

hilite

CARMEL HIGH SCHOOL NEWSMAGAZINE
VOL. 84, NO. 8 | MARCH 20, 2020

INCLUSION

REVOLUTION



CHS leads way in expanding
programs to promote inclusion

PAGE 26 | NATALIE KHAMIS, SARAH KIM

* See next page for a letter from the editor



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Dear reader,

The information in this issue—originally scheduled for publication on March 20—was written and produced prior to news regarding school cancellation from the COVID-19 virus. Student staff members worked hard to produce this content and, despite the circumstances, we still wanted readers to have an opportunity to see it.

Thank you for your continued readership,
Da-Hyun Hong, Editor-in-Chief

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The HiLite is a student publication distributed to students, faculty and staff of CHS with a press run of 4,500. Copies are distributed to every school in the Carmel Clay district as well as the Chamber of Commerce, City Hall and the Carmel Clay Public Library. The paper serves as a public forum and two-way communication for both the school and the community. Opinions expressed in the newspaper are not those of CHS nor Carmel Clay system faculty staff or administration.

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Responding to the HiLite: Letters to the editor will be accepted for the April 23 issue no later than April 2. Letters may be submitted to Room C147 placed in the mailbox of Jim Streisel, emailed to management1920@hilite.org or mailed to the school. All letters must be signed. Names will be published. (Letters sent via email will be taken to a student's SRT for them to sign). Letters must not contain personal attacks against an individual and may be edited.

Corrections and clarifications: On page 11, of the Feb. 21 issue, senior Mofetoluwa "Mofe" Koya's name was misspelled as "Mofey." On page 17, the pulled quote should be attributed to sophomore Sophie Zhou.

The HiLite strives to correct its errors. If you notice any inaccuracies in this or past issues, please contact management1920@hilite.org.

MADDIE KOSC FRONT COVER PHOTO



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MADDIE KOSC PHOTO

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With outbreaks locally, globally, administration must help prevent sickness

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English teacher Chad Andrews has been a DJ since he was 14 years old



CHECK THESE
OUT FOR
UPDATES ON
COVID-19



@hilitenews



@hilitenews



@HiLiteOnline

RINGS AND HOBBITS

With the announcement of a Lord of the Rings TV show and Tolkien reading day on March 25, take a look into the world of Lord of the Rings

GRAY MARTENS, RILEY TERBUSH,
OLIVIA CHILDRESS GRAPHIC

LOTR PROJECT, TOLKIEN SOCIETY,
SPARKNOTES SOURCES

VILLAINS OF LOTR

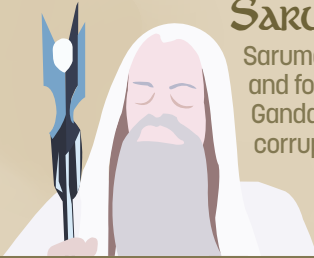
SAURON

Sauron is the main villain of the *Lord of the Rings* series and created the Ring to try and take over Middle Earth. He controls the kingdom of Mordor and is ultimately killed when the Ring is destroyed.



The WITCH KING

The Witch King is the main Lieutenant of Sauron, the main villain of the series, and leads Mordor's armies against the Fellowship.



SARUMAN

Saruman is a wizard and former friend of Gandalf who was corrupted by Sauron and attacks Rohan and the Fellowship.



The Fellowship

ARAGORN

Aragorn joins the fellowship at Bree. He is the true king of Gondor and fights to distract Sauron so the ring can be destroyed.



GANDALF

Gandalf is a wizard that organizes the Fellowship and starts the quest to destroy the ring. He acts as the leader of the Fellowship.



FRODO

Frodo is the hobbit chosen to carry the ring into Mordor to destroy it. He ultimately succeeds in destroying the ring.



GIMLI

Gimli is a dwarf who joins the Fellowship at Rivendell and has a lot of friendly competition with Legolas. He is part of Aragorn's group.



LEGOLOS

Legolas is an elf who joins the Fellowship at Rivendell and is part of Aragorn's group after the Fellowship splits.



SAM

Sam is another hobbit who is Frodo's friend. He goes with Frodo to destroy the ring and helps Frodo survive the journey.



—speak up!—

OLIVIA CHILDRESS, GRAY MARTENS SPEAK-UPS, PHOTOS

Do you think that books or movies are a better way to get into a franchise like Lord of the Rings?

"I've always been a big book reader anyways, and I started with the books as a kid. **Reading them growing up every summer got to the point when the movies came out I was super excited**, and they were actually on track with what happened in the books which made it even better."

Social Studies teacher Allyson Cooksey

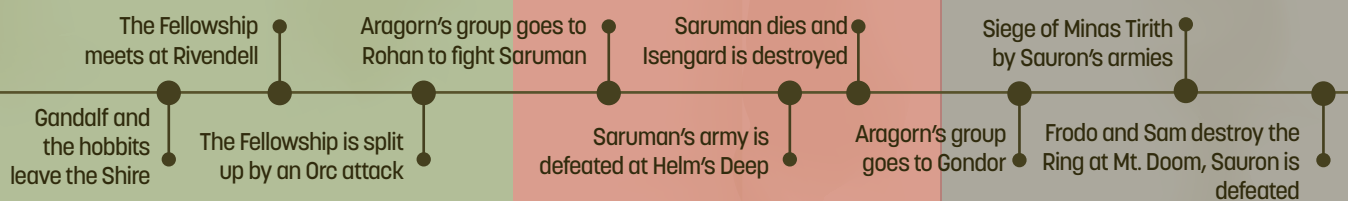


"I think that the movies give a good taste of the storyline to draw people into a series and are better for beginners. I think that books are better for if you want more complex plots and getting the full experience with the story."

Senior Ben Ring



STORY TIMELINE



FELLOWSHIP OF THE RING

Book 1954, Movie 2001

THE TWO TOWERS

Book 1954, Movie 2002

THE RETURN OF THE KING

Book 1955, Movie 2003

The Journey of the Ring



News Briefs

CADENCE ARMSTRONG **BRIEFS**

MADDIE KOSC **PHOTO**

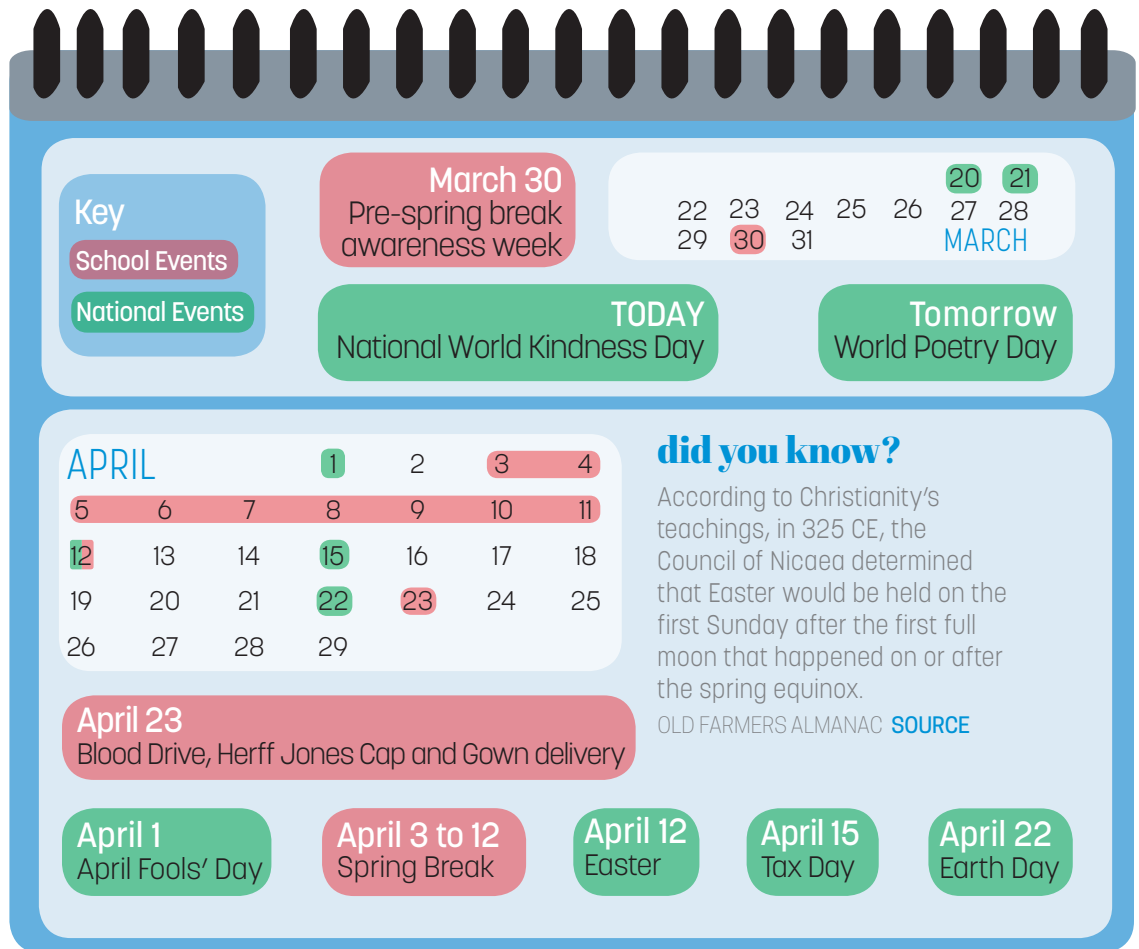
EDWARD DONG **GRAPHIC**

36

Read a story on the impact of poetry on students and staff at CHS

GREEN GANG:

Annie Surette, Green Action Club member and junior, Samantha Jackson and Ella Yates, Green Action Club members and sophomores, and Apala Poudyal, Green Action Club member and freshman, meet with Jim Poyser, executive director of Earth Charter Indiana on March 9. The club discussed their upcoming Earth Day plans and goals for the year with Poyser.



get pranked bro

Learn more about some of history's best April Fools' jokes

SPAGHETTI TREES
When: 1957

BBC runs an April Fools' television segment convincing viewers that spaghetti trees grow in Switzerland.

REDEFINING PI

When: 1998

A fake news article claimed that Alabama lawmakers set the value of pi to three. Interestingly enough, Indiana's legislature actually tried to set it to 3.2 in 1897.

POKÉMON MASTER

When: 2014

Google allows users to catch Pokémon on Google maps and offered jobs to players who caught the most. This inspired Pokémon Go (2016).

CNN, NATIONAL GEOGRAPHIC [SOURCES](#)

Better Connected

GKOMs to incorporate techniques to connect better with freshmen

VIVANG HAO Q&A, SPEAK-UPS, PHOTOS



— Q & A —

KATIE KELLY,
GKOM CO-SPONSOR
AND SOCIAL
STUDIES TEACHER

Why are you going to be one of the new head sponsors for GKOMs next year?

The current sponsors decided that after (leading the program) for 13 years that it was time for them to take a break and move on, and so (Assistant Principal Amy) Skeens-Benton approached me in the fall (of 2019) and asked if I'd be interested in this, and I love teaching in the Freshman Center. I've been a teacher in the Freshman Center for my entire career—13 years (long)—and I have seen the GKOM program just do awesome things for (students) in terms of getting them connected and making a big school feel really small and so that's kind of why I'm taking over.

We also want the freshmen to feel more like they're getting, especially second semester, tools and tricks they can use for the rest of high school.

GKOM CO-SPONSOR KATIE KELLY

What are some of the goals that you have as one of the new head sponsors?

One of my goals is to make sure that we are really keeping connections between freshmen and upperclassmen as one of our main focuses. (It's) so important, I think, for freshmen coming into (a) building this size to have at least a couple of upperclassmen that they know by name and that know them by name. So that's going to be one of my goals—to maintain those strong connections. I think the other goal is going to make sure that we are really doing what we can to help GKOMs build strong relationships with their freshmen, even if they have nothing in common outside of school.

**by the
numbers**

10
CONNECTION
SESSIONS

connection
sessions in the
2019-2020
school year

300
GKOMs

participating
in the program
during the
2019-2020
school year

CHS SOURCE

What are some changes that you plan on making for the 2020-2021 school year?

One of the things we really want to focus on is bringing a little bit more curriculum in... to help train the GKOMs throughout the year, so, rather than just having a training (session) in May, we're going to have more opportunities, potentially on connections day to get some more direct instruction. (We'll teach GKOMs to ask), "How do you connect with your freshman?" (and) "What are some techniques you can use?"... we've been talking about, trying to think about "What are skills that (incoming) sophomores are going to want when they walk in the (other parts of) the building in the fall?" (Other than that), we're going to keep a lot of (the program) the same. The bones of (this program) have been really the same since I was in high school... we also want the freshmen to feel more like they are getting, especially second semester, tools and tricks that they can use for the rest of high school.



— SPEAK UP! —

What are your current thoughts about the GKOM program?

"I like (the GKOM program). They kind of **give you a chance to be supported** by people that are older than you, so that's nice."

Freshman Nicholas Fuertges



"I think **GKOMs are really helpful** for people that just come into the school and (are) nervous; those (students are able to) **get some support** (from the GKOM program)."

Freshman Olivia Gobbi-Belcredi





SAVOR THE JOURNEY:

Bikers and runners enjoy the Monon Trail in Carmel on a fall day in 2018. The Carmel segment of the trail stretches for 5.2 miles, from 96th Street to 146th Street.

CARMEL COMMUNITY RELATIONS AND ECONOMIC DEVELOPMENT [SUBMITTED PHOTO](#)

A New Path Forward

Carmel wins bike-friendly award, plans to continue bicycling infrastructure

KASSI DARNELL [STORY](#)

VIYANG HAO [SPEAK-UPS, PHOTOS](#)

This past February, the City of Carmel was recognized by the League of American Bicyclists and awarded a bronze-level Bicycle Friendly Business award, contributing to the organization's goal

of helping to achieve a bike-friendly America. Nancy Heck, the City of Carmel's Director of Community Relations and Economic Development, said being bicycle-friendly has been a goal for the city for the past several de-



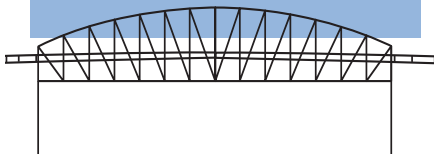
Scan this to see a guide to Carmel's extensive network of bike routes

monon updates

Check out the changes to the Monon trail coming in 2020

\$4.5 million

A new bridge spanning 38th Street, which had previously had six lanes of traffic without pedestrian crossing



\$2.5 million

An expansion of the Monon Trail by 2 feet on either side

RILEY TERBUSH [GRAPHIC](#) WTHR [SOURCE](#)

cadec, but recent developments have led to the city receiving this award.

Heck said one of the major contributor to the city's efforts to become more bike-friendly was more advertising and information about Carmel's bike routes in order to make them more accessible to citizens.

"When we do most of our publications, we try and have some bike pictures (and) images mentioned, so people know and think about bikes when they come to Carmel. So in our Year in Review, we'll mention our bikes," Heck said. "When we have our list of events...we'll have

SPEAK UP!



Sophomore Sofia Li-Harezlak

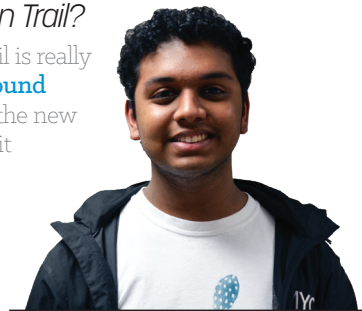
What are your current thoughts on the Monon Trail?

"I think **the Monon trail is a nice way to get outside** and get moving **but** during the night time **it gets really dark** and there are no lights (around)."

What changes would you make?

I'd probably **add more lights** so it's a bit safer to be on the Monon Trail.

"I think the Monon trail is really cool. **I like walking around with my friends** and...the new developments around it are super interesting."



Sophomore Manav Musunuru

Make (it) a little bit **wider** so it's easier to get around people.

bike pictures in there," Heck said. "We're trying to get them to use bicycling (for) tourism because more people will come and bike for a tourist destination than golf. And we all know how popular golf is. We're trying to get in that market so that when people think about bicycling, they think about Carmel."

Kevin Whited, the City of Carmel Transportation and Development Coordinator, said another major factor the League of American Bicyclists looks for is the infrastructure of the city and how much the city incorporates bicycle-friendly infrastructure, because of important is infrastructure for increasing ridership numbers.

