



Volume 56, Issue 1

THE LANCE

LaFolletteHighSchool, Madison, WI

The Student Voice of LHS

INSIDE LHS

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Sitting down with Mr.
LaRosa and getting to know
him. pg. 3

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Cover Picture: A new school year
brings new editors to our news-
paper and a new principal to our
school. Front row (L to R): online
editor Elijah Rader, sports editor
Mikey Rottier, and assistant editor
Shahid Ahmad. Back row (L to R):
copy editor Ava Kaminski, prin-
cipal Devon LaRosa, and editor in
chief Zella Milfred.

New Year, Fresh Start

Positive attitude is key to strong start to new school year.



SEPTEMBER 2019

LANCE WEBSITE

Visit our website at www.thelancenewspaper.com.

LHS NEW SCHEDULE

Review the bell schedule to
prepare for new 7 period days.
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SCHOOL MAPS

Don't get lost! Look at our school
maps. pg. 12

THE LANCE

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A New Year, a New Lance

After many years of writing, we won't stop now.

By Zella Milfred

Hello Lancers! Welcome to the 2019-2020 school year at La Follette High School! Right now you are reading the 56th issue of the Lance newspaper, nearly 60 years after the very first issue was released in 1963. To carry on this long-lasting tradition of student journalism at LHS, I am proud to say that I will be the new Editor in Chief of our school newspaper. After two years of working as a staff member and assistant editor, I have graduated to a new and exciting position and am thrilled to lead the paper and work closely with all of my amazing staff. Tziah McNair (11) and Shahid Ahmad (11) will be the assistant editors of the paper this school year and will share many important responsibilities. Elijah Rader (11) will be our online editor and will be in charge of running and updating our website throughout the year. Ava Kaminski (11) will be our copy editor who will be the last eyes to see every story that gets published. Mikey Rottier (11) will be our sports section editor, with hopes of expanding and running our sports section. Last year I learned so much from previous editor and now La Follette grad, Andreanna Wright, about being a leader and running a publication. It is important to get every student's story told and support the ones telling those stories. I know I will continue learning from everyone involved in our class, and that

everyone will learn from one another. This year I will strive to make every issue the absolute best it can be with well balanced and well researched stories. I hope to bring more visual creativity to the class by putting focus on photography and cartoons. As always we will learn everything from the basics of writing to the process of producing and distributing a school newspaper. No other school in Madison has a paper like ours, and we will continue counting on the support from our school and from our readers. From being in this class I have learned so much about writing, interviewing, communicating, editing, listening, sharing, and working on a deadline. These are all skills that will be used for a lifetime. A lot of people involved with our publication love how our paper gives a platform for student's opinions and how it lends such an open space for discussion. Like always I encourage anyone and everyone to join our Writing for the Media class. We are always hoping to see our numbers grow. And the more perspectives we have writing for us, the better! Keep up with our quarterly printed issues throughout the school year and visit our website anytime at www.thelancenewspaper.com. While many of the stories we write get published in the printed paper, there are still countless more that are put on the website. A special thanks to our advisor Donna Kennedy for all the hard work she puts into our newspaper. I can tell this year is going to be a great one!



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Lance Spring 2019

Dont Know Mr. LaRosa, This Article Shows Ya

Learn all about the new ins and outs of this year's administration.

By Ava Kaminski

Don't fret, our new principal puts his cereal in his bowl before the milk. La Follette High School is excited to introduce Devon LaRosa as our new head principal. If you were with us last year you would have seen him in the halls introducing himself to all the students and faculty that he could. You also would've heard Storch saying his classic "this is your two minute opportunity to get to class on time" or "let's get to fourth block, the best smelling block of the day!" Fear not, LaRosa feels, along with some of the student body, that those sayings do not actually motivate us to get to class. Therefore, he will not be continuing them and will instead be in the halls to remind us to get to class. LaRosa grew up a short way over the Wisconsin-Illinois border in Rockford. He has worked as a principal in the past and is excited to work with the La Follette community. He is currently raising a daughter named Devan who makes up a huge part of his life. When talking about her, some people think he is talking in the third person because their names are so similar. One of LaRosa's goals is to implement a mentoring program for all students who want one. If you would like one during

the school year talk to your guidance counselor. Along with the mentoring program he wants to make an accessible community database including alumni, parents and other community members that could provide assistance to students. "Let's say someone's dad is a lawyer and does contract law. They could help kids, families and teachers with reading and understanding long contracts... this database will help show the community that we want you in our [La Follette students] lives and we want you to work with our kids," LaRosa said.

Another program being kicked off is the principal and neighborhood advisory groups. Each neighborhood, along with the principal, will have a small group of students who will meet with their principals to give feedback on things going on in the specific neighborhood and school. Topics can include lessons, labs, sports, clubs, creating outlets for every student or anything else that has to do with La Follette. These groups will change every quarter in order to have as many voices heard as possible.

