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# Ache in my Bones...

**#2 Newspaper Column Writing, Emma LeDent,  
Elkhorn South**



## Emma LeDent, Sophomore Reporter

All I can focus on is the snow; a white blanket that seamlessly covers the ground, leaving the world a silent, emotionless wasteland, icicles that dangle precariously from the window, water dripping in a steady, rhythmic beat that matches my heart pounding in my ears, and my heavy breathing that causes fog to slowly obscure the view of the driveway. No matter how hard I try to focus on something, anything, else, the sound of the snow crunching underneath my dad's tires as he pulls into my driveway is unmistakable. My heart plummets. I already know what he's going to tell me.

When I was five years old, my dad came home with a little 11-week-old puppy that he had adopted from the Nebraska Humane Society. After seeing the litter of labrador mixes on their website, my father raced down to the shelter to claim him before anyone else could, and brought him to us, completely unexpected. As kids, me and my siblings instantly adored him, but my stepmother had her reasonable concerns: how our cats were going to react, who would walk him and take care of him, how big he would grow. All of our concerns were thrown aside as our hearts melted at his long, floppy ears and warm, brown eyes.

We named him Bones, after the Huskers, and he instantly became part of our family. He could be a bit mischievous at times, but what dog hasn't eaten half a Nintendo DS and a whole bag of potatoes? He got along fantastically with our two cats and rarely gave us any real headaches. As my little sister was born, he would sit with her and just stare at her like she was the greatest thing he had ever laid his big brown eyes on. I would take him on walks, just him and I, down to the lake in our neighborhood and we would just sit there. We would stare out onto the water together, though I couldn't even begin to guess what he could have been thinking. Years later, when I finally got my own room he began to sleep in my bed every night. Even though said bed was a twin – and I woke up on the floor more times than not – I finally stopped having nightmares when he was there for me to hold. During times in my life when I thought I was completely alone, he would always be there by my bedside, patiently waiting for me to drum my hands on the blanket as his signal to jump on up.

Time went on. We started to notice he wasn't eating as much, that his ribs peeked out a bit more than they used to. He would get tired more easily, and not get as excited about fetch as he would have before. My parents decided to take him to the vet to investigate, expecting something minor.

But as my dad pulled into my mom's snow covered driveway that evening, I knew something wasn't right. If everything was fine surely they would've just called, or sent a text. I gathered every last bit of strength I had and made the trek out to the car.

Bone Cancer. Kind of ironic isn't it? Bones' bones were the ones that were failing him. I was completely and utterly blindsided. Eight years did not seem that old for a dog, yet there we were, scheduling the date we would see him for the final time. Those next few days I can't remember if I cried. I refused to believe it was happening. Even as we gave him his last meal, steak with green beans and mashed potatoes, a meal fit for a king, I still couldn't wrap my head around it. I don't think it fully hit me until the car ride to the vet. This would be the last time I would hold my best friend in my arms. Yet, tears still didn't come.

We arrived. We all were asked whether or not we wanted to be in the room. My dad made the decision for me; I would wait outside. I regret that I wasn't there for him, like he was there for me on my worst nights. I finally began to cry when he went with my stepmother into the other room. I don't know when exactly I stopped but it must've not been till we got back home. There was no one there to greet us at the door. No tail wagging or excited barks. No sounds of claws clacking as someone raced around in circles on the wood floors. The silence was deafening.

I sat at the kitchen table that night, holding his collar. I separated his two rabies vaccination tags, as he never had one with his name on it. I took off my own necklace and slipped the charm off the end and replaced it with one of the tags. I put the necklace back on, and have been wearing it for the better part of three years.

I will never forget the first dog I ever had. He meant everything to me. I know a lot of people would say that it's just a dog and that I couldn't possibly still be upset about him passing, but I know in my heart that he wasn't just a dog. Not really. To me, he was my rock, a constant in a life that was ever-changing. Bones represented stability to me, and when he was suddenly ripped out of my life, that stability was shattered. March 2 of this year will mark the third anniversary of his death, and not a single day, or a single snow has gone by where I haven't missed him with an ache as deep as my bones.



#3 Editorial Cartooning, Chloe Johnson, Omaha Central

# Insulin price reduction needed in state

Grace Turner  
staff writer

Within the last ten years, pharmaceutical prices have skyrocketed in the United States. This is difficult for any person living in the United States that needs medication in order to survive. One of the medication prices that has skyrocketed the most in the last ten years is the cost of insulin. Insulin costs more than \$200 a vial, and many people need more than five vials a month in order to survive.

Recently, many states have passed state legislation that limits the amount of money a person can pay for their prescription of insulin. The most common legislation makes it so people living with type one diabetes can only pay \$100 for insulin no matter how much insulin they need per month. Nebraska currently has a similar bill in the Nebraska Legislature that would reduce the price of insulin.

This bill needs to be passed in order to ensure that people living with diabetes can afford their medication. There are thousands of people living in Nebraska who need access to insulin in order to survive. Now is the time for Nebraska to also put a limit on the amount of money a diabetic can spend on this life saving drug.

The first state to pass a bill that would limit the cost of insulin was Minnesota. One of the main reasons this bill was passed was because Alec Smith, a Minnesota resident, died after not being able to afford his

insulin. Smith died just seven days after running out of insulin to diabetic ketoacidosis, a complication that is avoidable with insulin.

Nebraska should not wait for a similar situation to pass legislation revolving around the high cost of insulin. Nebraska has the opportunity with LB 949 (the bill currently in committee in the Nebraska legislature) to prevent anyone from dying from an inability to afford insulin.

The National government should be stepping up to find a way to lower drug prices for insulin and many other necessary pharmaceutical companies. However, with the old CEO of Eli Lilly who raised the price of insulin by more than 300% during his time with the company as head of the campaign to lower drug prices, the national government has and will continue to achieve very little.

Nebraska needs to step up to make it so people with diabetes only need to pay \$100 for a prescription of insulin. Just because the national government is either unable or unwilling to change the prices of medicine does not mean that Nebraska needs to be following their example. Instead, Nebraska should follow the example of Minnesota before a tragedy in this state occurs.



CHLOE JOHNSON | Contributing Cartoonist

# Medicaid expansion would improve lives of many Nebraskans

Daniel Graham  
contributing writer

Nebraskans voted to expand Medicaid in Nov. 2018 with Initiative 427, yet, as of today, this plan still has not been implemented.

According to the Omaha World-Herald, this expansion would allow more Nebraskans to receive coverage from Medicaid, including working-age adults with disabilities or adults with children with an income below \$16,753, or \$34,638 for a family of four.

Nebraska state officials said that they won't be implementing the plan until Oct. 1, 2020, two years after Nebraska voters approved it. This will leave about 90,000 Nebraskans who currently cannot access healthcare in danger for two additional years even though voters have already approved it.

Some Nebraska officials have tried to defend this move, including Gov. Pete Ricketts, who claims that this process will take two years because he wants to make sure the healthcare system works correctly before making it public.

This might make sense considering the infamous failure of the Obamacare website in 2013; maybe Ricketts doesn't want that to happen in Nebraska.

That being said, this seems unlikely because, according to nonprofit law center Nebraska Appleseed, 34 other states have quickly and successfully implemented Medicaid expansion including Louisiana and Virginia who did it in just six months.

In addition to the delay, the proposed program will place limits on who receives full coverage.

They plan has two levels: "basic" coverage, which will be available to all new recipients, and "premium" coverage that will only be offered to those who are employed, volunteer or are students.

This is not what was on the ballot in 2018, and it is very limited compared to standard Medicaid expansion. Nebraska state officials can do this using something called a Section 1115 Medicaid Demonstration Waiver.

Under the Obama administration, these waivers could only be used to increase Medicaid coverage, but in 2017, the Trump Administration changed that, so now states can limit coverage and make it worse than before.

Other states with Republican governors have tried similar things and it seems to be a game plan among the Republican party across the nation to limit healthcare as much as possible, even if it means ignoring the voters.

Utah also approved Medicaid expansion in 2018 and now

has their state legislature pursuing a Section 1115 Waiver, which they have used to gut Medicaid, according to Kaiser Family Foundation.

When Maine passed a Medicaid expansion in 2017, Republican Gov. Paul LePage didn't enact the legislation for years. It wasn't until Democrat Janet Mills ousted him and took important steps in expanding Medicaid on her first day in office that it got done, according to Maine Equal Justice Partners.

By contrast, Republican Gov. John Kasich enacted Medicaid expansion in Ohio, even going through a bipartisan panel to avoid allowing the Republican legislature to block it, according to Advisory Board.

In the end, it comes down to whether Nebraska officials will enact the will of the voters on this matter.

Right now, it seems likely that they won't. Nebraska Appleseed has been suing the state to get them to provide the full coverage that people voted for in 2018, but so far, they have been blocked by the state courts.

If the state succeeds in getting the Section 1115 Waiver, then 90,000 Nebraskans will not get the health insurance they voted for. Hopefully they'll remember this when Ricketts is up for re-election in three years.

# Comic books not just for boys

Callan Maher  
staff writer

Sexism is still present in the 20th century and sadly it is not going away any time soon, but that does not mean we can't draw attention to it. Sexism is especially prominent still amongst comic book fans, when scrolling through the twitter feeds of such comic book "fans," it is easy to find angering, sexist posts that advance the notion that comic books are a boys-only affair.

One specific tweet I came across was made by Matthew Kadish talked about how the movie "Birds of Prey" will not be good because "They removed any sex appeal the characters had" meaning the movie will not be good because the actresses are not almost completely naked. Kadish then went on and wrote that "They literally don't know who they're making this movie for".

Although it is true that the majority of comic book readers are male, a very significant 40% are female. When comic books came out the female characters were made to be a sex appeal but in the recent years, especially in movies, women are now being shown as strong role models for young girls. Comic books are

not just made for men and movies should not be shamed because the female character have brains and are more than a pretty face and body. It is 2020 and women are still being treated as sexual objects and it must stop.

One gender cannot claim a type of book. The idea that comic books are not for women is keeping us in a box, no person should feel like they must stay in a box. A comic book should be loved and shared because of the story not because of the sexist characters.

I am not the only one who feels this way, as evidenced by the way many have replied to his tweet, along with the repulsive collection of similar posts. Lara replied with, "I'm not sure what's more embarrassing: that you think women have to be sexy in movies, that you believe males are the core audience of superhero movies (the split is almost 50/50), or that you don't think any of these incredibly sexy actresses are sexy." Chris Sylvis replied saying, "Lucky for us he doesn't know what he is talking about."

Comic books and superhero movies are not made for one certain gender.



SAM ROBLES | Contributing Cartoonist



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The Lance staff recognizes that the administration of Westside Community Schools controls the curriculum and, thus, sets the parameters of the production process of school publications. The Lance staff also recognizes its own responsibilities to inform, enlighten and entertain its readers in a way that reflects high standards of journalism, morals and ethics.

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# EDITORIAL: COMMUNICATION HAS BEEN LACKING SURROUNDING NEW TECHNOLOGY

Rumors about the prospect of replacing laptops with iPads have been circulating through the school for several weeks now. Some are fervently against the prospect of the new technology, and others are open to it. Yet with the utter lack of communication on the issue, many are simply confused, especially in thinking that the decision has already been made. In fact, iPad replacement is not even a formal proposal yet, and any decisions made will be voted upon in March.

In August, Superintendent Mike Lucas released a document with his goals for the year, including to “communicate at a high level with school staff” and “help the BOE [Board of Education] continue to communicate and engage even more with stakeholders.” Similarly, on Sept. 3, the Board of Education presented an entire slideshow focused on their communication goals. However, with the iPad confusion, those communication goals have not been met.

For a school district that is working on improving communication, the lack of engagement during this iPad situation is disheartening to see. We — as a community of teachers, students and staff — deserve better from the district leadership.

Lucas acknowledged the confusion in an interview.

“I’ve seen miscommunication be an issue with this process,” Lucas said. “Somehow, somewhere along the way, pandemonium set in because people thought the decision was already made. That’s been frustrating and disappointing from my point of view because we’ve been pretty diligent and transparent in trying to get a lot of feedback from students and staff. I don’t know where the disconnect was, but like I said, it’s been frustrating.”

Lucas also stated that there hasn’t been much community involvement in the conversation so far because there is still work to be done evaluating various aspects of the potential transition, like cost. While this is understandable, it’s unclear which students and staff were actually given the opportunity to contribute their feedback that Lucas referenced. Perhaps these opportunities could have been better communicated as well. The heart of the issue is not just about the iPads, but about the feeling of being left in the dark and the confusion that followed.

There are several established groups that the board could have reached out to about the iPad replacement prospect. There’s the Student Advisory Council (SAC) which was established this fall specifically to represent student interests to the Board of Education; eMerge, which is made up of teachers invested in being leaders in technology and the Westside Education Association, who represents staff interests. None of these were adequately utilized to limit the confusion that occurred at the Jan. 20 board meeting.

According to SAC member and junior Camille Beaulieu, the board did not approach SAC about the prospect of iPads at all before the board meeting on Jan. 20.

“I don’t think they intentionally kept us in the dark, but we weren’t given any direct information,” Beaulieu said. “I only learned about it

through the rumors going around the school.”

A switch to iPads, for better or worse, would greatly affect students at school and at home. Many students use their school devices for both curricular and extracurricular projects, and we are often more familiar with the technology than adults in the community. Our unique perspective and insight deserves to be heard, and the perfect avenue for sharing that is through SAC. The school board should have utilized an opportunity that not only would have lessened confusion but also furthered their own goal of communication. By neglecting to notify SAC of the potential changes, the board caused unnecessary confusion and made students feel their opinions were devalued in the process.

Staff were also largely blindsided by the potential changes. Although eMerge was approached by Director of Technology Paul Lindgren and Coordinator of Technology Integration and Digital Content Matt Lee on Jan. 9, that was just 11 days before the Jan. 20 board meeting, giving them little time to process a prospect which, according to an interview with Lindgren, had been under consideration for “a long, long, long, long, time.” Hillside Elementary art instructor Teresa Matthews made an excellent point on behalf of WEA about the role of staff members in this process.

“When teachers are given the opportunity to embrace innovation, they design learning experiences that last forever,” Matthews said during public comment at the board meeting. “With that being said, WEA recommends giving all teachers and staff in every building the opportunity to try the new proposed iPads and to have time to reflect and process how an iPad-only option would impact their teaching. WEA requests that the district gather and find new feedback from all K-12 staff — teachers and staff — before a decision is made that impacts all Westside students.”

Instructors and staff members play an essential role in this process, as they will have to adapt their curriculum to accommodate any new devices that may be adopted. However, discovering the scope of the change isn’t something they can do in one day. It takes time to investigate new technology, become comfortable with it and assess its benefits and drawbacks. Yet the board decision is only a month away, giving staff members little opportunity to do that.

Lucas said in the Jan. 20 board meeting, “Things have to be rolled out off to a great start, or this is a disaster. An absolute Titanic waiting to happen.”

Whether or not replacing laptops with iPads is ultimately beneficial, communication on the issue is vital. But the district leadership’s boat hasn’t quite sunk yet. We may only have a month before the board decision, but that just makes it all the more pressing for leadership to reach out further to committees like SAC, eMerge and WEA and garner the opinion of students, staff and other members of the district. It is only through collaboration, inclusion and clear communication that the board can make the most beneficial decision ■



# A little woman's thoughts on 'Little Women'

Review by *Chloe Herbert*

#5 Entertainment Review Writing, Chloe Herbert, Omaha Marian

While there's certainly a lot of attention on Greta Gerwig's adaptation of Louisa May Alcott's "Little Women," the neglect of character development central to the nineteenth century novel makes it heartless and unsatisfying.

Following the lives of the March sisters — maternal Meg, fiery Jo, kind-hearted Beth and attention-seeking Amy — "Little Women" tells the story of love, success, failure and family as the girls grow up during the American Civil War. Leaning on and learning from one another, the girls' distinctive personalities help to highlight their talents and weaknesses as they struggle to provide for their family while following their own dreams.

Gerwig flashes back and forth over time throughout the entire movie, and only devoted "Little Women" fans will be able to notice iconic moments — Jo's (Saoirse Ronan) curling iron accident and Amy's (Florence Pugh) rage-fueled revenge scene — as they flash by, insignif-

icant to the 2019 adaptation. With heaps of screen time given to Amy and Jo, we never get to see Meg (Emma Watson) develop; one day she's attending a party in ill-fitting shoes and the next she's crying with her husband. We never get to see her grow and mature the way Jo and Amy do. Perhaps Meg's lack of character development is for the better, as she comes off as vain and stiff.

Laurie (Timothée Chalamet) isn't any better. Instead of being the lively, likeable boy-next-door who befriends the March sisters, he's a gangly bore who cannot seem to show affection, or much of any emotion for that matter. Most heartbreakingly, the role March matriarch Marmee (Laura Dern) is diminished to the point where her appearance feels like an afterthought, a stark opposite of the strong, loving leader Alcott created who struggles to raise her daughters and control her temper while her husband is away at war.

The sisters' eagerness to break all of the rules and roles set forth by society takes Alcott's empowering message, that women can turn their dreams into reality while being supportive daughters, caring sisters and loving wives, and focuses only on the March girls' desire for self-fulfillment. Gerwig's interpretation grinds the value of motherhood and marriage to dust, settling for a film about a flat message instead of a heartwarming story.

In contrast to the characters, the technical aspects provide a bit of redemption to Gerwig's work. Alexandre Desplat's score is stunning and fresh. The cinematography and use of light is superb. And costume designer Jacqueline Durran's bohemian take on typical middle class Victorian style manages to be fresh and detailed without being completely off the wall.

Gerwig's adaptation, the sixth adaptation of the novel since the first in 1917, certainly delivered in terms of visual ap-



Source: *IMDb*

peal and soundtrack, but lacks the novel's charm and timelessness. Go see "Little Women," rated PG and nominated for six Oscar awards, for the cinematography and music, but read the book for a heartwarming, feel-good story.



# Somewhere over the

## Junior shares experience living abroad in Budapest, Hungary

By Kate Aksyonov, Content Editor

#6 Headline Writing, Katelyn Aksyonov, Elkhorn South

The place where paprika is in every meal. Where boys squirting girls with water is a school sponsored event on Easter. Where history abounds in every new comer as ornate buildings line the streets. This is where junior Simon Hirsch spent his last five years-- in Hungary.

Hirsch recently moved back to the United States in July of 2019 after living in Budapest since 2015. Born and raised in Springfield, Missouri, for the first ten years of his life, Hirsch and his family of seven uprooted to Hungary to become missionaries. While this life-change was originally negatively received, Hirsch now sees the benefits in his time in Hungary and his consequent move to Elkhorn, Nebraska.

"Since moving to Elkhorn, I've become a more bold person and not as afraid to talk to people as I used to be," Hirsch said.

Hirsch currently fills up his time with a job at Scheels and is hoping to play soccer for Elkhorn South in the spring. He has only appeared to me as an outgoing, friendly person who always has someone new with him whenever I run into him. However, it was not always this easy for Hirsch to make friends. Upon moving to a Hungarian public school, Hirsch had to tackle language and cultural barriers to bond with peers.

"It [was] a whole lot harder to connect with people... but eventually I learned their culture in a way and was able to connect with them at the last two years over there," Hirsch said. "I was connecting with Hungarians a lot easier than I did at the beginning."

Hirsch now remains in contact with his friends from Budapest, including one relationship with someone who shares a very similar global backstory as Hirsch. When they first met overseas in Budapest, Hirsch discovered that he and his friend coincidentally were born in the same hospital in Missouri and both have family in Omaha. Hirsch also found a friend in his older brother, as living overseas transformed their relationship from simply a familial bond to a best friend. But upon the initial move, Hirsch felt isolated from his peers.

"It wasn't easy for me," Hirsch said. "I'm just going to say that. It was not easy at all."

While Hirsch's dad's family lives in Millard, Hirsch's Hungarian mother grew up in Romania and her family immigrated to the United States to escape an ongoing war over there. With this Hungarian background, Hirsch views learning the Hungarian language as more than simply a mechanism to fit in.

"It's a part of my culture and who I am," Hirsch said.

For his first year, Hirsch was homeschooled. From there, he was eager to transition to Hungarian public school, but the cultural differences proved more challenging to overcome than expected. In his last few years, Hirsch attended a bilingual American Christian school, and this is where he truly became fluent.

"[Learning Hungarian] was very hard for me, especially in the important growing phase of my life," Hirsch said. "I just had to adapt I guess, culturally and the way that I think."

More than memorizing vocabulary and conjugations, Hirsch recognized the need to speak with intentionality in order to not offend the highly reserved nature of Hungarians.

In terms of the city, Budapest is far different from Omaha, Nebraska. For one, the abundance of public transport eased access into the city; Hirsch could easily explore downtown with his friends whenever he'd like.

In architecture, too, Budapest steers away from modern skyscrapers and focuses on preserving the past. The history weaved throughout Budapest is one of the aspects that Hirsch misses most now in Elkhorn.

"You can never get bored exploring because there's always something around the corner," Hirsch said.

Ultimately, whether someone has a positive or negative experience living abroad is dependent on the overall situation. Most stories, like Hirsch's, emphasize the benefits and drawbacks of living so far out of one's element.

"This is something I've recently realized: you don't know what you have until it's gone"



# cornfield

personally, I found it very challenging growing up there as a kid, and I would not suggest growing up in another country," Hirsch said. "But if you are an adult or even an older teenager, it's a whole lot easier, and is a bunch of fun."

Hirsch and his family originally relocated to Budapest to become missionaries. The practical day to day in Hirsch's life constituted of setting up and tearing down, and as Hirsch grew up, he later became involved in prophesying to the homeless and leading in multiple worship bands. However, his faith extends far beyond a family job.

"Christianity has played a huge role in my life," Hirsch said. "It's the reason I moved to Budapest in the first place, but now that I look back at rough moments, I can see that God was leading me through that and developing my character."

Music, an important emotional outlet and art for Hirsch, became a greater focus towards the end of Hirsch's time abroad. He was involved in three different worship bands: one for his school, his church, and his youth group.

At the moment, Hirsch's future will likely include mission work. In Budapest, Hirsch was "humbled" to be a part of the transformative work of prophesying. In one story, Hirsch spoke to a homeless man, at the time living under a ping pong table, who went on to become a youth pastor in Britain.

Ultimately, Hirsch relies on the verse Psalm 3:5-6 to trust God with his future, whatever that may look like.

"If He wants me to go back into mission work and give up everything I would do it, because I know that He would be leading me in my mission work," Hirsch said.

Now back in the United States, Hirsch is thankful for the opportunity to experience another culture that is seldom seen in Elkhorn, Nebraska. Hirsch believes that to get along with others and understand them better, it's imperative that one has an open mind.

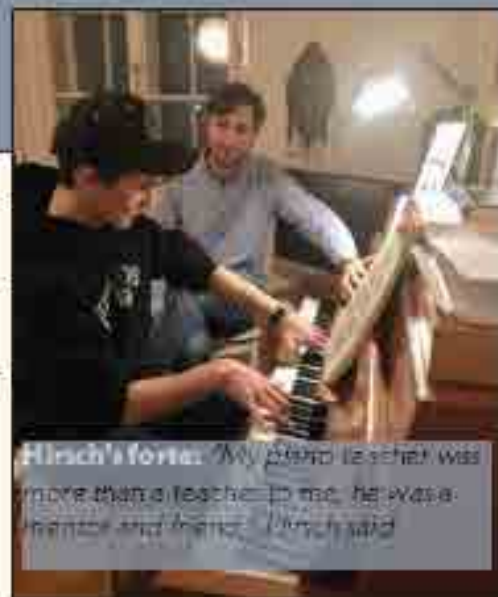
"I think that it's important to have an open mind in relation to other cultures because, if you don't take into consideration other people's cultures, then that's where conflict is involved," Hirsch said. "And, I don't know what other people think, but I don't think conflict is good at all."

Many lessons have accompanied the five years that Hirsch spent in Hungary that he can apply to his life today. Hirsch discovered that, even in an experience as unique as his, someone else would always be facing the same challenges alongside him.

"You think you're alone, but a lot of people are struggling with you," Hirsch said.

Hirsch has gained a unique perspective on life through living in a foreign country, a situation that many highschoolers will never experience themselves. Realizing the dangers of underappreciating the circumstances that one is currently living, Hirsch is now grateful for all the once-in-a-lifetime opportunities that he was exposed to.

"This is something I've recently realized: you don't know what you have until it's gone," Hirsch said. "I had so many opportunities that I didn't take advantage of, that I wish I had, but I didn't do anything about. I was like, 'oh, I live in another country. This is just my life I guess. It's nothing out of the ordinary.' I mean, I'm in Elkhorn Nebraska. There's literally a cornfield right outside my school. It's hard to realize that I guess."



**Hirsch's forte:** My piano teacher was more than a teacher to me, he was a mentor and friend. Hirsch said



**A different kind of dance:** Hirsch and a friend outside at part of his school's Spring Showcase. "It's super formal, but they'll invite me to make it a party," Hirsch said



**Just an American living in Budapest:** When walking around, Hirsch remarks how it's much more likely to run into an American in Budapest than a Hungarian in Omaha



## Risk it for the biscuit

How senior Cason Hoeke manages his many allergies

By Kate Akryonov, Content Editor

// My dog ate my homework." A typical excuse. "I ate a brownie and was rushed to the hospital in an ambulance." A little less common of a solution for forgetting to complete a sixth grade Language Arts assignment.

No nuts, no dairy, no eggs, no pineapple, no kiwi, and absolutely no green beans-- this is not the newest diet to get ready for that beach vacation, but senior Cason Hoeke's list of foods he must avoid.

Everyone has their own justification for their food choices: whether that's as basic as being a picky eater, following religious values, or having an intolerance for something. It's either preference or biology.

Taking into account his limitations, Hoeke still doesn't let his allergies impede on all of the great food the world has to offer.

"I gotta say, cheese on pizza or ice cream and stuff is just not that good," Hoeke said. "I like the diet I have, but occasionally I'll risk it for the biscuit... sometimes literally."

At the military base hospital where Hoeke was born, 96% of babies born that year developed severe allergies. For some medical reason, Hoeke has this "terrible but... great" phenomenon to thank for his plethora of allergies.

Some are more serious than others; Hoeke will go into anaphylactic shock if he eats either nuts, dairy, or eggs. The rest of the allergies will simply result in hives, and Hoeke has become so used to these reactions to every-

day food that he now only views them as an "inconvenience".

"It's something that freaks people out, but in reality, I know what's going on, so I'm not afraid of it," Hoeke said.

Hoeke has had many incidents involving his allergies, so much so that he can distinguish between the severity

of reactions. For example, when trying a friend's meal at a HuHot, Hoeke had a sauce with a peanut in it, yet continued life as normal and was completely fine, even after taking no medicine.

However, there have been more traumatic incidents. Upon discovering his kiwi allergy in fourth grade, Hoeke's throat swelled up and he needed an ambulance. As easy as it is to laugh about the circumstances after they have happened (especially when Hoeke strategizes to get out of a test by eating a brownie and having

an allergic reaction that would put him in the hospital for days) some reactions do present a real danger.

While this situation could conjure up a set of helicopter parents, Hoeke's parents trust their son and are "really chill" with his situation.

"They know I can handle myself and that I can handle my allergies," Hoeke said.

Still aware of the realities of his allergies, Hoeke is determined to not go through life in fear.

"I'd say it's taught me how to be more carefree," Hoeke said. "Because if I cared about every single [allergy], it would be extremely stressful."

**"I can handle myself and I can handle my allergies"**



# What the tech?

By Kate Aksyonov, Content Editor

The addition of Chromebooks to Elkhorn South introduced teachers to the joy of dead computers, students to the no-internet Chrome dinosaur, and Tech Team to a world of technological malfunctions. Originally starting with six kids, today 18 students are committed to solving our district's computer problems.

"It is important that we are here to help our district technology because they just don't have enough people," sponsor Jessica Fauss said. "The district has just decided not to hire more people and so a lot of that work has followed onto our tech team kids."

Like a teacher cadet program, students earn credit for being a part of the Tech Team. Members share a TA together and are expected to work on computers during their study hall. From minute formalities like loaning a computer to more complex challenges like fixing broken keys, students work together to get tangible experience with technology.

"After I joined, it definitely became more of a team-building and really important experience for leadership and hands-on learning, like on-the-job training sort of thing," senior Eugene Kim said.

Like most members, Kim joined to prepare for a future in computer science. However, any student with an interest in technology, tinkering, or hands-on problem solving would be a good addition to the team.

"That's a special thing about tech team: there really is no sort of position organization," Kim said. "It's really a place for literally anyone, no matter what grade you are, to step up, and, as long as you put in your work, you're doing all you can."

The Elkhorn District has four technology specialists who visit ESHS for two hours every day. These specialists will train and work with Tech Team students, teaching them the basic skills they need to operate and solve the malfunctions.

Most students, like sophomore Mia Mellican, entered the position with very little knowledge about technology. She now recommends the experience to others.

"It's really fun and it's pretty cool to see what's inside of the Chromebooks and stuff and figure out how they work," Mellican said. "I just think it's really interesting."

Another benefit to the Tech Team is the freedom it gives its members.

"Tech team is a super trust focused group," Kim said. "I know Mrs. Fauss and all the specialists really give us free reign to take whatever care that we need to do... as long as we keep up with our responsibilities."

While there can be a pressure in making the snap-deci-

sions necessary to fix a computer in a small window of time, there is overall little stress created by the span of Tech-Team's coverage.

"We solve the majority of things on our district and in our school, but to be honest there really is not much pressure," Kim said. "In fact, some of us are even patiently waiting for problems to come by so we can learn more."

Most members look forward to the experience that Tech Team provides, but they also recognize the importance of the assistance they provide to many students.

"We're here for anyone who needs our help, so that's our first priority," Kim said.

Most students are not aware of Tech Team until they have a problem that needs fixing. However, appreciation is not lacking for members as they receive gratitude from the faculty and students who receive their help.

"I think that they are a little underappreciated because they do keep a lot of the computers up and running, but I also think they are appreciated," Fauss said. "I appreciate them, and I know that the district appreciates them."

## The 2 most common fixes:





[ feature ]

# A TRUE WARRIOR

## *Freshman speaks on struggles with ostomy*

**F**or freshman Paige Vaccaro, seventh grade wasn't just about finding new friends and dealing with a new schedule. It was about survival. Due to medical complications with her colon, Vaccaro had to receive an ostomy pouching system. This is a device that collects waste in the body, a function the colon usually performs.

At the beginning of her seventh grade year, Vaccaro said she started having to go to the bathroom 20 times a day, just while at school. She also noticed blood in her stool. Soon, she got in contact with doctors, but they couldn't immediately figure out what had happened to her. Vaccaro blacked out several times due to all the energy she was losing. Eventually, the doctors realized Vaccaro had a parasite called cryptosporidium as well as a disease known as ulcerative colitis. Cryptosporidium is often found in water and causes a diarrheal disease, while ulcerative colitis is an inflammatory bowel disease. For Vaccaro, the effects were serious. The parasite destroyed her colon.

"They told me that my colon was like a dead eel," Vaccaro said. "How bad I had it, I should have died."

Vaccaro's colon needed to be fixed. She started receiving a drug called Remicade through infusion treatment first. In infusion treatment, medication is given through an intravenous line (IV) every few weeks. It didn't work for her. After a while, a doctor approached her with another solution. It was called a j-pouch.

"[The doctor] comes in and sits in front of my bed and calmly says, 'I can give you back your life with six months,'" Vaccaro said. "I was immediately, like, 'Yes, do it.'"

In this operation, the colon is removed and doctors use the intestines to create a j-shaped "pouch" that can act as a reservoir for bodily waste and is eventually connected to the anus. Vaccaro underwent the operation, but she started hitting fevers of up to 100 degrees even while on antibiotics and was bleeding. Her mother told the doctors that something was wrong, and when they finally examined her, she had to go in for surgery again immediately. They found that her j-pouch had failed and died. They put another j-pouch in, but this one died too. What should have been a five-day stay lasted for almost four weeks, her longest continuous stay in the hospital. Vaccaro was in the hospital for three months altogether. She received three j-pouches, and all of them died. All of this took a serious toll on her.

"I was gray-colored," Vaccaro said. "I was sickly ... I remember, my friend, she came in [and] it was her first time seeing me. The first person after seeing me really gray, really grisly, and she just cried. It was terrible."

While Vaccaro was in the hospital, she lost 30 pounds. Her mother, Cristy Vaccaro, said it was incredibly hard to watch her daughter's health change so much.

"She was a kid that couldn't even walk around for 10 minutes without being so exhausted she's having her legs

wobble and crumble underneath of her," Cristy Vaccaro said.

As a result of her operations, Paige Vaccaro has only eight feet of intestines left. She could still have another j-pouch if she wanted, but if it didn't work, she would be out of other options.

After her failed operations, her mother told the doctors to stop trying with the j-pouch. Paige Vaccaro then started using an ostomy pouching system. An ostomy is made up of a wafer that sticks on the skin through adhesive and connects the stoma, an artificial opening in the body, to a pouch that collects waste. Her doctor gave her some products manufactured by a company called Hollister to try. Yet again, it didn't work. Because of her skin type, Paige Vaccaro was having to use 15 different kinds of adhesives to make the wafer stick on, and it would still fall off. At one

*"Some days you just want to fight everybody ... But it's better than dead. You're living here and you're standing before us and you can tell your story."*

*Freshman Paige Vaccaro*

point, a nurse gave her all the supplies she had available and it didn't work. The nurse only had Hollister products.

At this point, Paige Vaccaro switched doctors. Instead of going to Children's Hospital, she went to University of Nebraska Medical Center (UNMC). She also switched to using products from a company called Coloplast. Finally, it worked. Paige Vaccaro only had to use three products at the most to get the ostomy wafer to stay on. Because of all the products she had had to use previously, fungi started growing on her skin. Luckily, the switch in products saved it from spreading even further, and it was able to be treated. Still, the recovery process was far from over, and some aspects of Paige Vaccaro's health will never be fixed. She now has short bowel syndrome, which is a malabsorption disorder caused by the removal of parts of her intestines. It can result in dehydration, malnutrition and weight loss. Cristy Vaccaro said that the whole experience was very difficult to get through

"It was a nightmare of a life that I don't care to ever

have to go back to," Cristy Vaccaro said. "Unfortunately, with Paige's disease, what she has left, we're literally a step away from having to have that again. She is a medically compromised child."

Just as important as the physical recovery was Paige Vaccaro's mental recovery. She said she credited friends and family with giving her hope during her hospital stay and afterwards, especially her mother.

"I am blessed to have her," Paige Vaccaro said. "She was a [medical assistant]. She knew what ostomies were, because when she was younger she worked in a nursing home. Older people had that stuff."

In addition to her knowledge about ostomies, Cristy Vaccaro has supported Paige in other ways. Since October 2016, she and her husband have been trying to get Paige Vaccaro on a Medicaid waiver that would help her with expenses once she can no longer be on their insurance. The ostomy supplies, along with medications that Paige Vaccaro needs just to survive, can cost several thousand dollars a month. The Vaccaros have gone through multiple court hearings, and in December of 2018 they appeared before the Nebraska Supreme Court. The court ruled that if Paige Vaccaro meets the criteria necessary to get on the waiver, the state of Nebraska must reimburse her medical expenses from October of 2016 until the present. According to Cristy Vaccaro, this is unheard of, partly because most people don't get as far with their lawsuits.

"We are the first people that have fought this hard, this long," Cristy Vaccaro said. "Most people have given up by now. We can't afford to give up."

Paige Vaccaro said her family's support has been incredibly important, and her friends helped her too. Many came to visit her while she was in the hospital.

"I had one friend that came almost every day after school," Paige Vaccaro said. "She sat right next to me in a rocking chair doing her homework. I think the thing that kept me kicking was probably my friends and family."

After being released from the hospital, the Vaccaro family also got a puppy, which Paige Vaccaro has now trained so she can be her service dog. She said therapy dogs really helped her while she was in the hospital, and now her two-year-old puppy, Cedar, helps her too.

"She knows when my bag is really full," Paige Vaccaro said. "She's like, 'Hey, go to the bathroom.' We're going to start training her with dehydration because I get dehydrated so fast."

Cedar is almost ready to come to school with Paige Vaccaro, according to Cristy Vaccaro. Cedar has passed the Canine Good Citizen test already and simply needs to master all her tasks. She already goes almost everywhere except school with Paige Vaccaro. Cristy Vaccaro said that the psychological help Cedar provides is important too.

“That has been some of the best counseling Paige could ever have had,” Cristy Vaccaro said. “Having a dog by your side through the darkest of times that she’s ever had is huge.”

Another thing that Paige Vaccaro said has helped her was attending a camp called Youth Rally last summer. It is a camp for kids who have had ostomies or urostomies and have other bowel-related medical conditions.

“[The camp] changed my life,” Paige Vaccaro said. “I was normal with that group ... It lightened me up and made me realize I’m not alone in this. I can do it.”

In Omaha, there are no support groups for teenagers who have ostomies. The majority of people who have ostomies are the elderly, and it is not common in children and teenagers. Paige Vaccaro said she is currently the only person in the Westside district who has an ostomy. According to Paige Vaccaro, the camp inspired her not to be shy about her ostomy. Because ostomies are not as common in teenagers, Paige Vaccaro said she was also inspired to reach out and talk about her experience. She and her mother contacted Coloplast, the company that produces the ostomy products she uses, about being a spokesperson. Cristy Vaccaro said her daughter has an important message to share.

“She really wants to share her story,” Cristy Vaccaro said. “It’s okay to be different. It’s okay to not be a normal teenager. This has given her somewhat of a life back. It might be compromised, but it’s still a life.”

Paige Vaccaro was recently hired by Coloplast and is planning on going up to St. Paul, Minnesota to meet some representatives in April. She will also go to a conference where she will share her story and change her ostomy bag in front of a hundred people.

“I’m nervous, but I’m very excited,” Paige Vaccaro said.

At a conference in June, Cristy Vaccaro will speak

alongside her daughter about dealing with a disease like short bowel syndrome.

“They want a mother [and] daughter speaking, so I’ll be speaking with her more on the parental side of the struggles of watching your child deteriorate,” Cristy Vaccaro said. “[To see her] shrivel up like a beautiful rose that’s now drying up and dying off is really hard as a parent. You’re very helpless.”

Paige Vaccaro said she wants to be a spokesperson for Coloplast because she wants to help people find the right product. She said that Coloplast changed her ostomy experience. Paige Vaccaro has already given advice to some people she knows about dealing with an ostomy, and she said she wants to continue to help people.

“It’s an amazing feeling knowing that you helped someone and made their life better,” Paige Vaccaro said.

Living with her ostomy is not always easy, according to Paige Vaccaro. Along with the physical challenges, there are mental challenges from her experiences as well.

“You have your good days, you have your bad days,” Paige Vaccaro said. “You just want to break down and cry some days. Some days you just want to fight everybody ... But it’s better than dead. You’re living here and you’re standing before us and you can tell your story.”

Paige Vaccaro said she still experiences trauma from all her time spent in the hospital.

“I can’t walk in a hospital without freaking out,” Paige Vaccaro said. “It’s a wound that will never heal. My friend went into the hospital recently and my mom was, like, ‘You should really go see her,’ and I can’t. I can’t walk in those doors because of how many times I had to be admitted and be sitting in a hospital bed for months.”

However, Paige Vaccaro said she tries to work past days

that are harder than others. She played volleyball before her ostomy and continues to do so now with the Omaha Suburban Athletic Association. Although Paige Vaccaro said it was difficult to get back into volleyball at first, she has adjusted, especially with the support of her coach. She has a special ostomy cover that protects her pouch in case she dives for a ball.

“When you sign up for something, you have to go for it,” Paige Vaccaro said. “I enjoy volleyball. It’s a workout for me that I know I can do and I want to be pushed. I am not afraid of what I’ve got. I will hit the ball head on.”

Mainly, Paige Vaccaro stressed the importance of looking on the bright side. She said that while things may be bad right now, they can always get worse.

“If you just look at the bad stuff, you’ll never get anywhere,” Paige Vaccaro said. “If you look at the good stuff, you’ll get there.”

Cristy Vaccaro also emphasized Paige’s ability to stay strong in difficult times

“She’s a warrior,” Cristy Vaccaro said. “Without a doubt, she’s an absolute warrior. She has gone through more than what some adults will ever have gone through.”

With all that she has experienced, Paige Vaccaro said she is confident in who she is. Her ostomy may make her different from most other teenagers, but it’s simply a part of her identity. Paige Vaccaro said she wanted other people to learn to accept themselves no matter what and issued a challenge to those who judge others without learning about them first

“If you’re going to judge me, judge me hard,” Paige Vaccaro said. “Bring it on ... It’s my life.”



*Freshman Paige Vaccaro*



*Freshman Paige Vaccaro shows her ostomy cover*

*statistics gathered from “The Ostomy Files: Ostomy Statistics: The \$64,000 Question” Turnball, G. Ostomy Wound Management 2003*

*story by reese pike, photo by emma miller, design by virginia jansen*



# I PAD PROPOSAL

## WESTSIDE CONSIDERS NEW TECHNOLOGY FOR NEXT SCHOOL YEAR — BY REESE PIKE

More than 6,000 new devices. Four million dollars over the next four years. A new iPad, keyboard case and Logitech crayon for every student in the district. These are all components of a possible proposal to switch from laptops to iPads in the coming school year. Put together by district Director of Technology Paul Lindgren and Coordinator of Technology Integration Matt Lee, this new plan is called Westside Complete. According to Lindgren, iPads have the capacity to change students' lives at school and at home.

"Westside Complete means these devices can really apply to helping you in all aspects of your life," Lindgren said.

Instead of the 11" MacBook Air high school students currently have, they would receive a 10.5" iPad Air with 256 GB of storage. This is twice the amount of storage the laptops have now. Middle school students would get the same, and elementary students would receive a 10.2" iPad with 32 GB of storage. Staff members would have a 12.9" iPad Pro with 256 GB of storage. In addition to the iPads, students in grades 3-12 would have a keyboard case, and all students would be provided with a Logitech crayon. According to Lee, the Logitech crayon is a stylus and has very similar capabilities to an Apple Pencil, which staff members would receive. Staff would also be able to keep the laptops that they currently have as a transitional device.

While this is one possibility for what technology will look like in the district next year, Superintendent Mike Lucas said the district is investigating other options at this point in time.

"No decisions have been made, and we're really trying to take all the next month-and-a-half to try to figure out and compare and contrast a bunch of different options as to what would be best moving forward, both academically and financiall ," Lucas said.

Some other possibilities could be switching to Chromebooks, moving to iPads for only students, staying with laptops at the high school and moving to iPads at the middle school or sticking with the current type of device students at different grade levels have now. However, the idea to switch all students and staff to iPads was presented to the school board at a meeting on Jan. 20.

Switching to iPads would be a change for the district. However, they have been in classrooms for several years. While high school students first got laptops 16 years ago,

iPads were introduced to the elementary schools in 2014. That was the first year the district went one to one with technology. Lindgren and Lee both said that the iPad's capabilities have changed greatly in that time.

"We're at that point now where we see, 'Okay, [iPads] have matured enough where [they can] ... do almost everything that you are used to, plus all the extra stuff,'" Lindgren said. "That's where we're coming from. We've looked at this technology for a long, long, long, long time. Now, we think it's time for it to be the device that can really do what you guys need it to do."

Some of these new capabilities include being able to open multiple apps at one time, a filing system similar to that found on a MacBook, a professional-level camera and a wide variety of apps. Swift Playgrounds is one app Lee said he was excited for students to see. It focuses on coding and teaching users the Swift programming language. It's not available on Mac, so classes have not been able to use it before.

"You can program augmented reality experiences," Lee said. "Through code on the iPad, you can make stuff appear on tables in front of you and interact with those in the real world."

The apps the iPads will have include Photoshop, iMovie (which now has greenscreen capabilities), Microsoft Office products, Notability, Explain Everything and some other Adobe apps. Notability is an app that can be used for taking notes in combination with the Logitech crayon. Students can also annotate documents, draw and add audio files to notes with the app

While there are new possibilities for applications with the iPads, changes will need to occur for many classes if the proposal is accepted. Xcode, which is currently used by computer science classes, is not available on iPad. Another area that would be greatly affected by a change like this is the art department. Art instructor Liz Hough said classes like Photography, Graphic Design and Digital Art would be most affected.

"For my classes for the AP Drawing and 2D, the kids would have to switch to programs [that are] different from what they use now," Hough said. "They would be using Affinity or Procreate. A lot of students do like those two programs ... However, not using programs like Photoshop and Illustrator aren't going to prepare them as much for college and what programs they would be using in college. Same thing goes for our photography and our graphic



design classes.”

Even though Photoshop is available on the iPad, it is a simplified version, according to Hough. It’s usable, but there would be challenges in learning new materials.

“If you speak to any professional photographer, they’re going to tell you that an iPad is a really great companion and something for on the go,” Hough said. “But, no photographer is going to use an iPad and the Photoshop program on it as their sole technology device. Same thing with a graphic designer.”

While there might be difficulties with these programs, having tablets with a stylus will also provide new opportunities for the department. Hough said she thinks there are a number of benefits to the iPads. Whatever is decided, students and staff will have to learn to work with what they have.

“I think there are a lot of reasons that [iPads] would be good for the majority of students, actually,” Hough said. “I think there are a small group of students and a small group of classes where computers may still be the best route and maybe, I might even dare to say, essential ... I think it’s just adapting to a new format, which is difficult. There’s good and bad.”

Not all students are excited by the potential switch. Sophomore Isaac Persky started a petition against using iPads on Jan. 29, and as of Feb. 4, it had more than a hundred signatures. Persky said his main reason for opposing the potential change was due to damage costs.

“I feel like they’re more prone to breaking,” Persky said. “I feel like that could hurt disadvantaged students who can’t afford to repair the iPad if they break or buy a new pencil if they lose it or it gets stolen.”

Aside from paying for repairs, Persky said he was worried that having to learn how new technology works would add unneeded stress for students.

“Especially for people who are going into their junior or senior year, and they’re already taking hard classes and have used their computers for the past four plus years, having to get used to using an iPad just adds to the stress of already starting new classes next year,” Persky said. “I also just feel like they’re rushing the process along. They should do more research and maybe wait for a few more years down the line when they’re for sure that this could work.”

Persky presented his petition to the school board at their meeting on Feb. 3. Whatever happens, he said that he wanted everyone involved to really think through the situation.