"We put these big 10-foot side paths so they're really safe to ride down the roadways. As you build more of that, research shows the more bicycle-friendly infrastructure you have, the more people ride," Whited said. "For every one-mile trail, it increases the bike ridership by (approx-

by the numbers

27.1
MILES

Total length of the Monon Trail, from Indianapolis to Sheridan

21.9
MILLION

Total budget for Carmel Clay Parks and Recreation in 2018

TRAILLINK, CARMEL CLAY PARKS AND RECREATION
SOURCES

mately) 0.25%, a very small percentage. But as you build up these trails, more people are welcome to ride."

Sophomore Ethan Stoehr said he uses his bicycle as his primary mode of transportation. He said because Carmel has made an effort to be more bicycle-friendly, it makes it easy for him to get around.

"When you have the easy, accessible bike lanes and they're spread out throughout the city, it's really nice that you can get around without taking your car. And it's obviously more sustainable," Stoehr said. "When you do that, I feel like people are happier when you're outside and you're biking, as opposed to getting stuck in traffic."

Heck said one of the primary reasons Carmel aims to be bike-friendly is the benefits to the citizens.

"(We want to be bicycle-friendly for) the health and well-being of the people that live in the community in general, and the sustainability of it, (by) cutting down the carbon emis-

sion that a lot of cars create. And (with) that lifestyle, there's a really good mental health component of being able to get places in a slower way, and connecting with people on the street," Heck said.

Whited said that in the future, there are plans in place to increase ridership numbers. The city plans to build a bike path along 136th Street towards College Avenue, advertise more bicycling events, and get more kids involved in bicycling by creating, Safety Towns, an innovative new public education initiative.

"(Safety Towns are) like a parking lot. But like they're designed like a small town with roads and stuff, so you usually take grade school and middle school grade kids there and teach them how to ride on the road," Whited said. "We're going to work with commonplace schools in the parks department to run a lesson every third grader and then they run again through it in the sixth or seventh grade, but it's always opened. (The) Cub Scouts can use it."

While there are several plans in place, Stoehr said he hopes to see much more improvement on the bike paths throughout the city, especially near larger roadways.

"They've done a lot to increase bike lanes around Carmel. They're expanding them out on trails and trying to make that a lot more pleasant. But as far as going East to West, I don't think there's a major bike lane," he said. "They have bike lanes on the side of roads. The sidewalks are (there), but sometimes it's choppy, (and) it stops (so) you have to go onto the road, which can be extremely annoying." ■

OFF AND AWAY:

Nancy Heck, Director of Carmel Community Relations and Economic Development, explains Carmel's history with developing bike trails. According to Heck, one goal is to create a more bike-friendly environment in Carmel.



Anyone Can Donate

CHS Senate to host spring blood drive, increase student participation

CADENCE ARMSTRONG STORY

The CHS Senate plans to host its spring blood drive in early April in partnership with the Versiti Blood Center of Indiana. This has been an annual activity and is something they plan on continuing this year. However, with each year, the blood drive gathers less blood.

According to Nina Metaxas, senator and senior, the decreased amount is due to a disconnect between the school and the hospitals.



Scan here to learn more about donating blood in Carmel

— saving lives —

Take a look at the steps one must follow if they wish to donate blood

1. Patient will be asked to complete a health exam and answer personal life-style questions

Up to 3 people can be saved with a donation of blood

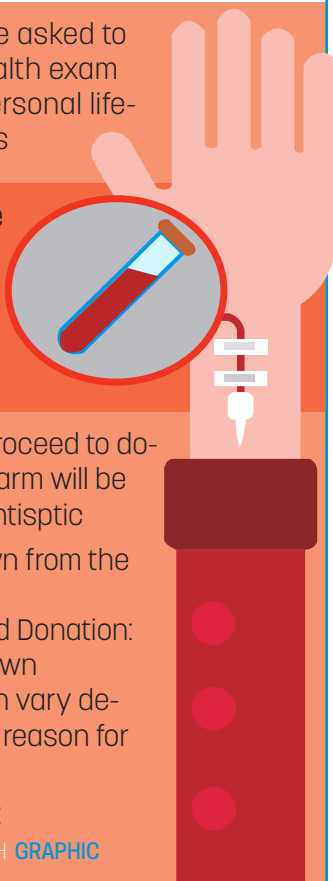
2. Patient will proceed to donor bed where arm will be cleaned with antiseptic

3. Blood is drawn from the patient

- Whole Blood Donation: 500 mL drawn
- Amount can vary depending on reason for donation

SHARECARE SOURCE

PRANAV JOTHIRAJAH GRAPHIC



Metaxas said, “(CHS) has kind of lost the sense of unity and relationship with the blood drive that it had in years past. ‘Some people’s hearts just aren’t in the right place. Frankly, some people just sign up for the blood drive to get us to stop talking to them or because their friend dared them to. Other people sometimes decide they just don’t want to go. Since no one’s showing them that a patient is waiting for you at the hospital, sometimes they just don’t show up.’”

The blood collected from the annual blood drives are donated to local hospitals, including Riley Children’s Hospital. As a result of the decrease in donations, these hospitals are affected.

According to Metaxas, the hospitals plan surgeries around the blood drive as they rely on CHS’s donated blood.

Metaxas said, “We have hospitals that rely and schedule surgeries around our donations. Repeatedly over the years when we don’t get as much blood donated as we say we will, there are people in the hospital that have to wait (for their surgeries). Your donation could go to your classmates’ parents or the person next to you at the grocery store.”

Michelle Foutz, Senate sponsor and social studies teacher, said the problem with the amount of blood collected lies with people following through with their sign-up.

Foutz said, “The amount of people we sign up is not the issue. The problem is getting people to show up. The number of people who sign up is the same as it’s been in years past. When you know someone who is sick that could receive the blood, you’re more inclined to do it. Also, House members used to be able to get points for giving blood but that’s no longer the case. I think it is im-

“(CHS) has kind of lost the sense of unity and relationship with the blood drive that it has in years past.”

SENIOR NINA METAXAS

perative that we show them how important it is to give blood.”

According to Foutz, in an effort to increase the amount donated, the senate has tried different things to improve the outcome.

Foutz said, “We’ve pushed the fall blood drive back to allow fall athletes to donate as well as offered incentives like a raffle. Also, (senators) work two weeks of lunches, and do promotion videos.”

Despite their efforts to increase the amount of donated blood, both Metaxas and Foutz said the blood drive faces hesitation with false assumptions on eligibility as well as incorrect accounts of giving blood.

Metaxas said, “I think there’s a big stigma behind donating. If we know one thing about Carmel High School, it is that the kids like to exaggerate. There’s a lot of stereotypes and horror stories that people make up when in reality it is just a very rewarding and helpful (thing) to do that saves people’s lives in the hospitals.”

According to Grace Barney, senator and junior, the mindset of CHS has also changed.

Barney said, “CHS is now focused on academics. Some students simply don’t want to miss class. Also, some think that it is going to hurt really bad when really it is not that bad.”

Talk to My Art

Art students to compete in Scholastic Art Awards on March 22

CADENCE ARMSTRONG **Q&A**

PRANAV JOTHIRAJAH, GRACE BELT **PHOTOS**

Q&A

SOPHOMORE ELLIE SHEN

What are the Scholastic Art Awards?

They are [awards meant to recognize students in Indiana for their art work](#). They focus more on the meaning of the piece rather than technicity.

What was the meaning behind the piece you won your award for?

My piece was called “[Poker Face](#)” and it is really an emotional piece meant to show there’s a [lot of things hidden behind someone’s facade](#).

What advice would you give to students considering entering the art awards?

I would recommend entering because even if you think you can’t win, [you never know what \(could\) happen](#) and a lot of things of that you’re judged (are) not on technique, so just take that chance.

What advice would you give to students submitting their art?

[Enter the piece you are most confident in](#) and enter something you have a [strong connection with](#) because those are often the ones that win.

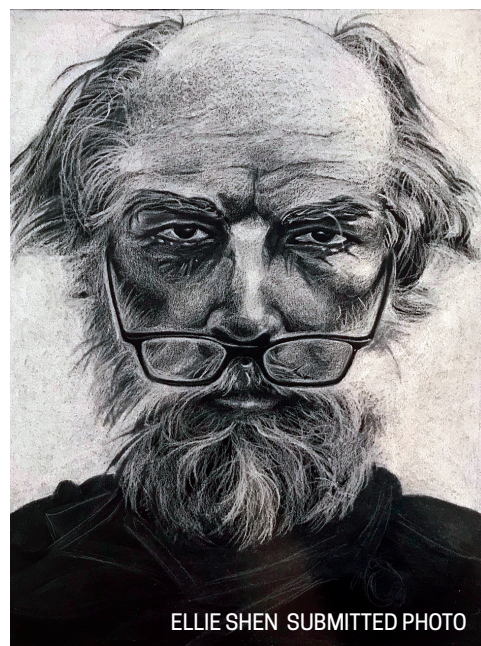
ART DEPARTMENT HEAD JENNIFER BUBP

How would a writer go about submitting their work for the Scholastic Art Awards?

They can enter at www.artandwriting.org and their website will tell you how to submit. Entries are usually due right before we leave for (winter) break, so around late December.

What type of writing can be entered for the Scholastic Art Awards?

Poetry, short stories, a portfolio of short stories, narratives, memories, essays; there’s a bunch of different categories with specific requirements for each.



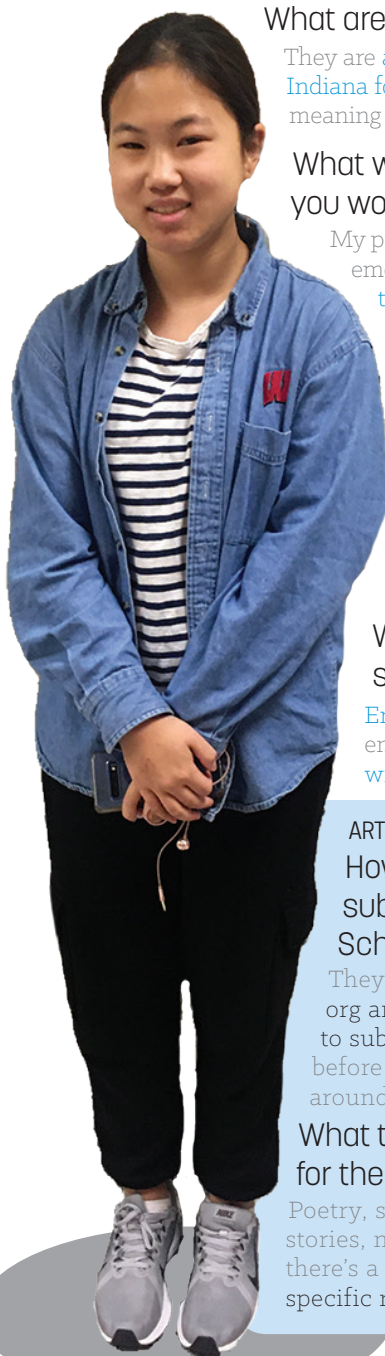
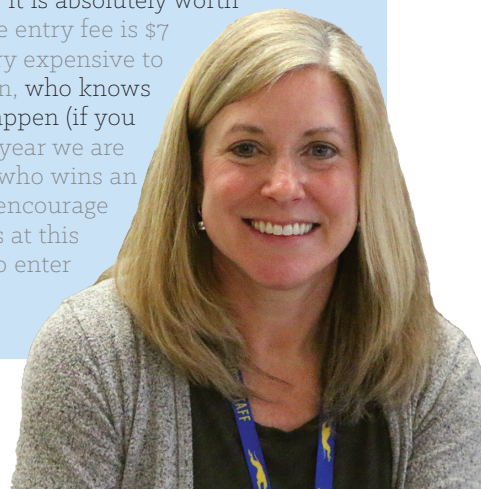
ELLIE SHEN SUBMITTED PHOTO

POKER FACE:

This drawing, “Poker Face”, by sophomore Ellie Shen, represents the hidden emotions seen behind peoples’ faces. Shen submitted this for the Scholastic Art Awards in 2019.

What would you say to someone entering the competition?

First of all, just enter (in the competition). If you are a student that loves to create or loves to write, it is absolutely worth it to enter. The entry fee is \$7 so it is not very expensive to submit. I mean, who knows what could happen (if you enter)? Every year we are surprised (by who wins an award.. I just encourage more students at this high school (to enter and compete).



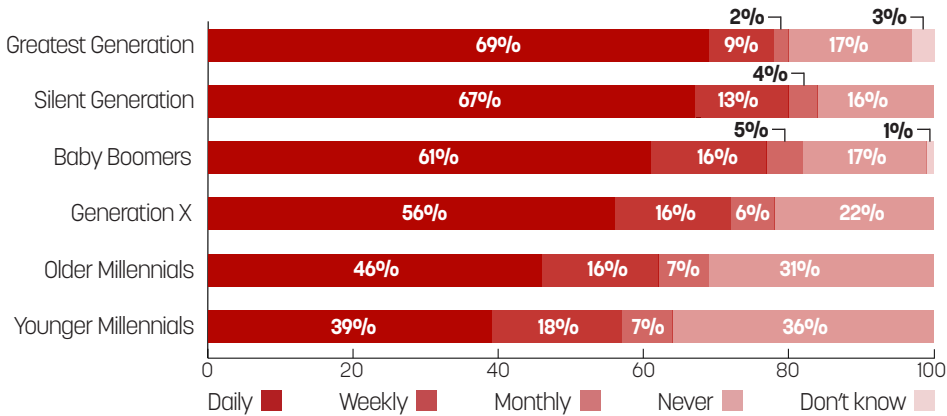
Faith in Faith

Students, priest practice their religion in modern day society using traditional core values

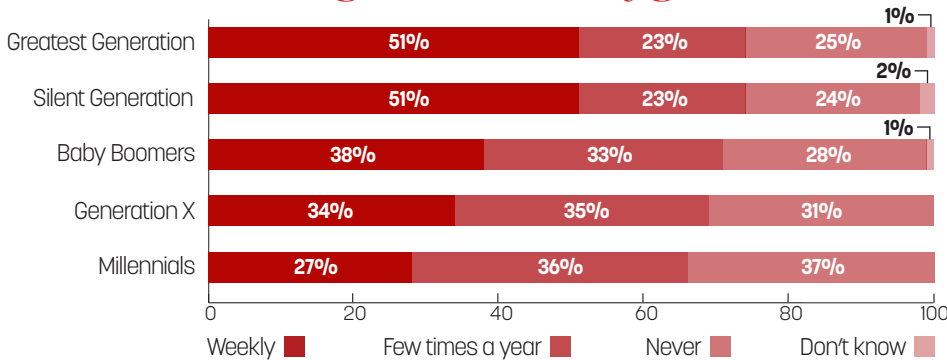
CLARE DIERCKMAN, VICTORIA NOPPORN PHOTOS, GRAPHICS, Q&A

frequency of prayer by generation

PEW RESEARCH CENTER SOURCE



attendance at religious services by generation



MOTHER MARY:

Sophomore Anne Conway prays the rosary in her church's nave, or the area where mass is celebrated. "Praying the rosary is very relaxing for me," Conway said. "Mary is my spiritual mother, and going to her with my struggles is very relieving."

Q&A

Why do younger generations view religion differently than older generations?

I would say that people value faith more during times of suffering. Our recent history in the United States is one of relative peace and prosperity, which also comes with challenges. Speaking about my own life, I came to know God in the context of suffering and difficulty.

How do you recommend that public high schoolers stay in touch with their religion?

I think that every young person needs to consider faith. You are always welcome at my parish as well as any other Christian church. I think you just have to look at your life without faith and with faith. I have no doubt that a life with faith is better.



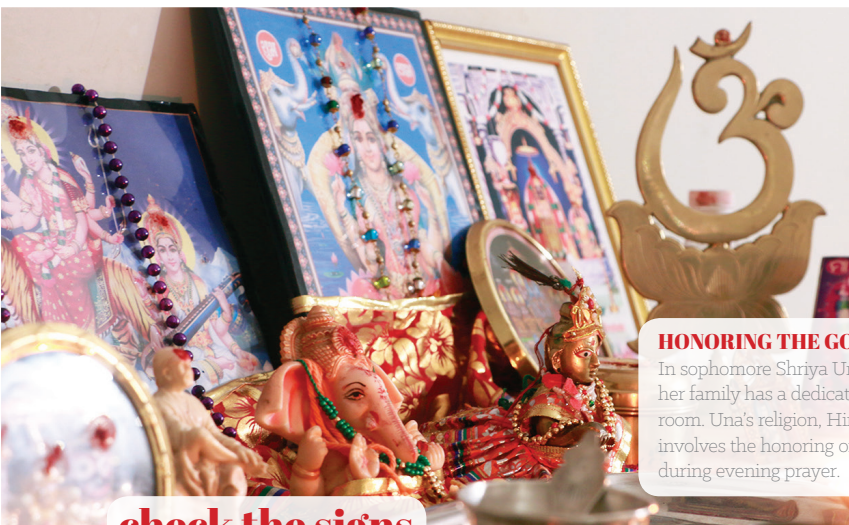
Scan this to read the full Q&A online



FATHER RICHARD DOERR

IN PRAYER:

Senior Linh Nguyen prays to a sacred relic in An Lac Temple on Nov. 17. The temple not only gives a place for worship to Buddhists, but also provides meals and different youth groups for the community. Nguyen said "I've been coming to this temple since I was a child, so it holds very dear in my heart."

