President, senior Bailey Senften, Vice President, sophomore Claire Loudon, Secretary, sophomore Pehrson Nelms, Treasurer, senior Carolyne Todd, Reporter, senior Adasyn Curry, Historian, senior Morgan Nettles, Sentinel, senior Chloe Scott, and Laboratory Manager, junior Jackie Solis.

Officers in any club play a very essential role from planning meetings to keeping track of finances. Moreover, the responsibility of being an officer also aids students in building skills for the future.

Senior Chloe Scott said that FFA can help her reach her life goals well beyond high school.

"FFA is more than just farmers and crops, it is a wide base of agricultural opportunities. I'm working towards the goal of becoming a veterinarian. FFA helps provide me skills and knowledge that I can use to get there."

Fresh Approach

LHS new color guard coach brings change

By B. Allman, Community Editor

LHS's color guard welcomed Magan Vaught this season as the new coach. The Color Guard instructor assists the Head Director as the primary instructor of the guard section of the marching band. Her role is to oversee the entire guard program, which includes recruitment, auditions, writing the routine, and teaching the routine throughout the season.

"Coaching at Lancaster has made me a better person and coach. It teaches me how to be patient and how to handle situations differently. It teaches me to be a person they can look up to," said Vaught.

Growing up, Vaught had always been around a band because of her older sister. She was always at the practices and performances for her sister until she decided to join.

"Watching the colors and the members dancing, spinning, and the emotion they had while performing really interested me," said Vaught.

Since then, Vaught has continued on her passion for color guard.

"As for experience, when I was still in school I did seven years of color guard and many after I graduated, I still perform every once in a while. I've been writing guard work for eight years, and coached for six years," said Vaught.

LHS Band of Gold director Benjamin Factor thinks that Vaught has expanded the visual vocabulary of the guard.

"In addition to the technical aspects of performing, she has made an effort to build relationships with the members, and between its members. She has also brought in further expertise by collaborating with her friends and mentors in the guard activity," said Factor.

LHS senior Abigail Beadling, captain of the guard this school year, has been involved in color guard throughout her entire high school career. She believes Coach Vaught has worked hard to create a healthier and happier mindset for everyone on the team.

"Being a good coach means always being there for the team, not giving them a reason to feel unsafe or like they don't belong," said Beadling.

Coach Vaught has also made it a goal to make the guard clean as a group rather than concentrate just on individuals.

"Since this is my first year, the main goal is to set our basics and technique," said Vaught.

LHS junior, Jasper Lycans thinks it takes an understanding of the team to be a good coach.

"You could be the best technical coach in the world, but if you don't know what your team is capable of, that means very little. That's one thing that Magan is great at; pushing us to be better, but never expecting more than she thinks we can handle," said Lycans.

2022-2023 LHS Color Guard coach Magan Vaught.

LHS sophomore Hannah Doty joined color guard because she loves to perform.

"Being on this team has helped me grow as a person and this team has given me many awesome friends!" said Doty.

According to LHS sophomore Hannah Doty, a good coach is one that is supportive, kind and relatable while still pushing the team to be their very best.

Coach Vaught has taught the team many new things and has given them many opportunities to grow as performers.

"She brought in a professional dancer to teach us our second song dance routine which definitely helped our team to grow in that area," said

LHS Band of Gold director, Benjamin Factor.

LHS junior, Jasper Lycans. Photo courtesy of Lycans.

LHS senior, Abigail Beadling. Photo courtesy of Beadling.

Unlocking the Future

LHS Key Club - building leadership and character

By S. Bailey, *Staff Writer*

Key Club provides the opportunity for students to get involved in the community and gives them a tool to prepare them for their future career pathway. LHS Senior President Peyton Wilson and Vice President Brooke Ehorn have the essential role of representing leadership in Key Club.

"I joined Key Club my freshman year because I was looking to get more involved in the school. Given that it is mainly a community service organization, I knew that this would be a club I would enjoy being part of," stated Ehorn.

Wilson shares a part of her journey to becoming a role in Key Club and subtly talks about how it has affected not only her high school career but also her personally.

"I knew that this Club was going to be something I wanted to be a part of throughout my entire High School career. I have been president of the club since sophomore year and can proudly say that not only has this club impacted lives in the community, but also my own life!" stated Wilson.

LHS Seniors, Peyton Wilson and Brooke Ehorn. Photo courtesy of Ehorn.

Key Club also brings a variety of experiences to LHS student leaders and volunteers.

"One of my favorite parts of Key Club is the weekly leadership groups I host and the Kiwanis meetings. This past summer Brooke Ehorn and I got the opportunity to attend Key Club International. This was one of the coolest experiences where we met Key Clubbers from all over the world," stated Wilson.

Morgan Whitlatch at Key Club event. Photo courtesy of Whitlatch.

"One of my best moments within Key Club was getting the opportunity to go to the International Key Club Conference that took place in Washington, D.C. during the summer of 2022. Seeing the impact that Key Club had on students from all over the world created a whole other meaning for this club to me," stated Ehorn.

The desire for leadership is only the start to Key Club leaving a lasting impression.

Mr. Knuckles explains his perspective on how seeing the progression of Key Club has affected him and the staff.

"Because it is a student-led organization and with my time being very limited, I am often overseen by a lot of people, but it has allowed me to work with students who are interested in leadership roles and the benefit of their community. I get to work with students that I wouldn't usually, which is pretty awesome, to say the least," stated Knuckles.

Though the availability of the members and volunteers can be drastically low, he enjoys seeing the strength carried out by the leaders to overcome those kinds of obstacles.

"The main goal is to have our leaders and other students that have important roles in Key Club, show support to the other students, especially the younger side. To encourage them in their effectiveness to be involved. We want to see our younger students emerge by the guidance of our leaders guiding the way," stated Knuckles.

Administrator Andrew Knuckles.

"Peyton has become strong as a leader and has moved up the line, so it was rather neat to see her at the leadership meeting held on Thursday. Seeing her improve and move up the line so to speak has been really impactful," stated Knuckles.

Key Club has made a huge impact on how these students live their day-to-day lives and give back to the community.

"Key Club does not make keys, but we unlock doors to your future," said Wilson.

Taking Care of the Community

Varsity L gives back

By T. Ford II, *Entertainment Editor*

Teenagers don't always get credit for giving back to their community. But Lancaster High School's Varsity L Club has a tradition of volunteering to make life better for others. Varsity L is a club for varsity athletes at Lancaster High School and its goal is to not only give back but to pay it forward. Athletes who join Varsity L are on a mission to help the local community with their volunteer work.

Photo of Varsity L students scooping mulch together on Community Care Day. Community Care Day. Photo courtesy of Loudon.

James Crist, an LHS teacher, and sponsor of Varsity L said that the club teaches student-athletes to take responsibility and participate in their hometown.

"The major focus of the Varsity L Club is to get athletes serving the community. We want athletes to understand the importance of being active in the community and giving your time to help others," said Crist.

Recently, members of Varsity L took a field trip to Geneva Hills campground in the Hocking Hills area, as part of the United Way Community Care Day. The students split and chopped wood, painted the kitchen area for people who camp there, and planted flowers.

"This is a one-day event where members of the community come together to volunteer and help improve a location throughout Fairfield County. We had students out at Geneva Hills helping the camp get ready for the Friday Night lights. While other students were downtown with Destination Downtown helping them get ready for 250 plates," said Emily Cordle, a coordinator for Community Care Day.

Community service brings people together to do some good. It freshens up Fairfield county and gives people the opportunity to help their community. People who volunteer to be a part of helping their community really made an impact on the lives of others.

"Personally I love community care day. It's a time I can work with others to complete a project for someone that will appreciate it greatly. You're leaving a mark and that's what I love. You could be walking around and say hey I did that, I helped out with that," said Varsity L member Claire Loudon.

"Seeing the impact it makes on others is what I love. Everyone is so thankful and being able to help out is something that always brings a smile to my face. Something about giving back to my community is one of the greatest feelings ever," she said.

Loudon described the club as a dedicated group of student athletes from a wide-range of sports who work together and who are driven by their shared devotion and appreciation of their community.

"The dynamic of the club is diverse and spread out with many different varsity athletes from many different sports who all have their differences yet we can all share one thing in common, love for our community. The community is the one that comes to our games and supports us in our sports so why not give back?" she said.

In addition to the United Way Com munity Care Day, Prom Promise is another event that the Varsity L club participates in as a way to provide service to the school. Prom Promise is a nationwide campaign that encourages students to be sober, drug free, and refrain from texting and driving during the school prom.

Loudon summed up the reason she enjoys clubs such as Varisy L and supporting organizations such as the United Way.

"I just truly love helping people! And I know that united way is an amazing organization, and that's something I just wanted to be a part of. I was also able to hang out with my friends, teammates, and coach and make some pretty awesome memories."

Varsity L sponsor James Crist.

Emily Cordle. Photo courtesy of Cordle.

LHS sophmore Claire Loudon. Photo courtesy of Loudon.

The Pain of Losing a Loved One

A personal perspective

By I. Hershey, *Editor in chief*

When someone we love dies our hearts feel broken.The feeling of grief and sorrow intermittently hit like ocean waves that crash on the shore. Wendi was my dance teacher for fourteen years. When she died recently from a sudden heart attack, it felt like my life was never going to be normal again. I decided to share my thoughts and feelings about losing someone in an effort to help someone else who may be going through something similar.

Now four months after Wendi passed, little things in my everyday life still make me think of her. The dance studio has been my second home and Wendi was also my mother's best friend for more than thirty years,which made her like a second mother to me. She was part of my family. Wendi was one of the first people to hold me after I was born. The pain of losing her was greater than any my mom and I have ever experienced.

