



2022 -- Class A

**Journalism
Championship
Entries**

Jasmine Palikhya , Omaha Westside
Advertising

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State Journalism Contest - Sports News Writing - Jaden Taylor

For the first time in school history, the East High Eagles girls basketball team is state champions. Following a runner-up campaign in 2021, the Eagles finally got the chance to hold up the championship trophy in their 37-32 defeat over the fifth-seeded Happy Hawks.

Following a one-point deficit at half, the Eagles put together a 12-0 run in the fourth quarter led by 5-foot-8 senior Tina McDonald. McDonald, who scored a game high 16 points, felt her teammates' ability to respond and adjust in a tight game helped them pull through in the end.

"We were dissapointed at halftime, being down one, but we were still confident," McDonald said. "My teammates and I put so much time into practicing and there were so many games that we battled in that it just makes this first state title for our school really, really special."

Unlike the fifth-seeded Hawks, who had made their first-ever appearance in the state championship game, the Eagles have had experience in a game with this magnitude. East's head coach Kelley Scott has shown her experience in title games as well, winning 10 straight titles in an 11-year span at South High School prior to coming to East in 2019. Scott felt that her team's ability to live up to this moment was a factor in their success.

"I felt like they (were) competitive and they were great in big moments," Scott said. "They hit big shots when they needed to. Our energy on the defensive end and rebounding I think generated some better shots. And they got some turnovers and (got) frustrated a little bit, but they were tough."

Although East would outshoot Happy from beyond the arc and from the free-throw line, the Hawks dominated in the paint. Outscoring the Eagles 28-16 in points in the paint, Scott acknowledged the toughness of her opponent.

"They were really hard to get out of their game," Scott said. "They played really smart. When we went on a 12-0 run in the 4th quarter, I knew we had a shot at the title. We were lucky to have won this game."

For Happy, their upset-filled state tournament run comes to a close. Following their first round and second round upsets over #4 seed Adams (54-38) and #1 seed South (53-46), the Hawks came up short on their first-ever state title. Happy head coach Ronda Red, although short on her goal, expressed what their run meant to her and her players.

"What an awesome state tournament this was for our team and our school," Red said. "After we knocked off the number one seed in the tournament, I think our girls started to believe the state title was within their reach. But we just didn't have enough to get it done today. Thanks to the students and fans who showed up and supported the girls. Even though we are disappointed with the loss, this state championship game will be a lifelong memory for these girls."

The Eagles end their season with a record of 25-2 while the Hawks drop to 21-6. Both teams will be back in 2023 once again with state title aspirations.

Trip of a Lifetime

Sophomores journey to Washington DC for the annual Founding Fathers' Field Trip

In May, a four-day sabbatical to Washington DC unfolded to be one the students of Quartz High School will never forget. Fellowship, along with visiting some of the country's most captivating historical landmarks, made for an experience that will not be bypassed by many.

Throughout the prolonged school year, the sophomore class was given the task of raising funds for the trip that would take place at the end of the school year. With the 300 students enrolled in the school, 53 students were able to participate in the trip along with five faculty members and four parent sponsors.

Embarking on the first day of the trip, students were able to seize the astonishing architecture and view the United States Capitol. The previous year, students were not able to visit the capitol due to COVID-19 so the students of Quartz High School made sure to make the most of their visit there.

Days two, three, and four were filled with visits to the Washington Monument, Lincoln Memorial, the estate of George Washington, Potomac River, and even ending the trip with America's favorite pastime - a Washington Nationals baseball game against the New York Yankees.

"I had such a great time with all my friends," Mika Yoder said. "We were exposed to so much history and cool places during those four days. I hope I can return to Washington DC sometime in the future and explore our country's history even more."

With only five faculty members being presented the opportunity to chaperone the Founding Fathers' Field Trip, history teacher, Mr. Davis was one of the lucky ones to be selected.

"This group was unique and extremely fun to be around," Mr. Davis said. "Being able to see these young people learn and be emersed in our country's history is one of my favorite experiences of the school year."

Going from sitting at a desk in history class learning about all Washington DC has to offer from a textbook to witnessing it in real life first-hand, was a totally different realm that made the students of Quartz High School glad they were given the chance to take part in the trip.

Cadi Wilbeck , Lincoln Southwest
Yearbook Sports Feature Writing

As Pearson High seniors Brenda Bonds and Stella Smith stepped on to the mats for their championship wrestling matches, they felt more pressure than just the drive to win. They gazed out over the 1,200 person crowd in the Richmond Gymnasium and felt the eyes of young girls on them, ready to watch women succeed in sports that have traditionally been played by men. Bonds and Smith were competing for their respective titles in the first ever Midwest Conference (MWC) Girls Wrestling Championship on Saturday Jan. 29.

In the 165 and 120 pound weight classes, Bonds and Smith had secured their spots in the championship after defeating their opponents in the 1st round and the quarterfinals. As a result, they did not compete in the first and second round consolation matches. They had a 30 minute break before securing victories in the semifinals. After watching the consolation semifinals and third and fifth place matches, the duo used the last of their remaining strength to defeat both of their opponents and secure state championship titles in their weight classes.

After Bonds and Smith were handed their championship trophies, Oilers' wrestling coach Dominique Moeckel embraced them with excitement and relief. Moeckel had wrestled in her youth, but it was her first year coaching girls wrestling.

“Once Stella and Brenda advanced to the championship matches, I thought we could win it,” Moeckel said. “This year has been such an awesome experience for these girls and for our school. I’m so thankful our school decided to sponsor a girls wrestling program this year.”

Pearson athletic director Vicki Cole was instrumental in the process of making girls wrestling a reality at Pearson High.

“At Pearson High School we are always looking to provide athletic opportunities for all our students,” Cole said. “But being the first conference champion in girls wrestling in the same year as the 50th anniversary of Title IX makes it extra special. We need to continue to find opportunities for Pearson High students to participate in extracurricular activities.”

While Bonds and Smith were instrumental players in the team’s victory, it took effort from each member of the team to secure the overall championship. The Oilers competed in 12 weight classes ranging from 100 to 235 pounds. As the matches concluded, Pearson edged past Richmond Central High School by four points to secure the overall championship with 125 points.

“The MWC put on a great event and to be the conference champions in our first year is a true testament to the teamwork of these girls,” Moeckel said. “I’m just so proud to be their coach.”

After completing her first season with the girls wrestling team, freshman Ally Williams was excited to see what Pearson girls wrestling will accomplish in the future.

“I’m just so happy to have a girls wrestling team,” Williams said. “I wasn’t planning to go out for wrestling this year, but I’m so glad I did. I’ve made a lot of friends and can’t wait for next year.”

For Bonds and Smith, winning the championship was the end of their time as Oilers. Smith felt that she accomplished her goal of helping to inspire young girls to pursue opportunities in women's sports.

“Wow, I can’t believe I’m the first ever conference champ,” Smith said. “What means the most to me is those little girls (will) be like, ‘Wow, if she can do it, I can do it too.’”

Delany Jepsen, Gretna
Yearbook Theme Copy Writing

For the first time in district history, the high school student population was over 1600, more than the school could handle. The parking lot saw a new level of chaos after school. The halls were packed as freshmen scrambled to find their classrooms. Teachers pushed carts that looked like mobile classrooms and upperclassmen chatted with old friends. We discovered that all the classroom numbers changed over the summer to include the Black Box theater. Even with the new learning spaces, there were simply not enough classrooms for the eight traveling teachers. New rules required all students to eat in the lunchroom causing the average lunch period to have 545 kids. We stood in long lunch lines to get the last Crispito in September while we tried to find a space by our friends.

We took pride in our school and supported each other. We crammed the student section under Friday Night Lights to cheer on the football team. Because we believed that spirit leads to victory. The volleyball team was excited about a new season. Underclassmen stood up in athletics. From cross country to volleyball freshmen proved their power. The marching band was ready to compete with a new show.