**HONORING THE GODS:**

In sophomore Shriya Una's home, her family has a dedicated prayer room. Una's religion, Hinduism, involves the honoring of many Gods during evening prayer.

**LIGHT OF THE WORLD:**

Sophomore Anne Conway lights a candle in Our Lady of Mount Carmel Catholic Church's narthex. The candle, Conway said, "symbolizes light in darkness." In Catholicism, candles help honor those who have passed. Some candles have images of saints printed on the outside.

check the signs

Take a look at the different symbols used during the most prevalent spring celebrations for Christianity, Buddhism, Hinduism and Judaism

BRITANNICA SOURCE

HINDUISM

During Holi, the Festival of Colors, Hindus celebrate the coming of spring by throwing bright colored powders and waters at each other.

BUDDHISM

The lantern symbolizes wisdom, in that it brings light to the world. Lantern lighting is an important ritual in Buddhism which pays respect to Buddha

JUDAISM

The Passover Seder plate is a special plate containing symbolic foods eaten or displayed at the Passover Seder.

CHRISTIANITY

The cross symbolizes the crucifixion of Jesus. Christians believe that Jesus died for humanity, resurrected from the dead and will eventually return.

Future of Farming

In light of World Agriculture Day on Tuesday, students in agriculture stress importance of maintaining industry

LEAH TAN **STORY**

SOWMYA CHUNDI, CALINA HE, RAY MO **PHOTOS**

Although Indiana is a state commonly known for its agricultural industry, Carmel tends to stray far from representing that stereotype. However, for junior Drew Sanchez, agriculture is a topic of interest, so much so that he wishes to pursue a career in it.

"Most people think when I want to pursue an agricultural related career, that I want to become a farmer; however, agriculture is about a lot more than farming," Sanchez said. "Although farmers make a portion of it, there are hundreds of other jobs in all domains of science and policy that go into the holistic industry in America, and agricultural economic policy particularly interests me."

Sanchez attributes his passion to the resources offered at the school. He specifically found his passion through his AP Human Geography class. Each year, every AP Human Geography student submits a paper

for the World Food Prize (WFP) Global Youth Institute in which they have the opportunity to be rewarded for their research on a critical aspect of an agricultural issue. For Sanchez, this was the turning point.

"The WFP is pretty much the agricultural equivalent of the Nobel Prize. It is awarded once a year to an outstanding individual in any domain of agriculture," Sanchez said. "I participated in the WFP Global Youth Institute where I wrote a paper about an issue faced by a country, or specifically infrastructure in Ethiopia. Through the entire process, I learned about how multi-faceted the actual industry is and quickly grew a strong interest in it."

Unfortunately, Sanchez's level of passion is one that is not commonly shared among others. According to social studies teacher John Carter, there has been a lack of interest in agriculture among the student body.

by the numbers

56,649

farming operations in Indiana

\$31.2

BILLION is the contribution by agriculture to Indiana's economy

96%

of farms in Indiana are family owned or operated

IN.GOV **SOURCE**

"We used to offer more resources like the Future Farmers Association at the school; however, the lack of demand among the student demographic ultimately made (the resources) go away," Carter said.

This trend of disinterest is not only a local issue. According to the United States Department of Agriculture's (USDA) National Agricultural Statistics Service, the number of young people entering the field of agriculture fails to keep up with the pace of which others age out of the field. In fact, the average age of all producers increased from 56.3 to 57.5 years from 2012 to 2017.

The stigma has caused significant damage to the industry: the USDA has estimated that more than 20,000 agriculture jobs go unfilled each year.

Even more pressing is how important the agricultural industry is for the U.S. economy as well as how much more relevant the agricultural industry has become.

According to the USDA, agriculture contributed \$1.053 trillion to U.S. gross domestic product (GDP) in 2017, a 5.4% share. Furthermore, in 2018, 11% of total U.S. employment was in the agricultural industry, and employment in agriculture industries supported another 19.4 million jobs.

"Especially with the Trump trade deal with soybeans in China, it's crucial that we maintain a solid agricultural industry," Carter said.

Carter said he believes the issue lies within the misconceptions associated with the agricultural industry.

"People are discouraged as they still believe that you can't get paid well in the industry or that you have to farm and do manual labor, but there are many different jobs and careers that stem from agriculture,"

farming fates

Take a look at the median salaries of careers in the field of agriculture

BIOLOGICAL TECHNICIANS

Conduct field samplings of the air, water, soil and crops to improve yield, quality and adaptation to mechanization, climate and pests

NATURAL SCIENCES MANAGERS

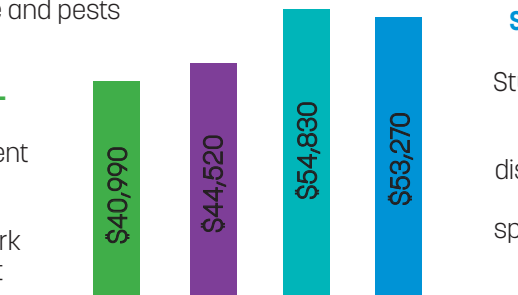
Oversee research, develop projects and coordinate activities including testing, quality control and production

SOIL AND PLANT SCIENTISTS

Study the physical and chemical properties, distribution, origin, history of and species that make up the soil

AGRICULTURAL INSPECTORS

Design equipment and tools that make agricultural work more efficient



MEDIAN SALARY

BLS **SOURCE**

SOPHIA HAWKINS, UMA KANDALLU **GRAPHIC**



Scan this to
read about
4-H, an
agricultural
organization

Carter said. “In fact, agriculture has modernized significantly. Small farms have been disappearing and commercial farms are taking over right now; however, we’ve seen a lot more self-sustaining farms that are privately owned by families.”

But even so, such self-sustaining farms are found within CHS’s own demographic, showcasing how relevant agriculture is even in urban Carmel.

Junior Max Chang is one student who lives on a self-sustainable farm.

“We farm apples, asian pears and other vegetables,” Chang said. “While we sell some of these locally at farmer’s markets, the majority of them are for self-consumption. When it’s in season, about 70-80% of our food comes from our own backyard.”


Because of his lifestyle, Chang said his view on life and agriculture has been changed for the better.

“There’s a lot more to nature,” Chang said. “Being so close to it and having the ability to cultivate it really makes you more appreciative. Agriculture itself is hard and complicated, but the benefits are unique.”

Sanchez said he also finds his view on the agricultural industry changed for the better.

“People underestimate agriculture in a lot of ways, but it’s important to realize the future of humanitarian aid is heavily based in agriculture as well, so this is always an industry that will always be crucial,” Sanchez said. “I hope people don’t rule it out when deciding career paths and take the time to seriously consider going into the industry.”

Even more so, Sanchez said that the process helped him learn a valuable life lesson.

Sanchez said, “I learned about my passion for agriculture through the school and that made me realize that you are (going to) find opportunities where you least expect it sometimes, and make sure to take them seriously. You never know what kind of doors that might open.” 

YOU REAP WHAT YOU SOW:

(TOP) Junior Max Chang mows the grass along the box plots on his farm, Nujac Gardens. Chang said the maintenance of a farm requires many responsibilities including this one.

(BOTTOM) Junior Drew Sanchez practices his presentation for the World Food Prize on stage. Sanchez’s presentation included details on agroecconomics and how global warming will affect agriculture.



Deciding Diets

In light of World Health Day on April 7, changes in diet lead to improved mental, physical health amongst students

UMA KANDALLU STORY RAY MO PHOTO

Junior Melissa Su typically starts off her day by eating a breakfast with eggs. She then prepares a lunch centered around vegetables and ends the day by eating a protein-focused dinner. Su said she follows a diet in which she doesn't eat processed foods Mondays through Fridays but eats how she wants on weekends.

Su also said she had previously tried other diets, such as ketogenic, but often found herself hungry and unmotivated. This led to her to look for a better alternative that would allow her to feel good about what she was putting in her body and eat a balanced diet. After making this dietary change about a month ago, Su said she feels more motivated to exercise regularly and maintain a balanced diet.

"I think it definitely has helped my physical health and (prevented) overeating because I am getting all my nutrients and not tricking myself. I feel like I'm eating a pretty balanced diet and I think that also makes me want to exercise more," she said. "I have definitely felt more motivated to exercise when I became healthier

in comparison to when I didn't really care (about my diet)."

Since 1950, the World Health Organization (WHO) has organized World Health Day on April 7. Every year for World Health Day, WHO strives to raise awareness around a specific area of health. Though the theme for 2020 is nurses and midwives, major topics in the past few years have revolved around ways to improve mental and physical health.

A recent study conducted by the scientific journal PLOS ONE found that limiting highly processed foods and increasing the consumption of whole grains, fruits and vegetables led to reports of improved moods and overall physical and mental health from participants.

Caleb Hall, health and wellness education teacher, said one's diet impacts virtually every aspect of their health and is a critical factor in the overall well-being of students.

"Understanding what you're putting in your body plays a role in your mood and how you perform every day at work and school," he said.

by the numbers

54%

of adults, on average, are on a diet

150

MINUTES

of exercise each week has been shown to make diets more effective

5%

OF WEIGHT LOSS

can bring significant health benefits

HEALTH RESEARCH FUNDING SOURCE

Hall also said that improving one's diet to be healthier can boost mood and energy.

"What we eat absolutely affects our mood. If we are choosing things that are nutrient-dense, things that can provide our body with energy, then we have more energy throughout the day and that helps us feel better," he said. "If we're eating junk, we could feel lethargic, lazy or kind of down. Breakfast is the most important meal of the day, so you should have lots of nutrient-dense things in your breakfast to provide you with energy so that you're in a good mood all day."

Meghan Wilson, registered dietitian for Carmel Clay Schools, said she agreed with Hall on how diet impacts many different aspects of life.

"Food plays a major role in how a person feels physically and mentally, so if you are making major changes to your food choices, it will inevitably affect other parts of your life," Wilson said via email.

Su said she was careful when creating a diet to suit her personal needs as she didn't want to miss out on having essential nutrients in her diet.

"A lot of people (diet) solely for weight loss, which is a good reason, but at the same time sometimes people take it too far. And with diets like that, you could easily not get the nutrients you need. That's also why I switched to non-processed (carbs) because that way I would still get the nutrients I needed," she said. "But I would definitely say doing the diet for the wrong reasons can really impact your mental health and then end up making you really anxious. There's no point in putting your body through something like that, just for the wrong reason."

Wilson agreed with Su about diets designed for the purpose of weight

weights to diet

Take a look at a few different types of diets

MEDITERRANEAN DIET



This diet consists of **plant-based foods** of vegetables, beans and whole grains as well as **moderate amounts of poultry**.

VEGAN DIET



Vegan diets are made of **only plant-based foods**. This diet includes fruits, vegetables, soy, nuts, dairy alternatives and whole grains.

KETOGENIC DIET



The ketogenic diet is a very low-carb, **high-fat diet** that focuses on **reducing carb intake** and replacing it with fat.

SARAH ZHENG, WENDY ZHU GRAPHIC HEALTHLINE, MEDICALNEWSTODAY SOURCES



MEAL PREP:

Junior Melissa Su divides her lunch into individual boxes to make it easier to bring in the morning. Su said she started focusing on having a more balanced diet last month.

loss. She said those types of diets can have both a positive and negative effect on students' lives.

"Sometimes there is not enough education that goes into these changes and it can cause a multitude of negative effects including malnutrition, deficiency in important vitamins and minerals, unhealthy weight gain or loss (and) brain function can suffer if it is not being properly fueled," Wilson said. "Depending on the person's needs, weight gain or loss can be a healthy outcome as well as increased energy, short term and long term health benefits and a boost in mental health."

Vegan and sophomore Yashaswini "Yashu" Battina said her change in diet had a positive effect on her health as it led her to stop eating certain foods.

She said, "I stopped eating a lot of sweet foods just because a lot of desserts contain animal products. So now I don't really eat sweet stuff anymore, even if it is vegan, it's just not my thing anymore."

While Su said the health benefits she has gained from this diet make it overall worth it, she also said she encountered difficulties along the way.

did you know?

"Structured cheating," or occasionally having planned meals for eating your favorite foods, can help you maintain your diet by curbing cravings and preventing accidental binge eating. However, this may not work for certain diets like the keto diet, which require strict adherence.

MAYO CLINIC
SOURCE

"A struggle with (having) a Chinese family (is that) a lot of the foods in Chinese culture have a lot of rice in them," Su said. "And since rice is a processed carb, it's hard to eliminate that from my diet."

Battina said she has also reaped benefits in terms of physical health. She said she saw her quality of sleep improve after making adjustments to eat cleaner food.

"I have found that I am sleeping better," Battina said. "I am eating a lot more vegetables, which is great. For me, my diet has to be controlled to a certain extent because I am a diabetic, so I do have to have a certain level of control over what I eat, so it has been better for blood sugar."

Speaking from personal experience, Hall said in addition to improving sleep, healthy diets can also improve the social and emotional aspect of one's health.

"I think the better you eat, and also the more you exercise, the better sleep you can get every night," Hall said. "It also helps with relationships. When you talk to your friends, your parents, your teachers, your colleagues, whoever, and you're in an overall better




Scan this
to read a
story on
vegan diets

mood, those relationships improve and can be more positive."

According to Wilson, if students develop a balanced and sustainable diet, they may reap benefits in both mental and physical health.

"If a student is fueling their body with whole foods, getting a balanced diet in terms of macro and micro-nutrients and eliminating unhealthy foods and beverages, it will improve all of those factors," Wilson said. "Focus, mental health and sleep will all improve if the body is being well taken care of on a consistent basis."

Su said that while changing her diet was an expected change, she is extremely pleased with the result and it has helped her feel better about herself.

She said, "I would not have expected myself to ever start anything like this. It requires a lot of time, but at the end of the day I do feel healthier, and I just feel better about what I am putting into my body." 



JUNIOR SOPHIA "SOPHIE" SINDER

"Whenever I show up to whatever S.T.E.M. event it may be, I feel like I'm always kind of given a judged look based on my appearance or based on who I am. When they hear more about who I am and what I like to do, they're so shocked; that's always the initial reaction. Everyone's like, 'Oh, I thought you would say something so stupid.' That's always just kind of been the running theme with me. I wish that would change because **your appearance shouldn't dictate who you are and what your thoughts are, but it does and it's definitely taken into account.** I feel like if people didn't (judge based on appearances), I don't know where I would be—maybe much more successful because people just wouldn't care what you look like, and **how smart you are would be the only factor in how they perceive you.**"

RAINFALL: Junior Sophia "Sophie" Sinder measures the amount of rainfall in a stormwater retention basin in her neighborhood. This is part of her internship with the Borlaug Raun, an organization that focuses on sustainability, especially in agriculture.



S.T.E.M. inism

GRACE XU Q&AS

SHRUTHI RAVICHANDRAN PHOTOS

JUNIOR BRIANA CHEN

"When my physics teacher was doing a lecture on kinematics—it was basically the first unit of the year—it made so much sense to me. It was amazing because it was how the world works. Then, I remember the first time I went home and grinded physics. It's not an interesting story, but I remember feeling like, 'This is so exciting.' It's interesting because **in my physics class we had a pretty even spread...** it was not just two or three or four (girls). I feel like, in my experience, it's been pretty even. I'm taking digital electronics right now... there are only a few girls in the class, I don't think it's really impacted me that much. **I don't think so much about the female or male ratio. I think more about the learning process, learning things and being surrounded by people who want to learn as well.**"

DIGITAL ELECTRONICS:

Junior Briana Chen works on her final project in digital electronics. Chen said while the distribution of boys and girls is pretty even in her past physics class, there is a lack of girls in her digital electronics class.

