

# The Lakeland Letter

2022  
Mar

1630 Bogie Lake Rd White Lake, MI 48383

2nd Edition

Hello Lakeland High School, and welcome to The Lakeland Letter! We are a student led organization, dedicated to writing stories about what is important to us as Lakeland Students. When we first started this newspaper, we really wanted to give updates on Lakeland happenings that are relevant to students, rather than force

the same old updates over and over, never actually reporting on what matters to us as teenagers. We hope to write a few issues every year, and report on topics like sports, entertainment, general Lakeland activities, and the arts. We are led by current junior Lucy Martin as founder and co-editors in chief alongside other

current junior Katie Ginopolis. We want to make a difference at our school by having a student published newspaper, reporting on student issues. We promise to give everyone at Lakeland a voice to be heard, and can't wait to continue this journey!

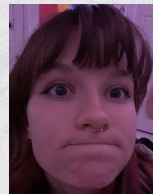
## Meet the Staff



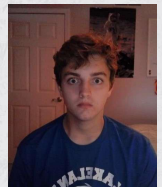
Lucy Martin (right) and Katie  
Ginopolis (left)  
Besties in Charge



Abby Deloney  
Fire Enthusiast



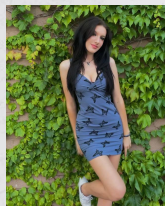
Jackie Gmyrek  
Art Director <sup>TM</sup>



Kyle Krause  
Resident Kyle  
IT Guy



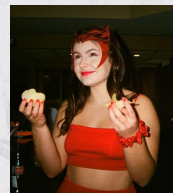
Sophie Mensch  
The Rational One  
Problem Solver



Sophia Paliy  
Harry Styles and  
Lana Del Rey Stan



Logan Iavelli  
Music Superiority  
Complex



Morgan Wright  
Ms. Devious

We also love and appreciate our sponsor Ms. Tureff (Mrs. Hord).  
We truly could not do this without her!

# Tragedy Close to Home: The Oxford Shooting

Abby Deloney

**WARNING:** The following article speaks on sensitive topics like shootings and death. If you ever feel like you need to speak to someone, please reach out. You are not alone!

School shootings. It is heard on the news and all over social media, but it is always a shock when it happens close to home. On November 30, 2021, sophomore Ethan Crumbley of Oxford High School open fired in a mass shooting on the school. Unfortunately, Tate Myre, Madisyn Baldwin, Hana St. Juliana, and Justin Shilling were killed as a result. Another seven people were injured because of the event. In the days following Oxford, hundreds of other shooting threats were made against schools across Michigan, sending the entire state into panic.

From Lakeland, it takes about 40 minutes to reach Oxford. This closeness caused many students at Lakeland to feel shaken up and emotionally disturbed. Many students had found out about the events before the school day was finished, and all those remembered

“I was  
terrified  
beyond  
belief”

feeling scared and disturbed. An anonymous student reported, “My first reaction to hearing about the Oxford shooting was that I was terrified beyond belief. You never think things like this could happen to you until they happen nearby. A friend of mine and a few family friends’ kids attend Oxford, so I was worried for them.” Another student reported feeling “disbelief” as they were still in their 6th hour when they learned of what happened.

It had taken time for the events to fully set in for many, and the news had constantly updated as more students were being reported as dead or injured. When asked how they felt about learning of the deaths of the four students, one anonymous student expressed feeling “terrified.” Another had commented, “I genuinely felt hurt. For their

families, their friends, their peers, because their innocent lives were lost over the actions of one human being.” Others expressed similar feelings of being very upset and distressed.

The distance between Oxford and Lakeland is relatively short compared to the other school shootings that have occurred in the past. This causes deep unease in students, because the possibility of a shooting at Lakeland becomes much more realistic. Many students now think that what happened at Oxford could happen at Lakeland. A student, when asked if they think that a shooting could happen at Lakeland, divulged, “Yes, it could happen anywhere and I think anyone who truly wanted to could without much difficulty.” Another student expressed similar sympathies: “Yes because it’s so close and I feel like there’s not enough things being done to prevent it.”

