

LUTHER HIGH  
SCHOOL

**SPECIAL  
POINTS OF  
INTEREST:**

- Sports Wrap Up
- What's New?
- Foreign Exchange Students

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# Luther Leader

Editor: Chloe Harbach

FALL ISSUE

SEPTEMBER 2012

## Keeping Your Balance

You don't have to look hard to find a lot written about teens and a balanced life. The schedules of teens keep getting fuller and fuller. Here's your checklist:

- |  |  |
|--|--|
| <input type="checkbox"/> Attend School           | <input type="checkbox"/> Write down homework                     |
| <input type="checkbox"/> Find Homework           | <input type="checkbox"/> Do homework                             |
| <input type="checkbox"/> Sports practice         | <input type="checkbox"/> Music practice                          |
| <input type="checkbox"/> Volunteer               | <input type="checkbox"/> Hang out with friends                   |
| <input type="checkbox"/> Work/ Job               | <input type="checkbox"/> Clean up room                           |
| <input type="checkbox"/> Save money for college  | <input type="checkbox"/> Keep up with social media               |
| <input type="checkbox"/> Spend time with parents | <input type="checkbox"/> Spend time with younger brother/ sister |
| <input type="checkbox"/> Pray/ Read Bible        | <input type="checkbox"/> Sleep (Who has time for that?)          |

You hear the voices: "Be well-rounded. Take college level classes. Be involved. Get good grades. Volunteer." Parents are saying, "Get those grades up. Don't slack off." Your own voice says, "Am I doing enough? I want to spend time with my friends. I need some sleep."

Before we get too far into the year, don't let all those voices drown out the most important voice—the voice of our Savior God. Remember the parable where the man went on a journey and gave out talents to each of his servants (Matthew 25:14-30)? In that parable Jesus teaches us a few things: #1) Everyone has different gifts. Always keep that in mind. God made you unique. You don't look like everyone else because you weren't designed to look like everyone else. #2) Everyone is responsible to use his or her own gifts. Don't get caught up in all the comparisons. Just take care of your own business. #3) God calls for faithfulness. Nothing more, nothing less. Yes, I know. Your parents want you to get at least a 32 on your ACT. Your employer wants you to work all weekend. Your friends want you to spend more time with them. Your teachers want you to study more. The coach expects you to practice at home. Even you expect certain things from yourself. But God's standard is to be faithful. He knows your capabilities; He gave them to you! Ultimately, it is He who knows what He wants you to accomplish today, and in life. Keep talking to Him and listening to His answer in His Word, so that the voices of others don't drown out the truth, or worse--drown you! God has promised to help you (Psalm 50:15). More than that, we already have His biggest blessing in Jesus, our Savior and friend. Keep your balance. Be bold. Set boundaries. Do your best. And trust Him. He's brought you this far. May He bless and guide you in finding balance for your life!

Pastor Harbach, St. John's Nodine

# Cross Country



"That which doesn't kill us, only makes us stronger!" are the famous words chanted by both coach and team right before a meet, and they never fail to put you in the zone. It's race time.

The Cross Country teams' head coach, Pastor Kevin Lisk, is in his 16<sup>th</sup> year of coaching and is still going strong. He sets high standards for his runners, and they are expected to keep up. Good behavior, including staying in accordance with school rules, is only the beginning. Also, they must perform up to their abilities and not slack off just because they are tired. Most im-

portantly, every member of the team must be willing to have fun. "Otherwise, it's just running," says Coach Lisk.

A typical week of practice can be described as a lot of fun mixed with a lot of hard work and lots of laughter. Pacers, 2 mile "warm up" runs, and sprints are all definitely worth it when practice is ended with a game of Quidditch, soaking in the tubs, and Dairy Queen.

Every team needs a captain, and as anyone can imagine, choosing one is a difficult decision. Both the girls' and the guys' team have a captain. This year's captains are Megan Dretske and Mitchel Wrobel. Some qualities in a captain are, focused and into the game, but also fun. They also aren't afraid to speak out and let their team know what is expected of them. Odds are, neither of the captains have the same personality and attributes, but both have definitely earned the respect of every single runner on the team.

No matter what the sport is, no coach is going to

be perfect. That is especially true for their first year. Even Pastor Lisk says, "I started out raw". The key to good coaching is by borrowing good ideas, looking around at other coaches and seeing what techniques they use with their runners. Good ideas can come from anywhere, anyone, and can be anything. Even after having coached for 16 years, Pastor Lisk never thinks he knows everything there is to know about Cross Country.