We held onto the big moments and emotions. Homecoming was held on the soccer field after a 77-0 win against Bellevue East. Our drama department officially opened the newest addition, the Black Box theater. Students created the Green Team to protect the environment while promoting the recycling of aluminum in the school. Drama club and GSA raised money for events. Our National Honor Society members worked concessions to raise money for scholarships and to complete their hours.

Through whatever we did we knew we were a part of something. Because we were

Kind of a Big Deal



Pre-game Prep Before the first Varsity football game on Aug. 27 team managers **Klare Peters (23)** and **Emma Jacobson (23)** adjust helmets. Peters favorite part was watching the game from the sidelines. "I love being able to hear the coaches and players talking about the game and get to be in the moment and experience a win first hand which is so incredibly amazing," Peters said. *Photo by Delany Jepsen.*



Senora Lisa Salerno



All Smiles Before their pre-game show **Avery Stephany (23)** and **Elizabeth Vandenberg (22)** share a laugh. Vandenberg was the percussion section leader. "I'm excited that band will have a normal season and I love performing music with my friends," Vandenberg said. *Photo by Delany Jepsen.*

Here's The Deal

1620 students	
8 Traveling Teachers	21 New Staff
7 Teachers	
4 Attended GHS	

"I think our school does a great job of supporting each other in everyone's endeavors. It makes us feel like a close community of friends that are there to help bring out the best in each other. By doing this, we inspire growth and create lasting memories together," Tanner Maas (22) said.

Class A

Info Graphic

Champion: Carmela Rigatuso, Bellevue West

<https://thethunderbeat.org/17132/all/education-a-necessary-part-of-thanksgiving-celebrations/>

In-depth NP Coverage

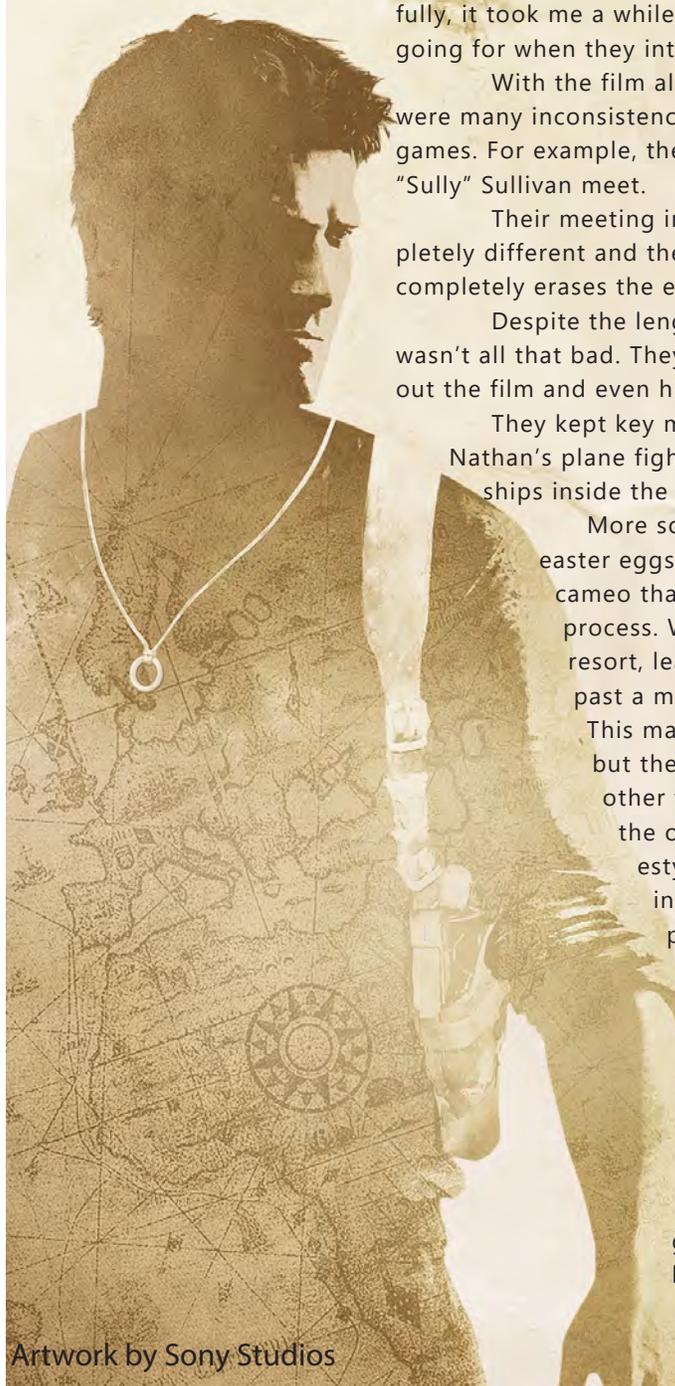
Champions: Mariana Castelan Munez, Tah Si Soe Thaw, Omaha Benson

<https://bensonhighnews.com/2157/news/stereotypes-and-prejudices-in-the-lgbtq-community/>

UNCHARTED TERRITORY: THE RETURN OF NATHAN DRAKE

SHELBY TRACY
STAFF MEMBER

MOVIE SCORE
5.8/10 STARS



Artwork by Sony Studios

Everybody grab your map and compass because it's time to find the point of the new *Uncharted* movie. Five years since the last *Uncharted* game, Nathan Drake has not so triumphantly returned.

It's important to note that the film takes place sometime between the backstory revealed in *Uncharted 4: A Thief's End* and the events of the game series.

The movie picks and chooses sections of the backstory and takes creative liberty with the rest. Truthfully, it took me a while to understand what they were going for when they introduced a young Nathan.

With the film already off to a rough start, there were many inconsistencies between the film and the games. For example, the first time Nathan and Victor "Sully" Sullivan meet.

Their meeting in the game and movie are completely different and the scene in the movie alone almost completely erases the entire plot of the third game.

Despite the lengthy list of negatives, this film wasn't all that bad. They had beautiful scenery throughout the film and even highlighted Sully's backstory.

They kept key moments from the games such as Nathan's plane fight and the discovery of Magellan's ships inside the cave.

More so than that, there were a few easter eggs throughout the film such as a cameo that even took me a moment to process. While walking through the beach resort, leading man Tom Holland walks past a man who tells him good luck.

This may seem like any old movie extra but the man on the beach was none other than Nolan North, the voice of the original Nathan Drake. In all honesty, this movie wasn't great. Some inconsistencies were hard to get past.

If you ignore the connection between the movie and the games, the film itself was not horrible (not saying it was great either). I do, however, have to give credit where credit is due. I think this prequel-style film worked out much better than a hardcore game-to-film adaptation would have. It wouldn't surprise me if *Uncharted* became a movie series as well, but I won't object if it doesn't.

2007
THE FIRST UNCHARTED GAME, UNCHARTED: DRAKE'S FORTUNE IS RELEASED FOR PLAYSTATION 3



Photo by wikipedia.com

2009
THE SECOND UNCHARTED GAME, UNCHARTED 2: AMONG THIEVES IS RELEASED FOR PLAYSTATION 3



Photo by eurogamer.net

2011
THE THIRD UNCHARTED GAME, UNCHARTED 3: DRAKE'S DECEPTION IS RELEASED FOR PLAYSTATION 3



Photo by playstationslifestyle.net

2016
THE FINAL UNCHARTED GAME, UNCHARTED 4: DRAKE'S DECEPTION IS RELEASED FOR THE PLAYSTATION 4



Photo by player.one.com

2022
THE NEW UNCHARTED MOVIE, IS RELEASED STARRING TOM HOLLAND AS NATHAN DRAKE AND MARK WAHLBERG AS VICTOR 'SULLY' SULLIVAN



Photo by Polygon.com

Scepter Recommends

DESIGNED BY ALLIE PLOURDE
Scepter staff members recommend some of their favorite things from black creators in honor of Black History Month.