“I just want to say that you should just think about this fully,” Persky said. “The reason that we’re doing this [petition] isn’t just because we’re stubborn and we don’t want change. It’s actually because we care about students and we don’t want this to be a hassle, to be a burden, to cause more stress than we all already have. We appreciate that we get technology anyways, whether it is an iPad or a computer, but in the end of the day, if we don’t have to downgrade to iPads, why would we? If we can get something better, why would we settle for less?”

Aside from learning how to use a different device, students would have to adjust to teachers having increased

abilities to monitor student activity on iPads. Using Jamf School Teacher, teachers would be able to see students’ screens and restrict app access.

“The switch to iPads can allow us to deploy some new tools that give teachers increased flexibility with being able to ... view the screens of what students are doing in real time [and] be able to restrict specific apps or the specific scope of what students are working on,” Lee said. “It’s going to give them increased control.”

Parents will have similar capabilities at home through Jamf Parent. They could restrict apps, control internet access and create custom rules. Lucas said that he anticipates this being a beneficial tool for parents

“I think it’s a safe play, especially for some of our students in third through eighth grade that are becoming familiar with social media and different things that you can do on the internet,” Lucas said. “It’s just another way that we can try and help families promote digital citizenship and those types of things.”

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We’ve looked at this technology for a long, long, long, long time. Now we think it’s time for it to be the device that can really do what you guys need it to do.  
-Director of Technology  
Paul Lindgren

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The district uses a lease system to buy technology. These leases typically last three to four years. The district is currently in the third year of the lease with the laptops. Switching to iPads next year would mean cutting the laptop lease a year short and refreshing early. The last technology lease cost \$4.1 million. The iPads are projected to cost approximately \$4.5 million, resulting in an average of \$1.1 to \$1.2 million per year. According to Lindgren, this cost is essentially the same as before.

“Really, we’re kind of limited in the devices that are available to us,” Lindgren said. “If we wanted laptops with modern processors that weren’t basically the same as the processors on these, it would be way more costly.”

Aside from cost, one potential reason for a switch in technology would be that the current model of MacBook that students have is not manufactured by Apple anymore. This means that if a student’s laptop is broken beyond repair, the district has to purchase a used device. This can be more

difficult because Tech Support has no way of knowing what has been on that device in the past.

“We expect our enrollment to be a little higher next year than it is today, and we won’t be able to get those same machines for any new students that join us next year as what we have now,” Lucas said. “We’re kind of caught between a rock and a hard spot with the student machines. That’s why we’re proceeding with some urgency.”

In order to finance the iPads, laptops would be sold. As of now, the district has not decided whether the laptops would be sold to community members or to another market. Staff laptops would not be sold. Teachers and other staff members would keep their MacBooks throughout the next lease, but Lindgren and Lee said they don’t anticipate holding onto the laptops after that. They said they hoped teachers would be able to transition after that time.

“We’ve found that staff aren’t as comfortable with the iPad right now,” Lee said. “They have a few things that they do as part of their teaching that aren’t available on the iPad, and so as a transition device, they’re going to keep their computers and actually have both devices to work from for this next round of refresh.”

As this change would be a large financial commitment for the district, the school board will need to vote on it. Lindgren and Lee first presented their ideas to the board on Jan. 20. According to Lucas, the district will compile student, staff and parent feedback throughout February and receive a formal proposal in March. The board will then vote on that proposal. It is possible that the final decision will look very different from what is laid out in Westside Complete. Lucas said that there has been somewhat of a missed connection throughout the process.

“I’ve seen miscommunication be an issue with this process,” Lucas said. “Somehow, somewhere along the way, pandemonium set in because people thought the decision was already made. That’s been frustrating and disappointing from my point of view because we’ve been pretty diligent and transparent in trying to get a lot of feedback from students and staff.”

Lucas also stressed that the board is considering many factors before they make their final decision

“Any proposal that we move forward with will be what we think is best for our students as far as the technology skills that we feel they need to be exposed to and have access to as they leave high school,” Lucas said.

While there may be changes next year, students will still be part of a one to one school. Lucas said he wanted to remind students to be appreciative of the technological opportunities they have, regardless of what the board decides.

“What Westside has technology-wise, and not only in machinery and hardware and software, but in usage and how it’s ingrained throughout the curriculum, is amazing,” Lucas said. “We are so fortunate to have what we have, and it’s really immersed throughout our curriculum at the K-12 grade level ... I don’t think a lot of people ... truly appreciate all that we have. I think

CONTINUED ON PAGE 06



CONTINUED: IPAD PROPOSAL if it's a 1 1 you know, it's pretty easy to take for granted. When you work with other places that don't have what we have, boy, you see how lucky we are."

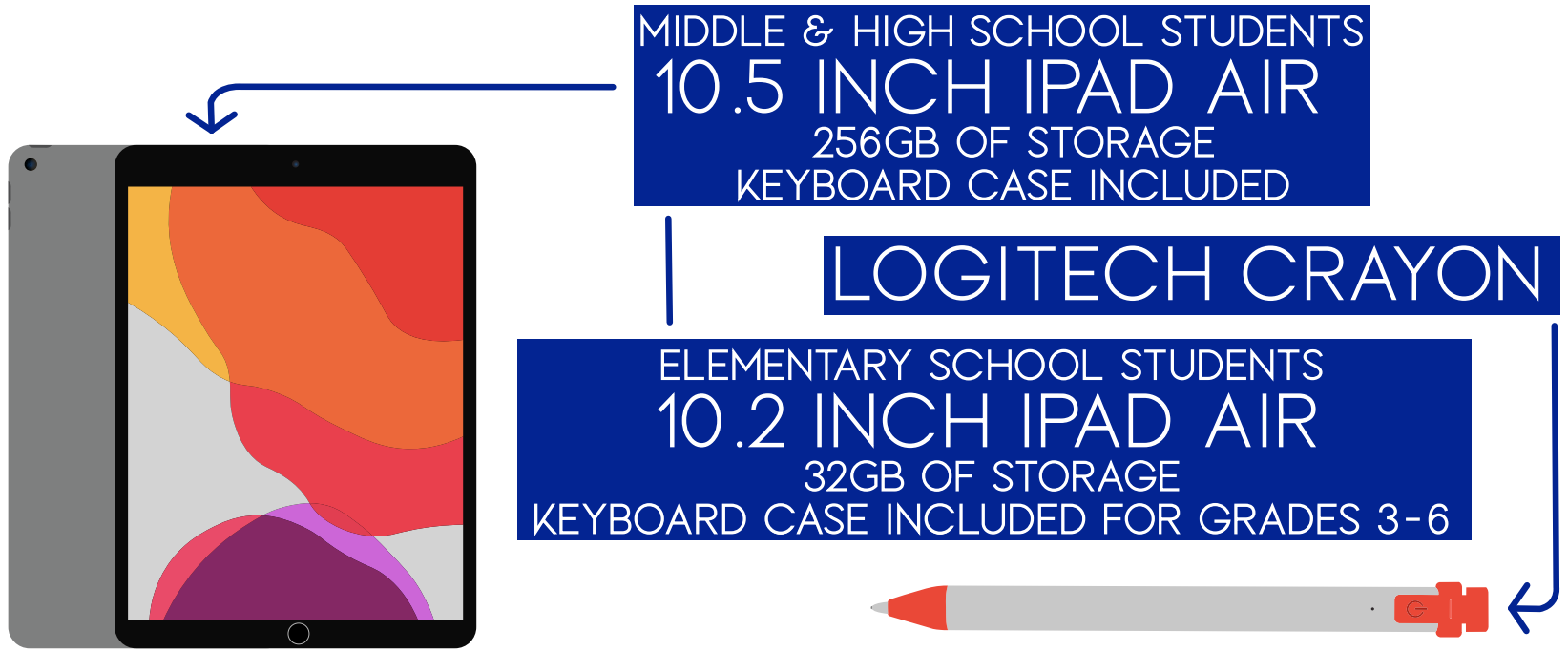
Westside students can expect a decision on technology for the upcoming school year sometime in March. In the

meantime, Lee and Lindgren will be visiting the elementary buildings, middle school and high school to get more feedback. If parents are interested in giving input, Lucas said the district has sent out surveys they can fill out. Once a proposal has been formed, members of the community can also provide feedback at board meetings. Overall, Lucas said he wanted students and staff to feel that those involved

in this change have their best interests at heart.

"We just want people to know that, like everything we do, we're trying to be transparent," Lucas said. "We're trying to get input from others. We're trying to set up our students and staff for continued success with the best technology we can afford. We're excited to see how this plays out over the next two months." ■

# STUDENTS WOULD RECEIVE...



# TEACHERS WOULD RECEIVE...





## Hard hat, hard questions

*Students spark dialogue about diversity of age-old school spirit tradition*

Lucy Tu, Co-Editor-in-Chief  
September 19, 2019



In the seconds before kickoff, MN's student section is its very own ocean in the middle of Nebraska.

The resemblance is partially because of the theme "blue-out" and partially because students are excitedly jumping up and down, creating waves in the crowd. Six seniors stand in the front row, each with one letter of STANGS painted on their torsos in blue. Behind them, students scream themselves hoarse, all of them bearing MN's trademark color. In this flood of royal blue, the sight of a black construction hat sharply catches the eye.



The hard hat. A simplistic but effective token of MN's unique approach to a school spirit leader. Each year, one student is chosen to raise support for sporting events, lead pep rallies, and organize theme weeks — always while wearing the distinct and unforgettable black hard hat. However, what was once a symbol of school unification has recently become a source of controversy.

In the 11 years MN has had a hard hat, two female candidates have been considered in the selection process. No female student has ever held the title of the hard hat. This has prompted some to examine the hard hat tradition and the largely unknown selection process.

No formal application process exists, but typically, any incoming senior who is interested in the position submits their name to the current hard hat, and potential candidates are narrowed down to a top three before a final decision is made and announced in May. Contrary to common belief, the administration has a limited role in the hard hat selection process aside from vetting candidates to ensure they do not have a disciplinary record.

"The only advice we've offered up [to the current hard hat] is to keep us in the loop of who you're thinking for the role of the hard hat. Since it's a student-led thing, we've had a hands-off approach," Principal Brian Begley said. "There is no set of rules written down, other than common sense and decorum being at the forefront."

Senior Reghan Svoboda ran for the position during her junior year, becoming one of three final candidates alongside classmates Noah Erickson and current hard hat Austin Zorinsky. As the sole female candidate in 2019 and the second to make it to the top three in hard hat history, she notes that her decision to run was contentious.

"Honestly, being a girl, trying out for it wasn't easy. I got backlash from a lot of people. A lot of the boys in my grade, even a lot of girls in my grade, didn't want me doing it," Svoboda said. "Friendships were tested. [People] didn't want me to break tradition, or they thought I was just wanting all the attention."



### Features

#### A Yearbook for the History Books

**Molly Murch, Co-Editor-in-Chief**  
May 23, 2020 • No Comments  
A screen with a dozen anxious faces grew progressively tense as eight lines of text appeared. Instantly, almost as if on...

#### Finding their perfect place

**Iva Luxarraga, Lifestyle Editor**  
May 23, 2020 • No Comments  
Luz can seem like an impenetrable darkness, seldom broken by rays of light and hope. When middle schooler Jenna Witherspoon...

#### Cottone on Tamron

**Nate Hollenbeck, Staff Writer**  
May 23, 2020 • No Comments  
There are roughly three million high school seniors across America, all of whom are living an important time in their lives...

- Perspectives 1,200 Miles Away April 23, 2020
- From High School to Elementary Teaching April 17, 2020
- Love Letters to Illumination March 23, 2020

VIEW ALL

### Entertainment

#### Corona Cinema

**Shruti Chada, Staff Writer**  
April 25, 2020 • No Comments  
Quarantine can be very boring. Being stuck in your house unable to see friends face to face is an experience that can be hard to endure. Fortunately...



Illustration by Shruti Chada



A portion of the controversy surrounding "breaking the tradition" can be attributed to the mystery that shrouds the actual regulations of who can be nominated for the position — the only official rule being that the hard hat must be an MN senior. Common misconceptions include that the hard hat must be a varsity athlete or a male student, neither of which are explicit requirements. However, for some, aspects of the hard hat, like the gender of the roleholder, are considered an unspoken but integral part of the tradition.

"I think the hard tradition should stay the same because that's the way it has always been. Also, I just think that boys have louder voices and can do the chants well and get our attention more," senior Maria Circo said. "I don't see a need for it to change because it has always worked the way it is."

Circo is not alone in her worries. As a figurehead for the student body at various sporting events, many believe that changing the hard hat tradition would negatively impact the strength of the MN student section. The pressure to choose candidates who uphold traditional values and maintain the leadership of the hard hat has influenced the experience of those, like Svoboda, who challenge the norm.

"Running for that leadership position, it's a huge responsibility. It wasn't easy, even with me knowing Adam. [the previous hard hat], I used to FaceTime [Adam] all the time to tell him he should let me do this," Svoboda said. "After he chose Austin, I go, 'you didn't even tell me you weren't going to choose me'. He said, 'well you're a girl, did you really think I was going to pick you?' You just take that and you're like, oh, I thought you'd be different."

Although the concept of the hard hat has been a staple at MN for over a decade, suggestions to change the tradition have been made over the years. Some have called for a switch to multiple spirit leaders, which other Omaha high schools, like Millard West and Creighton Prep, have implemented. As recently as last year, athletes from female varsity sports considered creating a female hard hat position to help increase attendance at girls' sporting events. This, along with Svoboda's contentious run, has created a unique challenge for the current hard hat.

"I'm not opposed to a female wanting to support the girls' teams, but I'm also just as okay being there for those games as well. It's really not fair to varsity sports that are the same equivalent to not get the recognition," Zorinsky said. "We have a lot of kids in our class who are willing to show up to things, and I just think that I can be there for everybody. And I know our class will be behind my back. And if we get everybody, it'll be a great year."

Many see new possibilities opening up for the hard hat to evolve in the future.

"Even though I didn't win, I feel like I paved the way for girls," Svoboda said. "The main reason I wanted to do it wasn't just because I wanted to fight for women empowerment, but because I thought it'd just be perfect for it. And if girls feel like they're perfect for it, why not give it a shot?"

The battle between the desire to continue the conventional and to push for the progressive is still ongoing. But while some traditions are challenged, other things never change.

The sea of Mustang blue. The roar of the crowd. The meaning behind the hard hat.

"Whoever gets chosen to be the hard hat has an important job," Zorinsky said. "It's your responsibility to be there, and it's your responsibility to make sure that no matter what, we support our team."

## Hungering for the Block

Anna Phipps, Staff Writer

March 20, 2020 • No Comments

Using a little bit of a warm, cozy french fry, I traveled at the lake, and with the perfect coat, you'll be eating mmmmmm (brown) it down...

## Keeping Disney+ in the Vault

Nyle Mendez, Staff Writer

February 12, 2020 • No Comments

Disney has always been one of the biggest names in entertainment. Its new streaming service Disney+ reached the world with its release in November.

- The Man Behind the Mask February 14, 2020
- Last Christmas: A Side Story February 6, 2020

[VIEW ALL](#)

## Poll

Do you think quarantine restrictions will be lifted by the 2020-2021 school year?

- Yes. Minimal quarantine restrictions will be lifted.
- No. We will still be under strict formal orders.
- Partially. In some non-essential businesses, jobs may still open, but large gatherings will still be banned.

[Vote](#)

[View Results](#)

Boys Basketball

# New coach intends to build a brand at FHS

By Linley Buschmeyer  
RUSTLER STAFF

Joe Tynon owes the success of his coaching career to his ability to pick-up new concepts and make critical changes.

During his 13 years as the head boys basketball coach at Lourdes Central Catholic High School, from 2006-2019, Tynon had to regularly tweak his offensive and defensive schemes while steadily building a brand by scheduling tougher opponents.

“My career at LCC had its ups and downs,” Tynon said. “As we worked to build our brand into a top program, we changed our schedule to play better teams. In the process we had our challenges and took our lumps. In making those changes to our schedule it challenged not only our players but our coaches to get better.”

One key philosophical change

that Tynon said he made to help the Knights get better was to gradually shift from his preferred man-to-man defense to more of a match-up zone.

While his defensive philosophy evolved over his first six years at LCC, Tynon said his up-tempo offensive style of play remained the same.

As a result of all those concept changes, and a beefed-up schedule, Tynon turned the Knights into a powerhouse program that qualified for the state tournament five times and won three Class D1 state titles (2016, 2017 and 2018).

“I feel extremely proud of the program that we built at LCC,” Tynon said. “I had a great opportunity to coach great kids and be a part of a great community. In 13 years we were able to accomplish making the boys basketball program a top 10 team for six years (from 2013 to 2019).”

Now the head boys basketball coach at Fremont High School, Tynon is starting from scratch yet again with a new group of players and coaches.

Nevertheless, Tynon said he’s confident that he can do with the Tigers what he did with the Knights.

“I believe that just like at LCC we can make the FHS boys basketball program one of the top programs in the state each and every year,” Tynon said. “But it’s going to take a ton of hard work from our players, parents, coaches and our FHS community.”

Tynon said he will bring his high-octane style of play to FHS.

“We will look to play an up-tempo game both offensively and defensively,” Tynon said. “If we can get a shot up in 10 seconds that would be great. On defense we will look to full-court press. Both of those will speed-up the

game and give us the ability to have more possessions.”

To keep up that pace, Tynon said, “playing 12 guys (each game) will not be out of the question.”

Leading the way for the Tigers, who hope to improve upon last year’s 3-20 record, will be three returning letter-winners: senior Caden Curry, who averaged 4.4 points per game last season, and sophomores Micah Moore and Carter Sintek.

As Tynon installs his new concepts, he has a firm idea of what has to be done in order for the Tigers to be successful this season.

“We must be disciplined and not be worried about individual successes, but be more worried about playing hard for our teammates,” Tynon said. “Everyone has a role on this team no matter if you’re the best player or the worst player. Attack each day to get better and also be great in your role.”



Joe Tynon won three Class D1 state championships at Lourdes Central Catholic High School before taking over as the head boys basketball coach at FHS this season. Photo by Aubrey Pieper

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# Jazzing Up the Standard

One ambitious senior takes the staff by storm and writes his own music for a few of the jazz bands

Almost everyone in the music industry knows the name Armstrong. Louis Armstrong, the famous jazz musician from New Orleans, was known for his amazing trumpet playing and daring vocals. But there's a new Armstrong in town...

**Jace Armstrong [12]** played the tenor saxophone in the school's jazz combo and Monarch Jazz Orchestra, but that wasn't the only thing he did for them this year. Armstrong is a budding composer and this year he convinced Mr. Timothy Keller, the band director, to let the bands play some of his music.

"[Mr. Keller] told me to fix it up and gave me a few suggestions, and then he said that we might be able to play it for the [band banquet]," Armstrong said.

While playing an instrument is common, writing music isn't an everyday activity. Armstrong began composing for a few different reasons.

"Playing other people's music is fun, but like putting something from your mind onto the paper and into other people's ears feels really good," Armstrong said. "It makes you a better musician as well."

Composing music can be a struggle, but Armstrong had his own type of motivation.

"It's like the feel you can get from the music, the way that you can make the notes and then how you can influence other people's emotions as they hear your song," Armstrong said.

But it wasn't only the emotions of the audience that were affected. Armstrong himself also experienced a range of feelings.

"I felt ecstatic," Armstrong said. "It's fun because I knew every little bit, and once things started lining up with what I wrote, it was a nice wholesome feeling."

So, keep your eyes and ears open in the future for the next Armstrong of jazz.

Story by: Izzy FonfaraDrewel

▼ Jamming to the music, **Jace Armstrong [12]** displays his amazing improvisation skills with a heartfelt solo. Armstrong was excited for people to hear his piece played with real instruments. "It felt really good because a bunch of my family was in the front row," Armstrong said. "They got to hear the song actually being played." Photo by: Izzy FonfaraDrewel.



>>Engrossed in her music, **Reagan Pumilia [9]** exudes confidence while being first chair trombone in freshman band. Pumilia was one of the few freshmen in MJO and was also involved in show band and marching band this year. "My preparation this concert was based on focus and responsibility," Pumilia said. "It's best to put in the effort and make the piece sound the best it can." Photo by: Izzy FonfaraDrewel.

>With agile hands, **Justin Smith [11]** performs alongside the other members of the Monarch Jazz Orchestra. MJO required students to audition, and when students learned the results, there was a lot of emotion. "It felt pretty nice. I didn't think I was going to make it," Smith said. Photo by: Izzy FonfaraDrewel.

>>While melodically performing, **Kristine Nelson [12]** and **Sabrina Buls [12]** focus on their music to sound the best that they can. Nelson and Buls were both part of the group that went down to play with the Omaha Symphony. Everyone that went agreed that was a wonderful experience. Photo by: Izzy FonfaraDrewel.

>The bow tie legend, **Camron Wren [12]** wows the crowd with an amazing solo at Music of the Night. Wren received Outstanding Soloist at the Westside Jazz Festival, and he was also first chair trumpet in All-State Orchestra. Photo by: Izzy FonfaraDrewel.





## #12 Yearbook Sports Feature Writing, Haleigh Flynn, Lincoln Southwest

cheering for a cure. Senior **Ashtyn Barry** and junior **Avery Ballenger** support their team along with supporting their fundraiser during a game against Lincoln High. The girls won the game 5-0 against the Links. "Having Avery with me on the team, to support each other, has been really cool," Barry said. "Especially being able to be there for her and her being there for me." **Photo by Haleigh Flynn**

throwing down. Senior **Macy Maschka** throws the ball to her teammate in the game against Fremont. The girls won the game against the Tigers 10-0. "The best part of the season has probably been making all the relationships with teammates I won't be able to see next year since it's my senior year," Maschka said. **Photo by Haleigh Flynn**



cut off the competitor. Sophomore **Kaya Williams** uses her body to cut off a player from Marian. The game stayed tied up until the end and went into overtime, where the Hawks lost 1-0. "I think the season is going very well right now," Williams said. "We started off rough but we've gotten a lot better." **Photo by McKenna Eppembach**



kicking it. Freshman **Kayla Hassler** takes a corner kick in an attempt to score a goal. The girls won the game against Lincoln High 4-0. "Seeing everyone grow as a team was the best part of the season," Hassler said. "It shows the relationships that people build with each other." **Photo by Haleigh Flynn**



run run run. Freshman **Taryn Ling** defends a player from East. The girls beat the Spartans 2-1. "The game against East was probably our toughest city team," Ling said. "It was good to get that win against an inner city rival." **Photo by Haley Ulrich**



stop, drop, defend. Sophomore **Katie Carpenter** defends another player during a game against Pius X. The game went into overtime where the Hawks came out on top, winning 1-0. "I think the season is going really well and we're all bonding really well," Carpenter said. "I love



# crossing crohn's & colitis

Girls Soccer Program Raises Money for a Cure

All eyes were on junior **Avery Ballenger** and senior **Ashtyn Barry**.

Ballenger and Barry had prepared for this moment for weeks.

They began to step up to the front, to present themselves to the whole soccer program.

Inhale.  
Exhale.

Everyone was waiting and watching. Parents, coaches, students and friends.

Ballenger began speaking about her journey with Crohn's disease and Irritable Bowel Syndrome, followed by Barry with her experiences with Crohn's disease.

They shared their whole story: the diagnosis, the treatments, the support, all the way up to the present.

As they finished, there were tears in everyone's eyes.

"The hardest part of my journey was getting diagnosed," Ballenger said. "It was hard to accept it myself at first. I just kind of blew it off and didn't make a big deal about it."

Ballenger was diagnosed with Crohn's disease and IBS almost two years ago. Barry has had Crohn's disease for nine years.

Crohn's is a gastrointestinal disease which means that it causes digestive problems, abdominal pain and inflam-

mation. IBS is an intestinal disease that causes abdominal pain, gas and constipation. It is a rare disease with only about 200,000 cases diagnosed every year. Unfortunately, there is currently no cure for Crohn's disease or IBS.

"In the beginning, I felt like I was all alone," Barry said. "I didn't know anyone else who had it."

Every year, before the season started, the girls soccer program raised money for a disease that did not have a cure. They sold t-shirts for fans and athletes to wear at games. In previous years the money raised went towards breast cancer. This year, it went towards Crohn's disease and Colitis during a fundraiser called Kicks for a Cure.

Although neither of the girls have Colitis, they still raised money for the disease. The two diseases are usually associated with each other, because Crohn's disease, IBS and Colitis all affect the gastrointestinal area of the body.

The Kicks for a Cure game was the first game of the season against Lincoln High. Sophomores **Brooke Kutilek**, **Kaya Williams**, **Riley Wells** and junior **Maranda Kavan** all scored goals against the Links winning 4-0. Fans and athletes were encouraged to wear their Kicks For A Cure shirts if they had purchased one.

After kicking off the season with their fundraiser, the team won six out of eight games, only having three goals

scored on them by three of the best teams they played, Millard North, Omaha Marian and Lincoln East.

"The season is going pretty good so far, we've only lost two games," senior **Regan DeLozier** said. "Considering most of those teams were pretty good, especially Marian and Millard North, we went into overtime with both of them and only lost 1-0."

One of the toughest games for the girls was against East, one of their inner city rivals. The whole game was a battle, but they came out on top and won the game 2-1. The game was very rewarding for the girls and gave them the confidence they needed for the rest of the season.

"The best part of the season is definitely bonding with everyone," senior **Raegan Wells** said. "We're all so close and it's just such a fun time to be with everyone on the bus."

The girls had a rough start in the beginning but they pulled themselves together. They started winning game after game and improving themselves.

"I am very proud of what we have been able to accomplish," coach **Thomas Nettleton** said. "I feel like we have a very strong, close-knit group that continues to work hard no matter what."

Story/Spread by Haleigh Flynn



# #13 Yearbook Theme Copy Writing, Abby Dyer, Millard South

Abby Dyer

Yearbook Theme Writing

Our Moment in Time

## Opening—Our Moment in Time

How we decide to spend our time definitely defines who we are. Students filled the year's 76,815 minutes with laughter, knowledge, friends, new experiences, inclusion, eLearning, and Patriot Pride. A lot has changed since Millard High School opened at its current Q Street location in 1970. Throughout those 50 years, enrollment has skyrocketed, the number of teachers has increased, clubs have expanded, and sports have experienced many successes. Back to where it all began in 1970, a mere 409 students were enrolled at Millard High. This year the doors opened in August to 2,476 students. To accommodate the influx of students, the main lot gained an additional 60 parking spots. More students means more teachers. In 1970, there were only 29 staff members. This year there were 162 total staff members that worked hard to make sure the year was a success. Throughout the year Patriots dedicated time to community service, studying, ACT prep, sports, activities, and competitions. Here is a snapshot of a year that was truly our moment in time.

## Student Life—Show Time

It's Show Time, people! A typical day from bell to bell kept students focused on their academics, but for most Patriots, days began and ended way before and after those bells. A vast number of show choir competitions, DECA events, Student Council meetings, unified sports, yearbook and newspaper workdays, debate and forensics competitions, drama plays, AP reviews, college visits, and much more. Patriots are passionate and committed, so spending so much time at school was just second nature to most. All of their hard work didn't go unnoticed either. Stage One made finals at the Omaha North Viking Cup for the first time in history, Cheer took state, Student Council was named a Gold Council of Excellence for the 13th year in a row, Unified Cheer placed 4th at state, a new Unified Track Team was implemented, and students were able to visit colleges around the country. With every extra student came new friends, new fans, and new friendly faces. They took advantage of the Patriot Pantry, dances, fundraisers, and John Baylor ACT Prep. With so many resources at hand, the Patriots made the most of their time.

## Sports—Game Time

You are Millard South! We are Millard South! When it came time to cheer on the Patriots and sport red, white, and blue, the Patriots showed up in full force. Teams spent countless hours at practice, camps, and lifting to prepare for games and competitions, and it paid off. Senior Cayd McCarter took state in diving, and senior Trevor Edwards solidified his place as second All-Time Millard South boys 100 yard Backstroke and fourth for the 100 yard Butterfly. The football team made it to state finals, the volleyball team made it to state, girls basketball were district champions, and wrestling took home state at the team level along with a few individual championships. Senior wrestler Isaac Trumble, aka "The Punisher", hit his 200th career win. On top of that, number one seed girls basketball scored 100+ points in a single game, Maddie Krull and Jayme Horan reached the 1,000 point milestone, and Jayme Horan was named the Girls Basketball Gatorade Player of the year. All of the time that the student athletes put into the athletic programs this year helped keep the Patriots in the top-tier at every competition and game. Game time = our time to shine!

These statistics are based on a non-scientific survey conducted by The Lance with 175 responses.

in-depth

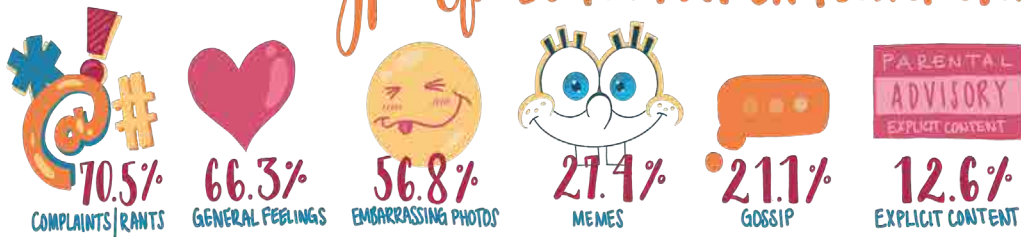
# SINSTA SLEUTHING

What WHS students really think about secret Instagram accounts

## What is a Sinsta?

According to Urban Dictionary, a sinsta is a secret Instagram account where people post scandalous pictures they wouldn't put on their normal Instagram. Sinsta posts can range from personal secrets to lighthearted inside jokes. This type of account is kept private, so follower and like counts tend to be lower than the average profile. These accounts are usually not meant to be taken too seriously and are a way for teens to share their personal lives with friends on a typically small scale. Some people also refer to these accounts as Finstas, or fake Instagrams. The Lance wanted to explore this popular internet phenomenon.

## WHAT type(s) of CONTENT DO YOU POST ON YOUR SINSTA?





The Lance is a school-sponsored publication of Westside High School, Westside Community Schools, 8701 Pacific St., Omaha, NE 68144. The Lance office is located in room 251. Phone: (402) 343-2650. The Lance is an in-house publication.

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Advertising rates are available upon request. The Lance editorial staff reserves the right to edit all ads for clarity and grammatical errors. The editorial staff reserves the right not to publish any ads that are libelous or that contain non-factual information.

The Lance editorial staff also reserves the right to nullify contracts at any time without prior notification. The Lance also refuses ads that promote activities illegal to a majority of the student readership.

Reader response is welcomed in the form of letters to the editor. Letters should be less than 300 words, signed by the author and sent to room 251. Names may be withheld upon special request. Lance editors will decide whether to honor such requests.

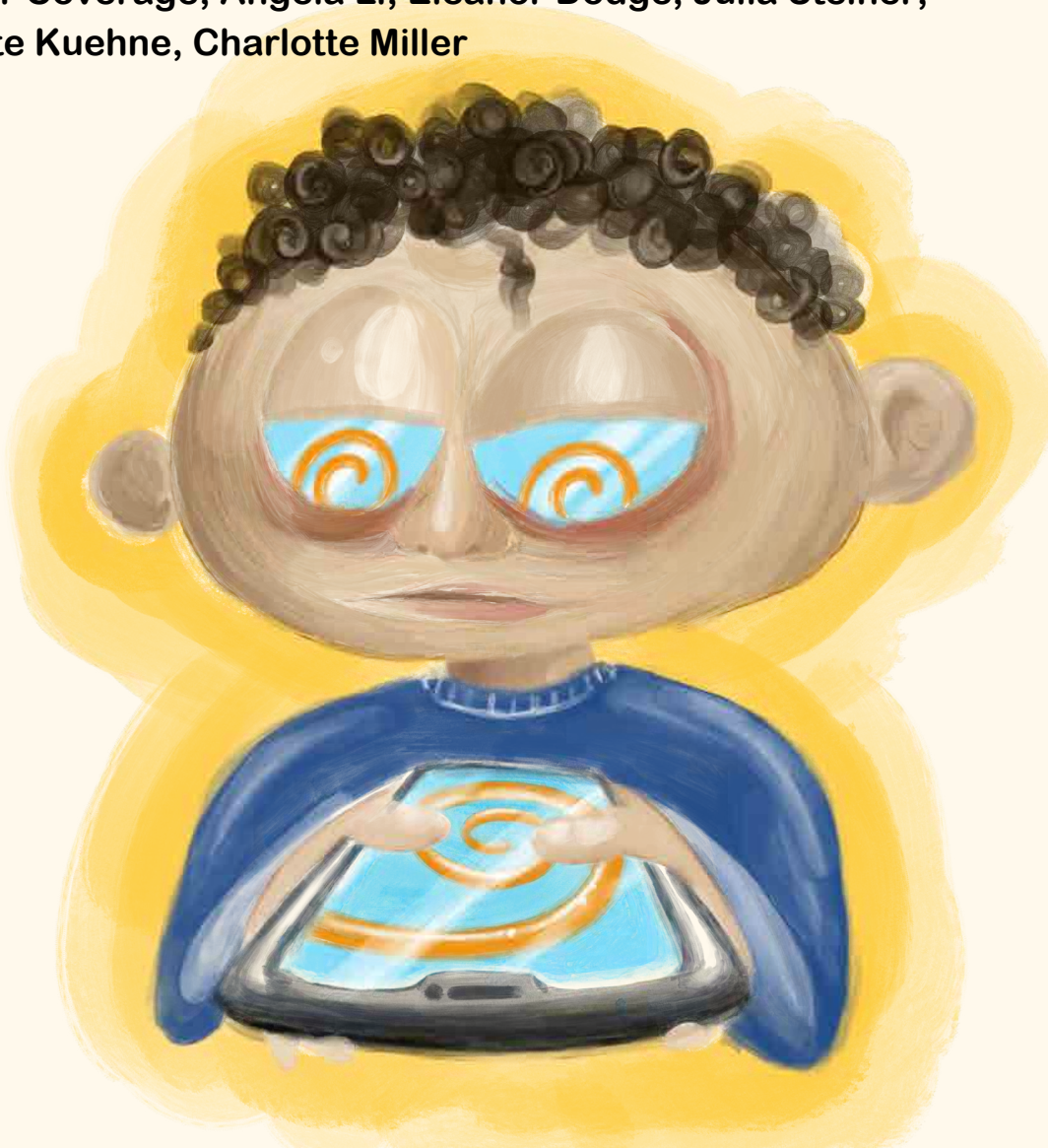
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The Lance is a member of the Nebraska High School Press Association, the Columbia Scholastic Press Association, the National Scholastic Press Association and the Quill & Scroll Society.

The Lance staff recognizes that the administration of Westside Community Schools controls the curriculum and, thus, sets the parameters of the production process of school publications. The Lance staff also recognizes its own responsibilities to inform, enlighten and entertain its readers in a way that reflects high standards of journalism, morals and ethics.

Editors-in-Chief Maryam Akramova, Malia Battafarano, Julia Steiner, Isabella Tyler; Managing Editors Virginia, Angelina Pattavina; Design Editor Abby Schreiber; Photo Editor Lydia Kasem; Graphics Editor Angela Li; Copy Editor-in-Chief Reese Pike; News Editor Luke Steiner; Opinion Editor Faith Rice; In-depth Editor Eleanor Dodge; Feature Editor Emma Miller; Arts and Entertainment Editor Jane Knudsen; Business Manager Alex Vandenberg; Staff Writers Will Christiansen, Izzy Dodge, Brooklyn James, Ella Kirkpatrick, Auguste Kuehne, Charlotte Miller, Katie Palais; Graphic Artists Parker LeFebvre, Sage Wein; Advisers Timothy Kaldahl, Jerred Zegelis.

# Social media companies, not users, are at fault for social media addiction



Social media has had a common presence in our lives, and while it can be fun to occasionally scroll through apps like Instagram or Twitter, it can also be dangerous. According to [addictioncenter.com](http://addictioncenter.com), five to ten percent of Americans fit the criteria for social media addiction. With social media becoming so popular, it's no surprise that people are becoming addicted to it. However, it's not our fault that we've become addicted.

According to [hult.edu](http://hult.edu), social media developers design their apps using habit-forming methods to keep users coming back for more. One of these methods is called the Attitude, Trigger, Action, Reward and Investment (ATARI) model. Developers examine all these categories to integrate their apps into the daily lives of users.

"Kids are just so [involved] with their phones, and old people that I've talked to will just talk and talk and talk," junior Hailey Robinson said. "They're not distracted by anything. They're focused on you. Kids always seem so jittery when you talk to them. They're glancing around. Their hands are moving out towards their phone."

Not only is social media designed to keep us hooked, notifications also release dopamine in our brains the same way gambling and drugs do, according to [addictioncenter.com](http://addictioncenter.com).

"It triggers that same center of the brain that would trigger if you

do something you enjoy naturally, or take a drug, or something like that that gives you that pleasure," social studies instructor Otis Seals said. "A lot of times you find under social media addiction people are doing things or activities solely so they can post it online. That's where it really becomes an addiction."

Our addiction to social media can't only be our fault because it was designed to be addicting, and as a young generation, we can't be held accountable for the actions of corporations.

Although it's not completely our fault that we're addicted, there are still several steps we can take to prevent ourselves from becoming too hooked. According to [addictioncenter.com](http://addictioncenter.com), one of the best ways we can prevent ourselves from becoming addicted is to take a break from social media and turn off the notifications for a while.

While we can play a part in preventing addiction, social media developers must also step up. They are intentionally designing their products to keep us coming back for more.

"Everybody's connected to [social media]," Robinson said. "I think kids don't know how to talk to other people. I don't think they know how to interact with other kids their age because they're so hooked on [social media] and dependent on it, and it sucks. Social media sucks."



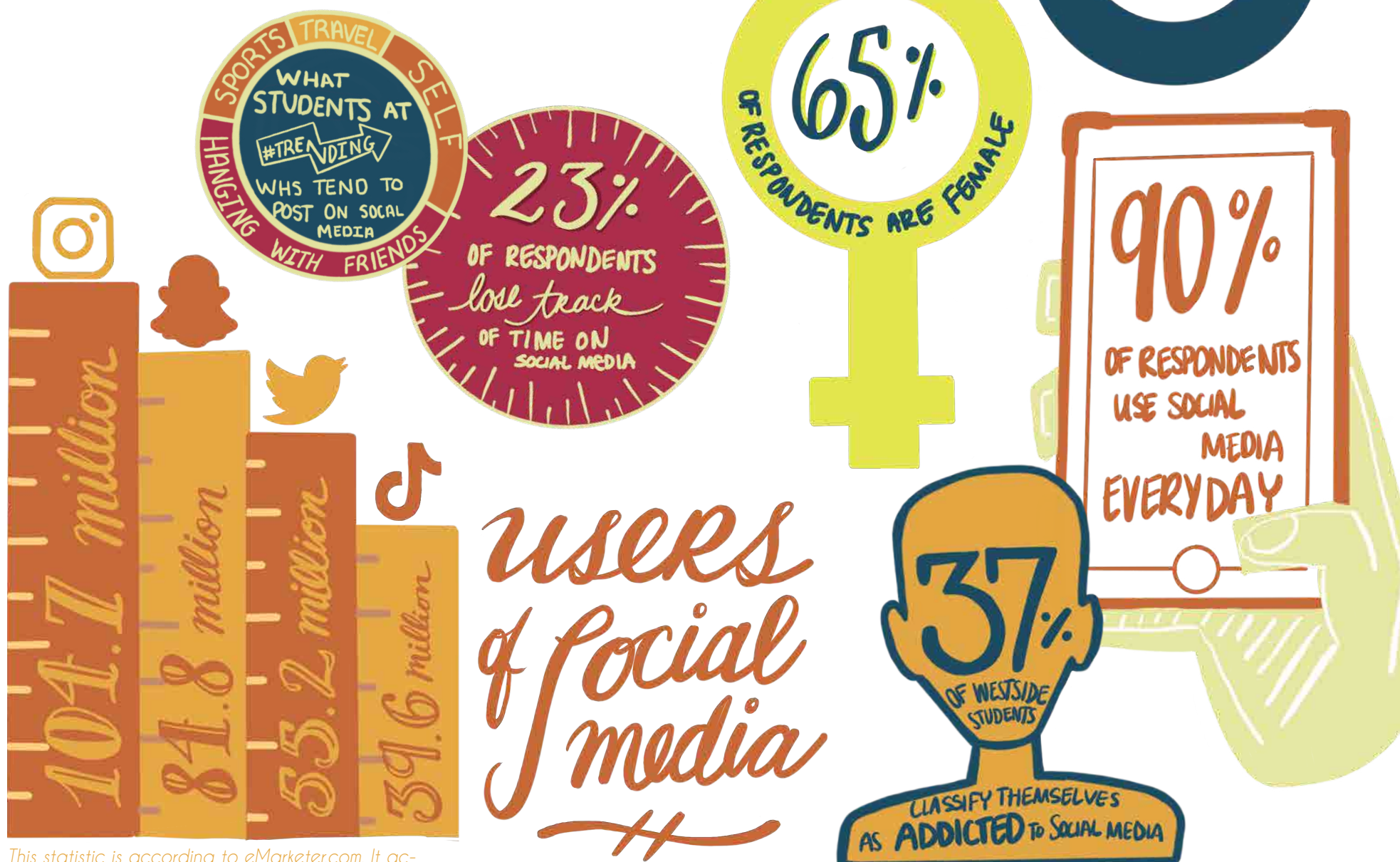
# SOCIAL MEDIA

## BY THE NUMBERS

in-depth

### What Does Social Media Look Like Today?

Social media is a prominent force in the lives of high school students. For many, it's a daily source of news, communication and entertainment. Social media affects the lives and culture of high schoolers across the country. For this issue, The Lance decided to focus its in-depth on the ways social media has both positively and negatively affected our generation. Below are some infographics about social media at Westside High School. These statistics were found through a non-scientific survey conducted by The Lance with 402 responses.



This statistic is according to eMarketer.com. It accounts for total users in the United States.





"It's a horrible idea," Suder said. "It's just as dangerous and stupid as smoking crack. One, it's illegal. Two, it's not safe for the person whose picture is being sent ... And, normally, none of those things are being done with good intentions."

Westside students said they have varying opinions on whether or not teenagers should send nudes. Sophomore Nyamuon Puol said students should have more consideration for their bodies.

"I mean, it's just not good," Puol said. "You should respect your body, and you shouldn't be sending pictures of yourself to other people."

According to senior Ethan Shea, many people do not think sending nudes is a big deal.

"It was a bigger thing in middle school, probably because they thought it was cool," Shea said. "Now, nobody really cares."

The social media platform Snapchat offers a quick way to send photos back and forth with another person. Additionally, Snapchat photos should disappear after ten seconds. According to senior Ashleigh Madsen, the way that Snapchats disappear after they are opened makes students feel more confident that their pictures won't be shared.

"I think it makes it way easier to [send nudes] because people aren't thinking as much," Madsen said. "It's so easy to just click and send things here and there. With social media, you can just send it [and] it's gone ... Theoretically, you won't see it again, but you can take screenshots and people forget that."

Sophomore Courtney Montez said she shares a similar view as Madsen.

"I know a couple of friends that have done it and have had their photos all over the Internet,"

Montez said. "She acted like she cared, but I know the inside she really hurt and felt alone."

Robinson said. "Everybody said. 'It's sending free people who you.'"

Schmaderer who send nudes the social impact

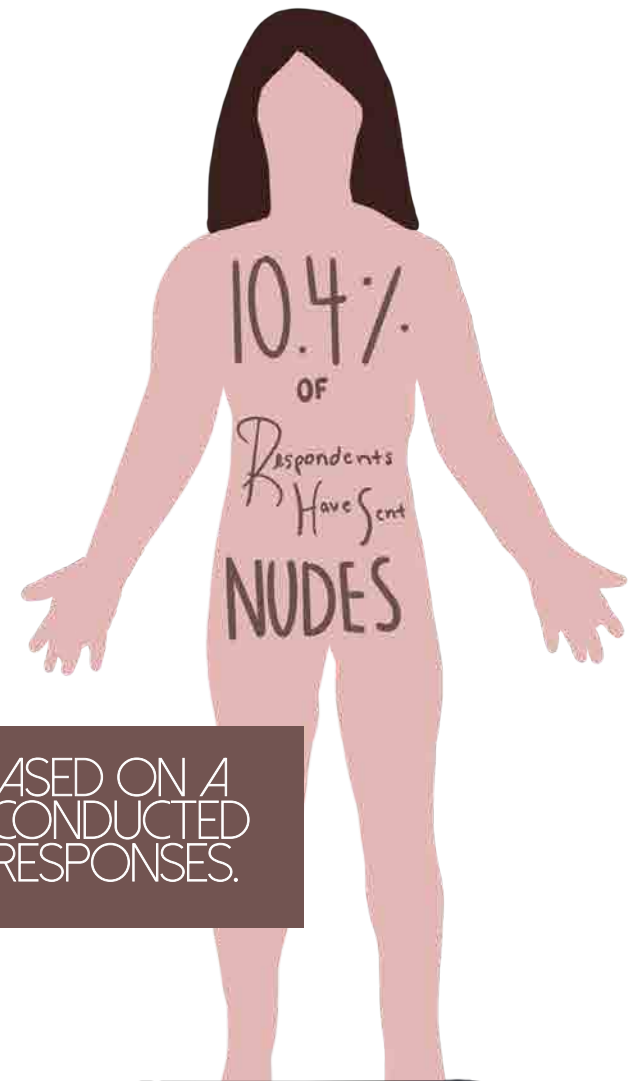
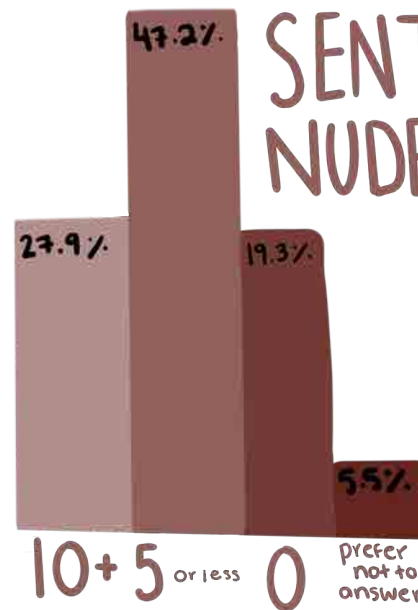
"I think that body is yours," special to you. We kind of takes that away from them. It's a valuable thing. It's meant for you. That's lost when it's sent out via video or text message or whatever it may be."