JoAnne Shelton and Wendi.

The death of a loved one changes us. The initial pain is heartbreaking. Later, as we begin to cope and accept the loss, we might feel stronger until grief suddenly jumps out and stabs our hearts unexpectedly again. Some people fall into a depression.

"I have lost many important people in my lifetime but the most recent loss by far has been the hardest. My best friend of 34 years passed away, unexpectedly, in her sleep at the age of 52. Over the decades of our friendship, we leaned on and supported each other through so much that I had no idea how to live life without her," said my mom, JoAnne Shelton.

People cope with grief in different ways. The American Psychological Association states that there really isn't a normal time period for someone to grieve, and as research suggests, most people do not go through stages as progressive steps. Most people can recover from loss on their own through the passage of time if they have social support and healthy habits (Grief: Coping with the Loss of Your Loved One). The stages of grief include denial, anger, bargaining, depression, and acceptance. Some people experience these stages out of order and more than one stage at the same time. My mom noted that humor of all things helps her cope with the sorrow she feels.

"After a few days of extreme sadness, I coped with my grief with comedy and joking about the situation," she said.

I too, cope with grief by joking and I also tend to bottle up my feelings because I find it hard to communicate about the struggles I go through. Lancaster resident Julie Bay recently lost her mother to dementia and said it is the memories of her mother that help her cope with her mother's passing.

"Although I began to lose her years ago when her dementia slowly began to change her, I still had many good years and wonderful memories with her," she said.

"Learn to smile first at the happy ones, the funny ones, even the dumb , silly, stupid ones. Then have a good cry. Really feel it," said Bay.

My dance teacher Wendi and I years ago.

Losing someone we love is a tragic thing and the time we spent with them should be cherished. Looking back on the sixteen years I did get to spend with Wendi, I think about all the good times like going on vacation to Oak Island, countless inside jokes, and most importantly, her passion for dance that inspired me to love dance too.

Like me, my mom is trying to concentrate on the good memories with Wendi to help her cope with her loss.

"Focus on the special things that you had like inside jokes, movies, songs, routines, the things that only you two shared. These are what made your relationship unique and what you'll always remember," she said.

It feels like a piece of me died when Wendi passed away. My best personal advice is to remind yourself that everything will be okay. As stupid as it sounds, it helps me a lot. Do little things that remind you of the good memories you had with your loved one. For example, every time I go on stage and dance, it is in Wendi's honor because she has taught me everything I know. My mom's advice is something that will stick with me forever.

"Keep the people you love close, it never hurts to reach out."

Dealing with Addictions

What statistics indicate about teens using drugs

By M. Wright, *staff writer*

Latest national statistics show that while teenage drug abuse is considered a significant public health concern, the good news is that overall, of the teenagers surveyed, most reported that substance abuse in 2022 held steady from the previous year (National Institute on Drug Abuse). One of the challenges for parents and school staff can be the ever changing trends in drug use.

Currently, the number one trend in teen addiction is the use of e-cigarettes and vaping. According to the American Addiction Center, about one in sixteen high school seniors use marijuana every day (Watkins).

LHS freshman Austin Moore said vaping seems to affect many people that he knows.

"In my opinion, drug addiction in teens is very severe especially with nicotine and vapes. I've heard about countless people, friends, ex-friends included who have been on a drug, vape, or smoked. I've also found vapes around the school and it's sad. People you think would never try anything like that somehow end up addicted," he said.

LHS Resource Officer Jennifer Whitaker said she mainly sees teens trying drugs that often kickstarts an addiction and listed reasons why teenagers abuse drugs.

"Peer pressure, boredom, wanting to be cool or accepted by their peer group, seeing parents do it, experimenting, pain whether it be physical or mental. Teen addictions are more difficult due to the maturity level, they are not as averse on how to get help and usually need help, most think they're so-called invincible," said Whitaker.

LHS Resource Officer Jennifer Whitaker.

There are many other reasons as to why teens get addicted to drugs such as mental illnesses like depression, anxiety, and bipolar disorder, rebelliousness, social media influences, self-harm, or unhealthy coping mechanisms (Mayo Clinic).

LHS sophomore Jasmine Abbott thinks that drug use among teens is common but also may have some health benefits.

"People get into smoking and drugs for different reasons and I would say that most teens do use substances. While it has its downs, it also has advantages and can be helpful with different situations like anxiety. I think that the people we are around reflect a lot on the reasons people do it and don't do it. I would say the addiction situation is pretty bad overall," she said.

Sheriff Deputy Jared Boss with Pickaway County said he believes it is far too easy for youth to obtain drugs.

"Drug dealers don't have an age limit, it's probably easier to get it than a pack of cigarettes," said Boss.

LHS senior Braden Larson agreed that it is not difficult for teenagers to obtain illegal substances.

"I feel as if drugs are a confusing situation right now for our age group. If you are 18 and out of school, it is your own decision to use drugs. But people in our age group have a lot of access to it and no matter how much they may object, there are downsides to using," he said.

Deputy Boss elaborated on the downsides to drug addiction.

"People who are addicted will never admit they're addicted, so it's a very hard and long process for them. They gotta hit rock bottom before they decide they wanna stop doing it. When I mean rock bottom, I mean no more family behind them, lost their job, they don't have a house, they're living on the streets, even then to some of them that's not rock bottom."

People who need help with substance abuse can call the Substance Abuse and Mental Health Service Administration. SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service or individuals and families facing mental and/or substance use disorders. **The hotline is 1-800-662-HELP.**

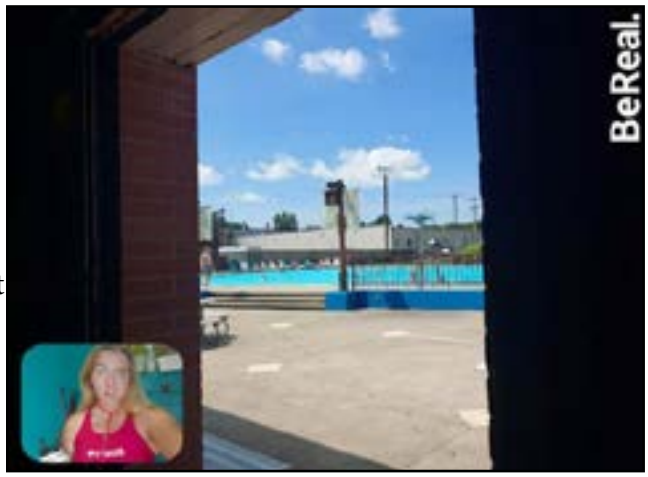
From left to right: Austin Moore, Harley Beardsley, Braden Larson, and Jasmine Abbott.

Getting Real on the Internet

The Viral App "BeReal"

By H. Culbertson, *Staff Writer*

BeReal, the social media app based in Paris and founded in 2020 is trending among college and high school students. According to The New York Times, BeReal has been installed nearly eight million times (Herrman 2022).



One of Spurling's BeReal posts. Photo courtesy of Spurling.

The way BeReal works is that a notification goes off on a user's phone at a random time once per day. The app allows two minutes for the user to take a photo with the front camera and a photo with the back camera; there are no filters or editing.

There is a fine line between the social media world and the real world that can easily be misconstrued; BeReal crosses that line and creates a more accurate depiction of what people are doing on a day-to-day basis.

Sherry Turkle, a psychologist and professor from The Chicago School of Professional Psychology, said that sometimes people don't appear on social media as they really are.

"We think we will be presenting ourselves, but our profile ends up as somebody else—often the fantasy of who we want to be" (The Chicago School).

Teenagers are certainly no exception to the confusion of online life and real life.

Madison Shafer, an LHS senior and user of BeReal, compares herself to others on social media.

"Sometimes I'll see photos of other teenagers on Instagram, and it always just seems like they're going on more vacations and they're having more fun than me and it makes me wonder 'What am I doing wrong?" Shafer stated.

Jessie Spurling, another LHS senior and BeReal user, weighed in on the comparisons caused by social media.

One of Shafer's BeReals. Photo courtesy of Shafer.

One of Gee's BeReal Posts. Photo courtesy of Gee.

"Other forms of social media, due to the constant publishing of positive posts, causes other users to believe their lives are terrible in comparison, leaving a negative mental effect on the other users," said Spurling.

Through BeReal, people see that maybe their lives aren't so different from everyone else's after all. Shafer explained that she likes BeReal because it depicts a more realistic image of people's daily lives.

"You really start to see the boring parts of people's lives that are more realistic than the idea that people go out and have fun every single night. Sometimes life is boring, and that's okay," Shafer stated.

BeReal helps decrease the display of unrealistic beauty standards. LHS soophomore, Aric Gee gives his input on the benefit of Bereal not having filters.

"BeReal is giving people the opportunity to go filterless and have people think they don't really need a filter to make them look pretty or look like other girls or guys."

Shafer described the differences between BeReal and other apps by pointing out the way people portray themselves on Instagram, as an example.

"On instagram, people are posing, they have makeup on, and they're using angles and that's fine; but it isn't realistic. With BeReal, you can't do that and I think that's cool."

Living the Dream

Lancaster small buisness owners are optimistic

By T. Jones, *Staff Writer*

According to the U.S. Small Business Administration, 66% of small business owners interviewed said that they expect their revenue to increase and more than half plan to expand their business in 2023. That's great news for small business owners in Lancaster. Three different business owners interviewed recently said that owning a small business and becoming their own boss was a dream come true.

Ashley Gatwood are the owners of The Changin' Station, is a consignment shop in Lancaster.

"This store was a dream I had for over ten years before it became a reality. I thought that opening a business like ours would be a great adventure," said Gatwood.