The administration has added more of an identity with our neighborhood communities. In the past it has just been where your parents called you in sick, or if there was an issue you needed resolved. They are named after four prestigious HBCUs: Spelman College, Howard University, Tuskegee University, and Southern University. Throughout the year there will be raffles to give out school spirit from

your neighborhood college. Unlike East, who has their neighborhood named after specific city neighborhoods, our neighborhoods are showcasing black excellence. Due to cleanliness and wanting to make sure administrators can keep an eye on students for safety reasons, students will be limited to eating in the commons, cafeteria and G wing. That means you can't sit on the floor in the upper/lower A or B wings, in the pit, or around the fieldhouse/hallways. Fear not, we will still be able to visit our teachers during lunch as long as you have a pass. As annoying as this may sound this adjustment is being implemented to keep us safe. Also, because writing a pass every day can get tedious and wasteful, the principals are thinking about permanent passes for those who frequently visit teachers, although as the year progresses they are open to feedback.

If you ever have any concerns or want to give a suggestion, LaRosa's doors are always open. Find him in the hall, at lunch or swing by the office. If he isn't available at that exact moment, sending an email is an effective way of contacting him. He cares about our voices and wants to do everything he can for us. Although, don't count on him to come to the rescue to kill that spider in the commons because he is terrified of them. "I'm just really excited. I'm feeling the positiveness and excitement that is about to ensue. This year we are going to be better together," LaRosa added.

New Bell Schedule 2019-20

Regular Day	Period 1 - 8:15 - 9:07
	Period 2 - 9:12 - 10:04
	Period 3 - 10:09 - 11:04
	(Announcements 10:09 - 10:12)
	Period 4 - 11:09 - 12:01
	Lunch - 12:01 - 12:51
	Period 5 - 12:51 - 1:43
Early Release Day	Period 6 - 1:48 - 2:40
	Period 7 - 2:45 - 3:37
	5 minute passing time
	Period 1 - 8:15 - 9:00
	Period 2 - 9:05 - 9:50
	Period 3 - 9:55 - 10:43
	(Announcements 9:55 - 9:58)
	Period 4 - 10:48 - 11:33
	Lunch - 11:33 - 12:23
	Period 5 - 12:23 - 1:08
	Period 6 - 1:13 - 1:58
	Period 7 - 2:03 - 2:48
	5 minute passing time

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Pride Guides Are Here To Stay, Guiding and Giving

Helping freshmen become successful.

By Roberto Mendoza

Pride Guides have been around for many years here at La Follette, helping our freshmen succeed by mentoring them and encouraging them to try new things around our school. They help our freshmen feel comfortable at our school by going to their homerooms to chat and interact with them. Pride Guides help shape these young brilliant minds who in three years' time, will be the next seniors to roam our hallways. "I think Pride Guides help our freshmen the most, they can because they've personally helped me with making the right choices throughout my high school career. They encouraged me to take AP classes and to never ditch my classes, in a way I looked up to them," Priscila Quechol (12) said. Major changes are coming to our school, this

year. For example, we are getting rid of our four block scheduling system and it is being replaced with a seven period system. Classes will be approximately 50 minutes each, they will meet every day, and there will be no homeroom. Now the big question is, how are Pride Guides going to meet with their freshmen throughout the upcoming school year? Traditionally, Pride Guides would go to their freshmen homerooms on Mondays throughout the year to check on how their freshmen are doing, but now incoming freshmen won't have the luxury of meeting with their Pride Guides every alternating week. One of the program leaders, Kelly Ferguson said that they're not letting the radical, seven period schedule get in the way with continuing the Pride Guide program. As per usual, freshmen will be introduced to their Pride Guides on orientation day and will have all day to get know each other. To substitute the loss of homeroom, Pride Guides will be scheduled to reach out to their freshmen

during school events, lunch, and study halls. "We are still defining exactly how Pride Guides will make these connections, we are looking to capitalize on the 7 period schedule by offering different possibilities for peer tutoring or peer mentoring during study halls," Ferguson said. She added that it will be a challenge because they still have some planning to figure out but despite the conflicts, the upcoming Pride Guide class is eager and excited to work with their freshmen. "The group of Pride Guides for this year has generated a list of ways they can make connections with new lancers, they are enthusiastic and excited to work together to help improve our climate and culture here at LHS," Ferguson said. Incoming Lancers, don't be afraid to seek out help when you need it. Our Pride Guides are full of wisdom and are eager to make special connections with you. All in all, Pride Guides are here to stay at LHS to help pave the way for new and emerging Lancers.

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Where in the World Was Grant Borcharding?

One of our Lancers spent the 2018-19 school year in Bolivia and has a lot of stories to share!

By Parker Olsen

In August, Grant Borcharding (12) left Madison, Wisconsin to study abroad in Bolivia, now we are checking in on him and seeing how things went. He was on foreign exchange through a group called Rotary International. The group, as described by Borcharding, is trying to rid the world of polio, which is a disease that can lead to paralysis. The group also has a big focus on volunteering and community service and they provide some college scholarships to send students around the world on foreign exchange journeys to expose them to the world.

That brings us back to Borcharding, who says that being in another country allows you to really see the influence that the United States has on the world. "My philosophy teacher said that we don't really look at the reason behind holidays anymore," he said, "America makes them into entertainment and you kind of lose the real meaning of holidays such as Halloween." He talked about how Bolivian life is compared to life in America, saying that, "it's different but it's very similar." He loves the close knit community that he lives in, "I get to see aunts and uncles and grandparents almost every day, that doesn't happen much in the US." He talked about how different the lifestyle is there, "I go to school from 7:30 to 12:30, go home for siesta and I don't go back to school."