There was a significant trend in absence in the day following the Oxford shooting. Students felt scared to go to school



out of fear it would happen to Lakeland, and safety concerns are still felt amongst the student body today. One student recalled, "I think everyone was uneasy going back to school. I personally was really jumpy and on edge. I was also texting my mom every hour just to get my kind of things and to let her know that we were safe." One anonymous student said that they realized that so little is being done to prevent school shootings, but recognized the complexities of preventing such problems "without violating privacy/rules/money."

As the anonymous person had claimed, it is difficult for school administrations to create precautionary measures against school shootings that do not violate laws. Many students have conflicting thoughts and opinions on this topic. One student said, "I feel that the school has done as much as it possibly could. We have police officers, extra security at the front doors where they need to be unlocked by the main office, etc" Another student disagreed, but they also expressed that "I don't know what else they could do."

A school shooting with the conditions of Oxford could teach a

multitude of lessons. Some students believe that everyone should pay much closer attention to potential signs of a shooting, and ensure actions are taken towards. One student said on the matter, "Always report things. Even if they don't seem like a danger, you never know. Everyone that knew Ethan said that he had a dark sense of humor and would joke about that kind of stuff all the time so no one thought anything about it. I know now that some people can seem like they are joking but they could really be serious. This goes for anything in life, not just school dangers." Another student commented something similar: "Don't ignore the signs. Oxford had way too many things that were swept under the rug by people higher up. There are lots of things that happened to the school that were completely ignored and not even told in the news, and now due to them just being too lazy to take action, friends are dead."

The shooting at Oxford deeply hurt all those who heard of the news, and especially because of the close proximity of Oxford from Lakeland. Let us all make sure that an event like that never happens at Lakeland, and move

towards a safer school environment where students do not have to fear an active shooter on campus.

## Rest In Peace



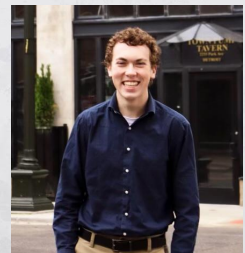
Tate Myre



Madisyn Baldwin



Hana St. Juliana



Justin Shilling

## Lakeland Leadership Helps Out: Holiday Hope for Kids

Sophia Paily

This holiday season the Leadership class with Mr. Rolando participated in the annual Holiday Hope for Kids which has been a program here at Lakeland for over 40 years. The mission is to gift special needs children Christmas presents. Although this year Holiday Hope for Kids looked quite different, Lakeland Leadership still managed to distribute gifts despite restrictions brought by Covid-19. This is a very special tradition to all of us

here at Lakeland because it gives students an opportunity to give back to their community by helping kids celebrate the Holidays in a memorable way. Here is what one of the seniors, Liv Robins had to say about this event. "Our holiday hope for kids event this year ran seamlessly given the obvious challenges that were thrown our way. Unfortunately due to Covid, we were unable to have our large party where we gift all of the kids presents, so instead, we went to them. Our leadership class visited over 15 classrooms and gifted the children presents. Our leadership students had a blast through this whole process. Our fundraising event was the bowl-a-thon where we had an awesome turnout of students and staff. With this

event and community donations, we reached our goal of \$6,000 raised."

We want to thank you all who participated and donated to a cause that is sure to touch a young kid's heart. By meeting our goal of donations we remind you how much impact you can have in your community by working together.



## Lakeland Letter's Top Picks for Winter 2022

### Best in Fashion:

- ★ Guys: please branch out from just wearing joggers. Do yourself a favor
- ★ With Euphoria's popularity, gems, bright colors, and bold fits are hot right now
- ★ Summers coming up fast, so get ready for cute dresses, shorts, and crop tops to beat the heat

### Best in Music:

- ★ Glass Animals (band)
- ★ Jigsaw by Conan Gray
- ★ August by Taylor Swift
- ★ Faces by Mac Miller (album)
- ★ Where We Are by the Lumineers
- ★ Wallows (band)
- ★ We're Finally Landing by Home

### Best in TV:

- ★ Arcane (movie)
- ★ The Grand Budapest Hotel (movie)
- ★ On My Block (show)
- ★ Dead Poets Society (movie)
- ★ The Chilling Adventures of Sabrina (show)
- ★ Euphoria (show)
- ★ Top Gun (movie)



# The Teen Mental Health Pandemic

Abby Deloney



Today, it is very common to find a teenager that has mental health struggles. Especially after the emergence of Covid-19, teenagers today struggle with depression, anxiety, and more when going through life at their age. However, there is a disproportionate amount of teens receiving help compared to all of those who need to get help.