Sophomore Tai-Chi thinks a majority of schoolers send nudes. "You're literally sends pictures of your body to could use them against you."

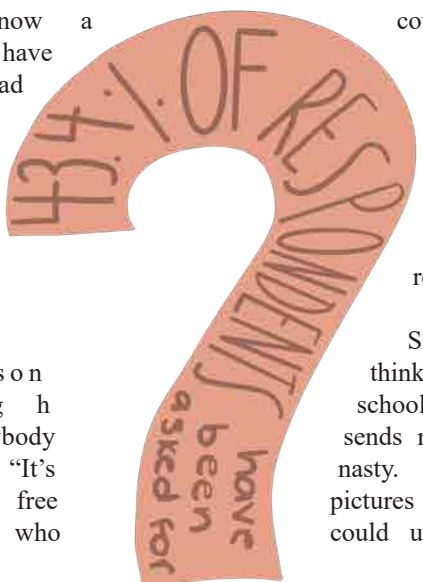
said he believes people should be conscious of their actions might have. we forget that your Schmaderer said. "It is forget that sending it out from them. It's a valuable thing. It's meant for you. That's lost when it's sent out via video or text message or whatever it may be."

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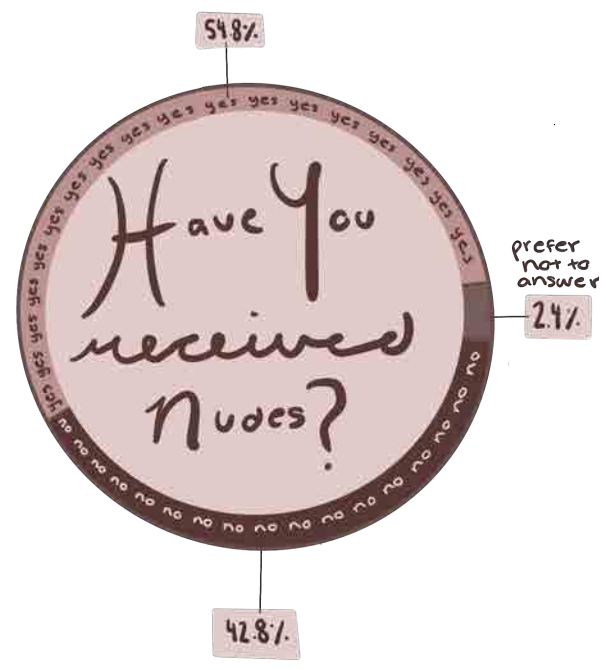
# HOW MANY PEOPLE DO YOU KNOW WHO HAVE SENT NUDES?



THESE STATISTICS ARE BASED ON A NON-SCIENTIFIC SURVEY CONDUCTED BY THE LANCE WITH 291 RESPONSES.



NUDES



84.8% OF RESPONDENTS BELIEVE THAT SNAPCHAT IS THE MOST POPULAR PLATFORM FOR SENDING AND RECEIVING NUDES.

CHARLOTTE MILLER AND ELLA KIRKPATRICK

ELLA KIRKPATRICK, ISABELLA TYLER AND LUKE STEINER

ISABELLA TYLER



## SOCIAL MEDIA SAVANT



Tweets **17K** Following **1,081** Followers **3,910** Likes **11.1K**

Follow

**Mike Lucas**

@Lucas4westside

Superintendent of Westside Community Schools in Omaha, Nebraska

Omaha, NE

Tweets Tweets &amp; replies Media



Mike Lucas @Lucas4westside · 2h

*Superintendent Lucas uses Twitter to help district*

Mike Lucas, superintendent of Westside Community Schools, has more than 1,000 followers on Twitter. His page has almost 17,000 tweets, spanning from motivational messages to videos from every sport imaginable. Since Lucas arrived at Westside, he said he has aimed to use social media to help the district.

“I like to use social media to help tell the story of students and staff,” Lucas said. “I’ve had people I don’t even know stop and tell me that they feel like they know more about what’s going on in the district. They like feeling the enthusiasm, and they just feel more connected.”

A new way Lucas is using social media is his weekly video series, Mondays with Mike. According to Lucas, this series was all the idea of district Director of Communications Brandi Paul. According to Paul, the idea for Mondays with Mike came to her after hearing Lucas speak.

“I heard a presentation from Dr. Lucas last year, and it was clear he is an exceptional, likeable and relatable public speaker,” Paul said. “Dr. Lucas has many strengths, but he has a rare gift for public speaking, and I wanted our community to see that passion, humor and ability firsthand.”

Mondays with Mike is posted on the Westside Community Schools Twitter and discusses a variety of district news.

“Mondays with Mike allows our students, families, teachers and community to hear straight from him about important issues, like our budget and ACT scores, and also see and sense his personality and what has stood out to him week-to-week,” Paul said.

According to Lucas, his use of social media has generally been received positively by the community. It has, however, not always been received positively by his fellow administrators.

“I’ve received criticism throughout my career for being so active on social media,” Lucas said. “It’s normally from other school administrators. They’re like, ‘Does Lucas ever work, or is he just always facebooking, tweeting and ... just sitting around eating jelly beans?’ I like to think I do a little work too.”

Not only does Lucas do “a little work” outside of social media, he also said he sees social media as an integral part of his job.

“This is my seventeenth year as a superintendent, and it’s changed a lot since I became a [superintendent] back in 2003,” Lucas said. “You have a lot of facility planning [and] strategic planning, but communications and public relations has really grown exponentially in the last 20 years, and social media allows superintendents to be more visible.”

Not only has social media changed the way superintendents do their jobs, Lucas also said it can make the job better for superintendents.

“I think [social media has] been great for superintendents, because a lot of times we get bogged down in just really serious things ... but social media allows superintendents to show a little personality,” Lucas said. “Social media allows me to have a little bit more of a connection with students than what it was like to be a superintendent before social media came through.”

Lucas said he values social media for not just district usage but also supports teenagers using it. However, he warned teens to be careful with their social media usage.

“The one thing I worry about the most [in social media] are the comparisons,” Lucas said. “I worry about our teenagers scrolling through social media at night and their perception is, ‘Oh my gosh, everybody else is doing so well.’ The reality is, all of us, everybody in the world, feels lonely, feels depressed, feels left out [or] is stressed out at different times, but we don’t typically post all that. We only post things that make us look good.”

Lucas said he is also guilty of not showing everything on social media, but that is also because not everything is meant to be shown in that way. According to Lucas, the most important thing is to remember value outside of social media.

“Don’t let comparisons, likes [or] retweets dictate your happiness,” Lucas said. “Let your own heart [and] your own personal goals dictate your happiness.”



Tweets from Superintendent Mike Lucas

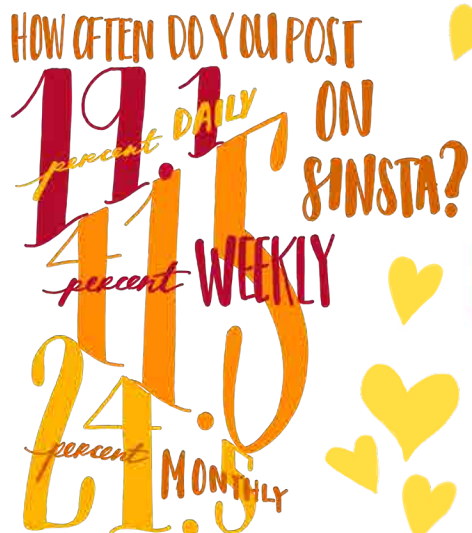
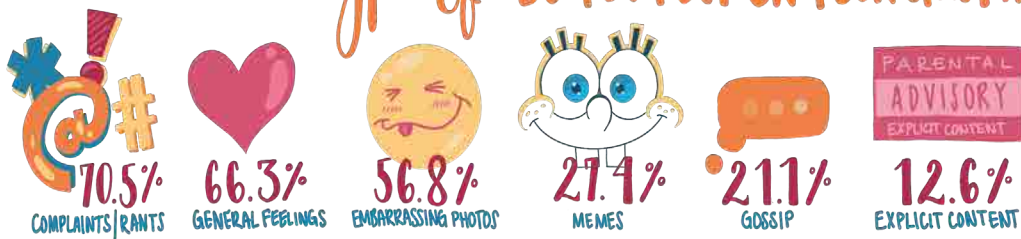
# SINSTA SLEUTHING

What WHS students really think about secret Instagram accounts

## What is a Sinsta?

According to Urban Dictionary, a sinsta is a secret Instagram account where people post scandalous pictures they wouldn't put on their normal Instagram. Sinsta posts can range from personal secrets to lighthearted inside jokes. This type of account is kept private, so follower and like counts tend to be lower than the average profile. These accounts are usually not meant to be taken too seriously and are a way for teens to share their personal lives with friends on a typically small scale. Some people also refer to these accounts as Finstas, or fake Instagrams. The Lance wanted to explore this popular internet phenomenon.

## WHAT type(s) of CONTENT DO YOU POST ON YOUR SINSTA?



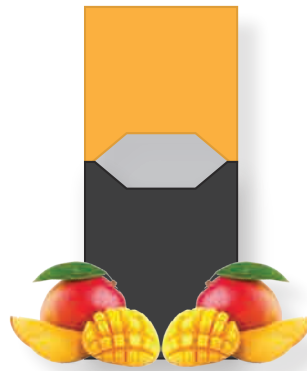


## FLAVOR FACTS

As the Trump administration prepares to ban flavored e-cigarettes, we take a deeper look at JUUL's most popular flavors and the health risks associated with them.

Source: Yale University Zimmerman Lab Study, pub. July 30 in the American Journal of Preventative Medicine

### 1. Mango



Fruity JUUL flavors like 'Mango' and 'Fruit Medley' have been found to contain alarmingly high levels of menthol, which counteracts the bitterness of nicotine but may result in increased nicotine intake.

### 2. Mint



Due to a potential federal ban on flavored e-cigarettes, many companies are considering lobbying efforts to keep mint and menthol flavors safe. 'Mint' is one of only three flavors that JUUL Labs still distributes in retail stores due to FDA restrictions.

### 3. Creme



Vanillin, used for the distinct vanilla flavor, reacts to create acetals that can cause irreversible scarring in the lungs when inhaled. JUUL Labs switched this pod's name from 'Creme' Brulee' to 'Creme' after accusations of targeting teens with fun flavor names.

## HEATING ELEMENT

Heats juice in pod and aerosolizes nicotine. One juul pod has the same amount of nicotine as a 20-pack of cigarettes.

# ONE LAST HIT

Recent deaths from JUUL usage prompt increased regulations on teen vaping

ANJALI PULLABHOTLA  
Opinions Editor

"I questioned what made others get sick or addicted and not me. For a few of the people I know, it did turn into a dependency that was hard for me to watch or be a part of."

Vaping, popularized by the billion-dollar company JUUL, is an epidemic and has been called such by the FDA since 2018. But over the past two months, twelve deaths across the U.S. and as many as 800 hospitalizations—five reported just this month by CHI Health Center—have led to an explosion of research on the topic. Teenagers often deserve the title of bad decision-makers. But in this case, JUUL's marketing strategy has received more of the blame. The company created a viral fad that, two years ago, when much of the information we have now was unavailable, seemed safe(r).

"I thought juuling was definitely safer than cigarettes or any other products. I knew overuse and addiction were definitely a problem. But I didn't think there was any more to it," MN student Mary Barnes\* said.

Furthermore, until August 2017, the company had no age or amount restrictions related to buying on its online store, allowing minors to buy products and

major to sell with ease.

"A kid who graduated got it from a shop and ended up giving it to me. That's how I ended up getting started; a lot of my friends did it, so I did it too," MN student Thomas Johnson\* said.

Careless selling and a youth-based campaign sparked the vaping epidemic in youths. Unseen consequences continued it.

"I did it in the car whenever I was bored. There were no benefits, but no negatives, and I was lucky I never got addicted," Johnson said.

Vape companies targeted teens with colorful campaigns and a variety of scents that separated e-cigarettes from the stigma associated with traditional cigarettes. In the end, however, there seems to be no difference between the two.

"Because users of e-cigarettes are younger, the onset of severe symptoms is often slower, making it challenging to identify the harms. But there is a recognizable pattern of inflammation and damage to both airways and the lung tissue itself," CHI pulmonary specialist Health Clinic Douglas Moore said.

Despite this information, the crisis has continued. "The tough part is vaping is a pretty new fad among teens and the research about the dangers is limited. Health professionals are just now starting to make connections between vaping and certain lung problems," MPS Director of Student Services Bill Jelkin said.

The MPS school district has made continued attempts to curb use and possession. The numbers show that, regardless of the policy, vaping among teenagers is

still rising at unprecedented rates.

"I knew there were [disciplinary consequences]. I had a lot riding on not getting caught," Barnes said.

In 2017, the district reported 68 suspensions for use and possession of tobacco/e-cigarette products. In 2018, that number skyrocketed to 229; in 2019, it reached 335.

"The three-day suspension has drastically reduced the number of students with vapes that we have found or those who do it on school grounds, but I don't think it's put a dent in the number of kids who vape," assistant principal Casey Lundgren said.

Therefore, for many, the only hope seems to lie within education.

“Education about the dangers and risks associated with vaping will be the best deterrent.”

"Education about the dangers and risks associated with vaping will be the best deterrent. Hopefully, the research will continue and more information will soon be available to help schools, parents, and the general public steer young people away from vaping," Jelkin said.

BILL JELKIN  
DIRECTOR OF STUDENT SERVICES

Students have quit because of new research. However, just as many have continued because of peer pressure and addiction, despite the rising threat. As a result, a perfect solution for this epidemic may never arise.

Teenagers have molded the future through JUUL usage. From vaping in bathrooms to being taken to emergency rooms, the product has influenced the lives of all students—in and out of school.

"If I handed you a Juul right now—just one hit—would you?"

"No," Johnson said.  
"Yes," Barnes said.

\*Names have been changed for privacy

## BODY BREAKDOWN

Juuling doesn't just impact the lungs. See how the other parts of your body are affected.

Impacts ability to taste and smell properly

Hardening of blood vessels can decrease ability to use of fingers and toes

Reduced blood flow in femoral artery, resulting in reduced athletic ability

Overexposure to nicotine can cause convulsive seizures

Stiffening of aorta that may lead to a heart attack

Cancer-causing compounds linger in urine for extended period of time

Source: Healthline & the Center for Disease Control

## COMPARING COSTS

Teen juulers must obtain JUUL products from illegal, secondhand dealers, leading to higher expenses.

\$35

average cost of buying a JUUL device from JUUL Labs or other legal sellers.

### JUUL Device



\$50

cost of buying from illegal dealers. Many teens receive Juuls as gifts from older friends or siblings.

\$16

Price of a 4-pack of JUUL pods of any flavor on the JUUL Labs website. Must prove you are 21 or older to buy.

### JUUL Pods



\$35

Price of a 4-pack of non-retail JUUL flavors like 'Mango' or 'Creme' from secondhand dealers.

Source: MarketWatch

## DISTRICT DISCIPLINE

Rates of disciplinary action due to e-cigarette and tobacco products are increasing in the MPS School District.

68

suspensions in 2017.

229

suspensions in 2018.

335

suspensions in 2019.

Information provided by MPS Director of Student Services Bill Jelkin

## E-LIQUID

JUUL juice contains 5% nicotine by volume, which is more than twice the concentration of nicotine in other e-cigarettes. JUUL-Pods also hold a mixture of nicotine salts, glycerol, propylene glycol, benzoic acid and flavorings.

## LED POWER INDICATOR

Indicates when the Juul must be recharged. Juuls are charged using a USB port, and their flash drive appearance make Juuls easy to conceal.

## RECHARGEABLE BATTERY

These lithium ion batteries have a high risk of short circuiting over time. There have been multiple cases of these batteries exploding and injuring users.

Percentage of MN students by grade who have ever juuled

### FRESHMEN

35.8%

### SOPHOMORES

43.9%

### JUNIORS

47.6%

### SENIORS

62.1%

Older students found more likely to have juuled in their lifetime.

\*Poll of 200 MN students

# Angela Li Artist Statement

## #17 Photo/Artistic Illustration, Angela Li, Omaha Westside

For this graphic, I used Adobe Illustrator. Originally intended for a story about school shootings, my first thought was to choose between two emphases - violence, or tragedy. Maybe I depict a gun barrel pointing directly to the reader to signify alarm and threat? Or could I focus on the people surrounding these tragedies, and how they have dealt with them? Ultimately, I decided to go with the second option - media coverage on shootings should not sensationalize the shooter anyway. I wanted to showcase the pain and sorrow that victims face, but also their resilience. The candle signifies remembrance and tragedy, but the glowing rings emitting from flame seek to spark strength within the girl, as shown by the red circle behind her head.





#18 Sports Action Photography,  
Jeffrey Zimmerly, Millard North



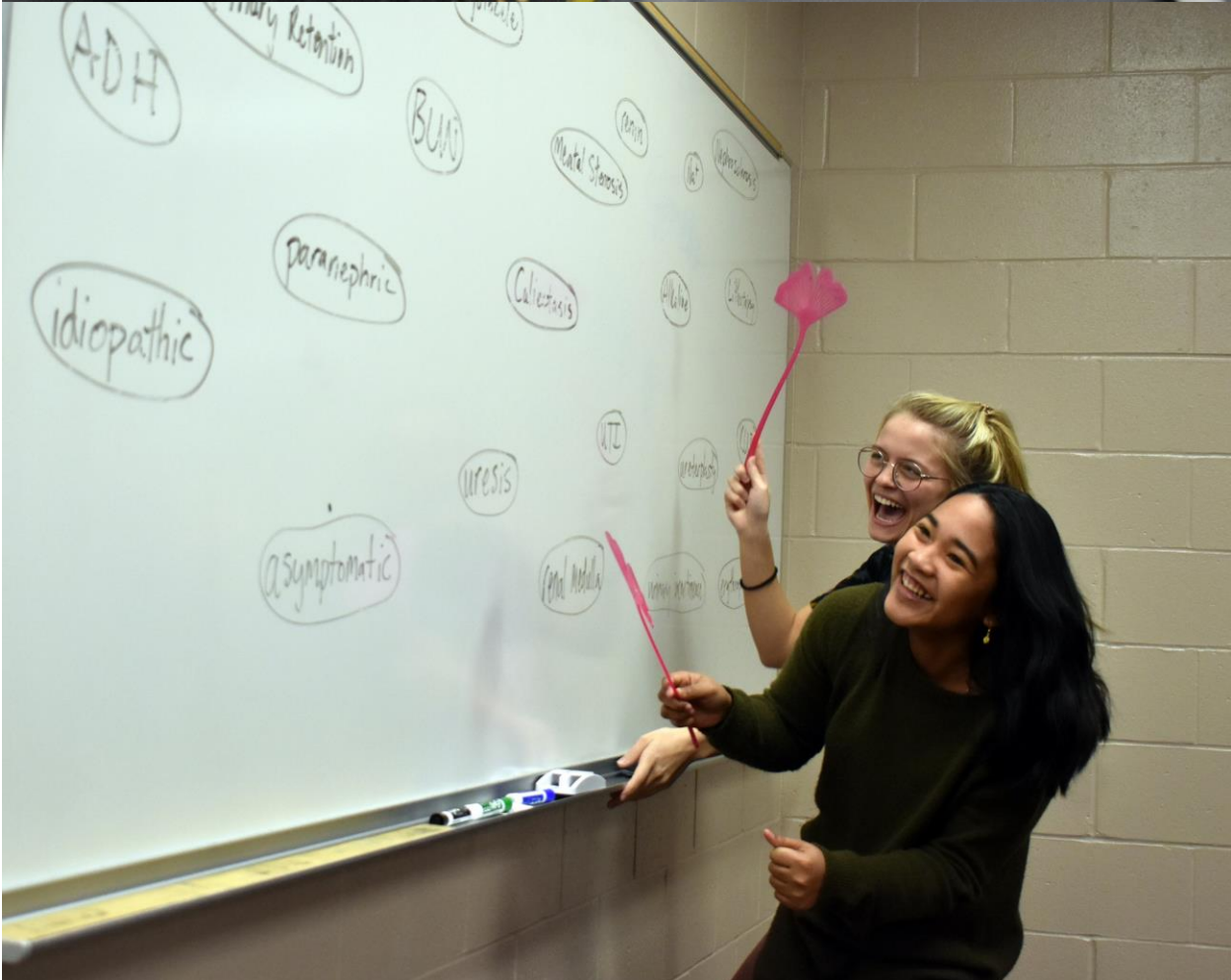


#18 Sports Action Photography,  
Jeffrey Zimmerly, Millard North





#19 News Feature Photography, Rebecca Fonyonga, Papillion-La Vista





# REAL life problems

## Beneath their masks, Bears deal with pressures of life

Walking down the hallway, it was seen. The weight that was carried on the shoulders of so many. For most it was obvious who was burning the candle at both ends. There were bags under their eyes, a slouch to their posture, indicating the pain and exhaustion they were going through. But for others, the weights they carried weren't as obvious. They wore a mask to hide the amount of stress and struggle they were going through.

For seniors, a cloud of stress hit them as they entered the counseling office and they faced the fact that their high school years were close to being over. They had to make real-life decisions which would impact their futures like deciding on what college to go to, to what career they wanted to go into and realizing they were about to be adults. The stress hit everyone differently. Senior **Shemar Toussaint**, talked with friends to relieve the stress.

"I think I'm in a love triangle or square with colleges," Toussaint joked with them.

On top of deciding personal futures, a major topic of concern for many was the 2020 presidential election and all of the political drama of the year.

However, political issues and questions about one's future were not the only things weighing people down. Several had to deal with difficult home situations. From having sick family members, to dealing with poverty, to being scared of ICE taking family members away and much more, students were dealing with big issues that impacted their daily lives.

Junior **Carlos Jimenez-Fuentes** had many real life issues that many did not see beyond the surface. Jimenez-Fuentes's aunt, a very close family member, passed away from cancer. Losing her was difficult. It was a pain that stuck with him, so he decided to get a tattoo to honor her.

"She was kinda like my second mom you know, like I grew up with her," Jimenez-Fuentes said. "If I wasn't at my crib I was at hers, so I grew up around them a lot and when she passed it hit hard."

Jimenez-Fuentes got a tattoo of his aunt's name, Ivonne, on his arm next to a rose.

Regardless of what issues students and staff members were going through, it was clear no one was alone on the struggle bus. Everyone was going through something, yet they kept going.



**THE MUSIC SHUFFLE** Sitting on his bed next to his dog, Carlos Jimenez-Fuentes (11) reflects on his memories of his beloved aunt who passed away from cancer two years ago. Jimenez-Fuentes got a tattoo during the summer for her. (Photo by Ana Ornelas-Perez)

# STRESSED Out

As a student or staff member, what made you overwhelmed?



"My teachers giving me homework that's due the next class period, every single day."  
- Cinthya Romero-Guardado (11)



"The homework one-hundred percent, because you always have so much of it."  
- Grady Bazzell (10)



"Helping students to achieve their goals."  
- Loriann Giron (secretary)



"Probably balancing homework with extracurriculars and life."  
- Odol Odol (11)



"Keeping up with school and family, friends, and then also with school work."  
- Ylianna Gonzalez (12)



"We have to help with everything for the students in our alphabet, sometimes it's overwhelming to juggle it all."  
- Allison Kaipust (counselor)

# RACIAL JUSTICE

A past issue addressed one hundred years later



**SATURDAY SPECTATORS** Attending the remembrance event for Will Brown, a man who was wrongfully lynched 100 years ago, Nicholas Wennstedt (social studies teacher), Nicholas Clawson (social studies teacher) meet up with Esmeralda Rodriguez-Menjivar (2019 alumna). They heard speakers encourage awareness and education of the community's racist history. The event on Sept. 28, spoke about the history of Will Brown's falsely accused crime that took place at Douglas County Courthouse in 1919. (Photos courtesy of Nicholas Wennstedt)



# LIFE ALTERING DECISIONS

**NEXT BIG STEP** Speaking with Gabrielle Rickley (counselor), Alyssa Husser (12) has her senior meeting on the morning of Sept. 17. Husser and Rickley discussed what colleges she wanted to apply to, reviewed how to find scholarships and looked at recommendation requests for scholarships. (Photo by Sophia Rubenstein)

**COLLEGE BOUND** Applying to in-state colleges, Sonya Raymundo (12) works with a UNL representative to apply to the university on Sept. 24. "Honestly, it made sense since I'm planning on living in Nebraska, probably for the rest of my life. I plan to go to UNL," Raymundo said. (Photo by Sophia Rubenstein)

**GO BIG RED** Looking through a UNL magazine, Olivia Rickley (12) wants to talk to a rep at the UNL booth during college access week in September. (Photo by Sophia Rubenstein)





Millard North High School  
Omaha, NE  
Job #: 0424-10379-0  
Fonts: Mixage, Mesmerize  
Cover prints in 4-Color with Matte Lamination.  
The lines and theme will be embossed. The book  
name will be clear silk screen.

Walsworth Artist: Jamie Hollon  
\*\*This proof info will not print on finished cover\*\*

#21 Yearbook Theme Development,  
Sydney Johnson, Megan Townsend, Millard North

Stampede  
2020

MILLARD NORTH HIGH SCHOOL  
OMAHA, NEBRASKA

Volume  
39

Walsworth®



Standard Namestamping Placement





Junior Autumn Givehand high fives fellow band members during band camp. "If I have to say anything about how band has impacted me, I would say that it has helped me build character as well as further learn the importance of working in a unit," Givehand said. photo by Jeffrey Ziswery

Millard North High School  
1010 South 144th Street  
Omaha, NE 68154  
402.715.1365  
@MillardNorthHS  
Enrollment: 2,524  
Freshmen: 650  
Sophomores: 644  
Juniors: 613  
Seniors: 622  
Staff: 238

# BREAK THROUGH





## August

- 4- August
- 6- August Calendar
- 8- Summer
- 10- School Spirit
- 12- Weight We Carry
- 14- Freshman/Reserve Football
- 16- Food



## September

- 18- September
- 20- September Calendar
- 22- Art
- 24- Band
- 26- Freshman/Reserve Volleyball
- 28- Student Council
- 30- Girls Golf
- 32- Fashion



## October

- 34- October
- 36- October Calendar
- 38- Spirit Week/Homecoming
- 40- Cross Country
- 42- Fall Musical
- 44- Boys Tennis
- 46- Mustang Mentoring
- 48- Softball



## November

- 50- November
- 52- November Calendar
- 54- 2000s
- 56- World Languages
- 58- Social Studies/English
- 60- Varsity/JV Volleyball
- 62- Forensics
- 64- Varsity/JV Football
- 66- Unified Bowling
- 68- FCCLA

# B R E A K

# T H R O U G H

- 70- December
- 72- December Calendar
- 74- One Act
- 76- National Honors Society
- 78- Orchestra
- 80- Hobbies/Passions
- 82- Debate
- 84- DECA

## December



- 86- January
- 88- January Calendar
- 90- Decade Rewind
- 92- Snow Days
- 94- Freshman/Reserve Boys Basketball
- 96- Science
- 98- JV/Reserve Girls Basketball
- 100- Dance Team
- 102- Show Choir
- 104- Mustang Moolah

## January



- 106- February
- 108- February Calendar
- 110- Wrestling
- 112- Cheer
- 114- Winter Play
- 116- Journalism
- 118- Swimming/Diving
- 120- Special Education
- 122- Spending A Paycheck

## February



- 124- March
- 126- March Calendar
- 128- IT/Skills USA/Robotics
- 130- Varsity/JV Boys Basketball
- 132- Social Media
- 134- Varsity/JV Girls Basketball
- 136- Junior Class Board
- 138- High School Firsts
- 140- Winter Guard
- 142- Fanatics

## March





The **reverberation** of the crowd soars throughout the gym as the familiar chant of "Boom. Boom. Stangs! Boom. Boom. Stangs! Boom. Boom. **Stangs!**" echoes from the Stable.

The shelves are cleared for the **array** of trophies that will soon depict the countless **achievements** earned during the 2019/20 school year.


We are on the brink of ten monumental **memory-making** months. Studying non-stop for hours to obtain our dream score on the ACT.

**Savoring** the adrenaline rush while jumping up and down on the bleachers while cheering on the team in blue and white. **Perfecting** speeches that will go on to win National awards. Dancing and singing our way to a rewarding season full of **countless** victories.

The proud moments we look forward to are just around the corner as we transcend into the next **promising** school year. We are the Mustangs and we see a **breakthrough** coming!

# BREAK THROUGH

Millard North High School



Senior Kaylee Brillz works through the procedure of her chemistry lab. "In the lab we created solutions of ferrous thiocyanate using varying concentrations of their reactants and then used colorimeters to experimentally determine their equilibrium concentrations, which we then manipulated to find the equilibrium constant for this equation," Brillz said. *photo by Jeffrey Zimmerman*



# August



Senior hard hat Austin Zorinsky leads the student section in a chant during the first football game of the season. Zorinsky chose a blue-out theme for the game against Millard West. Photo by Jeffrey Zimberly

One month in, and we are still attempting to **break through** our summer mindsets and hunker down.

We can't stop ourselves from **daydreaming** about those long summer nights that have turned into all night **study** sessions. We recall those mornings when we slept in till noon, only to have those memories squashed when the **ear-piercing** ringing of our alarm clock goes off at 6 a.m. We longingly remember the hot summer days spent doing the wave at TD Ameritrade park for the College World Series, which have **now** been replaced by the Buell Stadium energy felt on Friday nights.

As we start the **hustle** and bustle of the new school year, we know we must let go of our "**hot girl summers**" and unforgettable vacation destinations, and focus on making this school year one to remember.

We're the **Mustangs** and nothing is going to stop us from fulfilling our **potential** because we know there are always going to be boundaries for us to **break through**.



# August

## august



**08.01.19** Band melophones participate in the annual band camp theme week. On the final day of theme week, the melophones dressed up as watermelons to show their section spirit. *photo by Jeffrey Zimmerman*  
**08.08.19** Junior Wayne Hudson and senior Madi Sharp practice their partner dance in between instruction at show choir boot camp. "Having a partner is the only way to communicate with your group while on stage performing," Sharp said. *photo by Hannah Over*  
**08.09.19** Teachers receive free treats at the ice cream social. A day before students were expected to arrive back at school, administration praised teachers for all their hard work with an ice cream truck. *photo by Sydney Johnson*  
**08.22.19** Senior Peyton Saar does her homework in the library. "I like working in the library because it is quiet, and that makes it easier for me to study," Saar said. *photo by Garrett Connely*  
**08.29.19** Freshman Adam Ebke and senior Jared Petty construct the set for the fall musical, "Into the Woods". From start to finish, the set took six weeks to build. *photo by Melissa Petty*  
**08.30.19** Seniors scream during the junior/senior chant on gameday. "It's a big thing that helps get us hyped up before the game," senior Alii Auieni said. *photo by Garrett Connely*  
**08.31.19** Junior Emily Shaw catches in varsity's game against Millard South. "As the catcher, I am in charge of what is going on, and I always have to be paying attention," Shaw said. *photo by Hannah Over*



## Pop Culture Updates

### Top Songs of August:

"Old Town Road" by Lil Nas X ft. Billy Ray Cyrus  
 "Bad Guy" by Bille Eilish  
 "Senorita" by Shawn Mendes and Camila Cabello

### Top Movies of August:

"Fast and Furious: Hobbs and Shaw"  
 "Good Boys"  
 "Angel Has Fallen"

**08.22.19**  
 Miley Cyrus and Liam Hemsworth got divorced.

**08.24.19**  
 Indianapolis Colts quarterback, Andrew Luck, retires unexpectedly from the NFL.

**08.26.19**  
 Tennis U.S. Open began.

**08.14.19**  
 Maha Music Festival took place, headlined by Lizzo and Jenny Lewis.

**08.23.19**  
 Taylor Swift's album "Lover" came out.

**08.26.19**  
 Shawn Mendes and Camila Cabello performed at the VMA's.

**08.28.19**  
 Travis Scott documentary came out.



Two months in, and we are reaching new **levels** with our extracurriculars.

We stayed the course, watching our football team **fight** harder and harder week by week. Our underclassmen rose to the occasion by **breaking** the norm and being cast as lead roles in "Into the Woods". We banded together to **campaign** against drunk driving with the S.A.D.D. club. We built new **standards** by creating a Spanish curriculum for special education students. Showing no one can stop us, we **shattered** our competition and went undefeated in JV volleyball.

As we found new clubs and sports, that would become our **homes away from home**, we refused to settle for anything less than **excellence** because we knew there would always be ways for us to improve and **break through** any obstacles.

# September

Junior Alena Bennett plays her clarinet at a rehearsal for "Into the Woods". During the performances Bennett had to switch between two clarinets, a B flat and an A. photo by Jeffrey Zimmerly



# Pop Culture Updates

## Top Song of September:

"Truth Hurts" by Lizzo

## Top Movies of August:

"It Chapter 2"  
"Downton Abbey"  
"Abominable"

**09.09.19**

"The Kelly Clarkson Show" aired its first episode.

**09.06.19**

Post Malone's album "Hollywood's Bleeding" was released.

**09.10.19**

"Hamilton" opened in Omaha.

**09.18.19**

Singer Kodi Lee won AGT.

**09.18.19**

Boystown alum Shaquil Barrett was named NFL Defensive Player of the Week.

**09.25.19**

The show "Friends" celebrated their 25th anniversary.

**09.28.19**

ESPN Gameday visited Lincoln to broadcast the pregame for the Nebraska vs. Ohio State game.

**09.30.19**

Justin Bieber married his wife Hailey for the 2nd time.

# September



12



30



24



13



20



28



29

**9.12.19/** Junior Maya Elting works on her physics lab in the main hallway. "In this lab our goal was to see how the laws of motion worked in the real world," Elting said. *photo by Sarah Custer* **9.13.19/** A former choir teacher, Cindy Nabity, is recognized for her impact on students at the Sept. 13 football game. Nabity was inducted into the MN Hall of Fame. *photo by Garrett Cooney* **9.20.19/** Sophomore Alex Pullum stops the defense from reaching the quarterback. The JV football game played against Westside, bringing home another win. *photo by Jeffrey Zimmerman* **9.24.19/** Senior Izzy Lukens is congratulated by her teammates for breaking a volleyball state record. Lukens set a new state record of 3,796 career assists. *photo contributed by Stephanie Burdick* **9.28.19/** As part of a service project, members of the swim team give a shelter at Standing Bear Lake a fresh coat of paint. "I liked this activity because it was good team bonding, getting everyone together while helping out the community," senior Andrew Falck said. *photo contributed by Andy Cunningham* **9.29.19/** Senior Rebecca Callen, junior Justin De Haai Badilla, senior Tristan Shockey, and junior Kailyn Townsend compete at the German Triathlon in Estes Park. German club brought their brightest students and medaled at the competition. *photo contributed by Wendy Brennan* **9.30.19/** Junior Kyle O'Connor leads the powderpuff players onto the field. Although the juniors lost the game, they won the chant at the end of the night. *photo by Jeffrey Zimmerman*



## Q&A with MMP

Members of MMP reflect on what qualities they think are most important when being a mentor.

**Q:** What does it take to be a good mentor?

**A:** "You should lead by example. I think that's the most important thing. Be a good human and just in general have good leadership skills," MMP advisor **Jodi Therkelsen** said.

**A:** "I think the most important thing is to set a good example for the kids because you can give them all the lessons and tell them all about high school, but when they see how you act, and how you do in your classes, that is most important," senior **Joely Cubrich** said.



**3. Senior Jared Dingman** rappels from the top of the climbing wall. "The course encouraged comradery and teamwork with my fellow mentors," Dingman said. *photo by Jeffrey Zimmerly*



**4. Junior Bishesh Adhikari** walks across the high ropes beam while his fellow mentors cheer him on. There were ropes courses meant to be conquered solo, while others required a group setting. *photo by Jeffrey Zimmerly*

**1. Senior Luke Eichmann** comes down the zip line after completing the high ropes course. "The high ropes course helped me work with the other mentors on a harder level," Eichmann said. *photo by Sydney Johnson*

**2. Junior Kylee Pruess** walks on the middle ropes course. "The high ropes course helped me to get to know other mentors and build relationships while also having fun," Pruess said. *photo by Jeffrey Zimmerly*



# Taking the Lead

Mustang Mentors participate in a bonding activity aimed to help them work better together during the school year. They also discover more about what it means to be a mentor along the way.

Walking on thin wire, one foot in front of the other, 50 feet up in the air. Tight grip on a pair of arms that grip just as tight back, if not even tighter. The only sense of safety is the rope connecting the harness to the cord above, daring to be held onto. In order to follow the wire across and successfully get to the other side, communication and trust is voiced between the teammates.

On Oct. 4, this year's Mustang Mentors participated in a high ropes course, located at Nebraska Lutheran Outdoor Ministries. The course included three different activities, one on the ground, an individual high ropes, and the other was in groups of six to eight people. The course was primarily just for bonding between the members, but each mentor took away a lesson of leadership from the activity. Senior **Katelin Prevenas** made a connection between the high ropes course and motivating freshman throughout the school year.

"Some of them [freshmen] are ready to power through all the way to senior year from the first day of school, and others can be less motivated and less prepared. So knowing how to cater to both, like bringing some back and helping some forward, so you can get across the high ropes together," Prevenas said.

The high ropes course is an unfamiliar environment for recently recruited mentors, with new skill sets and thought processes. With each activity, the participants needed to meticulously choose each step they took, how they took it, and then what to do next when that step was taken.

"The group course was a new environment that we had to work together in, in order to succeed. Much like freshman year," junior **Guillermo Espinoza** said.

During the group activity, each person was a variable to the outcome of each and every step that the group takes. In order to successfully get to the other side, the participants had to communicate with each other about who should do what.

"It's really nice to bond with your partner and see how you work together, because you all have different strengths and weaknesses. Even though we're not 50 feet up in the air mentoring freshman, you still see how you can learn off of each other and how you can help each other," Prevenas said.

Support from not only mentors, but also peers, help motivate freshmen throughout their high school career. An emphasis on unity during the high ropes course stuck with the participants as they moved forward with mentoring.

"You're not going to be able to lead well to a classroom if you don't have a good sense of unity and connection with your partner. But also, the overall freshmen class needs to have a sense of unity, so that they can have a successful school year," senior **Ashley Honeyman** said.

A collective breath of fresh air, the adrenaline starting to make itself known. Big smiles of relief spread across each person's face, reassurance that they made it to the other side, together. *story by Kenzie Banks*



**Junior Emerson Henry** celebrates after making it to the first platform. "The course helped to bring all of the mentors together which helped us in the classroom," Henry said. *photo by Jeffrey Zimmerly*

"I wanted to join for the *leadership* opportunities and the *social skills* I would get from talking in front of people."  
**Senior Zachary Johnson**



## Adding it up

Breaking down the varsity football stats

**3,269**  
total yards

**22.2**  
average  
points per  
game

**31**  
total  
touchdowns

**11**  
sacks



Senior Jackson Slaughter leads the team onto the field at the start of the game. "The guys decided I would run out with the flag this year to honor my uncle," Slaughter said. *photo by Jeffrey Zimmerman*

Senior Noah Knoell blocks the Millard South Patriots' offense. Knoell had 11 total tackles this season. *photo by Jeffrey Zimmerman*



# Leader Status

As the varsity football season began, senior Noah Knoell knew he needed to step up as a leader to guide the team to perform at their best. Climbing through the ranks since he started out as a freshman at MN, Knoell knew what it took to persevere and come out on top.

The energy felt on Friday nights is electrifying. The student section is starting up chants, the cheerleaders are creating a tunnel for the players, and the announcer is bellowing over the loud speakers, but all of senior Noah Knoell's focus is on his team and the 'lead by example' mindset he exemplifies at every practice, warm-up, and game.

Before he knows it, it's time to lead his team out onto the turf for his last season.

During the varsity football team's season this year, the only thing on the minds of many of the players was getting back to their roots and performing at their very best. Coming off of a difficult season last year, some of the seniors felt it was their duty to step up and take on a leadership role for the team. While many of the players found mentors in the upperclassmen, one teammate in particular stood out in his innate abilities to push the team and encourage them at all the right moments: Knoell.

"I think our team definitely needed someone to be at the head of it and direct us in the right direction because the last few years we haven't been as good as we'd like to be. I decided to take that role by being more vocal and holding people accountable and that helps out the team a lot," Knoell said.

Football has been a vital part of Knoell's life from an early age. He was introduced to his evergrowing love for the sport by his dad who was a football coach. As Knoell got older, he joined

his middle school team, which is where he found his very own support system in teammate and friend, senior Tyler Runnels.

"The person I go to for encouragement is definitely Tyler," Knoell said. "He's been my best friend since sixth grade. We have always played football together, so I always felt I could talk to him about whatever was going on. He would help me and steer me in the right direction."

By becoming a leader for the team, Knoell not only gave himself a sense of purpose, but it also gave the team a driving force to get behind.

"What Noah does really inspires the team to do better and that's how he leads, through action," Runnels said. "He gave us someone to look up to. He gave us someone who set the stage for what we can be."

Next year will bring a lot of change for the Mustangs on those Friday nights filled with fans decked out in crazy outfits, bright lights shining down onto the field, and the football team fighting with all their might to come out on top.

The team's new found leader will be stepping away from his role, and he knows that means the whole team will need to step up and encourage each other to have a successful season.

"The team needs to work their butt off," Knoell said. "They need to keep the traditions going. They need to get Millard North back on top." *story by Sydney Johnson*

Seniors Alec Blakestad, Andrew Bednar, Noah Knoell, and Tyler Runnels celebrate after scoring a touchdown against Elkhorn South. "Scoring a touchdown is the best feeling, we all get super hyped up for the game," Runnels said. *photo by Anna Terrell*



1. Junior Caleb Nickell blocks Westside's offensive line. "Teamwork to me is everyone coming together to be the best we can possibly be," Nickell said. *photo by Jeffrey Zimmerman* 2. Tuning into assistant football coach Mark Chavez, senior Easton Sixel, junior Blake Closman, and senior Kason Kelly focus in on the motivating pep talk about having a better mindset for the game. "I was just really ready to get back to the game and demolish their quarterback," Sixel said. *photo by Anna Terrell*



**Andrew Bednar**

- 1,411 rushing yards
- 14 touchdowns
- 6.5 yards/carry
- 2,016 career rushing yards
- 3-year varsity starter



#22 Broadcast News Story, Erin Mosier, Omaha Westside

[https://youtu.be/1SXPkH\\_cKhM](https://youtu.be/1SXPkH_cKhM)



#23 Broadcast Sports Story, Joshua Ferdico, Millard South

<https://youtu.be/qstXO7CdjKE>



#24 Broadcast Feature Story, Jenna Reynolds, Dana Summers, Millard West

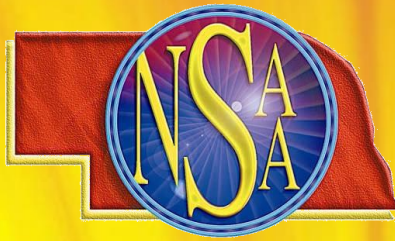
[https://youtu.be/7eRx2\\_mpQvM](https://youtu.be/7eRx2_mpQvM)



#25 Broadcast Public Service Announcement, Naomi Delkamiller, Omaha Marian

[https://youtu.be/\\_S7wiwCAh34](https://youtu.be/_S7wiwCAh34)





NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

**2019-2020**

**Class B**

***Journalism***  
***Winners***



#1 Advertising,  
Margaret Hoff, Alliance

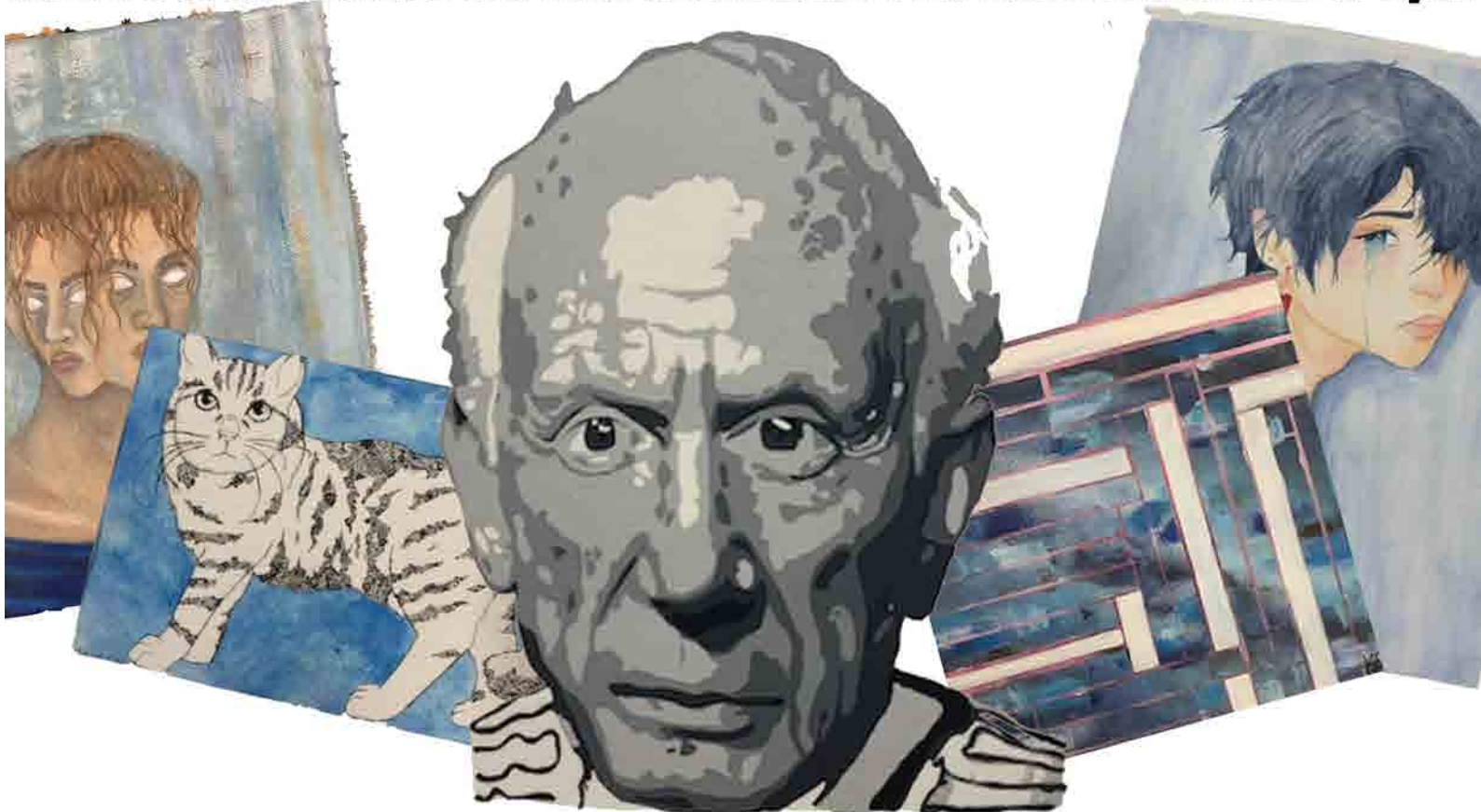
**FEB  
27**

**THE  
FINE  
ARTS  
GALA**

**20  
20**

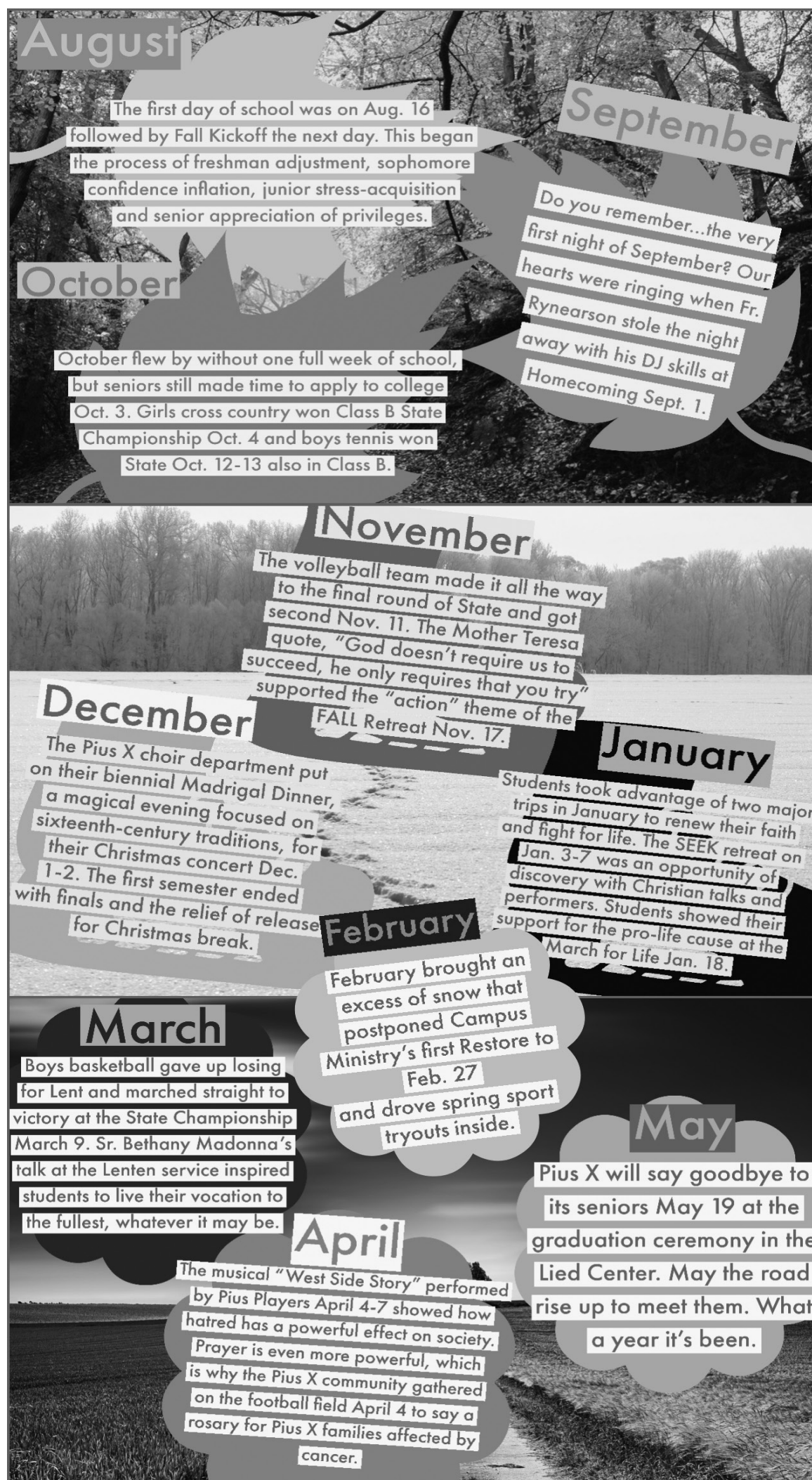
**FEATURING SENIOR ARTISTS  
WITH LIVE MUSIC FROM  
THE JAZZ BAND AND CHOIR**

**Join us to celebrate the fine arts in the PAC commons from 6-8pm**





## Year in review: 2018-2019



INFORMATION AND GRAPHIC BY GRACE SEEMAN

## Adventure: We followed an episode of Bob Ross so you don't have to

Addie O'Meara  
Photo/Graphic Editor

If you've watched YouTube within the past year, you have probably seen some videos of people following along with the instructions of an episode of Bob Ross: Beauty is Everywhere or The Joy of Painting. Bob Ross' series were originally aired from the early 1980s to the mid-90s.