While in school he mentioned, "Classes that were difficult for me in America were still difficult but classes like English and math were both really easy for me." When he was in school from August to November he loved to participate in class as much as he could, and that language has not been too much of an issue for him. He returned to school while in Bolivia in February.

Spending so much time in a totally new place, with a different language, away from your entire family is sure to effect a person in some way, Borcharding says

that he is mellowed out. "I think I don't have as big of jumps in my mood," he said. "I kind of just go with the flow. If something goes bad you move on, I've learned to control my emotions." He added that he feels refocused, and that he lives more in the moment than he did at home. A big part of what affected these changes for him was the first week on of his journey. "For the first week or so it's just say yes and do it, I just accepted what was going on and didn't ask why. In doing that for so long and always having this fake familiarity being shown to people it became real."

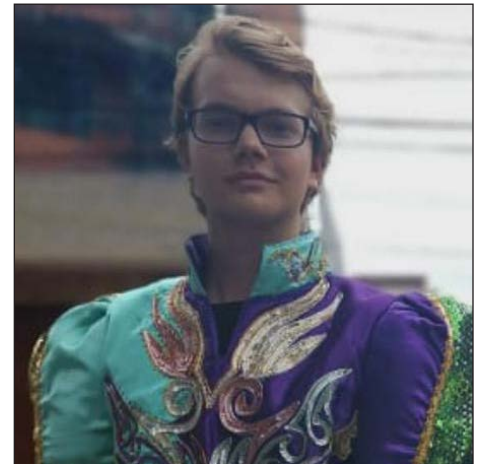
Borcharding had been traveling a lot while on his exchange. He visited the Dominican Republic for a wedding that his host family was invited to. He also took a tour of parts of Bolivia, seeing the mountainous countryside, and some cities. He saw five of the bigger cities in Bolivia, which included Santa Cruz de la Sierra, a city of over 2 million people, and about a fifth of all of Bolivia. He also got a chance to visit the world's largest salt flat, Salar de Uyuni. "It was crazy, if you looked down for too long your vision would get screwed up," he said. He talked about one of the cities he was in, Tarija, as having "a nicer atmosphere than most big places," and that "everybody knows everybody, it's a super calm setting." He was living with his second host family in Tarija and moved in with his final family in March.

When asked if his trip had been any

different than expected his response was something that is a pretty good way to look at life. "I didn't want to know anything going in," he said, "I knew if I looked anything up it would ruin the surprise, and I didn't want a big expectation of things were going to be this way or that." Once he arrived in Bolivia he felt that, "it's a lot easier than I made it out in my head," adding, "it's so easy to go out and talk to people, they actually want to talk to you."

In his free time Borcharding took up racquetball, he played just about every day. He also took dance classes, learning traditional Bolivian dances. The Bolivian lifestyle was pretty good for this Lancer abroad.

If you are interested in going on a foreign exchange experience like this one, you can talk to your counselor and contact Rotary International. This is a great experience for any student to partake in.



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To Class of 2020, from '19 Alumna

A letter from an oldie to the newbies.

By **Andreanna Wright**

If you're reading this now that means you have successfully entered the 2019-2020 school year! This also means that I'm well into my freshman year of college in Jackson, Mississippi as of right now. But enough about me, this article is for my wonderful class of 2020! It's the year you've been waiting for and it's finally here. All your successes, your challenges, and everything in between come down to this moment. Your final year of high school.

Now, before you start jumping for joy or running for the hills, it's important to know that if you learn anything from reading this article is that you finish your school year all the way. Senior year is fun and games but that doesn't mean you can blow off the last semester like your grades don't matter. Every. Grade. Counts! From first quarter to fourth, from September to June, the grind should never stop. Although senioritis is a real thing, it is possible to beat the emotionally fatal disease by reminding yourself why you're here in the

first place. Whether your goal is attending college, or pursuing a career, there's no excuse as to why you can't finish your school year as strong as you started. Many people see senior year as a year to let go, but I see it as a way to let in. Your final year in high school is a great opportunity for you to knock things off your high school bucket list. For me, that was joining the musical, and it was best decision I've ever made for myself. It is still just as important for you to get involved in the school as it was for your freshman year. You can still make an impact in your community even though you'll be leaving, and more often than not, there will be people to continue your legacy after you're gone. Take this last year to reflect upon yourself. Think about the person you want to become in the next few years. College is an entirely different playground, where your professors and classmates know you're there for one reason and one reason only: To take advantage of the best education possible. You will be treated like an adult, and the excuse, "I was absent when you assigned that homework," will no longer be valid. Excuses are just like armpits; everyone has one, and they all stink, so keep those to a minimum because your grade will depend on it.

While you are spending your last year thinking about the next chapters of your life, be sure to take the time to take care of yourself. Yes, it seems like a simple task, but you will soon know that an abundance of tasks will fill your to-do lists which will cause blood to boil and stress-levels to rise. It is a common misconception of most high schoolers that staying stressed and not getting enough sleep will help you get things done in a more timely and efficient manner. But if you think of it this way, you can't complete that homework assignment, project, or much less graduate if you're dead. That being said, know your limits, if you need a mental health day. Do what you need to do in order to comeback with a stronger and more positive mindset. The overall goal is to graduate, but you also want to graduate with your brain still intact and in good shape.