HONORS CHEMISTRY TEACHER CYNTHIA HENRY

"I worked as a chemist at Eli Lilly and Abbott Laboratories, which are pharmaceutical companies... Then, I had children. So I stopped; I quit working and I didn't work for a long time... While (my kids) were growing up and going to school, I kind of went to school with them. I volunteered at their school, I did the PTO thing, and I actually was spending more time at school than not... I started subbing in the schools, and I decided I liked subbing in the schools... I decided that when (my kids) were older that I could go back to work full time, and I decided to go back to school again. I did the Transition to Teaching program and I got a master's in teaching, and then I got a job teaching... I decided to merge my love of being with kids and teaching kids with my love of chemistry, and now I teach chemistry."

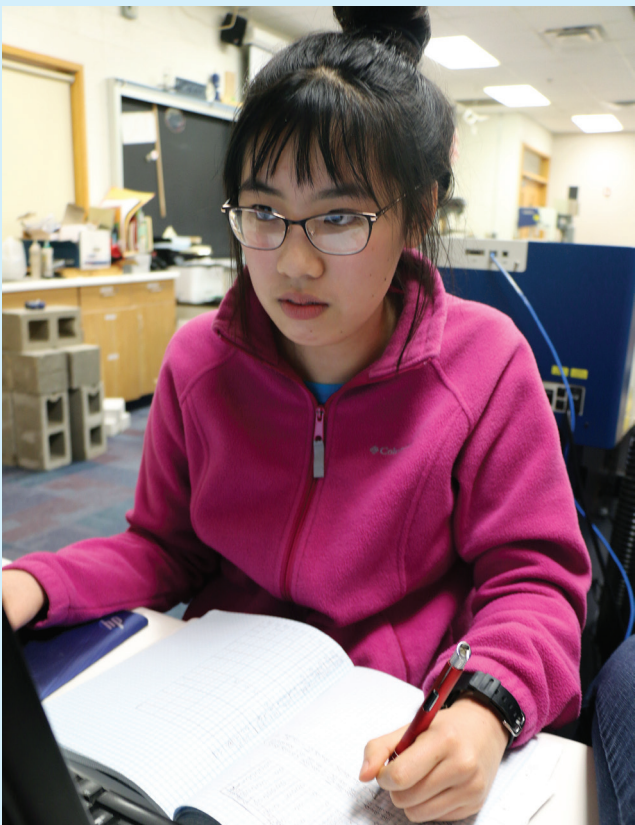
HELPING HAND:

Honors Chemistry Teacher Cynthia Henry helps a student during SRT. Henry said she wasn't always a teacher and had worked as a chemist in the past.

In honor of Women's History Month, teacher, female students share their experiences in science



Scan this to read more Q&As with women in science at CHS



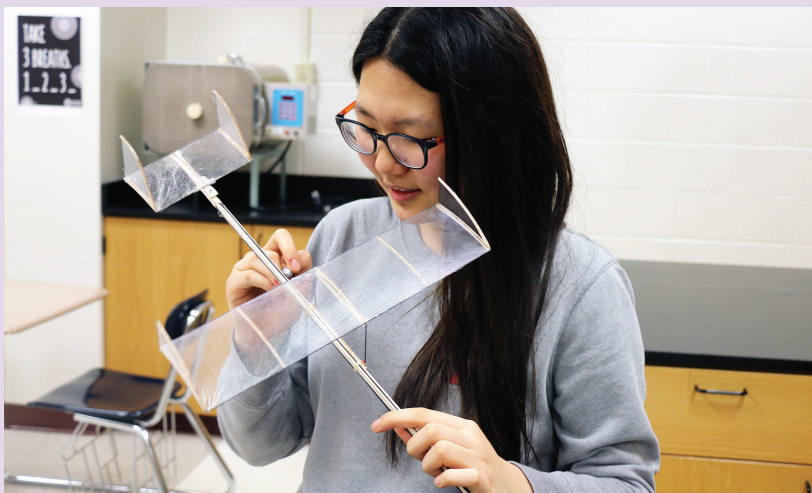
HILITE.ORG 19

SENIOR IRIS YAN

"At chemistry camp (for Chemistry Olympiad) this past summer, there were only two girls and 18 guys, which was not great. There's always just less women. I don't know if it's stereotypes; it's just, you feel like you're like always in the minority and people do realize that. I feel like there's this inherent perception in people's minds that it's just all these guy scientists, right?... Because there's less girls, sometimes I get the perception that people think you're not as smart. The other side of that is there's this responsibility to prove yourself more, just because you're not the norm there (as a girl), so it's like you have to prove that you're supposed to be there."

BUZZER BUSY:

Iris Yan, Science Bowl president and senior, sets up the buzzer system for Science Bowl members during practice. Yan said her family influenced her interest in S.T.E.M. as both her parents were chemists and she grew up looking through chemistry magazines.



SOPHOMORE JINHEE WON

"In the beginning, I had no clue what I wanted to do. But I was exploring around, and I found it really interesting how everything works together in the body. Especially through (principles of biomedical science) and honors Biology, I was inspired to start studying biology... (Science is) definitely a crucial part of my identity. I'd definitely continue it in my future, because first and foremost, I find it really interesting."

WRIGHT STUFF:

Jinhee Won, Science Olympiad member and sophomore, makes minor changes to a wooden plane. The plane is for Science Olympiad, a 23-event competition.



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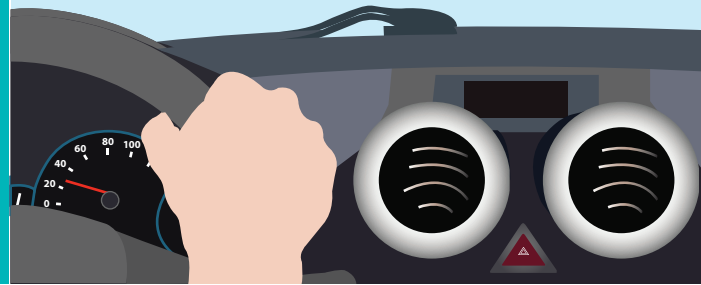
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vs
GIRLS

GLOW RIDE

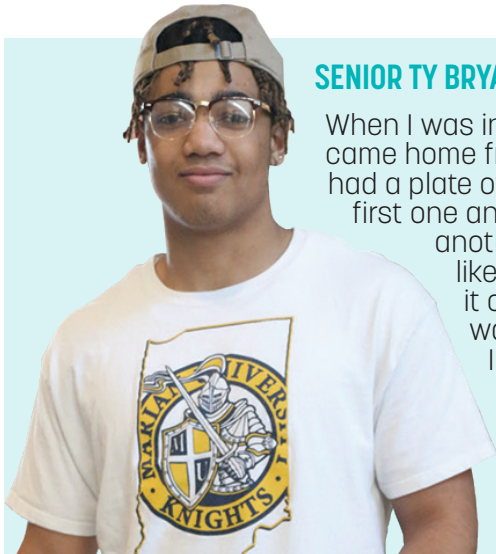


TWO RIDES
Monday
April 27th &
Thursday
April 30th
6:00 pm

Humans of CHS

As April Fools' Day approaches, students recount memorable pranks

HANNAH GRETZ, JACKIE HUR [SPEAK-UPS, PHOTOS](#)



SENIOR TY BRYANT

When I was in elementary school, I came home from school and my sister had a plate of Oreos for me. I ate the first one and when I went to have another, I bit into it and it tasted like mint. It was so gross I spit it out right after, but my sister was laughing really hard so I knew it was her. I wasn't mad because it was actually pretty funny and I got back at her so it was okay.



JUNIOR MILES SIMMONS

One time, I put pop-its (from) the Fourth of July under the toilet seat to scare my sister. When she sat down, they all popped and she screamed. It was so funny, I couldn't stop laughing.

Choose Your Chip

In honor of National Potato Chip Day, check out these unique flavors

ANNA KLAUZ [REVIEW, PHOTOS](#)



Scan this to see more reviews



LAY'S FLAMIN' HOT CHIPS

If you have tried Flamin' Hot Cheetos, you will probably enjoy Lay's Flamin' Hot chips. Imagine taking a Flamin' Hot Cheeto and rolling it out so it's flat; that is this chip. While the flavor is considered flaming hot, the general consensus was the chip is not overly spicy or hot; it has an average flavor that isn't too overwhelming.



LAY'S DILL PICKLE CHIPS

With a lime green bag, the Lay's Dill Pickle chip is hard to miss in the grocery store aisle. The chips themselves are light and airy, but the chip mimics the popular flavor, salt and vinegar. The dill pickle flavor came out afterward, but it was not apparent during the initial consumption of the chip.



Earth Day Every Day

In honor of Earth day, students, staff practice living sustainably, discuss importance of environmental movement

MARISSA RYAN, KRIS OTTEN **STORY**

EMILY SANDY **PHOTOS**

In a school of over 5,000 students, there are bound to be different talents, terms of expression and passions, but not many can say their passion surrounds the environment like Maanya Rajesh, one of four co-leaders of Green Action Club and sophomore.

"I started off in seventh grade learning about the dairy industry and the impacts that it had on the environment," Rajesh said. "I started doing a lot of research and came across veganism, which started my path towards environmental activism. I read a lot of blogs about the importance of our environment."

Rajesh said she created Green Action Club this year because she is really passionate about the environment and what this school could do to reduce greenhouse gas emissions and bring awareness.

Rajesh is not alone in this devotion to creating a sustainable environment. Kai Tomcho, member of Green Action Club and junior, said he also does his best to live sustainably and encourages his friends to do so as well.

"I tell all my friends to take really quick showers and recycle. (They're) kind of simple things, but towards the future it will make a bigger im-

COMPOST QUEEN:

Maanya Rajesh, co-leader of Green Action Club and sophomore, carries buckets of compost materials to add to her compost pile. Rajesh said she created Green Action club because she really cares about the environment and wants to bring awareness to saving the planet at CHS.



past especially if we're saving plastics and water," Tomcho said.

Beyond the club, Rajesh said she uses the knowledge she has of environmental issues in her everyday life.

"I think it's really important to live sustainably. I really believe in practicing what you preach and a lot of the time people advocate for all these policies but when the government doesn't do its job in protecting the environment I feel like it falls back onto the people to really make a difference," Rajesh said. "Some-

thing that I really think is important is self action. Global warming and climate change are huge issues happening at very rapid rates and everyone doing the little things that they can do to make an impact on the environment—whether it be carpooling, not using plastic bags, utensils—makes a difference."

Kara House, former AP Environmental Science teacher, said she agreed with Rajesh that the responsibility of protecting the Earth boils down to each individual.

"Living sustainably can help preserve Earth's undeveloped areas and biodiversity. It can also help provide humans with clean water, air and other resources. With so many people on Earth, it's important that every person does their part to help make Earth livable for generations to come," House said via email.

Tomcho said he began this green lifestyle because of his mother who also believes in protecting the environment.

LIVE GREEN:

Kai Tomcho (left), Ella Yates (center) and Annie Surette (right) listen in on a discussion about how youth should stand up for the environment. Stoehr said he lives sustainably at home.



by the numbers

75%

of the American waste stream is recyclable

1.5

tons of waste are made by the average person per year

28

BILLION

bottles and jars are thrown away each year

DOSOMETHING
SOURCE

“(My mother’s) parents have always told her to live that lifestyle and kind of help the environment more, so then she influenced me and my sister (to do the same),” Tomcho said.

According to Tomcho, his main goal is to convince his friends to live the same type of sustainable life that he and his family do.

“Right now, I’m telling them just to reduce everything and start slow, but eventually start helping instead of doing what they do,” Tomcho said.

House said she thinks that education is at the forefront of living sustainably in the future.

“My focus is to make my own ecological footprint as small as possible but to also share ideas with others so that more and more people are informed about the importance of living sustainably and knowledgeable about ways to do it,” House said.

Likewise, Rajesh said she focuses on her personal ecological footprint.

“I have started composting at my house and I don’t use any plas-

did you know?

The most recycled items in the U.S. are used aluminum cans. There is no limit to the amount of times aluminum can be recycled. Other types of aluminum, such as car components and lawn furniture can also be recycled.

RECYCLING REVOLUTION **SOURCE**

tic utensils,” she said. “When I go to fast food (restaurants) I bring my own containers. I am a vegan and methane is a huge part of the environment and the dairy industry contributes to about 80% of that and that makes up about 18% of all greenhouse gas emissions. That being said, it’s just a really good change people can make in their lives. Through that, I have been able to reduce my own emissions.”

Tomcho and Rajesh both said they see their involvement in and outside



of Green Action Club as a benefit to the environmental movement and want to continue the initiative.

Rajesh said, “Green Action Club has definitely been able to promote our message of sustainability and educating others through one of the projects where we go to elementary schools and teach kids the idea of sustainability in order to get the message out there because it is vital to prepare the younger generations.”

With additional reporting done by Emily Sandy

ALWAYS LEARNING:

Maanya Rajesh, sophomore and leader of Green Action Club, participates in a meeting led by Jim Poyser at the Green Action Club meeting. The discussion was about how youth should stand up for the environment.

reduce, reuse, recycle

Check out how to reuse a water bottle to make a pencil pouch

THEA BERTOLINI, KRIS OTTEN **GRAPHIC SOURCES**
PINTEREST



Materials

- 2 bottom halves of a plastic water bottle
- Zipper
- Hot glue gun
- Scissors

Step 1

Wrap the zipper around one of the bottle halves and cut it so that it fits around the circumference of the bottle.



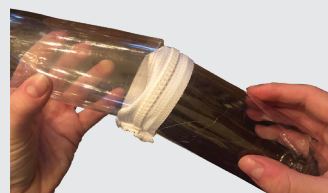
Step 2

Using the hot glue gun, glue the zipper to the top of one of the bottle halves.



Step 3

Repeat step 2 for the other bottle half so that the zipper connects both halves.



Step 4

Unzip the zipper to make sure there is no extra glue keeping it from opening.



Step 5

Add pencils, pens or markers for a recycled pencil pouch!



Scan this for more crafts

In Harmony

Inclusive programs for special needs students continue to grow at CHS

NATALIE KHAMIS, SARAH KIM **STORY**

MADDIE KOSC **PHOTOS**





Like most students her age, senior Madeline “Maddy” Paxton has a busy schedule. On Mondays after school, she rehearses with United Sound, confidently playing the violin among her fellow new musicians and mentors. Last fall, Maddy participated on the Unified Cheer team. In the winter, it was Unified Bocce Ball. Now in the spring, in addition to United Sound, Paxton will earn another varsity letter as she participates in her fourth Unified Track season, which began earlier this month.

In a school the size of this one, it can be easy for students like Maddy—who is on the autism spectrum—to feel lost in the crowd. The culture at many high schools in this country often inhibits students with special needs from getting involved across a wide variety of extracurricular activities like other students without disabilities can. However, with the establishment and growth of more inclusive programs, strides toward inclusivity at this school have allowed students like Maddy to get involved with activities that most

—49—

Read a column by staff member Emily Sandy about appropriate language regarding special needs



students with disabilities at other schools dream of doing.

Maddy explained what she liked about these programs.

“(I like) (making new) friends (and) running,” Maddy said.

A prime example of this inclusion, Champions Together, was one of the first steps toward an “inclusion revolution” in schools across the state. Champions Together was established in 2012 as a partnership between the IHSAA and Special Olympics (SO) Indiana. According to SO Indiana, the program started as a response to a challenge given to a group of 18 student athletes known as the student advisory

A FUN TIME:

Senior Maddy Paxton (right) practices reading clocks with peer and junior Elizabeth Price (left). Students were able to practice life skills through “job boxes” with the help of peers during class. In order to be a peer, students must sign up for a peer class for next year.

committee by the IHSAA commissioner, Bobby Cox. He encouraged the student advisory committee to engage in “servant leadership” in order to give back to their schools and communities.

Tasked with spreading the word about the program in 2013, Lee Lonzo, former CHS athletics director and assistant principal and now director of Champions Together, said he knew CHS would be the school where the program started.