Typically, when anyone thinks of an episode of one of these series, a sense of nostalgia kicks in. The series are known for their laid-back, simple feel and sleep-inducing qualities.

So when Abbie Russman, Lucy Koenig, Brenna Mazour and I decided on this experience for the final issue of the year, we expected nothing less than a carefree, artistic and relaxing afternoon of painting.

However, once we actually started trying to follow along with the speed lord himself, the episode didn't feel relaxing at all. An overwhelming panic set in; we felt like we were failing throughout the whole process.

Before we knew what was to come, we picked an episode to follow. We chose a beauty titled "Royal Majesty"; a scene of a snowy mountain surrounded by forests, cliffs, stream of water and moss-covered ground.

Lucy thought that we were going to be painting a portrait of the Queen of England. To begin this chaotic endeavor, we watched the episode from start to finish so that we could get a feel for what direction Bob was taking with this painting.

We then watched the video a second time; as the video progressed, we tried to find paint that would match what he was using.

Now that everything was set up, we started the video over for a third time. This is when Bob's pace registered in our minds. He was moving quickly, and he wasn't stopping for anyone.

He began the video with half of his canvas covered in black, which took us about twenty minutes to replicate. Keep in mind that the entire episode is only 28 minutes.

We learned that we had to pause the episode every twenty seconds if we wanted to keep up with what was going on. So while the episode was paused, we painted the canvases half black.

Somehow, each of our first step looked completely different. We chose to ignore this. We shouldn't have. We continued on, choosing not to be phased by our growing differences or Bob's prestige.

Bob told us to add a sky that was light blue with wispy clouds. Brenna, Abbie, and Lucy used the wrong blue; trying to reverse this mistake was almost impossible.

Brenna did not say much due to her intense focus on the task before her, but she kept repeating a single phrase throughout the afternoon, "something isn't right here, but I'm not sure what."

The first thirty minutes of painting essentially sums up the entire three-hour experience. Common themes include chaos, confusion, impatience, stress, frustration and despair. There was never an easy step to the tutorial. It was an entirely uphill battle with absolutely no breaks.

We took almost six times as long as Bob to complete this painting, and none of them turned out quite right. We poured every ounce of energy we had into these paintings but it wasn't enough.

The last hour of painting was not our proudest moment. We were no longer listening to Bob, we just looked at his end result and half-heartedly tried to recreate something somewhat similar. We were not on the same page as Bob. We weren't even reading the same book. We were on different planes of existence.

The paintings weren't necessarily bad, but they weren't good either. They weren't Bob's, that's for sure. Despite our disappointment in the outcome, we had a lot of fun. This experience was a good way to end the school year. We could laugh at our mistakes and our shortcomings and learn a little bit about how hard it is to paint those iconic happy trees.

Maybe we'll try to follow along again, now that we've accepted that we'll never be of the same caliber as Bob.

In the meantime, we'll probably try to stay away from painting in order to save ourselves from the overwhelming stress that's bound to ensue.

## Review: "West Side Story" showcases Pius X theatre talent

Sara Kreikemeier  
Staff Writer

As the lights began to dim in the LPAC, my anticipation grew. Having seen "West Side Story" before, my hopes were pretty high knowing that Pius X has very talented kids in their theater department.

The orchestra began to play and the whole stage broke out into a huge fight. Based off of the first scene, I could feel the tension between the Sharks and Jets.

"The first time the orchestra played was mind blowing," sophomore Maria Rutledge (who played Maria) said.

The first act was my favorite because it resembled a romantic comedy which is one of my favorite genres of entertainment. However in "West Side Story" the two lovebirds are

forbidden to be together. Despite their families telling them they cannot see each other they meet in secret. This called for an interesting plot twist that left me on the edge of my seat not knowing what would happen next.

The end of act one ended with a rumble between the Sharks and Jets. The rumble was supposed to be a "friendly" fight to gain control over the streets. A member from each gang was chosen to fight, but when Maria found out, she sent Tony (Senior Raphael Pepino) to stop it. Once Maria told Tony to go stop the fight I knew something bad was going to happen. As soon as Tony shows up the leaders of the gangs, Riff (David Hanzl) and Bernardo (Bede Fulton), start to fight. The fight soon ended, but not on a happy note as I predicted. Bernardo stabbed Riff and as Tony takes the knife from Bernardo he accidentally kills him. It was soon

intermission and made me really think about what was going to happen in act two.

"My favorite part is the rumble just because it starts out really intense but then quickly ends," senior Raphael Pepino said.

As act two began, the musical had a more melancholy feeling. The tension between both gangs grew and you could feel it in the audience. The scene with Maria and Anita, Bernardo's girlfriend, was very emotional. I could see how heartbroken Anita was after losing her soul mate by the expressions on her face when talking to Maria about Tony.

For the last scene the whole cast stood on stage around Maria and Tony, who had been shot. Maria takes the gun from Chino, who killed Tony, and gives a very emotional monologue. The scene was very impactful and made me really reflect on the plot.

"These kids nailed it, and I don't say that lightly. They exceeded my expectations," director Joseph Moser said.

The musical numbers were pulled off really well, with my personal favorite being the dance scene by the Puerto Rican women to "America". Fun parts were balanced out with serious scenes, making the perfect romantic thriller with drama and crime.

The costumes, hair, and makeup tied the characters all together. The one thing that did stick out to me were their shoes. Men of each gang wore Converse, white for Jets and red for the Sharks.

Once again, the Pius X theater department produced another outstanding show. I could really see the hard work they put into the show.





Remember:  
PERFECT  
Phone Call

TWEET!

Executive Order  
NO Witnesses

President  
doesn't know  
ANYBODY!

Have lies  
at the ready

Make  
Contradicting  
Statements

"My innocence is so perfect I'm building this wall to block any potential evidence!!!"

John's Book

Vital Papers

Transcript

Do not  
feed witnesses!

Call  
Giuliani!



#4 Editorial Writing, Jacob Gathje, Mount Michael Benedictine

# Editorial: Vaping is the new smoking

It looks like a flash drive and is easily concealable. It provides bursts of fruity flavors. It also lays claim to the alluring sense that it's not allowed. It's a vape, and its audience is us, teenagers.

Whether you want to believe it or not, the most recent wave of e-cigarettes has been marketed with one huge audience in mind: teenagers. Vaping giants may continue to say that their product was aimed for an older generation, but, in reality, they wanted us to use them, and use them we have.

According to the National Institute of Health, roughly 35% of high schoolers currently vape or have vaped. That means if you look around one of your typical classes of approximately 19 students each, at least six of your classmates use e-cigarettes.

If this fact worries you, it should. In recent months, over 530 illnesses and seven deaths have been linked to vaping and a mysterious lung disease it causes. This outbreak strongly points to the reality that vapes are untested and volatile.

Even with these atrocities attributed to vaping, teenagers continue to use them. Vapes are our generation's cigarettes, and the similarities between them are uncanny.

First, both vapes and cigarettes are or were wildly popular among youths. According to the US Department of Health and Human Services, 29% of high schoolers were cigarette users in 1976. The number of teenagers using vapes today, 35%, is fairly similar.

Second, both reached the market before they were fully researched. When the cigarette was first introduced, it was actually encouraged by doctors. Vaping hasn't quite gotten that response, but it was originally posed as an option to wean off cigarettes.

Finally, both cause adverse health effects, especially in the respiratory system. Everyone knows smoking can lead to lung cancer over years of use. Now, it's clear that vaping is damaging peoples' lungs within months, a shockingly quick rate. All of this goes to show that we don't want this vaping epidemic to get more out of hand. The United States government has already taken a strong stance against vaping companies suspected of targeting teenagers. On Sept. 12, the federal government stated that it plans to ban thousands of fruit-flavored e-cigarettes, leaving only the traditional tobacco flavoring.

The goal is to reduce the number of teenagers using vapes because of their fruit flavoring. However, action from the federal government won't completely eradicate underage use of e-cigarettes.

We have to take action ourselves. We need to eliminate the stigma that vaping is cool and safer than cigarettes. It's clearly not. We need a response similar to that of when the full dangers of cigarette use were revealed: a whole nation united against a significant threat to its health.

Vaping will seriously impact the health of our generation, yet we continue to ignore its growing list of dangerous effects. It is our generation's cigarette, and we need to start acting like it.



# Of Mice and Men

## Live Performance Review

#5 Entertainment Review Writing,  
Brynnon Maret, McCook

By Brynnon Maret

A major surprise overtook the town of Kearney, Nebraska when a classic, yet controversial, story gets revamped into an excellent play! The adventures of two traveling workmen in California during the time of the Great Depression almost goes south with the train! The nearly problem free work of Crane River Theater Company teams up with Mountain Rose Horsemanship Training to bring us a great retelling for the novel *Of Mice and Men* by John Steinbeck.

Although I knew what was in store for me when I would arrive to the location, I was still taken aback by the real live barn that the set was built upon! With the horses still in their pens, each stall labeled with their names, it really put an emphasis on the atmosphere. Which, out of many things that the play does right, sets the mood! Whether that be the set constructed of hay bales and wooden structures made out to be a rooming unit for the workers, the slow folk music that they played during each transition, or the mixture of real and plush animals they would use for props during the story, the theme was never confusing!

Not being afraid to express their diversity amongst the characters was another great feature that they had going for them. From interesting personalities like the slow minded Lennie to the schemey George, no one gave you the feeling that they were oversold. When it came to Lennie's character, his slow-minded style was brilliantly portrayed by Justin Wooten, it wasn't hard to tell he had been trying to improve. If Lennie was told not to say a word, he listened, and when he had been forced to stay behind, he went along without another question. Whether that worked out in the end for him is simply something worth the

visit to find out.

As with all media, there are faults, but those were something I had to look under the floorboards to discover! The character Whit, played by Wade Weber, had some small problems that really killed the play's pacing at moments for me. Stuff like readjusting his headset, his voice not reaching the mic or any accidental brushes; although small and unnoticeable for most, these still had made me feel a bit uncomfortable. A few scenes also felt like they overstayed their welcome.

After finishing the play we were met with a talk-back from the actors themselves where they each discussed their backgrounds and what they truly felt about their characters. Candy, played by Chuck Peek who had graduated from McCook himself, stated how his character kind of represented hope to him--to lose what was valuable to him only to once again unearth a vision that gave him something to look forward to. This spoke to me on a personal level because I truly think that we need something to look forward to or strive for when we find ourselves among the worst of times.

Truly this is a representation of what classic works of literature can manage to inspire. Although when discussed during the talk-backs, we are met with the problem that parents are wanting *Of Mice and Men* banned from schools. If lost stories aren't something worth standing up and fighting back for, then what is? With *Of Mice and Men* around the top of the list, who knows what the future will bring? That's where you come in--to make a stand on what the following generation will grow up reading. Is it a fantastic classic or a raunchy tale that needs to be put down?



# Upperclassmen “Waltz” the night away

By Kate Smith  
Staff Reporter

The Scotus cafeteria was transformed into the Disney castle, and the juniors and seniors were princes and princesses for the night. They all danced the night away at “Waltz Disney” prom on April 30th.

“I thought the theme of ‘Waltz Disney’ was clever. The juniors outdid themselves with the wonderful artwork that surrounded us. I can tell that they put a lot of work into what was done,” senior Maddie Sueper said.

The students went to Mass at Saint Isidore’s Church before arriving at Scotus for dinner and the dance afterwards. Father Capadano said Mass and left the students with an important message during his homily to make good decisions. At 6:30 P.M. students started showing up dressed to the nines to celebrate the night. At Scotus’ proms it has become the norm for the girls to wear

long dresses and the men typically wear tuxedos or suits. “I loved how some of the dresses that the girls wore seemed like they were from a Disney movie. I doubt this was intentional for some of them, but I still think it was cool,” senior Isaac Ostdiek added.

After the dinner, the students traded their heels and dress shoes for their dancing shoes as the DJ started playing music. The dance was from approximately 7:30 to 11:30 P.M. during which the upperclassmen busted out their crazy moves on the dance floor.

“The best song was the ‘Cupid Shuffle’. I can still feel the after effects of the kick, kick, drop a week later,” senior Hannah Allen said.

From an outsider’s perspective, Scotus prom isn’t a typical dance. All the students go to Mass and then come to Scotus for dinner, which isn’t usual in most schools. Also, the songs played are different than the norm of other schools. An-

other characteristic of Scotus prom is that mostly everyone stays until the very last song. With all these differences, many students think it makes the prom unique and more enjoyable.

“I think that all Scotus dances are different than other school’s because we have all of these inside jokes or traditions that the whole student body knows. Like singing Mr. Bett’s lyrics over the actual lyrics, certain dance moves, or just repeating the best parts of songs e.g. ‘I only love my bed and my mom, I’m sorry.’ I also think that Scotus dances are unique because almost everyone dances to almost every song, which makes it way more fun,” junior Lauren Ostdiek said.

The junior parents host post prom every year and this year it was held at Westbrook Lanes Bowling Alley. The theme for post prom was “Casino Night” which included blackjack, poker games, and lots of gambling with fake money, of course. Stu-



Angie Rusher/Journalism advisor

A group of junior and senior boys dance to a song at prom. Only junior and seniors are invited to prom.

dents bowled, ate, and earned fake money from 12:30 A.M. to 3 A.M. From 3 A.M. to 3:30 A.M. door prizes were auctioned off by Travis Bock, and students bid on items with the fake money they had earned throughout the night.

“That auction was the

most original idea I’ve seen lately. Everyone was in on it, and the prizes were a surprise, so you never knew what the winner was going to get,” senior Abe Perault commented.

The “Waltz Disney” Scotus prom concluded the

Scotus dances for the school year, and it was a memorable last Scotus dance for the senior class.

“Today’s special moments are tomorrow’s memories.”-Aladdin.



Angie Rusher/Journalism advisor

Seniors Kelsey Faust, Kendra Korger, and Mattie Johnson pose for a picture while dancing. The dance portion of prom was from 7:30 P.M to 11:30 P.M.



Angie Rusher/Journalism advisor

Juniors Molly Carstens, Sarah Bichlmeier, Allie Mielak, along with other junior girls sing the lyrics in a circle at prom. The theme of prom this year was “Waltz Disney.”

# Band and Shamrock Singers dominate districts

By Jaycee Ternus  
Staff Reporter

As the band and Shamrock Singers enhance their talents throughout the year, it comes time for them to show off their skills for rating at district music. District music was at the Columbus Community College on Thursday April 11th through Saturday the 13th. The talent consisted of trios, duets, solos, and full groups. Each piece is rated in quality from one being the highest and five being the lowest.

The band received eight-

teen total superior ratings and excellent ratings. Sophomore Lizzie Parker plays the trumpet and contributed to the superior ratings of the weekend. She was in a trumpet ensemble, a trumpet quartet, and a trumpet solo, which all scored ones.

“The thing I take away from districts is that even when practice feels like it is for nothing, it really all adds up to something when you get to districts weekend. The feeling after performing is worth every minute of practice for me,” Parker said.

The whole band received a superior from all three judges. Senior Tara

Kamrath contributed to the ratings by playing the flute. She played in a double flute trio ensemble, which earned a one and played a violin solo, which received a two.

“This year was huge for the band, firstly because of us being the largest high school band Scotus has ever had, and also because of all the great ratings across both band and singers,” Kamrath said. “Preparing all the music for this required three months and caused insane stress, but now that everything is coming to a close - and the results were better than anyone could have hoped for - it’s super relieving.”

Some students played different instruments for solos. Sophomore Josh Styskal played in the whole choir and also played trumpet and violin. He also sang in a small vocal double quartet with the sophomores in Shamrock Singers.

“We did amazing. Most performers received a one. A lot of the worry and nervousness we had prior to performances was relieved by our warm-up before the performance. For people who received a disappointing rating, we learned to accept that we performed as best as we could,” Styskal said. Senior Isaac Ostdiek

plays the tenor saxophone for the band. He did a saxophone ensemble and played in the band which both received a superior rating.

“I think we did well. I recently listened to a recording of the same song that we played a few years back, and it sounded so much better now. I’m glad that we got to play it as well as we did,” Ostdiek said. “I have great memories. I grew closer to the saxophones that I did the ensemble with, and it was so much fun to perform with them one more time before I graduate.”

Shamrock Singers had a total of seven superior rat-

ings, three excellent ratings, and one good rating. Senior Patrick Herchenbach is a part of Shamrock Singers. He sang a solo and a duet, played the piano, sang a senior piece, and sang with the whole choir. The choir and duet earned two’s and his solo and senior piece earned ones.

“I was just really happy with how well we all performed. All the band members and singers did so well with all their pieces,” Herchenbach said. “I am so proud of all of us. This last district music was one to remember.”



Cameron Johnst on/Rock Bott om Staff

Freshmen Camille Cox, Carson Czarnick, and Zane Beiermann play their district song at the spring band concert. The trumpet trio received an Excellent rating at district music.



Liza Zaruba/Rock Bott om Staff

Freshman Luke Przymus and senior Isaac McPhillips sing a duet at the music concert. Their duet received a superior rating at district music.



# Don't give up on the Huskers

By Tyler Palmer  
Staff Reporter

Every Sunday morning when I open my Twitter, all I see are various people hating on Nebraska's head coach Scott Frost. Some tweets are appropriate and some not so much for the school newspaper. With yet another disappointing season, it seems as if fans are losing faith in their Huskers, but we should stick with him, give him time, and wait another few years.

Nebraska is considered to be one of the best football programs in history; they have won national titles in 1970, 1971, 1994, 1995, and 1997, so the past few seasons have been a rut for the powerhouse program. Still, look for Nebraska football to be

on the rise again soon.

When Scott Frost arrived at the University of Central Florida in 2016, they were not a good program and needed desperate help. The first year was shaky at best, and many UCF fans were skeptical of their new coach. Out of nowhere, UCF exploded for a 13-0 season and trended as the "real national champions" in their words. This amazing season can be accredited to not only great athletes on the field, but great coaching and recruiting work--all done by Scott Frost.

I believe Nebraska football will soon be on top again is because the proof is on paper: Scott Frost can win football games no matter what situation the program is in. When Frost arrived at Lincoln, he found himself among

many unfamiliar players and an entirely different scheme than he conducted at Central Florida.

You see, the system Mike Riley ran was a power offense, a different offense than Frost ran at UCF. Frost was a tempo, spread offense type of guy, and the players he had at UCF were perfect for his system. At Nebraska in 2018, his players were not exactly what he wanted although still great athletes.

Recruiting takes a long time. The players have to make the decision to come to the middle of the country in a state full of corn; then, the players have to get bigger, better, faster, and stronger. Last year, Frost did not have any of his recruits and was stuck with all of Riley's players, who did not fit his

system. This year, his recruits were coming along, but they were not at the level they needed to be yet.

On top of that, Frost has proved to the country he can bring teams to life and take them high up in the rankings. He took UCF to the top, and he will bring Nebraska to the top soon; no matter how long it takes, we cannot give up on him.

Next year, I believe the Huskers will come to life as Frost's players will fit the product. Players will have much more experience and talent to bring to the table. All good things take time to complete, and Nebraska football is going to be a good thing soon. After all the smoke is clear, Nebraska will be on top.



Brian Rosenthal/Huskers.com  
Scott Frost leads Nebraska on to the field to kick off the 2019 season. The Huskers beat South Alabama 35-21 and finished the season with a 5-7 record.

# Coffee shops to love a "latte" in Columbus

By Kate Smith  
Staff Reporter

At least three out of the five days of the week you can catch me walking into school, five minutes before the day starts, with an iced coffee in my hand. Little do you all know, most of the time, each day they're from different places. Since I've managed to try nearly every

place in Columbus that offers coffee in all its beautiful and delicious forms, I choose the place I want coffee based on what I'm feeling, the temperature outside, and how much time I have. Now, here's the rundown of all my favorite places, their drinks, and their special characteristics.

First on the list is my place of employment: Scooter's Coffee. This was recently

added to Columbus in 2016 and has been popular ever since. Scooter's is the only drive-through coffee shop in Columbus, which is essential when you're running late and needing some strong espresso to start your day. Not only is it the only drive-through that offers fresh-pressed espresso, it is also the fastest. Scooter's makes it a priority to get your drink out as fast as possible so you can "scoot" onto the

rest of your day. Nearly every drink can be made without espresso, and smoothies are a popular choice among customers. Scooter's also offers food, ranging from their famous everything bagel to their seasonal pumpkin bread as well as everything in between. Since I work there, I've made it a personal goal to try as many drinks and combinations as possible. My typical order is, however, the most popular drink: the caramelicious, iced, and with an extra shot of espresso. I also order their prickly pear red bull infusion, which I get when I'm not in the mood for coffee

As you move west down 23rd street, you will come across the Broken Mug. This hidden treasure recently became popular after IC Church inhabited the abandoned YMCA building. When you walk in, you can see it carries the typical coffee shop vibe. There are booths, couches, and stools where you can sip your coffee while talking with friends, working on homework, or studying for finals. Unlike Scooter's, it is not as quick, but what the Broken Mug lacks in speed, it makes up for in quality. Their "house specialty" is the broken mug mocha, which in is my drink of choice next to

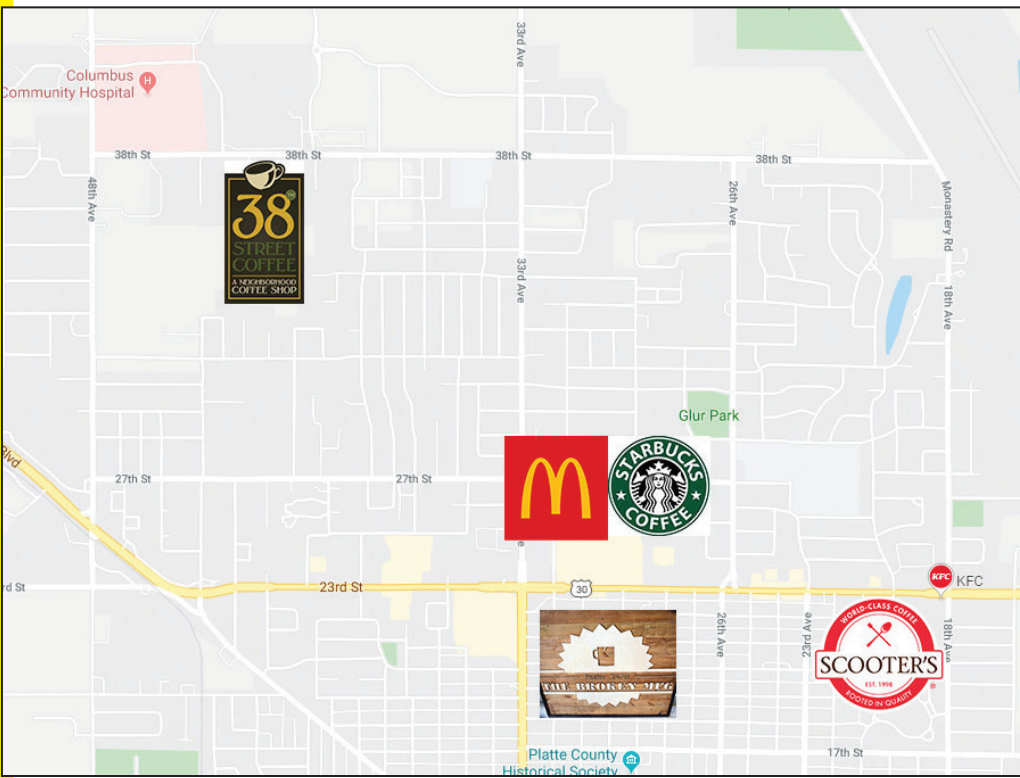
their iced dirty pumpkin chai (which is just fancy barista talk for a chai drink with a shot of espresso). They offer smoothies for you coffee haters, which I personally have never tried. Broken Mug also offers a café that provides homemade breakfast and lunch menus to order with their coffee. My favorite breakfast food would have to be their avocado toast on sourdough bread (basic I know), and my typical lunch order is the California Panini on white bread. The Broken Mug is the perfect place to go with friends or by yourself, only if you have the time to do so.

Last, but certainly not least, is 38th Street Coffee, located across the street from the public high school. Also a hidden treasure of Columbus, this small coffee shop offer iced toddy in a combination of flavors. Like the Broken Mug, it is not known for its speed, but it does have a selection of flavors the two previous coffee shops do not such as Madagascar vanilla, peanut butter, and many others. It also serves food such as muffins, soups, and sandwiches that can be pressed into paninis. My drink of choice there would probably be the iced white mocha and peanut butter toddy. This place is also a perfect meetup

spot for your friends because of their large sitting area. Out of all three, 38th Street Coffee has the biggest bang for your buck when it comes to price and quality; sadly, it is out of the way for most people.

For you Starbucks lovers, you are not forgotten. I do like Starbucks, but I only ever drink their iced caramel macchiato and a small selection of their teas. I personally feel they have the best teas compared to the other three coffee shops, but I am more of a coffee gal than anything else. It is also slightly inconvenient to have to walk in, and I feel I wait in line for my drink the longest time out of all the places in Columbus. It is nice, however, when I am getting groceries and need a midday pick-me-up. McDonald's also offers decent selection of coffee drinks, but McDonald's obviously does not specialize in these types of drinks. For me, their coffee simply isn't strong enough, but for those of you on a budget, a \$2.14 large caramel iced coffee might just be what you need.

So, the next time you are driving to school or work and stressing about the worries of that day, push it all aside and treat yourself to one of the many coffee shops Columbus has to offer.



There are five major coffee shops in Columbus: Scooter's, The Broken Mug, Starbucks, McDonald's, and 38th Street Coffee. All these coffee houses are unique and offer a variety of hot, cold, and blended beverages.

# Frozen 2: I can't "Let It Go"

By Chloe Odbert  
Staff Reporter

For months I had been patiently awaiting November 22nd, 2019, because that was the day the sequel to one of my favorite animated movies was going to be released. Unfortunately, I found the release of *Frozen 2* to be a bit disappointing.

To put myself in the right mindset, I watched *Frozen* on Friday night, knowing I was headed to the movie theatre the next night to watch the new one. As I found my seat and removed the candy I had smuggled in all my secret pockets, I could not wait for the film to begin.

The new movie began just as the last one did. Both Anna and Elsa are young children. Many people who have seen the original know that in the first film both of their parents die in a shipwreck. The sequel to the film has a bit more insight to what happened to their parents.

Elsa and Anna embark on an adventure with a few of their classic sidekicks and

friends to uncover some mysteries about their past.

Along with the classic characters came a group of new ones. On their adventure, the sisters, Christoph, Sven, and Olaf meet a whole new group of people. A new fan-favorite character is also brought to light as a small, blue, fire-making lizard shares the stage with the classic *Frozen* characters. The new lizard has little to no meaning to the plot, none that I understood anyway, but was a cute and fun new element to add.

I did appreciate the involvement of most *Frozen* fans favorite character, Olaf, in the film. Olaf seems to have a more prominent role in *Frozen 2* than he had in *Frozen*. Throughout the movie, Olaf continuously made comments regarding how he was looking forward to being old and mature so that he can understand certain things. Olaf's character in *Frozen 2* yet again charmed me with his adorable and hilarious comments sprinkled throughout the one hour and forty-five-minute film

This time around, the

producers of *Frozen* took a more mysterious plot line. Personally, for the first forty-five minutes or so of the film, I was a bit confused. I think that the filmmakers could have added a bit more background knowledge and details to inform the watchers more of the plot line.

In the end, the movie and the plot came together into one major theme of love and family just as the first did. My favorite part of the original film was the overall theme of love and family, so I was appreciative of the continued theme into the second movie.

Throughout this movie, Elsa and Anna's sisterhood is spotlighted more as they acknowledge many times that they are to never shut each other out again. The sisters stick together for most of the movie until Elsa fears Anna being hurt. Although poorly executed by Elsa as Anna felt as if her sister had abandoned her yet again, this split of the two characters symbolized the theme of love and family. Elsa was looking out for Anna and making sure to keep her safe.

This film also demonstrated much more control for Elsa. She could control her magical powers this time around as she has had years of public practice and exercise with her powers.

I did feel as if the movie fell short of my expectations; however, the soundtrack was anything but lacking. Although the songs on the *Frozen 2* soundtrack are probably not going to be

quite as catchy as the original's such as "Let it Go," "Do You Want to Build a Snowman," or "Love is an Open Door," the film soundtrack featured a new abundance of musical aspects that held a lot of meaning to the plot. The lyrics to the new songs seem more powerful to the story and to the common person. The songs are meaningful and catchy.

Overall, although the

movie was not my favorite of the two, and I am still a dedicated lover of the original *Frozen*, the new film is worth seeing to develop your own opinion. *Frozen 2* is a great cartoon with a meaningful message for kids; I have heard a lot of my peers who claim to love the new movie. Some people even claim it surpasses the original. So, check it out and see for yourself.



*Frozen 2* opened in theatres on November 22nd. The movie featured the same main characters as the last film as well as added some new faces to the Disney family.



# Mustard monarchy rules Scotus again

By **Kate Smith**  
Staff Reporter

It was the night of Friday, October 5, 1990 after the Scotus win over Wahoo-Newman when the young senior Chris Mustard was crowned Scotus homecoming king. Little did he know, history would repeat itself. Nearly 30 years later, on September 20, 2019, his son Eric Mustard was also announced as Scotus royalty. The tradition of having a Mustard as king lives on for another year at Scotus.

Both Mustard men expressed feelings of surprise and excitement of being voted king.

"It was a long time ago, but I was pretty excited. There were a lot of good guys in my class, so for me to be chosen, it was a big deal. I think it helped to have a younger sister in the sophomore class and a brother in junior high. Most of the school knew who I was or

knew our family," Mr. Mustard said.

The similarities between the two Mustard reigns are quite ironic. Both men attribute younger siblings to their crowning.

"I think having my sister Grace in the sophomore class helped me with votes. I also always try to build a relationship with the younger guys in the sports I play to make them feel as comfortable as possible at Scotus, so that may have helped as well," Eric Mustard commented.

The race to win royalty always seems close. Despite the unknown, both men had a good feeling about Eric being crowned that Friday night.

"You never really know who's going to win until they announce it. But like I said, when I won, I had a pretty good feeling that Eric would win," Mr. Mustard added.

For Eric, being crowned was a surprising and surreal moment. Not only did he have his dad as an example

to look up to but also all past homecoming kings growing up.

"I was pretty surprised when I won, and I was also really excited. It was always cool seeing the homecoming king as I grew up and then to win it, that was a great experience. It was also special to receive the crown from Caden Pelan. He's been one of my best friends since we were kids so that was a really cool moment," Eric Mustard said.

Not only did Mr. Mustard win royalty in the fall of 1990, but his wife Janell won homecoming queen at Columbus High in the same year.

"Every year around homecoming time at Scotus, I tease our kids that they are living with royalty. I was homecoming king at Scotus in 1990 and my wife Janell was homecoming queen at Columbus High the same year. We were dating at the same time so that was kind of neat also," Mr. Mustard added.

Once again, the tradition of a Mustard as ruler of the school lives on. With two more kids to come through the Scotus system, the potential for more Mustard royalty is there. For now though, the Mustards will live in the moment of not only Eric's

reign but the time they have left with him.

"Well, in order to continue the tradition of kings, our son Drew would have to do that. He's in third grade, so we have some time before we have to worry about that. Drew has some big shoes to fill if he wants to be like his

big brother Eric. We could have a chance of more royalty in our family in a couple years if Grace ends up being a homecoming candidate. It's fun to think about those things, but right now, we're going to enjoy the rest of Eric's senior year," Mr. Mustard concluded.



Angie Rusher / Journalism Advisor  
Columbus Public Schools Special Education Teacher Chris Mustard and his son Eric Mustard pose in their homecoming crowns. Chris Mustard won in 1990 and Eric was voted homecoming king this year.

## Filling the trophy case

Scotus does not have Boys Basketball, Girls Golf, or Wrestling banners.

The Volleyball team was in a state championship game 14 years in a row from 1993-2006.

In 1964, when the school was still St. Bonaventure, the Boys Track team won a state championship. It is the only St. Bonaventure win on the wall.

Scotus won a state championship in at least one sport from the year 1995-2006.

Every banner has a photo in the hallway.

There are 47 total state championships.

Journalism is the only fine arts championship Scotus has ever won. Scotus doesn't have Play Production (One Act) or Speech championship wins.

Volleyball has the longest run of state championship wins in a row, having 5 in a row from 1995-1999.

1992 was the only year that the Scotus Volleyball team had not been in a state championship game in the span of 1990-2006.

Scotus has two sports with exactly five state championship wins, Girls Basketball and Football, and has two sports with exactly six state championship wins, Girls Cross Country and Boys Soccer.

Except the year 2010, Scotus was in at least one State Championship final from 1993-2018. That is almost 26 years in a row.

- Football:** 1967, 1984, 1993, 1999, 2015
- Soccer:**
  - BOYS 2011
  - GIRLS 1998, 2002
  - BOYS 1997, 2001, 2009, 2014, 2015, 2016
- Basketball:** GIRLS 1996, 1997, 1998, 2004
- Volleyball:** 1986, 1990, 1995, 1996, 1997, 1998, 1999, 2001, 2002, 2003, 2005, 2006, 2008, 2009, 2011
- Tennis:** GIRLS 2000, 2001, 2002, 2012, 2013, 2016
- Golf:** BOYS 1981
- Journalism:** 2017, 2018
- Wings:** GIRLS 2009; BOYS 1964, 1978, 1979

Janae Rusher / Rock Bottom Staff



# More than tricks: Hobby becomes rare opportunity

BY HENRY HOHMAN

#7 Newspaper  
Feature  
Writing,  
Henry  
Hohman,  
Mount  
Michael  
Benedictine



Photo by Liam West

Most people have a hobby, something they turn to in their free time. The same goes for Griff Wyse '21, who enjoys something most people have not heard of: cardistry.

Cardistry is a performance art that consists of flourishing cards in creative ways. Many believe it to be magic, but this could not be further from the truth.

"It is almost like a combination of juggling and skateboarding," Wyse said. "There are set tricks that everyone in the community knows, but you can also create your own 'flourishes' or moves."

Wyse started in 2016 by watching tutorials on YouTube. While searching for card magic tutorials online, he stumbled upon tutorials by Fontaine Cards, which is one of three major cardistry-focused playing card companies in the community.

"I wasn't very good at first, but it felt like almost instantly I was hooked. I was so avid to keep learning, as it was like no other medium of art I'd tried," Wyse said.

Wyse has carried a deck of cards in his hands nearly every day since he started, experimenting, creating, and practicing his already finished moves.

"Just like any other art form, there are certain traits that make a move 'good,'" Wyse said. "All good moves have a sense of rhythm, structure, and harmony. Creating moves is what I enjoy about cardistry, it's almost addicting to me."

With a worldwide community, many fans congregate on the social media platform Instagram. An exact amount of members is hard to pinpoint, but community Instagram pages such as "BestCardistAlive" and the Cardistry Reddit page both boast a following of about 70,000.

Since it is a global community, it is difficult for cardists to see each other and "jam," the term used for physical cardistry meet-ups. Wyse keeps up with his companions over Skype, where group-calls are the norm in the scene.

Once a year, however, there is Cardistry-Con. This convention shifts locations yearly, and has recently been in Brooklyn, N.Y.; Berlin; Los Angeles; Hong Kong; and Portland, Ore.

When attending the 2017 convention in L.A., and, more recently, the 2019 convention in Portland, Wyse caught up with long-time cardistry friends, made new friendships, and met the "pros".

"It's something that every cardist looks forward to or hopes to attend. I saw some friends that I saw in L.A., and met some that I'd only talked to via Skype," Wyse said. "It's a great time, and it's very inspiring and motivating to meet and converse with creators that I look up to, those whose opinions are most highly regarded in the community."

Most recently, Griff's cardistry experience came full circle when he was offered a tremendous opportunity. Owner and Founder of Fontaine Cards, Zach Mueller, flew out to Omaha from Los Angeles to film a performance video starring Wyse and his creations in order to promote a new deck of cards soon to be released.

"Zach approached me on Instagram after seeing the moves that I had posted and asked if I had any more saved up," Wyse said. "Luckily, I had, and we promptly started planning the video."

The next weekend, he flew out and we spent all weekend filming around 18 hours over two days.

"It was very grueling, yet very fulfilling as all my hard work had paid off, and I could only dream of being in a Fontaine video ever since I started," Wyse said.

Despite school becoming more tasking and college being just around the corner, Wyse says he has no plans of giving up the pastime that he holds so dear. Rather, he is still working to find the perfect balance between completing his school work and cultivating his craft.



# Senior leads team through hard work

BY SAM WOOTEN

Even though he did not start out as a great wrestler, Andree Kakish '20, in his third season, has grown into a top athlete of the sport. His continued hard work can be seen throughout this season's consistent improvements on the mat.

"I am doing a lot better than last season," Kakish said. "I am a lot more confident, and I have more faith in my wrestling, since it is my third year. I feel like I can compete with other wrestlers."

This year, Kakish has advanced both his capabilities and his conditioning. His improvement is based in his constant hard work and natural feel of the sport.

"What sets him apart on the team is natural ability," head coach Bob Sullivan said. "His body just knows what to do."

Kakish can often be found either on the mats or in the weight room. His hard work is most notable, and he does not give up.

"His work ethic is great," Sullivan said. "He applies himself in the weight room and on the mats. He also has great physique."

Kakish is always the one to start up the warm-ups and make the most out of drills. Still gaining speed and agility, he adds a little more on to what he has every day.

"He has a big leadership role

this year," Sullivan said. "He is often the one who leads the warm-ups and cooldowns and is the first one to do ladders."

Younger wrestlers appreciate his example.

"He is doing great," Mark Fayad '22 said, "He works hard, leads the team, and helps keep the team together."

His commitment to practices has also helped him develop a resistance to the abuse of daily life on the mats. Wrestling requires a lot of mental and physical fortitude. Being strong and persistent helps wrestlers keep a competitive advantage.

"Conditioning has really helped him improve," Addison Cousin-Hardrick '20 said. "He is able to go full matches this year and be okay, instead of being gassed after one like last year."

Last year, Kakish was one match away from qualifying for the state tournament. This year he hopes to improve both as a wrestler and as a leader.

His leadership means a lot to the team, and, by setting an example, Kakish has the role of being strong both physically and mentally.

He continues his dominance on the mat while supporting his teammates, but wrestling can take



Photo courtesy of John Detwiler

Andree Kakish '20 puts his opponent from Bishop Newman in a power-half. Points are earned when putting an opponent on their back.

a lot of time and energy. However, Kakish simply brushes this off and works at it with a mental fortitude cast in iron.

"The most difficult part of wrestling is the mental game," Kakish said. "You may want to quit, but your body can handle the six grueling minutes on the mat.

After that is the fun part, getting your hand raised at the end of a match in victory. It's the most satisfying feeling."

Kakish's reasons behind his involvement in the sport are quite simple: he wanted something to do and not "hibernate like a bear all winter." After his first season,

Kakish found he really enjoyed it, which led him to come back the next two years.

"The reason I come back is because wrestling is a fun sport," Kakish said. "It will eventually lead me to be successful in life."

## Athletes use past performances as motivation in weight room

BY JACK SORENSEN



Photo by Jack Sorensen

Matt Collins '21 performs a hang clean in the weight room during off season conditioning. Baseball players have been hitting the gym in preparation for the upcoming spring season.

Cling. The sound of the metal bat firmly striking the baseball rings throughout the weight room. Offseason baseball training is already underway for those looking to get a leg up on their competition in the spring, even though the official season will not start for another four months.

"It's really important that we lift weights and practice our swings so that, when the time comes, we're ready," varsity pitcher Matthew Collins '21 said.

While weightlifting may not appear to be an integral piece of baseball training, it helps with a variety of skills, especially pitching and hitting.

"Every little bit helps," Collins said. "One of my goals for the offseason is to get more power in my swing and lifting is going to help me do that."

After last year's state tournament appearance, Collins is committed to improving his game in hopes of another opportunity.

"Last year, I got to play in the state tournament, which was awesome," he said. "Getting to play at Werner Park in front of everybody was a great experience."

Unfortunately for the Knights, their

tournament run was cut short by Norris in a nail-biting 5-4 loss. Collins is using last year's shortcomings as motivation to train harder and get stronger.

"Making it back to the tournament is why we're here practicing every day," he said. "Making it to state and trying for the championship is what it's all about."

Although the returning varsity players already have a taste of the success achieved through hard work, offseason training is still important to players on the reserve and junior varsity rosters. Outfielder Logan Whitcomb '21 also plays fall ball which provides a nice contrast to the intensity of the regular season.

"Fall ball is really great," he said. "It's way more relaxed than the regular season, so it's a great way to enjoy the game and have fun with your friends."

Whitcomb appreciates the fact that training is giving him an excuse to maintain his cardio.

"We do lots of running to get faster and work on our agility," he said. "It helps me stay in shape and be a better baserunner."

Agility is a big part of offseason training. Players spend lots of time working with ladders to practice their explosiveness and quick response times when running the basepath.

"I love running the bases," Whitcomb said. "The feeling of adrenaline is great, that's why I practice. I want to get even better at it."

## Students play out passion for basketball in parish league

BY JACOB GATHJE

Swish. Swish. Two basketball players from Mount Michael drill consecutive shots, getting looks of approval from other players as they join them at half-court. However, the logo at halfcourt is not the red circle surrounding a black Benedictine cross, and the other players are nowhere near their age.