This school year is what you make of it. You are more than prepared to tackle on whatever comes your way because you have already gone through so much. So who says you can't go through this battle one last time? Class of 2020, you should be very proud and excited to see the people you will become and the lives you will change this year, and the many more years to come. Catch ya on the flip side!

Validate Self Worth and Improve Your Life

Don't live with regrets.

By **Savanah Shadof**

The 2019-2020 school year is finally here. Some people are proud of how they did academically and mentally during the previous school year. Many people received scholarships and excelled in sports. However, if you have some regrets, make this year different. Learn new techniques to excel in school and life this year. Academically speaking, some people had a rough year. "I wish I studied more for my AP test," Kristen Menge (11) said, reflecting upon last year's academic struggles. Honors and AP classes combined with all of the other drama going on in our lives can be unmanageable at times. If you set a schedule, like working on your homework for two hours after eating dinner, you will

be more organized and less stressed. You ought to create a daily schedule, for it may positively reflect in your GPA.

However, we can create a schedule and still struggle in school. Instead, spend that homework time with a tutor. At La Follette, we have many tutoring opportunities including homework club, lunch tutoring, Saturday Academy or getting help from a teacher's assistants. Homework club is an after school activity where tutors from all subjects are available to help, plus they provide food and do fun activities. Work with teachers at lunch if you have sports after school. If you are involved in clubs, you could spend half of lunch tutoring and half with your club.

Moving on, if mental health issues was a struggle for you throughout last school year, make dealing with them a priority this time around. Despite the popular

belief that mental health has nothing to do with school, if you aren't doing well emotionally, it will directly reflect in your grades.

This year, attempt to utilize the mental health resources we have, like the social workers and physiologists. Some of us aren't comfortable spilling the beans about our personal lives to a staff member. If so, counselors can refer you to resources outside of school, such as Briarpatch Youth Services located on Rimrock Road.

Other extracurriculars, like joining clubs and sports or picking up new hobbies, can also positively benefit you. Those activities make you a well-rounded student, thus resulting in you living with less regrets. Make every decision this year worthwhile, whether it be regarding your academics, mental health, or anything else. After all, it's a new year, so it can also be a new you.

What's *Hot* What's *Not*

By: The Lance Class

What's Hot: Labor Day weekend

What's Not: September 4th

What's Hot: Football season

What's Not: The cold weather

What's Hot: Homecoming

What's Not: Lights being turned on

What's Hot: Sweater weather

What's Not: Winter coming

What's Hot: New classes

What's Not: New homework

What's Hot: Money from summer job

What's Not: Spending it all in a month

What's Hot: Last years blocks

What's Not: This years seven periods

What's Hot: Pumpkin Spice

What's Not: Being basic

What's Hot: Noodles

What's Not: Chick-fil-A

What's Hot: Going out to lunch

What's Not: Using disposable plastics

What's Hot: First day of school fits

What's Not: Wearing last years shoes

What's Hot: Walking in halls correctly

What's Not: Standing in the middle

Random Facts

By Lance Class

- There is a ghost from the cemetery that haunts the auditorium
- In 1977 La Follette switched over to the block schedule in, 2019 we switched back to the seven period.
- Robert M. La Follette was a member of the House of Representatives, Governor and Senator of Wisconsin and the founder of the Progressive Party.
- Belle La Follette was a women's suffrage, peace, and civil rights activist in Wisconsin. She also worked with the women's peace party in WW1.

What Grinds Your Gears?

**At this point you're either
Pro-Choice or Pro-Dictator
of women's bodies.**

By Ava Kaminski

This is directed to all the nincompoops who think they have a say over what happens in my, or any other woman's uterus. All over the country there have been many heartbeat bills signed into law saying that after a heart beat is detected you cant have an abortion without facing possible felony charges. Six weeks is the time when a heart beat can first be detected, which in context means that a period is only two weeks late. After being one week late one lucky person might take a pregnancy test. By the time they realize they are positive there is roughly a one to two week wait at Planned Parenthood meaning that by the time they could have a legal abortion it is too late.

There were currently bills mentioned above in many states across the United States. Some of the sates have an exception for rape and incest while others do not. Please take the time to imagine yourself in a woman's shoes. After living through the trauma of a rape, you were forced to carry your rapists child to term. The mother could easily resent this child, as it is an everyday reminder of the assault. For those who say just put the child up for adoption, I say okay, well are you going to adopt that child? There are already over 600,000 children in the foster care system, and that number isn't shrinking. At this point it seems that a majority of "pro-lifers" are less pro-life and more restricting women. If they are so pro-life they should provide options for the baby after it is born, to make sure it didn't grow up in the foster system. If they're so pro-life they should care about children being ripped away from their families or black children being shot and harassed by cops. If they're so pro-life they should fund health care for all so

everyone can get access to the healthcare that they need. If abortion isn't an option that you want to pursue then don't, that's your choice, just don't push for policies that take away someone else's right to a choice. These bills will only stop safe abortions, and those who want an abortion will still find away to get one, even if it puts their life is at risk.