“When I got this job, nobody knew what they were talking about because it was so brand new. My biggest job was to get the word out as to what (Champions Together) was about—get people

a special pathway

Take a look at the route students take through special education*

JACKIE HUR GRAPHIC

PARENT CENTER HUB,
GREAT SCHOOLS, THE HELLO
FOUNDATION SOURCES

**The process for every student is different and is tailored to each student's individual needs*

1. IDENTIFICATION

Child is identified as possibly needing special education through a referral for parent consent for evaluation

5. ANNUAL REVIEW

Parents and teachers meet every year to review the IEP, revising if necessary

2. EVALUATION

This may include work samples, testing, teacher and parent interviews and classroom observation



4. IEP

An IEP is created to include:

1. Current levels of educational performance
2. Academic, social or behavioral goals that can be achieved in one year
3. Action plan for special services to help the child meet their goals

3. ELIGIBILITY

School professionals and parents meet to create an individualized education program (IEP) for the student

DETOUR





Take a look at three different ways to get involved in inclusive programs at the high school

Peer Program

"My cousin has severe autism, and **working with him and helping him become the best version of himself** led me to want to make an impact on students with special needs at Carmel High School. This is my third year being a peer. I enjoy every moment of it."

Peer and junior
Nicholas Kupilas



HOW TO GET INVOLVED: sign up for a peer class for next year

TIME COMMITMENT: one of your seven classes

IHSAA Unified Sports

"With Unified Track, it gives us the opportunity to make sure we are promoting that inclusion while also building lasting friendships with the athletes."

One of my favorite things ever is to see my athlete Jason after school. He lights up my day."

Julia Heath, Unified Track member and junior



HOW TO GET INVOLVED: application can be picked up before the season in the Activities Office (in January for Unified Track, August for Unified Flag Football)

NUMBER OF MEMBERS: around 110 in Unified Track

TIME COMMITMENT: depends on the sport

Best Buddies

"I really like how all of our events are fun things. You never have to pay for anything; it's all just where everybody shows up. At best buddies, **you can be paired one-to-one with someone but there are also associate members.**"

Meg Shaffer, Best Buddies member and sophomore



HOW TO GET INVOLVED: attend call-out meeting at the beginning of the year to get more information on how to apply and interview to become a buddy

TIME COMMITMENT: many events throughout the year, additional meeting time with specific buddy

CHS BEST BUDDIES TWITTER, RIYA VERMA, ELIZABETH PRICE **SOURCES**

interested. I did that by traveling all over the state," he said. "The first stop I made was my former place of employment for 34 years. I had been athletic director when (Bruce) Wolf was assistant athletics director (he still is), so that was the first call I made. (CHS) was the first school I went to, and they were all in from the beginning."

Athletics programs are not the only way this school has become more inclusive; programs such as United Sound, a club where students with disabilities learn how to play instruments through peer mentorship, have grown in recent years, too.

Riya Verma, United Sound president and senior, said although in the past the club has been mostly driven by orchestra director Margaret Hite, they now have added new officer positions to facilitate new activities so members can get closer to one another.

She said, "Every week, when we have our meetings, (Carol You, activity coordinator and junior,) plans a new game so that we all learn each other's names and learn about each other."

"If you're a kid with disabilities and you're in the cafeteria for lunch, you probably have people making fun of you. After you start this program, they're on the same team."

Angela Paxton, Maddy's mother, said she has appreciated the initiative CHS has taken in growing these inclusivity programs. For example, Mrs. Paxton said since the beginning of Champions Together, CHS administrators and students have been receptive to the program's mission to expand opportunities to all students, regardless of intellectual and athletic capabilities.

"Carmel is the leader in the state for Unified sports. The athletics department—especially (Wolf)—really supports these programs," she said. "They readily accept the invitation to try new sports and to expand the program as a whole. We're lucky in that we have the resources to do it, but it also takes the desire to organize, to recruit coaches who want to do it, and to promote it as a sustainable program moving forward. But it also really comes down to the students. They have to want to be a part of it. And they show up in large numbers, with great spirit, tons of patience and a desire to win and to share it all with our athletes."

Elizabeth Price, president of Champions Together at this school, Special Olympics of North America Youth Ambassador, peer and junior, is one student who has helped expand these programs at CHS.

"I got really involved with Champions Together and went to all of the clinics (and) volunteered as much as I could," Price said. "I just fell in love with it, and I wanted to become president (of the club)."

She said Champions Together has been working toward creating new athletic events which has led to better awareness and expansion.

Price said, "We are definitely making strides toward a more inclusive school environment. We have had all of our clinics this year really boom in attendance and we had a very successful basketball clinic at the be- ➤



"United Sound is another opportunity for (special needs) students to be treated and included just like anybody else. It's a great club that I wish more kids could get involved in. **The best part is when they all get together and do their concert at the Palladium. It makes you cry.** They all stand up and everybody cries and claps their hands, and it's just amazing that they get up there on stage and perform in front of everybody."

Dana Lawrence, United Sound sponsor and special services teacher

► ginning of January. In past years, we have only had two or three athletes attend these clinics; now we have 20 to 30 at our clinics. People are wanting to get involved now. You see a lot of inclusion and happiness—people just being themselves without being embarrassed."

Lonzo also said he saw benefits to the implementations of these programs on the state level.

"If you are a kid with disabilities, and you're in the cafeteria for lunch, you probably have people making fun of you," he said. "After you start this program, they are on the same team. I'm talking about the cool kids, the football players, the cheerleaders, the soccer players. These kids thought it might have been good nature to give students with disabilities a hard time, but it was bullying.



UNITED WE PLAY:

(ABOVE) Maddy Paxton, Unified Track member and senior, stretches with her friends at the beginning of Unified Track practice on March 5.

(MIDDLE) Angela Paxton, Maddy's mother (right), walks with her daughter (left) on the track after Unified Track practice. Mrs. Paxton said she appreciates all the special needs programs Carmel offers, as they allow her as a parent to see Maddy be active and social with her friends.

(RIGHT) Maddy high fives a teammate during a basketball game for Hamilton County Special Olympics. Maddy has participated in all the Unified sports Carmel has offered.



Scan this to see more information about Indiana's special needs programs over time in an interactive graphic

evolution of inclusion

See how inclusion programs have evolved in Indiana schools over the years

- number of participating schools in 2013-14
- number of participating schools in 2018-19

UNIFIED CHAMPION RECOGNITION

27

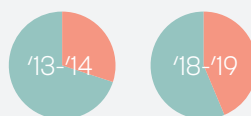
98

INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION (IHSAA) /SPECIAL OLYMPICS INDIANA (SOIN) UNIFIED SPORTS

13

120

IHSAA TRACK & FIELD



13/30 schools participated

87/144 schools participated

NEW SPORTS ADDED:
FLAG FOOTBALL (IHSAA)
BOCCE BALL (SOIN)
BOWLING (SOIN)

CHLOE SUN GRAPHIC
IHSAA SOURCE

"In so many schools, the kids with disabilities sit at a table by themselves, and now you walk in and see them sitting next to their teammates that are on the Unified Track team or the Unified Flag Football team," Lonzo added. "The principals notice that and say it makes their buildings a better place to be in. There's less bullying and less harassment. There are fewer fights. There are happier kids. It was a tipping point that we needed to reach. The CEO and president of Special Olympics told me that in the beginning of organizing this, it would feel like pushing a cart up a hill, which it did. He told me that you were going to get to the top of the hill and get to a point where I was going to be chasing after it, which is how I feel now."

But the inclusion revolution hasn't just impacted CHS. According to Lonzo, Champions Together and Unified programs have continued to gain traction across Indiana as other schools hear about the positive impact inclusive programs for special needs have.

"I got an email from the athletics director up in Fort Wayne, for example. They haven't done a thing with (Unified Sports) in the past, and now they want to join in. The more schools hear about it, the more schools want to do it," Lonzo said. "They've heard how wonderful it is. I speak to administrators all over the state all the time, and they tell me how much it has changed the culture of their building and makes it far more inclusive."

Verma said she has seen a similar effect on the school.

"It has normalized that there are different people in this world and different people in this school. There's no-



body I think that thinks that, 'Oh, just because they're special needs they can't do this.' Now, these kids are able to do things just like we are. They're able to do all the Carmel activities we can, just it's in a space for them."

On an individual level, Mrs. Paxton said she has also seen Maddy grow through these programs.

"Maddy has grown up and excelled, both in school and in the sports, because of the inclusivity of the activities. Her best friends have come from Unified sports. When she started at CHS, (Maddy) was a kid who struggled to interact with others and suffered major anxiety. Getting her into Unified sports, as well as the United Sound program with the orchestra, gave her daily opportunities to practice, compete and play alongside other students, and the friendships that grew out of that time together have been the most




Scan this to watch a video by Maddie Kosc about the students involved with the Unified programs

lasting and rewarding relationships she's ever had.

"As for competing, she loves to hear the crowd cheer and enjoys when her teams do well," Mrs. Paxton added. "And as much as it has helped Maddy grow and gain friendships, it's helped us, her parents, because we get to see her active, happy and social. Maddy's growth and confidence overall are directly related to her day-to-day experi-

ences in all of the Unified and United programs. These programs are what we will miss the most when she graduates."

When asked what made her happy, Maddy also said these programs and the friends that she has made through them truly make her high school years enjoyable.

"(I like to) have fun (with) my friends," Maddy said. "(I) dance (with my) friends." 



"I am involved with Best Buddies because I like seeing all the buddies. I like going out to lunch sometimes and doing really fun things."

Michael Herod, Best Buddies member and senior

Legatos and Legacies

Choir students to sing with alumni at Legacy Concert on April 13

VALLIEI CHANDRAKUMAR STORY VERONICA TEETER PHOTOS

For Sofi Rivera, Ambassadors member and senior, the Legacy Concert on April 13 at 7 p.m. in the Palladium will be an opportunity to meet returning CHS show choir alumni and celebrate the impact of the Carmel Choirs program. While having participated in the choir program since her freshman year, this will be Rivera's first time experiencing a concert where the dedicated efforts are solely focused on preserving and honoring the history of Carmel Choirs.

Jeff Boldt, event coordinator and parent of current and former Carmel Choirs participants, said the ideal goal of the Legacy Concert is to celebrate and welcome another generation of active community support and involvement.

"The intent is to celebrate all the teachers, directors, parents and students that have been involved for well over 50 years in the choir program," he said. "We are inviting back alumni who have gone on to do professional performing."

Rivera said everyone who helped make a positive change in the choir program and the city of Carmel itself ultimately leaves behind a legacy.

"My definition of legacy is making a mark on something that you have participated in that can affect other people in a good way," Rivera said.

According to Boldt, both the parent and music education enthusiast perspectives have given him the passion to show everyone the program's impact on the area.

"I'd like someone who is a senior at the high school, like my daughter is, to meet some of the alumni and have appreciation for the history of this program and how wonderful it really is," Boldt said. "That's what I'm going for. This program is so wonderful and I have had the pleasure of seeing the impact of the Carmel Choir program even from the elementary level."

Rivera said through her experiences as a four-year member of the choir program, she believes each choir student leaves a legacy behind.



Scan this to read entertainment reporter Emily Carlisle's column about the impact of the upcoming Legacy Concert online

"I think what I want to take away (from the Legacy Concert) is that my mark on Carmel High School doesn't end when I leave," Rivera said. "Like, there's always people who have been here before us, people who went to Carmel and were in Ambassadors are now on Broadway. It's things like that, and even if that's not something you're majoring in, you're still going to leave a mark on Carmel Choirs."

Tristan Davis, New Edition member and sophomore, said she agrees with Rivera and said the enormity of the program helps to leave an emotional impression.

"I think (the choir students) all build upon each other and we all leave behind some sort of thing that someone's going to remember," Davis said.

Boldt said Carmel Choirs gives students the confidence, by themselves, to open doors to new opportunities.

“People who went to Carmel and were in Ambassadors are now on Broadway. It's things like that where you're still going to leave a mark on Carmel Choirs.”

SENIOR SOFI RIVERA



"My senior year, I was president of Ambassadors, and to this day, that competition season still holds some of my favorite memories on stage. It's cool to see how music can touch people, especially since our set was about love and camaraderie and seizing the moment and making it beautiful."

Amanda Boldt '18

EMILY CARLISLE SPEAK UP

AMANDA BOLDT SUBMITTED PHOTO



LEAVING MY MARK:

Sofi Rivera, Ambassadors member and senior, sings during Holiday Spectacular. Rivera said the Legacy Concert inspires her to leave her mark on the choir program.

"I think the arts not only teach (students) the love of music, but it also teaches them skills that they'll use for the rest of their lives," Boldt said. "Through choir, you learn about team building skills. You'll learn a lot about work ethic; you have to be dependable."

Rivera said through its directed initiatives, the program adds an element of purity and togetherness to the community.

"I think the choir program just adds this great type of community to Carmel because it's just so welcoming and everyone is welcomed. It's not, like, enclosed or anything; anyone can be a part of it. We just love to make people happy and help people," Rivera said.

Rivera said she will graduate from CHS having learned the importance of perseverance in her everyday mindset.



"Carmel Choirs really pushes you in a lot of ways, emotionally and physically," Rivera said. "So, I think I'll just take personal growth, working hard and giving things my all (after I graduate)."

Davis said when she graduates, she wants the choir students to maintain a strong mindset combined with passion and discipline.


"I want to leave behind my love for choir and positivity to get

SURF SURF CRAZY:

Tristan Davis, New Edition member and sophomore, practices choreography during a rehearsal. Tristan said she hopes to leave behind a legacy once she graduates from the choirs program.

things done and to have a good attitude about it," Davis said.

Boldt said the participants' drive to succeed towers above other contributors in regards to their favorable performances.

Boldt said, "I think the choir students and their interests have made the Carmel High School choir program one of the most preeminent high school choir programs in the country." 

Made to Create

Dancers learn, teach, choreograph pieces as a way to express themselves

TESSA COLLINSON, LEAH TAN **STORY** MICHELLE LU **GRAPHIC** CHLOE SUN **PHOTOS**

Behind every dance is a choreographer, whether it is a professional ballet or a 30-second dance on TikTok. While most people are content with learning simple dances on their own, Anna Beringer, member of Senior Company at Central Indiana Dance Ensemble (CIDE) and junior, finds herself at the dance studio

ONPOINTE:

Junior Anna Beringer practices a dance during SRT. Beringer said she memorizes new choreography through watching videos.

nearly every day of the week to refine her skills. Currently, she is rehearsing for CIDE's Mixed Repertory show on March 29. The show will showcase choreography created by students as well as professionals.

Beringer said, "Choreography is definitely more fun than normal combinations that you do in class. It gives you a chance to express yourself and since you practice it over and over again it helps build consistency."

For Mixed Repertory, Beringer worked with a professional choreographer for one of the pieces she will perform in. She said that adds to the fun of dance for her.

"The choreographer actually had the music made specifically for the dance. You couldn't find it on YouTube or anything," she said. "I think that was really cool because (the music) really went with the piece. (The music was) very hard-hitting. There's drums and cymbals and it's very intense."

Kathrine Kouns, director of Carmel Choirs, helps select the choreographers each choir works with to create their set for the year.

"Over the years, I've worked with a lot of different choreographers and seen what they do," she said. "There are certain choreographers that are more stylistically suited for different (choir) groups depending on the demographic of the students and their abilities."

"I choreograph easy-to-learn dances, but it's not exactly super easy for me to do, so I have respect for professional choreographers who can create these beautiful pieces for dancers to perform."

SENIOR HANNAH LIU

Despite the long time period both Carmel Choirs and dancers spend practicing choreography, they are expected to learn it in a short period of time, as they have a set amount of time with the choreographers. For Beringer, despite enjoying learning choreography, she said she still struggles with it.

"Learning choreography is probably one of my biggest weaknesses in dance," she said. "I think that repetition is really important and I try to get a copy of the video of the dance and just go over it with myself again and again and again



dance 'til you drop

Take a look at the common choreography from different dance styles

COACHUP, DANCECLASS, ATLANTA BALLET **SOURCES**

Contemporary

No "established" step

Style: A mix of various dances, this style allows one's core to be flexible and emphasizes fluidity and movement over narrative.

Ballet

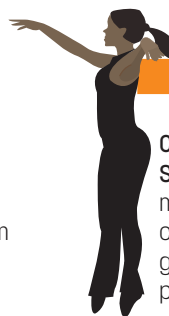
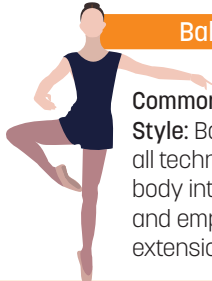
Common step: Pirouette

Style: Ballet, the mother of all techniques, balances body integration with rhythm and emphasizes form, extension and lightness.

Jazz

Common step: Chasse

Style: Jazz entails livelier movements and a dancer can focus on their center of gravity and specific body parts in parallel to the music.



BENDING BACKWARDS:

Senior Hannah Liu stretches before dancing. Liu said she choreographs easier dances for younger students to keep them motivated to learn to dance.

until it becomes muscle memory and I know it to the music.”