Instead, those two players, Michael Kremer '20 and Cole Cordes '20, are approaching a group of men aged 30-51 standing on top of a green capital A with a yellow halo. This is not a high school game; it is the Sunday night basketball league at St. Patrick's Catholic Church in Elkhorn, which both Kremer and Cordes attend.

"Cole texted me and told me to come one night," Kremer said. "It's just a fun thing to do."

The rules of the league are simple. The first ten players to make a certain shot start the night playing, while the rest switch in periodically throughout the evening. The games are played to 15, counting twos and threes, and games must be won by at least three points.

The league was started 10 years ago by St. Patrick's parishioner Todd Parr, and Cordes has played in it since it began.

"When I was younger and they didn't have enough players, I would fill in," Cordes said. "My dad was always there."

While Cordes did take a three year break from the league in order to play basketball in high school, back injuries and talented underclassmen forced him to turn to his old stomping grounds to keep playing basketball. Injuries also caused Kremer to turn to the league.



Photo by Jimmy Crotty

Cole Cordes '20 watches the Hastings basketball team last year. After struggling with injuries, Cordes decided to stop playing on the high school team and instead play in the parish league at St. Patrick's in Elkhorn.

"Sophomore year I hurt myself and I couldn't play sports the entire year," Kremer said. "Not only was I a year behind everyone else, but we had a good junior class. I realized I didn't have a starting spot ahead of me."

Even though both Cordes and Kremer are young and have recently played competitive high school basketball, neither views themselves as the league's best player.

"There's one guy, Joel, who's about 30 and jacked, who definitely played college basketball," Cordes said. "Another guy, JJ, is about 35 to 40, and has the nicest jumper I've seen in a long time. He doesn't miss anywhere inside the black line."

Those two players are part of the reason the league is more intense than it would seem.

"Even for a parish league, it's still pretty serious," Kremer said. "The dads take it super serious. There's a lot of communication going on in the games."

While it may not be a conventional way for high schoolers to play basketball, it functions well for Kremer and Cordes.

"We both quit basketball but still wanted to play," Kremer said. "It's a fun way to keep basketball going in our lives."



# The Don and Dev Show

By Don and Dev

The Don and Dev Show. The idea was simple: conquer the world -- but we had to start somewhere. I'm Don. And I'm Dev. And this is the article for *The Don and Dev Show*.

Most of what we had to do for the podcast was behind the scenes. We exchanged ideas on what we wanted the podcast to be. Neither of us knew how big it would be or even if anyone would like it; we only wanted to share ideas and stories from our everyday lives. This is exactly how we chose the topic for our podcast.

When we initially came up with the idea for a podcast, we were told that we should talk about something we cared about. We thought about what our overall topic should be. We thought about what people listen to us talk about every day, and we decided to talk about just that. We wanted to share thoughts, ideas, jokes, stories, and everything else we thought

people wanted to hear. We try to find something we find funny or interesting, and we try to make it into a funny or interesting story to share.

"The Don and Dev Show" has grown beyond what we thought it would. We envisioned it to be something that our school and classmates would listen to and discuss. We had no idea how many people would actually listen to it, or who would even be interested in hearing us speak when they see us every day. However, the podcast has brought tons of opportunities. People from different towns have reached out to us about the podcast, and people that we don't even know will come up to us and ask about the podcast. There are 6 different countries that listen to *The Don and Dev Show*, including France, Mexico, Canada, Australia, and India. We have almost 2,000 listens, and we just recently got our first sponsorship.

We believe that this podcast has also taught us a lot. We have learned a lot about what something like a podcast can do for the people that do it. We have grown a lot closer than when we started the podcast. Having a commitment with each other taught us a lot of things that we will use down the line.

We have to work our schedules around so that we can record an episode. We have to work with each other on ideas and brainstorm creative ways to tell a story. We have learned how to handle fame-even at its smallest scale.

*The Don and Dev Show* has given us respect for each other, as we have learned a lot more about each other and have

#8 Newspaper News Writing, Claire Anderson, Adams Central



Above: Graphic made by Don & Dev to advertise their podcast

been able to have a product that we can call our own. The podcast is still on the success trail, but we believe that the real success of this idea is the connections we have made with each other and others. This was your favorite article from your least favorite people, Don and Dev.

# Newsies Stop the Voice

By Claire Anderson

The Adams Central Choir students pose as a couple of Davids looking to take on a Goliath, the hit Broadway Musical, *Newsies*. *Newsies* is a stage adaptation of the Disney movie *Newsies*. Both are based on the true events of the Newsboys Strike of 1899 which took place in New York City. The musical made its Broadway debut in 2012 at the Paper Mill Playhouse. Mrs. Johnson and Ms. O'Curran, at the delight of the choir, have picked the show as our spring musical which will be viewable for audiences on the 27th, 28th, and 29th of March.

So far, the cast has split into committees, auditioned for roles, learned choreography, and even blocked the first act of the show. Though this may sound simple, it's been an undertaking. Auditions began on the last day of Christmas Break and the cast list was announced the following week. Every year, the same committees gather, but are comprised of students who may or may not have been part of the committee previously and are working on new challenges. For example,

the light crew is comprised of two upperclassmen and two underclassmen so the younger students can be trained properly to take over when the older students leave. Tristan Weston, third year member of the lights crew said, "For light booth we do lots of exciting things, like playing pranks on each other, hiding Easter eggs around for the future lights team, and of course, actually doing our job. We spend a lot of time playing with colors and brightness to create a preset. Every once in awhile we get to mess around with cool effects for the show, like the dream scene from *Fiddler on the Roof* last year."

*Newsies* is famous for its captivating dance numbers. Due to the fact that many in the choir don't have a history in dance training, choreography has become an early priority for the cast. Amber Wilson, Samantha Paige, and Stacie Sides of the Midland University Dance Team joined the choir family for a weekend to teach several choreographed numbers for the show. "I was really intimidated

by the dances, but as the day went on, we had a really good time, and the choreographers were very nice. The days were long, but super fun!" said Sophomore Claire Kiolbasa.

Another challenge is getting into character. Because the show is comprised of roles portraying working class children in Lower Manhattan and Brooklyn, the choir students have been faced with the task of developing a strong New York accent. "I'd say there is definitely a lot of work that goes into preparing for the musical, but it's much easier when you have such a fun group to work with like we have this year. It is also fun to dive into a new character and get out of your comfort zone while you're on stage; it's almost a whole new person that you turn into!" said Gabe

Conant who plays the lead, Jack Kelly.

Many have said the show is a beast, but in the wise words of Mrs. Johnson, "Any show is a beast." The cast, its wonderful directors, and astounding musical pit are sure to put on quite the production this year.



Owen Kershner, Gage Wright, Macrae Huyser, Cameron Lancaster, Leif Spady, Gabe Conant, and Evan Johnson spend class time working on the musical set.

So audiences, critics, and especially Joseph Pulitzer and his World, be prepared and watch what happens!



## Put Me in Coach

By Cobe Hansen

Something special was happening. You could sense it.

The stands were packed, the crowd was buzzing. The student section filled up with rowdy students. You would think that it was a big-time rivalry game or a star-studded lineup that would bring all these people and create an atmosphere like this.

This was not the case.

In the Lincoln Christian auxiliary gym for a junior high C team clash between the Wahoo Warriors and the Lincoln Christian Crusaders, they were here for the manager.

Huston Wobig is a 7<sup>th</sup> grader at LCS. He is just like every other middle school boy in the sense that he likes sports, hanging out with friends, and just being a kid. He just has a trial that most kids don't have to even think about. He has cerebral palsy. According to the Center for Disease Control, Cerebral Palsy is a group of disorders that affect a person's ability to move and maintain balance and posture. The case that Huston has affects his ability to walk and run. The spasticity in his legs is severely tight, making it very difficult to even move from the waist down. "The hardest part is the surgeries and the physical therapy that follows" said Huston about his condition.

When the winter sports season rolled around and most of Houston's peers went out for the basketball team, he decided to be a part of the team. He joined the team as the manager, and depending on who you ask they would say that Huston ran the team with how much he did. "He ran the clock in practice, got the basketballs out and put them away before and after practice, and helped with the water bottles on the bench during the games" stated Coach Chad Hansen, who is in charge of the LCS Junior high basketball program.

Just as the season was beginning to wind down, the coaching staff formulated an idea to reward Huston for "being a dedicated team manager." They invited him to play in the last C team game of the season.

"His reaction was absolute joy. It was all he could talk about," said Ryan Wobig, Huston's father. "Both his mom and I were extremely excited for him, and a bit nervous." The coaching staff said that he was "very excited and thankful for the opportunity."

There was one practice before the game against Wahoo, and the team was not messing around. "I thought it was one of the best practices of the year for the C team because the kids were very excited for him" said Coach Hansen. "We even put an inbounds play in for Huston the potentially score off of." One of the things that stood out the most to everybody was the compassion that the other teammates showed throughout this experience. "The kids practiced with Huston at recess to make sure he got the play; the other teammates were very helpful at practice and during the game to show him where to go and what to do."



By game time, it didn't really matter what transpired in the game. Nothing was going to take away from the experience. Try telling a bunch of 7<sup>th</sup> and 8<sup>th</sup> grade boys that. The Crusaders came out swinging against the bigger, faster, and stronger Warriors of Wahoo, managing to keep the game close. A student section sprouted and went crazy for the man of the hour. Huston got into the game a few times and got off a shot on his inbounds play that just missed. The Crusaders ended up losing the game by one, but everybody knew who had won the day.

"My favorite part of this experience was playing with my friends and knowing what it feels like to play and be a part of the team." stated Houston.

His parents saw it a little differently...through tear-streaked lenses. "It was overwhelming, the love from the LCS family and the support from family and friends. It brought tears to our eyes when the student section chanted Hustons name when he entered the game."

Who knew you could find all of this in an auxiliary gym at a C team basketball game in Nebraska.



# Xchange

Pius X High School

6000 A Street, Lincoln, NE



PHOTO BY MEREDITH GAMET

Junior Mason Warner rallies with his Lincoln Southwest opponent in the semifinals at State. Warner won the match in three sets to advance to the No. 1 singles championship.

## Boys tennis team brings “A” game to win state title

Stacie Thompson  
Staff Writer

The Pius X boy’s tennis team has won State yet again. The team moved up to Class A for this year and won after winning State in Class B last year.

The players were not sure what to expect at State, but they had high hopes.

“I thought we were going to be one of the top teams to finish but I wasn’t sure if we were really going to win or not,” junior Joseph Plachy said. “I was basically going in thinking to do the best we can individually and hopefully everyone can do well and then we’ll see how we finish as a team.”

The players had their minds set on the team title, but they knew it would not be easy to win.

“I didn’t know for sure if we would win, but I knew it would be close because we were competing against [Lincoln] Southwest. I knew that we were in the running and that we could do it if we pushed ourselves,” junior Mason Warner said.

Senior Thomas O’Donnell told his view of what he anticipated state would be.

“I was definitely expecting the rest of my team to do very well, so it was on me and my doubles partner Jase [Woita] to take care of business and get those points we needed to get as a team and to just take care of it,” O’Donnell said.

The team went into State with personal and team goals.

“My personal expectations were to try and get into the finals and see what I could do; to make it to the second day and whatever happened the second day I would be okay with it,” Warner recalled.

Warner cruised through the first three rounds of the tournament, setting up a

crucial semifinal matchup with Lincoln Southwest’s Joe Harris. Warner was down 0-5 in the first set before coming back and claiming the set in a tiebreak 7-6 (7-4). After losing the second set 5-7, Warner captured the third set 6-3 to book his spot in the No. 1 singles championship.

His win also clinched the first Class A team championship for Pius X.

“I was so proud of the fight and poise Mason showed during that tough semifinal,” tennis coach Nolan DeWispelare said. “Mason stayed calm and played his game to earn a spot in the Class A championship.”

Junior Jase Woita was the only player who did not play at State last year, but that did not affect his expectations coming into this year’s tournament.

“Our expectations were just for us to play as well as we possibly can, maintain high levels of focus and play our best all the way through. Win or lose we just wanted to leave it all out on the courts,” Woita said.

The tennis team took the jump from Class B to Class A in stride.

“There are good teams in both Class A and Class B, but we knew Class A would be harder. We knew we had to step up our games a little bit,” junior Will Ulrich said.

Ulrich finished the season with an undefeated 39-0 record, winning the Class A No. 2 singles championship after winning the same championship in Class B last year. The atmosphere was different from playing the Class B championships in Lincoln to the Class A championship in Omaha.

“There was a lot better teams [in Class A], and more fans watching so there was a lot more at stake,” senior Will Olson said.

Olson and Plachy teamed up to finish second at No. 1 doubles.

Plachy explained the differences between the two classes.

“There was definitely a lot more depth of competition, I mean there is still some really good competition in Class B but the overall competition is greater in A and I think even though it really shouldn’t mean anything different it’s just special to really be the Class A champions,” Plachy said.

Woita gave his insight on state in class A.

“Last year I felt like there was less teams and so it was more laid back. We had a first-round bye in Class B and this year we didn’t have any byes so we had to bring it all 100% from the first round, and the competition was definitely a lot better here in Class A than Class B,” Woita said.

Woita and O’Donnell began the tournament as the fourth seed in No. 2 doubles.

“Class A had a very different vibe because even in the earlier rounds you get people, for lack of a better word, people who can actually play and in class B there is not much competition until the last two rounds. That defiantly was not the case in class A,” O’Donnell said.

They knocked off top-seeded Creighton Prep in the semifinals to advance to the championship match.

“Thomas and Jase lost to Prep when they played earlier in the season, but they didn’t play very well in that match,” DeWispelare said. “We knew if they came out and played their best tennis, they could upset those guys.”

Playing in Class A changed the experience for the team.

“It was a lot more fun because there were more people watching and more hype around it,” Olson said.

O’Donnell described his experience at State.

“It made it a bit more stressful because those people can play so we need to play

our best. Also, it was more fun because of the challenge,” O’Donnell said.

The tennis team won by a margin of 3.5 points.

“We knew before our final matches that we had already won the team championship. It took a lot of pressure off us so that the finals for us was just fun and just for us,” Ulrich said.

Woita explained how he felt after finding out the team had won the championship.

“I felt relieved, there was just a sense of relief after knowing all the work we put in this year has led to not only a state championship for us but for our school,” Woita said.

Winning the Class A championship made it all the more memorable.

“I was really happy. I wasn’t really sure we would win so just the validation that we won was just really special and really cool,” Plachy said.

Warner agreed.

“The jump to Class A was a little bit tougher, so it made it more gratifying to win,” Warner said.

~~Final State  
Tournament Results:~~

- ~~No. 1 Singles:  
Mason Warner - 2nd~~
- ~~No. 2 Singles:  
Will Ulrich - 1st~~
- ~~No. 1 Doubles:  
Will Olson & Joseph Plachy - 2nd~~
- ~~No. 2 Doubles:  
Thomas O’Donnell & Jase Woita - 2nd~~



# BEING *the* *DIFFERENCE*

## STUDENTS ATTEND MISSION TRIP TO BUILD HOUSE FOR WOMAN IN NEED

Foil-wrapped fish tacos from a small taco shack greeted the students when they arrived in Mexico around noon.

"It was like a little taco shop that served fish tacos," freshman Logan Dowling said. "[The taco shop] was really good, but they got overwhelmed because there were so many of us."

Dowling, juniors Jacquelin Ostrom and Holton Edeal, and seniors Madison Sutton and Simon Brock were among about thirty Parkview Baptist church-goers who made the trip to Ensenada, Mexico and built a house from the ground up.

After their meal, the travelers settled down in the compound that they would call home for the next week. During their stay, they helped construct a house for Lula Vasquez, a beloved staff member of the compound. Vasquez had given up her comfortable downtown apartment in Ensenada to move to an indigenous community and live a life of serving others.

"While we were there, she was like a mom to us," Dowling said. "She was really

kind and outgoing and she would pretty much do anything for us."

Clothed in blue jeans, old t-shirts, and closed-toe shoes, the group quickly set to work constructing the new house. Over the course of a week, they completed the house, which consisted of a small bedroom and a larger living area.

"She really wanted a big living room so she could spend it with the women in the community and their kids," Sutton said. "This year when we go back, we'll be able to build the kitchen [and bathroom] for her."

When they weren't busy building, the group also made time for fun activities, like shopping at La Bufadora, a flea market where they were able to purchase souvenirs. Apart from that, they spent their time in Mexico as an opportunity to grow in their faith and their relationships with each other.

"My biggest takeaway," Dowling said, "was getting closer to my friends and God while we were on the trip."



**NEW BEGINNINGS** At the Nebraska High School Press Association Summer Workshop in Lincoln, Nebraska on Jul. 16, seniors Alfredo Con and Daniel Con look at a phone and laugh at a TikTok. The cousins attended the yearbook track of "J-camp" over the summer to get a head start on the yearbook.



**FAIR ENOUGH** On Jul. 20, at the Dawson County Fair, senior Andrew Weinman pets a baby donkey. Weinman was responsible for cleaning the animals' pens during their time at the fair.



**ON THE LINE** At the City baseball fields, junior Alex Ramos uses a painter to paint the foul lines. Ramos painted the foul lines every Monday. "My favorite part was doing the baseball fields," Ramos said. "It was the easiest."





"It's good to give back and help those who help us. Me and some other boys went to help Mrs. Gydesen clear out her basement since her husband was out of town." *Luis Ceja '21*

## THE SILVER LINING

### COMMUNITY MEMBERS COME TOGETHER IN TIME OF NEED



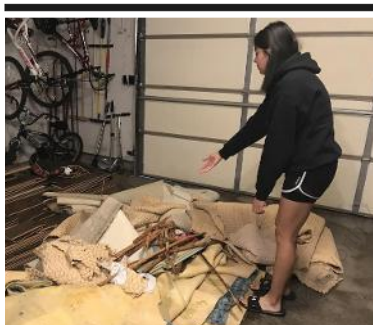
"There were cars stuck and blocking the road. [My friend and I] helped push cars out of the water. Some people were really grateful for that." *Kayden Keim '21*



"We had buckets and we scooped the water out of [Mrs. Gydesen's] basement. It felt good to help out." *Aaron Salcido '20*

**RAISE 'EM UP** On the last day of the Parkview Baptist mission trip, the group raises their hands together in praise. During their time in Mexico, they built a house for a woman in need. "[The most memorable moment] was when we handed over the keys to the house," freshman Logan Dowling said.

## UNDER water



**HELPING HAND** After the severe flooding on Jul. 9, senior Fredy Velasquez dumps water into a bucket in family and consumer science teacher Barb Gydesen's basement. The Gydesens' entire basement floor was covered with four inches of water, so Velasquez and some of his friends from the powerlifting team went to help out. "I thought it was the right thing to do," Velasquez said.

courtesy photo

**UNDER WATER** After clearing out the water from her basement on Jul. 9, junior Leslie Con tosses waterlogged wood into a dump pile of damaged flooring and carpet. Con worked stressfully to save her basement from the flood water by staying up for more than 24 hours with her family. "Cleaning was very tiring and stressful," Con said. "When I realized my basement flooded, I didn't think. My mind went blank." photo by Alfredo Con





# Making History

## Easley becomes career scoring record holder

Senior point guard Charles Easley brought the thunder during his final season by breaking the career scoring record en route to helping the team win the Class B state championship.

Easley succeeded in scoring the most points in his high school career since Tom Burt back in 1991. Burt held the record for 28 years by having a point total of 1,221.

During the game against Grand Island, Easley wasn't focused on breaking the record.

"I wasn't trying to think about it, I was trying to win games and you have to score to win," Easley said.

It became evident to his teammates that he was about to hit the point marker that would place him as the new high scorer.

"We saw it coming from the start

of the season," junior Mitchell Sebek said.

Easley made the final basket that officially made him the new record holder.

"I felt blessed and it was a great feeling," Easley said.

He continued to mention that the pressure of playing in front of a crowd doesn't bother him.

"I love the crowd's energy, and I think everyone on the team feeds off that energy, so I like it," Easley said.

Fellow teammate senior Austin Jablonski was delighted with Easley and his accomplishments as a basketball player.

"I was really happy for him because I knew he never really set his mind on breaking a certain record, but he just wanted to be the best basketball player that he could

possibly be and that was just bound to happen because of all the hard work he's put in," Jablonski said.

The team's hard work paid off and they became district champions and class B state qualifiers. They played through all three rounds of State before beating Omaha Roncalli and claiming the Class B state championship title.

Senior Holton Harman professed his gratitude for the impact of teammate Easley after winning State with him.

"He's a great basketball player and an even better leader, and to win a state championship with him is very special," Harman said.

Easley ended his high school career with a grand total of 1,400 points, outscoring any present or past Pius X player.



Senior guard Peter Blumenstock celebrates as his teammates make a basket in the state final against Omaha Roncalli. "I felt like it was a huge accomplishment whenever they would succeed and score and when Jabo would dunk, I felt like I was a part of that too," Blumenstock said. Photo by M. Aerts



Senior forward Austin Jablonski guards the ball close to his chest during the Millard West game. "Last year we made an agreement that we're never going to be out-worked by another team and I think that showed throughout the entire year," Jablonski said. Photo by K. Linderman



Senior guard Kyle Kluthe focuses on the net while he shoots a free throw. Kluthe said, "I like to zone out the crowd and the noise and imagine I'm just shooting free throws after practice, it helps to alleviate the pressure." Photo by E. Sutko



# *BETWEEN* the LINES

*In the middle* of their busy schedules, athletes and band members rush to complete their physicals before their seasons start.

"My physical was due on Tuesday and I didn't do it until Monday night at like nine. So, I'd say that's pretty last minute," senior Michael Green said.

From his position *between* the lunch lines, Coach Rowan announces food options to us as we pass by.

"Rowan makes the food sound more exciting to convince you to go to that line," senior Jenna Sanchez said.

*In the midst* of the first school week, we ransack the school supply aisle of Walmart, always encountering a familiar face.

"When I go to Walmart to get school supplies, I'm always bumping into my classmates," sophomore Liah Haines said. "We compare what we have to get and try to find all of the supplies we need."

*Between* classes we hear Ms Wozny say, "Hi, how are ya?"

"She makes me feel welcomed to the school because there's always someone there to ask how I am," junior Marcus Cureton said.

We flocked to Goodwill to buy our outfits for spirit week and crowded Ray Ehlers Stadium for the homecoming game *within* the first three weeks of school.

"I wish homecoming was later in the year so we could have more time to prepare," freshman Delilah Hernandez said.

*Between* the brick walls of our school, a community is formed. The things that can not be represented through a letter grade on Powerschool, trophy or accolad are what show who we are.

Sometimes it's not what you see at first glance; it's what's

***BETWEEN THE LINES.***



# EVERY DROP COUNTS

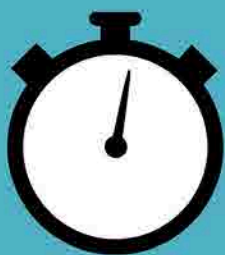
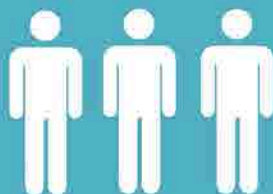


Less than 38% of the population is eligible to give blood

---

1 donation can save up to

**3 lives**



Every **2 seconds**  
someone in the U.S. needs blood

**Type O**

The blood type most often requested  
by hospitals



Each year an estimated 6.8 million people in the U.S. donate blood





# The E-cigarette Epidemic

## Editorial: Vaping is the new smoking

5 percent of students have used a Vuse e-cigarette. The Vuse Alto uses pods to deliver flavored nicotine to its users. Photo courtesy of Vuse.

Vuse  
5%



15 percent of students have used a Smok e-cigarette. Smok e-cigarettes allow users to smoke and refill with regular e-juice allowing for more variety. Photo courtesy of Vaping.com.

Smok  
15%



27 percent of students have used a JUUL e-cigarette. JUUL is popular among teens for its ease of use and small form factor. The JUUL features flavored nicotine pods that can be swapped and traded easily. Photo courtesy of Vaping.com.

JUUL

27%



Figures based on 139 self-reported student responses to an anonymous survey.  
Illustrations by Alexander Schrier

16 percent of students have used a Suorin e-cigarette. Suorin's most popular e-cigarette, the Suorin Air, can be refilled with regular e-juice. Photo courtesy of Vaping.com.

Suorin  
16%



5 percent of students have used an NJOY e-cigarette. NJOY's newest e-cigarette, the NJOY ACE, is similar to the JUUL in that it uses pods to deliver flavored nicotine to its users. Photo courtesy of NJOY.

NJOY  
5%



It looks like a flash drive and is easily concealable. It provides bursts of fruity flavors. It also lays claim to the alluring sense that it's not allowed. It's a vape, and its audience is us, teenagers.

Whether you want to believe it or not, the most recent wave of e-cigarettes has been marketed with one huge audience in mind: teenagers. Vaping giants may continue to say that their product was aimed for an older generation, but, in reality, they wanted us to use them, and use them we have.

According to the National Institute of Health, roughly 35% of high schoolers currently vape or have vaped. That means if you look around one of your typical classes of approximately 19 students each, at least six of your classmates use e-cigarettes.

If this fact worries you, it should. In recent months, over 530 illnesses and seven deaths have been linked to vaping and a mysterious lung disease it causes. This outbreak strongly points to the reality that vapes are untested and volatile.

Even with these atrocities attributed to vaping, teenagers continue to use them. Vapes are our generation's cigarettes, and the similarities between them are uncanny.

First, both vapes and cigarettes are or were wildly popular among youths. According to the US Department of Health and Human Services, 29% of high schoolers were cigarette users in 1976. The number of teenagers using vapes today, 35%, is fairly similar.

Second, both reached the market before they were fully researched. When the cigarette was first introduced, it was actually encouraged by doctors. Vaping hasn't quite gotten that response, but it was originally posed as an option to wean off cigarettes.

Finally, both cause adverse health effects, especially in the respiratory system. Everyone knows smoking can lead to lung cancer over years of use. Now, it's clear that vaping is damaging peoples' lungs within months, a shockingly quick rate.

All of this goes to show that we don't want this vaping epidemic to get more out of hand. The United States government has already taken a strong stance against vaping companies suspected of targeting teenagers. On Sept. 12, the federal government stated that it plans to ban thousands of fruit-flavored e-cigarettes, leaving only the traditional tobacco flavoring.

The goal is to reduce the number of teenagers using vapes because of their fruit flavoring. However, action from the federal government won't completely eradicate underage use of e-cigarettes.

We have to take action ourselves. We need to eliminate the stigma that vaping is cool and safer than cigarettes. It's clearly not. We need a response similar to that of when the full dangers of cigarette use were revealed: a whole nation united against a significant threat to its health.

Vaping will seriously impact the health of our generation, yet we continue to ignore its growing list of dangerous effects. It is our generation's cigarette, and we need to start acting like it.

30% of students have used e-cigarettes



18% of students are concerned about personal e-cigarette usage



8% of students have been addicted to e-cigarettes



65% of students are concerned about peer e-cigarette usage





# Illnesses raise vaping concerns

BY HENRY GNANN

Recently, hundreds of cases of pulmonary disease, which causes restricted breathing, have been reported in connection to vaping.

“The more you vape, the more it seems you can run into breathing problems and all sorts of other problems,” Tyler Haney ‘21 said.

The most worrying fact, however, is that researchers currently do not know what is causing the diseases. There is little to no correlation between patients, other than the fact that they have all been vaping or using e-cigarettes.

Many of these patients are also frequent users of THC, a cannabinoid derived from marijuana. On top of that, due to the massive influx of patients and varying amounts of use, doctors are struggling to produce accurate reports.

The recent uptick has led the Center for Disease Control to launch an in-depth investigation of pulmonary disease as a result of vaping or using e-cigarettes, calling it a national outbreak.

Over 450 reported cases of pulmonary disease and six confirmed deaths have been attributed to vaping in 2019.

With the increasing popularity of e-cigarettes among teenagers, the vaping craze has spread wider and wider. With more teens vaping as part of their daily lives, new research has been done to determine if vaping is actually as safe as many think it to be.

A recent study from Yale shows that more than 3.6 million high school and middle school students use e-cigarettes or vapes currently. When vaping, a liquid is heated up to make it into a vapor, which is then expelled into the user’s mouth. These liquids come in a variety of flavors and different levels of nicotine concentration.

Vapes and e-cigarettes were originally seen as a way to help adults get off of a nicotine addiction, offering lower concentrations of nicotine to wean themselves off. However, this has had an inverse effect, leading adults and eventually teens to a higher level of addiction.

“We cannot allow a whole new generation to become addicted to nicotine,” former FDA commissioner Dr. Scott Gottlieb said.

According to a survey done by the Yale Tobacco Center for Regulatory Science, many teens do not even think of “juuling” as vaping or using an e-cigarette.

At almost every high school, vaping has emerged as a problem in some way. With easily hidden vape devices and relatively affordable prices, there has been an explosion of high school age teens using vapes and e-cigarettes.

“With all of the growing evidence about the dangers of vaping, I hope that our students understand the real risk to their health and make the decision to either stop vaping or avoid it entirely,” dean of students Dave Cormier said.

# How did we get here?

**2003** First commercially successful e-cigarette is created by pharmacist in China after his father dies of lung cancer.

**2006** E-cigarettes are introduced to the U.S.

**2009** **March:** U.S. Customs and Border Protection restrict the entry of e-cigarettes, claiming they can be used as unapproved drug delivery devices.

**June:** Pres. Obama signs Family Smoking Prevention and Tobacco Control Act, allowing the FDA to regulate tobacco.

**July:** FDA warns against the use of e-cigarettes, drawing on concerns that e-cigarettes lack appropriate health labels that fail to inform consumers of harmful carcinogens and toxic chemicals.

**September:** Amazon bans sale of e-cigarettes on its website. PayPal prohibits e-cigarette vendors from using its payment processing services within the U.S.

**December:** NJOY discontinues all flavors except for tobacco and menthol.

**2011** **April:** FDA announces it will regulate e-cigarettes the same way it regulates cigarettes and other tobacco products.

**August:** Studies provide strong evidence that e-cigarettes can be used by smokers to quit smoking.

**2013** **August:** A petition is presented to the White House to “prevent the FDA from regulating or banning the sale and use of electronic cigarettes, accessories and associated liquids.”

**2015** **March:** California Department of Health launches “Wake Up,” an ad campaign showing the dangers of e-cigarettes.

**May:** Indiana allows retailers to sell e-cigarettes without a permit.

**October:** Senators urge the Office of Information and Regulatory Affairs to ensure the FDA’s of all tobacco products, including e-cigarettes.

**December:** The Consumer Advocates for Smoke-free Alternatives Association delivers its report on e-cigarettes and their potential for tobacco reduction help. Nine senators ask the Federal Trade Commission to investigate suspicious e-liquids.

**2016** **January:** New York bans the use of e-cigarettes in non-smoking areas. Pres. Obama passes the Child Nicotine Poisoning Prevention Act to protect children from nicotine in easy to open packs.

**March:** Sale of e-cigarettes without nicotine allowed. Use of e-cigarettes on airplanes is banned.

**July:** Pennsylvania increases its tax on all tobacco products to 40 percent.

**September:** FDA formally issues warnings to minors buying e-cigarettes.

**October:** Right to Vape Tour attempts to prove e-cigarettes are safe to use.

**November:** Senator Ron Johnson urges FDA to lift its restrictions on e-cigarettes.

**December:** U.S. Surgeon General releases a video on the health risks associated with e-cigarette usage. Ron Johnson calls for the President to reign in the FDA.

**2018** **February:** University of California San Francisco study of 70,000 adults finds daily e cigarette use nearly doubles the odds of a heart attack.

**November:** FDA sends letters to 21 e-cigarette companies after uncovering unlawful marketing of tobacco products.

**December:** JUUL receives \$12.8 billion investment from Marlboro parent company Altria. National Institute on Drug Abuse reveals that 1.3 million additional adolescents were using nicotine products when compared to 2017. Centers for Disease Control and Prevention finds 78 percent increase in e-cigarette use by teens in just one year.

**2019** **August:** CDC announces the investigation of 94 e-cigarette related illnesses. First e-cigarette related death is reported.

**September:** Trump Administration pushes for ban on sale of flavored e-cigarettes in the U.S. CDC confirms 380 cases of e-cigarette related illnesses. New York bans sale of all flavored e-cigarettes. FDA announces criminal investigation into 8 e-cigarette related deaths. Walmart stops selling e-cigarettes. JUUL CEO Kevin Burns apologizes for teen e-cigarette epidemic and resigns.

**Information courtesy of Consumer Advocates for Smoke-free Alternatives Association**

## 82% of students believe e-cigarettes pose significant health risks

There have been multiple deaths attributed to vaping, and the ever talked about “popcorn lung” is a possible issue.

I think they are bad for those who are underage because they are more easily hooked on the nicotine. However, I think the media makes them sound a lot worse than they actually are, especially in comparison to real cigarettes.

Media coverage has kept me concerned, but I think the media is exaggerating the recent deaths. Those people were using black market THC vape juice.

It’s a load of baloney being used to sway the masses into believing that all flavored vaping is bad. It’s probably made me smile out of spite on a few occasions





## Feichtinger returns to dean



Photo courtesy of Tommy Feichtinger. During a 2011 football game, assistant dean Tommy Feichtinger '12 rallies the student section. Along with his participation in cross country and track, Feichtinger was an avid yell leader at other athletics competitions.

BY JACOB GATHJE

**“I never quite could get away from Mount Michael. Whether it be camp counseling or just coming around ... it was just another chance to come back.”**

Murmurs ran rampant through the senior dorm on a Monday night. “Who’s the new dean?” “He looks kind of strict.” “It’s Counselor Tommie!” “Isn’t that the guy who’s really fast?”

Those murmurs were quieted at prayer that night as new assistant dean Thomas Feichtinger '12 introduced himself to the senior class. After three years away from Mount Michael, he has decided to return to the community.

“I never quite could get away from Mount Michael,” he said. “Whether it be camp counseling or just coming around, now that I’ve moved back to Omaha, it was just another chance to come back.”

Feichtinger returned at the right time, as a position opened up for another assistant dean after his high school and college classmate Michael Collins '12 left the seven day dean position to enter into nursing school.

“It’s always good to have two assistant deans,” dean of students Dave Cormier said. “We’d been getting by with one, but especially with Mr. Collins leaving, we need the extra help.”

According to Cormier, Feichtinger has “jumped right in” to his duties as a dean.

“He wasn’t hesitant. He fits in the dorms, and he had the self-assurance to impose rules right away,” Cormier said. “He’s got great energy and responsibility and passion for Mount Michael.”

That passion for Mount Michael is something Feichtinger possesses to this day. Some of his greatest memories include learning from Mount Michael teachers.

“I loved all my teachers; I thought they were incredible and smart and talented,” he said. “I will still tell stories about Mr. Rosho-

ne and all the teachers I had. I was in constant awe of how good of an education it was.”

Feichtinger’s impression of Mount Michael teachers, especially English teacher John Gathje, played a role in his decision to study education in college. Even though he eventually pursued other areas, he is now considering teaching again, which is part of the reason for his return.

“I wanted to work with high school kids again,” he said. “I went to [college] to be a high school English teacher, but I ended up not really doing that. I started to wonder if I want to get back into it, and I thought working here would be a good way to dip my toe back into working with high school kids again.”

Along with evaluating his interest in teaching again, he also plans to help out the track and field team as an assistant coach this spring.

“I’m most excited about that,” he said. “I’d rather be coaching than probably whatever else I end up finding myself doing. I’m more excited to coach than I am to dean. I like deaning, but you’re more apart from the experience, and with coaching it’s more hands-on. I think that’s what I’ll be fulfilled by most.”

Close relationships with students are not only what he looks forward to most, but they are also what he cherished most as a student at Mount Michael.

“I lived with roommates all the way out of college,” he said. “I miss having friends around all the time. It was a five day sleepover with all my best friends. I just like being around the students again, because I miss Mount Michael, always.”

## Opportunity, previous experience leads junior dean to assist speech

BY CARTER CLINE

The steady growth of the speech program has arisen the need for an assistant coach. Junior dean Scott Townsend '14 volunteered to take up this new position of novice speech coach.

Townsend chose to volunteer because of his participation in speech throughout high school. During his junior and senior years, he was coached by English teacher Eileen Sullivan.

“She helped me find the ability to overcome my nerves to speak what I was thinking,” Townsend said.

With his new position, he now has the chance to give back to the program — this time as a coach. Many of his students value his

leadership.

“He has definitely helped me refine my poetry, and he has given me lots of helpful feedback,” Colin Robb '22 said.

Townsend listens to students’ speeches at each practice in order to help them be more successful during their speech competitions.

“He is great at giving tips and advice to make the speech the best it can be,” Michael Oehler '21 said. “He is definitely patient and capable.”

These qualities, along with his previous experience as a student, back his ability to effectively coach. It is from these experiences, he said, that he draws his advice and helpful tips.

“I am not a naturally strong public speaker, and I still feel nervous speaking in front of large groups, but speech taught me to overcome this,” he said.

According to Townsend, the lessons he learned, and now passes down, carry impact beyond speech competitions all the way to a successful future.

“A lot of little mistakes can be overcome with confidence,” Townsend said. “In today’s world, it is important to be able to express what you are thinking in a way no one else can.”

While it is easy to get caught up in all the details trying to take a speech to the next level, Townsend ultimately feels the



Photo by Nick Davis

Junior dean Scott Townsend '14 takes attendance during study hall. In addition to helping with speech, he proctors ninth period.

best thing to work on is projecting a sense of confidence.

“Speech has taught me that if I

have confidence in myself, other people will start to feel confident in me too,” he said.



### The battle of the balms

BY BRAYDEN WHITAKER



### Best sports of the decade

BY JACOB GATHJE



### Relocation reunites family

BY JACK SORENSEN



Combating her Adversary: Anxiety  
by Kirsten Oss

Crushing

Crashing

Gasping

Swirling

*Escape*

For Linsey, a 17-year-old high school student, this nightmare is her reality. Fears of social situations, shifts in social moods, unexpected uncertainties. She goes through a daily routine to survive her inner war.

“I wake up and it takes me forever to motivate myself to get up. I need to talk myself through the dilemmas that I might find myself in that day. I overthink things and plan out what I need to do.”

Through her struggles, Linsey keeps fighting.

“I get up and try to face the unexpected each day.”

The days in her life are tinted with anxiety for Linsey, causing her to experience everything with magnified senses. Seeing her days through the fragmented lens of anxiety, Linsey describes her world like a Pollock painting: “Black canvases with greys and reds; the feeling is disorderly and nothing is really thought out – more like an afterthought.”

She didn’t always understand exactly what intensified her life.

Looking back over the years, Linsey said “When I was a toddler, I used to have these extremely heightened fears of things. Extremely detailed nightmares and I hated to get out of my bed. I would literally lay stiff in my bed crying, scared of the dark.” She reflected, “I never realized what it was.”



As she grew older, she grew in her awareness and discovered the source of her fears:  
Anxiety.

While anxiety has many manifestations, not everyone with anxiety experiences the same symptoms.

For Linsey, “It feels like something sitting on your chest and then you get this blur of emotions; you don’t know what you’re feeling. Something is crashing down all around you. Your breathing is out of synch – you either need to get in a quiet place or to get out of the area you are in,” She paused. “I tend to start zoning out, and I start controlling my breathing; I will get headaches; I will get lost.”

Kinesthetic options soothe her anxiety attacks. Linsey finds that colors, sounds, and activities are allies in her battle. “Yellow, silk, music, and breathing are good. Playing video games also helps because I can get something out.”

Releasing emotion is a healing tactic in her battle, but therapy is an important weapon for defeating her enemy.

Linsey began to utilize the therapy, starting a year ago in her home state.

“So back in California, I had a therapist who had bioelectricity treatment. The biofeedback would tell my brain to retrain, and it was very helpful until I moved out here. There isn’t any bioelectrical therapy in Nebraska.”

Because circumstances do not allow her to use her choice of therapy, Linsey adapts and uses conversations with trusted people to release her thoughts and emotions.

“I am already very open and talk things through, so talking things through and knowing my triggers and having access to an open room and meds has allowed me to become a more open and better person. Now I have this passion to try hard in my classes.”



Classes, another battleground in the war with anxiety, present their own unique set of challenges for Linsey. Paired with a move from California to Nebraska and her trigger of unexpected situations, her new school and classes have introduced another conflict in her battle.

“Classrooms have always been tough for me,” Linsey confessed. “It’s been forever since I’ve been able to thrive academically or even be able to try academically because I need to have a low-level environment that I can feel comfortable in. Dimmed lights, quieter environment, and a general sense of calm helps me stay focused.”

Linsey says that some classroom battles are sensory stimulated, such as “People being too loud or abruptly rude; if I overthink people’s tones, I can start to panic.”

The unexpected changes in her environment that trigger anxiety are to be expected in a move, especially in a move from California to Nebraska. Linsey found herself on the battleground of unfamiliarity yet facing the same struggles.

She said “For a really long time it was hard for me to trust people I didn’t know for years, so moving here was hard. I really isolated myself when I moved here.”

“I can’t do that when I start over. I have to become comfortable,” Linsey smiled, sharing her lesson.

“It’s been a struggle, but I can identify it, and I can deal with it.”

As an experienced warrior, Linsey shared her wisdom. “You shouldn’t be put at a disadvantage because you have a quote on quote label. People picture you as a twitchy person which is like how they picture a person with depression or a dissociative disorder. They are all like you, it’s just something that happens to you. I don’t think it should truly be something that labels you, it should be “I have anxiety.”



She is vocal about the importance of seeking help for mental health and insists that people need to “talk to someone who struggles with something similar - talk to parents to figure out how to take care of it. If it’s something on your heart, you need to take care of it. Learn your triggers so you know what will hurt you.”

But most importantly, “Be aware that it’s real.”





Artist's Statement by Kirsten Oss:

I used Adobe Illustrator to portray Linsey, my classmate who battles anxiety. The most helpful tool in the program was the curvature tool, which I used to create all the shapes from her head to the transparent stripes. Anxiety erases you; makes you invisible and is a constant struggle for visibility while you are fighting obscurity, which is why Linsey fluxes between transparency and solid yellow. She herself is centered on the right and facing left, symbolizing her looking back on her battle with anxiety. The dark navy background symbolizes the darkness anxiety is and is paired with the watercolor brush tool which creates streaks that drip down the piece. Using custom colors selections, I chose blue, pink, and purple, soothing colors for Linsey and for the watercolor that trickles down the darkness as a twofold symbol: Anxiety makes you feel like your personality bleeds out of you, but sometimes hope flows from the darkness. Through it all, there is hope. Yellow, the color on the shirt that stands out from the transparency, is the color of happiness and shows that there is color of life in the darkness of invisibility.



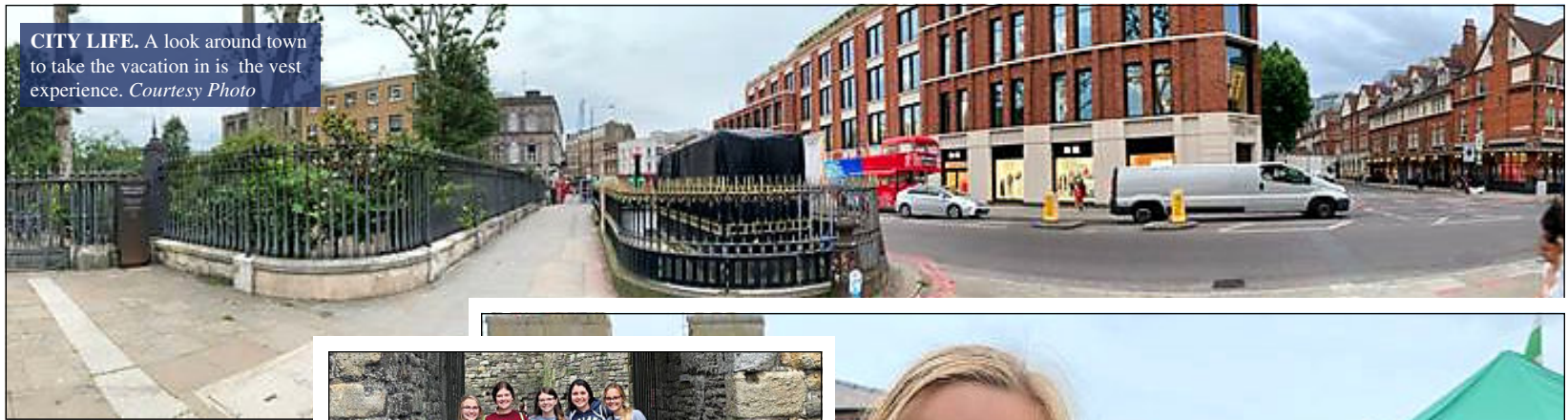


#19 News Feature Photography, Amber Buhman, Columbus Scotus





# #20 Yearbook Layout, Liliana Cisneros, Scottsbluff



**CITY LIFE.** A look around town to take the vacation in is the best experience. *Courtesy Photo*

## To Ireland



**TOURISM LIFE.** Junior Jasmine Schroeder, sophomore Peyton Kriewald, Junior Hailey Moore, Junior Joanna Valdez, and Sophomore Delaney Haun during a majestic castle tour. *Courtesy Photo*



**LIFE'S A HOOT!** Delaney Haun, 10, posing with an owl during her trip in Ireland. *Courtesy Photo*



## Fun in the...Sun?

Sophomore Delaney Haun took a trip to Ireland, even if it wasn't the perfect summer weather, it was a trip worth the enjoyment. Leaving at the beginning of June Summer heat with 8 other students.

"It was very welcoming, all the people were kind, and always were happy to see you," said Delaney. It was an amazing experience from visiting castles to going on a carriage tour ride it was worth to see beautiful sites everywhere.

"They have a lot of hills and everything is healthy and green," said Delaney.

The history of all the trip stops brought the beauty of it all along with the activities of going around seeing what Ireland had to offer.

# Summer Essentials

### Savannah Martinez, 9

"I love playing sports in the summer but with it being hot I needed water to stay hydrated. I also needed the air conditioning because New Mexico got very hot sometimes."



### Eric Ferk, 12

"Sports, friends and party. Live your life, there is just one, but still do your school stuff."



### Devan Barnett, 11

"Swimsuit to go to the lake, sunscreen so I don't get a sun burn and sunglasses so I can see while driving."



### Jennifer Torres, 11

"Phone or camera to take pictures of where I go, money to buy souvenirs, and road trips because I love traveling."

Customer is allowed to have objects outside of the margin.

