

Middle School science | January 27, 2015

TWO sciences, ONE CLASS

From running cars across a table for a physics lab to mixing chemicals in chemistry, the class covers a wide variety of topics, eighth graders like Joe Lofgren find that science offers creative learning

The small, blue car shot across the lab bench toward the end of the short track. The car almost fell off the table, but right before reached the edge, eighth grader Joe Lofgren put his hand in front of the car and stopped it.

His partner stopped the sensors on Logger Pro, the program the class used to record data, like the speed of the car over the duration of the run. Lofgren lifted the car up, put it at the start and ran the test again.

As eighth graders, Lofgren's class studies physics for the first half of

the year and then chemistry for the remainder of the year. Eighth grade science is the only science course in which two different sciences are covered.

"I really like the dual nature of the year because if you like chemistry over physics or vice versa, then you still have something about the year that interests you," Lofgren said. "I really liked this year more than others because I really like physics and I got to learn more about it."

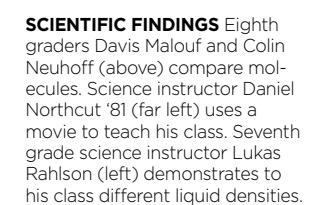
Another aspect of the year that stands out to the students is the way

the class is taught. Subjects are dissected and explored in great detail, even when a lot of material is presented. Additionally, the teachers find a way to make science interesting even for students who don't like science as much.

"I'm not a huge fan of science in the first place," Lofgren said. "But I really find it interesting how much information they give us and how we are able to digest it. I think the big difference is the teachers. Mr. Hoehn is an amazing teacher who makes science fun."



SNAPPING INTO PLACE Under the watchful eye of science instructor Paul Hoehn, eighth grader Austin Copley uses snap models to build molecules in physical science class. Hoehn's class started with a chemistry unit, then added studies of molecules atomic bonding patterns by building models of the molecules.



SCIENTIFIC FINDINGS Eighth graders Davis Malouf and Colin Neuhoff (above) compare molecules. Science instructor Daniel Northcut '81 (far left) uses a movie to teach his class. Seventh grade science instructor Lukas Rahison (left) demonstrates to his class different liquid densities.

What I find most interesting about this year is how much information they give us and how we are able to digest it. I think the big difference is the teachers. Mr. Hoehn and Mr. Rummel are amazing teachers who make science a lot of fun.

— Eighth grader Joe Lofgren

GREAT opportunities

Students talk about their experiences with the language lab and how it helped them improve their foreign language speaking skills

LANGUAGE LABS HAVE a number of distinctive features that make them the ideal item to turn the instruction time achieving high rates of participation and interaction. The school has a tool that facilitates communication, interactivity, and more in a classroom, using the computing resources of the center.

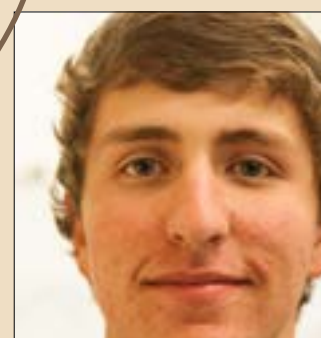
"The language lab is a great resource because it allows us to improve our listening and speaking skills, which is why all of us take languages in the first place. Learning in the classroom is a good start but the language lab lets us build off of that and gain experience that we can use in the real world" junior Abhi Thumalla said.

The teacher is not just a supervisor, but performs all the tasks of the teacher of languages, and his/her work is enhanced and facilitated by technology. Language labs foster the interactive communication in the classroom.

"It helps you sharpen your speaking skills, and through that, you learn circumlocution more easily than when in a regular classroom setting" junior Cameron Clark said.

• language lab | January 28, 2015

BILINGUAL Junior Cameron Clark utilizes the language lab to enhance his speaking skills in a different way.



• HP wrestling meet | January 30, 2015

preparing FOR VICTORY

Wrestlers travelled to Highland Park Jan. 30 for their last meet of the season. Although they all wanted to win the meet, they all had a more ambitious goal: to win a major tournament

On Jan. 30 and 31, members of the varsity wrestling team participated in their last meet of the regular season at Highland Park High School. The meet took place before the SPC championship, Prep State Tournament and National State Championship.

Because of this, the meet at Highland Park was a way for the wrestlers to get more experience before these major tournaments.

Senior captain Justin Jones explains how the meet at Highland Park helped him and his teammates in his preparation for the upcoming championship matches.

