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Samuel R Whittaker, Millard West
#1 Advertising



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GARRISON MEHLIN, Lincoln Southeast, #2 Newspaper Column Writing

OPINION: The era of advancement has regressed us exponentially.

When the age of technology infiltrated our minds and rooted itself in the hearts of America's youth in the early 2010's, nobody would have thought that the unstoppable force of the internet could damage us so intensely. However, as these youths spring into adulthood, the very real and very dangerous long term effects of social media use on our mental and physical selves is becoming increasingly clear.

Social media is unlike anything we as a nation, or even a species, have faced before. It's more addictive than the rush of cocaine or the high of methamphetamine, it's more dangerous than any firearm or blade, and it's planted itself in our lives deeper than any other social construct that exists.

Our phones have given us the power of instant communication. With just a few clicks on the screen, any message can be sent at any time of the day to any person, and they can respond within seconds..

Way back in those early 2010's, this was unlike anything consumers had faced before, and they responded accordingly. Tech giants were built overnight, as companies like Meta, Amazon, and Apple figuratively rode the technological wave. Once these pillars of social media's existence were set up and firmly in place, the first few drops of poison were in play and there was no turning back.

A nation of addicts had been born.

With our own devices of destruction now widely available for public consumption, consumption is what we commanded. Hundreds of billions of dollars flowed into the tech industry and tens of millions of smartphones found their way into the pockets of nearly every American older than the age of 9.

I was one of those Americans

My parents bought me a phone for Christmas break of my 6th grade year. I was 11 years old. Readily available to an impressionable and clueless me was this beautiful, enticing creation of social media. Almost instantly I could directly message my best friends whenever I wanted, I could see their posts on public accounts, and I could watch Youtubers do things I had never dreamed were possible. For a while, existence was magical.

But, like all drugs, my high came to an end. Those fun few minutes spent texting a friend back or playing a game turned into hours of searching for the next dopamine hit. There was no self control as nobody had regulated it. I, like tens of millions of kids my age, had been thrust into an endless spiral of short-term dopamine rushes and instant gratification

So why is social media so bad? What dangers should I have been privy to?

Life online trains you to be less happy. All day, over and over again your brain responds to little messages from your phone. A notification ding, the bright red notification banner,

perhaps a spam call or email, maybe a breaking news report begging for your attention. While this seems innocent on the surface, the poison infiltrates at a much deeper level.

Every time you get one of those small, almost subconscious indicators telling you to check your phone, your brain releases dopamine, a chemical that gives you feelings of happiness and satisfaction. Dopamine is the same chemical your brain releases when you get a full night's sleep, eat a good meal, or drink a really refreshing glass of water.

However, it's this process that social media capitalizes on to get you hooked. While using social media, your brain is told to produce dopamine so many times that it begins to actually dilute the receptors, essentially watering down the chemicals that make you happy. Just like any other chemical drug like caffeine or THC, when your system receives too much too quickly it builds a tolerance, which leads to a chemical imbalance.

An imbalance of dopamine in your body is one of the leading factors behind many of the mental health conditions that afflict the primary demographic of social media users: teens. Anxiety, depression, insomnia, paranoia, and mood swing diagnoses have seen an incredible upswing since 2016 in all people aged 15-25, and this has been directly contributed to the widespread use of social media.

But none of this makes social media unique. There are countless other ways for people, especially teens and young adults, to get a quick hit of happiness. Like our online lives, drugs provide a short term burst of happiness and a way to spend your afternoon, gambling offers a fiscal incentive, and pornography is an alternative to the sexual aspect of being online that some people may find. Seemingly, there's nothing that sets social media apart and allows it to persist as prevelantly as it does

But, it does exactly that. More and more people every year sign up for the most popular apps available despite the widespread knowledge and research that points a big red arrow at the "danger!" sign.

The reason behind this phenomena is exactly as simple as you'd think; there just isn't another option. The benefits of being online are small in magnitude and irrelevant in the grand scheme of things, but the one problem that almost all people face when trying to quit their socials is that there just isn't an alternative. In a world that moves as fast as this one, it's paramount to stay updated, connected, and on top of things.

The tools of social media have been integrated into our society in its deepest forms, oftentimes by law. Businesses pay their employees via direct deposit, congressmen run campaigns through your email inbox, delivery services track your address via online information pools. Even as a student I check my grades online through synergy and I communicate with my teachers via google classroom and gmail, two notorious social media applications.

Seemingly, the resourcefulness of humankind has been outpaced by the degeneracy of our reliance on a third party to run our lives, and we are unable to break away from its grip.

For many young Americans who, like myself, are caught in this cycle, it seems like there's no way out and the world is ending. It's exhausting and discouraging to wake up everyday and see your peers, parents, and professors using the same social media apps that have weighed so heavily on your mental health.

However, even in the face of such a cruel and powerful opponent, there's hope in breaking this pandemic of mental health, and the answer is just as simple as the problem.

Delete those apps. Unplug your life, literally if necessary, from the internet. Treat yourself to a few weeks of fresh outside air and face to face interaction, and the beauty of this world will become apparent. All you need to do is break the cycle and be the champion of your own struggle.

Editorial Cartoon for NSAA

By Abby mcGuire, marian

one day in...



one day out...



to go or not to go? the outcome is clear... ~~A~~

Grace Evert, Millard North

#4 Editorial Writing

Headline: A Currency of Education

Subhead: How the new required financial literacy class will shape successful futures

Every Target shopper has witnessed a crying elementary school child being pried from a new toy they deeply desired. The child clings to this novel item as their parent calmly explains, “You can use your birthday money from grandma to buy it later.” Seconds pass until both child and parent realize that grandma’s birthday money was already spent on cotton candy at the arcade last week.

Almost all high school students share this familiar memory. Whether the latest Marvel action figure or a glittery Barbie doll, we all have fallen just dollars short of an item on our wishlist. As we get older, these struggles often persist, but take on new forms, such as managing our first income or understanding how a debit card works.

At New Community High School, the Board of Education has introduced a new class that aims to prepare students for the financial complexities of adulthood. As a graduation requirement, the financial literacy course will cover crucial topics such as budgeting, saving, investing, and understanding credit.

Superintendent Dr. Mark Stevens and Principal Sarah Collins share that this course will ensure students are confident and comfortable with managing money, which is a task that will be present for the rest of their lives.

Not only will the course remind students of basic saving and spending habits, but it will also portray the value of money now and in the future. A money-conscious mindset can aid high school students in the most immediate aspect of their education journey, higher education.

For example, knowing how federal and private loans function can help students decide if they would rather take out a loan to

go to one university, or attend loan-free to a different institution. Often, the choices high school students make in regards to paying for higher education can make the difference between a sound or shaky financial backing into adulthood. Any decisions made today about finances can affect a student both positively and negatively far into their future.

Some families argue that students may already have a good understanding of finances or can learn outside of the classroom from a professional experience. While it may be the case, the financial literacy class will also cover topics far in the student's future, such as retirement funds. Although students do not deal with a retirement plan currently, being aware of the complexities involved can greatly aid in a strong financial future.

Furthermore, the class will address common pitfalls in money management. Students can be on the lookout for traps, such as signing up for every credit card offered to them on their first day in college. Of course, the economy will continue to change over time, and what is a pitfall today might not be an issue in years to come.

Because of this, many students like to take a backseat when it comes to understanding the complicated world of stocks and investments. Although not every high school student is interested in studying accounting or market management, money inevitably affects all of us.

Various students at New Community High School who are pursuing a heavier course load voice the sentiment that an additional required course is unnecessary and difficult for them to manage. While understandable, a required financial literacy class serves the same function as a required physical education class, teaching healthy habits.

The point of a financial literacy class is not to transform every student into a stock market enthusiast, but rather to set students up with a strong foundational understanding. The course may not cover

every topic needed to manage money, but it will cover the majority of the necessary skills. Even students with busy schedules will learn something new from the course. After all, high school is less about memorizing the Pythagorean theorem and more about learning positive personal and educational habits that lead to success.

So, when you sign up for classes this year and a peer remarks, “Why in the world do we have to take a financial literacy class?”, remember that that same student might learn how to take out a safe loan to become a first-generation college student. Whether we like it or not, money does make the world go round, so we must know how to use it.

Music means togetherness - Madalynn Ideus, Fremont
#5 Entertainment Review Writing

It was 1967 and sheen of sweat covered each of the men, their white button ups and tailored suits, no doubt, drenched. However, the cheers from the crowd only spurred on the mens' dancing and singing more. *"I can't help myself"* sung by The Four Tops, a quartet made up of four black men and a lively band. A bright smile is plastered on each face in the room, each one dancing, clapping or singing.

It was almost as if I could feel the joy coming off the men in waves. The main singer, Levi Stubbs, brings an energy to the music that feels electric; each time he sings a line it's like he waits for the crowd to digest it. He sings with purpose and conviction; like he's not just singing for the crowd but for himself.

Despite the space Stubbs takes up with his raw gravelly voice the backup singers find a way to spotlight themselves; the smooth backup vocals are a compliment to Stubbs that blends in perfectly. Like the perfect smoothie, the band and singers' voices make the perfect blend of funk based melodies and harmonic tones.

While the vibrant playing and raw singing set a tone for the performance, the singer's ability to dance is what breathes joy into their performance. The five and half minute routine flies by with their animated dancing and engaging performance. The joy on each performer's face as they sing and dance is candescent. Just when I think the performance is over they come back again and again to show off another move.

In a time where divides between black and white were so prevalent these men took to the stage with roaring energy and left with a standing ovation. Through the video I can feel the crowd's energy, the joy, sorrow, and happiness wrapped into a time capsule. I felt as if I had been transported to that moment, a moment in history where race, gender and religion didn't matter; all that mattered was music.

I have always felt that art was the secret to peace. It has always had a way of bringing people together through music, dance and performance. People find a way to put aside any grievance and smile when they see someone's creation, but music is something that I've always believed is special. Music means togetherness, music means love, music means forgiveness and I could feel each meaning within The Four Tops performance.

Louis T. Hoffman, Lincoln East

#6 Headline Writing

Article # 4

Headline -

CLIPPED

Confidence in commercial flight crashes and burns

Article # 2

Headline -

CATCHING STRAYS:

Lost boy found -

Heroic hound leads two year old homeward bound

Article # 5

Headline -

QUELLING GRAVE CONCERNS

Local organizations preserve historical cemeteries

Headline: A Garden of Collaboration and Care
Subhead: Silver Valley set to open new learning garden May 15

Byline: Mia Castro, Millard North

#7 Newspaper Feature Writing

Tiny, colorful butterflies fly about a lush display of tulip buds and verdant ferns, as small carrot and radish roots rise from the cracks in the earthy soil. Small, fuzzy bees hum as cerulean bluebirds chirp and sing above students' heads. A warm breeze drifts across the open, and the warmth from the sun beams down on the backs of a math class. Seated circularly on a picnic blanket, these young scholars converse and... do their calculus homework?

