

# 2022 WKU HIGH SCHOOL MEDIA AWARDS



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**NEWSPAPER  
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**INDIVIDUAL CATEGORIES**

# NEWS STORY

# News Story Third Place

Claire Prater

The Central Times  
Central Hardin High School


**A Decade of Giving Has Been Enough for Mudd**

Claire Prater, Staff Writer  
January 27, 2022

**Burnout:** a physical and mental collapse caused by overwork or stress.

One time or another, you may have felt the effects of burnout. The feeling of extreme mental exhaustion that you can't cure from just resting. A draining emotional state that affects every area of your life.

This feeling is one all too familiar to beloved Social Studies teacher, Brandon Mudd. After nearly 10 years in education, he is leaving his career in the classroom.



Susan Sherrard  
Social Studies teacher Brandon Mudd during his interview with The Central Times staff. (Jan. 19)

"It takes everything in me to come here now," he said. "There's just no winning with education for me anymore."

Before this seemingly inevitable burnout, Mudd had a reputation as the "cool" teacher among his students due to his duality of knowing how to have a good time, but also listening to those students who needed him most.

"I just listened to [my students], that's all anyone really wants is to be listened to," he said. "I couldn't tell you one lesson plan that I am most proud of, but I can rattle off dozens of examples of being there for students, or just listening to people, or being a mentor figure. That's what I'm most proud of."

Even after a seemingly successful career in education, Mudd fell victim to the effects of burnout.

"Now, it just takes everything in me to come here. I have nothing left at home, or in my social life. It takes everything out of me."

Mudd shared that one of the main reasons for his burnout is the evident lack of appreciation for education he sees on a day to day basis.

"It has become increasingly clear that people don't value education anymore," he said. "Not students, not parents, not politicians, no one does."

The effects of covid and the pandemic seem to be a leading cause in this shift in the world around us, according to Mudd.

"Covid has embolden some of the most negative aspects of society, and you're seeing that manifest itself in teenagers," he said. "Even just a few years ago, you may have not liked a teacher, but you wouldn't have actively antagonized them, but people are more emboldened to do that now."

Ultimately, though, Mudd felt that his eagerness to throw himself into his career was eventually what sent him into his burnout.

"When I first started, I was teaching, coaching soccer, coaching tennis, doing Y-club, like I was doing all of these things to be as impactful as possible," he said.

At the end of his career, though, Mudd says what he did was worth it, which is why he plans to continue coaching the JV girls soccer team even after leaving the classroom.

"I'm glad I did all of it, though," he shared. "I honestly don't regret anything that I did that might've led to me burning out quicker because it may have meant something to someone."

Which learning environment do you prefer?  
 In person  
 At home  
Vote  
View Results

● Polls Archive

Central Hardin High School	2
Eastern	6
Mar 21 / Baseball	



# News Story

# Second Place

Eric Inda

The Rebellion  
Boone County High School

Boone replacing most honors classes with unweighted 'accelerated' courses

Leaders expect changes will push more kids to enroll in AP, dual enrollment classes

**Eric Inda**  
March 30, 2021

Boone students are scheduling their classes for the next school year, and they may have noticed some major changes to the class offerings.

These changes have come from recent decisions by the Site Based Decision Making Council to modify the course description book for Boone, such as replacing most honors classes with new "accelerated" classes.

Any honors classes which remain—such as Chemistry Honors—were classes that the College Board suggested as prerequisites for Advanced Placement classes that the school offers.

Students who participate in these accelerated courses will not see any bump to their grade point averages. Entry into these classes is based on the score they obtained in the College Equipped Readiness Tool, or CERT.

Advanced Placement and dual enrollment classes will still be weighted with a GPA bump but not the honors/accelerated classes, counselor Dustin Herald confirmed.

Principal Tim Schlotman explained that he believes the schedule modifications will help improve student performance.

"These changes should increase rigorous course opportunities for all of our students and will hopefully increase Advanced Placement opportunities for our students," Schlotman said.

He also said that dropping weighted honors classes "will not

What have you most enjoyed about virtual instruction?

- Sleeping in.
- Working at my own pace.
- Having more time for hobbies.
- Getting to do school work wherever I want.

[Vote](#) [View Results](#)

[Poll Archive](#)

Boone County High School	12
Walton-Verona	8

[Print & Football](#)

Like, Facebook, Twitter, Email, Print icons

# News Story

# First Place

Ella Williams

PLD Lamplighter  
Paul Laurence Dunbar High  
School

Devious Licks Cause Schoolwide Destruction

TikTok creators have challenged teens to steal from their schools. The trend started showing up at Dunbar last week.

Ella Williams, Editor-in-Chief | September 15, 2021 | 2,456 Views

A national TikTok trend has some students vandalizing their schools, and it started impacting Fayette County Public Schools this past week. The trend is a prank called "Devious Licks" which encourages students to steal items like soap dispensers from their schools. The term "licks" means thefts, and they are considered more devious the bigger they are.

Some students have gone so far as to steal projectors straight from the ceiling. Others focus on smaller items like hand sanitizer and tissues.

Many teachers and parents are concerned about their students, prompting TikTok to announce that it will remove videos associated with the trend. A spokesperson said TikTok doesn't allow content that "promotes or enables criminal activity."

A popular TikTok, which got over 2.3 million likes in under a week before it was taken down, had creator @jadenflick stating "Only 2 weeks into school and got this absolute devious lick [sic]."

This trend has been moving its way across the nation and recently appeared in Lexington middle and high schools.

Dunbar's head custodian, Joe Harberson, said that the district custodial supervisor for Fayette County told him that the issue was districtwide.

"[The district supervisor] wasn't surprised that we were experiencing this at Dunbar," he said.

Senior Nick Overstreet said that he was surprised the TikTok prank was happening at Dunbar until he heard that it was happening at Lafayette High School, too.

Kate Patrick  
Four of the six boys' bathrooms at PLD have been closed after more than a week of daily acts of destruction and theft.



# FEATURE STORY

# Feature Story Third Place

Trinity Kays

PLD Lamplighter  
Paul Laurence Dunbar High  
School

How "Pandemic Brain" is Affecting All of Us

Since returning to in person school students are plagued with both declining motivation and worsening mental health. Now we understand that there's a good reason why.

Trinity Kays, Staff Reporter | December 16, 2021 | 154 Views

Abigail Fiero

A recent study shows that the human brain has been changed by the pandemic—whether or not the person was infected with the virus. Just living through the stress has had an impact on everyone.

For decades scientists have explored the impact that isolation has on the human brain. Typically, findings stem from studying prisoners in solitary confinement or rats in a lab. Never before have scientists had such a large number of subjects to observe than now—all because of the COVID-19 pandemic.

Because of the **shutdowns** created by the pandemic, there are an unparalleled amount of individuals who have experienced isolation. At the height of restrictions in late March and early April, more than **310 million Americans** were under directives ranging from "shelter in place" to "stay at home."

So, scientists have begun studying the lingering psychological impacts that this experience has had on human brains. Many have concluded that there has been an undeniable adverse effect on mental health, but they are just now beginning to discover why that is.



# Feature Story Second Place

Joseph Eng

ECHO

Trinity High School

Overcoming the Obstacles of Teaching in a COVID Year

Joseph Eng, Staff Reporter  
May 17, 2021

**"This, without question of a doubt, has been the roughest year of teaching since my first year 24 years ago. If we have to do this again next year, I'm done; I will retire!"**

As expressed by Trinity teacher Mr. Michael Budniak, he and other teachers have found this school year to be an extreme challenge due to COVID-19, not because they were scared of the virus, but because online learning affected the curriculum they taught and their relationships with their students.

Due to fewer class days and the complications that went along with a hybrid schedule of NTI and in-person, most teachers had to cut down on how much material they taught.

Budniak, a biology teacher who has taught at Trinity since 1997, said, "Probably 15 to 20 percent of the curriculum has been affected or

**Best of SNO**  
Features Showcase

**Overcoming the Obstacles of Teaching in a COVID Year**

photo by George Katchak  
Trinity teacher Mr. Bernie Schum spoke with reporter Joseph Eng about the challenges of teaching in a COVID year.

**Polls**  
Which is the BEST Star Wars movie?  
 Phantom Menace  
 Attack of the Clones  
 Revenge of the Sith  
 A New Hope  
 Empire Strikes Back  
 Return of the Jedi  
 Force Awakens  
 Rogue One  
 The Last Jedi  
Vote  
View Results  
Polls Archive

**Recent Comments**  
• Dan Zoeller on A Journey Through the Cooking Glass or We're Off to See the Costco  
• Mimi on A Journey Through the Cooking Glass or We're Off to See the Costco  
• Dan Zoeller on Backyard Life



# Feature Story

# First Place

## Kylie Huber

## Livewire Newsmagazine

## Bullitt East High School

# A L U P U S W A R R I O R

BY KYLIE HUBER

**L**upus is an immune deficiency illness that causes your immune system to attack its own tissues causing inflammation in your joints, muscles, and on the skin.”

According to the Lupus Foundation of America, 90 percent of people living with Lupus are women. Most people develop this disease between the ages of 15 to 44. They estimate that there are 16,000 new cases every year. Lupus is a life changing disease that currently has no cure.

Junior Raelee Hawkins was diagnosed with Lupus during the month of Oct. 2020 when she was 15. Hawkins is an athletic, healthy teenager so when she started to notice drastic physical changes taking place, she knew something was up.

In the early stages, Hawkins thought it was just the side effects of being a runner. As a member of the Cross Country team, most of the things she was experiencing were common. But soon things worsened. “Before I was diagnosed, not knowing I was in a “flare” everyday, I would wake up with my ankles and feet swollen, it was hard for me to even walk, but, as a runner I just thought I was over doing it with my workouts and needed new shoes. We tried it all and surely enough my body started breaking down completely,” Hawkins said.

Her family took notice almost immediately. “Up until Raelee’s diagnosis, she was extremely healthy. She ran five to six days a week, ate well, always slept great and was rarely sick. She was known for having perfect attendance. She began showing symptoms at the end of May of her freshman year. It started with swelling in her hands, feet and ankles. It began to hurt her to run; to the point where she didn’t want to anymore,” Mother Holly Hawkins said.

After a trip to the pediatrician, they were still not given any answers besides rest, new running shoes and more water.

“I knew she wasn’t herself. Growing up with someone your whole life, you become part of them. Seeing her change, not associating with the family as much, her body changing and having bad days where she wouldn’t even come out of her room, we knew something was wrong,” Sister Jordyn Hawkins said.

As Hawkins’ symptoms began to increase, all signs pointed to COVID-19. She was tested multiple times and each time came back negative. Then in June, her mother took her back to the doctor.

“I took her back to the pediatrician after she spiked a 104 degree fever. Urgent Care’s COVID-19 test came back negative, strep was negative and nothing made sense. Fast forward again to July and the pediatrician suggested she be admitted. At this point she was running temperatures every night, her weight dropped below 100 pounds, she was barely eating and she felt terrible,” Holly Hawkins said.

The Hawkins family explained how the “not knowing” stage was terrible, scary and infuriating. It was extremely difficult for them to have to watch someone so close to them suffer,



Raelee Hawkins when she was first hospitalized July 2020

and not be able to do anything about it. Holly Hawkins shared that she made the mistake of resorting to the internet for answers, which only increased her anxiety.