Moesha

If you are in need of a serotonin boost, look no further than “Moesha” on Netflix. This classic 90s sitcom show following the life of teenager Moesha Mitchell will leave you humming the introduction song and dressing just like Mitchell herself.

- REILLY HEALEY

Ital Vital Living

Ital Vital Living sells delicious smoothie bowls, smoothies, and fresh pressed juices. As the weather gets warmer, this shop, located on N 24th Street, is the perfect place to go for a sweet and healthy treat.

- EMMA LESLIE

Tems

Born in Nigeria, Tems is a new R&B/soul singer/songwriter, who in 2020 became a well-known Nigerian artist by singing with other Nigerian artists, Davido and Wizkid. She quit her marketing job, released her single “Mr. Rebel”, and received two nominations at the Nigerian awards show within the same year. Tems is now making her way into the American music industry by singing with mainstream artists, Justin Bieber, Khalid and Drake, while releasing her new album “Broken Ears” in 2020.

- DARSHAN HOMEHA

Radkey

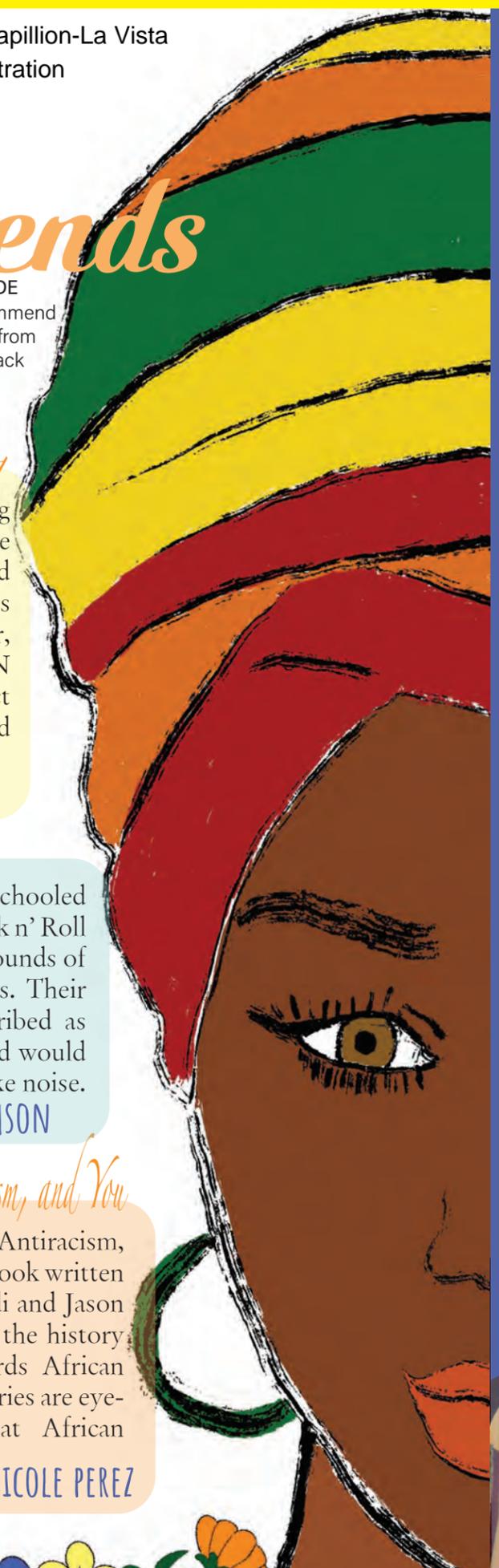
These three homeschooled brothers are keeping Rock n’ Roll alive through nostalgic sounds of the 90’s and early 2000’s. Their songs can best be described as exactly what the weekend would sound like if it could make noise.

- JESLYN WILLIAMSON

Stamped: Racism, Antiracism, and You

“Stamped: Racism, Antiracism, and You” is a non-fiction book written by authors Ibram X. Kendi and Jason Reynolds. This book tells the history of racist ideologies towards African Americans. The untold stories are eye-opening and reminds readers that African American history is American history.

- NICOLE PEREZ



Artist’s Statement:

I was first inspired to draw my illustration when I got assigned to design the recommendation page for our February Issue. For the recommendation page in that issue, we wanted to focus on black excellence and the promotion of black creators in honor of Black History Month. I first started by using the Procreate app on my iPad Pro. I began with a white background layer and then added a layer on top of it to begin drawing my illustration. I used the styx brush tool to draw the outline of the woman’s face and neck. I then used the same brush to continue the outline from the top of her forehead to the top of her hair wrap. Once I had the basic outline, I drew in all of her facial features, as well as the details on her hair wrap. Next, I used the color circle to generate the red, green, orange and yellow colors that symbolize Black History Month and used those colors to fill in her hair wrap. I then created a skin color to fill in the woman’s face. After I completed the illustration of the woman, I felt like there was something missing so I brainstormed what else I could add to it. I decided that I wanted to surround the border of the page with flowers to make it more eye-popping. I created three completely new documents in Procreate to draw different types of flowers in. I gave each document a transparent background and changed the format to png. I then added a layer on top of the transparent background where I used the arc tool to create the petals of the flowers. I used the ellipse tool to draw the circles in the center of the petals. I also added leaves beside the flowers to add more texture and color. I made the flowers in each of the three documents unique so that I had multiple options to use in my illustration. Once I had the outlines of the flowers and leaves drawn, I color matched the colors from our magazine’s color template and chose different shades of each to fill in the flowers. When I finally finished coloring the flowers in, I transported them as pngs so that they could keep their transparent backgrounds. I then inserted them into my original document in Procreate that contained the drawing of the woman and arranged them in different ways to fill up the border of the page. Once I had finished the complete illustration, I exported it as a jpg so that it was ready to use in Adobe InDesign for our magazine page.



Selim Er, Papillion-La Vista South Sports Action Photography







Lucille Mason, Omaha
Central
News Feature Photography





Where is the Hard Hat?

Student analyzes the negative impact of MN's Hard Hat tradition on girls sports and underrepresented activities.

There sits on top of the king's head is the plastic hard hat with the word "Mustangs" sloppily painted across the front with navy blue paint, stickers scattered across the sides, and the wear and tear of many beholders.

This simple item is the epitome of school spirit at Millard North. Every year a new "Hard Hat" is elected by the administration. This special senior is granted the power to not only wear this decorated plastic hat, but to make or break the student section at any high school sporting event.

They are given the task to hype up the crowd, spread information about the games on their Twitter, and continue on the decade long legacy of #GoStangs. However, is this student's impact something great to be recognized, or does this tradition have negative undertones that undermine a majority of the students?

I believe that this one student's school spirit impacts the school culture in a bad way, made by the fact that this Hard Hat traditionally favors certain sports. Only a few sports are granted the extreme, traditional high school student section everyone sees in movies and television shows.

The trend at MN is that the hard hat mainly attends the football games and the boys basketball games. Of course, it is reasonable that they attend each of these events as they are some of the key features, and money makers, of every high school.

Although, it is not fair that the Hard Hat also gets the ability to neglect other sports and activities.

Last year, I attended the Girls Soccer Class A Championship with two of my classmates. We three had been planted in the back of the student section with hand made signs to hype up our friends

competing. The crowd was fairly full, giving us the impression that the student section was about to be so hyped up and pumped for this game.

However, that is the opposite of what happened.

Despite this being a state championship game, we noticed that there was absolutely no excitement coming from the student section. The Hard Hat at the front of the crowd was not only refusing to lead our iconic school chants, but seemed fairly disinterested in the game at hand.

When previously, the Hard Hat had been seen being extremely energized at a regular season boys soccer game just days before.