The end of that sentence was probably not what you were expecting, was it?

Silver Valley High School will be unveiling a brand-new, state-of-the-art outdoor learning garden on May 15. This project is set to bring classroom activities outside, and in turn, promote sustainability, community engagement, and curiosity about the natural world.

"Our goal with this garden is to create a living classroom," Science teacher and Garden Coordinator Emily Rivera said. "It [the learning garden] will not only enhance our science curriculum but also encourage students to appreciate and connect with nature."

Although Silver Valley's location in the sandhills of Nebraska can sometimes be restrictive when it comes to learning about diverse wildlife, one of the garden's prime objectives is to bring a slice of the expansive natural planet to Silver Valley.

"We want them [students] to understand the importance of sustainability and where their food comes from," Rivera said.

This immersive learning experience will be available for all students, grades 9-12, and a wide variety of classes will be held in the space.

Certain groups of students have been pushing for this initiative for years now. For Environmental Club member Ben Adams, this garden has been a long time coming.

“We’ve been advocating for a space like this for years. It’s amazing to see it finally happening!” Adams said.

Adams shares that Environmental Club has big plans surrounding the much-anticipated grand opening of the garden.

“The garden will help us promote eco-friendly practices and educate our peers about the environment,” Adams said. “We hope to organize workshops and events to get everyone involved.”

Adams isn’t the only student looking forward to spending time in the garden. Student Council president Lila Turner voices Adams’s idea about the unity-fostering “nature” of this nature park.

“This garden is such an awesome project! It’s a great way for students to get involved in something positive for our environment,” Turner said. “I can’t wait to see everyone working together to maintain it.”

This learning experience, built around the ideas of creation and collaboration, signifies an exciting beginning of a more enhanced focus on the world around us.

With the uncertainties of climate change slowly encroaching on these future generations, lessons based on nature cultivation and conservation are more important than ever. The outdoor garden promises to initiate important conversations based on exactly that.

“We are excited to learn in this unique setting, and I believe it will foster a sense of community and teamwork,” Silver Valley principal Mark Johnson said.

This “avante-garde-n” will surely bring a new era of union and care about the environment to Silver Valley.

#8 Newspaper News Writing
Rylee Newman, Millard South

From freshly grown fruits and vegetables to locally crafted pottery, the Norfolk Farmers' Market has a variety of options to satisfy the needs of everyone in the community, but this unique organization has much more to offer than the average grocery store.

"[We] coordinate live musicians and actors that come in, and we work with them to supply a space for local artists to come and demonstrate their craft," David DeCarolis, vice president of the Norfolk Farmers' Market, shared.

This exciting atmosphere creates a lively space where the community can interact with local talent and uplift one another in their pursuits.

Starting Saturday, May 3rd, residents will have the opportunity to visit the market from 9 am to noon every Saturday through October. There will also be Tuesday night markets, from 4:30 to 6:30, throughout June to September.

This year is particularly special for the market, as they have recently undergone a period of growth that has allowed them to expand not only their vendor size, but also their impact on the community.

"We have a little bit of a bigger footprint this year," said the president of the market, Elissa Mathis. "We're up to around 35 [vendors], and approaching 40."

While this thrilling expansion provided a great opportunity for local businesses, Mathis and DeCaolis faced the struggle of where they were going to fit the growing market.

"We needed to expand our square footage, but we very much are tied to downtown, and we love being part of that community, so we would rather not have to move away to find the space that we need for our additional vendors," DeCarolis said.

The market was able to maintain its location through a partnership with the city government, in which they were able to change the direction of a one-way street, illustrating the massive amounts of work put into helping the market become what it is today.

Yet, the most important aspect of the Norfolk Farmers' Market is the impact it has had on individuals in the community.

DeCarolis himself, who began as a consumer at the market, has had his life completely changed by getting involved with the nonprofit.

"I used to love going to the farmers market, and I began selling about three years ago," he said. "The impact it's had on me is that I was able to retire early, and do pottery the whole time. I don't have to really work."

Mathis has had a similar experience with the market, as her farm has grown exponentially through this exposure.

"Our goal is to stay a small family farm and have all direct-to-consumer sales. For our farm, it's been our main outlet," she said.

The farm has provided similar outlets to diverse families all over the city, as the market represents people of various ages, LGBT, and racial backgrounds.

The farmers market has created a space where the community can come together to shop locally, support small businesses, and connect with one another.

"Our goal is to directly connect the growers, producers, and artisans with the public, and help get fresh food to families that are in need," DeCarolis said.

Headline:

Subhead:

Byline: Mia Castro, Millard North

#9 Newspaper Sports Feature Writing

The orange evening sun sets on the silhouette of a tall figure on the sidelines of the pitch. A sharp whistle pierces the cool dusk air, signaling the end of the game, and a crowd of players decked in red and black clap and cheer in a huddle. They rush to the man along the field, waiting intently for words to come from his mouth.

This is the scene after men's soccer games at Northeast Nebraska Community College (NNCC).

Head men's soccer coach Adam Potter, who has coached at NNCC for only three years, holds a 64-6 overall record at the college. But when one looks at the accolades Potter has earned as a coach, it's no miracle the team is so successful.

Potter has been recognized as the United Soccer Coaches National Staff of the Year and has been twice named the Region 11 Coach of the Year. This is clearly reflected in his coaching mindset.

"It's not my team. It's about my players," Head men's soccer coach Adam Potter said. "I lean on my guys, and they're there for me too. We're a family. We all push each other along, that's my philosophy... that's what works."

What makes these accomplishments so interesting is that the NNCC men's soccer team hasn't always been a winning team.

"The history of Northeast is that in 11 years, the most wins they [the men's soccer team] had was six," Potter said. "I got rid of a bunch of players and brought in a bunch of players I thought could win a national title,"

This strategy worked, to say the least, as Potter single-handedly shaped the program from a losing program to top-10 ranked national champions. But the journey hasn't always been easy.

“I have to reteach concepts every single year. It’s not like a four-year school where you have 20-something players returning... each year you have to reteach ideas and find a new identity in the team... you have to re-find your culture,”

Potter emphasizes that JUCO programs can be hard to build because of the players lost through the transfer process. Because of this, Potter finds himself having to lean on senior players to co-lead the way.

“The team that went to the semi-finals the year before was not the same team that just won the national title this past year,” Potter said. “So those are the strongest guys. They have to bring the culture along and along and along every time. I would say that’s the biggest challenge.”

Potter makes sure his players are capable of becoming team leaders at the beginning of their college soccer journey: recruiting.

“My guys have got to be selfless. They have to do the little things. [I ask myself] do they fit our style? Are they going to be direct? Are they going to have confidence when they get on the ball... How do they celebrate with their team?” Potter said. “That’s my general criteria, among other things.”

Through the challenges of recruiting and building a strong, successful team, Potter finds comfort in his job, knowing he has a strong hand in helping young players discover their passion and work toward their dreams.

“My favorite thing about coaching is seeing my players succeed... helping give back the mentoring and guidance coaches gave when finding my love for the game, that I really love,” Potter said. “Plus, they’re finding success off the field and in life, and I get to help them win all those aspects in life.”

As Potter continues his years at NNCC, it’s no longer a question of whether the men’s soccer team is going to be successful. It’s *how* successful they are going to be. As a soccer fan myself, I’m excited to see the next seasons with Potter unfold.

Dominick Mangano, Papillion-La Vista, #10 Sports News Writing

Hard work, grit, determination, hours upon hours of their lives are spent for moments like these. For the Wolves of Northwood High, a dominant season ends in triumph as they stand inside Pinnacle Bank Arena, holding up the trophy as state champions. As for the Southview Eagles, all they can do is stand and watch, as despite their best efforts, they come up short in dramatic, heartbreaking fashion.

After finishing the season with a 27-3 record, the Northwood Wolves went into the postseason with a conference title and a top seed. Much of this was thanks to their balanced, yet defensive heavy playstyle. As for Southview, their aggressive playstyle and dominant front line, led by senior outside hitter McLain Martin and junior libero Sarah Williams, would take them to a 24-6 record, and an appearance in the conference title game, following a thrilling victory in the semi-final.

With the game involving two of the top teams in the state, it was held to high expectations, and it certainly did not disappoint. After a close battle in the first set, it would be Northwood who through the help of their defense, and senior captain Mia Thompson's spiking ability, would close it in a close 25-22 victory. This back and forth matchup would continue through the second set, as the powerful serving of the Eagles would show up big. After consecutive aces by McLain Martin, the Eagles were able to tie the game up in a 25-23 victory.

"We gave it our all and fought back after losing the first set," Martin said.

However, Northwood responded right back. As junior setter Emily Chen led the team with her amazing playmaking ability, the team's defense was able to showcase their dominance, closing the set at 25-20, putting the Wolves back in the lead.

"The energy in the gym was electric," Northwood fan Jessica Morgan said.

With the game now on the line in favor of Northwood, the Eagles needed to fight back hard in order to keep themselves in contention. With their backs turned against the wall, Martin

and Williams showed their leadership as they controlled the fourth set, and dramatically forced a fifth and final set following a 25-20 victory.

“Our team showed great heart and determination,” Southview head coach Mike Sanders said.

With both teams controlling their own destiny, the pressure was at an all-time high. Two of the most dominant volleyball teams in all of Nebraska, were fighting for the gold. Following the theme of the game, it was a back-and-forth battle, with neither team ever gaining a real advantage over the other throughout. In the end, it would be the Northwood senior, Mia Thompson, who would make the block of a lifetime in the game’s final moments, solidifying the victory for the Wolves.

“It was a tough match, but we never lost faith in ourselves,” Thompson said. “We’ve worked so hard for this moment, and I’m proud of how we battled until the end.”

After such a dramatic end to a hard fought game, the energy inside Pinnacle Bank Arena was high, as the fans had just laid witness to two teams putting it all on the court, resulting in an evenly matched battle between two juggernauts.

“This was one of the best matches I’ve ever seen,” Southview fan Tom Jackson said. “Southview played their hearts out. We’ll be back next year!”

Northwood also won the game on the statsheet, as they led the game in many major statistics, as they showed tremendous teamwork that made their title win possible.