After months of unexplainable pain, Hawkins was admitted for five nights at Norton Children’s Hospital on July 21, 2020. Her doctors leaned towards something autoimmune related, like drug-induced Lupus.

“Like many teens, Raelee’s dermatologist had put her on a common antibiotic to treat mild acne, called Minocycline. Turns out, this is one of the top prescription antibiotics that can lead to drug-induced lupus. The diagnosis was alarming, but should only last six to nine months after she stopped taking the medication. However, as more labs were drawn by her Rheumatologist, it became evident that if this was drug-induced, her labs would be trending in a more positive direction,” Holly Hawkins said.

October 2020, Hawkins received her official diagnosis of Systemic Lupus. Her doctors were able to come to this conclusion after the “butterfly rash” appeared on her face. This rash being a leading sign of Lupus. The Hawkins family felt a range of different emotions that day.

“There were two sides of me that felt two different emotions, one being that I was relieved that we felt like we moved a step forward and we could possibly get on a medication plan. Second, being really down on myself and not wanting to talk about it with people because I was almost embarrassed and hated the attention. I felt as if I was weak now that I had an illness,” Raelee Hawkins said.

“I was lost and confused. You never hear of Lupus and what that is. You hear about a lot of different types of cancer illnesses, but never Lupus...She’s always been so healthy. How could she be the one who ends up with something like this,” Jordyn Hawkins said.

“When the doctor called to confirm, I was driving to pick the girls up from school. I called my sister crying. I knew this was something

she would battle forever. While the worry flooded my body, at this point, we went into reaction mode. What are the treatments? Is this something that will last forever? How will this impact her everyday life? So many questions with a tough road ahead. We needed to find the right medication, change her diet completely, and manage her symptoms the best way possible. It was terrifying,” Holly Hawkins said.

They did just that. Hawkins and her mom eliminated all dairy, eggs, and meat for 6 weeks. They slowly added things like salmon and shrimp to their diets. Hawkins explained how much support she received from her family, even though it was hard. Starting a cleansing diet and medication made her symptoms more bearable.

When Hawkins was diagnosed with Lupus, she had to take a break from something she loved. “Cross Country is a sport I’ve done for about nine years now. I love running and I’m so blessed that my body allows me to do what it does. The hardest part was hearing the doctor say I need to take a break from running and build my body...all I wanted to do was run with my teammates again and be as good as I was freshman year pre-Lupus. I came back very strong and got back very quickly. A struggle and let down is racing and seeing my times and knowing I’m not like I was a couple years ago. The road is very long with lots more training ahead,” Hawkins said. She continues to put the work in and is regaining her consistency back day by day.

Lupus brought all different struggles to Hawkins whether it be physically or emotionally. Hawkins, being one who hates the attention and complaining, will never let on how hard it was at first with her new diagnosis.

“Raelee has always been a kind and compassionate person. However, after her diagnosis and what she has been through, her empathy has grown and her faith in God has strengthened even more. She went through some very dark times that not even her best friend, or family members outside our home, were a witness to. She lost her hair, struggled with her skin due to steroids and

other medications, and was unable to run cross country, the sport she loves. She felt distant from her friends even more than most during the pandemic. She sees people, she relates to what they’re going through on so many levels, yet she encourages them to keep moving forward. She knows there’s a light at the end of the tunnel and she would support anyone going through struggles and difficult times, as she’s been there,” Holly Hawkins said.

Hawkins wants people to know that Lupus does not determine who you are or what you can do. She believes that it is simply a bump in the road that will be overcome. She refuses to let Lupus restrict her from doing the things she loves and pushes each and every day to overcome challenges.

“Raelee is relentless. She is the strongest person I know Through everything, no matter what she puts her mind to or believes she can do, she does,” Jordyn Hawkins said.

“She is the kindest, hard-working, full-of-faith young woman I have ever met. She is determined to not let this disease define who she is. She is a Lupus Warrior and we are beyond proud of who she is and who we know she will become,” Holly Hawkins said.

With the tremendous support from her family and friends, great work ethic, faith and determination, Hawkins has not let Lupus take over her life and hopes people going through the same thing or something similar knows that they are not alone and that what they’re going through is not easy, but they are strong enough to fight it.

Having Lupus has inspired Hawkins to give back. “In the future, I would love to open a Lupus foundation business that helps not only adults but teens who are not commonly diagnosed and need support, diet plans, and medication plans,” Hawkins said.

Realee Hawkins is a loving daughter, a compassionate friend, and a hardworking teammate. Raelee Hawkins is a Lupus Warrior.

Hawkins first race back. “Towards the end of the race, we could tell that’s when she was losing it and starting to struggle. Usually when she comes through the shoot, she knows exactly what to do. Keep walking, hands over your head, get water. All of these things are what are said by the workers at the end. When Raelee was falling over and couldn’t walk to the end was when we knew she needed help. My parents got to the end and just caught her collapsing.” Jordyn Hawkins, her sister, said.





**EDITORIAL**

# Editorial

# Second Place

Natalie McGarry

Livewire Newsmagazine  
Bullitt East High School

Red Carpet Staff Editorial

The people that work hard for what they want are the ones that inspire others and how they earned their spot on the red carpet of the world.

People who push themselves are the ones who keep the world moving and growing. They find something that they're good at and want to get better at it. When we get better at things, we challenge others to do the same and start finding themselves like we have already done. They push new opinions and ideas on the world to show that they've made it in the world and are ready to continue doing the best they can do.

New ideas and new ways to do things are created and these new things allow people to discover new ways to grow. We change the world with the way we give certain ideas the opportunity to rise over the others and to challenge what we think in our everyday lives. People have to push for their voices to be heard in the world and have to take charge when new opportunities arise to question others. When people question others, they get pushed into new things and have a new chance of discovering something they could excel at.

Success is something that everyone in the world wants, even if it's just with something little. We quite often see people succeed and persevere through the world in our lives. New advancing ideas come from the success and hard work of people pushing to have a spotlight in our world and create new ideas. These people can be team captains, leaders in a class, or just someone who's friendly walking through the halls of school. These people don't start from anywhere, they're the people that go out and do. They see where they're starting and know where they want to end. People start to grow where they're planted in the world and succeed because of this.

The people who have pushed themselves are always the ones we see the most recognized and are usually the most deserving of their time in the spotlight. Many fail to find what they're really passionate about and take time to find their time to shine. Finding the things and people that you love can push you to better yourself and help you go after the things you want in life. Being the best that you can be is what makes most people find the things they're good at. Showing the people around you that have accomplished this helps push others to find themselves and learn to do the same.

Spotlights in the world don't just start from popular ideas but start with someone who's willing to work for something they love. They work to find their own red carpet spot to shine and grow. How will you work to find your place to shine and have a spot on the red carpet spot in the world?

Sincerely,  
The Livewire Staff



# Editorial

# First Place

Drew Law

The Purple Gem  
Bowling Green High School

## Scroogenomics: An argument against gift buying

**Drew Law**

Christmas represents the best of times, the worst of times. Good-will inevitably binds with foolishness, a season of colorful lights is shadowed by consumerism, our aspirations are directed toward heaven while our actions point the other way--in short, the moral arc of Christmas bends towards chaos.

Gift-giving is an inextricable sanction of the holiday season. From a young age we've been told tales of a jolly, red-suited intruder placing presents under seven foot fir trees while "visions of sugar-plums" dance through children's heads. Waking up on December 25 without ripping paper off cardboard boxes wouldn't be Christmas Day for many but more like a second Thanksgiving, without the consumerist follow-up.

My grievance with gift giving begins in Januaries past when I've either forgotten or lost a majority of what I had been given. Or, rather, the reindeer socks and Santa scarf are completely unwearable for the next 360 days. These items given for sentimentality eventually lose their value and the plethora of junk becomes waste for the garbage company to pick up.

Joel Waldfogel argues in his book *Scroogenomics* that gift-giving generates economic waste due to a mismatch between cost and value. For example, if someone is gifted a \$50 sweater but they would have only paid \$30, there are \$20 dollars of value lost in this transaction. The giver loses money which is not gained by the recipient, resulting in dead-weight economic loss. Through a series of surveys, Waldfogel

found that, on average, the recipient will value a gift at 87% of its original value. With holiday spending in the US accumulating to over \$60 billion, Waldfogel estimates that this mismatch results in \$8-\$20 billion of economic waste.

Waldfogel also argues that we squander our time through increased shopping. According to an annual survey by the Bureau of Labor Statistics, daily shopping times increase by about 30 minutes for women and 10 minutes for men during December. There are 31 days in

December, and the US population is around 330 million people, so we can estimate that there are about 2.8 billion hours of superfluous shopping annually.

Alongside our conviction to throw away time and money, we also end up throwing out considerably more trash. Spanning from Thanksgiving to New Years, Americans throw away 25% more garbage with a majority of waste coming from wrapping paper, plastics, and food, amounting to over 25 million additional pounds of gar-

bage. In our attempt to fill our hearts with joy and our stomachs with turkey, the greatest stuffing we contribute to is that of the landfill.

The cost of Christmas and gift giving in the US is about \$20 billion in economic waste, 2.8 billion hours of time, and 25 million pounds of garbage. Is it worth it? Personally, I can't afford to make idle people merry if this is the cost. But maybe Christmas doesn't have to come from a store.

Cash is an adequate gift if you feel obliged to give something. It avoids the issue of deadweight economic loss and provides a one to one ratio for value and price. The only issue may be that cash feels impersonal as it's the gift you give someone when you don't know what to get them. It works well for distant relatives or colleagues but may not suffice for closer relationships such as spouses or children.

For intimate relationships, holidays are an opportunity to appreciate and express how meaningful a relationship is to you. A gift is not off the table in this situation as value is likely to meet cost, but what really makes the item valuable is its symbolism. Whether it be an object, a collection of words, or simply your time, give your loved one's something they will cherish, not throw out as waste. Then we might rescue a beautiful tradition from the abyss and see the lives for which we would lay down our own become more peaceful, prosperous, and happy.



**“...the moral arc of Christmas bends toward chaos.”**

**REVIEW OR  
COLUMN**



# Review or Column Third Place

Iman Hassan

The Rebellion  
Boone County High School

Plastic surgery epidemic reveals problems with society

Iman Hassan  
December 10, 2021

Plastic surgery has allowed people to overcome their life-long self-esteem issues, but what are the drawbacks? It's one thing to have surgery to save your life and another for aesthetics.

There is a plastic surgery epidemic that has drawbacks that are getting brushed aside that require attention and reveal problems with beauty standards in society.

Plastic surgery is the umbrella term which includes two broad categories: reconstructive and cosmetic.

Reconstructive plastic surgery has benefited people with body parts that have been adversely affected by trauma, injury, infection, tumors or disease.

Cosmetic plastic surgery has benefited people with life-long self-esteem issues.

Studies have shown that people who get cosmetic surgery have a boost in confidence and have better relationships with their partners.

However there are downsides to cosmetic surgery that we need to address.

Women accounted for 92% of all cosmetic procedures according to the American Society of Plastic Surgeons 2014 plastic surgery statistics. This can be attributed to the fact that rewards and penalties for beauty and aging are applied to women more drastically than men.