While it is a profession, choreography is something anyone can create. Hannah Liu, Best Crew Club member and senior, creates choreography which she teaches to students aged seven to 12.

She said via email, “I choreograph easy-to-learn dances, but it’s not exactly super easy for me to do, so I really have respect for professional choreographers who can create these beautiful pieces for dancers to perform.”


When teaching choreography to young students, Liu said she tries to make it fun for them.

“We usually start off by playing a quick game to get everyone moving and excited,” she said. “Then, we play some pop music and lead some stretches, and then we get into the steps and we just start slow until we can do the choreography up to speed with the music we chose.”

Beringer said working with choreographers is a unique experience. While it provides her with more insight on her dancing, she said it can also be stressful.

“(Having the choreographers in the room means) they can correct you and tell you what you’re doing right and wrong. They can also make changes because they’ll usually try to choose steps that are flattering to you and that you’re skilled at,” she said. “(Working with choreographers is) definitely more stressful but in the end, it’s better for you as a dancer.”

However, choreographers face stress and difficulties as well, especially when confronted with a creative block. While she has faced this before, Liu said she has found ways to work past it.

“I usually take a break from dancing and do something else,” she said. “And after I come back to it with a fresh mind, I’ll be able to think of new ideas. Or I’ll look at some other dance videos, and there’s always a lot of inspiration to be (found) from those.” 



IF IT HAD TO PERISH TWICE:

Junior Alli Johnson recites "Fire and Ice", a poem by Robert Frost, during late start on March 4. Johnson said poetry is for everybody and isn't something to be afraid of, as the subject of the poem can be whatever the poet would like it to be.

The People's Art

Student poets, English teacher strive to make poetry more accessible

SOPHIA HAWKINS **STORY** CLARE DIERCKMAN **PHOTO**

For any student of Jason ElRite, ninth grade English teacher, poetry is a regular part of his routine. Every week, he gives his students a prompt, on which they must base a poem. At the beginning of the last class of each week, ElRite takes about half an hour to stand at the front of the class and read these poems anonymously.

"I first started using poetry with my classes back in 1987. I did so because I didn't have enough ideas to fill up class time," ElRite said. "As a beginning teacher, I just didn't know what else to do."

Despite its humble beginnings, the activity caught on, and, accord-

ing to ElRite, it has largely been a hit. Reactions to the poems range from a chant of "Deep, deep," to laughs, to clapping or snapping. That part of class, ElRite said, often becomes one of his students' most beloved parts of the course. ElRite recalled an occasion in which the mother of a former student recognized his name as the teacher who made her son write poetry seven years before.

"It's a tremendously valuable experience," ElRite said. "Because we do it all anonymously, I'm the only person who knows that the quiet little person in the back is really getting a lot of positive feedback in a way they might never receive otherwise. So that can be very validating for them and it's just interesting to see the reactions."

This sentiment—that poetry can be accessible to everyone, regardless of skill—appears to be one that is shared by people all around the

did you know?

Poets use poetry for its aesthetic contents as well as for semantics. It uses a condensed form to convey ideas to the reader while using literary devices to add a musical quality.

POETRY.ORG
SOURCE

country and even the globe. Annually since 1996, the Academy of American Poets has recognized the month of April as National Poetry Month. According to the program's website, the participation of various schools, libraries, publishers, booksellers and poets has made the event the largest literary celebration in the world.

Alli Johnson, now a junior, was a student of ElRite's in her freshman year of high school.

"(Poetry was) super intimidating. It was just a sort of thing where it's like, oh, well, there are professionals who do it and I'm not one of them. So I shouldn't be doing it," Johnson said.

She said, however, that once she took ElRite's class, her feelings changed.

"I feel like my perspective, although it was still the same sort of, 'Boy, I really admire poetry,' now it was sort of like, 'Oh no, I'm actually doing it,' she



Scan this to
read a story
on emotions
and writing

poetry prompts

✂ Write a poem based on one of these prompts and share it with us on instagram @hilitenews

write advice to your past or future self

create a new emotion and write about how it feels

describe your favorite color in words

describe your favorite place and how it feels

personify the weather outside and what it would be as a person

OLIVIA CHILDRESS GRAPHIC
POETS & WRITERS SOURCE

It's really hard for people to say something they want to say. And I feel like through poetry that's an easy way.

RUNA AMIN, POETRY CLUB
PRESIDENT AND JUNIOR

said. "So I used to be passive and now I'm actually active in it."

This year, a friend of Johnson's, junior Runa Amin, started a poetry club at the school which meets every other Tuesday. Johnson, although not officially a leader of the club, attends meetings and was involved in the process of getting the club on its feet.

The club's conception went through a couple of iterations before it became what it is today. Originally, Amin planned to start a movie club, but eventually settled on poetry.

"I, (despite being) the president, suck at poetry," Amin said, laughing. "But I hope with this club I can get better at it because I feel like poetry is that one area of literature that everyone hates. (It's) super underrated. So I thought making this club everyone would be better at it. You know, everyone would not be scared of it."

2020 marks the 25th celebration of National Poetry Month and the 33rd year that ElRite has taught poetry. He said that although a lot has changed since 1987, students' reactions to poetry have remained very much the same.

"Technologies can change, social norms can change, but we as fundamental human beings have not evolved in the last 100,000 years, much less the last 30 years. And so I think our desire to communicate our ideas as clearly as possible (hasn't changed)," he said. "Words are such imperfect messengers... and so to try to relate how we truly feel to people just through words is so difficult. I think poetry, because of its form, because of its structure, allows us to do that the most accurately."

And to ElRite, that is important.

"It helps to bring us all together in our common humanity. That I can write a poem, and whatever I write about is there's going to be a large number of people who have felt the same way. Just because my skill set is in poetry, I'm able to express that," ElRite said.

Amin said she agreed.

"It's really hard for people to say something they want to say. And I feel like through poetry that's an easy way," she said. "At one point I hated poetry when I was in middle school. It's very underrated. (Some) people, they hate poetry. I know they hate analyzing it. And a lot of times, for like English projects and essays, we have to analyze a poem and compare it to another passage or whatever. And I just want to bring poetry to a better light, (so) when (people) come across a poem, they're not just like, 'Oh, no, I can't understand this.' I hope that if we learn different poetic elements that are used, and then people could enjoy it (and) enjoy its existence. No, it's not a scary monster, it's a form of literature."

Part of the goal of National Poetry Month, as stated by the Academy

of American Poets, is to "encourage the reading of poems" and "increase the attention paid to poetry by national and local media." But it's not just the Academy's goal.

Johnson said, "I just want to let everyone know that poetry is for everybody. And I want everyone to stop being afraid of poetry, because it doesn't have to be about the lover that you lost last year. It can be about your favorite food. And it can be about your family, or it could be about a TV show you like. Poetry is literally yours. And it can be whatever you want it to be as long as it's good."

IN REVERSE:

English teacher Jason ElRite reads "reverse poems" written by students in the Honors English 9/AP World History block class. ElRite said reading these poems out loud and anonymously can give validation to students who do not interact with their peers.



Horror is an Art

Junior Jordan Denis creates digital art with eerie undertones

BIANCA TEMPLETON **Q&A**

KIMMI VASIL **PHOTO**

Are there any common themes, motifs, or symbols that show something personal in your work?

There are a lot of motifs that I use. I tend to have a pretty consistent color palette that I end up falling into, like dull navy blues. I also like bright reds. My reason behind this isn't exactly symbolic, it's just that I have really bad eyesight and I can't really handle bright colors. So, I tend to fall into neutrals. For motifs in my art, it's making cute things kind of unsettling. I'm in AP Studio Art and that's the theme I'm going with, like cuteness with grotesquery, is something I like working with. Other than that, it's just whatever comes to mind or whatever the commissioner requests.

How has selling your artwork online affected you?

When I first started it, I was in middle school. Getting 20 bucks a month (from selling stickers on Redbubble) was a big deal for me because I never really had money before. But these days, I get like 30 dollars a month off Patreon and I get some 200-odd-dollars from commissions. On bad months, it's like 50 dollars and good months, it's like 450 dollars. Being an artist, there's no real consistency in your sales. So it's a little difficult, but I'm only in high school so it's not like the worst thing.



Scan this to
read the full
Q&A and
view photos
of her art
online

Entertainment Briefs

TESSA COLLINSON **BRIEFS** KIMMI VASIL **PHOTOS**



CARMEL CHOIRS

EVENING OF SHOW CHOIR

March 27 and 28 at 7 p.m.

Dale E. Graham Auditorium

EAR CANDY, A SELECT SOUND CONCERT

April 21 at 7 p.m.

Dale E. Graham Auditorium

COMPETITIVE SPIRIT (LEFT):

Aubrey Umphrey, Ambassadors member and senior, rehearses after school for show choir competitions. The Ambassador's theme this year is Moulin Rouge.

ORCHESTRA

SIDE BY SIDE WITH CARMEL SYMPHONY ORCHESTRA

Sunday at 4 p.m.

The Palladium at the Center for Performing Arts

FINE DETAILS (RIGHT):

Nicholas Tippins (LEFT) and Ryoma Okano (RIGHT), Symphony Orchestra members and seniors, rehearse Tchaikovsky's Symphony No. 4 for their concert with the Carmel Symphony Orchestra on Sunday. Janna Hymes, Carmel Symphony Orchestra director, will be directing this concert.





Step By Step

With upcoming Carmel Marathon on April 4, students share how they stay motivated for long distance running

ANGELA CHEN **STORY** VERONICA TEETER **PHOTOS**

As track season kicks off, students can be found preparing for shorter distance competitions. But for senior Vivian Zheng, her practice focuses on a different type of race this time of year. Zheng said she plans to participate in the half marathon in the Carmel Road Racing Group's (CRRG) 10th annual Carmel Marathon on April 4. The Carmel Marathon includes a 5K, 10K, half marathon, a full marathon and a two and four-person marathon relay.

According to Todd Oliver, the race director and president of the CRRG, the Carmel Marathon has become a well-known race, with participants from 41 states and five countries last year. With such a large-scale marathon taking place in Carmel directly after the cross-country season, preparations for runners are considerable and involve substantial motivational endurance.

For Zheng, this race will be her first marathon of any type. Although she participated in both cross-country and track in middle school, Zheng said she had to quit in high school because of other time commitments.

According to Zheng, what drew her to running was the duality of it being both a physical and mental sport.

"A lot of it is your own individual (motivation), how well you're running, how hard you can push yourself and how hard you can train for whatever event that you're running for," Zheng said. "I know some people hate cardio, but I think it's a good

way to get fit and work out and

also to just blow off a bit of steam."

A half marathon, a 13.1-mile race, typically calls for a three- to fourmonth training plan, according to Runners World. Training plans usually have weekly short runs, around 30 minutes long, along with a long run on the weekends building up to 13 miles. Another common training tactic is a tempo run, which involves running at a quick but not all-out speed, or a "comfortably hard" speed for endurance.

Zheng said she planned to train several months in advance to fully prepare for the half marathon, with incremental steps to build her running tolerance as well as other workout activities to keep in shape.

In regards to her running frequency, Zheng said, "I don't really have time to run every single day, but you want to keep a really consistent schedule when you're training for something like this, so (I will run) definitely a couple of times a week, if not hopefully every day, when I have more time."

With such demanding preparation, it is common to feel a lack of motivation at times, according to Andy Dalton, head coach for the women's cross-country team.

Dalton said that there are various ways to motivate yourself in a long-term training plan like planning for a half marathon.

"I think you keep motivated by choosing a race to train for and setting goals for yourself. Just like anything in life that's a long accomplishment that you got to work on, you got to set goals and then try to achieve those, and then set a new goal and try to achieve that," Dalton said.

"Sometimes people find motivation through having something that you're running for, maybe you're doing a fundraiser or some sort of philanthropy or cause that helps some people, some people will run a race or train for the sake of someone else."

Zheng said her initial decision to participate in the Carmel marathon was largely based on the latter: her dad's passion for running.

"My dad is actually a really big runner and he runs a lot. He runs up to like 13 miles on a daily basis, which seems really weird to me, but he's also never done (an official) marathon before. I thought it would be really cool for us to do a half marathon together just as something to do, basically like a bonding experience before I leave for college," Zheng said.

Zheng said being able to run with her dad motivates her to train even when she feels too tired or when the weather is dreary, along with the idea that the half marathon would put a strain on her body which she needs to prepare for through practice.

Similarly, junior Ivan Lukin said he found benefits from running with others. Lukin had never officially run in any marathon-type races until he completed the Indianapolis Monumental Mini Marathon last November. According to Lukin, although his motivation for participating in the race was largely time-oriented and self-driven, he said he found support from friends who were also participating.



"I've made probably more friends running the Mini than I would have if I didn't run the Mini," Lukin said.

Oliver also noted the sense of community when running in the Carmel marathon, as well as how the race can inspire student runners.

"(Students) are standing on the same starting line that some of the top runners in the country are also standing on," Oliver said. "They get to feel that excitement of what it's like to stand and run with an elite runner, at least at the start of the race."

Although she will be participating in the race with her dad, Zheng said she has also focused a lot on her individual training, especially since she is no longer involved with school sports.

HARD-CORE WORKOUT:

(TOP) Senior Vivian Zheng stretches her calf muscles at West Park. Zheng said she stretches before all practice runs. (LEFT) Zheng said track and cross-country were too time-consuming for high school. She said she decided to train for the marathon, however, in order to share one final experience with her father before leaving for college.

"For me, recreational running is definitely self-motivating and pushes me to be more self-motivated. (Recreational running means) also just pushing myself to do it, because on a (competitive) team, you have practice after school. You have friends who are also running and you kind of have to be there," Zheng said. "But for recreational running, or if you're training for an event, no one's forcing you to do it, no one's putting a gun to my head to do a marathon. The fact that I set this goal for myself means that I need to motivate myself to work towards that goal and I think it's just another good goal to have."

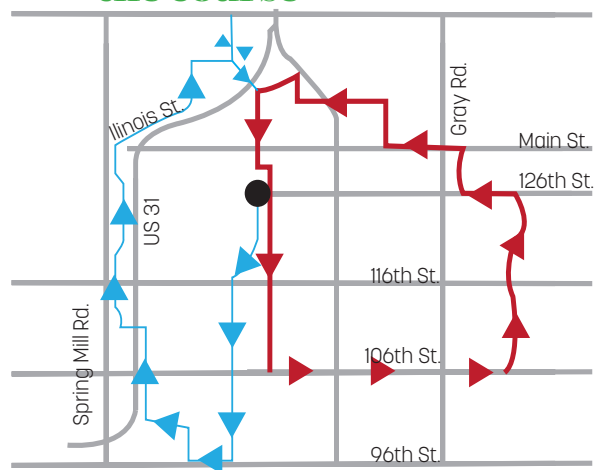
Along those lines, Dalton said that running involves a lot of mental fortitude beyond just physical strength.

Dalton said, "(Running) teaches you mental stamina and mental endurance: the ability to work hard, the ability to push through pain. You have to be very disciplined and set your schedule and plan out when you're going to run because it takes a long time to train."

Considering the preparation needed to run a half marathon, Zheng said she hopes the race will show the results of all her training and that it will be a rewarding experience for her.

Zheng said, "I think this marathon is just really going to be special for me because it's just one last thing that I'm doing with my dad. I think after I graduate, I'll be glad that I put the time and effort into working towards a goal like this."

the course



Take a look at the route for the upcoming Carmel Marathon on Sat. April 4

- ▲ First Loop (13 mi.)
- ▲ Second Loop (13 mi.)
- Start/Finish

GRAY MARTENS GRAPHIC
CARMEL MARATHON SOURCE

Vaulting to New Heights

Q&A with CHS pole vaulter at DC Athletics

SARAH KIM **Q&A, PHOTO, GRAPHIC**



LAUNCHING PAD:

Tristan Barr, CHS varsity pole vaulter, elite team member at DC Athletics and junior, launches off of the ground. Barr said there are traditionally eight to ten strides needed before jumping and bending the stick.

VERONICA TEETER **PHOTO**

Richey



— Q & A —

TRISTAN BARR, CHS VARSITY
POLE VAULTER, ELITE TEAM
MEMBER AT DC ATHLETICS
AND JUNIOR

How did you get into pole vault?

After quitting gymnastics, I did not know what I was going to do. A friend of mine had a sister that did pole vault so she recommended me to a facility where I learned the basics of pole vaulting. That next track season, I just tried it out and then I joined DC Athletics.

