

just ask
US
your question

Santana Solano '19 asks...
"What steps do you take to achieve the growth?"

"I practice MORE AND MORE to try and get to where I want to be and reach my full potential."
Hector Gomez '21

"I WORK HARD and try to be as PATIENT as possible when it comes to making progress."
Chase Prestwich '21

ASKING FOR HELP. Getting guidance from AP Biology teacher Dr. Robert Walters, Payton Waltemath '20 clarifies the lab procedure. "I've definably learned how to think in a more scientific mind-set through the lectures and labs we do," Waltemath said. *photo by b. lewis*

DOUBLE CHECK. Making sure her plants were well fed, Taslima Yusuf '20 adds water to feed them for the day in AP Biology. "I feel like I've gained a pretty cool experience, and I'm learning the meaning behind the labs and the science terms we need to undersand. By doing the learning with labs, I am able to comprehend it better," Yusuf said. *photo by s. rolls*



“Honors Anatomy is so fun because IT’S VERY INTERACTIVE so everyone gets INVOLVED, and it’s a lot of new stuff about the body that I didn’t know about.”
Sarah Tiffany '20



by sending HELP
students help a friend send money back to her home village in africa with deca project

BEING CLOSE FRIENDS with Angel Mollel '20, MacKenzi Kroll '19, Morgan McGuire '19 and Gabriel Berland '19 decided to do a community service project to help Mollel's foundation, I Love that supported her home in Tanzania, Africa, as their group's DECA project.

"We actually did a penny war at Southeast for about two weeks and we raised around 400 dollars which tranfers to quite a few shillings, the currecnecy they use there," Berland said. "I am glad that we were able to get young kids involved in helping give back to other young kids in a country where they need our help."

The group presented their project at the State competition in February. Thought the project did not place for Nationals, the project was very special, according to Kroll.

THIS IS THE AORTA. Honors Anatomy and Physiology teacher, Aarika Capra points out the aorta on a heart to students, Savanna Anderson '19 and William DeShazer '19. "I think all of the dissections in anatomy really help us figure out where things are located such as the heart. There are so many terms that we need to memorize, so it is helpful that we do as many labs and dissections that we can so we can also visualize what we are learning," Anderson said. *photo by t. reichow*

DISSECTING A BRAIN. Trying to figure out the difference between the cerebrum, cerebellum, and the brain stem, Elizabeth South '20 partakes in a sheep brain dissection. "I wanted to take Anatomy because it is so interesting to learn how the body works and fuctions. It will also help me as I take CNA," South said. *photo by t. reichow*

SHAKE IT LIKE AN EARTHQUAKE. Making a model of a building to show how an earthquake will affect it, Serena Hinson '20 uses marshmallows and noodles to build her structure in Earth and Space. "We got to shake the table to see if our structure would be okay while understanding earthquakes," Hinson said. *photo by s. rolls*



A LABEL MAKER. Sara Knipple '19 uses a scalpel to add another hole to the sheep heart, so she can continue to label the parts of the heart in the cardiovascular system with popsicle sticks, while working in Honors Anatomy and Physiology. The parts Knipple labeled were the aorta, superior vena cava, inferior vena cava and the pulmonary veins. "Labeling helped me remember each part better because we had only viewed a heart on paper, so it helped me understand where everything actually was while working with the sheep heart," Knipple said. *photo by t. reichow*



We BREAK new ground

students conduct laboratories and dissections to study science subjects

CLASS: AP Biology
LAB: Anaerobic Respiration
PURPOSE: "We each got personal bottles of water and we had to add yeast, sugar and root beer extract into them using different quantities. Then we had to put them in a warm over. We would let them sit and that is when we check the anaerobic respiration," Brekyn Haddick '20 said.

CLASS: Honors Anatomy and Physiology
LAB: Cat Dissection
PURPOSE: "The first time we dissected our cats, it was to figure out the respiratory system. We used cats because they have a similar respiratory system to us. We basically had to cut the upper portion of the chest to open up the cat. From there, we studied the lungs of the cat," Christian Gonzales Ayala '19 said.

CLASS: Earth and Space
LAB: Earthquake Testing
PURPOSE: "We had a certain amount of dried noodles and a certain amount of marshmallows, and we had to build a structure as high as we could that was also stable. We then shook the tables to represent an earthquake. We had to keep our structure still standing even when it went through an 'earthquake'" Victoria Rydzeski '19 said.

CLASS: Chemistry
LAB: Identifying Solutions
PURPOSE: "We usually mix a bunch of unknown substances to see what they produce. After that we figure out what the substances were, based on the color or transparency. We would look at chemical equations and see what produced more precipitates," Vincent Sena '20 said.



through the power of SONG
paige whisler '19 sings the national anthem at events to help her develop in her singing

KNOWN FOR: Singing the "Star Spangled Banner" for sporting events
EVENTS SANG AT: Boys Soccer, Football, Fall Sports Assembly, Winter Sports Assembly, Girls Swim, Girls Basketball
YEARS SINGING: "I have been singing for as long as I could talk probably. I just love to sing."
WHY I DO IT: "I like to sing because it's a way for me to express my emotions and helps me feel like I can connect with others through music."
MY FUTURE SINGING: "I actually visited colleges that I can double major in Vocal Performance and Performance and Music Entertainment."
WHAT GOES THROUGH MY MIND: "I try to think of a memory that helps connect the song to my emotions. For the anthem though, I try to think about the pride I have for our country. That makes it easier to sing it in front of everyone." *photos by s. demers*



how do you grow as a person?
SCIENCE
deca project, paige whisler
page by j. bishop and s. rolls' group
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Even Page

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