We cannot discuss cosmetic plastic surgery without touching on what is seen as a beautiful women in today's society.

Throughout American pop culture, we can see this on display as we go from blonde Barbie Marilyn Monroe to this amalgamation of ethnic features that the Kardashians have popularized. It's no surprise that notable plastic surgeon Jason Diamond has remarked that many of his patients bring in a photo of Kim Kardashian or someone similar.

The standard set by this patriarchal society has directly caused the global epidemic of women and young girls alike seeing cosmetic surgery as the end all be all.

Whether it's a developed country with women's rights or a very restricted country, these beauty standards are still able to seep through every society.

Countries as different as South Korea and Iran are linked by high rates of plastic surgery among women.

What are the drawbacks of plastic surgery?

- Sleeping in.
- Working at my own pace.
- Having more time for hobbies.
- Getting to do school work wherever I want.

Vote  
View Results

Boone County High School 3  
Campbell County 2

See 30 / 100% votes

# Review or Column Second Place

Maggie Phelps

The Central Times  
Central Hardin High School





# Review or Column First Place

John Vanetti

ECHO

Trinity High School

The screenshot shows a web browser window with the URL <https://trinityecho.com/28625/columns/>. The page features a large header image of a building at night with the word "ECHO" in a stylized font. Below the header is a navigation menu with links for Home, Photo Galleries, About The ECHO, and Staff. A secondary menu includes GENERAL, COLUMNS, FEATURES, NEWS, REVIEWS, and SPORTS. A date range "Spring Break.....Apr. 1 - Apr. 10" is displayed. The main content area has tabs for "Columns" and "Showcase". The article title is "Requiem for a Laptop" with the subtitle "The Best of Times Gone Blue". The author is identified as John Vanetti, Contributing Columnist, dated March 19, 2021. The text begins with "From the dreary, wet concrete outside the Best Buy electronics store on Shelbyville Road, I could feel my face slowly lit by neon. Inside, a haven from the rainy darkness awaited." A photograph shows a display of smartphones in a store. A caption below the photo reads "photo by John Vanetti" and "An attempt to salvage a dear computer fell solidly flat." To the right of the article is a "Polls" section titled "Which is the BEST Star Wars movie?" with radio button options for Phantom Menace, Attack of the Clones, Revenge of the Sith, A New Hope, Empire Strikes Back, Return of the Jedi, Force Awakens, Rogue One, and The Last Jedi. Below the poll is a "Recent Comments" section with three entries.

# SPORTS STORY



# Sports Story Third Place

Quinn Nickell

ECHO  
Trinity High School

Esports Pursuing Back-to-Back Championships

Quinn Nickell, Tri-Editor in Chief  
November 10, 2021

Few teams in any sport at any school can claim to have won a state title in the first year of competition. Trinity's Esports team can do just that!

After reaching the semifinals last fall and winning state over Shelby County in the spring, many started asking exactly what is Esports?

Varsity player and Trinity senior Jaxon Straub said Esports differs from other more conventional sports in a few ways, but "is actually a lot more similar than I thought it would be."

Straub was surprised to see how structured and professional the practices and tournaments are. The team practices and competes in Room C171 in the Communication Arts Center.

photo by Quinn Nickell  
The defending state champion Rocks Esports team is in pursuit of back-to-back championships.

“These are

Straub gives "credit to (coaches) Mr. (Ben) Sobczyk and Mr. (Mitch) Greenwell. They run (Esports) just as any other sport

Which is the BEST Star Wars movie?

- Phantom Menace
- Attack of the Clones
- Revenge of the Sith
- A New Hope
- Empire Strikes Back
- Return of the Jedi
- Force Awakens
- Rogue One
- The Last Jedi

Vote  
View Results

Recent Comments

- Dan Zoeller on A Journey Through the Cooking Glass or We're Off to See the Costco
- Mimi on A Journey Through the Cooking Glass or We're Off to See the Costco
- Dan Zoeller on Backyard Life



# Sports Story

# Second Place

Emmerson Orme

The Hilltopper  
Highlands High School

The screenshot shows a web browser window with the following content:

- Browser tab: ALUMNI SPOTLIGHT: Muller m...
- Address bar: https://hhsjournalism.com/student-life/2021/09/08/muller-makes-the-putt-of-a-lifetime%E2%80%8B%E2%80%
- Page title: ALUMNI SPOTLIGHT: Muller makes the putt of a lifetime
- Author: Emmerson Orme, Staff | September 8, 2021
- Text: 

The Hilltopper Online will be doing an alumni spotlight each month. 2021 Alumnus Luke Muller is our first.

The final putt.

The footer that 2021 Highlands High School Alumnus Luke Muller had to seal his birdie on the last hole of the tournament.

A birdie putt that would determine what Muller felt all along.

That he just won one of the biggest amateur tournaments in Kentucky, which is better known as the Kentucky Amateur.

Muller commented on when he began to realize that he was going to win the tournament.

"I knew it would take another score under par. When I got to a point in the tournament where I was -10 felt comfortable and confident that I had the tournament won."

It took twelve hours to complete the second day of the Kentucky Junior Amateur, which is one of the longest days of the Kentucky PGA Junior Tour season. But as the day came to an end, Muller came out on top and took home the Kentucky Boys Junior Amateur for his first individual win as a golfer.

To get to this point in his life he had overcome many challenges.

Muller has been playing golf since he was about five years old. When he was a child, he was diagnosed with a type of cancer called Lymphoma. Lymphoma is a cancer of the lymphatic system, which is part of the body's germ-fighting network.

Luke's father, John Muller, disclosed how treatment affected his son.

"During chemo and the first year or so after treatment, Luke's body was pretty worn down. One of those things we could do together for fun was play a little bit of golf. We could go putting or chipping or hit a few balls."
- Image: A photograph of Luke Muller standing in a field of tall grass, holding a large trophy and a smaller award. The photo is captioned "Standing with his accolades, Luke Muller shows off his new winnings." and has a small "Luke Muller" link below it.
- Right sidebar: A vertical stack of social media sharing icons: WhatsApp, Facebook Like, Facebook Share, Twitter, Email, and Print.



# Sports Story

# First Place

## Cam Raines

## The Purple Gem Bowling Green High School

# Local Look: Widener's return and impact

**Cam Raines**  
He's back!

After Coach Scott Gural resigned, Craig Widener resumed the position of head coach for the boys varsity team at Bowling Green High School. That towering, six-foot-five frame that briskly paces the halls, once again, paces the sideline for the Purples.

Despite the imposing figure, Coach Widener holds a special place in the heart of his players. Ethan Shutt, a former player, said, "Widener cared more about his connection with his players and their families, as well as students' life outside of soccer." Shutt played under Widener for 6 years on a travel team through SKY. With 2 seasons a year for that period of time, Shutt and his team became extremely close to Widener.

Senior Jay Macy said, "In my opinion, we feel more like a brotherhood than any other year of highschool soccer that I've played in."

This, the connection with players, is Widener's true passion. "Watching these young men grow and learn to be who they truly are is magical, and it is one of the most rewarding things," Widener said. Of course, this is on top of the nature of sports: "I like to win. I like the competitiveness."

Widener is intense, and his competitiveness and thirst for victory show in the heat of games. Jay said, "If he yells at me, I know that it's not out of anger, but more of him wanting me to know what to do so that

I can grow as a player and a person. Not many coaches have had that type of conviction like Widener has." Even through the intensity, the love he has for his players shines through.

Widener's style not only makes him a loved coach, but a successful one. In his 11 years as head coach at Bowling Green, he won 2 state championships, 7 regional championships, and 9 district titles. His initial resignation came as a shock to many when he announced it on Twitter on December 9, 2015. When asked about the driving force that led to the decision to resign, he said, "I didn't want to miss anymore of my daughter's stuff. I wanted to be a full time dad again."

Widener's return to coaching this season was welcome news to his former players, current players, and fans of

BGHS soccer. When asked about his initial reaction to the news of Widener's return to high school coaching, Shutt said "I was pumped! The day he got announced, I sent him a DM on Twitter to congratulate him. I said 'I love you, I'm proud of you, and I'm happy some more kids will be lucky enough to have you as a coach!'"

Intensity, love, and connection make up Widener's style in coaching and in life. It is truly invigorating to see a local legend back in the saddle, ready to win some big games.



**Sam Lowe**  
Coach Widener talks to players during their match against South Warren

# Hot Takes!

*Every month, Michael House and Lnadon Meisel bring you timely hot takes from the world of sports.*

## NFL

*Michael: Tua Tagovailoa will lead the Dolphins to at least an 11-6 record.*

*Landon: The Buffalo Bills are a Super Bowl team this year.*

## NCAA FB

*Michael: Bailey Zapee will throw at least 40 touchdowns this season for Western Kentucky University*

*Landon: Spencer Rattler will not win the Heisman Trophy this season.*

*Interested in responding to Michael or Landon? Fill out [this form](#) to possibly be featured in the next issue of the Purple Gem. Just beware: If you come for Michael or Landon, you better bring the spice.*

**NEWS/FEATURE  
PHOTOGRAPHY**



News/Feature  
Photography  
**Third Place**

Brenner Phelps

The Purple Gem  
Bowling Green High School





News/Feature  
Photography

**Second Place**

Raegan Jackson

Livewire Newsmagazine  
Bullitt East High School





News/Feature  
Photography  
**First Place**

Tyler Downes

ECHO

Trinity High School





**SPORTS  
PHOTOGRAPHY**



Sports Photography  
**Third Place**

Chase Pulford

ECHO

Trinity High School





Sports Photography  
**Second Place**

Emma Whitehouse

Livewire Newsmagazine  
Bullitt East High School





# Sports Photography

## First Place

William Todd

The Hilltopper  
Highlands High School





**EDITORIAL  
CARTOON**

# Editorial Cartoon Second Place

Lucas Sapata

ECHO  
Trinity High School

The screenshot shows a web browser displaying the ECHO website. The browser's address bar shows the URL <https://trinityecho.com/30894/columns/>. The website features a header with the ECHO logo and a navigation menu with links for Home, Photo Galleries, About The ECHO, and Staff. Below the navigation menu, there are tabs for GENERAL, COLUMNS, FEATURES, NEWS, REVIEWS, and SPORTS. The main content area displays an article titled "Between a Rock and a Hard Place" by Lucas Sapata, Staff Reporter, dated February 16, 2022. The article includes a hand-drawn editorial cartoon depicting a person standing between a large elephant and a large cow, with various handwritten notes and arrows. To the right of the article is a "Polls" section titled "Which is the BEST Star Wars movie?" with a list of options: Phantom Menace, Attack of the Clones, Revenge of the Sith, A New Hope, Empire Strikes Back, Return of the Jedi, Force Awakens, Rogue One, and The Last Jedi. Below the poll is a "Vote" button and a "View Results" link. Further down is a "Recent Comments" section with three entries. The footer of the website includes the ECHO logo, the tagline "The student news site of Trinity High School", and a search bar. Social media icons for Facebook, Twitter, Instagram, and RSS are also present in the footer.