How did gymnastics help you succeed at pole vault?

Since both Jenna and I did gymnastics since we were around six years old, we are just really strong and have body awareness and with pole vaulting it is really helpful to know where your body is, know when and how to move your body up over the bar. It is really helpful in making sure you know all your fundamentals and giving you mental toughness. You are in the air at 12 feet and that can be really scary, but the gymnastics background helps us be calm about it.

What do you enjoy about pole vault?

The pole vault community is just really together and welcoming. Everyone (on the DC Athletics team) just cheers each other on and encourages each other, even during the school seasons when we are all on different teams.

What mental aspects do you need to be successful at pole vault?

You can't be negative when you are pole vaulting. Especially at meets, you'll see people that will crack under the pressure because it is obviously really stressful. If you are not mentally tough and put yourself in that poor mindset, you are not going to do well because you will just keep thinking, 'I'm not going to make this jump,' 'I'm not going to make this bar.' Which will definitely make you not clear anything (any height).

What are physical aspects you need to be successful at pole vault?

Pole vault is a different sport because you have to be fast and you have to be strong. So you can't be too heavy but you can't be too light. You have to have a lot of muscle but you can't overwork it. If you are a distance runner, for example, you would not be a good pole vaulter because your muscles aren't fast enough. So we have to work at sprinting and weightlifting. We lift weights during the fall about three times a week and go to sprint practice.

What are street meets?

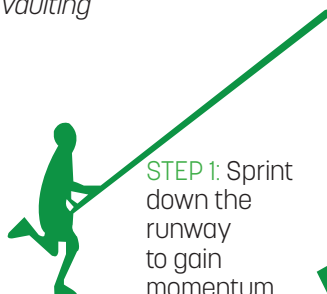
Street meets are where we rent out a part of a street, so we rented out a big main street of the State Fair. We set up a runway and a pit and then we just have a bunch of fun and vault. It is usually around a fair, so there is just a bunch of food. So after you compete you just chow down on cookies, ice cream and all these fun drinks. Your family and friends can come watch and these meets always draw a big crowd.

— taking flight —

Learn about the steps for pole vaulting

BASICS:

The goal of pole vaulting is to flip over as high a bar as possible without knocking it over. Most competitions allow pole vaulters three tries to clear a specific height before progressing to a higher bar.



STEP 1: Sprint down the runway to gain momentum.



STEP 2: Drive the pole down into the box and bend your knee.



STEP 3: Drive your arms and bring your legs up over the pole.



STEP 4: Get your legs parallel to the rest of your body and squeeze your core.



STEP 5: Fold your body over the bar.



STEP 6: Let go of the bar and brace yourself for the fall.

STEP 7: Let the bar fall and fall parallel to it onto the pad.



Batter Up

CHS Baseball team enters season with new focus

ADAM SPENSLEY **STORY** OLIVIA MCKEE **PHOTOS**

Last season, the baseball team finished its season with an overall record of 21-8, going 12-2 in its conference, along with winning a Sectional playoff game. This marked a much improved season compared to the team's 2017-2018 campaign, where the team went 13-15 with a conference record of 7-7. Between these drastically different seasons, remains one quality in common between the two. Both seasons ended at the hands of Hamilton Southeastern High School (HSE) in the Sectional round of the State playoffs. HSE, the eventual state champion last season, is just one of the many tough teams in Sectional 8. Even with great improvement from one season to the next, winning its difficult Sectional remains one of the CHS's main goals head-

ing into the new season. In order to get over the hump and become Sectional champions, according to both players and coaches, the team enters this year with a new focus.

The 2019-20 team is loaded with talent, led by a strong senior class represented by Christian Williams, Alex Brooks, Aiden Bradbury, Logan Urbanowski and Cody Li. Additionally, the team features another top prospect, junior J.D. Rogers. Li said he believes these players will make an impact.

READY TO BAT:

(BELOW) Logan Urbanowski, baseball player and senior, gets ready to step up to bat at practice. Urbanowski said he believes the team is strong this season with a top ranking senior class.

They have a lot of talent and are good leaders as well," Li said.

However, despite the abundance of talent on the roster, Head Coach Matt Buczkowski said the team will face some challenges along the way.

"I think our biggest challenge this season will be, number one, within our conference. Both Center Grove and Lawrence North (high schools) will be very good, and also our Sectional. We have a chance to have all six teams in the top 10 in our Sectional. It will be tough, but we will have to develop some depth on the mound and continue to build on what we did last year offensively. I thought we did some good things there," Buczkowski said.

Urbanowski said he agreed with Buczkowski that the team will face some difficulties.

"I think our biggest challenge this year will be establishing a new core of leaders because we lost a really good group of seniors last year. We need to have more leadership in our senior group, but we are on the right track," Urbanowski said.

To overcome these challenges, Li said the team worked hard over the course of the fall to develop skills and improve. He said his teammates and he, participate in workouts and practices to accomplish this.

"So far, we've been working a lot throughout the fall. We've practiced, played inter-squads and are currently in our speed and agility workouts. As well as this, we've had a lot of guys in Advanced Physical Conditioning," Li said.

In addition to getting in shape, Buczkowski said the fall is also a time to develop team chemistry.

"We do fall baseball, we go for about five weeks in the fall and kind of start from scratch in terms of developing that new chemistry



MARKING STATS:

(LEFT) Cody Li, baseball player and senior, records his batting statistics during practice. Li said the team has worked hard over the fall with conditioning for speed and agility. He also said that if the team continued to bond together, they would have a strong season.



for every team, as every year is different,” Buczkowski said.

Even more important to the team’s development this season and its quest to overcome a tough Sectional and win a State Title has been a new focus around building a strong togetherness among teammates, Li said.


“Our focus this year is just to come together more as a team,” he said. “We have a lot of talent this year and I think if we pick up some momentum we can definitely make a good run. But our biggest thing is coming together and developing good relationships with each other. I think we’re a lot closer with each other than years past and I’m excited to see what happens in the spring,” Li said.

Buczkowski said he agreed.

“I feel like what will help us is the group coming together a little bit more,” he said. “I’d like to see them spend a little more time together away from the field. We started a little bit during the fall where there were some groups going out to dinner together and just working on that bonding and cohesiveness I think will help.”

If the team continues to develop its bond together and players work on their game, Li said he thinks they could get over the hump and accomplish even greater things.

“Our Sectional is one of the hardest in the state and like I said earlier we just need to stay together as a team and grind it out together,” Li said. “We have a good chance this year.”

The team begins its season next Wednesday with a scrimmage against last-years State Champion—HSE—at 5:30 p.m. The team’s first scheduled home game is on March 30. 

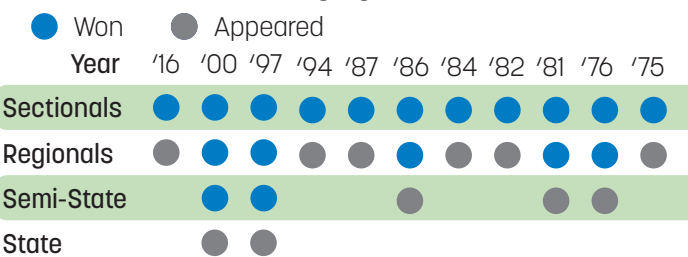
HOME RUN:

Cody Li, baseball player and senior, hits the baseball during practice. Li said the team has a strong roster this year. He said he believed that the team would have a good chance at State this year.

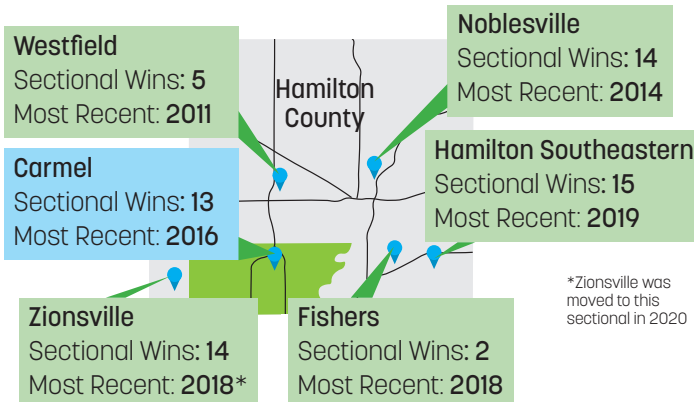
bring it home

Take a look at the history, context of the CHS baseball team

CHS Tournament History: Highlighted Seasons



Carmel’s Sectional: One of the State’s Most Competitive



EDWARD DONG GRAPHIC

IHSAA, CHS ATHLETICS SOURCES

Pedal to the Metal

As weather gets warmer, Saurav Ayyagari, Cycling Club president and senior explains future plans, events for club

ADAM SPENSLEY **Q&A** VERONICA TEETER **PHOTOS**

When did the club start?

We started (Cycling Club) **back in September**.

How often does the club meet?

We meet **every late start Wednesday afternoon and we meet occasionally on Saturday afternoons**. We usually meet up on Main Street and the Monon; it's a quick walk from the high school.

What takes place during meetings?

We don't ride based off miles. We **ride based off of time** 'cause people go at different rates so we usually go for around an hour or 45 minutes.

What was the inspiration for the club?

When I was a kid I used to bike around with my friends a lot and a lot of people have cars now so **I missed that experience of group biking** so I wanted to bring that back to CHS where I think a lot of cyclers are missing that.

What happens if the weather does not permit cycling outside?

If it is raining on a late start Wednesday then after school we'll have **biking seminars** where we get tips and tricks from professionals.

What are some upcoming changes you plan to implement for the club?

On Saturdays, we're **planning on having competitions** where we race each other.

TAKE A BIKE:

Saurav Ayyagari, Cycling Club president and senior, waits in front of the school with his bike. Ayyagari founded Cycling Club this year for CHS students to have a safe place to bike and relax.



SPORTS BRIEFS

SARAH KIM **BRIEFS**
OLIVIA MCKEE **PHOTO**

TODAY

MEN'S TRACK

What: MIC Indoor
When: 5:30 p.m.
Where: University of Indianapolis

MEN'S LACROSSE

What: Varsity vs. Hamilton Southeastern
When: 8:00 p.m.
Where: Carmel HS

SATURDAY

WOMEN'S LACROSSE

What: Freshman vs. Penn
When: 2:30 p.m.
Where: Zionsville HS

MEN'S LACROSSE

What: Varsity vs Hamilton Southeastern
When: 1:00 p.m.
Where: Carmel HS

FIELD DAY:

Meghan Heymann, CHS varsity women's lacrosse member and senior, looks to pass the ball during a scrimmage at practice on Feb. 24. The team will compete in their first home game on March 24.



MARCH 23

WOMEN'S LACROSSE

What: Freshman vs. Chatard
When: 6:00 p.m.
Where: Chatard HS

MEN'S LACROSSE

What: Freshman vs. Zionsville
When: 7:30 p.m.
Where: Zionsville HS

MARCH 24

WOMEN'S SOFTBALL

What: Varsity vs. Hamilton Southeastern
When: 5:30 p.m.
Where: Hamilton Southeastern HS

MARCH 25

MEN'S LACROSSE

What: Varsity vs. Guerin
When: 7:30 p.m.
Where: Guerin Catholic HS

MEN'S BASEBALL

What: Varsity Scrimmage
When: 5:30 p.m.
Where: Hamilton Southeastern HS

MARCH 26

WOMEN'S SOFTBALL

What: Varsity vs. Cathedral
When: 5:30 p.m.
Where: Cathedral HS

Preventive Maintenance

In light of local, global outbreaks, administration must take steps to make school safer

HILITE STAFF EDITORIAL

In January, seven schools in Indiana closed for the day due to the flu, according to WFYI-TV. So far this season, the Indianapolis Star reported 31 deaths in Indiana due to the flu, nearly four times the amount in the 2018-19 season. These numbers alone are enough to urge this school to take a closer look at how it attempts to prevent the proliferation of illness. The new outbreak of COVID-19 only adds to the urgency.

A high school, particularly one like CHS, is going to be a “petri dish” regardless of precautions; this is a natural product of having 6,000 people in the same building at the same time. While the work the custodians currently do to keep the school clean is outstanding, administration can make their jobs easier by doing more on the front end. There are two specific places where they can act: the classroom and the cafeteria.

The first addition the school should implement is to ensure there are tissue boxes and hand sanitizer in all classes. Many classrooms have nothing at all, forcing students to constantly leave class to clean their nose or, even worse, wipe with their hands. By having tissue boxes in class, disruptions are minimized and an ill student can get through their day with less struggle.

our stance
CHS should make a better effort to keep the school clean in light of disease outbreaks

The addition of hand sanitizer will allow students to take more sanitary precautions without disrupting learning.

Second, the school cafeterias are among the hardest places to clean during the day and could be a hotbed for pathogens. Students rarely wash their hands before they eat due to the time crunch of lunch. To fix this, the school could place hand sanitizer on every table, as just a quick squirt allows students to kill off most of the pathogens on their hands, preventing contamination. Another solution is to have hand sanitizer bottles at the checkout line, where the cafeteria staff can make sure students clean their hands before they take their trays.

It is extremely difficult for all of the cafeteria staff to clean every table in the brief five minute interval between lunch periods. To alleviate this, Clorox wipes could be placed on every table, allowing students to complete the job themselves.

Although the cost of purchasing these materials is considerable for administration, as they would have to buy hundreds, the benefits outweigh the cost. The school can make crucial progress in the goal of creating a healthier, safer environment. To relieve these pressures, students could also bring in tissues and other items to donate.

In the end, administration must make an effort to give the power to students to keep themselves clean throughout the school. On that note, though, students have to hold up their end of the bargain once these measures are put in place. The stakes of inaction (an illness sweeping through the school, canceling school days) are very high, and administration, staff and students must immediately work together to prevent such scenarios.

sanitation tricks

Learn some things you can do to prevent getting and spreading sickness

Get enough sleep

A lack of sleep can compromise the immune system

- ▶ Avoid caffeine 4-6 hours before bedtime
- ▶ Keep a consistent sleep schedule



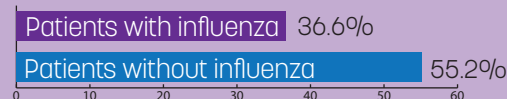
hours per night is recommended for teens

Get a flu shot

A vaccine is the best way to prevent the flu. Recommended for everybody over 6 months old



Among those vaccinated:



Wash your hands (correctly)

- 1** Wet with *clean, running* water
- 2** Lather by rubbing hands together with soap, including between fingers and under the nails
- 3** Scrub for 20 seconds (sing Happy Birthday twice to keep time)
- 4** Rinse soap away with running water to minimize skin irritation
- 5** Dry with a clean towel; germs spread more easily on wet hands

EDWARD DONG GRAPHIC
CDC, WEBMD, HEALTHLINE SOURCES

Respect is My R-Word

It's past time to retire word 'retard,' embrace those with differences

EMILY SANDY COLUMN, SUBMITTED PHOTO

In seventh grade, I came home to the yells of my sister who was screaming to my mom that someone at school called her a “retard.” My sister, who has special needs, was clearly upset by the fact that someone said that and it affected her day at school and how she would continue to lead her life. This is when I decided to look into what the “R-word” truly meant and why it hurt her so much.

“Retard” originally meant “slowed” or “holding back,” and even in the earlier 1900s, it wasn’t used as a backward insult to people with disabilities; it was just another term for “moron,” which at the time was considered a medical term, denoting an adult with a mental age of about 8 to 12. As years went on, however, the word morphed to mean “intellectually disabled.”

26

Read a cover story on the creation of the inclusion culture at CHS

Today, often the R-word is one with a lot of social baggage, and people of all ages use the word as a slur used to belittle someone. With that in mind, it is far past time to retire the word entirely. The R-word is extremely disrespectful to those with disabilities and it degrades their worth as a human being in the eyes of others.


Imagine, for example, if you had blue eyes and someone used that trait—something outside of your control to change—as an insult to their friend. “Oh, they’re so blue-eyed,” they would say and laugh. Wouldn’t that offend you? Can you help that you have blue eyes? Of course not. People with intellectual disabilities are no different. They can’t control the way they were born, and it’s not right to speak harshly about their perceived differences.

In fact, rather than demean those differences, we should celebrate them. I have seen firsthand how beautiful it can be when someone

SISTER SELFIE:

Emily Sandy (LEFT), staff member and sophomore, and senior Claire Sandy (RIGHT) pose for a selfie. Emily said they love to look at filters on Snapchat and watch cat videos together.

loves a person with a disability and how much they love back. When people with intellectual disabilities, like my sister, feel accepted, they blossom. People with intellectual disabilities still have the same emotions, the same capacity to love that we all have. Luckily, despite being called the R-word, my sister has been more than fortunate to have so many amazing friends and family throughout her life, and I have seen what true kindness does to her and I have seen how much she can give in return.