There is a new Ohio bill in proposal, and this one makes my blood boil. "Sec. 9.04. (A) As used in this section: (1) "Nontherapeutic abortion" means an abortion that is performed or induced when the life of the mother would not be endangered if the fetus were carried to term. (a) "Nontherapeutic abortion" includes drugs or devices used to prevent the implantation of a fertilized ovum," this is a drafted bill posted by John Becker of the Ohio Legislature. Prevention of a fertilized ovum, refers to methods of birth control like an IUD, the morning after pill, birth control pills those and other forms of birth control would be illegal. "A lot of people fail to realize that birth control is used for more than just preventing pregnancies. Even if a woman isn't on birth control, it doesn't mean she is going to have a child every nine months. And for other women, birth control is what helps them get through the day. Whether they deal with severe cramping, intense mood swings, or just want to track when they're getting their next period, this is a choice women should have. Taking birth control is completely separate from getting an abortion, and it's ridiculous to suggest that by taking the pill, you could be killing a child," says Melina Nguyen (11). I would like this John Becker to have a sit down conversation with me so I can explain to him that an egg is a single cell, an egg is not capable of even becoming a life on its own. It takes two people to make a fertilized egg, so saying that an egg itself is a life is just scientifically wrong. If not allowing an egg to implant is an abortion, then the "murdering" of sperm during penile masturbation should be too.

Peer Pressure Can Be a Stresser

Don't let others shape your future.

By Valentine Schneider

We all have our groups. The people that make us click. Human beings have the natural desire to be a part of something, to fit in. We need to feel like we belong. In order to achieve this sense of belonging, we often participate in activities with those we associate with, whether we want to or not. This is called peer pressure, and it's been with us since we started making friends and will continue to follow us on our journey through society. It is estimated that about 90% of teens have experienced peer pressure. Peer pressure is often put in a negative light. When thinking about peer pressure, things like doing drugs, drinking or smoking come to mind. Looking on the bright side, peer pressure can also help you develop good habits you get from your peers, and make good decisions.

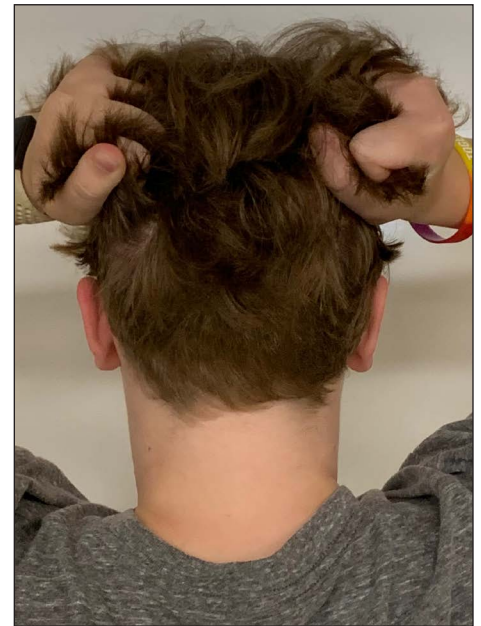
Peer pressure, be it positive or negative, has an effect on the mind. Specifically, the reward and risk sections of the brain. In 2011, Temple University took 14 teenagers, 14 college students, and 12 young adults to perform a study on peer pressure by scanning the brain. They had the participants play a diving game. The participants were offered cash prizes if they completed the game in a certain time frame, but they also had to make decisions like stopping at yellow lights and receiving a slower time, or going through the yellow lights and receiving a faster time while also running the risk of crashing and receiving an even slower time. Half the time psychologists told the participants that two friends were watching the game play in another room. Looking at the results of the college students and young adults, researchers found no significant differences between the scans when friends were watching, versus when they weren't. They ran about the same amount of yellow lights. However, when they looked at the results from the teenagers, they found

that teens ran 40% more yellow lights when they knew their friends were watching. Looking at the teenage scans, psychologists found that the reward regions of the brain showed greater activity when they were playing when their friends were watching. The very knowledge that their friends were watching resulted in the brain's reward regions overpowering the risk regions, muting any warning signs the risk region produced. This shows that teenagers are more likely to do things to impress their friends, be it good or bad.

Peer pressure can also change your attitude. If you hear a bunch of people using a phrase, you might start to use it too. Being around people with that behave a certain way rubs off on you, and you eventually start to pick up some of those same habits. If you're unsure on how to go about avoiding negative peer pressure, here's some advice from Laurence Steinberg, PhD, professor of psychology at Temple University, "First, pick friends who also care about being healthy. That way, the pressure you will feel will be to act in healthy ways. Second, be aware that just being around your friends can influence you, even when you're not aware of it." Another thing to keep in mind is that not everybody is going to force you to do things you don't want to. There

are plenty of people out there who will accept you for you, no questions asked. Just remember to be yourself, stand your ground, and choose your friends wisely.

You can get help here at school by talking to counsers, Ms. Christensen, Ms. Acker, Ms. Schwab, Ms. Peterson, Ms. Valdivia, Mr. Taylor. Psychologists, Mr. Dickson, Ms. Krumnow. Social workers, Mr. Bollman, Ms. Olson, and teachers. These resources can help you cope with any of your problems that are related to school or outside of it.



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Will 2019-20 NFL Season be a Boom or Bust?

Previewing the most exciting season yet.