When asked how they would describe their mental health, the average answer was below average, or not very good. One student described their current mental health as “Not the worst but I need help.” Another said their mental health is “Sometimes okay but usually awful.” However, not all of those who were surveyed felt that their mental health was bad or in need of help. Some students described their mental health to be on the more positive side, like one student who expressed that their mental health as “Getting better.” Overall, there were more students who described their mental health as currently negative rather than positive.

When a person suffers from mental health issues, the battle they face in themselves affects their interactions in the other parts of their life. This can include school performance, home life, friendships, romantic relationships, or athletic performance. One person noted that their mental health issues make socializing more difficult, and it is also

more difficult to “meet new people or try new things.” Another student described more of the physical consequences that come from mental health issues, “When I feel anxious or stressed I can not focus for the life of me. I will shake and my mind will race so much that I’ll get dizzy.” Multiple other students explained how mental health issues can make applying themselves in school more laborious. They often mentioned that this causes them to fall behind in classes, lose focus, and incur missing assignments. Although some students experience different severities of additional challenges, everyone is experiencing some sort of difficulties in their life because of mental health.

Difficulties like these are similar to a cycle. For example, school affects a student's mental health, so then school becomes more difficult, and when school becomes more difficult it makes a person's mental health worse. Although many students had different details of their struggles with school, most if not all students described that school is stressful and they feel a great amount of pressure from it. When asked how school affects their mental health, a student revealed, “It just adds so much stress to my life and makes my mental health so much worse. The schools don’t see how tired we are and how we just need mental breaks sometimes. We are constantly getting homework and tests and assignments which I understand is a part of school but it’s just

# “The schools don’t see how tired we are and how we just need mental breaks sometimes.”

too much. I stay up so late every night trying to finish all my homework before midnight and then doing even more work that’s due in the morning. It’s too much.” Although some students do not feel the same level of stress that this student did, many others described similar sympathies of stress caused by assignments. Another student had commented, “It usually makes it worse, because I feel overwhelmed and stressed with the combination of homework, exams, Covid, and safety concerns.” The common ground of answers from students was that they all feel a level of stress and pressure that comes from school, and this makes students’ mental health more challenging.

Struggling with mental health often makes a person feel as though they are alone in their

struggles, and then this leads them to not reach out to others. However, it is important for those who are struggling to reach out to those around them for help. If you are struggling, Here is what others have to say to you:

“Keep moving forward, I know it’s tough sometimes but take tiny steps at a time. You can do it, I believe in you.”

“Everything will work out eventually, just find what makes you happy and stick with it.”

“It gets so so much better. That no matter how dark it is now it won’t be forever. You are here for a reason and you have the strength to get through this.”

“You’re loved and not alone.”

“You’ll be okay and you’ll get through it. It’ll be hard but I promise everything will be okay.”

## Hotlines:

National Suicide Prevention Lifeline:  
1-800-273-8255

The Trevor Project:  
866-488-7386

National Eating Disorder Association:  
1-800-931-2237

National Alliance on Mental Illness:  
1-800-950-6264

Crisis Text Line: Text SUPPORT to 741-741

Rape, Abuse, and Incest National Network:  
1-800-656-4673

Loveisrespect:  
1-866-331-9474





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# Eagles: Get Involved!

## Club Spotlight

Logan Iavelli

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To all Underclassmen, there are plentiful amounts of different things you can do to become involved for your time at Lakeland. There are a multitude of ways you and your fellow classmates can work with both your class, and the student body. You also have the opportunity to join certain prestigious programs to reflect upon your grades and efforts within your learning. The possibilities are endless when you know what's out there.