# Editorial Cartoon First Place

Andrea Clayton

The Aerial  
Atherton High School

**October 18, 2021**  
**God Bless America**  
**Woman's World**  
More for your money!  
**\$2.49**

**body line**  
before after  
メリハリのある理想的なボディラインに近づけられます  
太ももの脂肪を吸引して  
バストを大きく77万円  
●手帳は1冊で済み、別々に行方より、リーズナブル  
●お肌の脂肪を吸引してバストを大きく6万円

**LOSE 30 LBS IN 2 WEEKS**

**TALLER**  
**AN UNMARRIED WOMAN**  
**SEXYER: THE BEST NEW JEANS NOW!**

**WOMEN'S AFFAIRS IN PARLIAMENT.**  
The women of America have passed through a long and arduous struggle for the right to vote. The struggle has been long and arduous, but it has been worth it. The women of America are now citizens, and they are entitled to the same rights and privileges as men. This is a great day for America, and it is a day that we should all celebrate.

**SENATE VOTES IN WOMEN'S RIGHTS.**  
The Senate has passed a bill that would give women the right to vote. This is a landmark moment in American history, and it is a day that we should all celebrate. The women of America are now citizens, and they are entitled to the same rights and privileges as men. This is a great day for America, and it is a day that we should all celebrate.

**WOMEN'S RIGHTS.**  
The women of America are now citizens, and they are entitled to the same rights and privileges as men. This is a great day for America, and it is a day that we should all celebrate.



# FRONT PAGE DESIGN



# Front Page Design

# Third Place

Samuel Colmar

The Rebellion

Boone County High School



## Masks to be optional if county is yellow

Samuel Colmar

Masks will be optional to wear for students and staff once Boone County hits the "yellow" level of "restrictions," specified in the district's return to school plan, according to Superintendent Matthew Turner.

While masks will be optional, the district will still be recommending them until the county is green, or in the "low" level. To determine what level the county is in, the district will use data from the Kentucky Department for Public Health (KDHP).

Though the county was trending towards yellow and was briefly orange in early November, it remains not in of this writing. Data from the KDHP suggests that Boone County and the state are currently facing rising cases.

The topic of mandatory mask-wearing in Boone County schools has been heavily debated within the community. Turner said he's gotten a "lot of feedback" from those on both sides of the argument.

"We've received some feedback from some in our community that really do not want to wear a mask and think that we should not be requiring a mask. We've also received feedback from people that absolutely feel like we should all be wearing masks and it should not be optional," Turner said. "Some people feel like that's one of the foundations of our community, but we have to take care of each other, not just ourselves."

Turner mentioned the district had two components in their viewpoint of the matter: "one is that we need to make sure we take care of the safety and well-being of our students and staff... the other is that we really learned well from last year that school needs to happen in person, and we as a district will do whatever we can to ensure that happens."

For students at Boone, the majority seem to agree that masks should be optionally worn, not mandated.

"Personally I think it's (mask mandates) kinda stupid. I think if you want to wear masks you can but if you don't want to you shouldn't have to," senior Dylan Schwabe said.

Superintendent Keith Thompson said he's not opposed, saying "it's feasible because you can't breathe, it's uncomfortable, it's annoying—I hate it."

## Arts center to open in February 2022



Principal Timothy Schlotman observes the progress on the performing arts center construction on Nov. 21. The 400-seat space is expected to be completed in February and should host its first events in the spring.

### New learning labs and sport facilities have been popular

Samuel Colmar

Boone County High School has been undergoing renovations for about a year now, and while some have been completed—such as the school lobby, learning labs, turf football and soccer field, and the track, work continues on the performing arts center.

### Arts center moving along

The performing arts center, which includes a 400-seat auditorium and separate band and choir rooms, is expected to be finished by February 2022, according to Principal Timothy Schlotman.

## Who's putting QR Codes up in the school?



Senior Tyler Korbman of the Retail Marketing class scans the QR code in the business hallway on Nov. 5.

### Retail Marketing will use codes for Spiridemic shop

Samuel Colmar

What do you get when you cross a snake and a pig? A porcupine? Students who want some jokes like this can find them scattered along the walls on the second floor of Boone.

The motivation behind all of these jokes is Retail Marketing teacher Jennifer Jones.

"The Class was creating QR codes and how they are used for retail marketing," Jones said. "The QR codes in the halls were a fun way to personally experience using a QR code."

See QR CODES on page A3.

The lobby features a shoppable glass wall and modern furniture that can be rearranged for different purposes.

Instructional coach Megan Sullivan schedules the learning lab, and she said it has been used everyday since it was made available in the beginning of October. She says she loves the space for several reasons.

"I think it makes our older high school look like our newest when you walk in the front doors," Sullivan said. She also said the space is simple and that makes it popular.

"The flexibility coming in a new look from classroom desks and when the glass wall is removed, more than one class can work together in there," Sullivan said. She also thinks it is helping

labs prepare for the future.

"When students leave high school and go to work or college, they will most likely encounter spaces just like these in those settings where employees or students are collaborating on projects and other work that needs to get done," Sullivan said.

### New turf 'spectacular'

Adding another Lanez Mulching said the new turf was "spectacular" and earned many benefits including less wear and tear on the grass ball fields, fewer cancellations, and the ability to host the girls regional soccer championship.

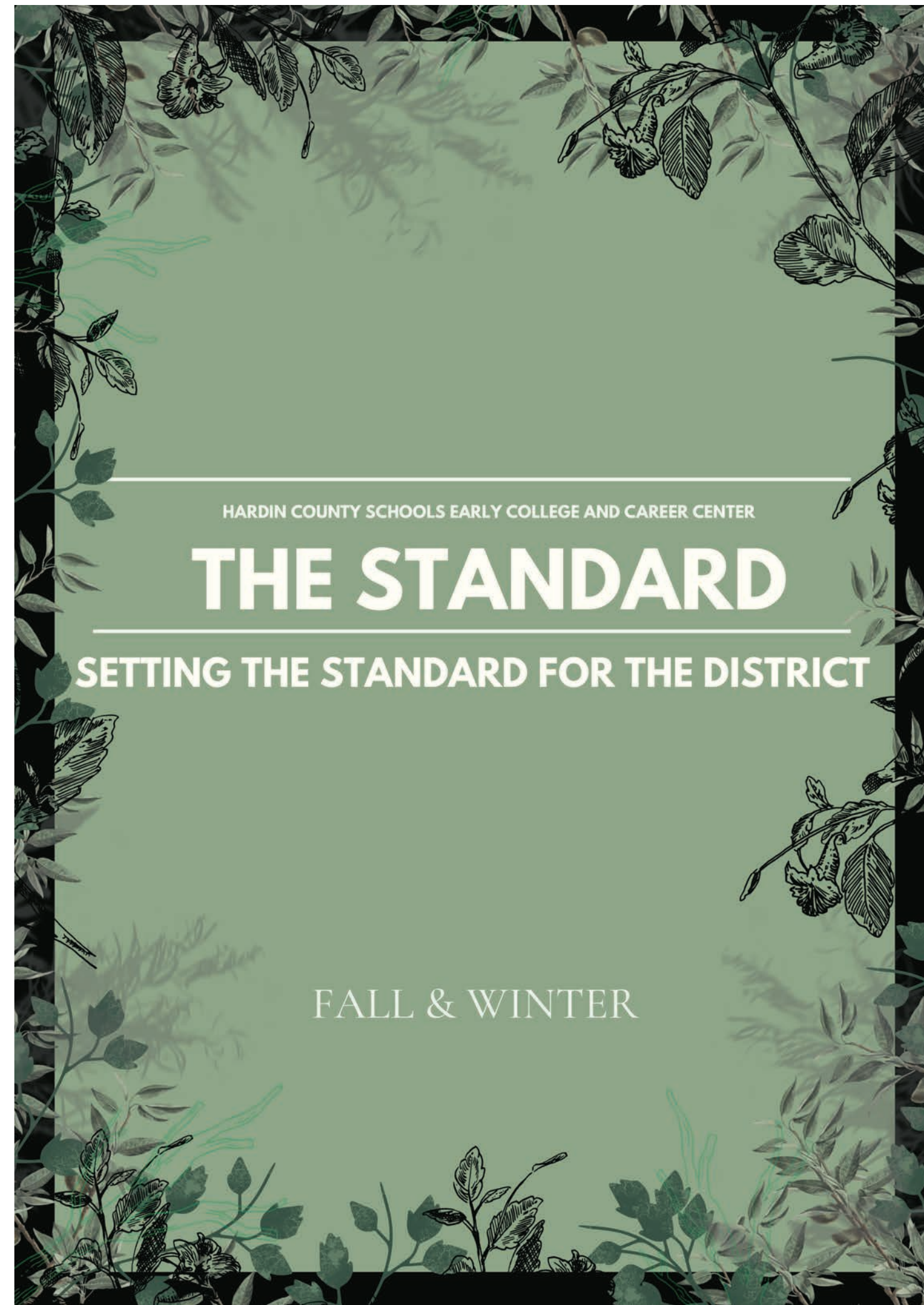
"Everyone who has seen our turf has said it is beautiful and our school colors look great," Mulching said. "We also got a lot of compliments from the regional soccer tournament about what a great surface it was to play on."

WHAT'S INSIDE	Entertainment.....A5	Sports.....A8
	Opinion.....A4	Teacher Profile.....A2