The Changin' Station opened October 12, 2020 and is a children's resale and consignment store that offers gently used clothing for juniors, womens, and mens sizes. They also provided baby clothes, equipment, and furniture. To support the community, The Changin' Station created Project Warmth.

"We believe that everyone deserves to have a winter coat. All year long we take in new and gently used coats as a donation. November through March we give out coats to anyone who needs one," said Gatwood.

"Last winter we gave away almost 500 coats. We were not able to do this alone. We had a couple different churches who did coat drives for us and customers went out and collected coats to donate."

Cassie Draper, the owner of Zoetic Connections (formerly known as Gemini´s Gems and Creations) said her life goal was to be the owner of a small business.

"It's been my dream since I was sixteen to have a shop so I decided to finally make that dream come true when I was thirty-five," she said.

Described as a metaphysical shop, Draper, opened Zoetic Connections, which sells a variety of unique crystals, incense, decorations, jewelry, local art, tapestries, handmade items, and such. Draper said it's important to be optimistic when making the decision to open a small business.

"It was very hard but if you set your mind to something you can do it," she said.

Project Warmth sponsored by The Changin' Station, provides free winter coats for anyone who needs them.

Draper said she has plans to build her business in the near future by expanding or possibly finding a larger space to provide services such as yoga and reiki.

The owner of the former Paperback Exchange, now the Epilogue Bookery, took over the long-time bookstore in downtown Lancaster a few years ago from the previous owner.

"First goal is to finish our remodel. We are doing it out of our own pocket with the budget that we have but we really want to make sure we have a space for people to hangout, not just book sales. We would love to add some sort of caffe consumable item at some time," said Nicholas Hood.

Small business owner, Cassie Draper of Zoetic Connections

Small business owner Nicholas Hood of Epilogue Bookery.

250 Plates Event Helps Fairfield County

Local farmers and restaurants serve the community

By N. Austin, *Staff Writer*

More than $31,000 was raised at the annual 250 plates event on September 25th held at the Bank Alley in downtown Lancaster. Hundreds of Fairfield County citizens attended to enjoy locally-sourced food, drink, and live music. The revenue generated from the event will benefit community outreach agencies throughout the county, including the Keller Market House and food pantries, in Lancaster and throughout the county.

A team of volunteers consisting of Fairfield County community members and students of Lancaster High School, including the LHS baseball team, Key Club,and Culinary Arts program volunteered to aid in the set up, meal service, and clean up processes of the event.

Executive Director of Destination Downtown Lancaster, Amanda Everrit, had this to say on the importance of the event to Lancaster and surrounding communities.

"This is important on a lot of different levels," said Everrit. "It's a partnership event, that celebrates our rich agricultural culture, because we have so many farmers, growers, producers, right here in our region, and taking those fresh farm grown products and turning them into beautiful meals curated by local chefs throughout the downtown, those restaurants, working together to bring all of these different community members to the table to fundraise or to fund Fairfield county food pantries," she said.

The Keller Market house provides a variety of services, such as a year round indoor marketplace, a vast selection of locally grown products, handmade goods, and other products, goods, and services.

Patrons support the annual 250 Plates event to benefit Fairfield County.

"The Money gets split between Fairfield county food pantries and the nonprofit Keller Market House, and that is the year-round local indoors farmers market," said Everrit.

All of the organizations involved handle food distribution to those whose next meal is uncertain, other forms of community outreach, and various other services important to the community of Lancaster.

Lancaster High School did its part to participate in 250 Plates and give back to the community. Hayden Brothers, a junior in the LHS Culinary Arts program, explained why he chose to volunteer.

"I decided to volunteer for this event so that I could help my community, and give back to the place I grew up," said Brothers.

The duties the culinary volunteers performed included delivering food from a local restaurant to the tables of all 312 in attendance, and waiting tables, throughout the duration of the multi course event. Key Club and the school's baseball team performed numerous setup duties, such as erecting tables.

The money raised at the event will be of great importance as times go on, for according to feedingamerica.org, over 53 million people have visited food banks in the last year, pointing to the vast increase in need for them and their vital services they offer to families in need. Everrit said the timing of the event is purposeful.

"We do this in September because it is hunger action month," explained Everrit.

"And we want to make sure that every family within Fairfield County gets to come to the table and enjoy a nutritious, delicious meal."

Amanda Everitt, Executive Director of Destination Downtown Lancaster. Photo courtesy of Everitt.

Forced Futures

Parent pressure to pursue career fields

By G. Brown, *Staff Writer*

Planning the rest of their lives while still in high school is a lot of pressure for students. In fact, more than half of high school students feel pressure to make decisions about their futures too soon, according to a BestColleges survey (Bryant). According to Forbes, 65 percent of respondents to a Joblist survey said they work in a career field that their parents wanted for them (Perna).

Lancaster High School students have been preparing for their futures as early as middle school. Courses like Freshman Focus and weekly activity periods on Tuesday promote planning for careers after high school. LHS students from all grade levels have been exposed to the soon-to-be reality of post-high school.

LHS junior Baylee Poling spoke about how planning for your future while being young can be a difficult process, but waiting too long can be stressful.

"It is a lot for a fourteen or fifteen year old to wrap their head around, speaking as someone who has been in that position, but I see that some of my friends are not sure of what they want and they have to figure it all out in junior and senior year."

The three E's, enrollment, employment, and enlistment have been consistently promoted to LHS students from administrators, counselors, and teachers. Poling said that during her freshman year, she considered all her options before decision-making.

"During freshman year I thought about enlistment, and I feel that entertaining other options was an important part of me realizing what I truly want."

LHS senior Alec Lamascola said that for some students planning their future career while in middle school is too soon .

"I think it is completely okay to get an idea of what you might want to do as early as middle school but nothing should be that hard core set in stone that early for the most part, creativity gets a little torn away at that point," he said.

Some students feel the pressure of having to go to college or into the workforce right after high school. Lamascola said that some students might need a break after graduating from high school.

"If you must take a gap year I think it seems completely alright to do so, and going to college or enlisting is not necessary by any means for a lot of people," he said.

"As a freshman I wanted to be an elite gymnast out of college and now three years later I would like to pursue musical theater after high school," said Lamascola.

Incoming freshmen may feel the pressure of knowing what their future should look like. The transition from middle school to high school can be stressful.

LHS freshman teacher Ashlin Henderson offered advice to students about planning for their future career.

"Take school and grades seriously. Although students may be learning some information that they may not use, we are preparing them for whatever they decide to do after high school," she said.

"Know the kind of jobs and careers that are available. Most students don't know what they want to do that young though, and there might even be jobs that haven't even been developed yet," said Henderson.

Should parents dictate their children's career choices? Image courtesy of Google Images.

LHS junior Baylee Poling. Photo courtesy of Poling.

LHS English teacher Ashlin Henderson.

Alec Lamascola. Photo courtesy of Lamascola.

Looking Ahead

Goal setting creates opportunities for LHS

By C. Schorr, *Sports Editor*

More than half of all New Year's resolutions fail according to the New York Times, yet it is important to set goals to improve one's life (Miller). Whether it's studying for an upcoming test or training to become a lawyer, goals move people forward. It is easy to set goals, but planning how to accomplish goals can be challenging.

Image courtesy of Google.

"Goals should be specific, measurable, achievable, relevant and time-bound — requiring a deadline or specific time frame," said Keisha Moore-Medina, a therapist at the Menninger Clinic in Houston, in an interview with NPR News.

LHS English teacher Ms. Marvin is striving to make her last four years of teaching memorable. Finishing the National Board Certification for teaching is Ms. Marvin's main goal.

"By setting goals, I keep myself focused and busy. It's easy to let go and watch Netflix, but by having goals, I always have things to plan, to do, and to accomplish," she said.

LHS senior Evelyn Neeley has set two significant goals that she thinks will help her both personally and professionally in the future.

"I'm going to Young Life every week and learning how it works and helping run events and lead discussion. I'm also working on my college goal by completing applications, applying for scholarships, and researching different universities," said Neeley.

"Having goals helps me to create a mental list about what I need to achieve and where I see value in things. If I have goals that are solely focused on one thing I need to reset my mind and figure out why I'm obsessed with that one goal," Neeley said.

LHS senior William Richardson has a long-term goal of becoming a lawyer. Writing his goals down will help him achieve his long-term goal in the future.

"After making clear what my goal was, I evaluate whether I achieved it or not. It is always useful to write down goals and whether you achieved them or not. Realizing this makes what you do in the future more valuable and purposeful," he said.

Learning to set goals is essential to academic success in high school. There are many distractions in life that keep students from achieving their goals.

"It's easy to scroll a phone for hours a day, or to binge a tv show- basically, you are doing absolutely nothing. But by setting goals and planning the steps and taking action, you will get things accomplished," said Marvin.

Not all goals are attainable. When people overwhelm themselves with too many goals or set the bar too high it can lead to frustration and discouragement.

"When I was a freshman I had a goal to be in as many clubs as I could and I did not reach this goal. Having learned I could not balance that, however, I figured out what I could fully commit to and now I'm doing better at balancing my life," Neeley said.

Failure can often lead to success. Richardson did not give up when failing the first time.

"I failed to reach my goal of making the basketball team in 7th grade. I was very disappointed, but it inspired me to practice harder for the next year so I would not feel the same failure again. I practiced hard and I did make the team the next year, making my efforts worthwhile."

Self Satisfaction is a powerful payoff after achieving a specific goal.

"I achieved my goal of getting above a B in my AP Chem class last year. It was satisfying to see my work come to fruition and be rewarded for

Senior Evelyn Neeley. Photo courtesy of Neeley.