### NHS

National Honors Society, otherwise referred to as NHS, is a prestigious program offered to those who far beyond excelled within learning and have shown both a great honor in learning, but also portray good character. In order to join this program, you must be referred to by one of your teachers and you will be examined by the grades you have and your behavior within the school. NHS is a program meant for those who plan to excel in the learning environment. NHS is also something that benefits you for applying to college as it shows a high level of responsibility and dedication to your community. It also upholds a good character of one who is inducted. Upon graduation you will also receive cords for being within the program.

### JOI Club

JOI Club, otherwise known as the Junior Optimists Club, is a charity oriented club focused on bringing good to the community. In this club, you will be working with other people on projects and out-of-school activities to provide community service work to places within the area. If you are looking to find something good to do in your community, and also need some community service hours to go down for other clubs or programs such as *NHS* or *NTHS*, JOI Club is a worthy consideration and is always looking for new people to join and provide their efforts. Not to mention those interested in going to college, something like JOI Club and showing you are getting involved within your school and community can go a long way. Furthermore upon two years of being within the club you will be presented with cords when Graduation rolls around.

### NTHS

The National Technical Honors Society, known as NTHS, is a parallel program to the aforementioned NHS, however, what sets this one apart from NHS is that NTHS highlights the people that excel within the CTE, or Carrier Education Technical Courses, within Lakeland. NTHS has almost identical requirements to join and has the same benefits for when applying to any colleges. This includes the cords, and the benefit of showing both excellence and good character if used for college applications come your Senior year.

## Tearing Up the Court: Lakeland Basketball

Sophia Paily

### Boys Basketball:

Lakeland Boys Basketball had a fantastic season! They went 16-5 overall, and finished off 2nd in the Lakes Valley Conference. Probably the most notable game overall was the game against Waterford Kettering, where our Eagles won by a stunning 46 points away from our home court. We interviewed Junior and Varsity player Jacob Ansortge to get some of his thoughts on his season. When asked about what the most exciting part of the season was, Ansortge answered "The most exciting thing about this season is how the team is very talented and how we always have room to improve. The sky's the limit for this team." And this seems overall a pretty good assessment, given the great record that the team pushed out this year.

"The sky's the limit for this team"

When asked about his own personal feelings towards basketball at Lakeland, and why he plays, Ansortge responded, "I started playing basketball because I thought it was a really fun sport. But as I played I realized that I like the sport, but also the people even more. This made Lakeland a very good basketball team for me because the people are amazing and the coaching ensures that we are always playing to our full potential or more." Unfortunately, the season for the boys ended at the beginning of March to Walled Lake Western with a 38-45 score. While we are sad the season is over, we can't wait to see what the boys have in store for us next year!



### Girls Basketball:

The Girls Basketball team has had an exciting season so far and they have put in a lot of effort into representing Lakeland out on the court. With a 16-6 record, the Eagles are putting in the work and it is paying off, handing them the 2nd in the Lakes Valley Conference title. We interviewed Junior and Varsity player Emma Benton to discuss this years highs and lows on the court. When asked

"...beating our rival school just made everything 100 times more rewarding."

about what her favorite game so far was, Benton responded, "I would have to say my favorite game so far would be the second time we played Milford High School. Playing Milford is always fun and brings a different energy and beating our rival school just made everything 100 times more rewarding." We can agree with her there, with almost every sport at Lakeland having beat Milford this past year and getting to experience that great energy. But winning isn't the best part, according to Benton. When asked about the most exciting part of the season, she cited, "Playing with my teammates and having fun with the game I love." The Eagles' season isn't quite over, as they are steadily making their way into the playoffs. We can't wait to cheer them on!