# Front Page Design Second Place

Camille Alexandre

The Standard  
Hardin County Schools Early  
College & Career Center

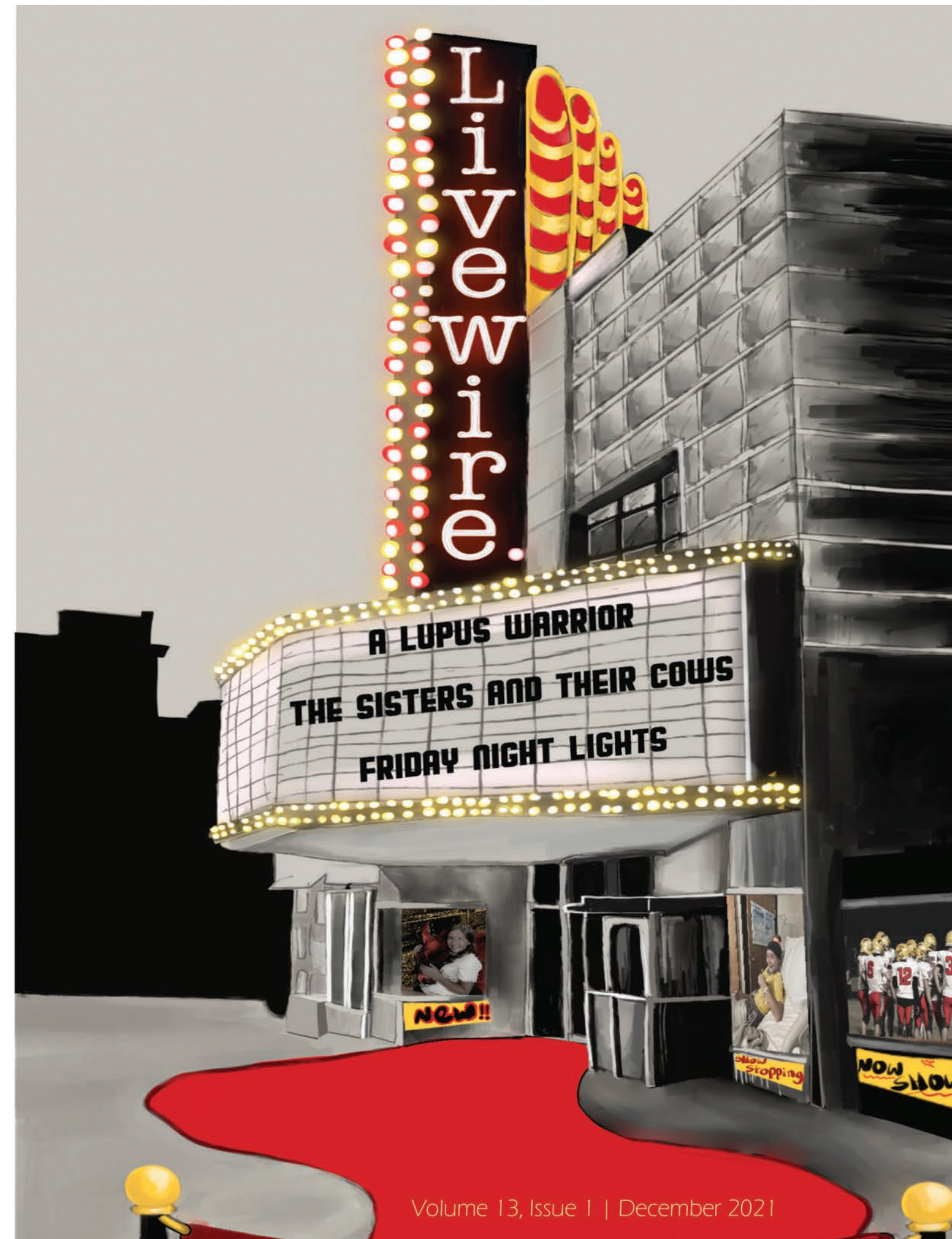




# Front Page Design First Place

Jenna Tipton

Livewire Newsmagazine  
Bullitt East High School



**PAGE DESIGN**

**INSIDE PAGE OR SPREAD**



# Page Design, Inside Page or Spread Third Place

Camille Alexandre,  
Ciera Bay-asen, Krupi Patel,  
Kauner Shacklette, Lauren  
Vest and Brooke McElfresh


The Standard  
Hardin County Schools Early  
College & Career Center

## The Journey of Governor's Scholars


LAUREN VEST, BROOKE MCELFRISH

Applicants → Scholars

*The Governor's Scholars Program chooses Kentucky's most exemplary upcoming seniors to pack their bags and move onto a college campus for five weeks during the summer. This program is not only a fantastic experience, but it is followed by many opportunities that others do not get. Applicants all go through a lengthy and stressful application process to get accepted into the program.*



Laith Hasouneh



Ciera Bay-asen

Ciera Bay-asen, a 2021 Governor's Scholar, tells us that the program is highly competitive, which means all applicants have to put their best foot forward. Laith Hasouneh, a current Governor's Scholar applicant, states, "Although the application is a very long process that induces some stress into my life, the pure excitement of possibly being chosen to earn a GSP scholarship overshadows the strenuous time that goes into the application itself." After going through this extensive application process and getting accepted into GSP, students are assigned to one of three colleges chosen by the program. All scholars will have a focus area during their time there to widen their perspective on subjects that are not taught in school. Ciera explains that her focus area, Spanish Language and Culture, educated her and completely changed her perspective. It helped her build a better understanding of the differences between our culture and Hispanic cultures worldwide.



Faris Ktout

A current applicant, Faris Ktout, would like to be an engineer after college. Faris explained that he would like his focus area to be something new that could spark his interest. That is what this program is all about: discovering yourself and new interests. Ciera says, "It isn't just five weeks of school, but rather, five weeks of learning about yourself." One question that both applicants had for former scholars was, "Is the five weeks away worth it?" Ciera answered, "I would definitely say it was worth it. I wasn't sure what to expect going into it, but by the end of the whole experience, I had grown as a person by constantly pushing my comfort zone and interacting with others in situations that I wasn't used to. On top of that, I developed a handful of strong relationships with people that I still stay in close touch with."



Charlie Tucker

Charlie Tucker, a 2021 Governor's Scholar, tells us that in the beginning, he did not expect to like GSP as much as he did. "Everyone got fully immersed in the culture. By the end of the five weeks, everyone had made close friends, so it was hard to say goodbye." Charlie's advice to anyone applying is to talk to as many people as possible if you get accepted. It will make the whole experience a lot more worthwhile.

10



# Page Design, Inside Page or Spread

# Second Place

Robert Butler

The Rebellion  
Boone County High School

## A4 JANUARY SPORTS

# HOOPS SEASON HEATS UP

Boys and girls focus on accountability, effort in season's second half

**By Samuel Colmar**

Basketball season is officially in motion at Boone, and with it comes ambition. While the school's boys and girls varsity teams are led by different coaches, the objective between the two remains the same: show accountability and effort.

### Boys shoot for regionals

Boys varsity basketball coach Nathan Browning has high expectations for his team. He said the team's main objective is to improve from last year and get to "Northern," the KHSAA regional tournament—a feat the team hasn't accomplished since the 2014-2015 season.

To make the regional tournament, the team needs to at least make the district tournament championship.

"The district games we play are always the 'big games.' (They) determine your fate in the postseason," Browning said. "If you don't do well during the year in your district games then you'll get the four-seed in the district tournament ... competing in these district games and getting some wins in the district throughout the season is a must."

Sophomore Jashaun Pouncy, who plays center for the varsity team, said the team needs to work on playing "more like a team" if they want to win districts and make the regional tournament.

According to Pouncy, the team has "a lot of offensive threats," and the numbers seem to back this up.

Senior Cole Shumate, who plays point and is the team's primary ball handler, averages just under 15 points per game, and Pouncy averages nearly 11; the rest of the team averages a combined 46.8 ppg.

On the team's biggest strength, Browning points to the team's work ethic.

"They've been working extremely hard, and we've gotten a lot better because of it," Browning said. "They're also really close with each other, they get along really well, and they practice well together ... everybody puts the team first."

To many, the team passes the "eye-test" when it comes to teamwork.



Senior guard Cole Shumate attempts a corner three-point shot in the Rebels 65-18 win over Carroll County at home on Nov. 30. Shumate leads the team with 13.2 points per game.

On what to improve, Browning emphasizes consistency. "We have to make sure we're consistent. We need to be practicing hard every day. We can't let up and be inconsistent when it comes to working hard," he said.

So far in the season, the boys varsity team has looked promising. As of this writing, the Rebels are 9-4.

Despite their success, the boys are still looking for their first win against a district opponent (Cooper, Conner, Ryle).

On Dec. 17, they lost 71-74 in a nail-biter against Kyle, the closest they've been to securing a win within the district.

### Girls eye improvement

Sophomore Cassidy Peters has become a leader for the girls varsity team already. She leads the team in points per game and is shooting 33% from outside the arc on nearly seven attempts per game.

Peters said the biggest challenge the team has faced thus far is the lack of experience between the girls.

### ALIVIA SCOTT

"Our team is so young, and almost all of our players are inexperienced," she said. "Right now, we don't get how each of us plays, so we don't have much team chemistry."

Todd Humphreys, the team's coach, seems to agree.

### KASSIDY PETERS

"We're really young, so we're just trying to get better everyday," he said. "We're starting two sophomores, a freshman, a seventh grader, and a junior, so we're just trying to figure things out and win."

### ALIVIA SCOTT

While things have begun to look promising, the varsity Lady Rebels are still looking for their first win on the season.

### ALIVIA SCOTT

The team's youngest member is seventh grader Alivia Scott. Scott, who averages 7.2 ppg, said the team's biggest challenge is adapting to a new coach and system.

On her expectations for the team, Scott said the team needs to learn "to play together."

### Season Stat Leaders

**Points per game:**

Cole Shumate	13.2
Jashaun Pouncy	12.2
Thomas Williams	10.6

**Rebounds per game:**

Jashaun Pouncy	10.4
Maddox Jones	4.1
Jake Barth	3.6

**Field Goal Percentage:**

\*Min. 20 attempts

Maddox Jones	66.7%
Jashaun Pouncy	61.9%
Thomas Williams	53.1%

**Three Point Percentage:**

\*Min. 10 attempts

Mason Hall	46.7%
Thomas Williams	44.7%
Jake Barth	42.9%

**Points per game:**

Kassidy Peters	9.3
Alivia Scott	7.3
Kaydence Roark	5.5

**Rebounds per game:**

Alivia Scott	5.5
Kaydence Gregg	4.7
Kassidy Peters	4.3

**Field Goal Percentage:**

\*Min. 10 attempts

Kaydence Gregg	45.8%
Kassidy Peters	32.4%
Alivia Scott	29.8%

**Three Point Percentage:**

\*Min. 10 attempts

Kassidy Peters	33.9%
Kaydence Roark	30.0%
Avery Jones	23.1%

### Have an Opinion?

To send in Letters to the Editor or opinions on a story, e-mail The Rebellion at [Lance.Melching@boone.kyschools.us](mailto:Lance.Melching@boone.kyschools.us). We request that you keep your letters to fewer than 500 words. We reserve the right to edit any letter that we publish.

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3330 US 42, Florence, Ky 41042  
859-334-4455 (voice / TDD)  
[kathy.restman@boone.kyschools.us](mailto:kathy.restman@boone.kyschools.us)  
Monday-Friday 8:00am-4:00pm

To obtain this notice in large print, on audiotape, Braille, a language other than English or another alternative format call 859-334-4455.



# Page Design, Inside Page or Spread First Place

Brooklyn Sauer

Livewire Newsmagazine  
Bullitt East High School

## Fostering a **GROWTH MINDSET** in the Classroom

Growth Mindset, the idea that persevering through the discomfort of learning something new will eventually lead to growth, is something that Bullitt East teacher Leo Craven weaves into his lessons to push his students to their fullest potential.

BY: BROOKLYN SAUER

Growth only comes from an attentive gardener.

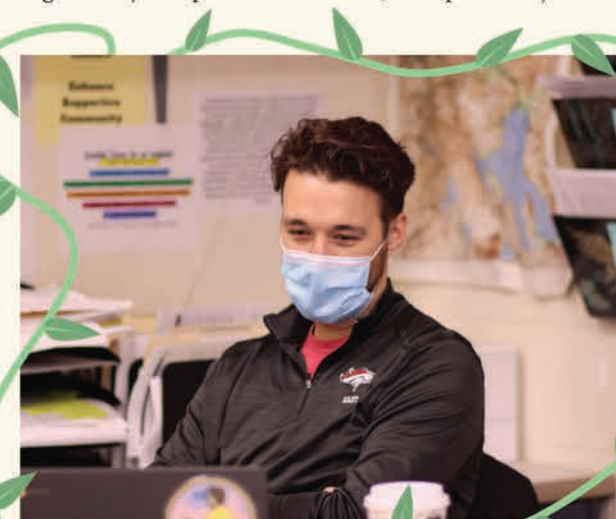
AP Language and Composition and ACT Prep teacher Leo Craven is working to foster a growth mindset in his students, allowing them to grow themselves in and outside of the classroom.

Craven has been using this teaching strategy for quite a long time, though he has faced challenges along the way. Despite these challenges, he is able to work through them with his students in order to make their learning experience better. His experiences using these techniques has not only allowed his students to grow, but helped him grow as well.