This bias from the man in charge of making or breaking the student sections' school spirit had emphasized the stereotype that girls sports do not matter as much as boys sports, despite them being much more successful this time around.

The culture created by this leader in women's sports in our school is a bad one, because it shows others that MN does not care about girls sports and silently implying that they are less superior than boys sports. Which continues on a losing battle that these girl athletes have been fighting for years.

This is just one example of the Hard Hats failing to manifest school spirit for the underrepresented teams at our school. Without realizing it, they are setting a precedent for future Hard Hats to only focus on the games they deem important.

For all of the unrepresented and neglected teams at our school, school spirit becomes a sore subject. As a member of MN's speech team, a team which is top three in the country and NSAA Class A state champs for the fifth year in a row, I have never seen the school hype us up as much as they do the football team who had only won a singular game this previous season.

Even if this is not an event a Hard Hat can physically attend, that does not mean he cannot promote our successes on his active Twitter. School spirit goes much

farther than just sports, specifically boys sports.

For years these teams have been less hype and contain less energy from the student section, leading them to believing they are less worthy of an athlete or competitor than, say, the previously mentioned boys basketball and boys soccer.

To break this tradition, we need to find someone who is willing to bring that stereotypical school spirit to all games, instead of neglecting the ones they do not care about.

One way this can be solved is by having a girl, or even a second male, Hard Hat. An individual who is able and willing to attend the girl games and can give them the school spirit they so desperately need to fuel the adrenaline rush and determination during the game.

We also need to find someone who is willing to promote the success of the academic teams that make up MN, that is not the school principal or the school's official Twitter accounts. This can be done through both a girl and boy Hard Hat, or just a singular Hard Hat willing to take on this duty.

Realistically, this may be a difficult task for just one Hard Hat, hence the reason why having two Hard Hats would not only benefit the girls sports team, but the undervalued activities.

By doing this, MN can build up a positive trend of school spirit that does not isolate the lesser known activities.

It is undoubtedly time that our school cuts back on this toxic culture stemming from the uneven distribution of school spirit, and creates an environment that hypes up all of the teams that make up the foundation of our school.

Maybe that comes in the form of another, hand painted plastic hard hat placed on the head of the king's second hand, or one Hard Hat that is unafraid and determined to represent all Mustangs, not just the boy athletes.

One Stroke at a Time



Make every lap count. Avery Smith (10) glided across the water. She and her teammates are were swimming in our own home pool. Smith said "I have been swimming ever since I was little, and I just love being around the water."

Diving into a new season

The girls swim and dive team had an explosive season, while they broke school records they continued to create a better team environment through strong connection and leadership.

Avari Wischhof (9), although new to the team, already created a legacy for herself. "My biggest accomplishment is when I broke the school record in the 100 backstroke," Wischhof said. "I felt really proud of myself, and it has been a goal of mine since early in the season."

Wischhof felt the magnitude of breaking a school record as a freshman. "It boosted my confidence and made me believe I could beat more records or do better throughout the year."

While Wischhof rose to her own personal goals, she continued to remain pushing for her team as a whole. "I strive to be a really supportive teammate and want to help to push people and know that they are supported," she said.

For many members of the team, the seniors played a large part in being role models. "Being a leader is super important, especially as a senior during COVID. You have to lead by example, always wear your mask, and try your hardest during sets— really just giving 110%, and the team will do the same," Alaina Agnew (12) said.

Agnew emphasized the importance of having good leadership to take after, "Our coaches are always pushing us, focusing on turns and drills, which is really important," she said. "Before every meet we are always looking for how our team can be the best and putting everyone in their best events to get the most points."

Ayli Ybarra (11), said "Our coaches are the best. Coach Emma is like a built-in therapist for our team, so I know I can go and talk to her about anything."

While swimmers and divers continuously worked hard during practice and meets, building their bond as a team was ultimately what led to a massively successful season.



Just keep swimming! Ella Herzberg (9) swam with her teammates. She and her team were competing against Papillion La Vista. She said "The best part is afterwards, no matter how we swim, we are so proud of each other, and it is really hard not to smile after a race!"

Copy by Anika Keese Layout by Emma Engelman
 Photos by Lizzy Schnell and Kelty Duval



Just dive in! Lily Keim (12) dove off the board during her swim meet. She and her teammates dove against Papillion La Vista. She said "I started diving my junior year, and I like reverse dives because they come more easily to me than other dives."



Born to dive. Eva Keim (12) jumped off the diving board. The rest of the diving team watched and supported her behind the scenes. Keim said "I have been diving since my sophomore year, but then, during the summer time, I would go to the pool and do tricks off the board."



Ella Winjum (12)



Eva Keim (12)



Avery Smith (10)



Aubrey Fornander (12)

On days of home meets, the swim and dive team dresses for the occasion! The tradition had remained strong as the girls change from swimsuits after their early morning practice to their preferred style of meet-day outfit before they take on the pool.

Dress to Impress

Theme explanation:

Yearbook Theme Development, Omaha Bryan

Nadia Quintanilla-Garcia, Shantania Arellano, Maria Ruiz-Garduno

The 2022 Crusader yearbook theme is “This is the Story.” The yearbook staff was inspired by the fact that 90s fashion is back in style and “The Fresh Prince of Bel Air.” Instead of a traditional theme story the staff decided to make their own poem to the beat of the theme song from the show which starts on the theme spread and carries on throughout the section division spreads. They also decided to utilize graffiti as a design element as it is not only referenced in the show, but also because many students at our school enjoy graffiti as an art form (not as vandalism). Additionally, the graffiti words on the cover are words that the staff felt described this year and the school and students.

COMPASSIONATE

THIS IS
THE

STORY

CRUSADER 2022

BEARS

WARRIORS

WARRIORS

WARRIORS

WARRIORS

BRYAN OMAHA, NEB
HIGH SCHOOL

CRUSADER
VOLUME
55

THIS IS
THE **STORY**

Bryan High School
4700 Giles Rd.
Omaha, NE 68157
(531)299-2540
www.ops.org/bryan
@OPS_BryanHigh
Omaha Bryan High School

Staff: 200
Students: 1,744
Freshmen: 428
Sophomores: 449
Juniors: 436
Seniors: 431

TEAM TIES Grabbing a portion of a ring of rope with her team, **Julyssa Lopez (9)**, pulls back to help fellow students transform the rope back into a circle at a freshmen only team-building retreat on the football field on Sept. 3. Students had to be careful how hard they pulled or leaned so that their peers on the opposite side didn't fall. "I thought it was weird at first, but then it started to get more fun and I got more comfortable," Lopez said. (Photo by: Michaela Painter)



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THIS IS THE STORY

Now this is the story all about how,
Our lives got flipped-turned upside down,
And we'd like to take a minute, just sit right there,
And we'll tell you what it was like
To be welcomed back as Bryan Bears.

PRIDE Waving a color guard flag, Jazmin Sanchez Gonzalez (9) performs during half time at the football game versus South Sioux City on Sept. 17. Sanchez and the other color guard members decided to wear their vestidos folkloricos, traditional Mexican dancing dresses, during the season. "I actually came up with the idea because I had these dresses from when I used to be in a dance group and I was like, what if we wear these dresses, it would go perfect," Sanchez said. (Photo by: Nadia Quintanilla-Garcia)



EVERY LAST DROP Donating blood during the JROTC blood drive on Sept. 17, **Jessica Conway (11)** waits for time to pass by while squeezing a stress ball. Forty four people donated a combined total of 36 of pints of blood which was donated to the American Red Cross. "I was really scared to donate, but I wanted to give back to my community," Conway said. (Photo by: Jose Tapia-Hernandez)

STUDENT Life

A vaccine came, restrictions were raised so
On 48th and Giles we spent most of our days.
Out of quarantine, laughin' with hearts full
And hangin' with friends in and out of school.