Senior William Richardson. Photo courtesy of Richardson.

Is That Your Parent Or Your Sibling?

The challenges of large sibling age gaps

By Z. Clark, *Staff Writer*

When one sibling is much older than their siblings, relationships between them may be difficult. While some may be only a year or two apart, other families with siblings may have more significant gaps between them, such as ten, maybe even fifteen years. An article posted by VeryWell Family stated, "Although shorter age gaps are more common than larger age gaps, five percent of births occur with age intervals as large as ten years"(Wisner).

A significant age gap between siblings can affect the sibling's relationship with each other, though depending on the siblings, the gap can impact the relationship in negative ways. According to Psychology Today, if the oldest is spaced far apart from the second child, the two children may not have many common interests and have a harder time becoming close. The older one may like playing board games and complain that they cannot play with their little sibling because the younger one cannot follow the rules. LHS sophomore Zowie Tipple said she experienced this as a small child.

"When I was younger, yes, they never wanted to play with me because they had other things to do. It's always caused a block between us in a way," she said.

Tipple (Second from the left) wth her family. Photo courtesy of Tipple.

LHS Freshman Daisy Hinton and her sister Keely, who are ten years apart in age. Photo courtesy of Hinton.

Like Tipple, sophomore Xydn Cline and his older brother have a fifteen-year age gap, which sometimes has a negative effect on their relationship.

"My relationship with my brother is pretty close but not as close as most siblings. I think it affects our relationship negatively. The time we get together is maybe a few hours a couple of times a month at most," he said.

"Having my brother be so much older than me does affect our relationship, I don't see him very often, and when I do it's usually at family events. Overall, I think it's a bad thing for our relationship but one good part is since we have so much time away we never argue or get into fights," said Cline.

Wide age differences sometimes cause discord in sibling relationships. The older sibling may have to take on a caregiver role to the younger sibling which may cause resentment.

"Sometimes they try to act like a parent to me, causing stress in our relationship. Having a large gap between kids can cause strain between everyone especially when one is expected to babysit the younger ones growing up. This causes them to lose the 'sibling' bond and look at the younger as more of work than family," said Tipple.

On the other hand, age gaps between siblings can be positive. LHS freshman Daisy Hinton, whose sister is nine years older than her, said she learns a lot from her big sister.

"She already has gone through all of the things I'm just starting to experience and she can help me. She also looks out for me and makes sure that I'm okay," said Hinton.

Child experts suggest that siblings with wide age gaps can be managed well within families if everyone tries to be flexible. "It's going to be nearly impossible to coordinate plans at times, and you're often going to feel that one of your kids gets the short end of the stick. But understanding that this is okay, and just rolling with the punches, is going to help you relax into the experience a little more"(Wisner).

Cline and his older brother in 2013. Photo courtesy of Cline.

Reflecting Life

DACO showcases LHS students in exhibits

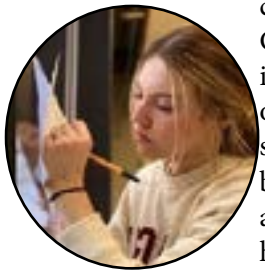
By L. Overby, *Editorial Editor*

LHS Art students at DACO. Photo courtesy of Fish.

The Decorative Arts Center of Ohio, known for its world-class exhibits, recently featured artwork by several Lancaster High School students. The exhibit, titled Unconventional Reflection, showcased the varied perspectives and art explorations of eight LHS seniors, Leah Craig, Roma Deleon, Alexis DeWitt, Emily Hoffman, Destiny Hollyfield, Kendra Lortz, Hannah Sheets, and Hannah Williams.

All are members of the Portfolio Development class, designed for high-level Art students who intend to pursue Art in college and career. LHS Visual Arts Educator Shannon Fish commented on this unique exhibit in a press release.

"Our seniors took many art courses offered at LHS and worked to develop themselves as young artists. I am excited for this community collaboration spotlighting work in a formal gallery setting," she said.



Leah Craig. Photo courtesy of Craig.

LHS senior Leah Craig said the exhibit was the culmination of years of study and practice.

"The exhibit at DACO was all about our unconventional reflection. Going through four years of high school has helped us grow as artists from where we first started freshman year," said Craig.

"We have gained new techniques, new styles, and found new mediums. However, we have also practiced and evolved on the skills we already had. The show was a way to encase our passion for art as it has grown throughout the years," she said.

Fish explained that the high school students developed all aspects of the exhibit from the title to preparing artwork and curating the final presentation. Craig said that being able to experience the various steps involved in creating an art exhibit helped her realize the many options available to students who want to pursue a future in the art world.

"Oftentimes when a person expresses interest in an art career they are turned away by the idea of a starving artist, however there are more opportunities other than just being a painter or an art teacher. For instance I spoke with the social media manager for DACO and she explained to me how she gains public attention for the shows by using photography to best capture artists' work," said Craig. "There is also the art installer whelped us stage our show to make it professional quality. She is able to be around all these fantastic artists and their creations to help set up their shows." After thinking that the art field was a very narrow road and then learning that there are positions behind the actual art was very eye-opening," said Craig.

Earlier this semester, staff members from the *Eye of the Gale* visited DACO and viewed several exhibits including Ohio: the *Start of it All* which featured original picture book illustration art and surprising Ohio facts, *The Art of the Hidden Pictures Puzzle*, which featured classic hidden pictures from the *Highlights Magazine's* 80-year history, and *A Storybook Christmas featuring A Very Brady Holiday*. DACO is a nonprofit museum located in downtown Lancaster. While donations are appreciated, the museum is free and open to the public.

***Eye of the Gale* students take a tour of DACO.**

Jason Crabill, the Executive Director explained that part of the museum's mission is to engage the community with innovative exhibitions.

"We are the community's museum. The Decorative Arts Center of Ohio is a great place to see art, impress a date, spend a weekend afternoon and get inspired, buy a unique holiday gift in our shop, or just soak up the vibes of our historic building," said Crabill.

In February, the museum will feature *Flower Power: Flora in Fashion.* This exhibition displays artifacts in OSU's *Historic Costume & Textiles Collection* from several continents that span the 20th century. To learn more about DACO and upcoming exhibitions, visit their website at www.decartsohio.org.

Going the Distance

LHS boys' cross country take OCC and third at state

By P. Scarbro, Co-Editor in Chief

2022-2023 Lancaster High School Boys' Cross Country Team.

The Lancaster high school boys cross country team had a season to remember, winning the OCC championship and finishing 3rd in the state. The top three runners were Colton Thress, Kaiden Lanoy,and Isaiah Lanoy. The team had a perfect record going into the state competition where they lost to two teams. Head coach Jeff Koksal said it was their goal and purpose to win.

"Given the strength of our team, we expected to win the OCC title. But it was still awesome to see the way all of our guys competed and performed on race day. Many of the guys ran their best races of the season to that point at the OCC Championship. We were very proud of all the guys," he said.

Taking third place at the state level wasn't what they were hoping for, Koksal said the team was ultimately successful.

"Our performance in the Regional was outstanding, our best race of the season (to that point) and after winning the Regional, the Gales were ranked second in the State and we knew we could compete for a State Championship. Although we fell short of winning the championship, our third place finish was the highest for the Gales since 1990 and we are proud of our effort on a tough day".

Some of the LHS cross country athletes said going to the state championship was something they will never forget.

"I feel like we definitely deserved it and our coaches always knew that we had it in us but we had to make them proud," said Isaiah Lanoy.

"Before I ran the state meet my thoughts about it was, this is my last year so I have to place to become All-Ohio. So I ran my hardest and my best race that I have ever ran at the state meet. Now I'm All-Ohio," said Lanoy.

"I was calm coming into the race for the state meet. I had a great feeling about the race and I believed in my team. We showed up just like we do every race. We fell short this year and I didn't do my best, but my team was there for me. We have a special team. We don't care about winning, we do it for the experience and just to have fun with your best friends," said senior runner Colton Thress.

The senior athletes who finish up their last season as a Golden Gale usually share a special memory about their high school athletic career but Thress said he couldn't possibly single out only one memory.

"I do not have a favorite XC memory because everyday gets better and better. This team is perfect and it wouldn't be the same without any of them. Just being able to run and see my best friends compete and do things no one else would ever want to do, that is amazing. Seeing my friends accomplish their goals is all I need," he said.

Lanoy on the other hand shared his thoughts on his last season and before going into the state meet.

"I knew it was my last year before I started the race so I told myself that I had to go out on that course and give it my all like it was my last race. And I couldn't let my team or coaches down," Lanoy said.

Coach Koksal summed up his take on the season.

"Every runner contributes to the team's success in important ways. The team performs best when each guy strives to improve, pushes his teammates and holds them accountable. As each runner improves, they challenge and inspire the other runners. As the runners continue to improve they challenge for higher ranks within the team," he said.

Making New Strides

Young LHS girls' cross country team improves

By A. Brown, *Staff Writer*

2022-2023 LHS girls' cross country team. Photo courtacy of Gladyak.

The LHS girls' cross country team was much smaller than in years prior. Most of the varsity team were underclassmen and first-time runners which posed some challenges for the team. But despite that, the team continued to improve over the course of their season. They beat 73 out of 106 teams, and set 37 new personal records, with freshman Harper Allen ranking 34th in the state.

"I have had a very good season, especially just being a freshman and have already had some big accomplishments. It's pretty cool and I can't wait till next season," said Allen.

Harper Allen, Photo courtacy of Allen.

Head coach Teresa Tripp, who has been coaching for twenty years, said that the team does not have a lot of experience but they have continued to improve throughout the season.