# Lakeland on Ice: Hockey Team Skates to Victory

Katie Ginopolis

The Lakeland Varsity Hockey Team soared this season, winning the LVC and making it to the playoffs. Working hard, the boys practiced and played multiple times a week. Senior forward Fisher Christian, who led the team in goals this year, says his favorite win this season was beating Milford 7-0 in a home game, with beating Lake Orion 7-2 as a close follower. This year, without COVID restrictions, students were able to attend games, players were able to perform without masks, and our student life felt back to normal. We had enthusiastic student sections where Blue Crew made their appearance, as well as supportive parents cheering their kids on. One of our leading defenseman as well as captain of the team this year, Kyle Baker describes, "Senior night was definitely a personal highlight for me. It was nice to thank my parents and coaches for all they've done for me following up so many seasons together." Senior night was a great night, watching the seniors thank their parents and coaches, and beating Lake Orion, it was an invigorating experience. This season, usual defenseman Caden Pierson took on the challenge of substituting in as goalie for four games earlier in the season.

"We played for a good cause and we are all friends out there on the ice."



Not playing this position since he was five, Pierson took on this responsibility and his scores in net determined the winner of the LVC. Pierson stated that experience as a personal highlight as well as claiming that the Lakeland vs. Northern cancer game "was fun because we played for a good cause and we are all friends out there on the ice." These boys worked together as a team and took many wins for Lakeland, going into each game with a strong mindset and good sportsmanship. Talking to the team, most agreed on the biggest challenge for them was having a defenseman as a goalie for a couple games, and working around that. That being the biggest hill to overcome, it's easy to say these boys came together and fought strong this year. Congratulations to our Varsity Hockey team! We are so proud of you! Thank you seniors for your contributions and the hard work you've put in. Underclassmen, we will see you next season!

## Competitive Cheer Makes a Comeback!

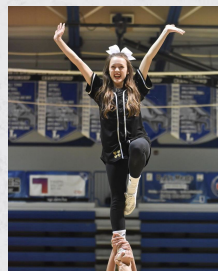
Lucy Martin

The Lakeland Varsity Competitive Cheer team came back this year with a bang! The last time the school had a competitive cheer team was the 2019-2020 winter season, as last year the season was halted and made impossible from effects of COVID-19. This year the team assembled for the first time in 2 full years, ready to show off the skills and determination Lakeland Cheer is known for. The team started off on a rocky foot, facing growing pains from a brand new team and coach. However,

they made a swift recovery, and have gotten consistently better scores throughout the duration of the season.

We spoke to several girls on the team and asked them some questions about what it has been like to be a competitive cheerleader and how the season has gone. Overall, the girls seem confident and happy with the growth they've made. Most agree that the best memories they've had during the season were through team bonding, like singing the team song before Round 3, dancing to Cotton-Eyed Joe at awards, and breaking goals together. The hardest part of the season was almost

unanimously agreed was to be able to find routines that work for everyone, with skills that every girl can do, and can also be quickly implemented into the foundations of the team. Despite the challenges, the LVCC team grew to impressive heights, finishing out the season at Districts, with their eyes set on making it to Regionals next year.



## HVU Gymnastics' Rise to the Top

Morgan Wright

This gymnastics season was kicked off with a 2nd place finish for Huron Valley United (HVU) Gymnastics. The first competition was the Walled Lake Invite against 15 other high school teams. HVU accumulated an outstanding 137.25 for the all-around team score. Impressive Lakeland standout gymnasts include Elena Hale (Junior) who placed 4th on vault, 3rd on balance beam, 2nd on floor exercise, and 3rd all-around, and fellow junior

Ava Barwikowski who placed 10th on beam and 7th in the all-around!

The second competition, the first LVC meet of 2022, was against the Walled Lake Central/Western and Walled Lake Northern. HVU clutched a win with a 136.825, which is an outstanding 11 points higher than the second-place team, and a whopping 17 points higher than 3rd place! The floor exercise was a stand-out event for HVU at this meet with many career and season records that were broken! Lakeland juniors Barwikowski and Hale scored 8.975 and 8.9, helping their team to gain their first

victory of the season.

The third meet, the 9th annual Janne Caruss Memorial Invitational hosted by HVU, had some of the best competitors in the state of Michigan! HVU put up a good fight finishing 8th out of 20 teams. Our Lakeland Gymnasts Hale and Barwikowski again made impressive strides at this meet whilst facing the hardest competition they have seen all season. Hale finished 7th on the floor and Barwikowski placed 10th in the All-Around competition. Overall the season was a great success for the Huron Valley team, with our gymnasts shattering records and flipping their way to the top.