By: Rachel Horstman



# Football



players out on the field make a whale of a difference. Austin Schroeder and Tony Potaracke are out on the field with no previous football experience adding to this team's dazzle and power. Ben Rushlow is on the field this season after not playing football for a couple years. This break sure hasn't affected his dynamic addition to the team.

This team has high expectations for the finale of this record-breaking season. They hope to make it into the playoffs this year for the first time in five years. This team is a cohesive unit, who are brought and kept together by seven captains, who hope to lead their team to achieve this prestigious goal.

Expectations for this team are high not only on the field, but in the classroom as well. Coach Hagedorn declares this team as having a very high academic level. Coach holds them to using their God-given abilities on and off the field. He states, "If they can't perform in class, they can't perform on the field."

Be sure to catch the Knights in action, making their impetuous raid into the WIAA division six football playoffs. Go Knights!

By: Emily Appold

Knight Football is off to an explosive start in this 2012 season. The Knights steam-rolled over Blair Taylor with a rampant 36-0 win over the Wildcats. This season, the team is headed up by Coach Hagedorn, along with seven captains, Christian Kennedy, Mitch Beckendorf, Nolan Arentz, Anton Proksch, Brandon Yang, Ryan Kastenschmidt, and Nick Gilman. Coach Hagedorn defines this explosive team as, "The best team he's had as a head coach."

Knight Football started off their pre-season with a two week football camp, where they experienced many team building activities. One of these activities was a tire flip competition, with another where the seniors simply followed around

all the freshmen. The regular season has had a striking beginning. Success has finally been found from all of the hard offseason work, and it has left these players hungry for more. Winning and losing isn't the only way this enterprising team finds success. For this team, success is defined also how they grow throughout the season, and if they have lived up to their potential.

This team begins their pre-game experience with a pep talk from the coaches. Here and throughout warm ups they discuss having a slow fuse. For this team, a slow fuse means building up in their energy through warm ups and peaking with the first kickoff, not just being fully charged with their energy right away. During the game, some new

# Tennis

Luther High School's tennis team is currently the #1 doubles pair in the state. They are led by head coach Mark Ross, along with assistant coach Ruth Kinstler. The team has a strong record, having won 31 straight conference matches and 7 straight state championships, and they are currently swinging for an 8<sup>th</sup> consecutive conference title.

Currently, the #1 doubles pair is Shelby Zillmer and Paige Potato. They are not about winning, it's about doing things right," says Mr. Ross. They also are improving on a regular basis in their classes, as a team player, and as a Christian.

By: Rachel Horstman

Doubles involves a lot of net play, and partners shouldn't be afraid to come to the net aggressively. Singles players have more movement because they are by themselves on the entire court. Also, singles tennis matches are a lot of mental games. They try to aim for mini spots on the court, working on their strokes, and practicing their serves. To end the

day, a doubles game of Queen of the Court is a definite treat.

These girls don't just go out any day and play tennis, Mr. Ross has



# Volleyball

Psychogusroodiraffilli this year. Their team word, and Spike the giraffe are two of the aspects that display this team's spirit which you may hear and see in the ACE and other gymnasiums around the Coulee Region from Knight Volleyball this season. Coach Rosenberg, along with captains, Mariah Schultz and Mackenzie Kish, are leading this dynamic team through their 2012 season.

They started their season with their annual varsity team trip to Camp Phillip for the weekend.

After a grueling week of practices averaging eight hour days, this trip was a great way to relax and bond for the team. Activities at Camp Phillip included cooking their meals over a camp fire, taking the canoes out into the water, completing the low ropes course, picking their little sisters, and sleeping in wagons. Little sisters are players from the JV and C-team volleyball teams. These young players are encouraged and motivated by the varsity squad. All of these activities played a part in their team bonding

Psychogusroodiraffilli, and the giraffe, all came from events experienced at camp Phillip. Spike the giraffe is a stuffed giraffe who travels throughout the team during classes on game day and practices



daily with the girls.

This extreme team bonding has led to great teamwork on and off the court. "Teamwork is extremely important, and it continues to improve with every practice and game," as stated by Coach Rosenberg. Before each game, the team completes the pony, a very special and important pre-game ritual that means a lot to this energetic group of girls. The National Anthem, which is sung before every home game, isn't just an everyday song for these girls, they take

pride in warming up their singing voices before every game in order to sing. They motivate themselves by doing their own unique routine before games, followed by a pep talk from Coach Rosenberg.