"We have one returning letterman this season. The rest of the varsity squad is made up of first-time high school runners. They are a very young team. However, they have not let that stop them from being successful," said Tripp.

The Lady Gales cross-country team continued to build teamwork and gain experience.

"We hope to continue the path of positivity laid out by this team. We hope to contend for a league title and work together to be successful in the postseason," said Tripp.

Coach Teresa Tripp, photo courtacy of Tripp.

Assistant coach Dianna Galadyk mentioned some of the positive accomplishments the young team acquired.

"Some of my favorite highlights from the season are when the team crushed the competition when we were not supposed to win by that much. I was really proud of the girls and how many PR's they were all able to accomplish," Galadyk said.

LHS freshmen Zoe Fullen had a great season this year. She PR'd six times and took about thirteen minutes off her final time. She spoke about how the team continues to lift each other up and support each other.

"I really learned from my senior athletes that to push each other to strive our best as a team. There was never a time I didn't hear them say good job to their teammates, all the time during our runs they would give compliments," said Fullen.

This year was senior Audrey McFarland's first and last season running cross country.

"This senior year has been bittersweet. I have really enjoyed getting to accomplish some new things but it is sad to see this season come to a close, especially since it is my last one," Mcfarland stated,

"I will miss my teammates and coaches the most. There has been an amazing team environment and I am thankful that I have gotten to meet so many amazing people within the team"

Audrey, McFarland, photo curtacy of McFarland.

This was also junior Sara Johnson's first season running cross country. She said that she has enjoyed running and said that the coaches and teammates care about more than just athletic performance.

"My season this year was my first for cross country and I absolutely loved it. The team made everything so much better and was so fun to be around. Not only have I become a better runner but I have also become a better person," Johnson stated.

Senior Riley Spangler was the only returning letterman this year. She had a successful season and will be running for Tennessee Tech University next fall. She says she will miss the bonds she has created with the team.

Riley Spangler, photo courtay of Spangler.

"There is something immensely special about runners. There is an unbreakable bond you get when you run together every day. There is always an unspoken respect we all have for one another." Spangler said,

"The sport we joined is brutal and painful. Considering our 'easy days' are running 7-8 miles. Through this pain and amazing mentality, we all have, we all get along in ways most teammates cannot."

Tight-net Family

LHS girls' tennis team creates strong bond

By L. Overby, *Editorial Editor*

The 2022 - 2023 Lancaster High School girls' tennis team finished with a team record of 12 - 11 and placed third in the Ohio Captial Conference. Several athletes earned distinguished awards: 2nd Team All-OCC, Hannah Sheets - 3rd singles and Kynlee Baer, Olivia Faz, and Ava Reid - 2nd doubles. The following qualified for 3rd Team All-OCC: Scarlett Ward - 1st singles, Gracyn Gagne - 2nd singles, and Andi Green and Gracie Stuart - 1st doubles. Ava Reid also won OCC Scholar-Athlete.

2022-2023 LHS Girls' tennis team. Photo courtesy of Elick.

Head coach Gary Elick talked about the challenges the team faced this year.

"The challenge of the season was keeping everyone fresh, motivated, and injury-free. In tennis, you can play up to 24 matches a season. We played 23, so it's a fine line between continuing to work the players hard at practice or just giving them some time off to rejuvenate," Elick said.

Assistant Coach Justin Clark said the team worked hard on the court but also had fun and bonded over the course of the season.

"Going to Dairy Queen after matches and seeing the players develop their skills over time, putting in the work, and watching them grow in confidence and strength.

Senior Ava Reid. Photo courtesy of Reid.

working with each individual player to make sure they are being pushed at their own pace; some players are more aggressive, mentally tougher, athletic, or just want to enjoy the team," Clark said.

Several LHS seniors experienced their last tennis competitions including Gracie Stuart, Adriana Rodrigues-Denner, Ava Reid, Lilly Robertson, and Hannah Sheets. Some reflected on their high school tennis careers.

"The aspects I will miss the most about the high school athletic experience would have to be the close bonds made with the other girls on the team. While practices and competing for spots on the team are rigorous, you build the strongest bond with your peers when you push each other to be the best you can be," Sheets said.

"I will always remember the life lessons I've learned through playing tennis. Over the course of the past few years, I've been challenged in ways I've never been challenged before and a lot of times had to do things I didn't want, but I've learned that these are necessary to learn and grow," said Reid.

Coach Elick said that the team had great chemistry among the athletes and that they were consistently there for each other providing support and encouragement. Working with such athletes are something that coaches like Elick cherish.

"This is my 30th year as the girl's head tennis coach and I look at each of those years as a gift. Most of the girls that I've worked with over the years I still maintain communication with and many I see often throughout the year. I hope I have made a fraction of the impact on them as they've made in my life," Elick said

The LHS girls' tennis team demonstrated that a close bond can go far in an athletic career and most importantly in life.

"I have so many memories from my time on the high school team such as singing Taylor Swift from the top of our lungs on our night rides home, Chik-Fil-A shenanigans, and crazy van rides with Coach Elick. I will never forget the time we had together," said Sheets.

"Fore" Lead The Way

LHS boys' golf seniors finish final round

By C. Schorr, *Sports Editor*

The Gales finished second place in the Ohio Capital Conference Buckeye division recently. The four seniors Riley Senften, Parker Cohen, Jay Niceswanger, and Josiah Lauderbaugh guided the Gales all season long. In the second round of OCC's, the Lancaster boy's golf team shot a season-low 331 at the Denison golf course. Senften led the Gales with a 79. Cohen and Niceswanger shot 83's, followed by Lauderbaugh with an 86, and Gabe Betts with a 91. Senften, Niceswanger, and Cohen all earned 2nd Team All OCC honors.

Senior Riley Senften had a season that will go down in the Lancaster history books. Senften shot a 71, 1-under par at the Golf Club in Dublin. That was the first time Coach Truex had an athlete shoot under par.

"The accomplishments that I have made on the golf course have honestly surprised me. If you told me at the beginning of my freshman year that I would have been a four-year varsity letterman, get Honorable Mention, and be a two-time 2nd Team All OCC winner, I'd think you were crazy," Senften said.

Senften credits his teammates for his success. Through the good and bad days, they always have each other's backs.

"I'm just happy to be able to share the experience with my team. It's amazing being able to support one another, congratulate one another, or pick each other up if it's needed. I feel confident in saying that's exactly what we've done thus far," Senften said.

Coach Truex pointed out Cohen's hole-in-one as one of the season's highlights. He said he admired the strong camaraderie among the athletes.

"Our team is really close and they love cheering for each other. They really want each other to do well," Truex said.

The Gales traveled to many impressive courses this past season. Senior Parker Cohen said he enjoyed every moment of his last year golfing for LHS.

"The highlights of the year so far are definitely the van rides and playing nice courses we would not have had the opportunity to play otherwise," Cohen said.

The Gales fought through some struggles as well, including a lack of experience.

"With only two players who had a lot of varsity experience, we've had some ups and downs to start the year, but have had some great team rounds and individual rounds," Truex said.

Senior golfers Niceswanger, Senften, Cohen, and Lauderbaugh. Photo courtesy of Senften.

According to senior Jay Niceswanger, the Gale's ability to refocus and demonstrate uniformity through the season added to their success on the green.

"What's been most challenging is consistency as a team. We've had some really great team scores but we've also had some really bad ones. If we could narrow our rounds to a more consistent level, we are in a great spot," Niceswanger said.

The returning golfers plan to continue to make improvements and build on this year's successes.

"Our goal every year is to grow daily and we will continue to work towards competing for league titles moving forward," Truex said.

Boys' golf team with Coach Truex and Coach Smith. Photo courtesy of Senften.

Senior Josiah Lauderbaugh. Photo courtesy of Lauderbaugh.

Disc Golf In Ohio

Potential for future LHS students?

By S. Bailey, *Staff Writer*

Disc Golf enthusiast Jack Nauman. Photo courtesy of Nauman.

Disc golf has become more and more trendy. According to an article in the New York Times, the director for the Professional Disc Golf Association, Danny Voss, claimed that the sport's popularity, which had been growing steadily since the 1960s, shot up during the pandemic and grew almost 75 percent between 2020 and 2021, (Burns).

Although Lancaster High School doesn't have a team or club, it is provided to students through the physical education curriculum. Some teachers and students said they would be interested in the idea of including the sport as a competitive team at LHS.

Joel Yott. Photo courtesy of Yott.

However, LHS Athletic Director, Pam Bosser explained that as of now, disc golf is not an official team sport for Ohio high schools.

"Disc golf is not an Ohio High School Athletic Association-sanctioned sport, the club would simply be a school club, not a club sports team," she said.

LHS senior Malachi McCann who recently started playing explained how his interest peaked in the sport and how he preferred playing with friends.

"It just seemed fun when I watched my friends actively engaging in the sport. I actually started taking it more seriously and was motivated to get better at it when New Life Christian Center (NLCC) officially formed a team in the spring of last year," stated McCann.

"It's something I have honestly just found to enjoy with friends and gives me the small moments I enjoy in life to take my mind off of the present," he said.

LHS graduate and a student at Colorado School of Mines, Jack Nauman, discussed the battles, success, and lessons he has taken from playing disc golf for two and a half years.

"There is a great community to be discovered in disc golf, and it allows you to be competitive, build friendships, get outside, and more. It is also a great way to make friends when/if you go to college," stated Nauman.

Physical Education teacher at Pickerington High School Central, Zach Zimmerman said he wished that disc golf like other sports helps students learn life-long skills.

"The reason we teach a number of sports in PE ranging from soccer to football is to give students a well-rounded skill and interest base that they can use later in life. Disc golf presents a challenge that students can take and grow with as they become adults into a competitive sport or a hobby," stated Zimmerman.