A photograph of a young man with dark hair, wearing a white surgical mask and a dark blue lab coat over a black t-shirt with white polka dots. He is holding a clear graduated cylinder with a blue cap, filled with a light-colored liquid. He is looking down at the cylinder with a focused expression. The background is a blurred laboratory setting with shelves and equipment.

LETS GET PHYSICAL In his honors biology class, **Kevin Ruiz (10)** is conducts a lab on surface tension on Sept. 23. Ruiz had just filled up his graduated cylinder with water to measure the liquid as this was part of his lab to see how an external force can resist on a liquid surface. "It was just a simple project that was fun and interesting to do," Ruiz said. (Photo by: Kayla Giesler)

ACADEMICS

We were back in person, Teams meetings gone for good
Teachers walking around seeing who understood
Writing with a pen, a feeling almost forgotten
Talking, experiments and projects returned all of a sudden

CLUBS & ACTIVITIES

Staying after school, we gathered to do good
Meeting more people than those in our neighborhood
Common interests from here to there
All bonding through games and activities, and even cutting hair.

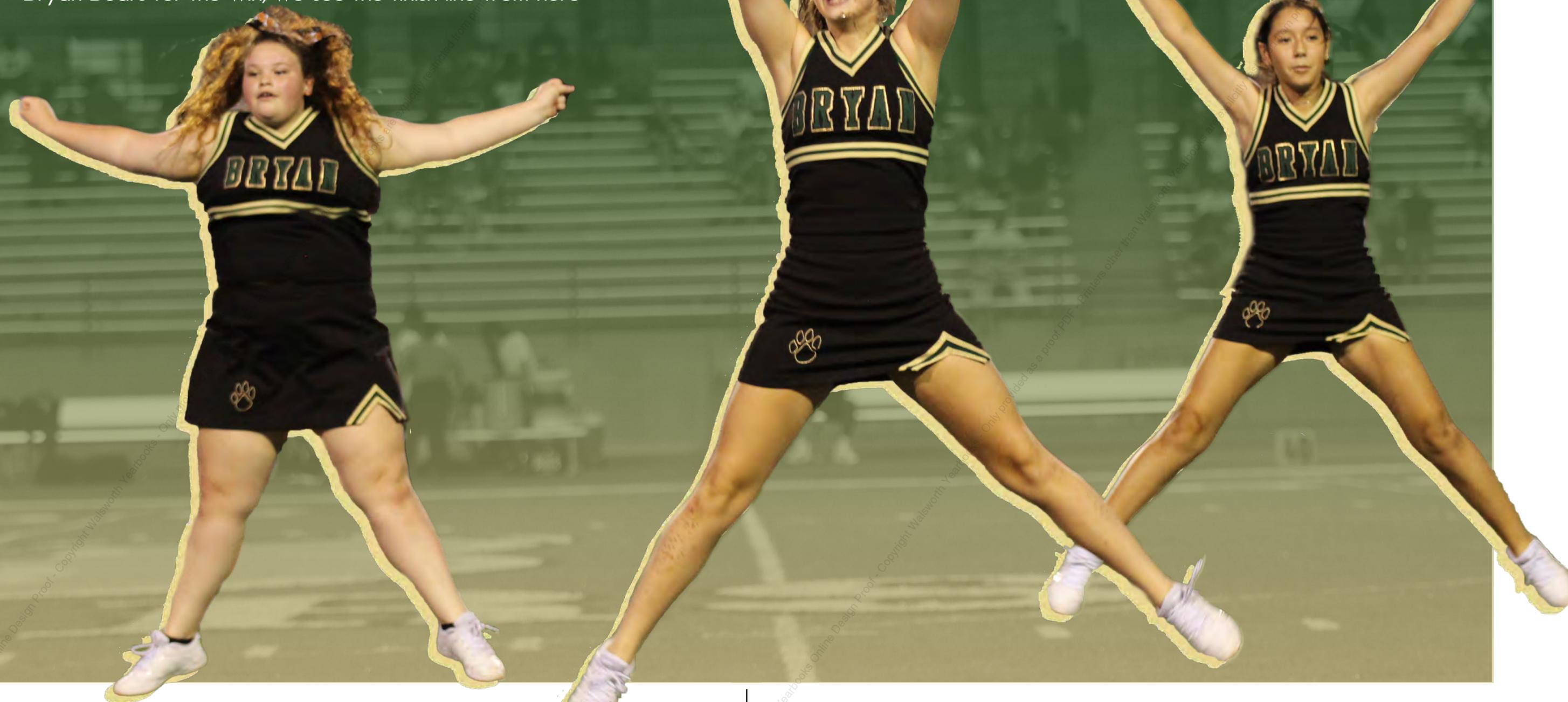


GAME ON Playing after school, William Sheiball (11) and the other members of the Board game club play UNO on Sept 1. The library held the board game club after school on Wednesdays. "The library used to host video game competitions after school, they also had a book club but they had to remove those things because of COVID-19, now they have tutoring," Gavin Flint (librarian) said. (Photo by: Jose Tapia-Hernandez)

SPORTS

We saw the stadium lights and heard the crowd cheer,
adrenaline in our veins seeing opponents concealing their fear
If anything we can say, we played with heart this year
Bryan Bears for the win, we see the finish line from here

BACK AT IT Jumping up in the air, Macy Hutfless (11), Callie Hendershot (10) and Hailey Rodriguez-Cruz (11) perform their dance routine during the first halftime performance of the season on Aug. 26. This was the first time the Sugar Bears were able to perform since the pandemic started. "I have danced many times before however, the initial 'O.M.G. first game in 1.5 years' was a little nerve wrecking," Hutfless said. (Photo by: Ranae Duncan)



PORTRAITS

We all went to the gym during our English class
And smiled at the photographer, trying not to be blinded by a flash
Immortalizing awkward phases for years to come
And showing senior glow-ups from freshman year- day one.

IT'S GOING DOWN During the homecoming pep rally held in the gym on October 6, **Don Hannon (12)** yells "right here right now," before the freshmen vs seniors tug of war game. The seniors won the first round against the freshmen, but they lost the last two rounds giving the freshmen the two winning points. "I was excited to win, we were about to get our senior points, but got robbed of them," Hannon said. (Photo by: Sophie Bacon)





PUTTING THEIR BACKS INTO IT
Pulling the rope, **Daniel Mackey (10)**, **Braylon Rogers (10)** and **MyKerr Ross (10)** play tug of war against the freshmen on Oct. 6, during the homecoming pep rally. Each grade level went against the other grades to win class points. The Sophomores ended up getting 2nd place, only losing to the freshmen. "Even though it was nerve racking, it was a good time" Mackey said. (Photo by Sophie Bacon)

CLASS OF 2024

STACK ATTACK Scoring a touchdown against O. Northwest on Aug. 26, **Braylon Rogers (10)** reaches towards the end goal. He scored one out of the two touchdowns made that night leaving the final score at 14-21. "Running for this touchdown, I didn't think I was going to make it with the amount of people I had on me," Rodgers said. (Photo by: Jose Tapia)

STILL STANDING Passing the ball to a teammate, quarterback **Jeremiah Gorham (10)** completes the pass as they play against Lincoln High on Sept. 3. The boys weren't able to get any points up on the score board, leaving the Links with the win. "My goal each play is to always extend it and build my line men up, there's a lot of pressure at times but I always play through it," Gorham said. (Photo by: Gabrielle Rickley)



ONE LAST KICK Kicking the ball, **Hector Alvarado (10)** completes the field goal from the twenty-eighth yard line against O. Benson on Oct. 8.. This kick won the Bears the game with 6 seconds left on the clock. "I had a dream once that I was going to make a game winning kick, it ended up being true," Alvarado said. (Photo by: Ranae Duncan)

STOPPABLE Blocking their O. Northwest opponent, **Isaac Arias-Rauda (12)** and **Daniel Mackey (10)** put an end to the play on Aug. 26. The Bears went back to back with the Huskies this game only losing by one touchdown. (Photo by: Raquel Burton)