TRIM LINE

TRIM LINE



# SUMMER TRAVELS

## Same Summer, Different Location

### Throw a shrimp on the Barbie!

Senior Trevin Konley took an amazing trip to Australia in the hot, June summer with 6 other students from Nebraska.

"The greatest part about the trip was the people I met and traveled with. Never have I met so many new people," said Konley

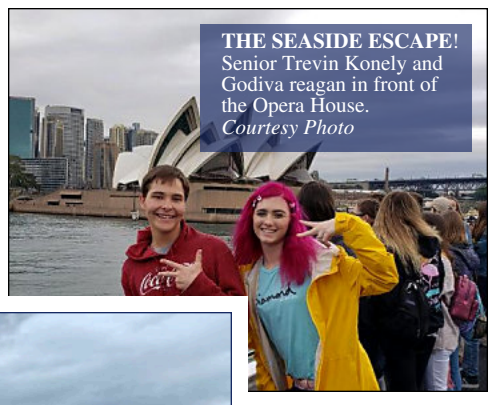
Going to Australia was a total cost of \$4,000 from surfing, touring the Sydney Opera House to hanging from the locals.

The difference that really stands out to onley was the food variety.

"I loved to travel and explore since my dad is a pilot, I've always been able to do so. I also love seeing new culture" said Konley.

The trip turned out to be the best ever with the urge to even go back, "I would want to meet up with the people I traveled with last summer and relive past memories," Konley said with great excitement.

To Australia



**THE SEASIDE ESCAPE!** Senior Trevin Konley and Godiva Reagan in front of the Opera House. *Courtesy Photo*

**SURF'S UP!** Senior Trevin Konley poses with a surfboard on beach in Australia. *Courtesy Photo*



**SEAS THE DAY!** Graduated Sarah Louis, Senior Diana Louis, Senior Emily Carpenter and Senior Gabriela Haun taking a swim in the ocean. *Courtesy Photo*



**THE FEEL OF NATURE!** Senior Diana Louis, Senior Emily Carpenter and Jamie Batterman show their love of nature. *Courtesy Photos*

To Costa Rica

### Getting the chance to go to Costa Rica? Why not?

Senior Gabriela Aguilar took a trip to Costa Rica during the Summer days of June with 5 other students. Even though the trip was around \$2,000, it was well worth the experience from zip-lining, snorkeling, learning how to make coffee and chocolate to have the chance to visit an elementary school being such a welcoming experience.

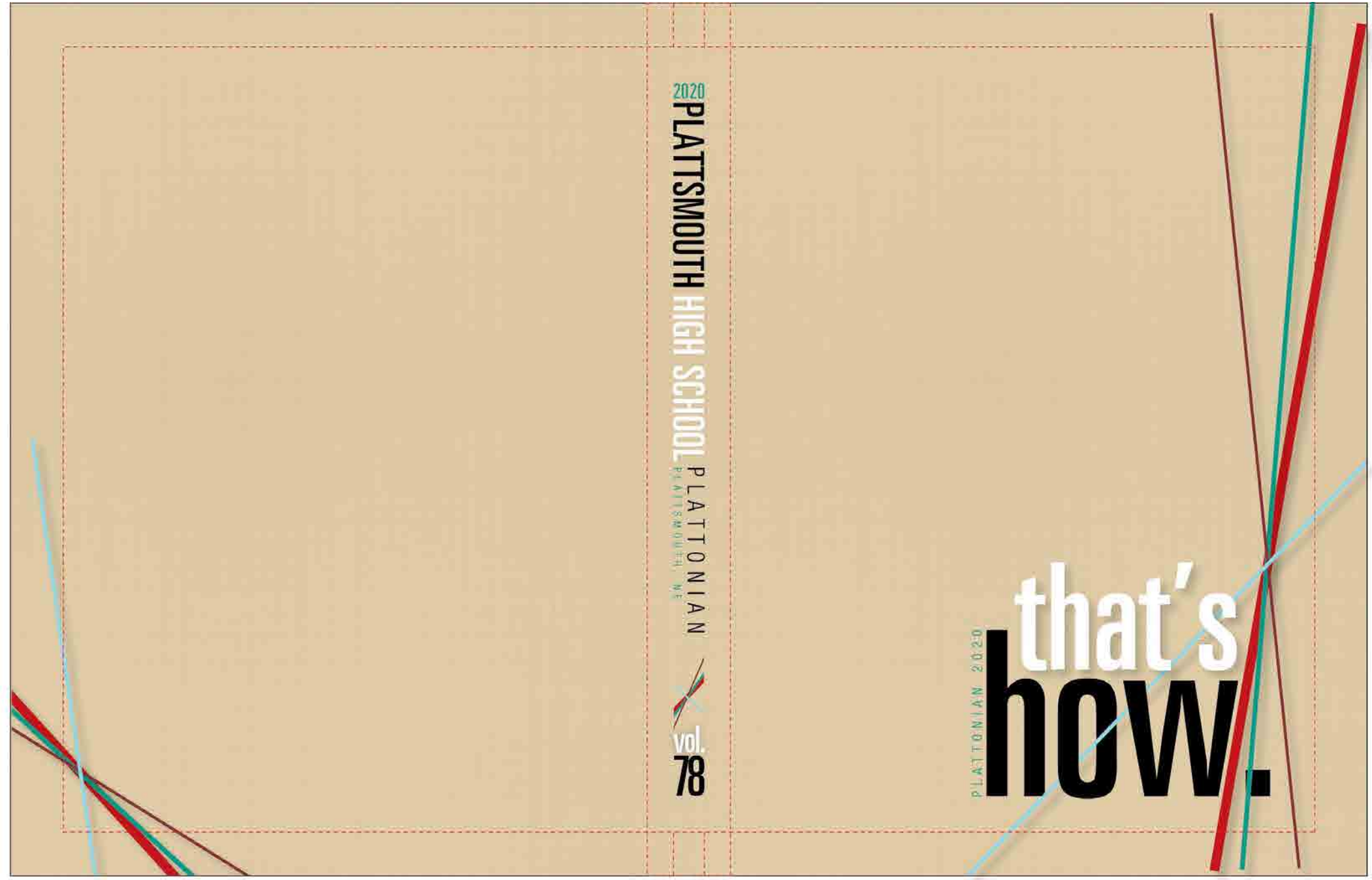
"I would go back to Costa Rica again to find our tour guide because he was super helpful," Gabriela said. It turned out to be a good experience for Gabriela because it was different compared to here.

"Everything was so open, there were no doors. There were lots of stray dogs," Gabriela said. The summer trip was one to be a very memorable experience.

SUMMER - PAGE BY LILIANA C.

2020  
PLATTSMOUTH HIGH SCHOOL PLATTONIAN  
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PLATTONIAN 2020  
that's  
how.



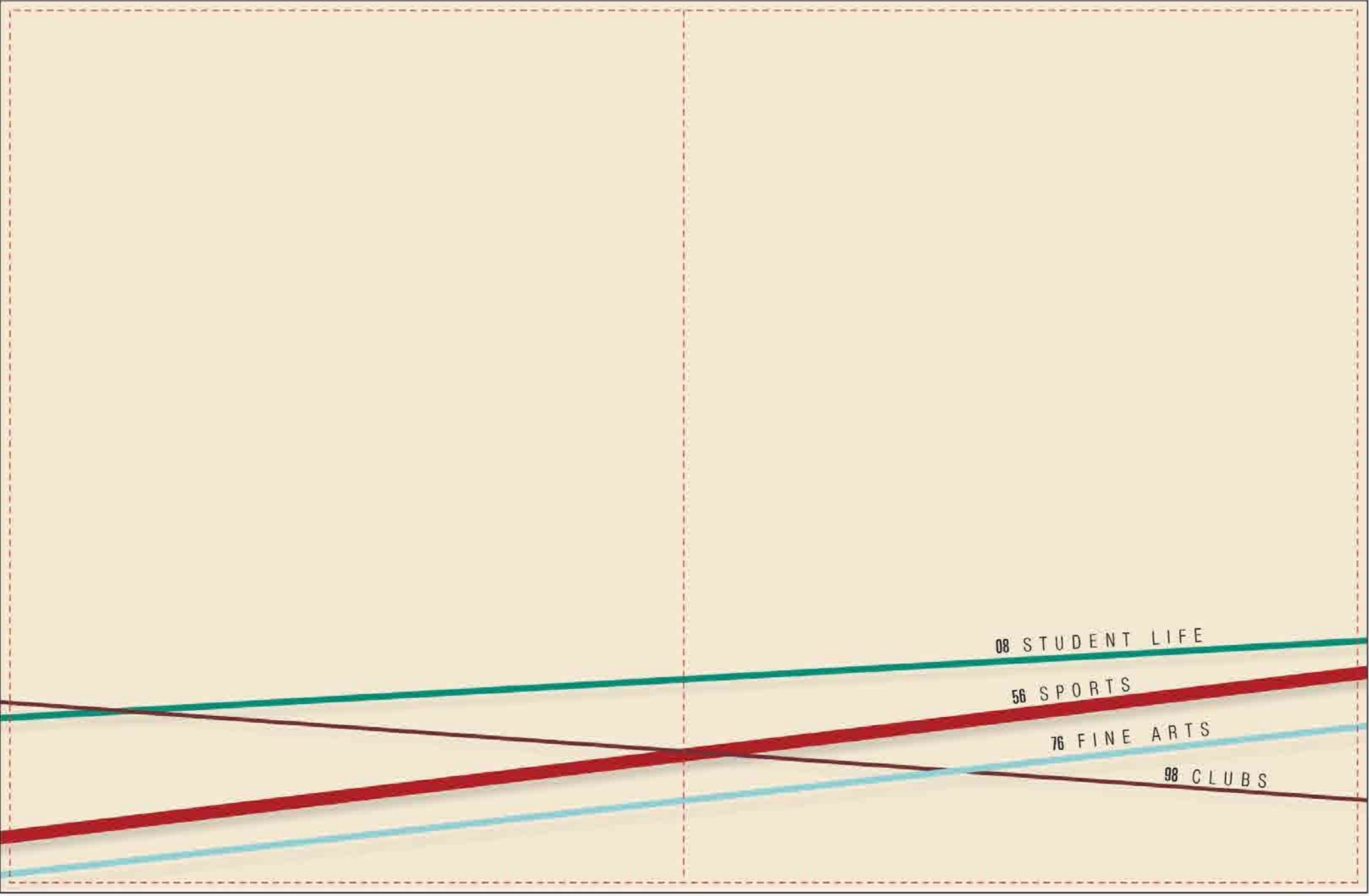


08 STUDENT LIFE

56 SPORTS

76 FINE ARTS

98 CLUBS





# when people ask how... **WE SAY**

we **WORK HARD** in the classroom, in the science lab, in the shop, and in the kitchen. You will see students cooking a three course meal in preparation for the state competition.

that's how

we **SUPPORT** each other on the field, on the course, on the court, and on the track. You will hear the school song at the end of any game-win or lose, home or away.

that's how

we make **CONNECTIONS** with teachers, with coaches, with mentors and with each other. You will see high-fives, hand shakes, laughter, and conversation between teachers and students

that's how

we **CELEBRATE** the successes of teams, of clubs, and of individuals. You will see student art proudly displayed on the walls throughout the school.

that's how

we **VOLUNTEER** to help others in difficult times. You will find us helping at the soup kitchen, collecting clothing, cleaning up after natural disasters, and spending time with the elderly.

that's how

we **UNITE** as one school while we divide into our individual academies. You will find A-TEAM, BEACH, and STEAM classes and activities each day.

that's how

we **SHOUT** with pride at DevilMania and at games. You will see class separation during the fierce competition of DevilMania then see us come together in the bleachers, loud & proud, supporting our team.

# that's how





# that's how we start

It's a new year! A senior class has graduated, and a new senior class has taken over. A new freshmen class has moved in, beginning the journey through high school. The freshmen began their day in the main gym where they split into their forever homes known as advisories. After the lunch, the rest of the student body began pouring into the school. The newest trends, fanny packs, hydro flasks, scrunchies, and permed hair, could be seen as the upper classmen arrived. The second half of the day consisted of all students going to their classes for both 'A' and 'B' days. This gave everyone the chance to become familiar with class location, advisory changes, and new teachers. The schedule this year was new for not only the freshmen, but for the entire student population. Instead of two 'A' days, two 'B' days, and a 'C' day, there would no longer be a 'C' day in the schedule. Also new to the returning students and staff was the lunch schedule which, instead of two lunches, there was now three lunches; the lunches were based on academy, and resulted in a study hall and advisory time that totaled an hour for all students. Although students were apprehensive about this change, everyone adjusted.

Preparing herself for a new year, freshman Ava Morehead takes in her surroundings knowing that she'll be walking these halls everyday for the next four years. Reflecting on her first day of high school, Ava Morehead said, "The first day was really fun, and I felt really accepted by everybody."



Academy Core Leaders are ready for the freshmen to arrive. This group organized the first day schedule for the new freshman class.



Freshman learn the importance of high school and the responsibilities they will take on. The students are then dismissed to lunch to eat before the other grades arrive.



Junior Emma Field plays the cymbals during the school song at the pep rally which ends the first day of classes for all students.



Freshmen Madison Markham, Hannah Foster, Lauryn Wise, and sophomore Jessica Meisinger gather in the gym with their newly assigned advisories. Bonds will be formed since freshman will remain with the same advisory during all four years of high school.



**ONE]** Coach Bob Dzuris and freshman Benjamin Laney enjoy the first day of school. After being released from the gym, the freshman head into the halls to begin walking through their schedule.  
**TWO]** Freshman RyAnne Carroll writes a letter to her senior self. The letters the freshmen write are returned to them just before graduation.  
**THREE]** Freshmen Jennie Gunter, Onkamon Lerdrid, and Travis Fitzpatrick walk to their advisories where they will write a letter to their senior selves.



The Plattsmouth High School Wrestling team walks down main street for the parade showing off their school spirit and having a great time!



Senior Gracey Simms sings the National Anthem on the main stage before the Harvest Festival parade begins.



Horns up! The high school marching band performs in their second parade of the season.

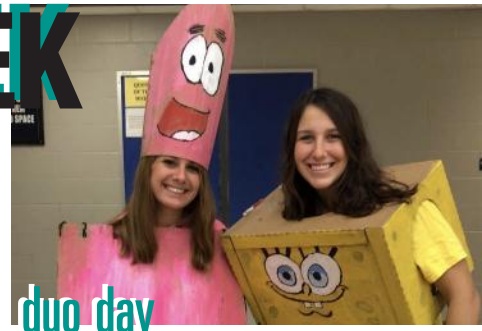


Senior Sweetheart candidates Emily Martin, Savannah Davis, Alexis Schroeder, and Kayla Harvey wait for the winner to be announced.

# harvest festival



# SPIRIT WEEK



**duo day**

Seniors Alyssa Bock and Chloe Sabatka dressed as Patrick and Spongebob. "I literally spent over 6 hours and stayed up 'till 4 AM making these costumes the day of duo day, with no help," said Alyssa Bock.



**decades day**

A little old school basketball for senior Kade Hansen, junior Ian Witherell, and seniors Andrew Rathman and Hunter Adkins.



**western day**

Juniors Lily Roby, Emma Field, Faith Olsen and Ava LaSure in their western gear ready to giddy-up.



**hawaiian day**

Seniors Ryan Slavicek and Brandt Colbert posted up in their hawaiian gear after school.



**blue-devil day**

Junior Felicity Cronin, Sophomore Corrine Frodermann and Senior Christine Frodermann twinning with their tutus while having outstanding school spirit.



## that's how we rally

DevilMania was the one day of the year we all had an excuse to wild out. To prepare for the big homecoming game, the entire school came together in the gym. Leading up to this day, almost everyone participated in spirit week and showed off their outfits. The band paraded the hallways the morning of DevilMania getting everyone excited for the busy day ahead of them.

Students got creative with their class lip syncs and went head-to-head in challenges organized by the Student Council. The lip sync winner was a tough decision for the judges, but luckily the seniors ended up on top with a showstopping performance. Although, if the parents could have won, some agreed they were a close contender.

This was our day to show our school spirit, to get competitive, to honor our seniors, and to prepare for the big homecoming game against the Crete Cardinals. To make things even more competitive, we had games such as chubby bunny, musical chairs, numerous different relay races, and a crowd favorite- tug-of-war. The classes became rivals for the day. Some classes may hold grudges against others, but at the end of the day, we all came together, sat in the same bleachers with our Blue Devil pride and cheered on our football boys.

**ONE]** Junior Xander Rodriguez acting as Maui from Moana in the lip sync wows everyone with his splits.

**TWO]** Freshman Peyton Blankman performs an al second to impress the judges during the freshman's first ever lip sync.

**THREE]** Senior Brendan Simoens takes drumming to a new level by performing upside down with the help of seniors Wesley Phillips, Ryan Kiroff, and Cameran Talbot.

**FOUR]** Sophomore Krista Hardy leads fellow sophomores Josh Adkins, Brock Headley, and Caden Hinton in the Christmas dance from "Mean Girls".



During the finale of the senior lip sync, senior Colby Quimby picks up the gauntlet in a shocking ending resembling the popular movie Avengers Endgame. Describing how it felt to be the center of attention during the lip sync, Colby Quimby said, "I knew we were gonna win in a snap of a finger."





# that's how we dig

This season was full of hard transitions and many obstacles. The team entered the year blindly with a whole new coaching staff. Varsity head coach Ashley Classen; junior varsity coach Megan Poppen; reserve coach Chase Loafing led this team to a 12-14 season which topped the previous year's win/loss record. This truly showed the passion and potential this group of girls had. "Since I came from the middle school to the high school [as a coach], it was so intimidating at first, but I feel like we had a successful year. The girls were so fun and welcoming. Overall, that was the best record our team has had in 10 years, and I'm glad to be the one to help make it happen," Coach Ashley Classen.

Not only did the girls improve personally on the court, but they also gave back to the community through volleyball camps for younger girls who are eager to one day play volleyball at the high school. Although this was a transition year for volleyball, the team rallied together to support one another as well as the new coaches. "I felt our season was an exciting experience with new coaches and, for me, playing with the seniors who I've basically grown up with," junior Mackenzie Caba.

As the season drew to a close, the team held a banquet to celebrate the achievements, and to gather one last time as a team.



Senior Alyssa Bock concentrates on making the perfect pass to the setter. Bock has been the Libero since her junior year, and she was a defensive specialist for the varsity team her sophomore year.

Photo by: Alexia Gibson



**ONE]** Junior Kennedy Miller goes up for the kill against the Gross blockers. "Whatever you do, work at it with everything you have," Miller advises.

**TWO]** Junior Mackenzie Caba celebrates the point from the ace serve.

**THREE]** Senior Katie Rathman celebrates her ace serve. "Volleyball is my second family, and I'm glad I got to participate in it! Both of my coaches and teammates were amazing, and it will be one of the things I miss the most about high school," Rathman shared.

**FOUR]** Diving to the ground, senior Chloe Sabatka keeps the play alive. Sabatka has been unstoppable with her phenomenal defense.

Photo by: Alexia Gibson



Photo by: Jamie Vaughn



Photo by: Jamie Vaughn



Photo by: Alexia Gibson



Photo by: Alexia Gibson



Photo by: Alexia Gibson

**ONE]** Keeping an eye on the court, sophomore Sydney Hobscheidt prepares herself to receive the ball.

**TWO]** Setting up the ball, junior Rylee Hellbusch pushes it to the outside hitter. "I feel like jumping through the roof after a great set. Every set is a team effort, and I am just thankful I have such amazing teammates by my side," Hellbusch reflected.

**THREE]** Demonstrating her enthusiasm, senior Alexis Schroeder keeps the team pumped up. Schroeder is an outstanding asset with her defense.

**FOUR]** Down and ready, senior Renae Mixan concentrates on the ball. "When I played, I was so happy and felt accepted. Every season has its highs and lows, but I feel as though we were able to overcome the lows as a team," Mixan spoke thoughtfully about her senior season.



Photo by: Alexia Gibson



Photo by: Alexia Gibson

**ONE]** Junior varsity sophomore Riley Edmonds tips the ball over to score the point.

**TWO]** Enthusiastically running down the line-up as her name is announced, junior Savanna Berger pumps up her teammates before taking the court. Berger is one of many strong hitters on the varsity team.

**THREE]** After the point is earned, seniors Taylor Caba, Alyssa Bock and Chloe Sabatka, junior Rylee Hellbusch, sophomore Sydney Hobscheidt and junior Savanna Berger celebrate at center court.



Photo by: Alexia Gibson



Photo by: Jamie Vaughn



Photo by: Alexia Gibson



Photo by: Alexia Gibson

Senior Taylor Caba springs up tipping the ball against a tough Elkhorn team. Caba ended her season with 249 attacks, 17 blocks, 126 digs, 735 ball handling and 232 serves with 32 total aces.



"I will never forget but always remember this team,"  
-Senior Captain Alyssa Bock



I am so thankful for an amazing experience with even better teammates,"  
-Senior Captain Chloe Sabatka



"By far one of my favorite seasons, and this is the season I will always remember,"  
-Senior Captain, Taylor Caba

# under dogs

Megan Vaughn



persistent

Makenzi Cox



extraordinary

Lyndsey Caba



exciting

The Junior Varsity team was filled with juniors, sophomores, and even a freshman. The younger players understand this level of play will later help them grow and prepare for the varsity level.

Junior Megan Vaughn, a middle hitter, described her season as persistent while junior defensive specialist Makenzi Cox described her season as extraordinary. Sophomore setter Lyndsey Caba described her season as exciting.

Photos by: Jamie Vaughn



# going the distance

Cross country is more than a team; it's a family. "Cross country is one of this school's most successful sports and to be apart of it feels really good. You won't see a group of more determined people," senior Sydney Nelson shared.

Rain or shine- runners do what they do best. Run. From the hottest summer days to the bitter cold of fall, this sport is about pushing your body to the absolute limit. Step-after-step, mile-after-mile, they built their endurance for the ultimate goal: run at the state course in Kearney.

To cheer for the runners, you almost had to be in just as good of shape as they were. Every course is different and unique in its own way. Many of the Blue Devil runners favorite course was at Syracuse because it is notorious for being a fast course, and often, the first cold meet of the season.

Some races, it was more important to focus on time cuts than place and vice versa. At the district meet, where the field of runners was a lot smaller than most other races, so it was more important to focus on those places. Boys had a field of 36 and girls had a field of 37. Senior Stockton Graham took first place at the district meet breaking the 17 minute barrier with a time of 16:57. The boys team won with five of six varsity boys earning medals.

It was remarkable to see how much the teammates mean to each other. At the cross country banquet, awards, voted on by teammates, were handed out: Team Captain and Most Valuable Runner was awarded to seniors Stockton Graham and Madison Nelson; Rookie of the Year was awarded to freshmen Carter Moss and Natalie Briggs.

The runners, led by head coach Todd Nott and assistant coach Mikayla Rhone, learned more than just running; the coaches shared, with the team, valuable lessons to carry with them for the rest of their lives. Rhone left the team at the end of the season, and she will be greatly missed. She left her mark and shared many miles of smiles with the runners.



Senior and four time state qualifier Stockton Graham finishes the state race with an 8th place medal. Over the last four years, Graham has run thousands of miles and raced dozens of times. He will be leaving a big print in the Plattsburgh Running Blue Devil History.



All photos courtesy of Myron Graham

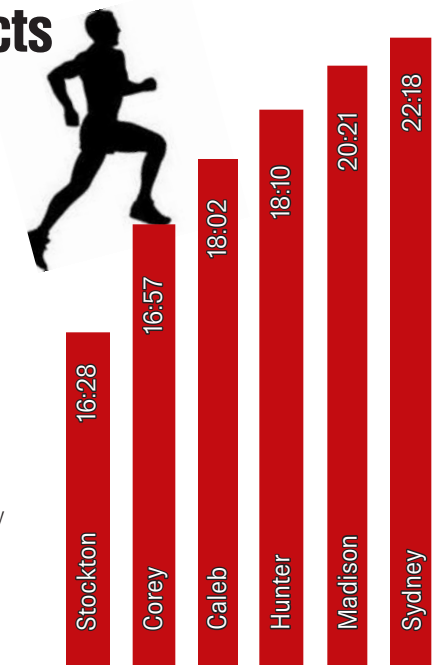
## all things districts

**ONE]** Senior Stockton Graham smiles his way to victory at the district meet chasing down the gator to break the seventeen minutes time barrier on the Waverly course.

**TWO]** Senior Madison Nelson drafts off an opponent from Platteview for spot number five. Nelson cuts two minutes and seven seconds from her time on the same course earlier in the season.

**THREE]** Senior Sydney Nelson is followed closely by teammate Sophia Wehrbein. Nelson and Wehrbein finishing with times seconds apart, 23:18 and 23:24.

**FOUR]** Packing it up. This pack of sophomore Sam Campin, seniors Corey Wiseman and Caleb Davis, and junior Kaleb Wooten would go on to medal in 4th, 6th, 7th and 11th place.



against the clock...

## how to succeed at cross country...

"Make race days something to look forward to," advised senior Madison Nelson.

"Have fun running... these four years go by fast," senior Hunter Smith recommends.

"Put in the miles in the summer, that is where the medals are won," senior Corey Wiseman advised.

"Don't quit. If you're feeling the pain and hurt, get a reward from it," a philosophy senior Sydney Nelson shared.

"Take time to enjoy the team you're with and don't put off working hard if you want to be good," encourages senior Stockton Graham

## that's how.

Sophomore Jozlyn Barnes in stride at the EMC Conference Meet hosted at Boys Town. Finishing with a time of 22:02 and placing 18th.



Head coach Todd Nott and assistant coach Mikayla Rhone celebrate with the girls team after the Syracuse invite.



**Fun fact: 60% of the girls team is made up of twins (3 sets)**



Freshman Natalie Briggs runs just ahead of teammate and junior Sophia Wehrbein at the Lewis Central invite and finishes with a time of 23:18.



Senior Corey Wiseman takes on the state course, finishing the race with a time of 17:52. "I have ran so much that I feel worse when I don't run! I am addicted to running!"



Freshman Carter Moss, senior Caleb Davis, junior Jacob Zitek, senior Hunter Smith, and sophomore Sam Campin celebrate their strong performances at the Lewis Central Invite.



Senior Caleb Davis shows his infamous warrior run at the Syracuse Invite, finishing with a time of 18:02.



Freshman Carter Moss in stride with fellow teammate Jacob Zitek (behind CCS). Moss finishes 14th with a time of 19:44.



Freshman Ethan Moore runs with a large pack at the Creighton Prep invite breaking that 22 minute barrier midseason with a time of 21:58



put a lil' pep  
in your step



Senior Brendan Simoens shows off his percussion skills during halftime at the girls basketball Sub-districts game.



Sophomore Garreth Colwell and junior Felicity Cronin keep an underlying beat during the performance between quarters of the boys basketball game.



Junior Xander Rodriguez masters the drum break during the halftime performance of a girls basketball game.

how we  
make it happen...

- 98 Hours
- 77 Members
- 42 Rehearsals
- 8 Performances
- 1 Family



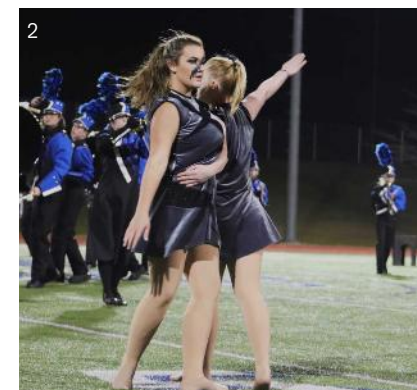
**ONE]** "Over the last four years, the band has gone through many changes, but together we've become a unified family and I've loved seeing the growth of the band," senior Emily Martin reflects on her band career.

**TWO]** Senior Taylor Jones gives her all at her final football game with freshman Alyssa Carney.

**Three]** "It was great to see our progress from our first performance to our last," shared senior Sydney Nelson.



Junior Emma Field pours her heart into the music for the audience during halftime of the final football game.



**ONE]** Senior Ivy Weddle stands with the band during the pep rally at the end of the first Harvest Festival parade.

**TWO]** Senior Savanna Davis and sophomore Gracie Stonner perform during the final football game.

**THREE]** Taylor Sunderman catches her flag after a perfect toss during halftime at the Homecoming football game.

# halftime is our time

The band's motto for the year was "Striving for Excellence." They earned an "Excellence" rating at the Nebraska State Bandmasters Association competition with their show titled "Afterworld", mastering this motto. There were many changes this year, including a new band director, new equipment, and new uniforms. The band was able to purchase new uniforms and equipment because of the school contribution, of the student fundraising, and a great amount of donations from community supporters.

The **Plattsmouth Alumni Association** puts on a Band Galla every year. In the spring of 2019, they helped to raise over **\$40,000** in donations. These donations gave the band the ability to buy some much-needed new equipment, including: new mallets, mallet racks for the bass drums, a field sound system, an auxiliary cart, a marimba field cart, chimes on a field cart, two drum major podiums, a drill-writing software called "Pyware", and marching drill. The **school district** approved a grant of **\$67,000** that covered new drum heads, a fifth bass drum, three new Sousaphones, and all new uniforms.

## the cost of devil pride

Marching Band uniforms range in price from \$450 to \$621. Drum major uniforms are more expensive with the additional cape and mace.

- Plume \$30
- Hat \$55
- Cape \$69
- Jacket \$160
- Gauntlets \$40
- Pants \$130
- Mace \$40
- Gloves \$3
- Shoes \$31



that's  
how



“ The welding program has had a huge influence on showing me what career I want to go into. ”

- 094 Anime and Prism
- 095 Helping Hands and Circle of Friends
- 096 Student Council
- 098 FCA and FFA
- 099 DECA
- 100 CNA and HOSA
- 101 Writing, Art and Culinary
- 102 Academy Core Leadership
- 103 National Honors Society
- 104 Skills USA
- 105 Educators Rising
- 106 AFJROTC
- 107 Color Guard
- 108 Yearbook



Dalton Walker  
 Jackson Whipple  
 Dalton Whitney  
 Joshua Will  
 Ryder Williams  
 Sway Wilson  
 Alyxandria-Ellis Winters



Lauryn Wise  
 Zachary Witherell  
 Ciara Wulff  
 Emily Young  
 Mathew Zitek



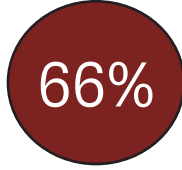
# how does vaping affect teens?



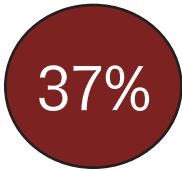
Confiscated E-Cigarettes



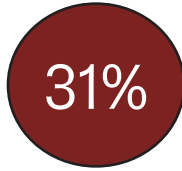
The percentage of teens who, according to *The Times*, are more likely to smoke after using an e-cigarette.



The percentage of PHS students who admitted to seeing someone vape at school.



The percentage of seniors who, according to NPR, reported vaping in 2018.



The percentage of teens who believe that it's just flavoring in the e-cigarette, according to NBC News.



"It took so many years to figure out what cigarettes do. Vapes have done more harm in a shorter amount of time, and the long time effects are worse," Officer Rice.



"I'm very concerned about the health of the students in the future, in the next 10-20 years," Mrs. Caniglia.

Popularity and business advertising has led to a large increase in the use of electronic cigarettes and vapes, nearly doubling since last year. Teens and young adults are the major targets for for businesses and advertisers. E-cigarette or electronic cigarettes have to be filled while vapes, such as Juul, use pods of juice. Both types contain nicotine and flavors that appeal to people. Popularity grew because the idea that they were safer and better for you than actual cigarettes. High schools all over the nation are dealing with similar issues concerning vaping. Schools are now taking precautions by educating students about the harmful effects, by cracking down on students use in schools strict, and even using special technology to find them. Recently more and more deaths have been caused by vaping. Some have just had sudden deaths, others have gotten popcorn lungs, and it has also been found to be linked to cancer.

Source: Education Week

that's  
 how



# that's how we create

our time spent

Talking to people

Taking photos

Moving photos

Editing photos

Writing copy

Designing layouts



Following a busy three days of camp, senior yearbook staff members Renae Mixan, Ivy Weddle, Alexia Gibson, Madison Nelson, Kaycee Bancroft, Jenna Clark, and Alyssa Bock, show off the awards they earned. "It is exciting to be acknowledged for our hard work this week!" Alexia Gibson.



**ONE]** Senior Kaitcha Brannan looks at the photos taken of students diligently working on their English projects.



**TWO]** Yearbook adviser Mrs. Knust discusses captions with seniors Renae Mixan and Olivia Miley-Baxter.



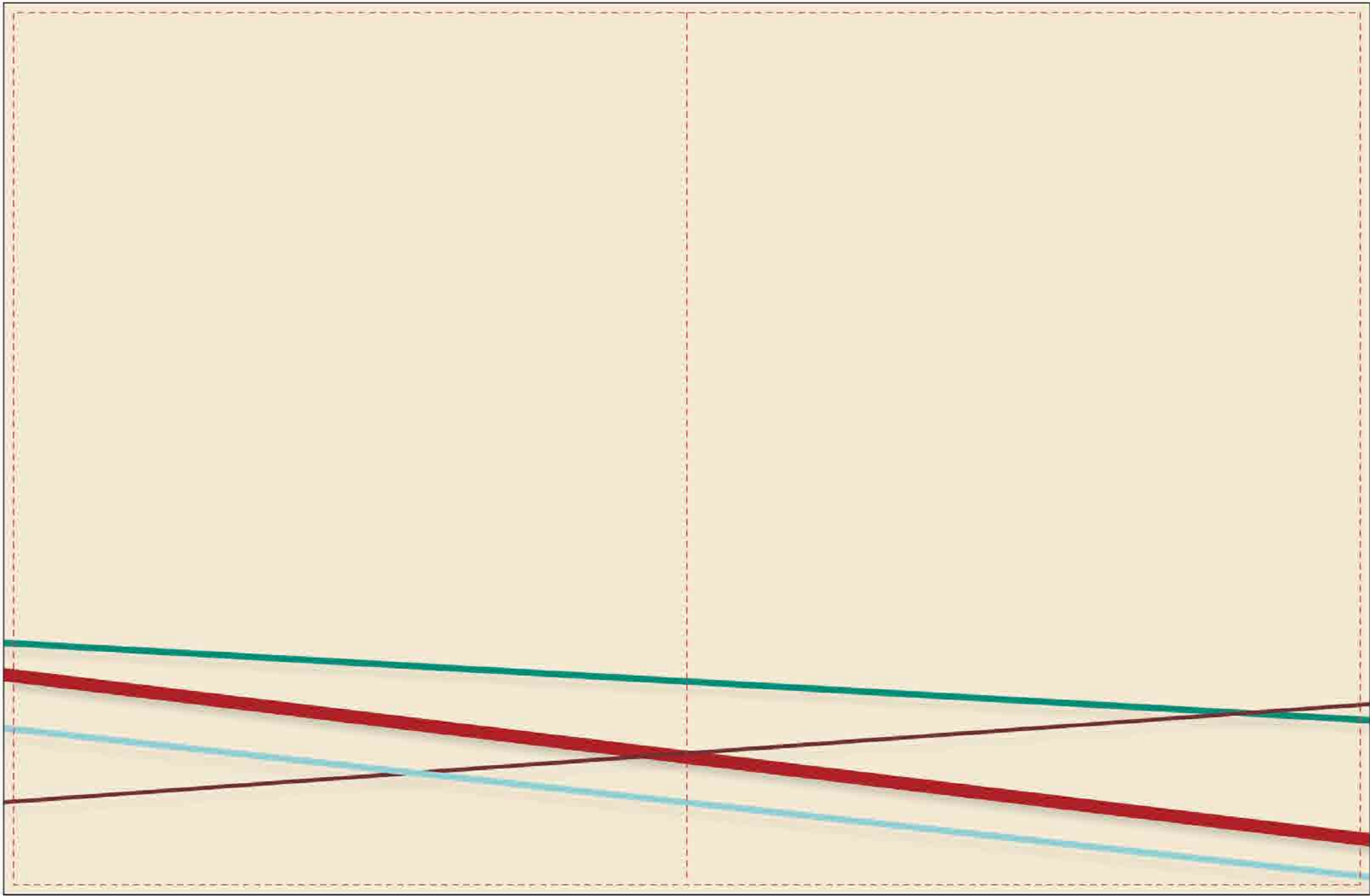
**THREE]** Senior Madison Nelson edits photos for the cross country page.



**FOUR]** Deadlines mean late nights and yummy snacks for senior yearbook staffers Renae Mixan and Kaycee Bancroft.

**FIVE]** Seniors Jenna Clark and Alyssa Bock celebrate the completion of their showstopper for contest.







#22 Broadcast News Story, Jarren Wlaschin, Jerianna Hostetler, Northwest

<https://youtu.be/Ir-lxHUj8vE>

#23 Broadcast Sports Story, Trevor Fisher, Tanner Broich, Northwest

<https://youtu.be/-ZHyHSydDJQ>

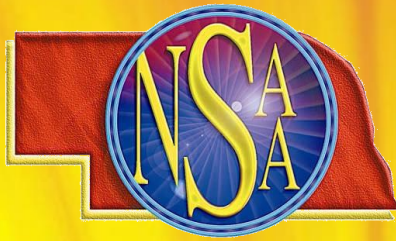
#24 Broadcast Feature Story, Jaylen Kile, Gabrielle Krienert, West Point-Beemer

<https://youtu.be/Tjtp8Q05hAs>

#25 Broadcast Public Service Announcement, Celia Wightman, Lexington

<https://youtu.be/Llahq-RCQz8>





NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

**2019-2020**

**Class C**

***Journalism***  
***Winners***



#1 Advertising, Joanna  
Rodriquez, Wood River

# Caffeine Hideout

SCOOTER'S COFFEE  
(308) 675-0375





# Nature Documentary

## Jockus Jockus

*Anonymous*

The footballer (footballers pl.) is a majestic species indigenous to North America, commonly seen fighting for territory on a wide rectangular clearing of grass often referred to as a football field

While it is possible to see a solitary footballer, this is very rare as they often travel in packs, more commonly referred to as teams. These creatures are often brash and rowdy when alone or in small packs but when a full team is formed they carry out a harsh weekly ceremony where ritualistic armor is donned and there is a huge clash for territory. However, these clashes only last for about ten seconds, with thirty-second breaks in between each clash. This will go on for about an hour, or once their perception of an hour has passed. The team who ends up winning the clash by having a member slip by and make it to one end of the field more times than the other team will gain a tremendous boost in ego and ‘bragging rights’.

Before, during, and after these clashes, the teams will form a circle around a member of higher status and/or a pack leader, also known as a coach. These gatherings, called huddles, where the member in the center yells a few lines of what seems to be primitive English and is

#2 Newspaper Column Writing, Jacob Hagemeyer, Sandy Creek



quickly followed up by an equally indecipherable chant by the rest of the team. Despite flourishing currently, the footballers have seen a decline in numbers recently due to parents raising questions about the safety of it. Many footballers suffer from a ‘concussion’, where they receive a large amount of force to the head and suffer a brain injury. A few of these and the unfortunate footballer will not be allowed to participate in these clashes. Another reason as to why their numbers are dropping is because of their relatively low lifespan. When a footballer is deemed too old to play (usually around 35-40) and is cast out of the pack and into the wild with nothing to aid them.



A “team” of wild footballers starting down a photographer



# Pay attention to what's killing more youth

This world is a crazy place. Each day I feel like I hear more and more about the ins and outs of the world, but I never find myself knowing that much about the topic.

We never really address it as a school either. We never take the time to bring awareness and true facts to students.

This upsets me immensely. School shootings have become common, yet when nine kids die of vaping, it's suddenly the end of the world, and we have to hold a seminar to bring awareness.

When "nearly 2,900 children and teens are shot and killed and nearly 15,600 more are shot and injured" every single year (as found on everytownresearch.org, which finds its information on a government website). Why haven't we talked more about the subject?

School shootings affect an estimated

three million American children, according to everytownresearch.org.

It's now October, and there have only been 12 confirmed deaths from vaping, as found from cdc.gov. That's only .4 percent the amount of deaths due to school shootings.

Teens have revolted many times in other states by marching and protesting, but not about vaping. They show their frustration about school shootings and nothing is being done.

Kids should feel safe in their school. We do not have a major problem at Yutan, but what if there was a school shooting?

We should be prepared and aware of the effects it could have on students.

All we learn to do in case of a shooting is lock the door, turn the lights off, and sit in the corner of the room or where we are

best hidden.

What if we knew more though?

I can't help but wonder what difference it would make if students were educated on how to be cautious of a shooter and know how to see the signs of a potential shooter, so they can mention it to a trusted adult.

Awareness about school shootings should be spread because if we, as a society, don't start speaking out, nothing will ever change for the better.

We need to work together to raise awareness on more than just vaping. Let's start talking about school shootings.

## Student Opinion





## Students: protect your lungs, don't vape!

By: Ashley Marcum

Students may think that vaping is cool or that it makes you fit in. Not really. The only thing vaping will do for you is help you die faster. Your lungs can't handle the stuff that is in vapes. Ads for vapes may tell you that they have less nicotine than regular cigarettes. They're lying to you. There can be more nicotine in vapes than in a normal cigarette. Think about that.

According to the website <https://www.wired.com/> researchers have even found that vaping can reduce the oxygen in your bloodstream by about 20%, while making the walls of blood vessels stiff and rigid. This is normally a symptom of cardiovascular diseases like hypertension and strokes. Not that teens can't have heart disease, but it isn't common. Vaping puts you in danger of having those serious conditions. The risk factors don't stop there.

Another danger of vaping is that of getting popcorn lung or bronchiolitis obliterans, also known as BO. Symptoms of BO can go unrecognized or be misdiagnosed as other lung problems like asthma. Popcorn lung isn't what you would normally think of when you hear the name. It takes your lung's smallest airways and makes them even smaller, making it hard for you to breathe and making you cough. Symptoms of popcorn lung don't show up for 2-8 weeks after a person starts vaping.

At Southern Valley High School, there are a bunch of teens that vape. You may not get caught by teachers or your parents, and you may try to ignore all of the warnings and posters that are hanging around the school. But the truth is teens who vape increase their chances of having serious life altering health problems. Bottom line. Don't vape. Your lungs will thank you.



# Put phones down and live life to the fullest

By Emily Fisher

The first touchscreen phone came out in 1992. Since then, they have been updated and modified, and our world has been filled with games, photos and loads of social media.

For whatever reason, we have allowed ourselves to be sucked into the technological era. I was oblivious to the amount of life wasted on my cell phone until I saw “Removed,” a series of photos by American photographer Eric Pickersgill.

First, Pickersgill found everyday people in scenes that we typically see in our own lives: two guys cooking around a grill, a couple of neighborhood moms standing

around, a family at the dinner table. He then removed all electronic devices from the people who had been using them—before the photos were taken.

The photos really hit a nerve with me because it’s just a bunch of people who are staring at their empty hands, ignoring their surroundings and missing opportunities for human connection. The purpose of this series was to remind us to put our phones away.

I hear it all the time: “Kids today need to put electronics away and socialize.” I always think in response, “We *are* super social. What more could we do?” But these photos have changed my mind.

We miss the conversation when we

give our focus to something else. We aren’t listening to others because we’re too busy checking Snapchat and scrolling through Instagram.

Instead, we should tuck it away and focus on the world around us.

Whatever we have on our screens is rarely more important than what we have in real life and real time. We could check our phones any time of day, so why do we do so at times when we could just be enjoying life?

It backs up the infamous phrase “You’re not even listening!” I know that I am guilty of this, too. It’s funny how we become mad when someone pays more attention to his or her phone than to us, yet at times, we aren’t any better.

But we don’t even notice that we’re ignoring others and missing out because we’ve become so used to it. I never think twice about pulling out my phone and checking all my notifications.

I do it without even thinking, and I’ve never thought about how sad and messed up that actually is. Mainly because I’m missing the moments I’d never want to miss.

The minute I pull out my phone is the minute I zone out to another world. I miss the jokes, laughs and connections.

If I could add up all my missed moments, I’d probably be a little sad and ashamed.

Another good point that these photos make is the range of age. It’s not just us teenagers. Children, parents and even grandparents are sucked into their phones and tablets.

Their faces lack emotion, yet there’s opportunity for emotion all around them. If we were to set the technology aside, we could be genuinely happier.

These photos just show how sad and eerie our world has become. There’s so much life going on around us, yet it’s just slipping right through our fingers.

We wouldn’t miss out on the excitement and connection if we could just put our phones down and live life in the moment.



# Amplify Science engages students with hands-on learning projects

HEIDI KRAJICEK

Kids from all generations probably once said the words “school is boring.” Perhaps part of what made school boring was the constant lecturing, which may have made learning hard for some. The science department is trying a new strategy, which involves more actual experiments rather than just the constant lectures.

The new curriculum is called Amplify Science. The program started this year in grades K-8.

Science teacher Brian Sass said the new program teaches students to experience new learning strategies as well as to think outside the box.

“It makes them write down their thought process rather than memorizing information,” Sass said.

According to science teacher Leslie Heise, each unit of Amplify Science engages students in relevant, real-world problems where they investigate scientific phenomena, engage in collaboration and discussion, and develop models or explanations in order to arrive at solutions.

“It’s a switch from ‘learning about’ to ‘figuring out,’” Heise said.

The state of Nebraska released new science standards in September of 2017 where teachers are required to incorporate 3-dimensional learning and teaching.

Heise said Amplify Science fits within the

guidelines.

School districts are allowed to choose the curriculum they prefer as long as it fits within the guidelines. Amplify, so far, is the only program that has received all-green markings from EdReports. EdReports is an independent nonprofit committed to ensuring all students have access to high-quality instructional materials.

“Students are asked to not only learn new science content, but also apply science and engineering practices and apply cross-cutting concepts from all areas of science and learning,” Heise said.

One of Sass’s favorite things about the program is that students are always doing different things and are involved the entire period.

“It gives the teacher a step-by-step instruction as well as great visuals on the computer for the students,” Sass said.

*Continued on Page 12*



NEW SCIENCE PROGRAM - Science teacher Leslie Heise assists eighth grader Zach Kennedy with a project. Heise and Brian Sass have incorporated Amplify Science into the curriculum. Photograph by Emma Lloyd



SCIENCE CAN BE FUN - Eighth graders Ethan Eggen and Frankie Hebenstreit enjoy an activity they are doing in science. The new science curriculum, called Amplify Science, features 3-dimensional learning with hands-on activities. Photograph by Mya Hays



# Pehrson sisters break gender stereotypes

*Aubrey, Alexis push each other to succeed in male-dominated junior high wrestling*

By ANNA VANDENACK

When most people think of wrestling, they think of it as a boys sport. But that hasn't stopped twin sisters Alexis and Aubrey Pehrson, 7th graders at Yutan, from dominating their divisions.