Craven has well learned his way around the classroom, as he has been teaching for the past 11 years, with 8 of those being at the school. Within his first years here, he was introduced to the concept of a growth mindset. "I was like 'Oh yeah! That makes perfect sense.'" Craven said.

However, the implementation of this technique did not go without some bumps in the road. "The only issue I've ever had with it is when students are kind of stuck in that fixed mindset," Craven said. The less desirable counterpart to a growth mindset, a fixed mindset keeps a student in a static state of 'good enoughs' and shying away from any kind of challenge, preferring to stay where they are comfortable. This bad habit is the exact kind of thing Craven hopes to break in his students. "Students aren't interested in growing intellectually, they're interested in completing assignments and getting GPAs. So that's one reason why I like to start with this idea is, like, the idea of growth, like growing as a human being, growing as a person, all experiences should kind of lead to that," Craven said.

Craven has also had his fair share of a learning curve when it comes to teaching growth mindset. During his first years working at the school, he was told he was teaching an AP Language and Composition class about two weeks before school started. Having never been in one of those classrooms before, Craven struggled with his first group of students. "My entire teaching career I've always been like 'No I'm going to push kids to where they struggle.' But, until I really started focusing in on it, metaphorically I would put you in the deep end without

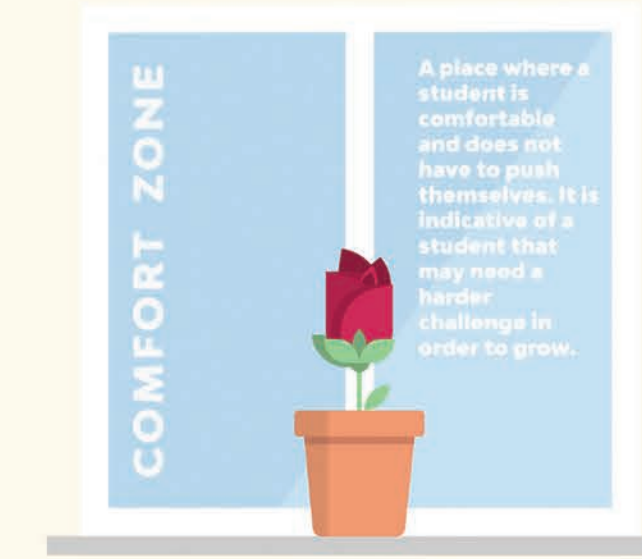


Craven sits at his desk and helps out an AP Language and Composition student. Craven has always loved when his students ask for help instead of struggling alone. "When a kid comes to me, first I tell them 'Thank you for telling me this because then we can grow from this' and then we can kind of pick up from there," Craven said.

teaching you how to swim," Craven said. Due to his little knowledge of how a functional AP Language class runs, he ended up setting the bar too far above his students' heads, where even those that should have excelled were struggling. "I had one of the top valedictorian students come to me and be like 'I don't know what you want from me. Like, I don't know how to be successful for you.'" Craven said.

Stemming from interactions like these, Craven realized that his current way of utilizing the growth mindset was not beneficial to his students. "And I remember that was when I was like 'Ok, I need to reevaluate my expectations, where I'm setting the bar, when I'm setting it, things like that.'" Craven said.

As the years went on, Craven worked to improve the way he used the philosophy of growth mindset until it was at a place where both he and his students were happy. "I'll still throw you in the deep end, but I'll provide you floats. Instead of just being like 'Nope! Figure it out! Try to swim!' It's kind of like 'Ok, you're having trouble, here let me help you a little bit,'" Craven said. Additionally, this experience has allowed him to better understand the psychology of his students, which then makes it easier to provide each student what they need to succeed in his



class. "I'm more aware of where students will generally come in, and also I'm much more willing to, kind of, provide resources," Craven said. Craven has come to learn that each student has slightly different needs, meaning that some will need these resources more than others. "One way I kinda look at it is I want students to go from A to D, but I don't want to give them B and C. So it's like 'Can you do this without me providing B and C?' Sometimes kids need B and then they can figure out C and D," Craven said.

Aiding students comes the most into play when a student is in crisis, completely inside their own heads and having absolutely no idea how to even approach the topic or task at hand. "First I tell them it's ok. And I'm kinda like 'Ok, you're in crisis,'" Craven said. Even a student understanding and admitting that they are in crisis is a giant first step towards getting back on the right track and out of the crisis zone. "I tell them that I appreciate that they came to me, because a lot of kids will just shut down and to where like, that's the worst thing that could happen, is it goes unnoticed or a kid shuts down then they dig such a hole that I can't help them, or like, metaphorically, they drown. And then it's, like, hard to revive them," Craven said. Craven also hopes to promote his students' ability to recognize when they are in crisis and need help. "That's why I put them up on the wall, cause I was like 'I need you to tell me, like, 'No, I'm in the crisis zone. I don't know what I'm doing. I don't know where to go.'"

After a student in crisis has been identified, it tends to branch off into each specific students' needs, since every one is different and may need different things depending on the level that they are at in that specific skill. "So then I kind of figure out 'Where are you? Like, how good can you swim? Can you swim? And sometimes I'm like 'Well, what do you feel comfortable with? Where is it that you can do things?' And then 'What's the next step past that?'" These questions are just another extension of the growth mindset. Though a student may not be able to be challenged at a class level, they are still being pushed to the best of their ability by being pushed a step past whatever they are comfortable doing.

"I still definitely try to keep pushing and pushing and pushing. But the big difference is I am much more willing to provide help," Craven said.

Believing in the philosophy of growth mindset has allowed Craven to improve himself alongside his students, one example being running. "I hate running, I still hate running so much, but I had a fixed mindset on running and was like 'I'm just not good at running, running's just not my thing,'" Craven said. However, he was forced to break through this fixed mindset when, due to COVID, he had no other way to work out beyond running. "I just kind of took it like 'Ok I'll run a mile.' And then the next day I was like 'I'll run a little bit more,'" Craven said. Craven then used these growths in his personal life to influence his students, showing his running logs to his students to introduce the idea of growth mindsets at the beginning of the school year.

Coupled with his personal growth, Craven has also grown as a teacher through learning about and exploring the ideas of growth mindset. "This being my 11th year, I've noticed that I've become a little cocky, a little placent, where I'm like 'Mm I've got it figured out,' but, just a couple days ago I was on Twitter and I saw somebody doing something in an AP class that I was like 'That's really neat. Why don't I do something like that?'," Craven said. Through constantly growing and learning each day as a teacher, Craven is able to foster a mindset in his students and himself that pushes everyone in the classroom to challenge themselves each and every day. "That's one thing that I always try to do is how can I always improve and grow and be better than the year before," Craven said.

### CRISIS ZONE

Shown when a student has no idea on how to move forward, possibly restricting them from even thinking about the task at hand. They may need help to get back on the right track.



### CHALLENGE ZONE

Where something is uncomfortable, but bearable. This is where students should be pushed to in order to grow.





# MULTIMEDIA PRODUCTION



# Multimedia Production

## Third Place

Maggie Phelps

The Central Times  
Central Hardin High School





# Multimedia Production

## Second Place

Owen Yelton, Ryne Wiseman,  
Kristen Heilman  
and Brent Perez

The Hilltopper  
Highlands High School

The screenshot shows a web browser displaying a news article. The browser's address bar shows the URL: <https://hhsjournalism.com/student-life/2021/11/29/built-not-bought-an-insight-on-hhs-strength-coach-aaron-letinski>. The article title is "Built not bought: an insight on HHS Strength Coach Aaron Letinski" and it is dated November 29, 2021, by Owen Yelton and Ryne Wiseman. The article text describes Coach Letinski's background and his role at Highlands High School. It includes a photo of Coach Letinski and a video player titled "Interview with Strength and Condi...". On the right side of the article, there is a vertical stack of social media sharing icons: WhatsApp, Facebook, YouTube, Instagram, Twitter, Email, and Print.

NEWS SPORTS FEATURE OPINION ENTERTAINMENT ABOUT

### Built not bought: an insight on HHS Strength Coach Aaron Letinski


Owen Yelton and Ryne Wiseman | November 29, 2021

The barbell slams into the rack. The dumbbell hits the metal hard as it gets put back. Players grunt and sweat as music blares in the background. It's just another intense workout, something the athletes are used to by now.

According to Highlands High School (HHS) Athletic Director Wes Caldwell, he knew Aaron Letinski was right for the job based on his background.

"He's had a little bit of experience in all of the aspects we're looking for here at Highlands which I think separates him from all the other candidates."

Long-term HHS Substitute Teacher Letinski now serves as the new HHS Strength and Nutrition Coach. He joined Highlands this year, having experience in his field and a lot to give to HHS.



Ryne Wiseman  
Aaron Letinski has served as a long-time substitute teacher at Highlands High School, now acting as HHS's new strength coach.

According to Letinski, he has been a strength coach at various other schools before coming to HHS.

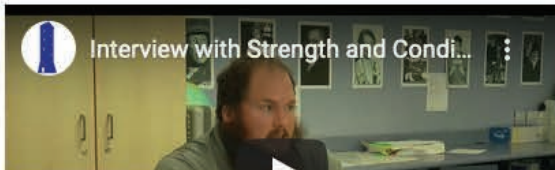
"I've kind of been all over the country. I started at Eastern Michigan University, after that, I was at the University of Buffalo. I was at William Penn University (Iowa), then after that, I was a graduate assistant at Southern Illinois University. Then after SIU, I went to Tippecanoe Valley High School in Indiana and now I'm here at Highlands."

Letinski trains a wide variety of sports at HHS, ranging from dance to baseball.

"Right now I'm working with [the] baseball [team] and I have an off-season group Tuesday, Thursday, and Friday, [which is] for anybody who's an off-season athlete. I also have cheer, dance, and girls basketball that I'm working out right now."

With Letinski also being a substitute teacher, he is able to build strong relationships with the athletes. Caldwell noted how important this is between an athlete and their strength coach.

"He builds great relationships with the kids around here, so it's not just seeing him after school, you get to see him in school. He gets to interact with our student-athletes, and it helps build that great relationship that we're looking for."