"Right now as a team, we are focusing on the major tournaments," Jones said. "We basically used this meet to get guys to wrestle and obtain more experience. In the SPC championship, we are going to go up against schools are tougher, so we used this Highland Park meet to find our strengths and weaknesses and practice our new moves. Like always, practice makes perfect."

Sophomore Adam Subel said the meet helped some of the younger members of the gain experience for the SPC championship.

But focusing on the SPC tourna-

ment did not change their mentality for this meet, as they defeated three of the five teams.

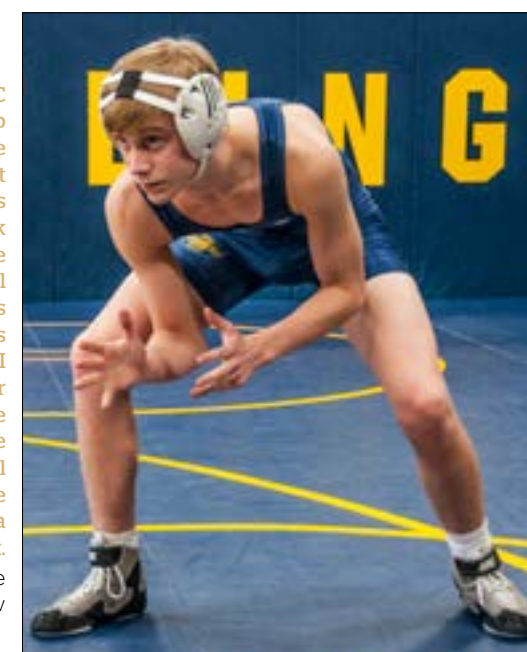
"We went there and we wanted to win," Subel said. "But we also wanted to use this for practice for SPC next week, we had the expectation to beat three of the five teams, which we did. But for the most part, we wanted to treat the Highland Park meet as a practice run for SPC and state especially for the young because its their first time wrestling at the varsity level."

Varsity wrestling head coach Justin Turner believes his team did very well during the meet because of how greatly the wrestlers have improved throughout the season. Due to this improvement, he is confident that the team will do well in the upcoming tournaments.

"A lot of the wrestlers have improved greatly at Highland Park, which was why we did so well," Turner said. "This is the longest I've ever gone in a competitive cycle, we've wrestled the past five weekends in a row. I think the team, especially the younger guys, have made extreme improvements over that period of time, and I'm sure we'll do well at SPC and state."

With the SPC championship and Prep State Tournament coming up, this Highland Park meet helped me to make a few final improvements and adjustments on my moves. I am also under a bit of pressure considering the fact that this will be my first time participating at a major tournament.

— sophomore Rob Crow



• Middle School wrestling state championships | January 31, 2015



CALM BEFORE THE STORM Eyeing his opponent, eighth grader Collin Neuhoff thinks of possible tactics to win the match.

TWO-POINT takedown

Seventh and eighth graders wrestle against all middle schools in the state in search of glory on the mat

PREPARING FOR a competition is always a challenge. But preparing for a championship requires much more determination and practice. This is how middle school wrestlers received fourth place at their most important meet of the year:

1 From the very start

At the beginning of the winter sports season, the middle schoolers know the state championships is the place to prove themselves as prime candidates for the varsity wrestling team. They strive all season to acquire skills and refine techniques, making them better athletes in the process.

2 Practice, practice, practice

Several weeks before the championships, the wrestlers train differently than the rest of the year. Seventh grader Andres Arroyo explained how they prepare for this meet.

"Instead of focusing on one skill," Arroyo said. "We practiced all of our techniques throughout the weeks."

3 Do not give in

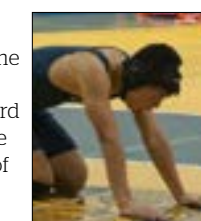
During the meet, the athletes must stay concentrated on their matches to have a chance of coming out on top. If they let their minds wander for even a moment, they risk giving up

the match and a potential gold medal. His focus help Arroyo get fourth place in his event.

4 Get up and keep moving

Even though the middle schoolers did not achieve first place at the championships, they did not let the defeat discourage them from the sport or continuing to compete. The team also looks forward to the future and many of the players see themselves as potential varsity athletes, leading their team to victory. Like many other athletes, Arroyo used this experience to learn about what it means to take part in a team.

"This really prepared me for other meets and other sports," Arroyo said. "I realized that there will be a lot more competition than I thought. But I will definitely continue wrestling in high school."



UNTIL THE END

Taking a short breath try before the next round, Chad Kim, prepares to use the last of his strength

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