Alexis began wrestling in the first grade. "I always saw my older brother [Ethan] wrestle when I was little, and I always wanted to try it,"

Alexis said. One day Alexis's dad asked her if she wanted to try it, and of course her answer was yes.

Her sister Aubrey, however, didn't begin wrestling until she was in the 3rd grade.

"I was kind of scared at first to try it," Aubrey said. "One time we were at a tourna-

ment, and I saw a few of my other friends wrestling, and I thought it looked really fun, so I decided I wanted to join."

Since then, the girls have been pushing each other to get better.

"We're basically the same weight, so we wrestle all the time," Alexis said. "We've even fought a little bit because we know we both want to be better."

Aubrey agrees that there have been some disputes between them when it comes to wrestling.

"We're really aggressive when we wrestle each other," Aubrey said.

Coach Dan Krajicek says that these girls are some of the hardest workers he's ever seen. Besides pushing themselves, the girls are also "pushing the boys to improve and they are a real asset to the practice room."

Krajicek has never coached girls in wrestling before now, but his expectations for the girls are the same as they are for the boys.

"In junior high there is little to no difference between girls and

boys," Krajicek said. "If anything, girls have an advantage because they naturally have better balance and flexibility."

However, the twins said that because wrestling has been a male-dominated sport for so long, it's difficult for people to accept the girls. Especially when it comes to other wrestlers the twins compete against.

"Sometimes they don't want to wrestle me so it's kind of awkward," Aubrey said.

Alexis added, "When I win, boys will get upset and I just think that girls can wrestle too. It shouldn't be so different."

Both girls plan to continue wrestling throughout high school to show people that wrestling is not just for boys.

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**"I was kind of scared at first to try it...I thought it looked really fun so I decided I wanted to join."**  
**Aubrey Pehrson**

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**TWINS PREPARE FOR PRACTICE** - Seventh grade sisters Alexis (left) and Aubrey Pehrson tie their shoes in preparation for a recent wrestling practice. The two often go against each other in practice and "we're really aggressive when we wrestle each other," Aubrey said. Photograph by Emily Fisher



# Students should strive to peak later in life rather than during their high school years

BY KADEN HUFSTEDLER

All students have heard it before. “High school will be the best years of your life.” Some students remain hopeful, but most have probably laughed it off.

What the general population doesn’t seem to get is that life at this stage isn’t all peaches and cream.

Rather, it’s a stressful, sleep-deprived stumble through daunting assignments, demanding schedules and devastating social interactions.

Despite this, some still contend that high school takes the cake. Students will hear this from relatives, friends, and sometimes even their own teachers. They say that high school provides freedom from responsibilities and a safe place to socialize with like-minded individuals, both of which are hard to find after graduation.

However, I would argue that, while it’s true that in high school the weight of responsibility is much lighter than in the real world, it’s like that for a reason.

High school is a launchpad for the rest of our lives. Therefore, students shouldn’t leave their standards or expectations at the double doors, but rather set their sights on

the future.

In addition, the social aspect isn’t always

a great thing either. Due to the stress-inducing nature of academics, many students

attempt to cope in different ways. Unfortunately, not all of them can cope healthily.

In a 2017 CDC survey, it was found that 30 percent of high school students had consumed alcohol in the past month.

Don’t get me wrong, though. High school has its moments. But it’s foolish to believe that high school is where humans peak.

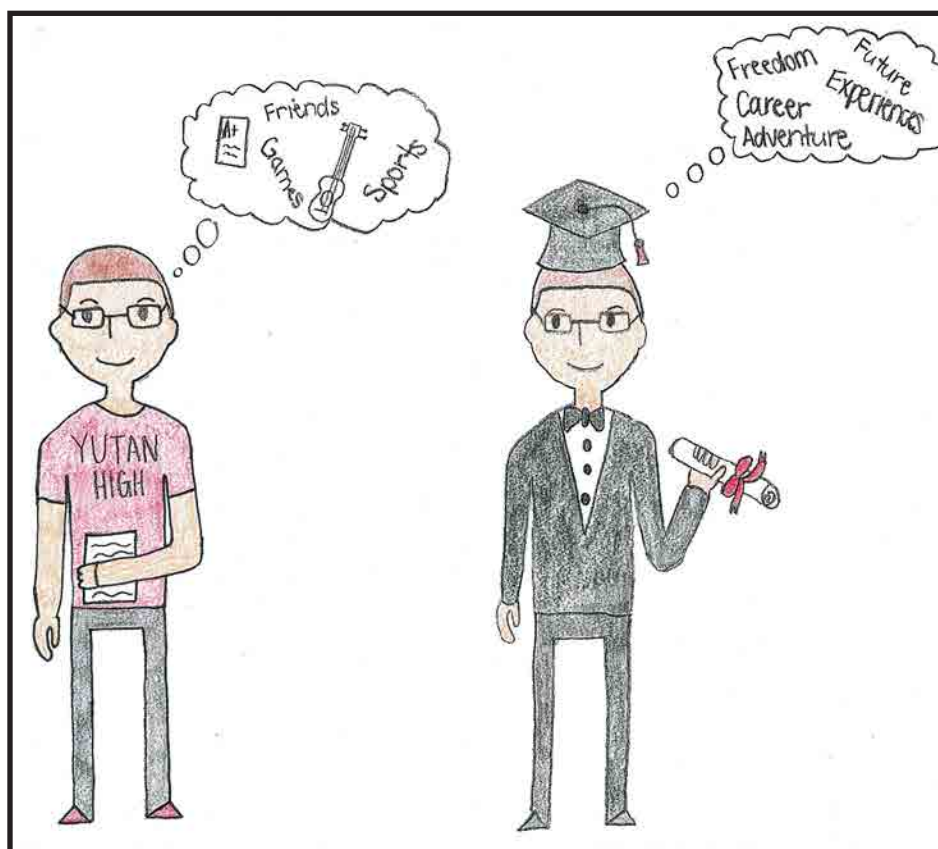
Take into account all of the opportunities that the world has to offer. If the bar has been set at high school, where is there to go?

Students will compare the so-called “best years of their life” with their new lives and understand that there’s much more to offer in the real world.

Now, this isn’t to say that high school isn’t a crucial part of student development or beneficial to their growth as people, but rather to point out that post-secondary students are given true freedom.

After high school, students who enroll in college become more independent, those that enter the workforce will earn their own income right away, and people who choose to stay at home can do so (if their parents allow, of course).

In my opinion, these options are much more exciting than your average 8 a.m. class.





## Local Dancers Journey To Tampa Florida

By: Paige Sickels

Last year, some of the Cambridge Just For Kix Dance Team packed up their suitcases and traveled to Florida. There were nine Just For Kix dancers from Indianola, Cambridge, and Arapahoe who performed in the pre-game and halftime shows at the Outback Bowl in Tampa, Florida on January 1, 2020. There were 451 performers who danced in front of a crowd of 45,652 fans. These performers ranged from 2nd-12th grade. Dancers spanned from the 10-yard line to 10-yard line for both dances. The pre-game featured white and black poms and disco-themed music. After the pre-game show, an American Flag was brought out to the field for some of the girls to hold while the flyover happened. Dancers then scurried off the field to wait for halftime. For the Halftime show dancers filled the center of the field from 35-yard line to the 35-yard line with a mass number of highschool band students. The 2,500 band members provided the music for the dancers' halftime show.

The nine Cambridge Just For Kix dancers can all agree that this was a once

in a lifetime experience. They had so much fun dancing with different Just For Kix dance teams from across the United States. There were so many things other than practices that the dancers were given to do. They all were given the opportunity to tour Busch Gardens, Walt Disney World or Universal Studios in Orlando, Clearwater beach, and attend a dinner cruise on the Yacht Starship.

When Gaby Raburn, tenth grade, was asked the question, "What was your experience in Florida like she answered, "Recently my dance team and I visited Tampa, Florida and danced at the Outback Bowl. Dancing at the Outback Bowl alone was so much fun. My teammates and I had a blast. In between dance practices, we visited a bunch of sites such as Busch Gardens, universal studios, clearwater beach, went on a dinner cruise, and had lots of fun in our hotel rooms. Personally, though they have the opportunity for this trip every year I felt this trip was a once in a lifetime opportunity for myself. If there was an offer to go again though I wouldn't hesitate to say yes and jump on a plane back."

The Dance Coach

Dixie Sickels was also asked the same question she replied back, "I recently had the opportunity to take a group of Just For Kix dancers down to Tampa, Florida to participate in the pregame and halftime of the Outback Bowl. It was so much fun watching the girls learn and interact with such a large group of dancers and multiple directors. I couldn't be any more proud of how they performed and carried themselves during the entire trip. Our multiple excursions during the week were also wonderful experiences and memories for myself and the dancers to have, from Clearwater Beach, the dinner cruise, Busch Gardens, and Disney. Getting to perform on the field at Buccaneers Stadium was also a once in a lifetime experience for them as well as myself being on the field working props and watching my girls (all of my dancers are family) close up. There was a lot of prep in going on this trip, from the fundraising to teaching the choreography. It was all worth it and I would love to be able to do it all again in a few years with even more dancers and family members joining us!"



Dancers and their dance coach pose for a picture. Dixie Sickels Left, Grace Brown, Ali Webb, Paige Sickels, Gaby Raburn, Paytin Sickels, Delaney Critchfield, Aislyn Koch, Brenna Johannsen, and Anna Tenbenschel.

## Music Holds Multiple Benefits For All Students

By: Gavin Maupin

The benefits of music come from enjoying listening to music to writing music just for the joy of it. I play guitar but writing a song is different than just listening to music. Just watching someone write an amazing solo is different than trying to write something as amazing. When writing your song you are creating something that is about you or someone that inspired you to feel a certain way. There are many ways of people seeing music as entertainment but I see it as a very relaxing hobby and it helps me get back to work after stressing out about an assignment.

I, Gavin Maupin, see these benefits as one of the best ways to relax from a stressful day. According to 10 Positive Benefits Of Listening To Music, According to Science Kendall Devlin that listening to music can help people with depression. I didn't realize that using music as an antidepressant could help with many ways of helping people not be so sad. I have done this many times before while my dad and I were driving. Every time we listen to a song we know we always just jam out on the long drives that we do and we just enjoy the time we have together.

Talking from experience playing guitar changes on how much a guitar solo

has so much work and personality from someone that made it. If you haven't played an instrument before but love music it is cool to learn an instrument and you gather a whole new perspective of that song.

I have also asked a few music "professionals" that I know from my music past these 3 people are the choir teacher, Mrs. Witt, the band teacher, Ms. Sentelle, and my father. These people have affected the way I look at guitar and music. My father says "Well, learning music helps stimulate brain activity so overall I think it helped with my intelligence. My ability to navigate through difficult situations and help with problem-solving skills, so I would say it was a major positive influence on my life. And, it makes you feel happy, sad, excited and overall just fun"

The choir teacher, Mrs. Witt, affected my singing side when I was in junior high about 8th grade I was the only one that didn't do a sport so the boys went to play basketball and we started singing and everyone was starstruck by my voice at the time and it helped me with singing and anything music-related she says this about music in her own opinion "My mom was a piano teacher and I was interested in piano and she started teaching me piano at the age

of five. In school, I played the french horn the violin and I've been in band for all through school but never in choir class. In 9th grade, I started taking piano lessons from a college professor. But I am good enough to play any song with a little bit of practice. Music has been a huge effect on me because it was the choice of my career. When I listen to concert music I get very emotional because of how a team in the band can work together."

The band teacher, Ms. Sentelle, who taught me guitar showed me so many things about guitar that amazed me and I have excelled from there. She says this about music in her own opinion "I started as a biology major and I realized I hated biology and I became a music minor just for the scholarships. I dropped all of my science classes and I was going to become a music major but in the second semester of my sophomore year I added a psychology minor and I was freaking out about job security so I switched to music education. It was more of a backup plan. I started doing some of my experience out in the field working with students and realized I loved it from there."

That is what I find cool about music and musical instruments.

## Santiago Giraldo Earns U.S Citizenship

By: John Tenbenschel

When Santiago was in fourth grade, he and his mom moved to Cambridge, Nebraska because they wanted a peaceful life in the United States. They picked Cambridge because his mom already knew some people that lived there. He is originally from Medellin, Colombia. He didn't know any English when he moved here. It was tough for Santiago and his mom because they were still in the process of learning English. They worked very hard to learn and start speaking English.

On his eighteenth birthday, Santiago began his citizenship process and was very dedicated to getting his citizenship in the United States. Part of the very long process is you have to live in the United States for five years and had to be eighteen years old to start the journey to the citizenship process. Next, you have to fill out tons of paperwork then send in an application along with a payment of \$900.

Then you have to wait until your application is approved. Santiago said, "I wasn't worried about my application getting approved." When his application was approved he went to a biometrics appointment, where they take your fingerprints and signatures are recorded. After he did all that, they assigned a day for an appointment to take the test. He took the test on June Fourth, 2019 in Omaha Nebraska. At the time, he was at Boys' State which is a leadership and citizenship camp in Lincoln. When he left the camp he



Senior Santiago Giraldo displays his citizenship certificate.

was anxious about the test.

He arrived at Omaha and then he took the test. The question part was ten questions long, one must get at least six questions right to pass. Some of the questions on the test that he got asked were "What does the Declaration of Independence do?" or "What are the two ways that Americans can participate in their democracy?" Next, they tested his ability to speak and write English. Santiago aced the test on his first try.

After all of the testing, there is a ceremony. The ceremony commences with the Pledge of Allegiance. Then they call people up to receive their certificates of citizenship. Santiago walked across a stage and got his documents.

Santiago was very excited to get his certificate and finally, his reliefs were gone.

The process took him exactly four months, which is shorter than usual, for Santiago. Luckily, everything went smoothly for him. His least favorite part about the whole process was traveling to appointments. Every time that Santiago and his mom had appointments they needed to go to Omaha, which meant eight hours of driving per appointment. After the ceremony was complete, he returned to Boys' State where everyone congratulated him including the State Governor of Nebraska, Pete Ricketts. He is now a proud dual citizen of the United States and Columbia.

## Drone Attacks On the 308

By: Brandon Horwart

Drones. They're everywhere. If you haven't seen them, then just look up into the night sky. No, that is not just a very small airplane. No, that is not a helicopter. And no, that is not superman. That is a drone. There have been hundreds, dare I say thousands, of drone sightings in Northeast Colorado, Southwest and central Nebraska, and Northwestern Kansas. There's a lot of speculation as to why there are these drone sightings. Some people think it's aliens. Others might go as far to say it's North Korea. In search of more information on the topic, I joined the Facebook group "Mystery Drone Swarm Chasers". 16,000 people are in this group and they post their pictures, theories, and conspiracies on the drone epidemic. Yes, some do post memes, but for the most part it's a

fairly serious group. I also realized that sometimes Nebraska gets so boring, that what seems to be little things like this blow up and it's all people talk about. My personal take on the matter? Decepticons. Just kidding. I honestly think that if the government wasn't involved, they'd be a lot more concerned about it. I talked to sophomore Wyatt Ervin who just recently went "drone hunting" and here's what he had to say, "Dahlton Wood and I were cruising around one night just minding our own business when we saw what looked like an airplane flying reaaaaaaal low to the ground. We hopped out to investigate when we realized that it wasn't an airplane. It was a drone! I'd just seen one the night before at my dad's house, and we were contemplating shooting it down. We were obviously joking as that is illegal, but it was still fascinating to see. It

was ever crazier to see them the night after! I was hearing about these boogers flying around, but I had to see it to believe it." I also talked to junior Ethan Sides who also had a hot take on the subject. "I saw one hovering pretty low right across the road from my house the other day and I was kinda shocked to see it there. It was just like a flashing light hovering over our horse trailer. Later that night me and a few of my buddies drove north towards the lake and then west towards Bartley. The number of drones we saw that night was kinda crazy." Whether you're a believer or you're not, these drone sightings have grabbed the attention of national news. It's weird to think that no company or group of people have owned up to this phenomenon yet. If it isn't anything serious, this will all be remembered as a big hoax. But let's be honest here, it's aliens.



Image of Drones



# Students, staff living normally after flood

BY HAYLEY TARUMOTO

In early spring of this year, flooding brought devastation for students and faculty at Yutan High School.

For some, like the Beutler family and Kyle Thomas, their house and belongings were destroyed by the events. Some others, like the Gunter household, were able to move back into their house after weeks of being evacuated.

It has been almost eight months since the flooding, and the students and staff are in a different place now than they were at the time of the flooding.

“Since the flood, we have moved from our previous place that was flooded to an apartment complex in Omaha,” choir teacher Matthew Gunter said. “One of the main reasons we left is that we felt paranoid, had nightmares, and just felt uneasy living in a place that was flooded.”

The flood did more than just damage their house; it caused some fears that they couldn’t escape.

“When we moved back into our house after the flood, we just felt that we could never be safe,” Gunter said. “We always felt that we needed to have a bag of clothes or an escape plan when something like rain came down.”

Not every situation was like the Gunters, though. For the Beutler family, they were able to find the place they called home, home again.

“It’s back to normal, maybe even a bit of an upgrade,” junior Caleb Beutler said. “I think it’s just a little bit better.”

Even though things may be back to normal for the Beutler family, the recovery process involved construction that took months.

“(The recovery process was) super slow. I mean we had really good people working on the house,” Beutler said. “It wasn’t as bad but we wish it was a little bit faster.”

For senior Kyle Thomas, there was a positive outcome to the situation.

“We moved into Yutan, which is something that we’ve been trying to do ever since we left,” Thomas said. “It’s a lot closer to things that I do... it’s a lot easier.”

Even though they were able to find something positive out of the situation, there were still things missing.

“I lived in the attic but everything, including my brother and his family’s stuff, got ruined,” Thomas said.

Luckily for the family, not everything they owned was destroyed by the flooding.

“We were able to recover some things,” Thomas said. “There was a painting my great grandpa made that we were able to clean and recover.”

Thomas took away a valuable piece of information from the situation.

“A small community of awesome people is always nice to have,” Thomas said. “Everyone was very supportive.”





# THE TROJAN TRIBUNE

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## Heading into RPAC with New Coaches



Left:  
Senior Maria Jauken drives around a defender  
Right:  
Senior Ethan McArthur takes it to the hole against Sutherland



By: Ali Webb  
On the morning of Wednesday, January 8, all high school basketball players were asked to meet in the auditorium. In that meeting, they discussed that the coaches of both the boys and girls teams were being replaced. They have been practicing for about a week now and have one game under their belt after the coaching change.

When asked, "How are things working with this new change?" junior, Kyle Borland stated, "It's definitely different. Practices just aren't the same, we do a lot of different things and everyone's attitudes are all different." On the other end of the spectrum, Sophomore, Carsyn Hanes made a statement about the girl's team. "I think things are going really well. After the Southwest game, we talked about how we feel more unified during the game. Some of the girls said that it feels more natural and looked more natural from the bench. I agree. When I was sitting on the bench and I looked at the court all of the girls were working together and helping each other out and doing pretty well." Senior, Korynn Clason added to that with, "The first practice was a little bit rough because everybody didn't really accept that we have new coaches now. Now since it's been about a week everybody is back with the groove on how Coach Albers coaches and it's really coming together."

RPAC basketball is an important event for a lot of these athletes and being prepared is crucial. Senior Zion Moyer stated, "It's definitely going to be more challenging than what we had thought since we're having to learn new offenses and defenses but I feel like if some of the kids commit to it and we commit to it as a team, then we'll go in looking for the title." When asked how he feels as the team heads into the conference tournament, Moyer said "I don't think we're going to go into it overly-confident, but I also don't think we're going to go in thinking there is no point in us being there because we'll do poorly." were Hanes's thoughts on the same question.

Hardly any worries were noted about the upcoming tournament. Borland's only uncertainty is everybody getting along and Moyer explained he just wants to keep the kids' hopes up. Clason expressed absolutely no worries while Hanes said she is slightly concerned about some girls, "not giving their fullest effort because they are upset with the change." Proceeding into the conference tournament can be stressful enough, let alone with a significant change like this. These athletes look forward to competing and working together as a team to make their fans proud to be Trojans. As they head into the unknown, the only certain thing is, "An individual can make a difference, a team can make a miracle."-Doug Pederson.



## Importance of Cybersecurity

By: Dylan Downer

With the rise of the digital age, information has become a lot easier to access. You can just look basically anything up, and it will be at your fingertips in fractions of a second. There is a lot of public information out there, enough that it would be impossible to go through in one lifetime, but what about personal information? Private information, as in the credentials you use to sign in to your numerous accounts on the internet, the information that you use for your bank account and to pay bills, is also stored online. It isn't accessible to the public, but most companies store their user information in databases. That's how they know when one of your devices is signed into your account. You might have heard about some of these databases being hacked and

the people that use them getting their information leaked.

When you are using online services, it is important to be cautious about what companies you are giving your information too. If you give your information to a company that has weak protections for their databases, and that company gets hacked, your information can be at risk. Things that you can do to lower the risk include: make unique, strong passwords for each of your accounts, be careful about where you give your information out to, and make sure to protect things like your credit card numbers and social security number. You should also make sure that any website you put your information into is real before you give them anything that is important. There are a lot of people that try and scam other people out of their stuff over the internet.

## Paying it Forward

By: Deryk Huxoll  
Hello Trojans, we have just come back from our long and joyful Christmas break, I hope everyone had a blast and got everything they wanted, which leads me into my story. Adam Cribelli, has a specific class that focuses on the well being and happiness of your individual self and others that surround you. One of the things that the class learned is that giving back to others is a powerful tool to make us feel good about ourselves. Mr. Cribelli gave the class a challenge, to see how much happiness they could bring with just a single dollar bill.

Brayden Schultz, a senior here at CPS, is included in that class and took on the challenge with a full head of steam. He works at the local Co-Op here in Cambridge and was called to go help a trucker, but had no idea what was to come of it. He went out with one of his Co-workers and soon found out the trucker had blown one of his air lines, and couldn't afford to fix it. Brayden decided to instead spread happiness with his own \$50 instead of just a little \$1. The trucker insisted that he would find a different way to pay for it, but Brayden said he had a project this would work for and made it happen. Brayden "paid it forward." We will never know the expanding ripple affect that his generosity may cause, but we know that giving is something that makes us all better.

I was apart of this class last year, and I may not have always shown it, but Mr. Cribelli would be the first to tell you that for all of us in there it made us better and more appreciative people. The thing he always stressed the most was, Happiness is made in giving, not receiving. For the first couple of weeks hearing this, I thought to myself, "What is this guy talking about? I would be ecstatic if someone gave me a free car." But then as the year went on and I thought on it more and more, I figured out what he meant. You know that feelings, when someone says they need something, and you just happen to have it and are willing to help someone, that's it. That's the feeling he is talking about, the goodness you feel inside you.

I think Brayden put on the perfect display of this, no one forced him to do that nor did he have to. He had to make happiness with a dollar, not fifty of his own. I can imagine how good he felt to make sure that trucker got to his destination. The amount of satisfaction and happiness it made for the both of them is awesome.



Senior Deryk Huxoll rushes past a defender.

## Huxoll Breaks Class D1 Football Records

By: Cali Gunderson

The 2019 Trojans football team left some impressive marks, literally and physically. The team had an exceptional season, ending the year with a notable 10-1 record. Many individual players were recognized for their outstanding performances and efforts. However, one specific player caught the eyes of many.

Senior Deryk Huxoll has been the Trojan's starting wide receiver for the past three years. This year, the six-foot 175-pound receiver impressed spectators from all across Nebraska. During the Trojan's first playoff game against Nebraska Christian, Huxoll broke two-class D1 state records, yards in a playoff game and touchdowns in a playoff game. Deryk ended the 72-36 game with 225 yards and 6 touchdowns.

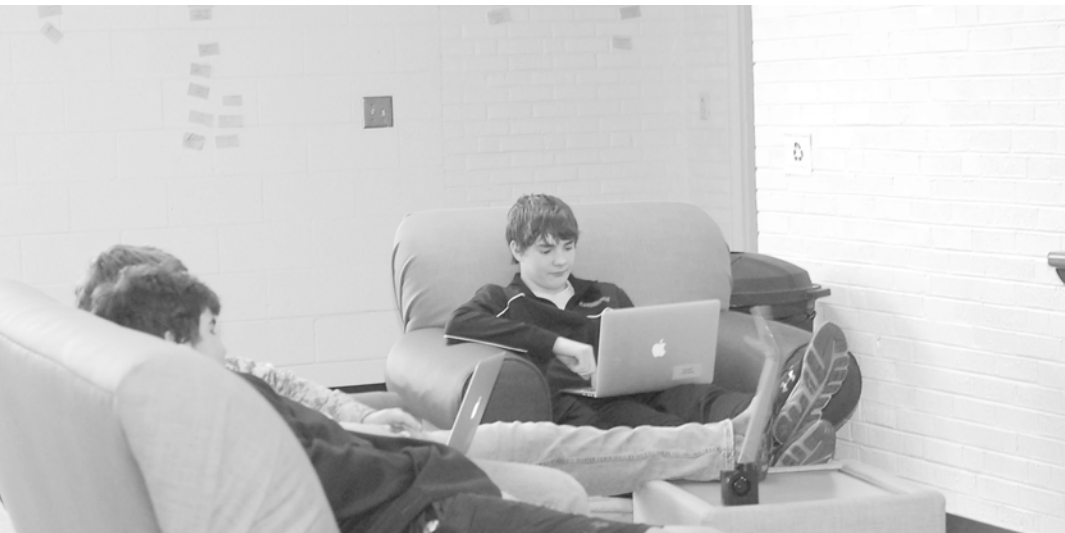
Due to his outstanding season, Huxoll has received first-team all-district for both offense, defense, and special teams along with first-team all-state recognition. He has also been recognized by both the Lincoln Journal Star and the Omaha World Herald. "It feels pretty cool. I'm honestly just glad for the season we had. I would have rather had Kyle [injury free rather] than have all the stats that I did, but I'm also thankful for what I had." Because of the Trojan's amazing season, the senior wants to progress into college football. Huxoll has been reached by multiple colleges to further his football career.

Of course, he couldn't have done it alone. The boys pushed boundaries this year and reached many of their goals. Deryk praises his teammates, coaches, and community for helping him achieve these record-breaking goals. "Definitely my teammates [contributed by] being as good as they were and all having the same goal. It didn't get accomplished, but we all had one goal at the start of the season, and we knew it was definitely something we could try for."

Deryk expressed how honored and touched he has been over the community support and outreach over his accomplishments and recognition this year. "I've had quite a few people reach out to me in person, over Facebook, and calls just congratulating me on a good season and asking me about the future playing college ball and whatnot. I'm just glad that Cambridge football was put back on the map."

But it doesn't end there, by the end of the Trojan's season, Huxoll had broken yet another record. According to Head Coach Rodney Yates, the senior may now hold the record for most yards in a season with a remarkable 2004 yards. The yard count has to be calculated to account for the 8-man field distance. The previous record held was on an 11-man field. Without injuries, Huxoll believed they may have been able to make it all the way to the Nebraska State Championship. However, Huxoll, the school, and the community are excited to see what is in store for the future of Cambridge Trojan football.

## The Grand Opening of the Student Lounge



Sophomore Zachery McArthur (right) completes his homework as sophomore Joseph Brandt (left back) and senior Austin Livingston (left front) work on a project.

By: Chloe Besler  
Everyone loves free time in class, but our school just introduced a new way of spending this time. Last year, Mrs. Kubik had a great idea about a new student lounge. The vending machines got moved to the new

designated spot, outlets were installed, and also a bar top shelf was added so you could sit and do your homework or be on your computer. Over the summer, the school had a couch, two chairs, and two flexible seating cubes made by Cornhusker State Industries run by the Nebraska Department of Correctional

Services. They were made to be durable to stand up to destructive kids and even spills. They are made out of patterned grey and orange fabric. Just recently, Mrs. Kubik and Mr. Albers introduced the Grand Opening to the high school. Everyone was super pumped about the news. (continued on page 3)



# Order on the court: Basketball star shines bright

By: Danae Rader

For some people, basketball isn't just a sport; it's a lifestyle. Senior Katie Roach has been living and breathing basketball all her life. Shooting hoops has been her favorite pastime since she could walk. Roach would spend hours on end shooting around in her driveway with her older brother and his friends. She first started playing on a competitive team back in third grade, and she hasn't stopped playing since.

Roach said, "My dad coached me all through elementary, and both my parents would shoot around with me a lot. So, ever since a young age, my biggest influences have been my parents because they're always pushing me to do my best."

Not every high school basketball team is blessed with a basketball star like Roach, who has been a starter for the varsity girl's basketball team since she was a freshman. She is in the gym at least 5 days each week

and has been continually proving her skills on the court, breaking one record after another. In 2018, she tied the record for total steals in one game with 9. Her junior year, she also tied the record of season steals with 69 total steals.

In December, Roach broke the record of most career points. It was previously set in 2001 by Kayla Beck with 974 points. Roach also hit 1,000 career points, making her the first Lady Cardinal to reach that high. "Going into freshman year, all I had hoped for was some varsity time. I didn't go in with the

expectation of getting a starting spot," said Roach. "I also never really thought about becoming a record-holding player. I just focused on playing my best."

Not only does Katie have great basketball skills, but she is also a great team player. When she's on the court, she's always doing what is best for the team, not just for herself.

Fellow senior Maddie Smith said, "Katie and I have been teammates since third grade, and she's always been a really great teammate throughout the Doniphan-Trumbull teams as well as club teams. Katie has always been a really positive leader, and I've really enjoyed this senior season with her."



Senior Katie Roach slaps hands with her teammates during the starting lineup.

Roach decided to take her passion for basketball to a higher level and play in college. She was torn between attending Wesleyan and Hastings College, but in November, she made her final decision and signed with Hastings College.

"Basketball has always been my favorite sport. From a young age, I have always dreamt about playing college basketball. I had to choose between attending Wesleyan and Hastings College, and it was a hard decision to make, but Hastings College just felt right," says Roach.

Roach will be attending Hastings College starting the fall of 2020. She will be a part of the women's basketball team and major in exercise science.

"My goal is to become a physical therapist, so I'm planning on studying exercise science at Hastings College," Roach said. "I'm really excited for next year and to become a Bronco, but I'm going to miss playing with my DT family."

# Pre-Workout is the new crave Effective or Dangerous New Trend?

By: Ethan Smith

With the level of competition constantly on the rise leading to increased demand for student-athletes, many are turning to the ever-expanding world of supplements to help give them an edge on the competition. One way that many students are hoping to get ahead is by making pre-workout a part of their exercise regimen. According to wovt.com, 40% of high school athletes use pre-workout before their activities. Many of these pre-workout supplements are advertised as healthy, safe and effective, but that is not always the case. Taking too much pre-workout can cause many health problems and even be lethal.

D-T Strength and Conditioning coach Mr. Brent Breckner weighs in, saying, "Anytime someone is using a stimulant, it can be a little bit dangerous. I know that there are some side-effects of dehydration and stuff like that. I know a lot of people use them, but I would not encourage it."

Pre-Workout is a supplement or stimulant used for lifting that can come in many different forms. Athletes take it because it enhances the body and allows them to lift more and gain more muscle mass. While most people associate pre-workout as a powdered supplement added to a shake, they can come in liquids or even bars. These supplements, advertised

as healthy, might seem safe, but in just one scoop of pre-workout, one may get as much of 500 mg of caffeine. That is five times more caffeine than a cup of coffee, and the average person should only ingest 100-200 mg of caffeine per day, according to nbcnews.com. Consuming this much caffeine is dangerous and can increase the risk of heart attack by 60%, according to WebMD.com. Other side-effects can include insomnia, dehydration, vomiting and high blood pressure. However, to many athletes, the risk is worth the reward.

Senior track star Chris Vincent lifts every day after school and uses a pre-workout supplement before his workouts, saying, "I take it before every workout, and I really think it helps me out; though when I take it, it makes me feel tingly."

This tingly sensation Vincent is experiencing comes from the chemical beta-alanine. This chemical has an effect on the nerves and cells and can cause the tingly sensation. Throughout a typical week of exercising, Vincent consumes about 2,000 mg of caffeine. Since teens should only have about 700 mg of caffeine a week, he is really exceeding the recommendation, and he is not alone.

"These supplements have been popular for a long time, but the FDA has really changed the standards and regulations

about it," Breckner says, "That's where most of my concerns come from; we just don't know enough about them for a bunch of kids to be using it."

It wasn't until 2015 that the FDA got involved and changed the guidelines for supplements, limiting the ingredients companies can use in their products. However, there is still a risk involved in consuming these products. Freshmen Masin Lang also loved using pre-workout before his lifting exercise until a recent mistake caused him to swear off the supplement. One day before his workout, Lang took two scoops of Harambees Blood, a popular flavor of pre-workout, a scoop more than the recommended dose. He then began throwing up uncontrollably and had to go home for the rest of the day.

Lang says, "I will never take pre-workout again because I got really sick."

While Lang's experience is fairly abnormal and was due to the fact that he took over the suggested dose; it is

concerning. Yet, despite the possible side effects, many users swear by the results of these products, when used responsibly and in accordance with the manufacturer's instructions. These supplements continue to fly off the shelves and into the shaker bottles of athletes everywhere.



Graphic Illustration by: Ayden King

# Cutting down on weight loss Wrestlers weigh in on cutting during wrestling season

By: Griffin Hendricks

Wrestling season is in full swing, and with it comes the dreaded months of cutting weight. Cutting weight isn't required to wrestle, but it is essential to wrestlers wanting to drop down into lower weight classes, either because they like their chances in that class or their team needs them to fill a spot in that class. If you talk to most veterans in the sport, they'll tell you that cutting is a big part of the sport, but wrestlers today will tell you otherwise.

"Having to cut weight is something that I've had to do every year that I've wrestled, but I still never have gotten used to it. It's something that really tests your mental toughness, and it can make or break some wrestlers," said junior wrestler Colton Horne.

Making matters even worse, the wrestling season falls during the holiday season, which certainly does not make it easier to keep the weight off. Many wrestlers have to sit Thanksgiving out,

while nearly all have to watch what they're eating at Christmas.

"Eating what I want over the holidays really isn't an option for me most years because of the weight that I need to maintain for wrestling. It's something that I've learned to expect by now, but it still is a hard thing to do," said junior wrestler Taylor Lautenschlager.

Not eating like usual over the holiday season, and over the winter months for that matter, has led some wrestlers to rethink their decision of cutting weight. Since 2010, the amount of wrestlers trying to cut weight has decreased by over 25 percent, and the number is still growing. Wanting to keep the same eating habits does play a big role in this, but the growing safety concerns have been a factor for some wrestlers too.

"I'd be lying if I said I hadn't heard some of the stories and concerns that people have about cutting weight," said sophomore wrestler Jordy Baland. "I've been dropping some weight for my matches, but I've tried

to steer clear of cutting lots of weight for competition."

Cutting weight isn't all bad, though, and some people even say that it is the reason they go out. Many wrestlers say the motivation to lose weight that comes with wrestling is one of the biggest reasons they go out.

"I wanted to drop some weight to help me get into better shape for my other sports, so wrestling was perfect. It's a lot harder than I thought it would be, but I know it will help me in the long run," said freshman wrestler Michael Bonesteel.

Cutting weight can be great to help with athletics; however, it isn't beneficial in all cases, and it can be dangerous if not done properly. According to Shine365, a health and wellness blog, cutting weight excessively in a short amount of time can result in muscle loss, fatigue and illness. Most experts say that the weight loss process should start weeks before the season starts to ensure safety, which

can make it difficult for wrestlers who are competing in sports in the fall season. D-T coaches and the NSAA aren't oblivious to this matter, and they have begun taking steps towards safer cutting.

"The NSAA enforced new rules in 2014 to help with safely cutting weight, and I think it's been very helpful. All of the wrestlers are to do hydration and alpha tests before the season. Alpha tests are basically seeing how much body fat you have and how much body fat you can drop down to safely. We also really encourage our wrestlers to hydrate throughout the season and not rely on water loss to be their means of cutting weight," says assistant coach Mr. Brent Breckner.

Cutting in the sport of wrestling isn't something that seems to be going away altogether, but through the use of new regulations and a growing awareness in the sport, the days of dangerous cutting can be a thing of the past.



## #11 Yearbook Feature Writing, Roxana Rodriquez, Wood River

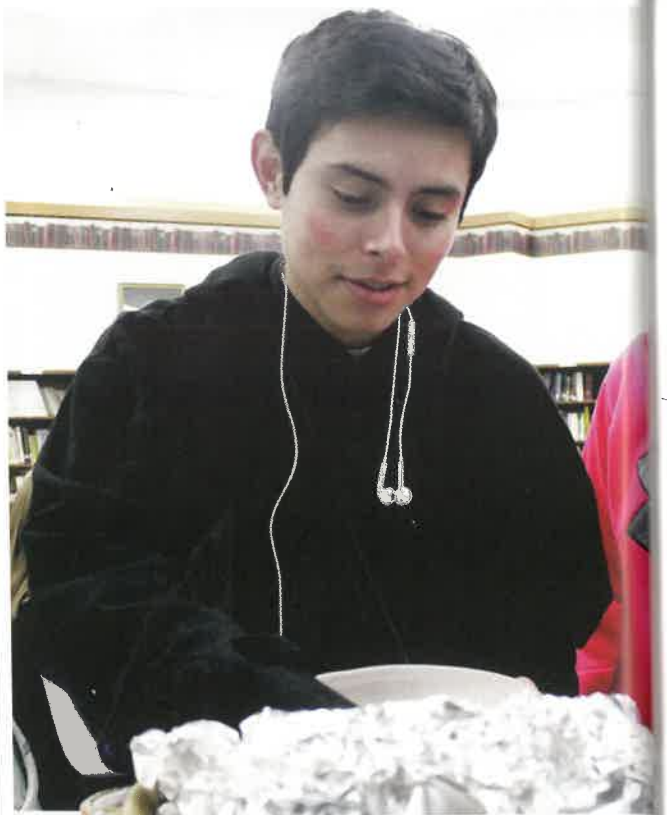
**CONTAGIOUS SMILES.** While meeting late in the afternoon, the group laughed and smiled about the small jokes the speaker made while telling the story of his life. "I felt like he made me rethink my actions when it comes to my parents," said Belen Rodriguez [11]

Photo by: Lyndsay Alvarado



**WHAT'S IN THE BOX?** While at an event for La Calendria planned between the Spanish club and the Multicultural Committee, Victor Castro [11] reaches into a bowl filled with tameles. This was the first year La Calendria was planned between two clubs.

Photo by: Rosio Avilez



**CREATING A MASTERPIECE.** Working during advisory on their presentation board, Rachel Rodriguez [11] and Roberto Lindiman [10] look for letters to glue onto their board. "I had fun working there and teaching people how to play with El Balero," said Lindiman.

Photo by: Roxana Rodriguez



# A Difference In the Making

High school is filled with clubs, teams, organizations, yet each one had a beginning. Starting anything takes a lot of time, effort, and passion, and the same can be said for the creation of the Multicultural Committee.

"I've gone to Wood River all my life, and from early on, I could tell I experienced a lot of different things from my classmates and friends because I am a Latina. As I got older, I realized representation, diversity, and acceptance are so important. My hope for the multicultural committee was to have a place everyone can come together and discuss in a safe atmosphere individuality, race, problems, and solutions," said senior Multicultural Committee President Dulce Garcia [12] when asked why she wanted to start the group.

Garcia also made sure to mention, "One of the things that really pushed me to advocate for the group was knowing it's my last year here. I knew that I would regret not doing it later on in the future because I felt it was something Wood River needed, and I was lucky enough to be in a position to make the group a reality."

Still, any organization in the beginning faces issues, but the Multicultural Committee tackled each obstacle together.

"The hardest thing was just not getting caught up in the fear I felt of what other people might say. I think race and ethnicity are such hard topics to discuss because it has to be done

properly, so there is always a fear in it. The group, Mrs. Rodriguez, and I all faced every problem together like when we had to change our meeting day and place. Everything was a learning process. It got difficult sometimes, but we always prevailed."

Within the short time formed, the group took all the passion they had to plan and host the Multicultural Festival: Latino Showcase, which introduced all the Wood River student body to food, music, traditions, and games from Latino culture at the end of year. The success of the event only reignited the excitement of what's to come next year, but one incremental part of the group will be gone.

"I remember when I was younger, and I was always so scared to speak because my English was so broken and I was always in ELS classes. Flash forward to now: I started a club with the sole purpose of being proud of your roots and celebrating your individuality. It's honestly been my biggest achievement. I don't think I'll ever forget looking around during our meetings with all the members and feeling that immense amount of pride. I think this year and the group moved passed any expectations I had for it, and I know they'll make me proud next year. I'm sad to have only been here for its first year, but even if the Multicultural Committee started with me, it'll go on for years to come, making school a more inclusive and accepting place. That's all I've ever wanted," said Garcia.



Injuries Take a Toll

By Breanna Muff

Yearbook Sports Feature #2

The football team had worked hard all summer by going to camps and doing summer weights to prepare for the upcoming season. They were anticipating everyone returning from the previous year, plus a few newcomers. What they weren't anticipating was having so many unfortunate events occur before the season ended. Seven of the seventeen team members would not be able to play in one or more games.

It all started during a July football camp when sophomore Jose Tellez was hit by the injury bug. Tearing his ACL, Jose would not be able to participate in any games. "Being out for the season was tough, but it did give me an opportunity to study the game and to learn how to be patient with my recovery," said Tellez.

A few weeks later, the team felt hardship once again when sophomore Karter Tyser also tore his ACL while playing in the second game for the Longhorns. "I just remember my adrenaline kicking in and not feeling the pain until I got to the hospital," said Tyser. "When the doctors told me I tore my ACL, I was devastated because I knew that I couldn't play in any more games."

Others were just out for a game. "I got a concussion during practice, and I was not able to play that week. I was upset, but the team adjusted well and we won the game," said freshman Brett Ladely.

"I hurt my shoulder in practice. I was glad it wasn't too bad though, and I only missed one game," said junior Collyn Brummett.

It was especially hard for a senior to miss out on playing. "I got hurt about halfway through the season with a broken fibula. I was devastated because I wanted to play my whole senior year and couldn't," said senior Andy Real.

One positive from having injuries was that it gave other students an opportunity to get more experience on the field. "Although the team was hit hard during the season with many injuries, they recovered well from them and learned how to play with different people," said Head Coach Brent Zoubek.

"I was nervous to step in as center, but having to step it up made me work extra hard in practice so I could better myself and my team," said sophomore Jason Paz, who took over the center position after Tyser suffered his injury.



The final toll was during the last game of the year, when two players were injured, which may have impacted their ability to win the game and make it to State. Senior Josh Thompson suffered from a major concussion and sophomore Blake Hansen was tackled and bruised two of his ribs, leaving them both unable to finish the game. "It was hard not being able to finish my last football game ever, but I am happy with how I played," said Thompson.

"All of the injuries definitely impacted our playing the game to the best of our ability. I guess I'll always wonder how we might have done if we could have had everyone and been at full strength," said Hansen.

Although the Longhorns went through tough injuries, they never let the obstacles get in their way. "I was always excited to play a game, even if someone from the team couldn't because they were hurt. We always had a backup plan in case something happened," said freshman Fernando Perez.



Theme of the yearbook is “A Million Miles From Nowhere”

Our book is divided into divisions....fall, winter, spring, people, ads

The entry is comprised of the fall division copy.



Fifteen miles from the big city of Omaha, is a small town called Yutan. Although Yutan is just a little west, to those who don't reside in the small town, it seems as if it is a *Million Miles From Nowhere*. To the students at Yutan, being a *Million Miles From Nowhere* is a normal thing.

As fall arrives, suddenly being a *Million Miles From Nowhere* isn't so bad. A group of friends pack into their car to go to the homecoming dance. With the masquerade decorations hanging on the wall, students dance their hearts out, getting lost in the songs, dancing and laughs. In that moment, being a *Million Miles From Nowhere* is just fine with them, as they live in the moment and make memories that will last a lifetime.

Cross country runners are outside with nothing but dirt roads and corn fields surrounding them. The lone girl on the team ties her laces, and begins to compete with the pack of boys on the team. With each stride, being a *Million Miles From Nowhere* gives a sense of peace and pride as she and the other runners run their hearts out to be the best they can be.

Over on the football field, players are practicing with grit and determination, hoping for their shot at another state playoff game. With every step taken, in the players' hearts is a passion to once again put this little town on the map.

As the curtains draw back and the spotlight is shone on the star actor, it suddenly seems as if you are a *Million Miles From Nowhere* as the character comes to life. The laughs of the crowd give a subtle reminder that you are not alone, but deep in your heart you still feel as if you are. Then, one of the actors receives an award, and once again the little town of Yutan is put on the map.

The other activities in fall also enhance the feeling of being a *Million Miles From Nowhere*, but perhaps being a *Million Miles From Nowhere* isn't such a bad thing. With every second in this little town, students learn hard work, determination and passion, and no one in this little town allows being a *Million Miles From Nowhere* to affect how they live their life.



# It's the most stressfull time of the year Study, Study Study!

*Brynn Claycamp*

Finals week can be an extremely stressful time for students in school. Studying for all of the classes that have a final exam to show how much they've learned throughout the school year. For some students, it is easy because it just comes naturally. Although for others, it doesn't come so easy just because they don't get it or are bad test takers.

"With the stress of being a Junior in high school and trying to plan your future for college, sometimes getting homework done makes me feel really stressed out," said Kenzy Sanders, Sandy Creek Junior.