By Elijah Rader

Football. American football. Friends. Family. Happiness. Despair. Hope. Pride. Brotherly love. Is there anything better than watching your hometown team play under the lights on a clear Sunday night against a division rival? No, would be the answer any fully functioning human would produce. What about being in the stands in a snowy, below freezing day, surrounded by decades of tradition and 80,000 people who share the same passion for the sport. Screaming cheerful chants for your team, and sometimes very petty chants against the other team. That is the dream. No problems in life, just dedication and fun. This year's football season marks the 100th of the National Football League, a great milestone. The 100th anniversary of countless hours of hard work, blood, sweat and tears. The talent coming out of the beginning of the draft is beyond exciting, and plenty

of teams are in contention for championships already. Will there be some surprises? Yes. Upsets? Yes. Cinderella stories? Yes. That's what makes the game so exciting.

Possibly the most exciting newly assembled team this season would be the Cleveland Browns. They have been the laughing stock of the league since 2003, the year after their last playoff appearance. They have started more than one quarterback for the past 17 seasons, and have always been lead by a mediocre coach. The only highlights of the team for that period of time was an offensive tackle and drug addicted wide receiver. Now, however, is a new story. The team selected Baker Mayfield with the first overall pick in 2018, and he did not disappoint. Mayfield was a rookie of the year finalist and added flair to a team that lacked that. He demonstrated leadership ability early on, and gives hope to the franchise. In the 13 games he started, he threw 27 touchdowns to 14 interceptions, a great statline for a rookie QB. He also put up an above average QB rating of 93.7, outstanding for

a rookie. The Browns also went out and traded for Odell Beckham JR this off-season, a top 5 receiver in the NFL, for a ridiculous price. When he isn't crying, he is balling out, just what the Browns need. He will suit up alongside his LSU teammate Jarvis Landry, another very talented slot receiver. On the defensive side, they drafted Greedy Williams, a cornerback with insane potential. With all of this, Cleveland is actually a team capable of something for the first time in over a decade.

Another team that will be very exciting to see is the Arizona Cardinals, who drafted the undersized Kyler Murray with the first overall pick in this year's NFL draft. He set records in college, and brings a great rushing attack. He should be great pair with the ageless wonder, the 35 year old Larry Fitzgerald. The Packers are facing another season with a very high ceiling, yet a possibility of another mediocre season. It always comes down to the question "Is Aaron Rodgers healthy?" We will see. This year holds a lot of questions, but my final prediction is Patriots 24, Rams 17.

2018-19 La Follette Track Team Excelled at State

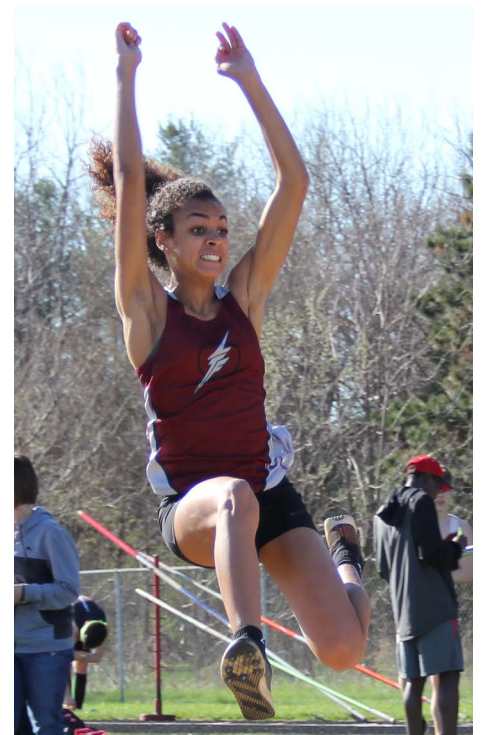
Kiara Lee and LaDell Cannon strike again.

By Elijah Rader

This year's WIAA Division 1 state track and field championship turned out very well for La Follette. Central Florida commit Kiara Lee (alum) repeated as the D1 triple jump champion and set the Wisconsin state record, jumping 41 feet and 3 quarters of an inch. Not just the record for this year, or the last 2, or even last 10. Lee broke the all-time, any division record by four and two quarters of an inch, set in 2017. Not only did she break the record in one event, she also jumped 40-8 during preliminaries, breaking the previous record of 40-4. "This is my last year. I wanted to make it big and

get both state records [including] the all-time state record," Lee said. She is a great student and athlete. During her freshman and sophomore year, she placed second in the event, respectively. Throughout her career, she has finished first place a total of 23 times. That is a very impressive number, and shows how dominant she has been throughout her career. It also shines a light on what she is capable of doing this track season and at UCF later on.

Another gold medal performance from La Follette came from LaDell Cannon (alum), who excelled in the triple jump event. He jumped 47 feet and 3 and 3 quarters of an inch, beating the second place finisher by eight inches. "I was in first but then a kid passed me. I knew I had to go big or go home. I thought, 'I've got to pop one'," Cannon said.



Dismal Jail for Animals or Education for Children

Pros and cons of keeping healthy animals in zoos.

By Mckenzie Minter

There has been a distinct history of capturing and collecting animals out of the wild to either sell them into the entertainment industry or keep as a pet of their own. The many jobs for wild animals in entertainment ranges from mainly circuses to zoos. Today, almost every major city has a zoo that is visited by hundreds of tourists and locals alike, but it's widely known that the ethics of zoos have been in question since the The London Zoo was established in 1826. Many people argue that zoos are educational for their young customers. As you walk through a zoo, there are numerous signs, informing the reader about what kind of animal it is, their diet, and where they originate. As they're educating the visitors, zoos are also conserving potentially endangered species. They take in the animals and put them in breeding programs to perpetuate the species lifespan, in the hopes that future generations can return to the wild. The programs are used by putting a male and female animal in a separate enclosure with the intention that they will mate. The purpose of this, besides protecting an endangered species, is to keep track of the amount of animals in zoos.