“This victory is a testament to the resilience of our team,” Northwood head coach Linda Hartman said. “I’m incredibly proud of how far they’ve come this season.”

However, Southwood stayed in it throughout as well. Wherever the Wolves were leading, the Eagles were right behind. Sarah Williams was the leader for both teams in digs, finishing with 28. The Eagles put in 110% effort on the court, but still were ultimately outmatched in the end.

“I know the players are hurting now,” Sanders said. “But I’m proud of how we fought to the very end.”

With the new state champions being crowned, and both teams still having young stars ready to take that next step, the stakes are higher than ever heading into next season. The idea of a rematch is very much in the air, but these teams have a long road ahead of them before they can get back into the championship game. For now, the Northwood Wolves can celebrate their victory, as they are named the champions after a season of volleyball dominance.

Katie Hansen, Omaha Marian, #11 Yearbook Feature Writing

As the curtains closed after Eastview High School's fifth and final showing of *Les Misérables*, 45 students took their final bows on stage. This performance, packed with intricate sets, handmade costumes and a live orchestra, was the school's largest production to date.

"This was without a doubt, the most ambitious production we've ever done," theater department director Mrs. Megan Porter said. "The students poured their hearts into it, and I'm so proud of what they accomplished."

With the three-month long preparation came lots of time for actors to perfect their emotional solos, musical pieces and detailed designs. The actors' hard work culminated with five sold out performances provoking large rounds of applause from the audiences.

"The emotions, the music— it was all so powerful. We worked so hard to get every detail right, and seeing the audience respond the way they did made it all worth it," senior Olivia Thompson said.

Thompson played the lead role of Éponine and her fellow senior Andrew Reyes starred as Jean Valjean. "Playing Éponine was a dream role for me...I'll never forget those final bows on closing night," Thompson said.

While the actors managed to captivate the audience, a tremendous amount of work behind the curtain was required to keep the show flowing smoothly. Junior Emily Carmichael served as the student director and helped bring the vision to life behind the scenes.

"Managing a cast and crew that large was challenging, but seeing everything come together in the end was so rewarding," Carmichael said. "Watching the actors grow into their roles and the set transform with each rehearsal— it was an incredible experience."

With hard work and dedication, the cast and crew of Eastview's *Les Misérables* production left audiences in awe. By taking the challenge of bringing a complex story of revolution, redemption, and love to life on a high school stage head on, students were left with a fulfilling experience full of life long memories.

Annamarie Shatel, Elkhorn South

LUNCH IS *served*

INSTEAD OF SITTING AROUND WAITING FOR LUNCH TO END, STUDENTS HAVE FOUND A MORE ACTIVE WAY TO PASS THE TIME

Shoes squeak as the never-ending lunch line twists and turns closer to the slightly-cold nachos. Some students ask themselves if there is something better they could be doing with their short 38 minute lunch period. Luckily at Sage River High School, students have the chance to do something a bit different during their lunch.

This is otherwise known as lunch volleyball, something that began in 2014 with PE teacher and boys Varsity Volleyball coach, **David Savage**. During his second year of teaching, **Savage** decided that the gym should be put to use in order to give students the chance to stay active at lunchtime.

"My favorite part about hosting lunch volleyball would be the students. Being able to see them every day, playing with them occasionally, and watching them be joyful and healthy is just a really laid back, fun thing to do at lunch," **Savage** said.

Savage's passion for this lunch activity is what truly attracted students to it. Even though lunch volleyball started off as a way for freshman **Bently Norton** to avoid the poor weather, she hasn't regretted it once.

"I first went into the gym with my friends when it was raining because we didn't want to be stuck outside. We ended up really liking it there and we just kept going," **Norton** said.

After making lunch volleyball a habit, students have been able to learn more about the sport and form new friendships.

"Now that I have been in the gym more at lunch, I have made a ton of new friends that share the same interest in volleyball as me," junior **Amanda Cru** said.

Not only are students able to enjoy some mid-day activity with friends, but lunch volleyball helps to keep students out of trouble.

"We used to have school issues that would happen over lunch because students would be bored and getting into trouble. Since we started lunch volleyball, we've seen a trend of better behavior from our students," principal **Monica Powers** said.

This improved behavior seems to be a direct result of lunch volleyball. This mid-day activity may seem insignificant, but it has opened the world of volleyball to countless students, leaving a permanent impact.

"Volleyball is one of those sports that's kind of underrated because a lot of people have never played it, so to give them the opportunity to play it and to try something new is really fun and enjoyable," **Savage** said.

Story By Anna Shatel

Lauren Loper, Omaha Westview, #13 Yearbook Theme Copy Writing

Rooted in Tradition

Opening Theme Copy:

From August 20 to May 22, we wear navy blue and silver. We sport coyotes on shirts, and we come together as one. One school, one name, one history, and one future.

We take pride in our community, our fierce FFA and 4-H involvement, we look forward to our senior trip to the Black Hills and we celebrate our wins against our long-living rivals the High Prairie Thunderhawk's.

Our pride runs deep. Deep into our community, with our Annual Ag Day and our Annual Community Cleanup drive. We strive to pave the way for future classmates with our student-led Mental health Awareness week.

Our academics inspire us to walk in new paths and dream of new destinies. Our agriculture, technology, business and engineering career academies push us towards our full potential. Our nine advanced placement courses and six dual credit classes help us construct creative and hardworking coyotes.

Every day we arrive at 400 Prairie Lane, Sandhills, Nebraska and we work. We grow and we conquer. We win state championships in Volleyball and Wrestling. We sound our school spirit with our award-winning marching band and our choir.

While we may only be 126 girls and 196 boys, all together, we are Rooted in Tradition.

Student Life theme Copy:

Our traditions make us who we are. We are coyotes and we will never stop wearing navy blue and silver.

For years we have had a high level of community involvement and that won't stop now.

Our Annual Ag Day will represent our students and the work that they commit to for everyone. Our students who farm or maintain livestock and the hard work they put in for us all.

Down to our Community Cleanup Drive, to create a prosperous environment for our students and families that call Sandhills Valley home.

We honor our hard work with our Homecoming Parade and Bonfire. We work hard and look forward to the privileges that make us Sandhills Valley High School.

We aspire to use our core principles to build community and school involvement for all who were once or still are boldy proud to be a coyote.

Our school is one. One name, one history, and we have one future. Which is all Rooted in Tradition.

Closing Theme Copy:

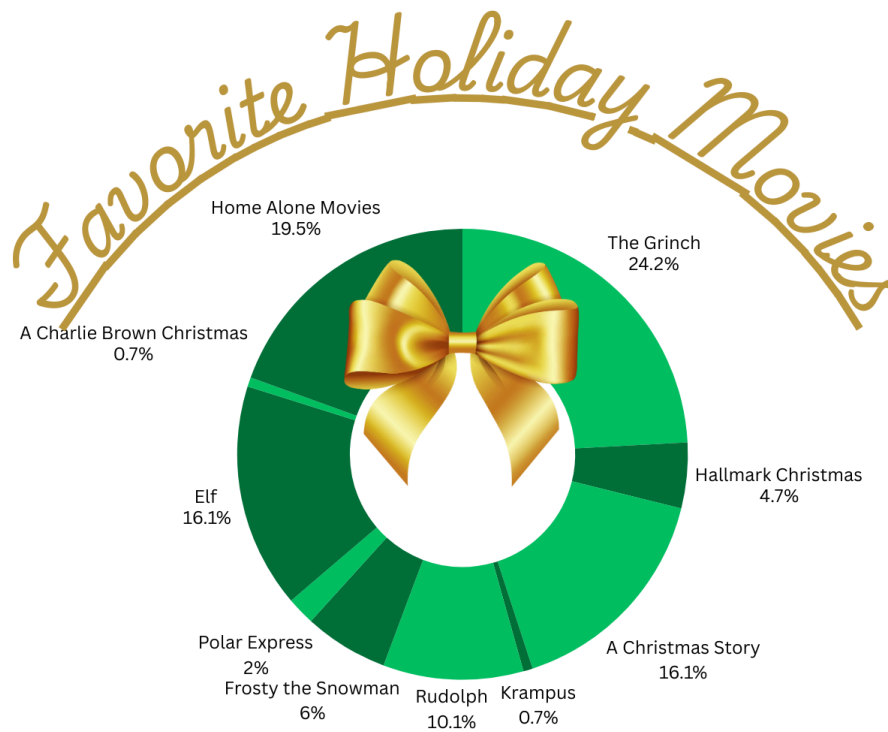
One pack, one name, one history, and one future. Sandhills Valley is our home.

Dr. Everett Mason leads the way to greatness from changes in the past and the present. We are shaped into who we are today by the immeasurable legacies left behind by those before us.

We are more than the 275 days between August 20 and May 22 we are the traditions we uphold and how we embrace the navy blue and silver.

We are the balance in the many coyotes before us and the 322 coyotes that there are now.

We are Sandhills Valley High School, and we are Rooted in Tradition.



Common Sense Poll - 165 surveyed
Infograph by Mila Prososki

Artist Statement:

I imported the data from a Google poll spreadsheet into Canva. When deciding how to display the data for a holiday-themed centerspread, I saw that the data could be placed into a circle, which kind of looked like a wreath to me. Rather than using the default colors, I chose to alternate shades of green so it looked more like a wreath. I manually had to change each data point's alternating color. I added a bow from the clipart library in Canva and changed the color from the default to gold to tie it all together. Finally, I changed my font to the same color as the gold bow.

2024 US PRESIDENTIAL ELECTION

How will it affect Education?

REPORTING BY KENNA HIXSON
with ADRIANNA RAMIREZ



screenshot: <https://www.c-span.org/video/?538088-1/president-trump-campaigns-mosinee-wisconsin>

“We will ultimately eliminate the federal Department of Education. We will drain the government education swamp and stop the abuse of your taxpayer dollars to indoctrinate America’s youth with all sorts of things that you don’t want our youth hearing.”

**-President-elect Donald J. Trump
at Sept. 7 rally in Mosinee, Wisconsin**

What is the U.S. Department of Education?

- ★ **Distributes federal dollars to state and local districts, including:**
 - Title I, which supplements state and local funding for low-achieving children, especially in high-poverty schools
- ★ **Serves as regulatory agency for federal laws that impact schools, including:**
 - IDEA (Individuals with Disabilities Education Act), governing educational rights for students with disabilities
 - Title IX, which protects people from discrimination based on sex in education programs or activities that receive federal financial assistance



District takes wait-and-see approach



“Nebraska public schools would be greatly impacted if the USDOE were eliminated. ... In the 2023-24 fiscal year, PLCS took receipt of \$3.1 million in federal dollars. Some of those dollars (approx. \$165k) are targeted toward the District’s five Title I elementary schools. Almost half of the \$3.1m the District receives go to support our special education programs.”