During their games, this team works together towards the mutual goal of a win. This team defines success, not only as a win on the night, but also by playing well as a team and using all strengths to the best of their God-given ability. This driven team's goal for the rest of the season is to keep improving in their skills and teamwork.

Girls on this team are not only motivated on the court, but in the classroom as well. Each of these girls works to do her best academically, as well as physically. Being a student comes before being an athlete for these players. This 2012 season is off to a great start. Be sure to check out some Lady Knight Volleyball action in the weeks ahead.

By: Emily Appold

# What's New at Luther

*"Now fear the Lord and serve him with all faithfulness." Joshua 24:14a*

Out with the old and in with the new. Goodbye fellow seniors and hello new freshmen and new students! A new school year is the start of a new beginning for the students and faculty here at Luther High School. Let's walk through the school and see the many different changes we have made.



First off, in the office, we have a fresh new face, Mrs. Wassermann! Her duties are "taking attendance, making the announcements, and whatever else I'm needed for." She previously worked as a secretary at Mount Calvary-Grace Elementary School in La Crosse. Be sure to stop by and say "Hello!"

A more noticed and well-accepted change has been the dress code. The dress code committee involved a small number of students, such as Aaron Schaper, Kim Ebner, and Chloe Harbach. There were 6 adults also on that committee. Some new rules that they had agreed on were: Athletic pants/sweatpants are allowed. Shirts cannot show cleavage/midriff compared to crew neck t-shirts. Shorts, skirts, and dresses have to reach your fingertips naturally at your side. "I think the new

dress code is much easier for students to comply." "The student cooperation is very good, and people are dressing accordingly", says Pastor Billitz.

Another newfound change is the difference in our lunch food. By next year, everything will be whole wheat, like rice, noodles, breading on chicken, and normal bread. The salt content in the foods must go

down a lot and the fruits and vegetable intake must go up. Mrs. Stallman, one of our lunch ladies, states: "There are some good points, yet there are some bad points about this. Some of the bad points are that the food is bland because we're not allowed to put seasoning on the food, and a lot of the food gets thrown away because of that. I think that it is helpful though, because the government must pay us back for the food unused."

How safe do you feel at Luther? Students and faculty are now feeling safer because of the doors being locked at 7:54 a.m. realizing that in the past, it would have been easy to have strangers walk in and do whatever they want. The faculty also has to wear name tags, so visitors that come in know that they are faculty. Also, for the visitors,

they must stop in the office, and grab a visitor name tag. Just to show that the office knows that they are here.

Luther High School is exploring new horizons with our brand new religion elective! Mr. Schaper is teaching the course "Christian Living" for seniors. "The Christian Living course will be a study and discussion of the

social problems in the light of God's revealed Word, and they will be led to see the answer to the problems confronting teenagers in today's society. The main purpose of this class will be to give high school students the opportunity to apply God's Word to their lives and to assist them with their Christian life after Luther High School. Nearly 50 seniors have registered for the semester course." There will be Luther High School alumni that will come in and speak to the class about the challenges that they have faced since Luther High School. Life has many hardships, but God will get us through it and bring us safely with him to heaven.

By: Courtney Komay

# Yi Cong Chen



## Who's one of the new guys?

Yi Cong Chen is one of the foreign exchange students here at Luther High School. He is a junior and just turned 17 on September 5, 2012. He is originally from Dongguan, which is located in South Eastern China. He lived there for 16 years before coming here to America. He moved in with the Sumptions in Holmen on Au-

gust 15th. He decided to come to Luther when one of his mom's friends told him about what a great school this is. There weren't a lot of high schools to choose from that year.

Some extracurricular activities Yi Cong is involved in are cross country and great school Lu-band. He plays the clarinet there in the band. He is considering doing track in the spring. He plans to stay for two years and graduate from Luther with what he wanted. His post-high school plans are to go to college in America and study design the teachers and architecture. the classes we had.

One of his favorite parts of high school are all the friends he has made. His favorite American food is na. He is an only child and keeps touch with his parents via "Skype". He plans to go back to China and see his family around Christmas time.

