

Katherine Lai
STUDENT OF THE MONTH
Los Altos High School
December 2021



Senior

Los Altos High School is proud to honor Katherine Lai as our December Student of the Month. It is a privilege to recognize all of her achievements serving both her community and school.

Katherine has been a member of the Los Altos High School Key Club for four years and currently serves as the president. Key Club's mission is to bring people together while serving the community. They fundraise for charities with a focus on children's health such as the Pediatric Trauma Program. On top of Key Club, Katherine is the Vice President of the Planned Acts of Kindness Club. They host school activities to raise awareness for mental health and the importance of cultivating a kind culture on campus. To Katherine's surprise, the club placed first in the homecoming hallway decorating contest, with the Three Little Pigs theme.

On the more academic side of her involvement, Katherine is a member of the Advanced Scientific Investigation Class, also known as ASI. She is working on a project to improve the bio variability of the chemical compound Curcumin, which is naturally occurring in Turmeric. Curcumin has been proven to be beneficial for the body and even used as a cancer-fighting agent. She is really interested in Brain Science which inspired her desire to research Curcumin because of its potential to fight Alzheimers disease. Katherine is working with another Los Altos High School student to research ways to improve its bio variability and test the limits of how impactful Curcumin can be. Katherine sees herself pursuing a form of brain science in the future, since she feels as though the brain holds so much insight into who people really are.

Additionally, Katherine Lai would consider Broken Box to be her second family. She joined the advanced acting class her sophomore year after hearing about the amazing community from her brother. Katherine quotes, "You could say I joined for the acting, but stayed for the people." The theater is a place where she feels at home, and she expresses her gratitude for her peers and the community which Broken Box has provided her.

Katherine is also an AVID tutor, working alongside both Seniors and Freshman. Getting involved with AVID was a decision Katherine was so grateful she made - creating friendships and experiencing a community like no other.

If you are ever in need of some caffeine, make sure to stop by Peet's Coffee in downtown Los Altos because you might catch Katherine working behind the counter. Congratulations, Katherine Lai, for receiving December Student of the Month and for all of your amazing success and dedication to give back to your community and school. We can't wait to see all of the amazing accomplishments coming your way in the near future!