-Papillion La Vista Community Schools Superintendent Dr. Andrew Rikli



Q&A with Assistant Superintendent of Business Services Brett Richards

What effects could PLC Schools see next year if the U.S. Department of Education is taken away?

“All of this depends on how it would be done. There are thousands of regulations that are tied to U.S. Dept. of Education dollars. Will some of those go away or will they be transferred to the states to follow? If they transfer to the states, they will need more dollars to add staff to do what federal employees do now. If they get rid of a lot of the regulations for spending federal dollars, this could actually help in staff time at our level and at the state levels.”

What measures are being taken right now to prepare for that possibility?

“Right now, we are watching for what this could [look] like and what we’d have to do to prepare for it. So, we have memberships in federal associations that keep us up to date with federal issues. Making sure we pay close attention to those publications and discussing with state level officials is important. We also are in contact with senators and congress representatives at least quarterly to have these types of discussions. We’ll be ready to react to any changes at the federal level should they come, which usually take many years to take effect.”

What would be the immediate financial impact on our schools?

“We won’t know until we hear if they want to cut dollars by closing the U.S. Dept. of Education or redistribute dollars that were previously used at the federal level and give those additional dollars to the states. President-elect Trump has stated that the Department of Government Efficiency will give him their proposals by the summer of 2026, so hopefully, we’ll hear a lot more information over the next several months. I am not anticipating a loss of federal funds to support education if the U.S. Dept. of Education would close. ... [F]unding for schools is important to a lot of people.”

What options would the district have to cover the costs currently met by U.S. Department of Education funding?

“We wouldn’t have very many options to supplement the loss of federal dollars. We receive on average around \$4 million a year from the federal government for Special Education and Title programs and grants. I don’t think we would see the loss of our federal dollars if the U.S. Dept. were to close, so we’d have to cross that bridge if and when the time would come.”

What about schools on military bases?

BY KENNA HIXSON

The Federal Department of Education is not the only thing at potential risk for changes. The Department of Defense Education Activity (DoDEA) may also undergo change. The DoDEA is a federal school system that manages, organizes, and directs prekindergarten through 12th grade programs for American schools located on bases around the world. This American school system is currently funded by the Secretary of Defense, which also funds the general public education. To understand the potential changes to the Federal Department of Education, it is crucial to understand how DoDEA funding currently works.

For a firsthand perspective on DoDEA, Joe Kumor, a U.S. Army Chaplain and a former U.S. military cop who is currently located in Georgia, was able to provide insight into how the DoDEA system works. He has been involved in the system for about 15 years and provided explanations of how the funding works, what DoDEA schools look like, and what the areas around these schools are like. “These schools are just public schools located on military bases. The teachers are classified as government employees and get paid as such,” Kumor said.

If the Federal Department of Education were to be eliminated, DoDEA schools would still get funded, just not in the regular way. “If the government decided to defund them, they would just add the fund to the government and military budget. You would pay funds to the department of the army and the army would open a fund,” Kumor said. “Base schools are the same quality wherever you go, so if you enroll in a school located in a high end area, your base school would be higher quality than the general area’s public schooling,” Kumor said.

GIRLS JUST WANNA HAVE FUN

Galentine's Day in Omaha celebrates friendship with fun activities, local events, and memories

ARGYRENIA PIPINOS, Millard North, #16 Newspaper Layout
Lifestyle Editor

February 13 is no longer just the day before Valentine's Day—it's Galentine's Day, and it's all about celebrating friendship. What started as a fun concept on "Parks and Recreation" has turned into a full-blown tradition. Galentine's Day presents a chance to hang out with your best girlfriends and make lasting memories.

The term "Galentine's Day" was introduced in the popular television show "Parks and Recreation," 2010, season 2 episode 16. In the episode, Leslie Knope, portrayed by Amy Poehler, gathers her female friends for a brunch to celebrate their friendship, coining the phrase "ladies celebrating ladies." Since then, this fictional holiday has transcended the screen, becoming a real-life occasion for women to honor their friendships.

Junior Nithya Khandavalli is just one student who celebrates this fun tradition. For her, Galentine's Day is all about enjoying time with best friends.

"It's a way to celebrate Valentine's Day but with your lady friends, it's a nice opportunity to have a break from life and just have fun with your friends. It's fun to have a day just to spend time with my female friends and keep up with their lives," Khandavalli said.

Khandavalli first learned about the holiday from rom-com movies and her sisters. Over the years, it has become a personal tradition to celebrate with her closest friends.

"I usually hang out with my friends, eat food, talk, and do some fun activities,"

Khandavalli said. "My favorite memory was when my friends and I made slime together. I try to host it so that when I look back on the good memories with my friends, I can remember the joy we shared and how

those moments shaped who I am today." For most, Galentine's Day is more than just a chance to party—it's a way to bond with the people who matter most. The fictional holiday has come to life by allowing people to reflect on the importance of genuine connections, especially in today's fast-paced world where technology of-

fes and boutiques offer the perfect setting for gathering with close girlfriends.

While big parties and extravagant celebrations are popular, a more personal and low-key approach may be the way to go.

"Sometimes, the best celebrations are the simple ones," Khandavalli said. "Just being with close friends and making memories is what truly matters, especially when supporting small businesses that create thoughtful, personal bundles for all of my friends."

Though the tradition has grown, the essence of Galentine's Day remains the same. It's about taking a moment to celebrate friendships and appreciate the people who truly matter. Khandavalli's ideal Galentine's Day would involve spending time at a spa with fancy finger foods, music, and unwinding in silk pajamas.

The increasing popularity of February 13 reflects the ongoing cultural shift towards celebrating friendship as much as romantic relationships.

"It really highlights the importance of female friendships and celebrates the relationships we've formed. I think it's amazing to have a day to empower and encourage female-based relationships especially when we're so busy with our own lives most of the time," Hyder said.

As Knope famously said, Galentine's Day is all about "ladies celebrating ladies." Whether it is through heartfelt gifts, shared memories or simply spending time together, this celebration has become a testament to the enduring strength of female friendships. And between us girls, it is clear that this tradition is only growing stronger with time.

Besties, Brunch, and Beyond

Fun Ideas to Celebrate:

- Movie Marathon: Watch your favorite feel-good films together.
- DIY Gifts: Personalized gifts that show how much you care.
- Brunch Vibes: Nothing beats a waffle bar and an orange juice station.
- Game Night: Competitive spirit meets bonding time.

Trending Galentine's Gifts:

- Self-care goodies (face masks, bath bombs, perfume, skin care)
- Personalized jewelry
- Cute mugs or novelty socks
- Their favorite chocolate, candy, and snacks
- A bouquet of flowers
- Handwritten note

ten replaces genuine connections.

"I value the kindness, loyalty, and respect that all of my friends have shown me. They have always been open to my problems without judgment, ready to accept new people and respect the boundaries and expectations that I have set. I also value the ability to laugh with them, which all of my friends have been able to do," junior Sarah Hyder said.

Omaha offers an extensive Galentine's Day scene for you and your girls to enjoy. Local businesses and venues have embraced the trend, hosting everything from themed brunches to spa days. For those looking for a quieter, more intimate celebration, local

burn

Marian Literary Arts Magazine

[v.14] [i.2]

Artist Statement: Amid a dull night, I picked up my pen, opened my sketchbook, and created “Rage.” This piece was originally meant to be a drawing of Rage Against the Machine’s Zack de la Rocha, however I found myself fascinated with capturing his emotion rather than his features. So, playing his music on shuffle, I worked on encompassing his intensity through his words. Around two hours later, I was proud enough of the result to call it finished. Naturally, I submitted it to Marian’s literary/arts magazine, BURN. I had absolutely no idea it would become the cover; I was honestly shocked. It felt so wildly gratifying to realize that people got something out of my artwork. It made me feel like my art mattered, which has since encouraged me to continue creating art and submitting to BURN. I am also now on the BURN magazine staff and enrolled in journalism. I’m excited to add illustrations to my writing to help tell the story.

Photo/Artistic Illustration

Class A - Lilly Italia, Omaha Marian, #17 Photo/Artistic Illustration

#18 Feature Photography

Lillian Bittle, Lincoln Southwest







Football
Soccer
Baseball
Softball
Volleyball
Tennis
Swimming
Diving
Gymnastics
Basketball
Hockey
Ice Hockey
Figure Skating
Winter Guard
Marching Band
Jazz Band
Symphony Orchestra
Concert Band
Chorus
Glee Club
Chess
Clay
Golf
Skiing
Snowboarding
Cross Country
Track and Field
Judo
Karate
Taekwondo
Brazilian Jiu-Jitsu
Judo
Karate
Taekwondo
Brazilian Jiu-Jitsu

2018-19 COMBINED/GIRLS
2019-20 COMBINED
2020-21 COMBINED/GIRLS
2021-22 GIRLS



#19 Feature Photography, Jamison Hanway, Millard South







An Undeatable Season

"THWACK!" Onlookers watched as the golf ball that determined Marian's first golf state championship since 2010 flew into the air. The ball soared out of sight and came to a halt clear down the fairway.

The golf team went for gold at state and came home as state champions.

"They were a powerhouse of a team," Coach Robert Davis said.

The girls were the second smallest school in Class A but

consistently finished in the top ranking all season long. The team's hard work on the green helped them accomplish their state-bound goal.

Their very first meet, an invitational in Lincoln, provided an opportunity for the team to get into the swing of things and helped them figure out each other's strengths and weaknesses.

"It was a really good bonding experience and way to make new memories," Savanna Bradley26 said.

While this year most definitely came with its obstacles, the team rose to the challenge.

"We handled challenges well because the team is so unified," team captain Madison Murnan25 said.

As the season came to an end, the accomplished team brought the athletes their 69th state title as a school across all sports and a legacy to maintain.



A System of Support: Coach Robert Davis cheers on Lucy Peterson27 after her shot lands clear down the fairway. Peterson tied with Lauren Murnan27 for 9th place at state.

Perfect Putt: Lauren Murnan27 picks up her golf ball after putting it into the hole. At the Elkhorn Invitational, she tied with her sister, Madison Murnan25, for first place.



Senior Spotlight



Madison Murnan



Brie McLaughlin



Signs and Swings: Charlotte Dugger28, Briella McLaughlin25, Brooklyn Salzbrenner26, Savanna Bradley26, Zoey Jacobson28 and Claire Pogge26 show off their signs while cheering on the varsity golfers and their coaches. Their positive attitude helped the team go for gold and take state.