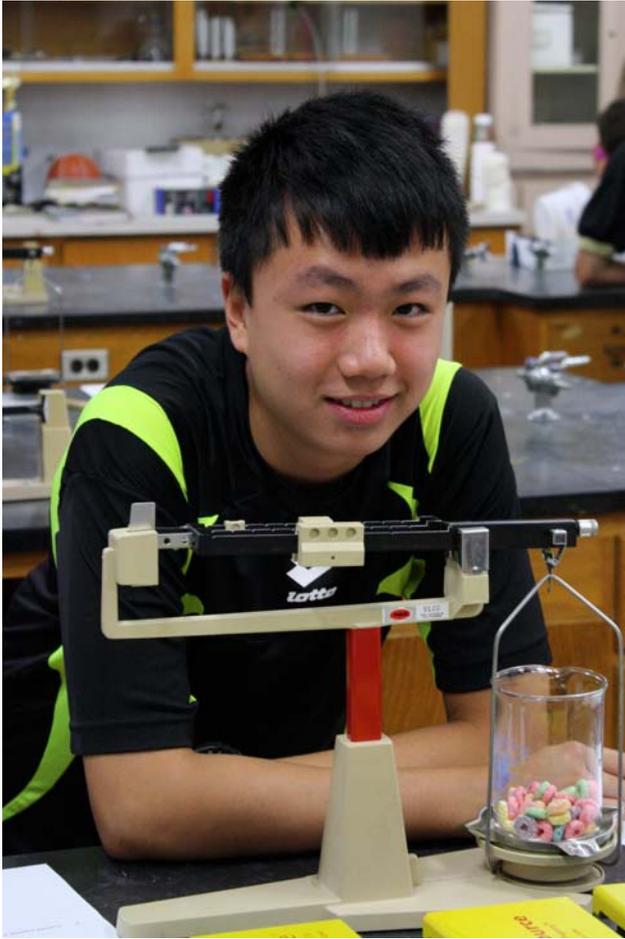
He is enjoying his time here. This will be his first time studying here in America. It is a whole new experience for him. At his old school, the classes would be in a different order each day. Whereas at our school, our schedules are consistent from day to day. One thing he finds new to him is the

Here are his thoughts on his life here in America and at Luther: "It's kind of nice here; enthusiastic, need to improve English."

By: Lydia Wassermann



# John Wang



Moving to a new school can be a nerve-racking experience for any student. Being uncertain, restless, nervous, and even a bit fearful would be just a few of the emotions someone might feel. Imagine yourself moving to a school in a different state, maybe even a different time zone. Now imagine going to a new school in a completely different country without the comfort of any of your family or friends.

This type of transition is exactly the kind that new student, Freshman Wang Ruicheng, also called John, had to make. Transferring from Shanghai, China just this August, John landed in La Crosse, Wisconsin. Learning from all of the craziness that is teenage high school life, it did not take him long to notice the differences in the attitudes toward school here in America.

The biggest difference here at Luther, says John, is the time we spend at school. In China, students are often held late after school, doing assignments until the student has fully learned the material. His favorite subject here is music appreciation, with lunch being his most favorite time of the day. John has made an immediate impact on the student body by

being elected by his peers to the Luther High School student council. What's important to John is staying here at Luther for all 4 years of high school as well as advancing toward attending college here in the United States.

Transferring here to Luther gives Wang-Ruicheng the type of opportunity he might not have gotten in China, which is being able to get to know Jesus as his Lord and Savior. Without this knowledge, all the fun and games in sports, music, and free afternoons would go to waste. Nothing is more important than this, and it is for these reasons that reaching out to students like John is so vital in being able to spread the word of God.

By: Ryan Kastenschmidt

# Luther Goes Green



can help by recycling the very first week. Also, we had fifty gallons of "fiber/paper" products left out of the regular dumpster, and Mr. Dobrunz has noticed a reduction of garbage from three barrels to just one and a half barrels a week. If we as a student body keep recycling, we can make a difference in the environment and our own lifestyles.

Luther High School is going green by deciding to put recycling receptacles in the school. Students and faculty are now able to recycle cans, plastic bottles, and paper instead of throwing them away. They are located in various parts in the school for convenience like the commons, classrooms, and the lobby. The idea of recycling came to Luther when Ms. Rosenberg and Mr. Hagedorn went on a field trip to the Xcel Energy plant and the landfill. They thought that it would be a great idea to recycle instead of everything going to waste.

So far it has

So you might be wondering, how can I help? And how does this help? You can help by recycling. Also, we had fifty gallons of "fiber/paper" products left out of the regular dumpster, and Mr. Dobrunz has noticed a reduction of garbage from three barrels to just one and a half barrels a week. If we as a student body keep recycling, we can make a difference in the environment and our own lifestyles.