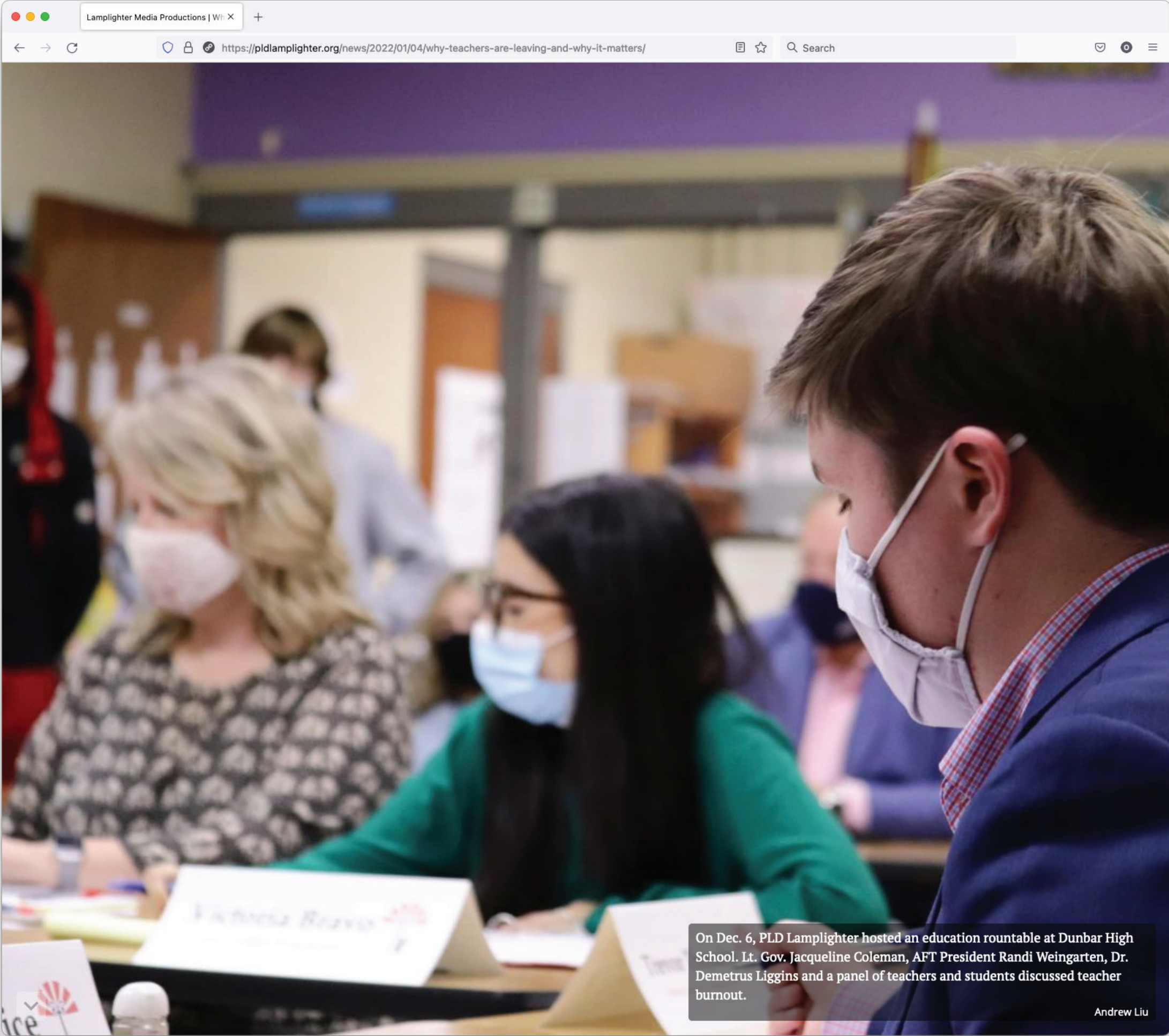




# Multimedia Production First Place

Logan Justice, Victoria Bravo  
and Ella Williams

PLD Lamplighter  
Paul Laurence Dunbar High  
School





**BEST OVERALL**

**MEDIA OUTLETS**



**NEWSPAPER  
OR MAGAZINE**

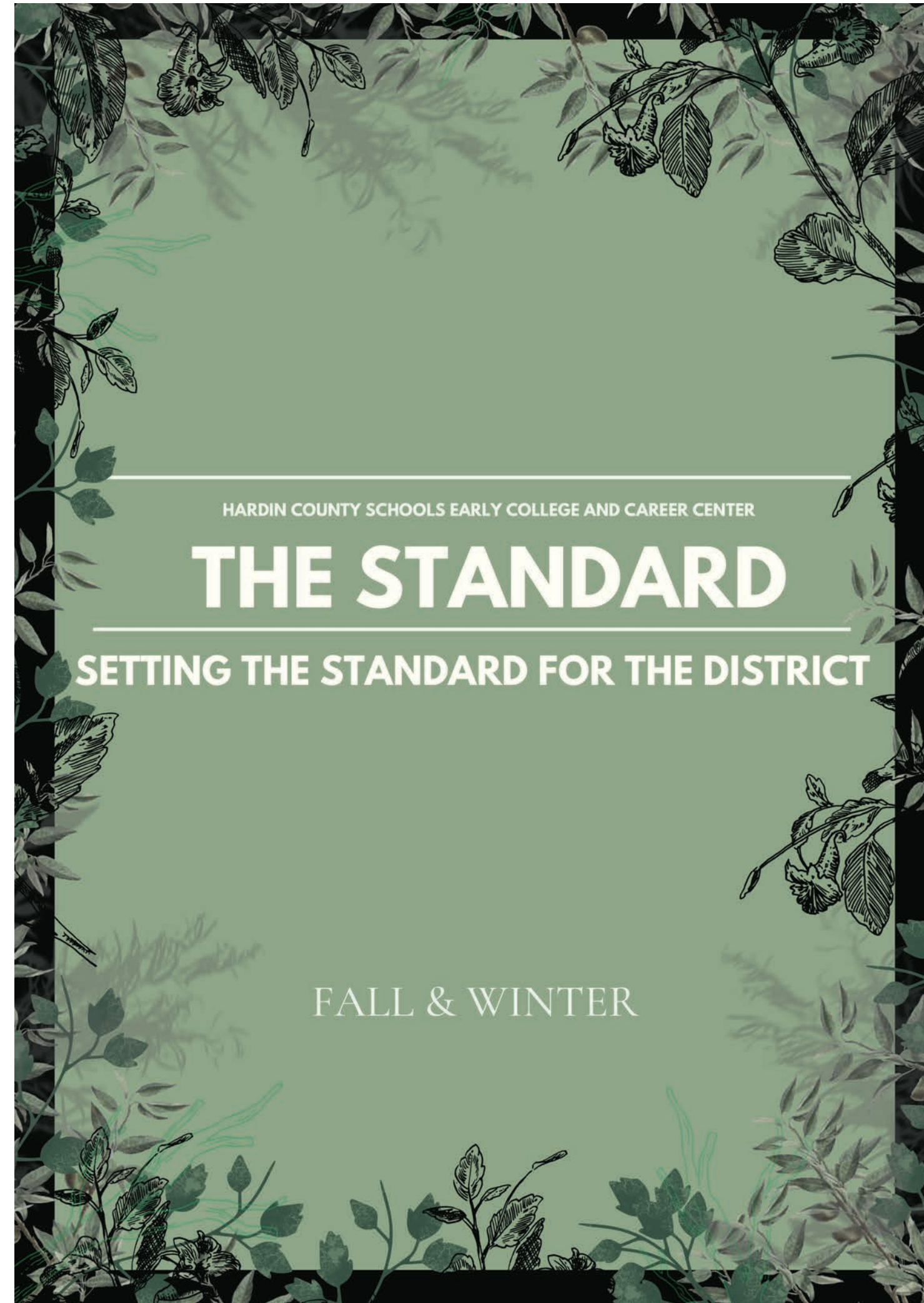


High School News  
Publication

Third Place

Staff

The Standard  
Hardin County Schools Early  
College & Career Center

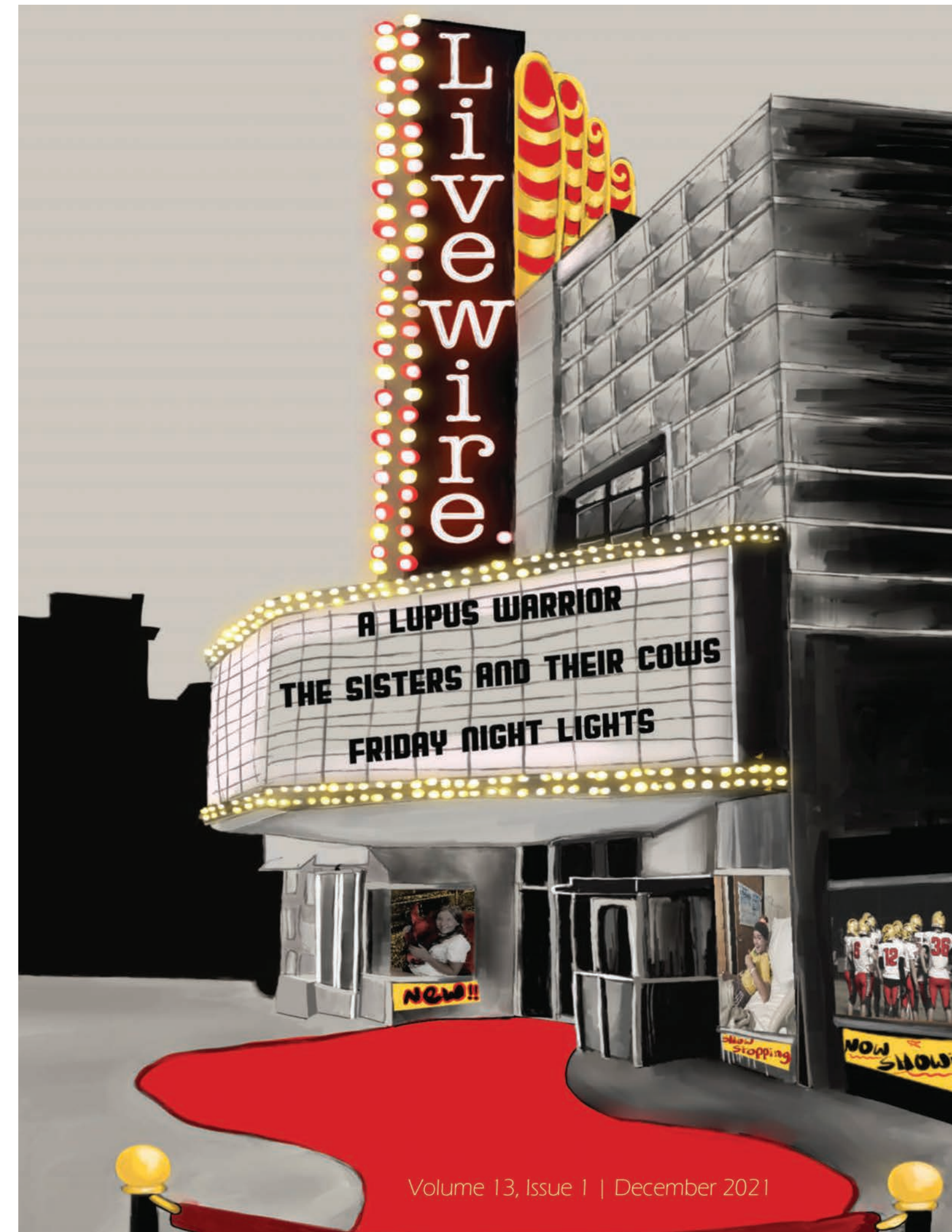




High School News  
Publication  
**Second Place**

Staff

Livewire Newsmagazine  