Into the Swing of Things: Sloan Mackintosh28 tees off at the state tournament in Grand Island on Oct. 15th. As a freshman, Mackintosh placed 9th in a field of 85 golfers at the Metro Conference Tournament.



Scoreboard



Golf: Front Row: Charlotte Dugger28, Sloan Mackintosh28, Zoey Jacobson28. Middle Row: Delaney Schmitz27, Audrey Connealy27, Lucy Peterson27, Leah Wisdom27, Lauren Murnan27. Top Row: Claire Pogge26, Brooklyn Salzbrenner26, Madison Murnan25, Briella McLaughlin25, Savanna Bradley26, Coaches: Robert Davis, & Dave Ulferts

Varsity:

8/22 Millard North Invitational 11-0 1st
8/29 Marian Invitational 9-0 1st
9/03 Elkhorn South High School 10-0 1st
9/12 Lincoln Southeast 11-0 1st
9/19 Norfolk 14-0 1st
9/24 Elkhorn 15-0 1st
10/01 Westside High School 16-0 1st
10/07 District State Tournament 8-0 1st
10/15 State Tournament 11-0 1st

Junior Varsity:

8/23 West Point Beemer High School Tournament 10-0 1st
8/29 Duchesne Academy Invitational 6-3 4th
9/03 Elkhorn South High School Invitational 8-2 3rd
9/09 Gretna Invitational 15-1 2nd
9/16 Duchesne Academy Invitational 8-4 5th
9/25 Lincoln Pius X Invitational 5-2 3rd
9/30 Westside High School Invitational 13-1 1 2nd



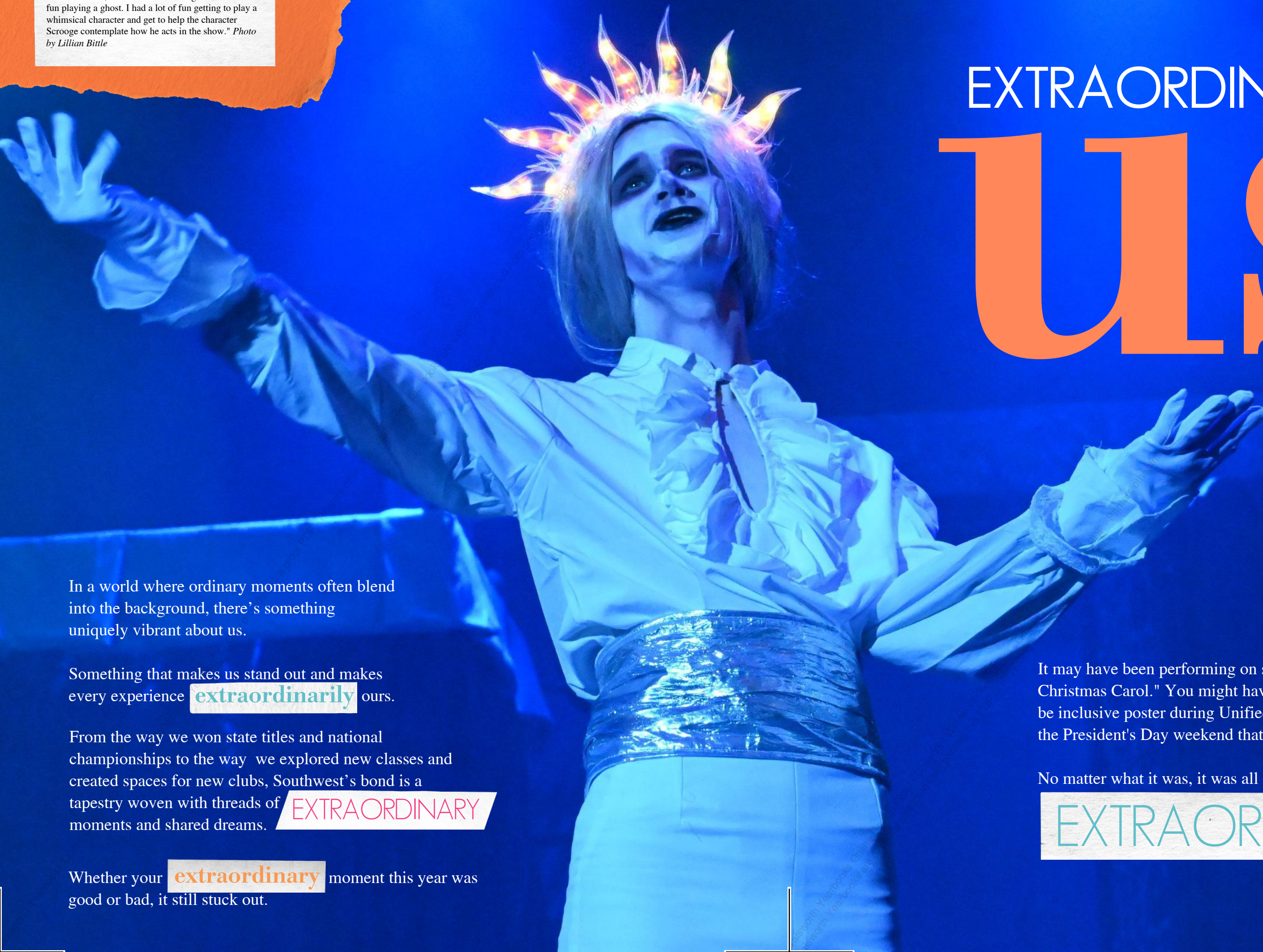
EXTRAORDINARILY ULS

the talon 2025
LINCOLN SOUTHWEST

Khloe Swanson, Lillian Bittle, Lyric Lee
Lincoln Southwest
#21 Yearbook Theme Development

VOL
23 LINCOLN
southwest HIGH SCHOOL
TALON 25 LINCOLN
NEBRASKA

The Christmas spirit. Sophomore **Keegan Brester** speaks to the crowd in the LSW theater production, "A Christmas Carol." Brester played the Ghost of Christmas Past. "I was performing in the fifth scene where Scrooge meets the first ghost, the Ghost of Christmas Past," Brester said. "I thought it was a lot of fun playing a ghost. I had a lot of fun getting to play a whimsical character and get to help the character Scrooge contemplate how he acts in the show." *Photo by Lillian Bittle*



EXTRAORDINARILY US



In a world where ordinary moments often blend into the background, there's something uniquely vibrant about us.

Something that makes us stand out and makes every experience **extraordinarily** ours.

From the way we won state titles and national championships to the way we explored new classes and created spaces for new clubs, Southwest's bond is a tapestry woven with threads of **EXTRAORDINARY** moments and shared dreams.

Whether your **extraordinary** moment this year was good or bad, it still stuck out.

It may have been performing on stage for the winter production of "A Christmas Carol." You might have signed your name on the pledge to be inclusive poster during Unified Week. Some may have celebrated the President's Day weekend that had two additional snow days.

No matter what it was, it was all

EXTRAORDINARILY **us**



"I like picking bell peppers because I remember planting the seeds for them back in May," senior **Katie Timmer** said. "It was really cool to know that I was picking and eating a vegetable that I planted." Photo by Alianna Svatos

"MY FAVORITE PART ABOUT OUTDOOR ADVENTURE IS THE DIFFERENT ACTIVITIES WE GET TO DO EACH WEEK. I LIKED KAYAKING IN THE POOL BECAUSE I'VE NEVER KAYAKED BEFORE AND WE LEARNED SO MANY DIFFERENT SKILLS."

Mya Kafka, 12



"My favorite part of cheer is learning new things and meeting new friends," junior **Bailey Zoucha** said. "I do think Freshman Day is a positive thing for new students because it gives them a chance to get used to the new school on their own without the upperclassmen overwhelming them." Photo by Chloe Wiens

"I really enjoyed senior sunrise. My favorite part was just getting to see all of the seniors and having a good moment before everyone starts the year and graduates," senior **Abbie Apfel** said. "It's honestly crazy to be a senior because I can't believe that high school has gone this fast, and it's just awesome to do all these events with our friends." Photo by Lillian Bittle

"I liked the games at the FCCLA Club meeting and I am very interested in joining clubs at Southwest this year," sophomore **Amy Yuan** said. "My favorite game was when we wore pantyhose on our head with tennis balls attached to them and tried to knock water bottles on to the ground." Photo by Angela Hernandez

"Color Run was so much fun and all of the Student Council members helping, as well as all of the runners, were able to have color sprayed on them," senior **Kaylie Phillips** said. "All the money that we raised from the run went directly back to the Make-A-Wish Foundation, so it was a charity event and the money went to a good cause." Photo by Lillian Bittle



IN OUR SCHOOL

August 5. All teachers came back to school.

August 5. Southwest welcomed 13 new staff members

August 12. Freshman Day took place to introduce incoming students to the school.

August 13. The 2024-2025 school year began.

IN OUR ACTIVITIES

August 13. Unified mass media was piloted in the journalism classroom.

August 16. Student Council hosted Senior Sunrise for the 2025 graduating class.

August 19. Clubs had their first meetings throughout the week for new and returning members.

August 22. Varsity volleyball played in the Norris Volleyball Jamboree to kick off their season.

August 24. Student Council hosted Color Run for the school and community.

August 30. The football team played their first game of the season against Lincoln North Star.

IN THE WORLD

August 1. Katie Ledecky was the first American female to win her 13th Olympic gold medal in swimming.

August 3. A record heatwave continued over Antarctica with temperatures as high as 50 degrees Fahrenheit.

August 5. Hurricane Debby made landfall and devastated Georgia, Florida and South Carolina.

August 7. Deforestation of the Amazon rain forest reached a record low since 2016.

August 11. The 2024 Paris Olympics ended after 16 days of competition.

August 18. An oil spill in Puerto Cabello, Venezuela contaminated 225 kilometers of the Gulf of Paria.

august

WHAT WAS SO
EXTRA ABOUT IT?