WE'VE GOT A RUNNER Running the ball from a hand off, **Braylon Rodgers (10)** narrowly escapes a tackle by Millard North on Sept. 24. Rodgers was one of the main ball runners this season running over 200 yards. (Photo by: Raquel Burton)

WHAT A CATCH Springing into the air, **Cole Rickley (10)** catches the ball off of a pass play against Lincoln High on Sept. 3. This game, Rickley had a total of 15 tackles. (Photo by: Gabrielle Rickley)



WILL WE MAKE IT With the Bears in possession of the ball with six seconds remaining on the clock against O. Benson, the Bears side line latches as they watch their kicker save the game. The kick broke the tie in the back and forth game. "All that hard work the boys put in, knowing in that moment their work and our coaching was being paid off felt great," asst. coach **David Ashby** said. (Photo by: Shantania Arellano)



YOU'RE PLAYING GREAT High-fiving, **Ryan Hanson (head coach)**, **Tynarius Harris (10)** and **Theodore Pokett (12)** go in for a huddle on Aug. 26 against O. Northwest. The time out was called by the Huskies. (Photo by: Maria Ruiz)



PUTTING IN WORK

Bears earn first win in three years, result of dedication, commitment

Countless hours lifting and conditioning was completed to best prepare the Bears for their upcoming season. Starting in Dec. of 2020, conditioning was held for two hours after school. Three-hour practices were held throughout the summer to better prepare and build onto the skills everyone brought to the team.

"At first, with the amount of work we were putting in, practices were a lot," senior **Don Hannon** said. "But seeing the amount of skill the team had this year, coach knew it was what the team needed."

This was a season of many firsts, including their first win in three years. They did not have a season last year due to Covid-19 and the year prior, they were not able to

pull through with a win, with it being head coach **Ryan Hanson's** first year. "My first year as head coach, I was given only two weeks to prepare my boys for their first game, Hanson said. "This year, they were given a lot of time to enhance the skills they have."

The win against Omaha Benson meant a lot not only to the team who performed all the hard work on the field, but the coaches as well who stuck through the work with them.

"Seeing the boys win and watching them celebrate all the blood, sweat, and tears put into this season and knowing the work put in by us coaches has been paid off, I think was the best part the season, personally," assistant coach **David Ashby** said.

ONE WORD STORY

What word describes your season?

FAMILY "No relationship between one another is the same and that is what makes the team so special. Having this type of bond makes us fight harder on the field."

-**Jeremiah Gorham (10)**



SCORE BOARD

Record: 1- 8

L (14-21) Northwest

L (0-42) Ralston

L (0- 68) Millard North

W (24- 21) Omaha Benson

L (0- 42) Lincoln High

L (17- 88) South Sioux City

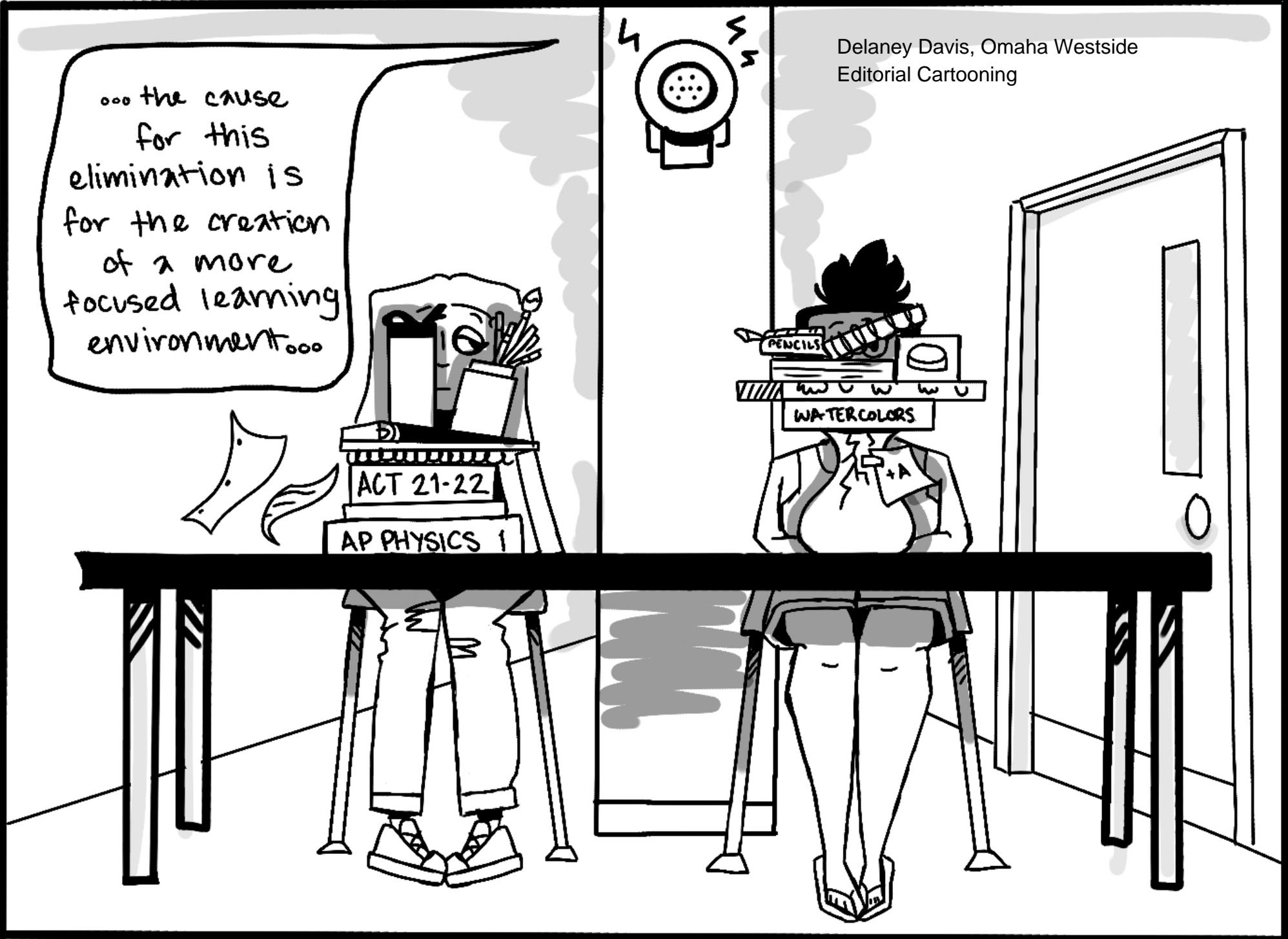
L (6- 35) Norfolk

L (0- 1) Omaha Westside

L (0-35) Grand Island

Delaney Davis, Omaha Westside
Editorial Cartooning

... the cause
for this
elimination is
for the creation
of a more
focused learning
environment...



Editorial Writing

Avery Kinnison
Marian High School

Distraction is just a phone call away

You hear the sound of your phone vibrating in your backpack. Even though you are in the middle of an important lesson, you give into temptation and take a peek at the notification. Little did you know, that one “short glance” at your phone would result in you wasting the rest of class on your phone, and your school taking disciplinary action. Though phones and other devices may be considered a life line to some, they are mainly a distraction and should not be used unless during designated times on school grounds.

When cell phones first became available, they were mostly used for emergency calls and texts. Nowadays, cell phones have opened users to a variety of distractions. From games to social media, cell phones can lead people to waste hours without even realizing. This can be especially harmful to students as focusing on a small screen can lead to the procrastination of necessary work and learning time. Grades can slip from A’s to C’s in the blink of an eye, or a swipe on a screen.