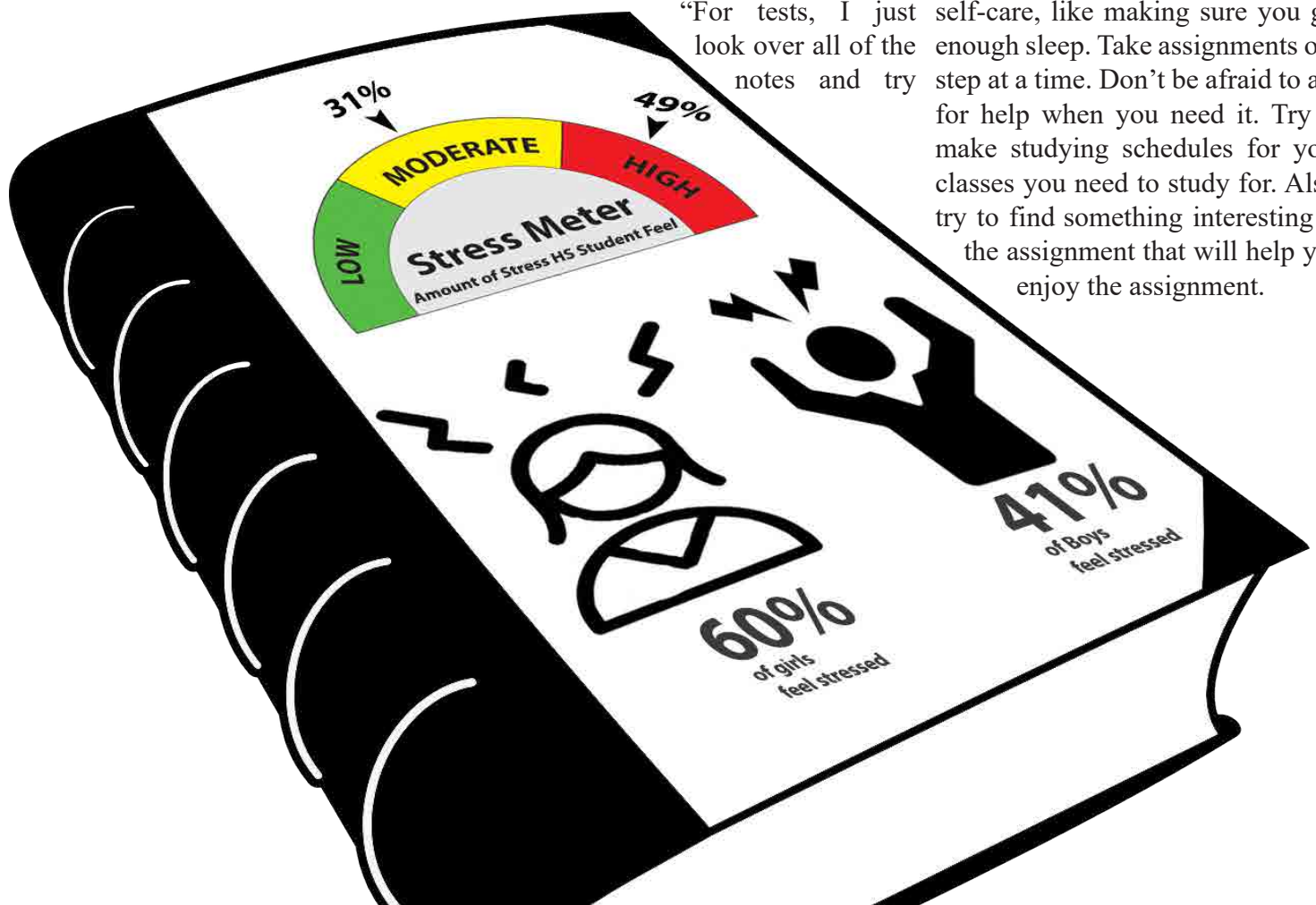
There are many strategies when it comes to finals or just studying

for tests. Some people just wing it and don't study, while some students spend every waking moment making quizlets, notecards, or anything that could help them for the test. Being stressed can lead to many after-effects like anxiety, depression and many more dangerous health effects. School can be stressful without tests for some students. Whether that be because students are striving to get the best grade they could possibly get on the assignment, or because getting assignments and having a due date causes stress on the student. Sometimes it is just because the student is always stressed, in general, so getting homework makes it worse.

to review if I am understanding the chapter. But other times if I'm not understanding the chapter I have to really buckle down and study all my notes and make notecards, which is when I start to get stressed out," said Payton Clark, Sandy Creek Junior.

According to NYU studies, almost half of all high school students, 49% reported feeling stressed on a daily basis and 31% reported feeling somewhat stressed. Also, females reported significantly higher levels of stress than males (60% vs 41%). Although sometimes stress is unpreventable here are some tips that can help make high school less stressful. Take time for self-care, like making sure you get enough sleep. Take assignments one step at a time. Don't be afraid to ask for help when you need it. Try to make studying schedules for your classes you need to study for. Also, try to find something interesting in the assignment that will help you enjoy the assignment.

"For tests, I just look over all of the notes and try





# College Athletics

## Stress - Fun - Comraderie

### Educators explain college athletics choice

*Teachers talk about the things that drove them to different schools and what was important*

BY LAYCEE JOSOFF

College can be difficult for many reasons: adjusting to life on your own, making new friends and studying for school. In addition to that, six Yutan staff members had much pressure to also compete in athletics during their college career.

"There was pressure juggling both academics and sports," said business teacher Amy Arensberg, who played softball for Midland University. "So you had to be diligent about making sure you studied and kept your grades up as a student athlete."

Choosing a sport to play in college

can be difficult, but superintendent Mitch Hoffer, American history teacher Lyle Mead, and Arensberg all made their decision after much consideration.

"It was a hard decision for me between baseball and football because I really enjoyed playing both sports. However, when thou-

sands of dollars are at stake, it makes the decision a little easier," said Hoffer, who played football at Midland University. After choosing the sport they wanted to play in college, these educators then had to decide what college to attend.



Chris Feller

"I went with the school that I liked the best first, and then by which gave me the most money to play," Arensberg said.

In making all those decisions, Mead felt little to no pressure. He went to Midland to play basketball, then switched to track, placed fifth at nationals, and became an all-American.

"I felt no pressure at all. It was never like I was struggling in deciding between different schools," Mead said. "I wonder what might have happened had I stuck with track more and really put the time in by lifting weights and such."

While Mead felt like he had no pressure, Hoffer was stressed with the big decision. "It was a stressful time just because at that point in my life I never had to make that big of a decision," Hoffer said.

Besides Hoffer, Mead and Arensberg, three other staff members played college sports: Chris Feller played Division II basketball at University of Denver, Dan Krajicek played Division II football at University of Nebraska Kearney, and Brian Daniell played football at Peru State.

With the pressure Hoffer felt, he had to find ways to overcome it.

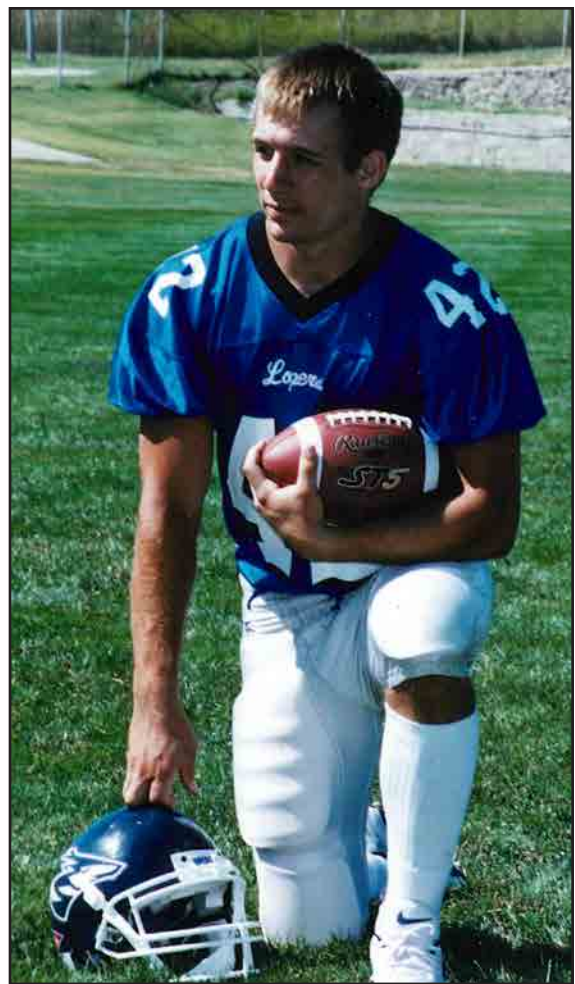
"I spoke to a lot of people who had been through the process before and I asked a lot of questions," Hoffer said.

Once at college, Mead had practice seven days a week. Over time, he learned how to handle academics with sports.

"It wasn't too difficult, I didn't focus on school initially, but that changed eventually," Mead said. "The biggest frustration was the amount of practice we were required to do."

In college, Hoffer knew someone was always expecting something from him whether it was homework or commitment to the team.

"The thing I noticed the most is that people expect something from you all the time," Hoffer said.

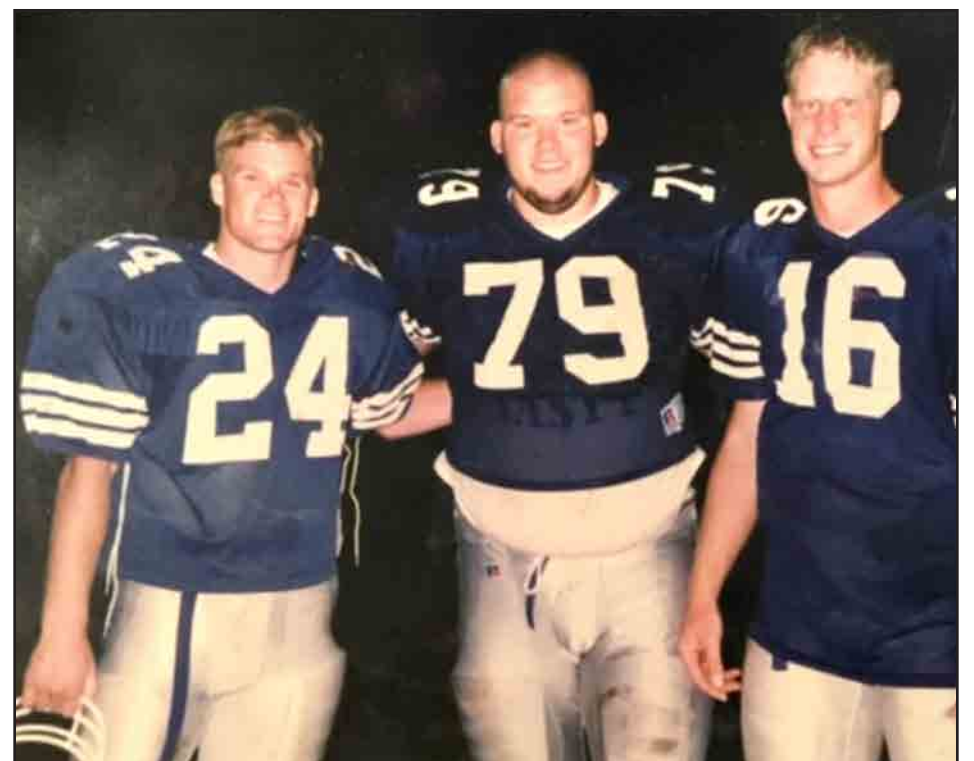


Dan Krajicek

**COLLEGE ATHLETICS**

**FACTS**

- College coaches are monitoring athletes as early as 7th grade.
- Student athletes can be at higher risk of anxiety and depression due to stress.
- 7% of high school athletes go to play a varsity sport in college.
- 98 out of 100 high school athletes never play collegiate sports at any kind of level.
- NEARLY 33% OF COLLEGE RECRUITS WILL QUIT OR BE ASKED TO LEAVE BEFORE THEY GRADUATE.
- ONE IN 16,000 HIGH SCHOOL ATHLETES ATTAINS A PROFESSIONAL SPORTS CAREER.
- STUDENT ATHLETES ARE STRESSED OUT. Symptoms include change in sleeping patterns, tightness in chest, headaches, and lack of energy.
- GRADUATION SUCCESS RATES: 86% in Division I, 71% in Division II, 87% in Division III.



PERU STATE BOBCATS - High school principal Brian Daniell (No. 24) poses with teammates Ben Tilley and Jamie Stinson during his days as a Peru State football player. Daniell is one of six high school staff members who played college athletics. Courtesy photograph



Football players work hard to earn time on the field

## Alumni live the life of college athletes

BY HEIDI KRAJICEK

It's every little kids dream to play college sports, and for two recent Yutan graduates, this dream came true.

Colton Feist and Trevor Ziemba both play college football. Feist plays for the University of Nebraska-Lincoln and Ziemba plays for Midland University.

Ziemba is a 6'1", 225-pound, red shirt sophomore linebacker. He played in four games with five solo tackles and seven total tackles.

Feist is a 6'2", 280-pound, red shirt freshman. His position is defensive lineman.

Thinking back to high school, Feist says he doesn't regret deciding to be a walk-on.

"Getting the opportunity to play at a Division I school was a dream I always had," Feist said. "I've grown so much as a person and player from coming to the university."

Feist and Ziemba said a similarity between high school football and college football is that the game is still the same.

"The camaraderie between the players and becoming 'brothers' is very similar," Ziemba said.

Feist and Ziemba also said college football is more physically and mentally challenging.

"The speed of the game is a lot faster than high school," Feist said. "Everyone is so much bigger, faster and stronger."

For Feist, his typical day during football season consists of waking up around 6:30, going to the stadium, eating breakfast, going

to meetings, lifting, going to practice, going to lunch, going to class, and then finally back to the stadium for meetings and dinner.

For Ziemba, his typical day is waking up at five and then lifting at six. After lifting he goes to class from 8 to around 2:30. Within a few hours, he said, the team would start their meetings and practice right after.

Feist this past season injured his ankle on the second to last day of fall camp in the first drill. He decided to have a surgery on his ankle and the recovery was six to eight weeks. However, Feist had to undergo another surgery to take all the hardware out of his body, so that required him to be out for the whole season.

Feist and Ziemba both said weightlifting has helped both of them for football.

"It has developed my body into something that can compete and play football at the Division I level," Feist said.

Ziemba also said weightlifting transformed his body.

"I think it is vital for success," Ziemba said. "You must be willing to work outside of the season to be truly successful."

Feist said playing college football has helped him build a lot of relationships and memories he will never forget.

"We (the team) all go through the same grind every day and know each other the best," Feist said.

Ziemba said he has two goals for the upcoming season.

"My main goal is to earn a starting spot

as a linebacker," Ziemba said. "For a team goal I'd like us to achieve is winning a conference championship."

Feist said his goal was to earn playing

time on the field

"I have enjoyed playing the game I love and making memories while at it,"

Feist said.



Trevor Ziemba



CHIEFTAIN TURNED HUSKER - Colton Feist practices with the Nebraska football team last fall. Feist, a redshirt freshman, sustained an ankle injury and missed all of the 2019 season. Courtesy photograph

## Family motivates college-bound athletes

BY HALEY BEDLAN

The motivation of competing at the college level is what fuels athletes to play their best.

Yutan students are known to be motivated, and our athletes are no exception to this.

Senior Trey Knudsen recently committed to play basketball at Morningside College in Sioux City, Iowa. Knudsen has been in contact with Morningside coaches since his freshman year of high school.

"It felt like the place to be," Knudsen said.

Deciding to play college ball is a major decision that young students have to make.

"It's been a dream of mine since a young age," Knudsen said. "My drive comes from the passion I have towards the game and the love I have for it."

For Knudsen, his biggest supporters are his parents.

"I feel like I let them down when I don't win," Knudsen said.

Not only does Knudsen's support system come from his family, but so does senior Anna Vandenack's.

"My family motivates me," Vandenack said. "If I don't perform my best, I go to my dad, and he helps me move on from mistakes."

Vandenack hopes to play college basketball but is still undecided on what school.

Even though athletes make mistakes and those mistakes may cost the outcome of the game, they ignite a spark of motivation for senior Molly Davis.

"Losses from seasons before drive me harder for the next game. I hate losing,"

Davis said.

Davis plans to play college basketball, but is still undecided on what school. These seniors are three of the many athletes planning to play collegiate sports.

Colby Tichota recently committed to Midland University to play basketball and

Will Hays decided to play golf, also at Midland University.

Emma Lloyd recently committed to the University of Nebraska at Lincoln's track and field team and Logan Burright also decided on doing college gymnastics.

College athletics can diminish the love

for your sport, but these seniors all believe that the love and passion for their sport is vital to play.

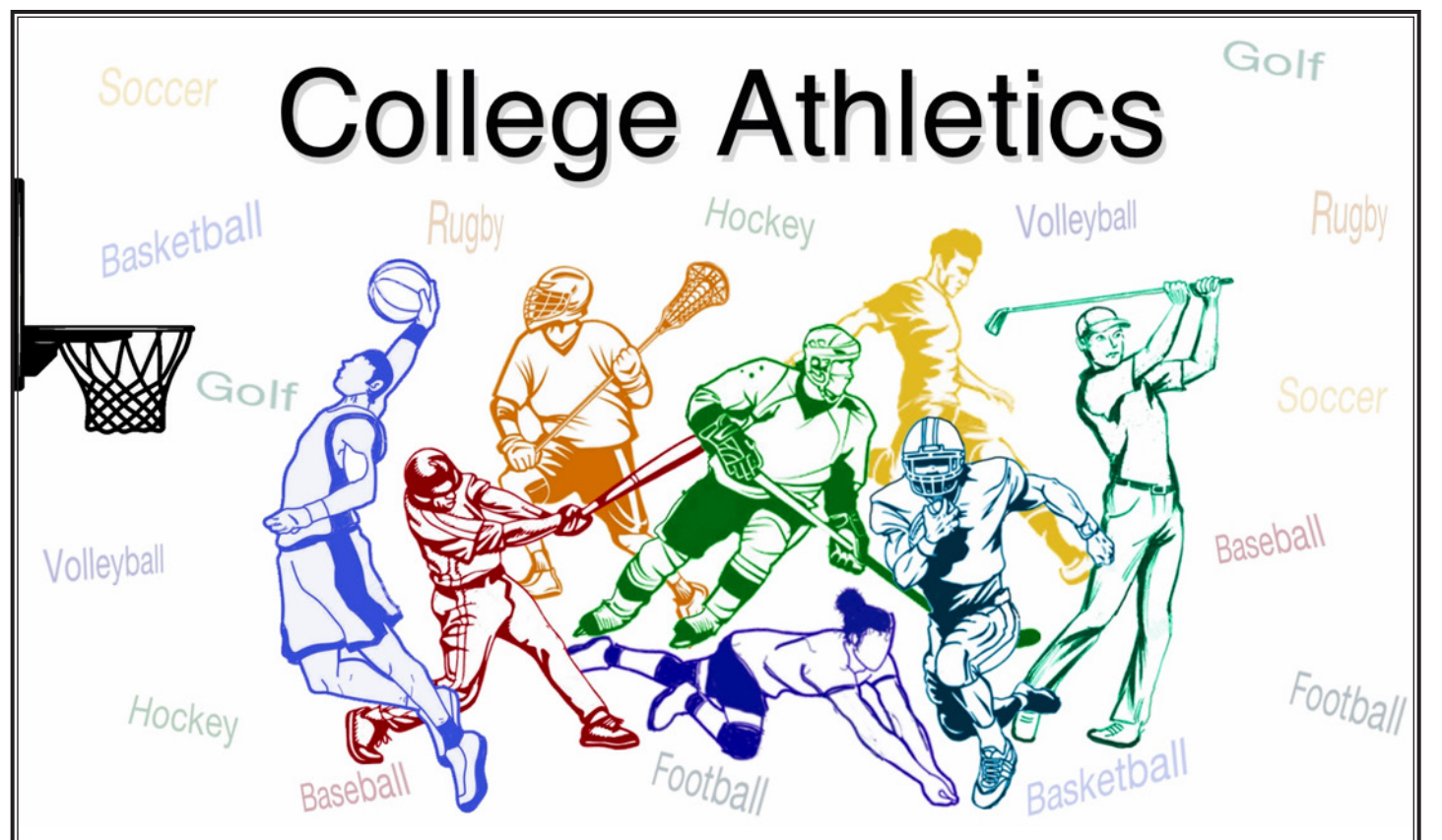
"You have to love it so much that every loss hurts," Davis said. "You have to love the game."

Knudsen believes everyone can achieve what they want.

Davis also has advice for younger players.

"Keep working hard and remember every game could be your last."

**"You have to love it so much that every loss hurts."  
Molly Davis**





A stylized illustration of a man in a grey suit and blue shirt sitting in a brown armchair. He is holding a small object in his right hand. The background is filled with numerous knives of various sizes and designs, some pointing towards the man. The overall style is graphic and minimalist.

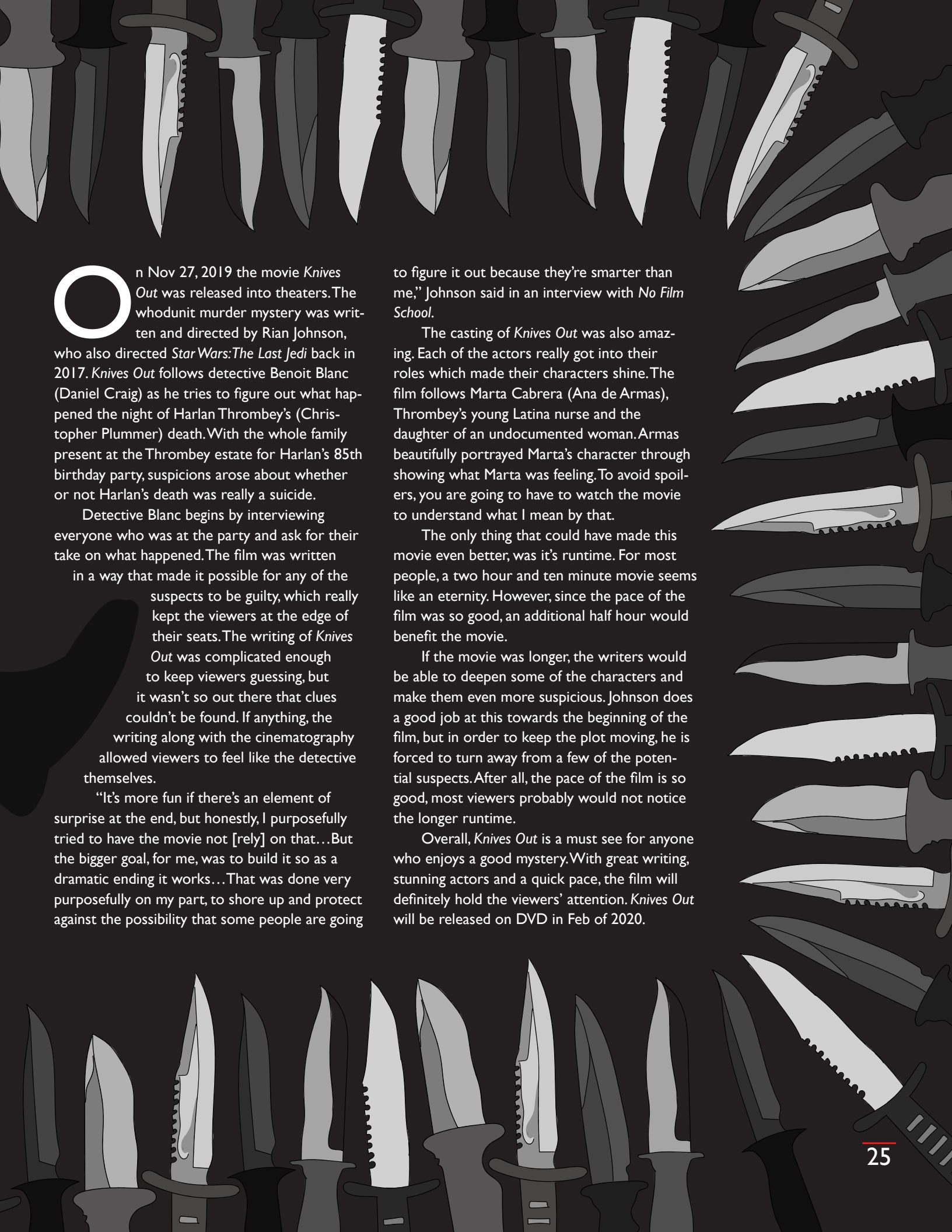
#16 Newspaper Layout, Elissa Dames, Scribner-Snyder

**“When people get desperate,  
the Knives  
come out”**

story by Elissa Dames

illustrations by Elissa Dames





**O**n Nov 27, 2019 the movie *Knives Out* was released into theaters. The whodunit murder mystery was written and directed by Rian Johnson, who also directed *Star Wars: The Last Jedi* back in 2017. *Knives Out* follows detective Benoit Blanc (Daniel Craig) as he tries to figure out what happened the night of Harlan Thrombey's (Christopher Plummer) death. With the whole family present at the Thrombey estate for Harlan's 85th birthday party, suspicions arose about whether or not Harlan's death was really a suicide.

Detective Blanc begins by interviewing everyone who was at the party and ask for their take on what happened. The film was written in a way that made it possible for any of the suspects to be guilty, which really kept the viewers at the edge of their seats. The writing of *Knives Out* was complicated enough to keep viewers guessing, but it wasn't so out there that clues couldn't be found. If anything, the writing along with the cinematography allowed viewers to feel like the detective themselves.

"It's more fun if there's an element of surprise at the end, but honestly, I purposefully tried to have the movie not [rely] on that... But the bigger goal, for me, was to build it so as a dramatic ending it works... That was done very purposefully on my part, to shore up and protect against the possibility that some people are going

to figure it out because they're smarter than me," Johnson said in an interview with *No Film School*.

The casting of *Knives Out* was also amazing. Each of the actors really got into their roles which made their characters shine. The film follows Marta Cabrera (Ana de Armas), Thrombey's young Latina nurse and the daughter of an undocumented woman. Armas beautifully portrayed Marta's character through showing what Marta was feeling. To avoid spoilers, you are going to have to watch the movie to understand what I mean by that.

The only thing that could have made this movie even better, was it's runtime. For most people, a two hour and ten minute movie seems like an eternity. However, since the pace of the film was so good, an additional half hour would benefit the movie.

If the movie was longer, the writers would be able to deepen some of the characters and make them even more suspicious. Johnson does a good job at this towards the beginning of the film, but in order to keep the plot moving, he is forced to turn away from a few of the potential suspects. After all, the pace of the film is so good, most viewers probably would not notice the longer runtime.

Overall, *Knives Out* is a must see for anyone who enjoys a good mystery. With great writing, stunning actors and a quick pace, the film will definitely hold the viewers' attention. *Knives Out* will be released on DVD in Feb of 2020.



#17 Photo/Artistic Illustration,  
Rebecca Witmer, Sandy Creek



First I did the eye shape with a circle in the middle, filling the center of the almond-like shape. I added another circle in the center of the bigger circle to be the pupil of the eye. In the pupil, I added pills and pill bottles, prescription and over the counter meds spread throughout the pupil. In the remaining area of the outer circle I made two dark shadings on the edges and lighter shading between them. Then I did shading on the outside of the eye to be the top eyelid, then surrounded the eye with eyelashes. On the top and sides I wrote in scribbled, angsty handwriting "Take some, it'll make you feel better!" and "Not working? Take more!" I then did some finishing touches of making the eye have veins and erased some of the smudged lead.



#18 Sports Action Photography, Jayden Leonard, Thayer Central









#19 News Feature Photography, Kensley Schofield, Wood River





**Sophomores Hard at Work (Right):** Sophomores Ethan Christensen and Austin Beutler work together on a math review. "I think that the review helps me remember the material better," Beutler said.

**Different Angles (Below):** Freshman Nolan Timm and sophomore Jesse Keiser collaborate to finish a geometry project. The geometry class also did a project to demonstrate the different types of angles they learned.



**CHARGED (Left):** Freshmen Ethan Eggen and Frances Hebenstreit work on circuits in science class. This experiment was used to demonstrate how electricity is used.

**BUG-GING-US (Below):** Seniors Anna Vandenaek, Allison Frye, and Emily Kennedy observe the behavior of a grasshopper. The advanced biology class studied the behavior of multiple insects throughout first semester.



## Teachers Introduce New Curriculum

In the past, the science curriculum was just the teacher talking about the lesson and students doing different things every day. Now with the new science curriculum, students are able to do more projects and be more active during class.

The new curriculum is called Amplify Science. The program started this year in grades K-8.

Science teacher Brian Sass said the new program teaches students to experience new learning strategies as well as to think outside the box.

"It makes them write down their thought process rather than memorizing information," Sass said.

According to Science teacher Leslie Heise each unit of Amplify Science

engages students in a relevant, real-world problem where they investigate scientific phenomena, engage in collaboration and discussion, and develop models or explanations in order to arrive at solutions.

"It's a switch from 'learning about' to 'figuring out,'" Heise said.

The state of Nebraska released new science standards in September of 2017 where teachers needed to incorporate 3-dimensional learning and teaching. Heise said Amplify Science fit within the guidelines.

School districts are allowed to choose the curriculum they prefer as long as it fits within the guidelines. Amplify, so far, is the only program that has received all-green markings

from EdReports. EdReports is an independent nonprofit committed to ensuring all students have access to high-quality instructional materials.

"Students are asked to not only learn new science content, but also apply science and engineering practices and apply cross-cutting concepts from all areas of science and learning," Heise said.

One of Sass' favorite things about the program is the students are always doing different things and are involved the entire period.

"It gives the teacher a step-by-step instruction as well as great visuals on the computer for the students," Sass said.



**Noted (Above):** Freshmen Taylor Schwarz and Marina Voegell take notes in Pre-Algebra. "Honestly, taking notes is the only way I can remember anything," Schwarz said.



**Caught in the Net (Above):** Sophomores Christina Kerkman and Trinity Nelson catch bugs for a biology project. The sophomores were required to catch 20 insects.



**Pin It (Left):** Sophomores Jackson Gayer and Caleb Tarumoto pin an insect to styrofoam. The biology class used insects to demonstrate anatomy.





Southern Valley Schools

Volume 24

2018-2019

# PICTURE THIS

SOUTHERN VALLEY YEARBOOK  
2018-2019





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Oxford, NE 68967  
308-868-2222  
www.sveagles.org



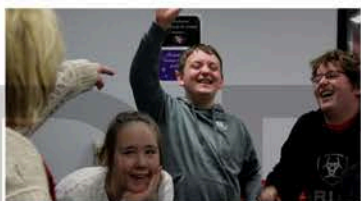
# 2018-2019



## PICTURE THIS!

Southern Valley JR/SR High School

ABOVE: Coach Norton hypes up the football team before their first game.



FAR LEFT: Laurel Stalder, Gabe Grove, and Sam Russell enjoy Mrs. Bose's study skills class. LEFT: Brooke Jorgenson performs her humorous speech at the pre-district performance.





# PICTURE THIS!



Picture This! Southern Valley is a school that isn't in a community but is in the middle of fields and pastures. The school may not be physically in a community, but #synvation is a driving force in south central Nebraska.

A snapshot of the 2018-2019 school year includes excitement all around #synvation. Numerous pep rallies recognizing success in sports, extra curricular activities, and academics were held throughout the year. Students enjoyed games such as a riff off, improv acting, and physical feats such as knocking over cups, winning a trash can elimination tug of war, or hula hooping. Students were also recognized for academic success in a pep rally for MAPS testing. Each student who increased their MAPS scores received a Southern Valley bag.

Eagle athletic teams were the picture of excitement. Junior Lauryn Samuelson said, "My most memorable moment was when we beat Cambridge in the first round of RPAC volleyball. It was loud and energetic when the fans were cheering us on."

Other memories of the year included rules handed down by an entirely new administrative team. As students got to know principal Mr. Jeff Linden, activities director Mr. Brandon Marquez, and superintendent Mr. Bryoe Jorgensen, they realized that school would be a bit different. The lardy and absence policies were updated, and students found themselves missing less class time for non-academic reasons.

As students remember the school year, they won't soon forget the memories they made with classmates and teammates.



Opening/theme

People

Academics

Sports

Activities

Ads/Closing

1-3

4-49

50-67

68-97

98-133

134-144





Madeline Reeves plays pop band at a basketball game.



James Wassinger poses for a photo during an FBLA meeting.



Taylor Russell dresses as a hippibilly during Homecoming.



Sawyer Quinn and Maggie Bose pose at a volleyball game.



Madison Ford and Savannah Ellis sing in choir.



Brant Grove receives an award for Entrepreneurship at State FBLA.

# Seniors Class of 2019 The End

Senior year is full of lasts, but it also brings in a lot of firsts as well. Last days of high school turn into first days of college or early mornings driving to school turn into early mornings driving to a job. Senior, Hanna Graff said, "This year has flown by. It has been really stressful, but also really fun. I am sad to have to leave, but I am thankful for the memories I have made, and the people I have met."

Senior class goals range anywhere from the medical field to the military. Over the years, the class has grown closer to one another and will continue to support each other through the coming years. It's time for these Eagles to leave the nest and soar on their own.

**Picture This!**  
What will you be doing in five years?

	<b>Yelithza Olivras</b> "I will be in the Airforce."
	<b>Amber Schuler</b> "In five years I will be running my own dog grooming business in Oxford, Nebraska called Just A Snippet."
	<b>Eric Ellis</b> "I don't even know. I'm hoping to still be working with the military at that point."



Pete Brown coaches powder puff football during Homecoming week.





Picture This! Everyday students pull out their computers and start working on assignments. The classroom is a comfortable and familiar place. Picture students collaborating, getting help from dedicated teachers, and learning new lessons. Everyday Southern Valley students put time and effort into their work. Some want to succeed to keep their GPA up, others need to keep their grades up in order to participate in extra curricular activities.

Southern Valley offers classes in many areas so students can learn lessons that will help them develop skills for their future. These classes help Southern Valley students become well-rounded individuals. Junior Beau Baily said, "I like the challenge of learning about new subjects. There is always something interesting to study." Picture This! Southern Valley students are successful in the classroom.





# Physical Education: Picture Gains

This year's physical education and weights classes have been working on getting gains. New PE teachers Mr. Russell Norton and Mr. Dexter Becker introduced new ideas and new workouts for Southern Valley students. Each student was asked to chart their lifting percentages to document their progress. The weight room got a new look with the lifting machines to better organize them for student workouts.

Mr. Norton said, "We are all Southern Valley. Get Gains!" Students were encouraged to work each day to get better and to continue setting higher goals.



ABOVE MOVING CLOCKWISE: 1) David Trujillo power cleans. 2) McKenzi Kring, Daynah Bailey, Emily Clanton, Korbin Hall, and Coesh Morton smiles for the camera. 3) Lucrecia Noel does a push up to strengthen her core. 4) Michael Bunce concentrates on proper lifting form. (5) Dakota Coppedge deadlifts.



# Shop: Picture the Project

Picture being in a large well lit room, with the smell of dirt, oil, and smoke all around. The sound of saws ring loudly across the room. The shop classes are busy and messy but offer a good opportunity for students to use their creative side while learning useful skills for everyday life. The shop class makes all sorts of projects from woodworking to machinery. Sophomore Chet Fisher said, "My favorite project was my wooden chest when I was working on cutting my brand out and gluing it to my chest." Shop classes work hard all year and get good hands-on experience for when they go to work in the real world.



ABOVE MOVING CLOCKWISE: 1) Brook Tegman gets instructions from Mr. Reaves 2) Matt Henry grinds on his project. 3) Lucrecia Noel cuts a plank for her woods project. 4) Chet Fisher and Gavin Doles work together on their woods project together. 5) Winona Mitchell welds her end of the year project.





# PICTURE WINS!



Picture This! Southern Valley athletes putting time and effort into improving their skills. Student athletes spend hours practicing hoping for the picture perfect win. This year SV athletes learned new systems and strategies from new coaches in football, girls basketball, and wrestling and found much success along the way.

Freshman, Jenna Hunt, said, "Participating in three sports such as basketball, volleyball, and track throughout the whole year is challenging. But I always love a good challenge when it comes to sports!"

Many of the students participating in sports are involved in multiple seasons throughout the year. They love the competition, but they also see the value of hard work and team effort. Picture SV athletes going to college or other great places and doing even greater things in the future.





# TEAM



# VOLLEYBALL



2016 Eagle Volleyball  
 FRONT: Grace Hogeland, Bregan Hammond, Maggie Bose, Ashlyn McAtee, Sawyer Quinn, Aubrey Brown, and Madison Henderson. ROW 2: Manager Laurel Stalder, Heather Bose, Rebekah Taylor, Trinity Bantam, Jesse Stewart, Madison Woodring, Carlyn Stephen, Mandy Schoen, and manager Hannah Henry. ROW 3: Manager Tori Bose, statistician Maggie Lammers, Kara Kredjl, Elizabeth Meyers, Reagan Bennett, Ashley Maroum, Jernifer Moenning, Aubrey Thooft, Ashlyn Brown, manager Ann Bose, and manager Adeline Hunt. BACK: Coach Mrs. Tina Brown, Coach Mrs. Joey Bose, Jenna Hunt, Makayla Schoen, Krista Best, Lauryn Samuelson, Chierra Dringman, Aubree Warner, Brianna Russell, and Head Coach Coach Jessie Thalheim. NOT PICTURED: Brianna Quinn and Lucercia Noel.

**BELOW TOP TO BOTTOM:**  
 (1) Lauryn Samuelson goes up for a kill against Cambridge. (2) Trinity Bantam serves. (3) Bregan Hammond, Aubrey Brown, and Brianna Quinn celebrate a winning point.



**ABOVE:** Aubree Warner, Mandy Schoen, Sawyer Quinn, Grace Hogeland, Maggie Bose and Lauryn Samuelson celebrate a kill. **LEFT TOP:** Grace Hogeland and Krista Best go up for a block. **LEFT BOTTOM:** Kara Kregel prepares to serve the ball.



## SCOREBOARD

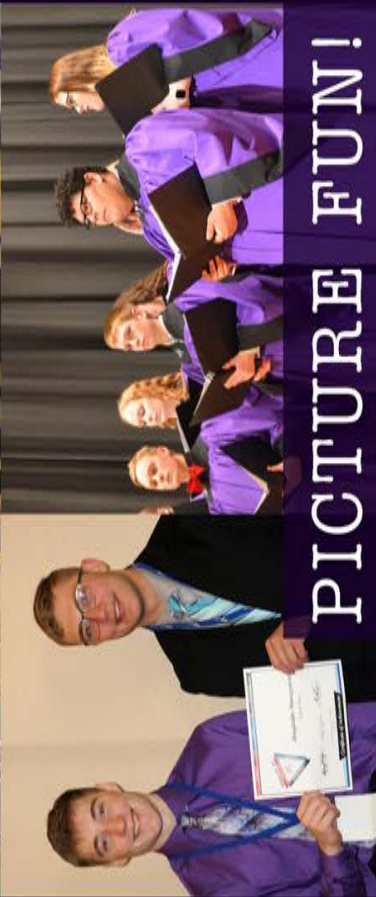
Elmwood 3-2 W	Gibson 2-1 W	Medicine Valley 3-0 W
Goetschburg 3-2 W	Cannon 0-2 L	Bertrand 1-3 L
Coosa 3-1 W	Burwell 1-2 L	Hitchcock County 3-2 W
Franklin 0-2 L	Aspell 2-0 W	Elm Creek 2-1 W
Elm Creek 1-2 L	Whore-Hilbreth 2-0 W	Bertrand 2-1 W
Southwest 3-1 W	Northern Valley 2-3 L	North Fork
Petasson 0-2 L	Cambridge 0-3 L	St. Paul 0-2 L
Elm Creek 2-0 W	Silver Lake 3-0 W	Franklin 3-0 W
Amherst 0-2 L	Alma 3-1 W	Alma 3-1 W
Bertrand 0-2 L	Minden 0-2 L	Marwell 3-0 W
Annapoosie 2-0 W	Cambridge 3-1 W	South Loop 0-3 L

## CAPTURE THE BLOCK

This year the volleyball team had many successes as well as losses. The girls learned that to be good players on the court, they had to trust in each other. This trust started during the summer as they went to team camps and attended the Red and White Husker volleyball game.

The team overcame obstacles such as injuries and didn't get discouraged. The girls had many victories, but one of the most memorable was beating SV rival, Cambridge, at RPAC and moving on to the semi-finals. The team played Bertrand and fell short, but played Hitchcock County and fought hard to take home third place. Towards the end of the season, the girls participated in their favorite tradition. The girls had secret sisters who they personalize boxes for and then gave to each other on the bus ride to sub-districts. At districts, they beat Amherst but lost to South Loop. The girls fought hard all season and made memories that will last a lifetime.





# PICTURE FUN!



ABOVE: Makayla Schoen shows off her jersey on spirit day of Homecoming week.

Picture This! Southern Valley students putting in hours of practice time to learn new skills, perfect their performance, and achieve success. From journalism to the future problem solvers team, to cheerleading, FFA and student council, every activity offered at Southern Valley gives students the opportunity to get involved and work as a team. Junior Ashlyn Brown who is involved with cheerleading, mock trial, drama, speech, and band said, "Being in activities at Southern Valley has given me confidence, and has taught me things I can use for the rest of my life, and I wouldn't trade that for the world."

The activities at Southern Valley, not only offer students the opportunity to learn leadership skills, they also are a lot of fun. Students enjoy being on stage giving a performance or attending state activities and earning medals and ribbons. The best part of the activities? Undoubtedly, spending time with friends and working toward common goals. Southern Valley activities are the picture of hard work, success, and fun!



FAR LEFT: James Wassinger cheers at a home football game.  
RIGHT: Anna Fisher and Mrs. Hunt serves hot chocolate for student council.





# CHEER



This year the Southern Valley cheer squad kept Southern Valley's teams and crowds full of spirit. The cheerleaders worked very hard to be the best that they could be starting with a two-day cheer camp in Overton over summer to let the cheerleaders get some experience and to let the squad start bonding. A two-year cheerleader Makayla Schoen said, "This cheer year was very competitive. All the cheerleaders were amazing and tried hard to do their best. Everyone put in the work and showed up to everything, but it wasn't all work and no play. We had lots of joking and messing around on the long van rides."

In February the squad competed in the state cheer competition in Grand Island where they received 3rd in tumbling and 5th in their sideline cheer. The cheerleaders enjoyed their year supporting Southern Valley athletes and students.



**2018-2019**  
SV Cheerleaders  
**FRONT:** Aubree Warner.  
**ROW 2:** Madison Woodring and Lauryn Samuelson. **ROW 3:** Brianna Russell, Makayla Schoen, and Ashlyn Brown.  
**BACK:** Aubrey Brown, James Wassinger, Madison Ford, and Ashlyn McAtee.

**RIGHT:** Aubrey Brown poses while cheering at the football scrimmage.

**MIDDLE TOP:** Ashlyn Brown, Aubree Warner, and Aubrey Brown perform the state cheer dance at a boys basketball game.

**MIDDLE BOTTOM:** Brianna Russell cheers at a home football game.

**FAR RIGHT:** Madison Ford and Madison Woodring posing at the football scrimmage.



# FFA



**2018-2019 FFA Chapter**  
**FRONT:** Advisor Mrs. Kate Grimes, Kara Křeđi, Mandy Schoen, Hailey Witte, Maggie Boss, Grace Hogeland, Dine Hutchins, and Aubree Warner. **ROW 2:** Caleb Wright, Lauren Samuelson, Jennifer Lindén, Haley Brink, Kynlee Marquez, Brecken Preitauer, Reagan Bennett, and Madison Ford. **ROW 3:** Billy Cayou, Madison Henderson, Trinity Bartram, Makayla

Schoen, Karington Sims, Graysen Langdale, and AJ Weatherwax. **ROW 4:** Shelby Rickert, Mersaydi Bernstrauch, Kenneth Schuler, Amber Schuler, Bryce Witte, Clayton Berry, Pete Brown, and Taylor Russell. **ROW 5:** Saige Tegtmann, Bradem Holste, Ashlyn McAtee, Amaya Rocky, Krista Best, Dalton Burgess, Chet Fisher, and Dominic Comstock. **ROW 6:** Brianna Russell, Alvina Taylor, Jenna Hunt, Rebekah Taylor, Trevor Brown, Bryson Warner, Sean Gillen, and Trevin Bose. **BACK:** Cierra Dringman, Lucretia Moel, Aubrey Brown, and Carlyn Stephens.



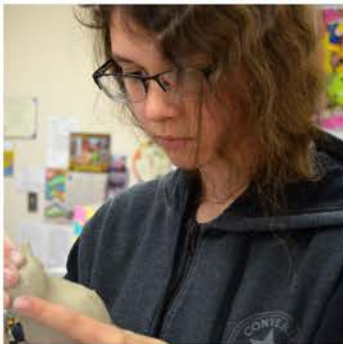
**LEFT MOVING CLOCKWISE:**  
(1) Kynlee Marquez and Reagan Bennett sell FFA plants. (2) Maggie Boss and Mandy Schoen speak at the Greenhand Degree Ceremony. (3) Taylor Russell and Sean Gillen pose while on stage at the FFA banquet. (4) FFA members pose after participating in highway clean up.

This year the Southern Valley FFA Chapter competed in a number of different events. There are two types: Career Development Events (CDE) and Leadership Development Events (LDE). Additionally, the ninth graders received their Greenhand Degrees in the fall for being able to recite the FFA Creed. Other events that took place were the annual fruit sales and plant sales. The students had a goal to meet in order to go ice skating in the spring. In the first week of April, FFA participants attended the State FFA convention in Lincoln. Senior Madison Ford said, "I have gone to State FFA 5 years in a row, and it has been one of the best experiences I have had in high school. This year I received my State Degree and that was a pretty big accomplishment for me." At the end of the year, the FFA banquet honors the students who competed and went to state in various CDEs and LDEs. It was a busy, but fun year filled with numerous FFA activities.



# 2018-2019

Picture This! A year that began with new classmates, administration, teachers, and coaches. Over the course of days, quarters, and semesters, each new and returning person played an important role as a part of #svnation. Lessons were learned. Many experienced the thrill of success. Friendships were formed. We greeted each other daily in the halls, and we cheered for each other at games and pep rallies. As the days faded away, we can picture the memories. Memories of lasts for the class of 2019. Memories of four amazing yearbooks produced by journalsim seniors Savannah Ellis, Madison Ford, Hanna Graff, and James Wassinger. Memories of students and teachers who won't return to SV next year. Precious memories of everyone who made #svnation a great place to be this year.



# PICTURE THIS!



#22 Broadcast News Story – Lilyann Moroschak, Teagan Jacobs, Yutan

<https://youtu.be/YZusaA11is0>

#23 Broadcast Sports Story – Kendyl Egr, Laycee Josoff, Yutan

[https://youtu.be/-S8w\\_0vKBq4](https://youtu.be/-S8w_0vKBq4)

#24 Broadcast Feature Story – Teagan Jacobs, Emma Lloyd, Yutan

<https://youtu.be/APkYmlqZcEg>

#25 Broadcast Public Service Announcement – Elissa Dames, Jillian Dames, Scribner-Snyder

[https://youtu.be/yW\\_M6BmAq8o](https://youtu.be/yW_M6BmAq8o)