Joel Yott, operations manager for a number of parks in Ohio, explained how disc golf courses have grown and become successful over the last couple of years when the recent pandemic hit.

"Disc golf has become extremely popular ever since the COVID pandemic started because the sport of disc golf can be played alone, or with very little contact with people. We noticed a huge increase of people playing in Ohio state parks, along with all our other outdoor activities due to the pandemic," stated Yott.

Malachi McCann. Photo courtesy of Ebby Hutchinson.

Zach Zimmerman. Photo couresy of Zimmerman.

LHS Athletic Director, Pam Bosser.

Gales Football in Review

Season highlights outweigh losses

By P. Scarbro, *Co-Editor in Chief*

The Lancaster High School varsity football team finished with two wins and five losses in the league and fifth in the Ohio Capital Conference. Regardless of the statistics, the Gales made significant gains that weren't reflected on the scoreboard. LHS debuted its first female kicker and won its hundredth game over its rival Newark.

Head coach Bryan Schoonover said that the team is young, and with a few seniors but that he was proud of what the team accomplished.

"Everything we do is for growing. We're always trying to find ways to get better and get ready for next season. Day in and day out, they had every chance in the world whenever they wanted to quit, every chance to stay I don't want to do it anymore and they didn't. They kept going and getting better," said Schoonover.

Quarterback and senior player, Trace Vangundy said he and the other seniors knew the expectation that the coaches had for them, and they worked tirelessly to prepare for the season.

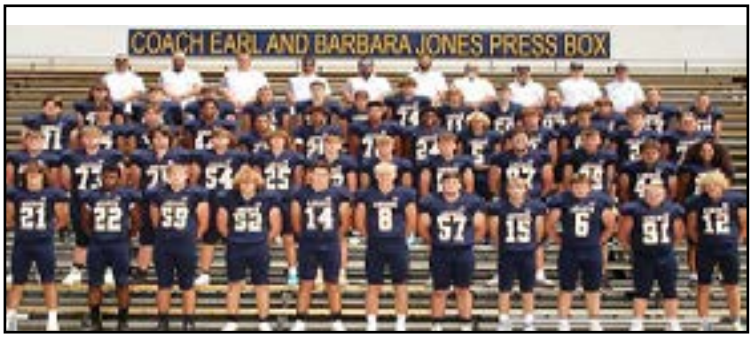
"We truly gave all we had for our last year. We focused on giving our best effort in every drill, every practice, and every game because we knew it was going to be our last run together as Gales. Unfortunately, we couldn't get the job done," said Vangundy.

Quarterback Trace Vangundy. Photo courtesy of Vangundy.

One of the most memorable highlights of the season included the game against Groveport.

"We had a blocked punt during that game and returned it for a touchdown. That was a pretty cool moment for us as a team after having a very rough start to the season," he said.

Vangundy also said the game against Newark was especially rewarding for the senior athletes because they were slated as the underdogs.



2020-2023 LHS Football team.

"This definitely lit some fire in us during the practice week leading up to the game. When it came down to it, we dominated them in fashion and had a very commanding victory," he said.

Another advancement was the first female kicker for the LHS football team and the first female to score points in the history of an LHS football game. Senior Avery Westbrooks said being a female on the team was a great experience. She complimented the team saying that there were no issues or negative attitudes.

"I like to believe that they knew I could hold my own and that they could just do their thing whether I was there or not," she said.

First female kicker Avery Westbrooks. Photo courtesy of Westbooks.

Of all of her accomplishments on the football team, Westbrooks said one really stands out for her.

"I would definitely say being on the field for the Pickerington Central game and scoring the extra point. I had gone to practice for weeks and finally got to show that I could actually do it."

Senior Tyler Holland said that Westbrooks was a great addition to the team roster.

"I absolutely loved having Avery on the team it shows that women can really do anything a guy can. My second favorite memory of the season would definitely be watching Avery kick field goals. The whole sidelines loved it win or loss."

"By week nine, we as coaches knew she was ready to perform. She took the field with her teammates for a point after touchdown (PAT). With rumbling applause, she sent the ball through the uprights for her first High School football field goal, described assistant coach Andrew Cline.

"The following week she put five more through the uprights against Newark for a total of six points on the season and her high school football career."

Setting Up for Future Success

LHS girls' volleyball planning a new chapter

By A. Griffin, *Staff Writer*

The Lancaster High School varsity volleyball team struggled this season with an overall record of ten wins and thirteen losses. Heather Ingram, head coach of the volleyball team, said the team faced some challenges.

"Just like any season, we had illness and injuries. We are also very young. I only have two athletes with varsity experience this year. In our conference - a very tough one - this has been very difficult," she said.

LHS senior Roma DeLeon said it took some time for the team dynamics to gel.

"I think the most challenging part about this season for me was getting used to playing with a whole new group of girls, going from playing with the same girls for many years to playing with whole new teammates was hard for me at first." she said.

"But after getting to know them and growing as a team, I now would not trade the bonds I have made with my teammates for anything," said DeLeon.

Senior Brooke Thompson agreed with DeLeon and said the young team struggled to compete with more experienced teams in the league.

"The most challenging thing about this season was adapting to having such a young team coming into the season compared to other teams and our team last year," said Thompson.

With the struggles came some victory that kept the team psyched and working for victories. Ingram recalled one of the games that really stood out during the season.

Coach Ingram talks with the girls' volleyball team prior to a game.

"Going five sets with Newark. Yes, we lost, but the crowd was intense, and the atmosphere was out of this world," she said.

Ingram described the strength of one of the senior athletes.

"Roma DeLeon is our leader. She is leading the conference in digs and aces. Last year, DeLeon had some rough games, but this year, I needed her on the court at all times. She had an outstanding senior year."

DeLeon said she will always remember the highlights of her senior volleyball season.

"I think the biggest highlights from this season for me would be putting up a fight against teams and coming back when it seemed impossible, the feeling of winning as a team and celebrating on the way home on the bus is the best feeling. Some of the best memories and friends were made with this team and I will carry them with me forever," remarked DeLeon.

Girls' volleyball athletes warm up before a game.

"There are so many things I will miss about my highschool volleyball career but mostly I will miss having fun with my teammates at games, on the bus, at practice, and at team dinners. Being a part of a team and sharing a bond with my teammates is something I will always miss and the memories I have made with my teams over the past four years I will never forget," she said.

Thompson said her experience with the team was difficult at first but became very significant to her in the long run.

"I will always remember when I first started playing volleyball and not thinking I was going to like it but sticking it out until high school because I wanted to play with the girls, now I wouldn't change it for anything and it is something I will cherish forever."

A crucial aspect of a success includes the development of an encouraging team dynamic.

"Goofy, they get along well with each other, and they seem to enjoy being around us," said Ingram.

A Tricky Season

LHS Field Hockey channel multiple challenges

By J. DeLong, *Gales Tales Editor*

This year's LHS girls' field hockey season went by like the weather. Some days were hot, some days were cold, and somewhere hot and cold at the same time. The season ended with a record of three games won, three games tied, and eleven games lost. But these numbers do not show just how much the girls and their team have grown. Coach Allison Kinniard explains some of the challenges the girls faced this year.

2022-2023 LHS Field Hockey team. Photo courtesy of Locke.

"We have lost many games, six games were lost by one goal. This is a challenge because we couldn't really find a way over that hump in many games," Coach Kinniard stated.

In games like these, one goal really makes a difference. Although, this was not the only challenge the team faced this year. LHS senior, Emmie Seymour, describes a level of challenge from her point of view.

"We had a lot of seniors last year so having them leave and having a lot of new players provided difficulty with communication and team bonding for the first half of the season," stated Seymour.

If teams cannot work together, they cannot play together. The team has shown how much they have worked together and grown over the season. Rosie Williams, another senior on the team, explains how some highlights of the season were moments the girls bonded.

"The highlights of the season were definitely the team dinner and meals we had for Saturday away games and our last home game, it's when the team really bonded off the field," Williams said.

Coach Kinniard explains the goals the team will have for next season.

"Next season we look to build on our skill level and win those one-goal games," Kinniard stated.

Seymour further describes how hard the team has worked every game.

"I definitely think we all had off days but as a whole, we grew a lot this season and got better each practice and each game," Seymour said.

This year the team had very few seniors. They were the leaders this season and took charge of the team. Allie Locke, an LHS junior, explains how the seniors supported the team and helped this year's season.

"They created the atmosphere and feel of the team, constantly striving to pick each other up and create a positive environment," stated Locke.

The seniors on the team were instrumental in helping the younger athletes acquire the skills to compete at the high school level. LHS sophomore Mia Harrison, explained the impact that the senior leaders had on her.

"I have learned from the seniors and coaches not only the technical skills I use on the field but how to better communicate with my teammates, which has led me to have better communication skills in other aspects of my life," said Harrison.

As the few seniors say farewell to their high school career, they shared their favorite memories from field hockey and what they will miss most.

"I will definitely miss the close friendships and bonds I have created through playing field hockey," Seymour stated.

Creating a good team means getting to know one another, and team bonding helps greatly. Williams describes how field hockey has been extraordinary.

"What I'll miss most about my field hockey experience is just being able to play. I decided not to further my career in college, but the value of the past four years has been real," Williams said.

Allie Locke and Brianna Holt. Photo courtesy of Locke.

Emmie Seymour. Photo courtesy of Seymour.

Mia Harrison. Photo courtesy of Harrison.

Rosie Williams. Photo courtesy of Williams.