Though the advancement of technology has led many schools to become dependent on devices like iPhones or Ipads, this new method of learning should be used only for school-related matters. With many schools now requiring students to use laptops and tablets for almost every class, the question of whether or not restrictions should be applied becomes very apparent. It is believed that school-related technology should have some restrictions applied in order to maintain focus in the classroom. Restrictions like these could include blocking apps used mainly for gaming and social media. These restrictions could also be placed on students’ cell phones through the school’s internet.

Some argue that cell phones are still necessary in the case of medical needs or emergencies. These phones could also serve as a good backup if any issues were to occur with school technology. With this being said, there are many loopholes in cell phone policies that could offer a grace period for those specific events. Cell phone policies often allow the use of phones in case of emergency with special permission from a teacher or advisor. These policies often leave room for medical exemption in the case of students who use phones to monitor blood sugar or other medical accommodation. Even if the rule against cell phone use in school may seem strict, there are still ways to accommodate the needs of students.

Still, there are some that may argue that students will find a way to use cell phones regardless of policy, and that it is their right to use their cell phone whenever they want. While this is unfortunately true, there are many cases in which a student can learn to follow along with the policy. Students, if caught with cell phones, can face the consequences of breaking school rules. If a student manages to get away with sneaking a phone in class, they could also end up paying with their grade. Either way, students who choose to disobey the rule will eventually end up meeting the consequences. What students need to understand is that cell phones are not being completely banned from use on school property. The rule is there to limit distractions during times of work and learning.

Many students agree that this policy can be a good thing for their education. With restrictions on when a cell phone can be used, more time can be devoted to learning and exceeding. A school's overall goal is to send well-educated students out into society, and with cell phones being prohibited in classes, it could become much more attainable.

Alexis Axiotes, Elkhorn South, Entertainment Review Writing

In Adele's return to the music scene, the singer and songwriter hit it out of the park with her music video for her latest single "Easy on Me," the song that broke not only Spotify, but Amazon Music records for the most streams for a song in a day or a week.

In the "Easy on Me" music video, Adele takes a dramatic shift from when fans last saw her in her "Hello" music video that swept the nation in a well-furnished home in 2015. Adele artfully weaves an incredible score, vivid lyrics, and a picturesque look into the new chapter of her life in her "Easy on Me" music video.

The video pays homage to Old Hollywood and the themes of leaving it all behind and that love carries us through it all.

In honor of her son, Adele's album "30" sheds light on the trials and tribulations the singer faced as a mother amidst a divorce in the public eye.

"Easy on Me" starts with miniscule details that truly showcase the masterful work of Adele and her creative team as the video opens in black and white and almost makes viewers feel as though they have been transported back to the days of Old Hollywood with silent films and Charlie Chaplin. Soon viewers hear birds chirping in the distance and a singular maggot is seen attempting to get inside the window, with no avail, of what can be concluded as the home of Adele's past that she is trying to free herself from. These details show the decayed state of Adele's old life and her need to rid herself from the toxicity that she experienced in her marriage. The house appears vacant as Adele looks out her window reminiscing over all of her experiences that landed her where she is today and how this is her last time ever being in this place.

As the singer walks around her old house for the last time, viewers can allude to specific Old Hollywood films such as "Gone with the Wind" in the sense that both heroines have to leave their past behind to protect their futures.

Before she even starts singing, the singer is on the phone with someone as she leaves her house in a sleek, black leather jacket as the wind blows her hair and all of the leaves around her in a chaotic fashion that is further emphasized when the person on the other end of the phone cannot even hear what Adele is saying.

As the music begins, Adele is seen leaving her old house and is visibly liberated from the metaphorical weight that her past has on her current life. She is free from the burdens of her divorce from Simon Konecki and ready for the next chapter of her life. "Easy on Me" shows how

Adele is finally ready to share her feelings with the world through what she does best, her incredible musicality.

“Easy on Me” was written by Adele and Greg Kurstin with only one person in mind: Adele’s son Angelo. This song vividly depicts how Adele felt that she “was still a child” when the greatness of fame was thrust upon her, and in calling herself a child she alludes to the fact that she felt that she did not have control over her own life and her decisions, much like a child would feel. The singer also plays into the nostalgic feel of still being a child by using a cassette tape in her car and how she will not change with the times just because the rest of the world is.

Her divorce does not make her bitter though. In the video, a white convertible is seen driving by with a just married couple smiling euphorically, and as they pass Adele’s car, she smiles at them. During this part of the video, sheet music is also flying out of Adele’s car exemplifying how she is leaving all of her burdens in her past and is ready to have a more carefree future.

Not only is Adele’s car a critical piece of this music video, but the fact that this singer is taking desolate, back roads shows how important it is to Adele to take this journey back to Grace by herself, not with the assistance of anyone else, or in the ever-watching eyes of the public.

Adele also makes sure to share with her son that she “changed who [she] was to put you both first,” which viewers can only assume means she changed herself to satiate her ex-husband and her son. As this lyric plays, Adele is finally “[giving] up” the facade of a submissive wife and the video transforms from black and white to bursting with red. It is now easy for viewers to see that the turtleneck Adele wears under her leather trench coat is red, as are the walls of the newly furnished room she is in. Adele is dressed in elegant clothes to showcase how she has grown from her experiences, no matter how dreary, and will persevere on. The room she now encompasses gives a vintage and eclectic feel and further shows viewers how Adele is ready for the new phase of her life, very different from the drab room she departs from at the beginning of the video.

This shift to color, particularly red, shows the love Adele has for her son and how not only this song, but this album, are in tribute to how much she loves him and how she wants the best future for him.

Another critical part of the music video is the constant wind ridding Adele of the baggage that is weighing her down. The wind intricately and subtly shows the ever constant changes in life and how the singer has learned to roll with the punches, but also to stand up for herself and take note of when enough is enough.

Adele wants to make it clear to her son that she “had good intentions” because he is so young and probably does not even understand the gravity of the situation that his mother went through. Adele is grieving as she belts out that her “highest hopes . . . probably don’t even show.” This does not hold the singer back though as she is simplicitically driving into her future without looking back.

Towards the end of the music video, Adele makes eye contact with the camera to implore her son to believe and really listen to her point of view. The video ends on a lighthearted note as the singer laughs after singing that “there is hope,” but makes sure to leave viewers with her honest intentions. The last seconds of the video are a plain red screen to further show how everything the singer does is for her son, and no matter how many people watch the video or listen to her songs, the only opinion she cares about is her son’s.

2022 State Journalism Championship



#6 Headline Writing

Time Limit – 1:15

Directions:

You are a copy editor for your student newspaper. You are being given 6 formatted articles. Write headlines for 3 of the 6 articles using the following conditions:

1. Write at least one 2-line headline which may include a headline with a sub-headline.
2. Write at least one 3-line headline which may include a headline with a sub-headline.
3. You have creative license to write a third headline of any length or line count.

Turn this paper into the proctor when finished.

Name: Ashley Doehner School: Marian

Write your story number and headline below:

Article # - 5

Headline –

"Sonic 2" saved by the Elba.

British actor redeems otherwise mediocre sequel.

Article # - 3

Headline –

Push for splitting up the Nation intensifies. Will a "separate if you can't get along" tactic work for the U.S.?

When partisan barriers become insurmountable, creating separate countries is not an applicable solution.

Article # - 4

Headline –

Perfect storm incoming: fire, ice, and everything in-between.

Spoiler alert: The following post contains light spoilers from "Sonic the Hedgehog 2" so beware if you want to go in cold.

For years, British actor Idris Elba has been a popular candidate to be the next James Bond because of his suaveness, inherent danger and overall cool. But what if the role he was born to play isn't 007 but instead a very angry animal who likes to punch things?