Bullitt East High School



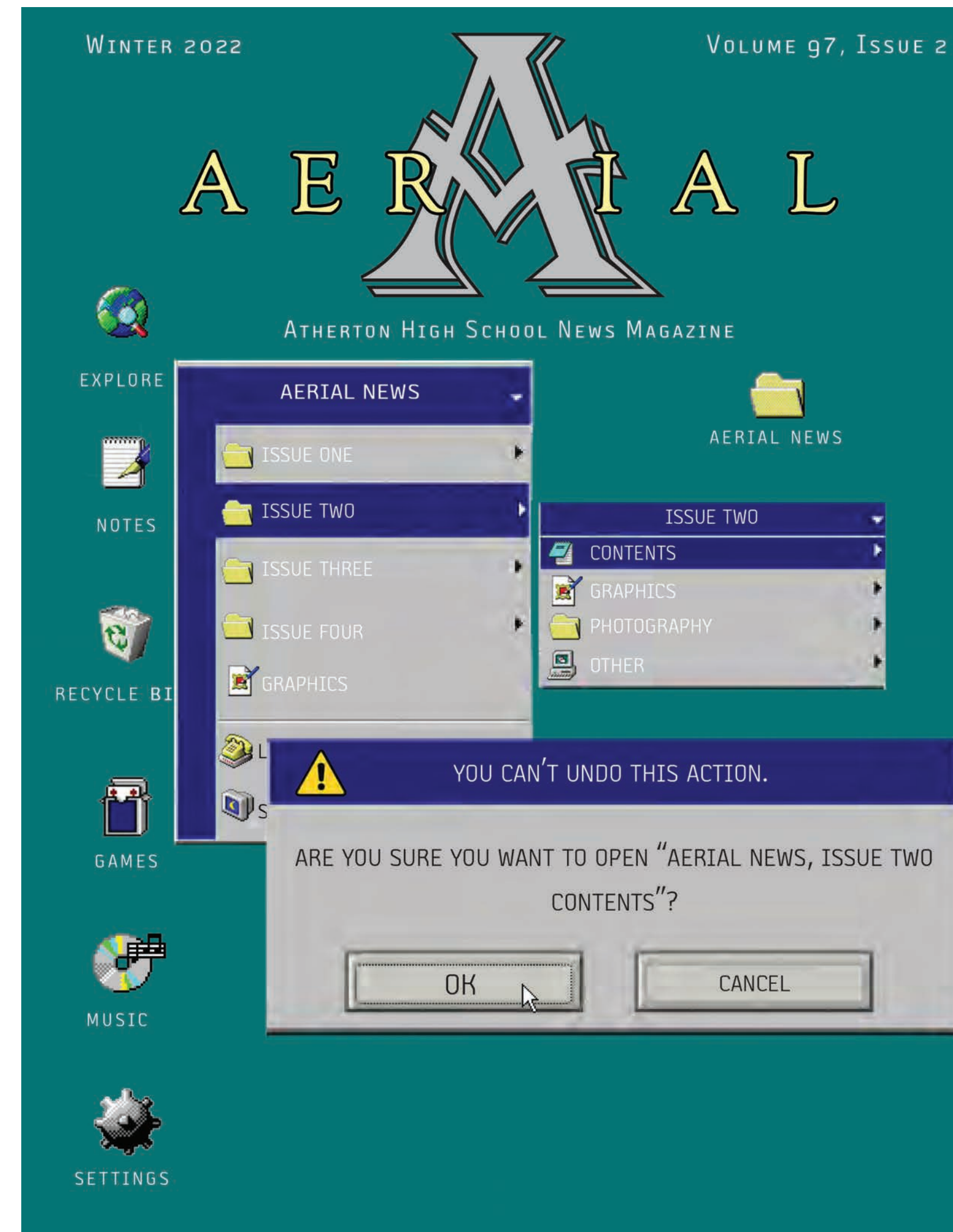


High School News  
Publication

First Place

Staff

The Aerial  
Atherton High School





# NEWS WEBSITE

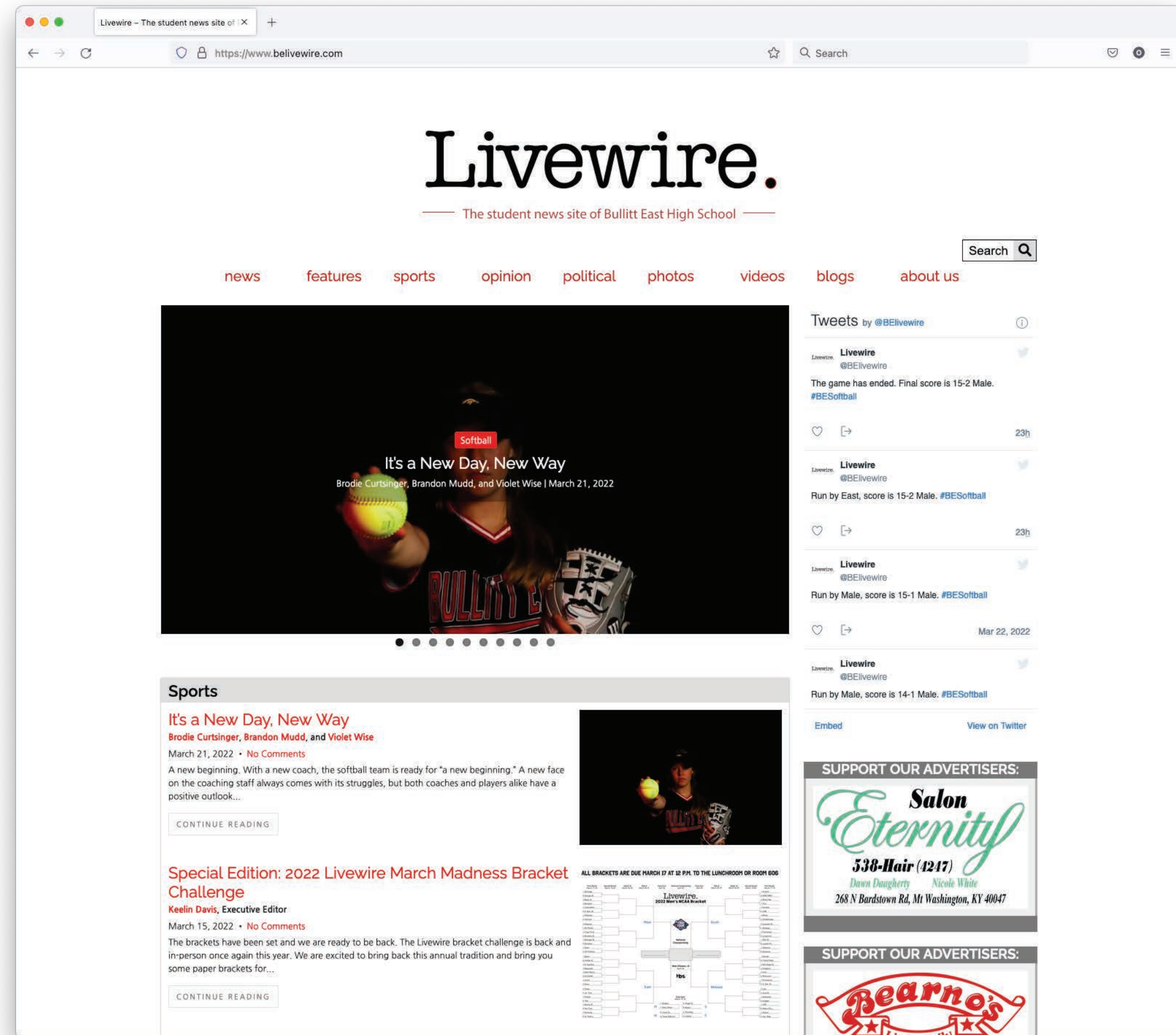


# High School News Website

## Third Place

Staff

Livewire Newsmagazine  
Bullitt East High School





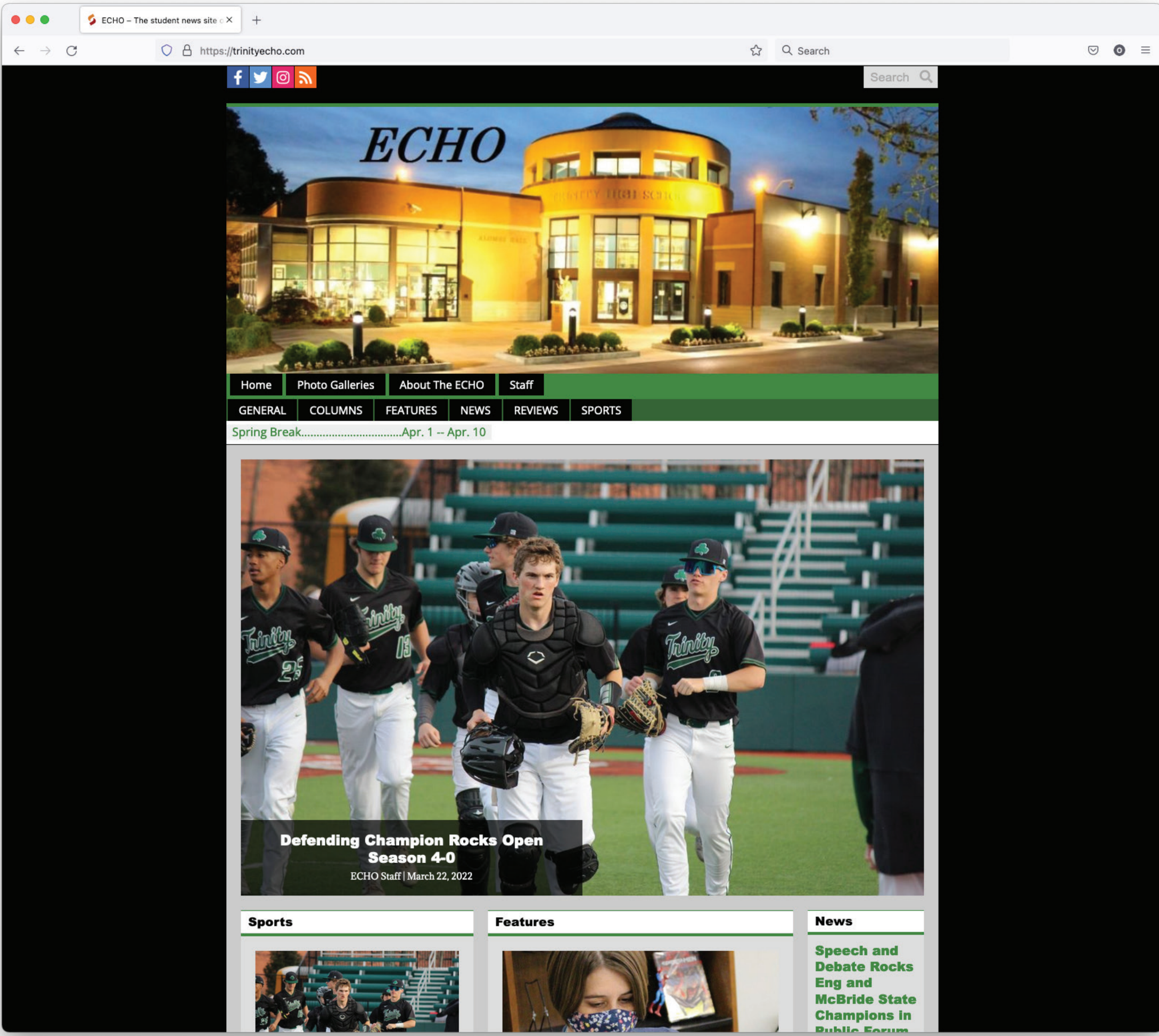
# High School News Website

# Second Place

Staff

ECHO

Trinity High School





# High School News Website First Place

## Staff

PLD Lamplighter  
Paul Laurence Dunbar High  
School