Getting Into Gaming

LHS esports team share camaraderie and chemistry

By T. Jones, *Staff Writer*

Lancaster High School esports experienced a challenging season this fall, but the players took their losses with a positive attitude. There are two teams, the Valorant team and the Rocket League team. The coach and advisor Stephen Davis said that one of the challenges they faced was making sure that all players were heard and utilized to the best of the team's ability.

"This iteration of the Valorant team has a lot more voices than our teams in the past. With this many voices, it has been a challenge to figure out how to utilize each person's strengths without overwhelming the voice comms with different ideas at the same time," stated by Davis.

On the other hand, Davis said that the Rocket League team experienced some positive outcomes during their season.

"Honestly, just seeing these guys get together and laugh during practice has been a highlight for me. Rocket League has given my quieter students a chance to come out of their shells and highlight their personalities in ways that I don't get to see in a classroom."

Davis went on to describe the dynamics and leadership displayed by both teams.

"The Valorant team has a good balance between goofy and serious moments. My seniors are primarily responsible for the balance - Aeron Vamos tends to keep the team on track with his focused gameplans and shotcalling while Gabe Ebert keeps morale high with his positive attitude and laid-back attitude. The Rocket League team works in unison, both in practice and in games. The students are all positive and striving to improve every time they come to the library for practice."

While speaking of the team leaders, Davis commended Vamos for making a strong impact on the team.

"Aeron Vamos stands out as the primary leader of our Valorant team. His competitive drive and vocal leadership push each player to improve and perform to his high standards every chance they get. He's direct, honest, and passionate about winning as a team."

According to Davis, the esports teams will be working to improve their gaming abilities for future competitions.

"With our growth and student leadership, I expect both teams to put on a real show when we head out to the Game Arena to represent Lancaster High School."

2022 Esports team. Photo courtesy of Vamos.

Valorant Team captain Aeron Vamos. Photo courtesy of Vamos.

Esports coach Stephen Daivs. Photo courtesy of Davis.

Rocket league team captain Gabriel Ebert. Photo courtesy of Ebert.

Vamos discussed the highlights of the Valorant's season and the challenges they faced.

"The highlights of this season have been improving in my own game and meeting the new team and working with them," he said.

"The biggest challenge I had for this team is leading a brand new team. Last year I wasn't the team captain so now I have to figure out the best way to lead the team and also improve in my own abilities," said Vamos.

Ebert, the captain of the Rocket League team, reflected

"I'd describe my last season as fun and new. It was my first time being on an actual team for a video game so it was very cool. I would say that the highlights of the season was when we'd all cheer together because we won a game or a round." he said.

Wins, Losses, and Struggles

LHS mens' soccer faced tough season

By N. Austin, Staff Writer

The Lancaster High School Boys varsity soccer team faced a rocky season this year, with five total wins, and two ties, out of twenty games played. While the team began well, challenges led to a somewhat difficult middle and end season. Despite this the team improved over last year with several key wins.

2022-2023 LHS Boys' Soccer team.

Head Coach Graham Roan summed up the season.

"We had a really tough schedule throughout the season, and that began to wear on us near the end of the year," Roan explained.

"We struggled with keeping up with the pace of the game against some opponents," he said.
However, even with these challenges, Roan and his team fought well on the field.

"We had four solid wins against Dublin, Scioto, Columbus Briggs, Franklin Heights, and Whetstone. We had a really good showing against a state ranked Athens team, and we tied 5-5. I saw a lot of improvement from each guy in the program," he said.

There were numerous standout athletes of the season. Roan said that seniors Brody Ehorn, Camren Bennett, and Grant Hampson had great seasons this year. Brody led the team with five goals and nine assists and was selected 2nd Team OCC. Camren Bennett who had five goals this year, was selected as the Lancaster Boys' Soccer Player of the Year. Grant Hampson was the backbone to the defense was selected 1st Team OCC and Second Team All District.

Some senior players explained the challenges they faced this season. Senior Brody Ehorn said they had a relatively young and less experienced team.

"The most challenging thing we faced this season was ourselves. We started four freshmen for a good majority of the season, with a couple seniors playing soccer for the first time ever this year. With so many people that we had not only never played with at a varsity level before, but had never met before, it proved to be the biggest challenge we would face," said Ehorn.

That was not the only challenge the team would face this year. Senior Camren Bennet said inconsistency was a problem.

"The most challenging thing that the team faced this season was consistency. We certainly had good moments as well as bad moments too. Trying to show up to practices and games day in and day out over the course of the season was our biggest struggle," said Bennet.

"We started out strong then hit a rough patch and struggled to find our footing from there. We were competitive in most of the games we played, we just couldn't get the results," explained senior Grant Hampson.

While challenges can affect a team, arguably the most important aspect of any team and how it will function within itself is comradery, companionship, and the team's dynamics with each other.

"I will always remember the fun moments that I had with my teammates. Whether that was during practice, after practice, or even outside of soccer in general, I love the group of guys that we had this year and will not be forgetting them any time soon," said Bennet.

"I will always remember my team during my senior year. We had a young, motivated, and skilled group of guys that we didn't always have in previous years, who made every practice, game, and meeting something to remember," Ehorn said.

"Just being able to play the sport with people I've not only known all of highschool, but also most of my life," explained Hampson.

LHS soccer head coach Graham Roan.

Grant Hampson.

Brody Ehorn. Photo courtesy of Ehorn.

Topping the Chart

Swift stays prominent on Billboard

By H. Culbertson. *Staff Writer*

Despite being nominated for a Golden Globe early this month, Taylor Swift didn't show up for the event. Entertainment sources like Cosmopolitan and Harper's Bazaar speculate that Swift is busy rehearsing for the Eras tour. Forbes reports that Swift will earn about $620 million from the tour. With her latest release of Midnights, Swift is keeping her fans on their toes.

A few months ago, not only did Swift release an album at midnight, but she released seven additional songs at 3:00 am and a music video for the song "Anti-Hero" at 8:00 am, all on the same day. According to Spotify and Apple Music, the album broke the record for the most streams in a single day on each platform. Swift is also the first artist in history to occupy all of the top ten spots on the Billboard hot 100 chart. This is her eleventh time having a number one album (Billboard).

A likely reason for Swift's success is her lyrics. LHS senior Brooke Johnson, who listened to the album, said Swift can be separated from other artists because of her lyrics.

"You can tell how she takes the time and effort and puts it into her writing. The things she says stick with me unlike any other artist. For me, especially in the song 'You're on your own, kid,' from Midnights," said Johnson.

LHS sophomore Katelyn Shafer who never listened to Swift's music much before, listened to Midnights and understands the appeal.

"I think the things Taylor is singing and writing about, like insecurities, revenge, heartbreak, are relatable to so many people so I understand why they listen to it," Shafer stated.

With Swift often alternating between genres, fans were not sure what sound to expect. LHS senior Evan Dice who listened to the album immediately after it came out, had his own set of expectations.

"I was very interested to see what she would do with this album after moving so far from her usual sound with Folklore and Evermore. I was definitely not disappointed. I expected a pop album with relatable lyrics. And I did end up relating to Midnights heavily," Dice said.

Midnights has reached an audience of long-time fans, new fans, and non-fans and has certainly augmented Swift's musical legacy. Shafer shares her opinion of the legacy Swift will leave on the music industry.

"Midnights was such a big success for Taylor and, love her or hate her, she is one of the most talented artists of this generation. She has a talent that people will continue to talk about for many years after she is gone from the industry."

LHS Sophomore Keely Culbertson listens to Taylor Swift.

LHS Sophomore Evan Dice. Photo courtesy of Dice.

LHS Senior Brooke Johnson. Photo courtesy of Johnson

LHS Sophomore Katelyn Shafer. Photo courtesy of Shafer.

The Purging of Sapphic TV

Queer couples have been canceled

By T. Ford II, *Entertainment Editor*

Over the last couple of years, some shows with sapphic couples, couples involving two women, have been canceled after only a couple of seasons, and the queer community is not happy about it. Representation is very important and queer women are constantly being misrepresented, and trends seem to suggest that when there's good representation in a show that centers around a sapphic couple it's canceled despite how popular it is.

TV shows First Kill, The Wilds, and Gentleman Jack. Photo courtesy of ScreenRant. com.

First Kill, a Romeo and Juliet retelling about two feuding families, the vampires and the hunters, and two girls in love in the center, was canceled after one season despite it being extremely popular. According to Forbes.com, the program racked up 97.6 million viewing hours when it was hanging out inside Netflix's top 10 (Tassi).

Many other women-loving-women television shows ended in 2022 like Gentleman Jack, a period drama, which The Guardian said was "one of the greatest British period dramas of our time" (Ramaswamy). Additionally The Wilds, a survival show that was nominated for the GLAAD Media Award for Outstanding Drama Series was canceled.

In cinema, queer women are often oversexualized in a way that's appealing to male audiences.

LHS senior Jordan Ruff and leader of the Gay-Straight Alliance club expressed his concern for a lack of television programs that feature alternative lifestyles.

"Sapphic individuals may have a hard time finding representation, or respect without becoming subject to other's perversions. Lesbians and other sapphic individuals tend to be extremely fetishized or ignored altogether,"

The fetishization of queer women dehumanizes them and gives an inaccurate representation of a relationship involving two women. Good representation can normalize queer relationships in the media.

LHS English teacher and advisor for the Gay-Straight Alliance club Lynn Blair said that the media should reflect real life.

"TV and other media can be really useful in terms of exposing audiences to ideas they might not be comfortable with or don't know much about. I don't watch much TV anymore, but I remember when Will and Grace was popular," she said.

LHS English Teacher Lynn Blair.

LHS senior Jordan Ruff. Photo courtesy of Ruff.