The time is now to spread the word to end the word. People who say these types of awful slurs don’t understand the true impact their words have. People with disabilities are not just labels or defined by a word. They are just the same as you or me, and in many ways, they are so much better. 

The views in this column do not necessarily reflect the views of the HiLite staff. Reach Emily Sandy at esandy@hilite.org



PERSON FIRST

Give Me a Break

Restrictive bathroom policies are inhumane, should be reconsidered for student benefit

HANNAH GRETZ COLUMN

There are two words every student loves to hear: extra credit. Whether it be in the form of an activity, a worksheet or consistent attendance, I've never come across a classmate who does not appreciate it.

However, I find myself confused and frustrated at one particular policy many teachers implement in their classrooms. I have had several classroom experiences where

teachers begin each semester by giving students two extra points. When a student uses the restroom, the teacher deducts an extra credit point from a student's final grade.

While I do understand the rationale behind limiting bathroom usage, using the bathroom is a biological function that should not be restricted. Some students do abuse the privilege by roaming the halls, talking to friends or participating in another activity, but a pass restriction causes stress and frustration among the students who simply want to use the restroom without sacrificing their extra credit points.

The reason why teachers don't want students leaving their classroom is understandable—they spend several hours planning lessons and organizing the curriculum. However, there is a disconnect between students and teachers on when a proper bathroom break should occur.


All too often, I overhear teachers telling students, "You should have

gone during passing period" upon a bathroom break request. While this sounds logical, the school building and jam-packed hallways don't allow for this to happen.

On good days, for example, I travel from the third floor A rooms to the second floor E rooms, and I make it to class with only two or three minutes to spare. Here is the kicker: I don't stop at my locker, nor

do I stop to get a drink or use the restroom, simply because I don't have time. Girls have to form a line that stretches out the door just to use the bathroom during passing period. If teachers allowed for unlimited bathroom passes, students wouldn't have the added stress of finding time to use the restroom, an unnecessary stress in the first place.

Not only does this system cause stress among students, but it's physically unhealthy, according to Relias, a healthcare company. Students are restricting their bodily functions for the sole purpose of achieving a higher grade. While it's not always the case, constantly abiding by this can cause a medical issue as students have to skip the need to use the restroom.

The ability to use the bathroom without sacrificing extra credit is a simple concept and one that will physically and mentally benefit students. 

The views in this column do not necessarily reflect the views of the HiLite staff. Reach Hannah Gretz at hgretz@hilite.org



GOTTA GO

SPEAK UP!

Should teachers implement policies for using the bathroom during their class?

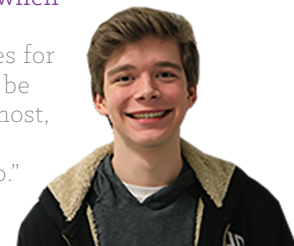


"No, I don't think it's fair. In math class, I have three passes per quarter, and some girls just have girl problems, and **you have to go to the bathroom more than three times per quarter.**"
Freshman Sydney Perez

"**You can't control when you have to go.** If (teachers) have rules for it, it would have to be pretty relaxed. At most, they can take your phone when you go."

Sophomore

Jimmy Garnes



"Some people just have to go (to the bathroom) at certain points, and also I think the point incentive is the worst. **There is no reason that your bathroom habits should impede your actual grade.**"

Senior Ramon Gong

ANGELA QIAN SPEAK-UPS, PHOTOS

Scan this to read an article about why teachers shouldn't impose harsh bathroom policies in class



Change the Weight

Students should receive weight of class if changed for following year's class

KIERSTEN RIEDFORD COLUMN

On Feb. 25, the Reading School District in Reading, PA, hosted a school board meeting where the board members discussed the importance of weighted classes, especially at the high school level. They said weighted classes were important to determine the rigor of accelerated or advanced courses and better place each student in their class rank.

While there is no official class ranking system at CHS, weighted classes are still important to students.

There are many classes that are considered to be "regular" or "normal" that are rigorous for many students, such as chemistry and precalculus, but many students do appreciate the weighted aspect to courses that are considered to be accelerated or advanced like AP language and composition and many of the dual credit technology classes.



A FOR EFFORT

The only downfall to changing those rigorous regular classes to courses with an AP, IB, dual credit or half-weight/honors weight is the students who are currently in a class that is being switched may feel as if they are being cheated on having the chance to further prove that they took difficult classes.

For a lot of students, they take weighted classes as a way to not only boost their GPA for college applications, but also to prove to colleges that they can succeed in challenging classes.

A lot of other students, including myself, believe that if a course becomes a weighted class the year after they took it, they should receive the same weighted credit because the coursework for that class remains similar, if not the same.

The amount of time and effort students put into school is recognized, but it would be fair to students if they

by the numbers

157

countries offer classes for the IB diploma

38

AP courses are offered by the College Board

10%

of high school students participate in college credit courses

IBO, APCENTRAL, ALL4ED SOURCE

were allowed to at least have a weight on their class for the second semester.

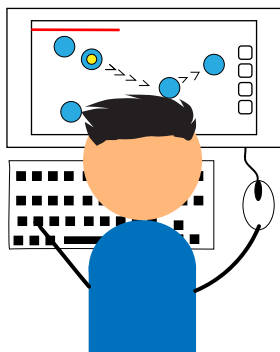
When I was taking Accounting I, the school decided to switch the weight from normal to dual credit in the middle of third quarter. The students in the class still had a little less than half of the year to complete the course. The amount of work we did in the class was a lot more than what some may expect out of a high school accounting class, and hearing a little over halfway through the year that the following year would get more credits than us was disheartening.

I can still remember the students immediately questioning "Why can't we get the credit if the kids next year are doing the exact stuff as we already have?" I've witnessed the change happen twice now, but regardless of the appreciation we receive from our parents, teachers, and administrators, we still believe that having a weight on our courses can make us feel as if we've put in all our effort for a reason.

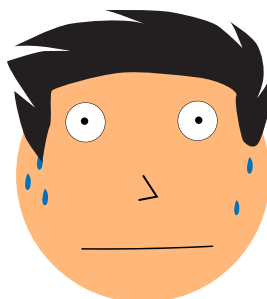
The views in this column do not necessarily reflect the views of the Hi-Lite staff. Reach Kiersten Riedford at kriedford@hilite.org.

having fun

Playing video games on Sunday night

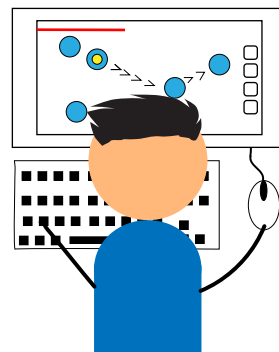


Remembers the 3 tests, the 2 papers and a presentation that I'm not ready for tomorrow



MARVIN FAN GRAPHIC PERSPECTIVE

Continues, but stressfully



Family Vacations, Not Staycations

Family vacations create lasting memories, bring families closer together

KRIS OTTEN **COLUMN** CHLOE SUN **GRAPHIC PERSPECTIVE**

With spring break rapidly approaching, most families are beginning to make their spring break plans, whether that be traveling or staying home. For the past four years, my family has been a part of the latter group, so I've gotten used to usually having a staycation. To be honest, I used to enjoy staying home more than traveling just because I hated being forced to be around my family for an extended period of time, as terrible as it may sound.

For some reason, we just always seemed to fight

when we were together, so I was fine staying home and spending the entire break with my friends.

However, as I've grown older, and especially as I'm experiencing my last months living full-time at home with my family before I go to college, I've

grown to miss the quality time I used to spend with my family going away on vacations. I've also come to realize that a big part of the reason why I always thought we were fighting when we were together was because I always found a reason to argue, even if it was over something small. But with these realizations, I see now that while I used to want to spend all my time with my friends, the only thing I want to do now is spend time with my family.

At the risk of sounding excessively sentimental, family vacations truly are some of the best ways to bring a family closer together. When you go on vacation, you're taken away from all the issues at home that may have caused you to argue with your family in the first place. Even if you bring those issues with you when you travel, sometimes new scenery is just what you need to start rebuilding your

relationship. Often on family vacations, your family as a whole will have new experiences that will not only make you love each other more, but also will spark a friendship among you. This is because when you're doing new activities with the people you love, it makes you realize how happy you are that they are there with you at that moment. Furthermore, traveling takes you away from all the obligations you may have been tied to at home. Since there are no deadlines or commitments to worry about, it gives so much more time to just enjoy being in the moment with those that you are closest to.

Now that I have grown older I've realized that most of the time your family members are the ones who will always love you for who you are, and it's important to cherish this love before it's gone. With that being said, I hope everyone can experience the magic of family vacations and the lasting memories that are created with the people you love the most.

The views in this column do not necessarily reflect the views of the HiLite staff. Reach Kris Otten at kotten@hilite.org.

by the numbers

76%

of private industry workers have paid vacations

\$762 BILLION

were spent on vacations in the United States in 2018

36%

of Americans took their last vacation over two years ago, in 2019

BLS, US TRAVEL, TRAVEL AND LEISURE SOURCES



FAMILY FIRST

getting my steps in



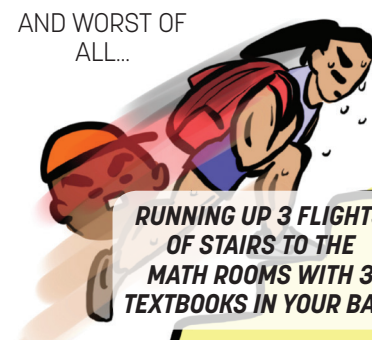
OKAY!
NEW
WORKOUT
PLAN!



20
SQUATS!



50 LEG PRESSES!



AND WORST OF ALL...

RUNNING UP 3 FLIGHTS OF STAIRS TO THE MATH ROOMS WITH 3 TEXTBOOKS IN YOUR BAG!

This Is Why We Can't Have Nice Things

General public should treat celebrities as humans, should not subject them to bullying

CALINA HE **SPEAK-UPS** WENDY ZHU **COLUMN**

Earlier this year, Taylor Swift released the documentary “Miss Americana,” a film detailing her life over the past few years. In the documentary, Swift opens up about the hate she received in 2016 following a feud with Kim Kardashian and Kanye West. “#TaylorSwiftIsOverParty was the number one trend on Twitter worldwide,” Swift says in the film. “Do you know how many people have to be tweeting that they hate you for that to happen?” The documentary is certainly not focused solely on the 2016 feud, as it also touches on several important topics like politics, sexual assault and body dysmorphia, but the film allowed me to realize just how normalized celebrity hate has become, especially over the past few years with the rise of what is known as “stan culture.”



BE NICE

Celebrity gossip is an interesting concept. More often than not, we've never met these people, yet we feel entitled to scrutinize their every move and criticize their actions. Some may argue that public figures should be prepared to deal with the slew of negative comments they will inevitably receive at some point and

time in their careers, but the truth is, many of these celebrities did not choose to be pushed into the spotlight. In fact, we, as the members of the general public, are the ones responsible for putting celebrities on their pedestals and creating unrealistic expectations for them. Ultimately, this only amplifies their falls from grace—the bigger they are, the harder they fall. As an avid Taylor Swift fan, I'll be the first to admit that I, too, am guilty sometimes of holding celebrities to unreasonable standards, but we can't expect celebrities to do or say the right thing all the time, just as we cannot expect ourselves to do so as well.

But what happens when celebrities make seemingly unforgivable mistakes? At times, certain behavior does warrant backlash, but no one should ever be subject to death threats or relentless bullying, regardless of whether or not they “deserve it.” Though it may seem hard to believe, celebrities also have emotions, and they can get hurt, too. We see so much of their personal lives on the internet, but at the same time, they often seem like foreign creatures who only exist on screens or giant billboards, which forms a degree of

SPEAK UP!

Who is your celebrity role model?

“My celebrity role model goes by **MC Mary Kom**. She was the **first female boxer to come out of Manipur**. I do box and she faced a lot of opposition for being a woman and her being from Manipur. **She was able to make a big comeback (in the Olympics) even after having two children.**”



Junior Cassidy Phillips

“My role model is Kelly Mitchell. Her campaign has promoted personal growth and has **taught me the values of hardwork and dedication to a cause greater than myself.**”



Junior Joshua Brinkman

separation that makes it especially easy for us to leave them a hate comment. Of course, it certainly is disappointing when a role model gets involved in a scandal or makes a less than perfect decision, but at the end of the day, it is important to remember that celebrities are just like us: they're human, and they make mistakes.

The views in this column do not necessarily reflect the views of the HiLite staff. Reach Wendy Zhu at wzhu@hilite.org



Scan this to see a video by Ray Mo on more opinions on celebrities

Teacher by Day

English teacher Chad Andrews is a professional disc jockey (DJ)

CADY ARMSTRONG Q&A

VIYANG HAO, ANGELA QIAN PHOTOS

How did you first get into DJing?

I first got into DJing when I was 14 years old. I just really enjoyed music. I wanted to do something, but I really didn't find my niche. I was in (a) band, but it wasn't my passion. The other reason was **my stepfather was a radio DJ, and I really liked watching him play around with all the equipment.** He was just doing his thing there, and **that was the first time I realized you can kind of do some really creative things with music** that wasn't necessarily just your own. I also got really into electronic music and started making my own music there, so between all that I got really into the DJ culture and doing fancy things with music. I got to a point where I got really cheap equipment to start with. **I was pretty terrible at it at first, but I even started doing it in high school to where I DJed my junior and senior prom when I was still in high school,** which was pretty cool. Then (I) just kept doing it throughout college.

How often do you DJ?

I practice a couple times a week. I'll just play for myself after school or something for an hour or two. **It usually helps me blow off steam.** I love doing that.

What kind of events do you DJ?

I do weddings, and I've done events for people like birthday parties. I've done formals (at) sororities, high schools and things like that.

What do you like about DJing?

I like never being predictable. I like the improvising (aspect). On your own as a DJ, you really do improvise. Because you respond to the crowd, you respond to what they're responding to. You know you play to that, and sometimes you find interesting pictures of songs. That's really cool to be surprised when you're practicing a piece of music over and over and over again. **With DJing, there's some element of that you're still in control, but there are the occasional surprises.**

did you know?

The term disc jockey refers to the "disc" records and "jockey," which is a machine operator. It was first used in 1935 to describe radio announcer Martin Block, who became famous for "Make Believe Ballroom," a show in which he pretended to broadcast from a ballroom by playing the nation's top dance bands.

RADIOSOLUTION.INFO
SOURCE



DJ by Night

What does DJing mean to you?

I think the one thing I would say is that **there's a big difference between real DJ and fake DJ**. There are some who basically just pre-record their set and then press a button and go. Then, there are other DJs who really truly are improvising and are trying to do things on the fly. The other thing I would say is that sometimes, **I think some people don't respect (DJing) as a potential art form**. However, I really think there is room for that and that it can be used as an art form.

What would you say to someone who is just starting out as a DJ?

I would say to keep practicing. (They) should build a good library. What I mean by that is, **know what songs really get people dancing**. The kind of songs that are crowd-pleasers, but also at the same time to look out for those hidden gems that people maybe don't know about. Because, ultimately, **my thought is to give people things that are familiar to them but also play things that are stimulating**. That's what good DJ mixing is.

Why did you decide to continue once you became a teacher?

I just enjoyed it too much to not do it. Also the equipment's really expensive, and I needed to justify a reason for spending all that money on it. **(DJing) was very fun, and it is also an easy way to make some really good money**.

How would you describe the culture surrounding DJs?

There are different areas of (DJing). You could almost call it DJ communities because there are multiple ones. **There's the community that does parties and weddings like I do**. There's that community, and those are kind of the for-hire DJs. They typically play what the client wants and designs experiences around a client's needs.

Do you own your own business?

Yeah, it's just me doing business, as **it's a side job**, so I try to do it regularly but I don't do it every day.



Scan this to visit his website



Dancing Queens

Elizabeth Hildebrand, Cabinet member and junior, celebrates by hugging a fellow Cabinet member at the end of Dance Marathon on Feb. 29. CHS students who participated this year fundraised the largest total in Carmel Dance Marathon history. The final total came out to \$473,394.15 raised for Riley Children's Hospital.

VERONICA TEETER PHOTO