"I got the strawberry acai and I thought it was really good. I also got a chocolate donut with sprinkles. The event was so fun and a great way to start off the year."
Grace Troyer, 12

"I got an iced coffee from the truck and it was good. I had fun hanging out with friends and it was cool watching it go from pitch black to being light out."
Kiera Montano, 12

"The coffee truck was really good. I got an iced white mocha. The event was a lot of fun."
Tatum Thorell, 12



Bright and early. Seniors gather in front of the mural to take pictures. Seniors **Morgan Anderson** and **Katie Timmer** woke up at 4:30 a.m. to celebrate their first week of senior year. "Senior Sunrise was super fun. The turnout was amazing and the activities were fun," Anderson said. "It feels surreal being a senior, I don't feel like the oldest in the school but I'm excited for the future."
Photo By Lillian Bittle



CLASS OF
2025

rising before the SUN

SENIOR'S
GATHERED TO
WATCH THE
SUNRISE

The 2025 senior class celebrated Senior Sunrise on the first Friday of the school year. Senior Sunrise was hosted by Student Council, and the event was in the C parking lot by the tennis courts. Students brought lawn chairs, pillows and blankets to sit on the pavement. Some also played pickle ball to pass the time before the sunrise.

In its third year, this was the largest turnout for Senior Sunrise with 205 seniors in attendance. Senior **Olivia McCurley** and her friends made senior hoodies to wear during the event and throughout the year.

"It was a super fun bonding experience," McCurley said. "It was so fun being surrounded with all of the people in my grade and it was such a special memory."

Travelin' Tom's coffee truck came to the event so students could order coffee and other morning drinks while Super Saver provided free donuts. Seniors took pictures in front of a mural as well as wood picture frames that Student Council members made. There was also a banner seniors were encouraged to leave their hand print on with paint.

Like McCurley and her friends, some students chose to dress up in senior merch or decorate their cars for senior year.

"My favorite part of Senior Sunrise was spending time with all my friends and making sweatshirts we all wore the night before," senior **Sara Haller** said. "My friends and I all took some pictures with a digital camera and had donuts. They were really good."

Rise and shine. Senior **Sophia Wynne** and her friends sit on blankets in the parking lot at Senior Sunrise. Wynne and her friends all decided to wear matching shirts and enjoyed the sunrise together. "My friends and I all sat together and watched the sunrise," Wynne said. "We all took cute pictures and it's so surreal being a senior." Photo by Lillian Bittle

tell me more about being at senior sunrise?



Kasch Faustman, 12

"Being in StuCo, I helped plan Senior Sunrise. I loved seeing the variety of people and how many more people came compared to last year. It really felt special being a senior."



Nonic Oelling, 12

"It was super fun. I thought it was really well organized and I loved the coffee and donuts. Everything about graduation is very bittersweet but exciting at the same time."



Jackson Crawford, 12

"My favorite part of Senior Sunrise was playing games with friends. They had yard games and I liked corn hole because I've played it all my life. I also liked the donuts."



Kate Nolley, 12

"Senior Sunrise was super fun and a good start to my last year. Being able to watch the sunrise and hang out with all the other seniors was fun. It's sad knowing it's my last year though."



Alynna Henderson, 12

"My favorite part of Senior Sunrise was getting coffee from Travelin' Toms and taking pictures with friends. My friends and I made matching shirts and all wore them to take pictures."

colors collide

Colors and sunrises. Senior **Addison Siebenborn** places her hand print on the senior mural. Everyone had a chance to put their hand on the sign that was hung in the halls throughout the week. "I chose pink because it's my favorite color and my whole personality right now," Siebenborn said. "Senior Sunrise was so much fun. I loved it and I loved being with my friends." Photo By Lillian Bittle



Holding onto memories. Senior **Alynna Henderson** put her handprint on the mural then added her name. Henderson was very excited to be at senior sunrise and loved doing all the activities. "It was bittersweet seeing class of '25 written out because it puts it into perspective how soon we will be done with high school," Henderson said. "It's also so exciting and I'm excited for the next chapter." Photo By Lillian Bittle

SOUTHWEST
SPIRIT

STUDENT SECTION
REGULARS
SHARE THEIR FAVORITE
THEMES



Olivia McCurley, 12

"My favorite theme is jungle, I think it's different and fun."



Harper Bales, 10

"My favorite theme is neon, It's easy but you can still be creative with it."



Jackson Mowitz, 11

"I would say pink out because I think it's pretty basic but you can do a lot of stuff with that theme like accessories and hats. You can have fun with it and everyone has pink around."

Show up and show out. **Senior Brandon Clark** stands in the front row of the student section at the football season opener. The student section theme was neon. "Seeing everybody there and everybody being loud was good," Clark said. "It's always electric and bringing crowds are just amazing in general." *Photo by Lillian Bittle*



It's go time. **Senior Ivan Avila** storms the field with the rest of the varsity football team before the game. The Hawks lost 7-6 to North Star. "Running out on the field was pretty electric," Avila said. "It was fun to see all those people out there and all the people cheering us on. I'm excited for winning more games and going to State." *Photo by Lillian Bittle*



Punting it away. **Senior Zak Stark** punts during the game against Papillion-LaVista. The Hawks lost 36-9. "I think the student section is the best way to support our team," Stark said. "It definitely is a confidence booster when you look up and see hundreds of students there to support us." *Photo by Mia Fleharty*



Eyes on the prize. **Senior Lillian Bittle** focuses her shot while kneeling on the sideline. Bittle was one of six LSW media photographers to cover the first game. "I love taking pictures at any school event but especially the first football game of the year," Bittle said. "It feels like an honor to be able to capture the epitome of a classic American high school experience through a camera." *Photo by Talon Staff*

Starting it with a cheer. **Senior Grace Troyer** performs a cheer routine before the first game of the season. Varsity cheer and the Emeralds dance team performed before every home game. "I have always loved the environment with all the students, spirit squad and band all together," Troyer said. "My favorite part of cheering at football is having all these people around me, it definitely is the high point for school spirit out of the whole year." *Photo by Lillian Bittle*

FRIDAY
NIGHT

lights

COMPETITIONS BRING FANS TO SEACREST FIELD

Being a part of the student section was an experience most high schoolers looked forward to. The overwhelming "togetherness" of it all was unique. Many students enjoyed the support aspect as well, which included cheering on their favorite sports and making a strong impression on other schools. One way students showed that they worked as a group was by setting a theme so students looked together. Themes included neon, black-out, tropical and many more.

"It feels exciting to be a part of a community," **senior Molly Riggins** said. "As an athlete, I'm happy to support the other athletes because that's what I would want for us."

The student section was responsible for starting chants and keeping the audience excited. Their energy was what supported the players and encouraged them. The student section was organized in the stands by grades, with seniors being in the front rows and the juniors, sophomores, and freshmen sitting behind them in order by grades.

Participating was also an effective way to promote positivity. Having all students dress up and become one showed strength and power.

"It feels good having support behind you," **senior Jackson Crawford** said. "It helps get you going a little bit when you see all your friends in the stands. It makes you feel good."

There was also an exciting moment for the Emeralds dance team at the first Friday night game. One of LSW's international students, **junior Serika Okawa**, was given the opportunity to perform a sideline cheer with the dance team.

"I was filled with feelings of happiness. My father used to play football, and I love watching American football games, so I was more than happy to be on such a wonderful stage, even if only for a moment, in terms of dancing, which I love," Okawa said. "When I was dancing, I felt like I was part of a team, and I felt a connection that transcended language barriers. No amount of words can express how grateful I am to everyone who saw me dance, to the Emerald dance team, and to my coach for giving me such a wonderful opportunity."

The band also played a big role in home football games. The band performed throughout the game dancing and singing in the stands, before taking the field at halftime to perform their competition routine. While the band performed in uniforms later in the season, the first few home games they were able to dress down and add little pieces of the themes selected by the student section.

Sophomore Logan Ostergard went all out for the first football game.

"During halftime, it can be a little nerve wracking performing, but it's also super fun," Ostergard said. "I chose to have a neon face paint so I could participate with the student section and that's how I show my support is by doing a little bit of the students section when we're not in full uniforms."

Brockston Teply, 10
Logan Ostergard, 10
Trey Cech, 12

AUGUST
summer



Catching some ZZZs. Senior **Ellie Bailey** (right) smiles for the camera along with other student journalists in C113. Bailey participated in the PJ Day for Spirit Week. "My favorite part of homecoming is being with friends and having fun with everybody," Bailey said. "My favorite moment was definitely when I got an entire water bottle thrown at me all over my dress. It was funny, but it hit my hip really hard, and I was grateful my dress was brown. If it was satin it would've been worse."



JERSEY DAY

Game on. Sophomore **Destiny Ibarra** (left) and her friends walk the halls with sports shirts for spirit day. The theme for Tuesday was Jersey Day. "My favorite part of Homecoming Week, was seeing everyone dressed up and contributing to Spirit Week and having fun matching with their friends," Ibarra said. "My favorite spirit day would probably have to be Jersey Day, because I feel like a lot of people associate with sports."



NEON DAY

Shine bright. Junior international student **Marie Borst** shines bright in her neon outfit. Borst participated in all of the days for Spirit Week. "I had the mission for myself to take as much pictures as I can. Everybody I knew I took a picture with, and it's a lot of people," Borst said. "I went with my host sister and her two friends, but then I kind of ended up with my show choir and my theatre friends again at the end."

Blending in. Sophomore **Bailee Hartwig** (left) and her friends smile in their camo clothes. Hartwig loved all of the Homecoming Week festivities. "My favorite part of homecoming week I think was probably the themes, going to the football games, dressing up and seeing everybody's outfits," Hartwig said. "My favorite moment from the dance was dancing in general, being with all my friends and having fun. After it was nice, because we got ice cream."



CAMO DAY



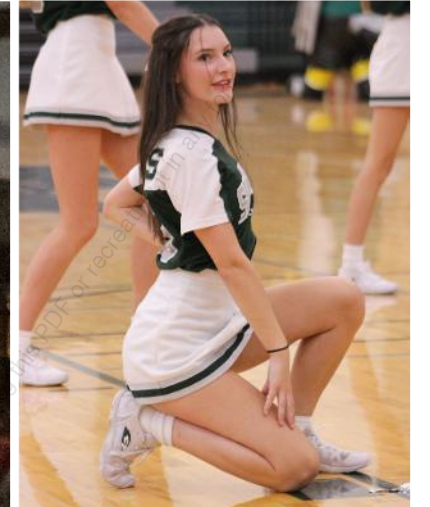
Aloha. Freshmen **Gracie Kathman** and **Garytt Brown** strike a smile for Hawaiian Day. Students walked the halls in tropical shirts and leis. "I really liked the spirit week and getting to dress and to match the different themes, especially with my friends. I really loved Hawaiian Day and seeing everybody with leis," Kathman said. "My favorite moment from the dance was when they played, 'Hot to Go,' and everybody was doing all of the movements and especially with some of the more popular songs. Every single person was singing."