"I think that show did a lot in terms of representing gay men as human beings with lives to live just like anyone else. From the perspective of a couple of decades later, the show definitely has its problems, but it was a start. I can only assume that a show that focuses on lesbians or anyone else from the LGBTQIA+ community could do the same," said Blair.

Representation matters, when queer people are only being exposed to straight couples it makes them feel alienated.

"It's the same concept as Disney princesses, American Girl dolls, Barbies, and superheroes. These things have been created to give children someone to look up to. These characters teach children important core values while showing them that other people like them exist in the world. When queer youth have no one they feel forgotten," explains Ruff.

U.S. News and World Report stated that 62 percent of Americans polled said that they were satisfied with the acceptance of gay and lesbian people (Pitofsky). So what accounts for the decline in television shows that feature gay or lesbian characters?

"I look forward to a time when a TV show, movie, book, etc. can be released without feeling the need to make a big deal about the sexuality of the characters. I think your generation will be the ones to make that happen," expressed Ms. Blair.

Sexism Expectations Versus Reality

How gender falsely plays into society's roles

By G. Brown, Staff Writer

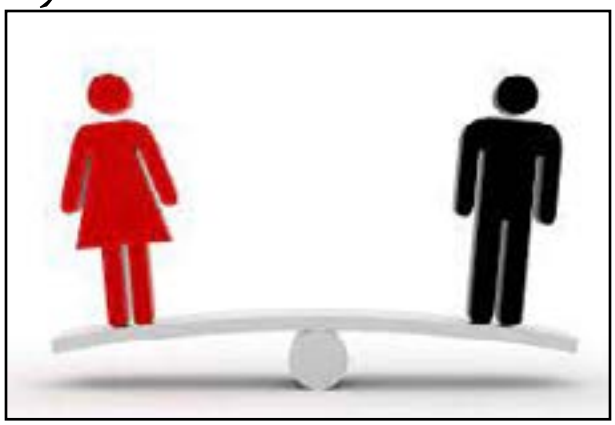


Image courtesy of NPR.

Are men and women treated equally in America? Maybe on paper, but not in reality. The Guardian recently reported statistics from Pew Research that indicate 68 percent of women believe that there is discrimination against women in America today compared to only 41 percent of men who agree. Furthermore, in a presentation by Georgetown University's Women's Center what is expected of women is considered nearly unachievable in real life.

"Women are expected to be many things. They should be young enough, but not too young; old enough, but not too old; creative, but not crazy; passionate, but not angry. Women, in other words, are caught between social expectations and a much more complicated reality" (Oakes). Laws across the country limit or ban teaching on systemic racism, sexism, gender and sexuality, and LGBTQ+ topics according to a summary of the 2023 Organization of American Historians Conference on American History.

The Stanford University Student Affairs webpage defines sexism as "discrimination or prejudice based on gender or sex, typically against women. The term has origins in the feminist movement and refers to the incorrect belief that men are inherently more valuable than women or superior in some way" (Fighting Sexism).

Three Lancaster High School students weighed in about how sexism in today's society affects them and their day-to-day life. LHS junior, Riley Semmens said she thinks society's expectations create sexist assumptions.

"When I am wearing makeup or a nice outfit people immediately expect that I have done it for other people's viewing pleasure. I don't wear makeup for anyone other than myself," she said.

"Society wants us to see men and women. The reality is that there are no actual labels that qualify to all women or all men, everyone is different especially when it comes to personalities," said Semmens.

Although there will always be sexism in the world, there are ways to promote awareness.

"We can try to accept people as they are. When someone expresses themselves with either their physical looks or verbally we should not try to make them feel less confident, accept them for who they are and let them strive in their confidence," said Semmens.

LHS senior Destiny Hollyfield, spoke about how the problem of sexism starts at a young age.

"My fifth grade teacher wanted help putting up chairs. I had just begun helping whe she told me to sit down and let the boys handle it, even though I could do the task just fine," she said

People should examine the stereotypes they hold to prevent sexism and respect people as human, rather than male or female.

"If people went out of gender norms, others would be more likely to participate in activities that may be specifically deemed a boy or girl activity. People can learn to be more respectful to those of the opposite sex," said Hollyfield.

In an article in The Guardian, author Margie Warrell stated that double standards are embedded so deep in American culture, that people don't recognize when they are reinforcing them. Excusing negative male behavior that boys will be boys or judging women who lose their girlish figure promotes sexism. Yet there is another side to this controversial issue. Some people believe that taking a risk by conducting themselves with behavior outside the gender norms can be dangerous.

"People may get bullied or even killed just for going outside of the gender norms," said Dominic Rager, a junior at LHS.

On the other hand, Rager noted that sexism is wrong because it demoralizes women.

"It brings women down and makes them think they can't do certain things," he said.

Destiny Hollyfield. Photo courtesy of Hollyfield.

Riley Semmens, Photo courtesy of Semmens.

Dominic Rager. Photo courtesy of Rager.

Why Is Mental Illness Being Romanticized?

Teen programs accused of glamorizing sensitive topics

By O. Minch, *Staff Writer*

Not everyone is pleased with Euphoria. The HBO series centers on several high school students, all with their own struggles, such as addiction and searching for where they belong. However, Euphoria was also criticized by D.A.R.E. (Drug Abuse Resistance Education) for glorifying drug use among teens. The character Rue struggled with drug use in the show and suffers from bipolar disorder.

HBO series Euphoria. Photo courtesy of New York Times.

In a statement to TMZ, a D.A.R.E. representative denounced the backers of the program.

"It is unfortunate that HBO, social media, television program reviewers, and paid advertising have chosen to refer to the show as 'groundbreaking,' rather than recognizing the potential negative consequences on school age children who today face unparalleled risks and mental health challenges."

The show focuses on Rue as she seeks help for her mental issues.. Although Rue's drug use does affect her friends and family, it is not all that defines her character. Besides her struggles with drug abuse and mental illness, the show also displayed Rue exploring her sexuality.

This is not the first time a teen show has been criticized for glamorizing issues real teens deal with. According to the Washington Post, in 2017, the Netflix original series 13 Reasons Why premiered. The show centered on Hannah Baker, a high school student who killed herself and left behind audiotapes detailing the events that led to her death (Butler).

Experts advise against describing a suicide in graphic detail since studies have shown it could lead to copycat suicides (Butler) and two families in California believe the show contributed to the suicides of their own children (Kindelan and Ghebremedhin).

LHS sophomore Jayden Shoaf said she thinks that these programs glamorize and profit from sensitive issues.

"The more teen audiences they attract, the more money they make," she explained.

LHS sophomore Renee Miller. Photo courtesy of Miller.

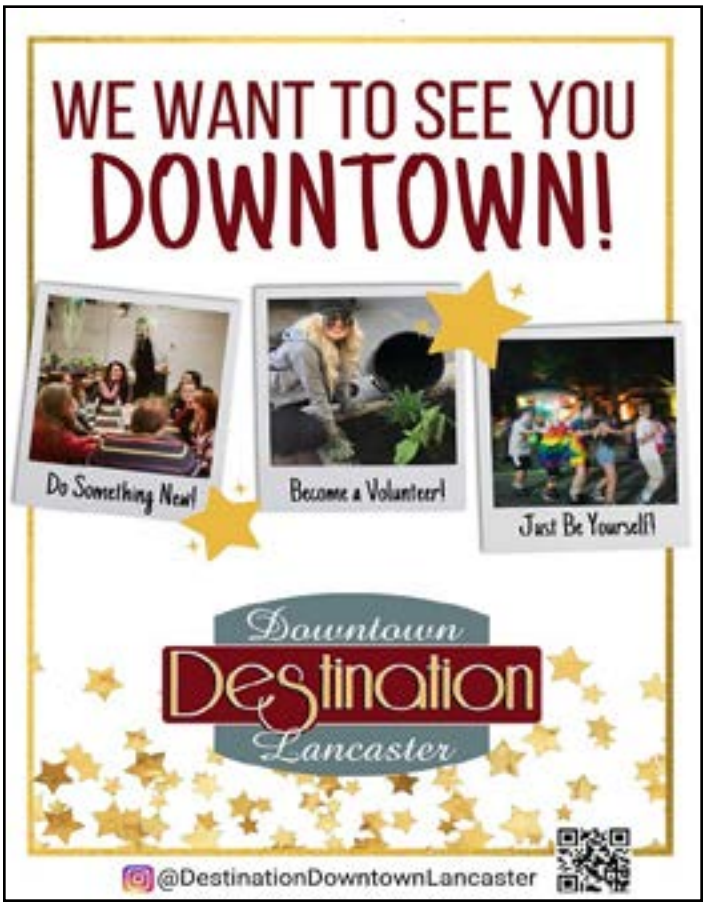
But LHS sophomore Renee Miller disagrees and said she thinks there is a positive side to displaying these topics on television.

"I believe the production team that writes and puts together these shows, books, or movies, adds these details for people to educate them or help them understand on these sensitive topics," she said. "Although it may seem as though the producers are putting all of these illnesses and addictions into this series, in my head I'm seeing it as an opportunity for viewers to see some of many mental or emotional illnesses or SUD (substance use disorder)."

Miller gave some ideas for what teen show executives and writers can do to make these important subjects more realistic and less glamorized.

"I think executives and writers of shows just like Euphoria can make these sensitive topics better if they're more introduced in a much more serious or thoughtful manner," she said.

Shoaf also had some suggestions. She suggested that personal experience be used for writing the script. She also said to separate fiction from reality and to have a message at the end of an episode to display hotlines. When depictions of mental illness are finally shown center stage in pop culture, it can be a relief to those who suffer silently knowing they are not alone in their feelings (Northwestern Medicine).



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