By: Travis Kilmer



# Back in the School Year Groove

The crisp air and time getting back in the school mode perhaps be- With much potential and drifting leaves tumbling school mode perhaps be- many hard workers, Lu- to the ground- who are cause they worked odd ther should have a su- we kidding, it was excru- hours in the summer or perb year, academically, even their bed time is dramatically, and athleti- different now. cally. The year is what you make of it, take the

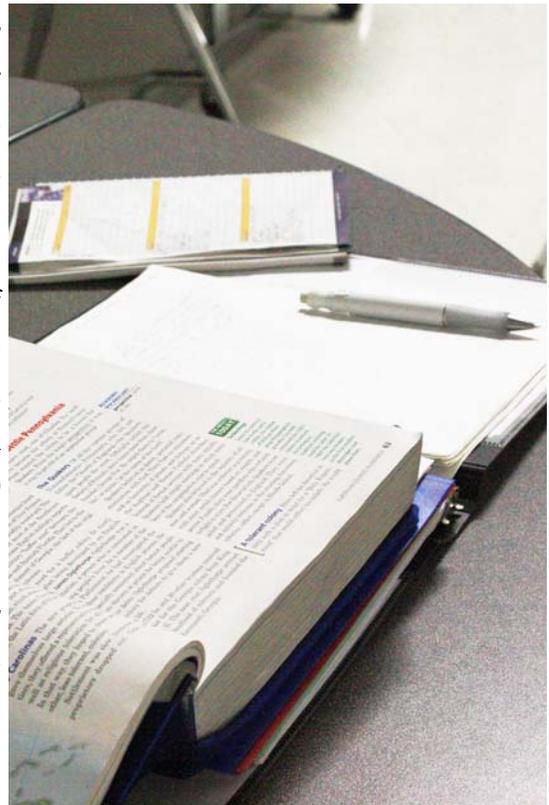


Luther has been off and running far before memories last. "Now the first bells rang. Teachers and coaches have been putting in long prep hours to prepare for the oncoming year. All of those hours have made the transition back to school quite smooth. Getting back to friends is what many are most eager

By: Charis Zarling

ciating out there! The beginning of the 2012-2013 school year brought hot weather and an evening for school hotter school. Some classrooms got so hot til the last days of summer. Not too that teachers and students moved to the gym or even the band room to escape the sweltering heat. But now, with the weather cooling off, everyone can transition into the swing of things. Some may have a harder

The faculty and students are looking forward to a prosperous year.



## Ken Ken

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	2-		2÷	1
6×		9+		10÷
3-			36×	
	4-			

## Fall Word Search

ACORN  
COLORS  
PUMPKIN  
OCTOBER  
NOVEMBER  
HALLOWEEN  
APPLES  
CINNAMON

CHILLY  
SWEATER  
BOOTS  
SCHOOL  
WINDY

L	Y	Q	X	R	E	B	O	T	C	O	H	W	P	E
P	W	R	W	D	X	L	D	V	C	O	L	O	R	S
I	Y	L	L	I	H	C	D	I	V	S	L	T	D	W
D	N	R	O	C	A	A	D	D	H	G	Q	R	I	P
X	O	H	F	B	O	O	T	S	A	E	Q	C	W	U
V	V	P	A	P	P	L	E	S	L	Q	U	F	V	M
S	E	Y	I	N	U	C	X	Q	L	D	W	T	R	P
U	M	L	C	M	X	I	D	L	O	X	E	E	S	K
Q	B	E	S	U	Q	N	W	E	W	U	T	R	S	I
A	E	M	E	T	F	N	D	J	E	A	X	E	C	N
X	R	A	C	U	U	A	I	X	E	L	W	D	H	M
K	G	R	B	A	W	M	Z	W	N	T	I	I	O	L
V	L	A	N	Y	B	O	S	E	J	I	N	C	O	X
G	H	C	A	J	Z	N	E	F	X	K	D	U	L	P
Z	U	Q	S	E	V	A	E	L	D	K	Y	F	D	P

The pumpkin was first named by people in Greece, who called this orange edible a “pepon,” which means “large melon”!

Modern Halloween has its origins in the Celtic holiday at the end of the annual harvest, similar to an ancient Thanksgiving.

Red and purple leaves are actually caused by the presence of sugars from sap that is trapped inside of the leaves.

The autumn equinox is the first day of fall, and is when night and day are almost exactly the same length of time.

Thanksgiving is always celebrated on the fourth Thursday in November in the United States.