HAWKS CELEBRATE HOCO WITH THEME DAYS, PEP RALLY & DANCE



A NIGHT IN Paris



Strike a pose. Senior **Breanne Cole** hits a pose during the pep rally dance routine. All four levels performed and Cole was on the varsity cheerleading squad. "My favorite spirit day was Pajama Day because I got to be comfy and wear pants," Cole said. "My favorite part of the homecoming game was running flags with the football team but my legs were really sore after." Photo by Emery Schnick

pep rally routine

- SCHOOL FIGHT SONG
- BAND PLAYS NATIONAL ANTHEM
- EMCEE WELCOME
- EMERALDS DANCE ROUTINE
- KNOCKOUT GAME
- CHEERLEADER ROUTINES
- POTATO SWEEP GAME
- FOOTBALL CAPTAIN SPEECHES
- PAPER, ROCK, SCISSORS GAME
- CLASS CHANT COMPETITION



Feel the beat. Junior **Jordan Dutton** smiles during her performance at the pep rally. Dutton was a part of the Emeralds dance team. "I went with a big group of friends to the country club before the dance," Dutton said. "My favorite part of the homecoming game was getting to dance with all of my friends on the cheer team." Photo by Emery Schnick

In it to win it. Sophomore **Trevon Lang** watches the basketball fall into the hoop during the pep rally game. Students played knockout against different classes. "The best part of the pep rally was I gotta go down on the court and be in front of everyone," Lang said. "I got to compete in knockout, and we won." Photo by Alianna Svatos

HARDWORK pays off

THEATRE PRESENTS "HOW TO
SUCCEED IN BUSINESS WITHOUT
REALLY TRYING"

Anxiety flowed through seniors **Tyler Stover** and **Melanie Wiggins** as they saw the drawn out kiss printed into the script. It was the first rehearsal for Southwest's first production of the school year.

"I remember sitting at our first read through of the script next to Melanie and coming up to the song we had to kiss in," Stover said. "I remember seeing that the kiss was over several measures long. Everyone in the room looked up with jaws on the floor and scared for us."

Pressure was relieved after the previous 30-second kiss between the two was changed to a much shorter kiss plus a dance interlude weeks before the show went on.

"It helped that Tyler and I were friends before, so we were already comfortable with each other and knew each others boundaries," Wiggins said. "After a few rehearsals, we knew it looked off on stage, and would be much more natural to add the dance."

With the earliest start yet and auditions on July 19, "How To Succeed In Business Without Really Trying," went on with five productions at the end of September. Many elements went into a theatric performance including the ensemble, technology and scenery. All of the elements contributed to why "How To Succeed In Business Without Really Trying," was a hit.

Students said the show felt well rehearsed and stood out for being organized. Sophomore **Elizabeth Falcone** was in charge of the microphones.

"It's super complicated to keep everything coordinated so whenever we have a run that goes well, it's definitely something to celebrate," Falcone said. "For 'How to Succeed I was an assistant stage manager in charge of running the sound tracks and calling any cues that went with the sounds."

There were almost no technological problems though all five shows from the audiences point of view. Headsets were used to communicate when controlling the lights, scenery, sound and props.

Another large piece of the puzzle was all the effort that went into the props and scenery. Senior **Jada Frank** and senior **Avery Miller** took responsibility for making these creations. Some of the most memorable prop elements being the secretary desks and the golf clubs.

"Our new director is really big on actors bringing on props, so it was really cool seeing how the props became a part of the choreography. We got really creative when it came to the clipboards since there were so many. Someone wrote the entire script to Sweeney Todd on their clipboard," said Frank. "Southwest theater is really connected. We are with each other so often so you get to know each other really well. It's a great way to make friends, so we are definitely like a family."

A proper business deal. Sophomore **Audrey Haugen** played a buried treasure girl, Hettie, when making a business plan. Her character started as a secretary and was not happy about it. "I like to step into character before I go on to make me feel less awkward on stage," Haugen said. "I really liked my character because she is not afraid to do whatever she wanted and be extremely extra on stage which was really fun to do." *Photo by Lillian Bittle*



Nepotism. Senior **Zach Stevens**, who was the boss owner's nephew, discusses his authority and power with **Tyler Stover**, who played the main character. Stevens and Stover were theatre officers who organized get togethers for cast and crew. "After show days, I definitely get a lot of sleep for the next show, but usually we kind of like to decompress," Stevens said. "We all like to go get food together to celebrate everything we just did." *Photo by Lillian Bittle*



Opening scene. Sophomore **Estes Stratman** and the ensemble try to convince senior **Melanie Wiggins** to get back with the main character, Finch, after a breakup. This was the opening scene to Act Two. "My favorite scene as my character was, 'Secretary Is Not A Toy,' because it had a lot of fun dancing and it was a tap number," Stratman said. "My future plans in theatrics is to go to college for theatre and become a theatre teacher or music teacher." *Photo by Khloe Swanson*



We need our coffee. Freshman **Gracie Kathman** plays the role of a secretary in the "Coffee Break" scene. The workers complained that when they have no coffee it drives them crazy. "With it being my first performance at Southwest, it was really enjoyable," Kathman said. "It's a great community and everybody is super nice. I've seen a lot of shows here and I've always been doing theatre since I was young, so it was nice to be on the stage." *Photo by Khloe Swanson*

Dream life. Senior **Melanie Wiggins** (Rosemary) sings about envisioning her future with the man she's in love with. The song was called, "Happy to Keep His Dinner Warm," and was one of Wiggins' big songs. "I've been doing theater since I was five and I remember going to see 'Mary Poppins' at Southwest," Wiggins said. "I remember thinking it was so cool and knew that I wanted to be a part of the Southwest theatre program." *Photo by Lillian Bittle*



A true brotherhood. Sophomore **Logan Lambrecht** and other ensemble members dance in a kick line during "The Brotherhood Of Man" number. The main character, Finch, tried to convince all the executives to let him keep his job. "My favorite part about the show, 'How To Succeed In Business,' was how many different crazy things happened throughout the entire thing," Lambrecht said. *Photo by Khloe Swanson*

bonus info about YOUR FAVORITE SCENE?



Senior Avery Miller
"My favorite scene was Coffee Break. We had a large coffee pot in it and everybody had coffee cups. The scene was a big dance break." *Photo by Lillian Bittle*



Sophomore Camille Davis
"My favorite scene was probably the mail room scene because it was really fun to embrace my character even though it was such a small part. There was a giant mail basket that the characters used." *Photo by Lillian Bittle*



Sophomore Alivia Plautz
"My favorite scene was 'Coffee Break' where we were singing about if we can't have our coffee break, something within us dies." *Photo by Lillian Bittle*



ALL THE fall

STUDENTS SHARE THEIR FALL FAVORITES

Students spent the fall going to seasonal places and participating in seasonal activities.

Roca Berry Farm was a pumpkin patch located in Roca, Nebraska, where students went to in the fall. The farm included games, animals, fall food, pumpkin picking and hay rides.

The bonfire pits at the farm were another well-known activity. They were used for hosting parties, small get-togethers, roasting food and resting during the evening.

Students also went to night time attractions at Roca Scary Farm. The attractions included haunted houses, a psychopath walk and a haunted hayride filled with scarers.

Apple picking in Nebraska City, pumpkin carving with friends and family, corn mazes, sweaters and flannels and warm fall drinks were also things that many students enjoyed throughout the fall season.

As the temperature dropped and the leaves began to change and fall, seasonal movies, scents, foods and clothes were all things that students felt contributed to their fall experience.

spooky scents

WHAT IS YOUR FAVORITE FALL CANDLE SCENT?



Kinslee Swanson, 10
"My favorite scent is probably pumpkin. The pumpkin reminds me of the limited Starbucks menu and going to Roca."



Keelyn Pearce, 10
"My favorite scent is Pumpkin Spice. It reminds me of fall and smells nice too."



Myah Hobelman, 10
"My favorite scent is anything pumpkin. I just think it smells really nice and reminds me of fall."



WHAT IS YOUR FAVORITE FALL FASHION ITEM?



"My favorite fall fashion item is probably leggings. Leggings are super comfortable and easy to match with anything."

LAYLA JOHNSON, 10

freaky fashion



"My favorite fall fashion item is crewnecks. It's like a sweatshirt without the hood. I like it because it's comfortable to wear."

OWEN DIEKEN, 10



mysterious movies

WHAT IS YOUR FAVORITE FALL SHOW OR MOVIE?



ETHAN MALONE, 10
"My favorite fall movie is probably 'Hocus Pocus' because I grew up watching it."

LYRA WALSH, 10
"I like the Charlie Brown pumpkin patch movie because it brings back childhood memories from when I was little."

LENA BARNES, 10
"My favorite fall show is 'Gilmore Girls.' It reminds me of fall and it's just a cute show."

creepy candies

WHAT IS YOUR FAVORITE FALL CANDY?



KAYLI RENFRO 10
"My favorite fall candy is candy corn. It's pretty tasty and I like the look of it because it reminds me of fall."



LYRA KRUTAK, 10
"My favorite fall candy is candy corn. It tastes good to me."



WESTIN TRUE, 10
"My favorite fall candy is Twix. I like the wafer, caramel and chocolate mix."



SECOND TIME'S THE charm

LARSON RECLAIMS HER TITLE FOR THE SECOND YEAR IN A ROW

Junior **Eden Larson** started her sophomore year confident in her game. Larson spent her summer traveling to different states to compete against new competition. As the first meet approached, Larson felt pressure coming back to reclaim her title of LPS Champion.

"I had a good summer and knowing I'm State Champion was a really good boost for me," Larson said. "I played a lot during the summer."

At the eighth tournament of the season, Larson was announced as LPS Champion with a score of 72.

"Being LPS champ feels great, it's a good kick start for me to be on my A game for Conference and State," Larson said. "I feel like I did pretty good being able to get to my best abilities throughout the season."

At the season opener, Larson shot a 76, senior **Yve Nelson** shot an 80 and sophomore **Maddilynn Wilson** shot an 86.

At the Beatrice Tournament, Larson won a solo medal with a score of 73 and Nelson placed second with a score of 75.

Larson and Nelson came out on top at the Kearney Invite. Larson placed first with a 74 and Nelson placed third.

"I feel like the season is going great, I have a lot of faith in our team that we will go to State and pull through," Nelson said. "Our team is amazing. We all have so much fun on van rides and doing activities together."

Southwest finished first at the Woodland Hills meet with a team score of 324.

"We had a great season overall. Every girl performed well and I'm very happy with how the season turned out," senior

Paytyn Renter said. "I got 11th place at the Woodland Hills Meet and I am very excited for after high school and this new chapter."

The girls came up two strokes short and finished second with a score of 327 at the Jackrabbit Golf Course Tournament.