"I think animals should be free to live their lives in the habitat they belong in, which is in the wild." Zoe Svanoe (12) said. "However, if they have been injured and need to be rehabilitated at some point that is when I think zoos should come in. While an animal is being healed, the public can see animals they would never see." Keeping animals in the wild seems to be the main goal of the general public, but there are exceptions to keeping some animals in zoos if it means that they're health is of utmost importance. The people who aren't fond of zoos typically argue that they are just all-around unethical. Animals are taken out of their natural environment, sometimes kept isolated and live monotonous lives in an enclosed area. They can't mentally or

even physically exercise at times and they never fully acclimate to life in the zoo. Animals have certain natural instincts that don't disappear when you put a glass wall around them. Unfortunately some animals can be trained out of their natural instincts, but it depends on what animal and which zoo. In some cases, animals are forcefully primed out of their natural instincts, furthering the unethical narrative most zoos seem to have. "Otherwise, I think holding animals prisoners when they are perfectly fine is inhumane and wrong." Svanoe continued. The way these animals cope with these changes is through Abnormal Repetitive Behavior (ARB) which is actions performed by animals that wouldn't typically occur in the wild. ARB derives from depression, psychoses, and

boredom in animals, which is very with a quick Google search. Animals with ARB tend to pace, circle around their enclosure, and bite at the cage. Mainly elephants, tigers, zebras, black bears and llamas exhibit this behavior because their body structure makes the behavior more noticeable.

Whether you buy into the educational purposes zoos serve or believe that animals should live in the wild, there's a widespread belief that there should be a change in the way zoos treat their animals and keep them in the enclosures. Zoos have become essential to many childhoods, but keeping as many animals as we can in their natural environments can help their value of life. Observing animals in their natural habitat is the best way to learn about them and educate others.



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Recycling: It's Necessary For Our Survival...

Reduce, Reuse, Recycle!

By Roberto Mendoza Estrada

Plastic straws and clothing have been around for a long time, revolutionizing the way we live our daily lives. Straws are distributed to us by fast food places every time we order a milkshake or soft drink, and we always feel the need to have the newest shirt released by Champion. Even though we claim to be environmentally friendly, it's been all talk without the walk. The irresponsible ways in which we are deciding to dispose of clothing and plastic have greatly contributed to the pollution of the air we breathe in and the oceans where marine life live. Plastic straws are consumed by aquatic life and clothing give off dangerous toxins that are released into the air. On a grander scale, with the negative effects that plastic and

clothing made from harmful materials have on our environment, we face the possibility of reaching a point in time in which we no longer live in an environment suitable for life, human or otherwise. I'm sure you've heard the phrase, "save the turtles and use a reusable straw" but turtles aren't the only marine affected by the pollution of plastic straws. Each year, an average of 1 million seabirds and 100,000 marine animals die from ingesting plastic. These animals range from sea otters, fish, and dolphins. "We're kind of like hypocrites, any type of plastic we use is harmful and most of the time it isn't disposed of properly. It has negative effects on marine life and I think we should find more ways to minimize our use of plastic," said Giselle Barrera (12). Although plastic straws are made from recyclable plastic material, it often isn't accepted by curbside services that recycle and commonly end up in landfills

or oceans. All the clothing we buy will always meet the fate of being thrown out one day and when textile clothing ends up in landfills, they excrete chemicals that are harmful to the soil. Clothing also shed microplastics, also known as microfibers that are released with normal wear or when laundering. These microfibers end up in oceans to be consumed by marine life causing a ripple in our oceanic ecosystems. There's many things we can do as a society to minimize our pollution, we can eliminate our use of plastic by buying reusable water bottles and straws. Instead of throwing away your old clothes, you can donate it to thrift shops or nonprofit organizations. "I enjoy thrift shopping because it's cheap and I believe in recycling clothing to minimize pollution in our air and oceans," said Annabelle Reynolds, (10). Recycling one small plastic straw and one t-shirt can help save many sea turtles, otters, fish and other wildlife.

Anxiety Amongst Teens in High School

Anxiety, and how it shapes us.

By Shahid Ahmad

School can generally be described as stressful, fun, fulfilling, etc., but in the end, it is just dependent on the outlook of what the student perceives it as. We went to elementary school, and then to middle school. Up till Middle School everything was bit laid back and perhaps we really enjoyed ourselves since we were really close to our peers in age and personality. When we enter high school a series of new events take place in life, not only do school buildings but maturity changes too. Start the transition into high school, they notice that people become much more independent and perhaps even a bit shy, or the opposite, because they realize that their interests might not align with those of everybody else. That is where people think if what they think is acceptable to society, because admit it or not, most students want a place to fit in to connect, to align with those who they share interests with and that can be a very reckoning process to go through. Finding your space in high school can take a while and that is why upperclassmen should support their peers and help when they need it most.