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# The Uphill Battle to Victory: LHS Ski Team 2021-2022

Sophie Mensch

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The winter season did not start off promising to say the least. Right off the bat, lack of snow proved to be a challenging feat for the Lakeland ski team. Though this came as no surprise to many as these racers are familiarized with Michigan's unpredictable weather patterns. At the mercy of Mother Nature, the team took measures into their own hands. The ski team scheduled dryland training in preparation for the whirlwind of weeknight races and the 2021 MI State Championships. Weekday practices consisted of agility training, workouts focusing on balance and stamina, and a variety of weightlifting exercises.

But in early December, the ski team was able to hit the slopes for the weather finally permitted. Ready with countless hours of training under their belts, the team began holding practices at Alpine Valley along with ten other schools. The racers were optimistic about the fast approaching season and giddy with remembrance of the exhilarating sport. But, after an entire year of no skiing,



the team knew that fine tuning and small fixes were crucial for a successful season. For the first few weeks of practice, the team worked on drills, drills, and even more drills! Despite the often mundane drills and wanting to free ski on their own, the racers each had pre-set goals in mind. The ski teams continued to push through and finally set gates for practice after returning from the holiday break.

The races took place on Tuesday and Wednesday nights, starting right after school and sometimes ending as late as eight or nine. On these nights, the team competed against two other schools in the Lake Valley Conference. High school skiing is both a team and an individual sport. For instance, racers were focused on their own smart goals and

personal improvement, yet a fast time would benefit the entirety of the team. Eight racers would ski on the varsity team during these events and only the top four times would score. This allowed the teams to concentrate on themselves without letting the inevitable pressure get to them.

To determine the LVC Champions, an all-day race took place in which the team raced two slalom courses and two giant slalom courses. The times of this tournament-style day was calculated along with the other conference races that occurred previously. The boys team ended up in ninth place while the girls team took fourth place, missing the SEMSEL Championship at Pine Knob by one place. But for this close-knit team, it was never about winning or losing, just having a fun time. Juniors Allison Day (GS) and Molly Lynch (SL) qualified for states at the end of the season, marking an extreme accomplishment for both girls. Although the season started out a little bit rocky, the team pushed through these difficulties and ended on a positive note!

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## The Info Center

Katie Ginopolis

### Who's Your Counselor?

- Last name A-G: Christa Warner
- Last name H-O: Jenny Alfano
- Last name P-Z: Thomas Kasprzak

### Calendar

- Dec 7, 2022: Early Release - Teacher Inservice
- Dec 20-Dec 31, 2021: Holiday Break
  - December 17th is the last day of school, first day back is Jan 3
- Jan 17, 2022: No school: MLK day
- Jan 26-28, 2022: Exams
- Jan 28, 2022: ½ Day - Teacher Inservice
- Feb 8, 2022: Early Release - Teacher Inservice
- Feb 21-22, 2022: No School, Mid-winter break
- March 8, 2022: No school - Teacher Inservice
- Mar 28-April 1, 2022: No school, spring break
- Apr 13, 2022: Early Release - Teacher Inservice
- Apr 15, 2022: No school, Good Friday
- May 3, 2022: No school - Teacher Inservice
- May 30, 2022: No school, Memorial day
- June 14-16: Exams
- June 16, 2022: ½ day - Teacher Records

### Who are Your Class Officers?

#### Class of 2022

- President: Caiden Carlson
- Vice President: Will Dungan
- Treasurer: Tim Pearson
- Secretary: Marco Azzopardi

#### Class of 2023

- President: Everet Ross
- Vice President: Kyle Krause
- Treasurer: Katie Ginopolis
- Secretary: Lauren Haring

#### Class of 2024

- President: Jade Pham
- Vice President: Jasmine Davis
- Treasurer: Kristen Conrad
- Secretary: Elaina Cotton

#### Class of 2025

- President: Lydia Fogelman
- Vice President: Label Bedini
- Treasurer: Jake Verbick
- Secretary: Tyler Buback