Later in the season, Southwest placed second with a score of 342 at the Holmes Golf Course. Larson also scored a team low of 76 at the Norfolk Tournament.

After Larson won the LPS Championship, the girls entered the HAC Tournament. Southwest took first and Larson scored a season low of 68. Wilson also placed fifth.

After HAC, Southwest placed first at Districts and Larson finished first overall. The girls entered the State Tournament with a string of wins behind them throughout the season.

At State, the Hawks finished third with a 330 for round one and a 340 for round two. Larson finished first both days of the tournament and took home the State Champion title.

"We could have done better but it definitely wasn't the worst outcome and we all did our best," Wilson said. "State was really fun. We all got to stay in a hotel together and do matching hair. It was a fun season. I'll miss our seniors."



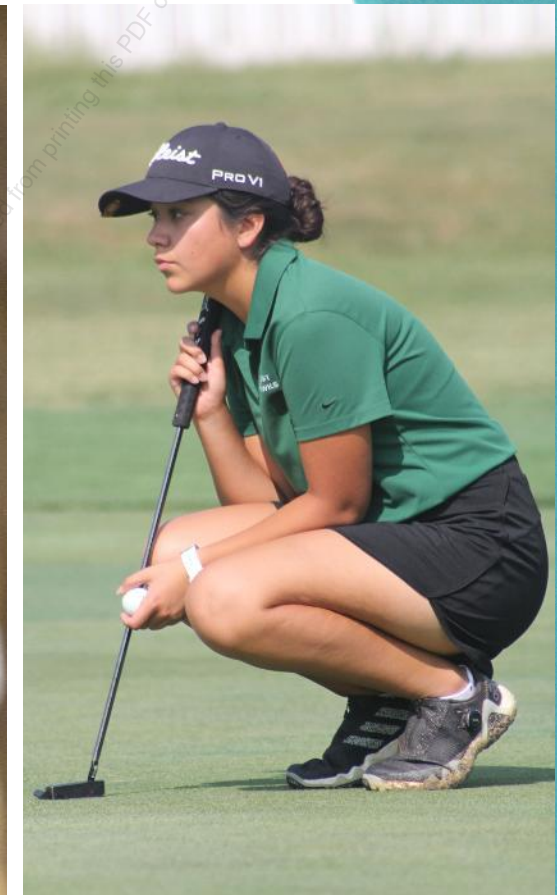
Hit it long. Senior **Paytyn Renter** eyes her ball after hitting it off the tee. Renter was sad when her last high school golf season came to an end. "I love being a part of this team because these girls became more than teammates. They became some of my best friends," Renter said. "All of the girls are so supportive of each other. I'm looking forward to State because you compete with the best people in Class A." *Photo by Khloe Swanson*



Stellar swing. Sophomore **Eden Larson** watches her ball after driving. Larson finished first at the East Invite with a score of 68. "I felt like I did pretty good at the East Invite," Larson said. "My game was where it should be at this point of the season." *Photo courtesy of Justin Wan/Lincoln Journal Star*

Everything to a tee. Sophomore **Madi Wilson** putts the ball at Holmes Lake Golf Course. Wilson placed fifth at HAC and ninth at Districts. "I am feeling good and am really excited for State," Wilson said. "My favorite part of being a part of the team is having team dinners." *Photo by Alianna Svatos*

Eyes on the prize. Senior **Yve Nelson** kneels to line up her putt. Nelson placed second at the Beatrice Tournament. "The best score I've gotten so far this season was a 75 at Beatrice," Nelson said. "I feel like this season is going great. We're definitely in the hunt for State and I have a lot of faith in our team that we can persevere and pull through." *Photo by Alianna Svatos*



which course has the most spark for you?



Stella Amstutz, 10

"My favorite course is Pioneers. It's where we practice and it's where I play in the summer with my friends or dad."



Ella Ariunsaikhan, 9

"If I'm working on short game then probably the Jim Ager course otherwise Pioneers because that's where we have all our practices."



Stella Davis, 9

"Tara Hills is a really fun course to play on. I also play really good on this course."



April Ripley, 11

"My favorite course is definitely Pioneers. We have practices there so I've just got to know it pretty well."



Kamryn Yoder, 9

"My favorite course to play on is probably Pioneers. I think it's the easiest course because it's not as short, so I've had a chance to play on it more."

WE CAN'T STOP WINNING

HAWKS GO ON 23-GAME WIN STREAK

Tense emotions flowed through freshman **Raegan Brandt** just before she pitched. As the ball flew across the plate, she prepared for every possible outcome. Brandt knew that her team counted on her.

It was the second game against Grand Island in the third double header of the season. Brandt was pitching with freshman **Maisey McCarty**. The team won the double header 13-3 and 12-0.

The Hawks started the season with a five-game winning streak. Two were a double header against Columbus, 14-0 and 12-2. After three runs batted in, junior **Ashley Jucht** knew the second game was in the bag.

"My thought process throughout the game was focusing on what we practice," Jucht said. "We try to play with the intensity we strive to play with at Southwest."

The first loss of the season was against Pius X 4-2.

"After the Pius X game we were all upset," senior **Vivian Mares-Chippeaux** said. "However, we knew we just had a bad game and that we needed to clear our minds. We talked about what happened and what we could do to improve and win the next game."

The Hawks valued the warm up process before each game to benefit them.

"Our team starts off with just talking and having fun," Mares-Chippeaux said. "Once we're all ready, we warm up and make sure everyone is ready for the game."

Senior **Reagan Vokoun** was ranked first for batting average and 'on base' percentages.

"I always go early into practice to hit and I am usually one of the last ones after practice hitting to," Vokoun said.

"I am just enjoying it. I have a great team that helps me get fired up and I couldn't do it without them."

Vokoun used her knowledge and seniority to help teammates.

"We have a lot of great players," Vokoun said. "I just want to help them by sharing my experiences with them."

Pregame rituals and routines were normal for the Hawks.

"We turn on some music and dance as a team which keeps us all loose," junior **Brenly Noerrlinger** said.

"This routine before games always gets us ready to play physically but also gets us in the right mindset."

Stretching and pre-game prayer helped the girls focus for games.

"This year we had added praying before every game which is new," Vokoun said. "I think it's really cool that everyone chooses to participate and step on the field with God leading us."

The Hawks went on a 23-game winning streak which provided confidence as they headed into Districts

The girls finished first and were District Champions. They were headed into the first round of State.

"We are super excited and hopefully we can keep it up. We're trying to focus one game at a time," sophomore **Hadley Madson** said. "We show up and all put in the work together. As our coach Mitch would say, 'take care of business' when we know it's a business deal and we get it done. Our winning streak represents and shows the effort our team has put in this season."

During State, the Hawks fell to Millard North, 10-2. They finished the season with a record of 36-5.

THOUGHTS AND FEELINGS OF A FRESHMAN ON VARSITY

"Being a freshman on varsity has been an amazing opportunity. My teammates and coaches have been extremely helpful while also creating a competitive environment. My favorite part about playing with Southwest is all the bus rides to the away games. I will continue to play for Southwest in my upcoming years of high school and then hopefully get the opportunity to play at the highest collegiate level possible."

Maisey McCarty, 9



SENIOR REFLECTS ON EXPERIENCE PLAYING SOFTBALL

"My parents put me into almost every sport and I just immediately fell in love with softball. The love I have for the sport and the chance to compete is what keeps me going. Southwest softball is so special, to the environment, coaches, and girls on the team. It's such a fun and competitive atmosphere. My experience has been great to having winning seasons, winning Districts, HAC and making it to State. Everyone is so nice and supportive of each other that it makes Southwest softball so special."

Emma Dostal, 12



Laugh it out. Senior **Mary Beth Hart** laughs with her coach about the play on third base. Hart had a batting average of .476. "My coaches and teammates motivate me the most, they're so fun to be around and have good energy," Hart said. "Southwest is a really good support system." Photo by Lillian Bittle



Pitching to win. Freshman **Raegan Brandt** winds up to pitch the ball. Brandt had a 4.67 Earned Run Average as they played Grand Island. "I think about throwing straight to the glove when pitching," Brandt said. "My eyes are focused on the glove and not worrying about anything else. We were high energy when playing against Grand Island. We all pitched really well." Photo by Lillian Bittle

Swing and hit. Junior **Ashley Jucht** swings to hit the ball. Jucht had eight RBIs during the season. "When I'm batting I really try to clear my mind, stay calm and just focus on the ball," Jucht said. "During practice we do a lot of different things to practice batting, we hit off the tee, front toss in the cage, hit off live pitching on the field which all helps me get ready for batting in games." Photo by Lillian Bittle

Game plan. Junior **Brenly Noerrlinger** and the team talk at the pitchers mound. The team conversed to reflect on the game and make changes. "Many times we make jokes in these huddles which is probably why we are all laughing," Noerrlinger said. "During games we are always communicating with one another. Most importantly throughout the game we are always cheering each other on and lifting each other up so we can all perform at our best." Photo by Lillian Bittle



WHAT MAKES SOFTBALL EXCITING ASIDE FROM THE GAME?

"My favorite part is playing with my best friends. All different ages and they're all my favorite people."

Hadley Madson, 10

from beginning to end

Our theme is pretty self-explanatory. We are all unique and do extraordinary things in our day-to-day lives at our school. The theme was meant to show how our school goes above and beyond to be just a little bit different and better when we are a part of Lincoln Southwest. We wanted to have a quirky design with ripped and cutout paper and different elements that gave our book a little bit of a scrapbook feel because we are making memories like a scrapbook, but also telling stories like a yearbook. Which is also why we chose to have so many cutouts.

Lastly, the word US on our cover is a cutout. When you open to our endsheets, the word US will stand alone. Yes, we are extraordinary and extraordinarily us, but more than that, we are simply us. A group, a school, a community. We know the pink looks bold on this PDF, but when you open the book it stands alone and looks really cool.

Class A

#22 Broadcast News Story

Lainey Reynolds, Kyla Riveland, Millard West

<https://youtu.be/CthQKOQEBrM?si=5-sZBW8b0oeVEjHn>

#23 Broadcast Sports Story

Landen Swift, Millard West

https://youtu.be/xuVHhSSkTm0?si=LP0KvYkxT_VyAFBH

#24 Broadcast Feature Story

William Mahan, Omaha Westside

<https://westsidewired.net/58206/news/mock-crash-performed-before-prom-to-deter-drunk-driving/>

#25 Broadcast Public Service Announcement

Elaina Kratky, Omaha Westside

<https://youtu.be/Pr55KFKH-9Q>