Students are also affected by the classes they take, because while you might have been able to see your friends in middle school all day, that is not the case in high school, you meet many new people in many different classes because the classes are so diversified, so it can suit the needs of every student. There are many electives and the people in that class whom share the same interests as you do; they tend to become your new friends. You might not have chosen the peers in the classes you are but they all have chosen the class.

Students need to realize that there are stressful times for everyone. Different people have different ways of coping with this anxiety. The best course of action would be to assimilate with people who have the same interests as you; this is a very easy way of reducing school anxiety.

Teamwork plays a huge part in reducing stress because that is when you really get to interact with your peers. Scientifically, interacting with peers and friends reduces anxiety significantly. Understandably, classrooms are generally focused on individuals' academic learning. At the same time team sports will involve a lot more interaction with peers which would reduce anxiety significantly. "Playing team

sports as a freshman really helped me boost my confidence and immersed me in a very inclusive environment," said Lee (9).

Social media also plays a huge role in how we perceive each other. Today, we look at each other's social media and analyze each other's personalities. Social media affects how we see things every day, we typically believe what we see on socials, however, that can be entirely false information, this can distract us from our academics, and make us want to stand out superficially. We need to understand that is totally useless in real life and that improving real relationships would be more than having friends on social media. "I don't care about social media, really, I have real friends in real life, and that is something that suits me perfectly, as compared to a social media following. I really like the way I interact with people," said Lee (9).

Ultimately, everything just comes up to what one thinks, are you willing to go through the struggle of finding new friends through similar interests. One must believe what they think is right and not what other people might say, that is one of the sole causes of teen anxiety, and you can take that away by simply not caring what others say.

School Maps

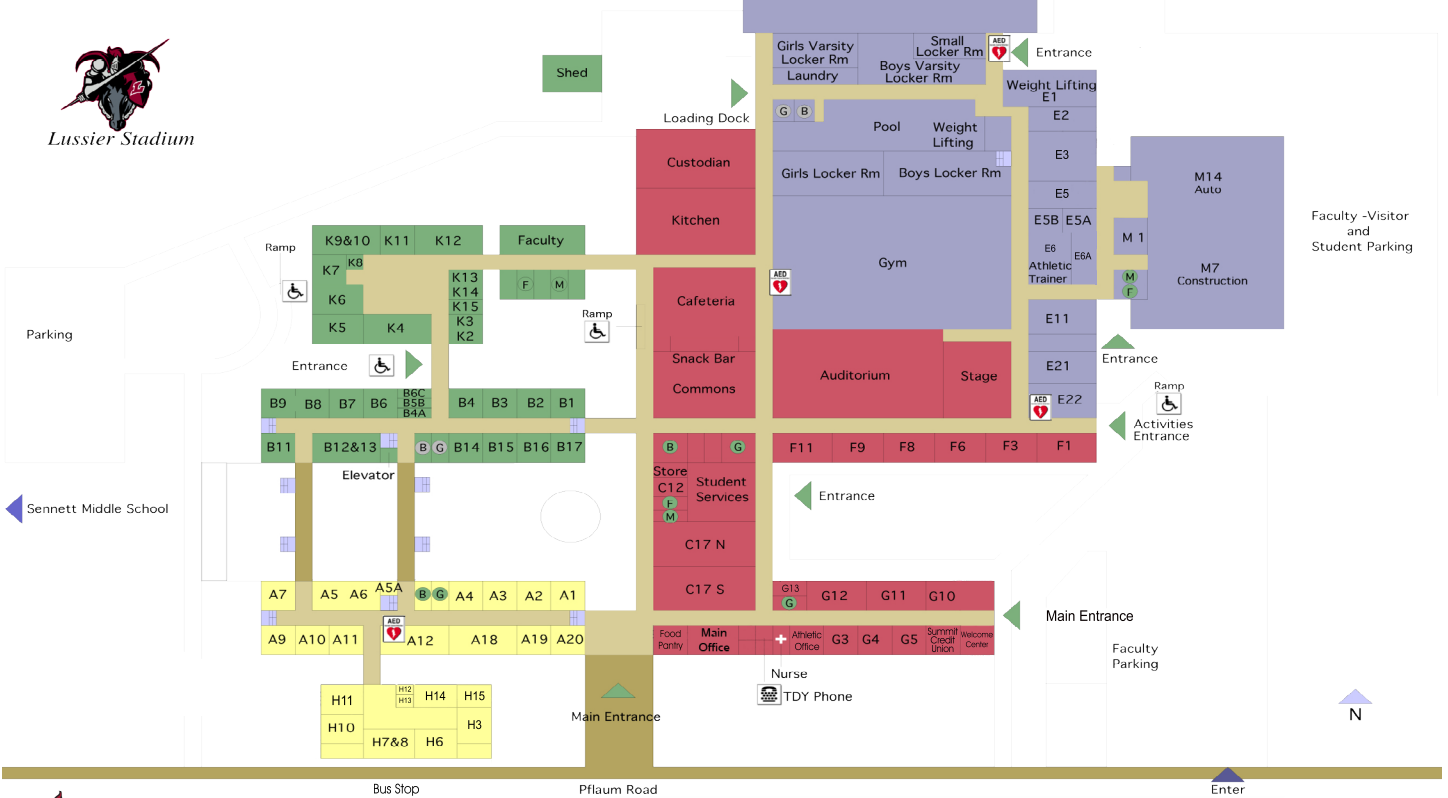


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