Elba sports a license to quill as the best part of the animated/live-action hybrid sequel "Sonic the Hedgehog 2" (now in theaters). He voices the red echidna warrior Knuckles, a rival to the speedy title character (Ben Schwartz), and it's almost criminal how much better Elba is than everything else in the overlong and extremely average family action adventure – because hearing Elba's gravelly voice and no-nonsense demeanor coming from a ticked-off, dead-



Knuckles (Idris Elba) is the best thing in "Sonic 2." PROVIDED BY PARAMOUNT/SEGA

pan anthropomorphic critter is hilarious and perfect.

Sticking to its video game origins, the film finds a dimension-hopping Knuckles aligning with kooky bad guy Dr. Robotnik (Jim Carrey) against Sonic: Armed with oversized spiky fists, Elba's powerful dude is an earnest warrior – and the last of his tribe – who wants revenge and seeks the mystical Master Emerald he's meant to protect. After several face-offs, including one snowboarding sequence, Knuckles figures

out Robotnik's a no-good scoundrel and finds a new, caring friend in Sonic.

Knuckles is a bull in a china shop, wrecking Robotnik's tech, leaving destruction wherever he goes. (He also turns out to be pretty good at baseball because who needs a bat when you've got bashing fists?) He takes everything seriously and too literally, but overall he's a big goofball – he's like a spiritual brother to Dave Bautista's Drax the Destroyer from the "Guardians of the Galaxy" films. They're both bruisers with dry senses of humor and childlike personalities beneath their rough-and-tumble surfaces, combining big hearts with bad attitudes and they happen to be extremely funny as well.

Here's the thing about Knuckles, though: He's played by Idris Elba. A Screen Actors Guild award winner. An Emmy nominee. A Sexiest Man Alive. A jet-setting DJ who plays Coachella and also royal weddings. And this guy's giving life to a souped-up animated mammal from another world.

He didn't have to go this hard as Knuckles – overshadowing a ridiculously over-the-top Carrey without even being onscreen – but our man doesn't phone in anything. (Well, he might have Zoomed in some of it because of the pandemic, but that's beside the point.)

His English cop from the TV series "Luther" makes the "Law & Order" crew look like rookies.

Elba has played superheroes and villains – his Bloodsport from "The Suicide Squad" is a bit of both, putting Superman in the hospital yet still a good dad. He canceled the apocalypse in "Pacific Rim."

And who could forget Stringer Bell from "The Wire"? If his cartoon buffalo police chief in "Zootopia" had more screen time, he probably would have owned that movie too.

Knuckles is an ideal pairing of actor and furious creature in red sneakers. And with a spinoff series planned for Paramount+, he's leaving us all a bit shaken and stirred.

THERE'S A LOT OF CHATTER these days, sometimes wistful, about Civil War 2.0. Recently, Senator Ted Cruz, the Texas Republican, said Texas could take its oil, NASA and go its own way. In January, professor Barbara Walter warned of the possibility of another war between the states in her book, *How Civil Wars Start: And How to Stop Them*. A few years back, a *The Week* editor Bonnie Kristian, said, "We should chop America into seven different countries. Seriously."

And in 2020, right-wing provocateur Candace Owens tweeted, "I wonder if we're past the point of reconciliation with the Left. Maybe we'd all be happier letting them pick a few states they can turn into their own country w/ no guns, no police, no statues, no genders, no flags, no men and no electricity."

Tempting, Candace, yes. But it's a bad idea for a lot of reasons. One big one that's often ignored: Economically, splitting up would be a \$100 trillion mistake.

Look, we get it. Everyone is exasperated. Both sides fantasize about simply going our separate ways, creating two countries of like-minded people and living happily ever after. If that's all

standing, but much of it comes down to scale. Dividing up America would destroy those economies of scale. Everything would be more expensive and harder to get. Companies would need to duplicate manufacturing and distribution facilities. Supply chains, already strained, would be longer and more complex. Jobs would be fewer—and it would be more difficult to relocate to take advantages of opportunities. Risk would increase. During the big ice storm of 2021, millions of Texas residents grappling with power outages learned first-hand the risks associated with relying on a system not fully integrated into the national grid.

If splitting led to a civil war, it would cost millions of lives and trillions of dollars. Estimating the fully loaded costs of war is tricky business, but safe to say modern wars are expensive. According to the Watson Institute at Brown University, U.S. wars post-9/11 have cost \$8 trillion in military spending alone.

But the bigger (and trickier) part is what wars do to the economy. It's estimated the Yugoslavian Civil War in 1991 reduced GDP by 20 percent a year with industrial production down by 50 percent, along with 20 percent unemployment.

Even in the improbable case that a split would happen peacefully, there would be additional one-time costs of dismembering infrastructure, including splitting up power, communication and transportation grids. That would cost billions, at least.

Either way, there'd be huge ongoing costs due to economic inefficiency. We've personally worked in 50 different countries around the world. And we can say without hesitation that the U.S. is the greatest economic

standing, but much of it comes down to scale. Dividing up America would destroy those economies of scale. Everything would be more expensive and harder to get. Companies would need to duplicate manufacturing and distribution facilities. Supply chains, already strained, would be longer and more complex. Jobs would be fewer—and it would be more difficult to relocate to take advantages of opportunities. Risk would increase. During the big ice storm of 2021, millions of Texas residents grappling with power outages learned first-hand the risks associated with relying on a system not fully integrated into the national grid.

People on both sides might believe taxes would be lower if the country were split up—say, blue states not having to send money to "moocher

states" or red states not contributing to welfare. It's more likely that tax burdens would increase. Many of the biggest-ticket federal budget items like Social Security and Medicare aren't going away. Also, scale applies to government, just as it does to business. On a per citizen basis, it's more costly to run two governments than one. Defense spending, which for the U.S. is around \$800 billion a year, might well explode. After the split, each side would be sharing a 2,000-mile acrimonious border with a nuclear neighbor—think Russia-Ukraine.

But it could be much worse. What if the U.S. broke up not into two countries, but a dozen or a hundred? That's more likely than two. In 1860, the division was regional. Today the red-blue split is mostly rural-urban. That doesn't lend itself easily to

division. We built a computer model that included voting and Census data for every county in the U.S. We then tested different ways to split up the country into geographically cohesive red or blue countries. No matter how we gerrymandered the map, we couldn't do it.

Consider Senator Cruz's example:

Texas. There are 254 counties in Texas. Of those, 232 went for former President Trump in 2020. Nonetheless over five million Texans voted for President Biden, almost half the electorate. Two thirds of those voters live in or around five big metro areas, Dallas-Ft. Worth, Houston, Austin, San Antonio and El Paso. Those five cities also contain half of Texas' population and three-fourths of its economic output. What would happen to the blue voters in those cities after a Civil War? Take it or leave it? Better red than dead?

Or would the cities exist as blue islands in a sea of red—modern day Berlins? And before red voters say "damn straight," they should realize it's not just a blue problem. What about red voters who live in blue states? According to *Washington Post* correspondent Philip Bump, who covers the numbers behind politics, more Trump voters live in blue states than red ones. Mass relocations or walled cities? (Unfortunately we have a lot of experience lately with building walls, and they seem to run about \$20 million per mile. More billions.)

In short, even if Americans are not compelled by our shared history and culture to stay together and work it out, we should be swayed by the realization that splitting up would burden our children, grandchildren and great-grandchildren with crippling debt and sub-scale economies.

It would be an expensive, and unmanageable, divorce. ■



A wild week of weather is on tap for parts of the northern and central USA.

A huge storm will bring blizzard conditions to portions of the northern Plains over the next few days, as well as the chance of severe thunderstorms and tornadoes over a large chunk of the central USA.

Wildfires are possible across the southern Plains.

The heaviest snow is expected in Montana, Wyoming and especially the Dakotas into Wednesday, AccuWeather said.

"A swath of heavy snow is expected to linger and be slow moving, allowing for perhaps 2-3 feet of snow to pile up in some locations before the snow ends," said AccuWeather senior meteorologist Alex Sosnowski.

The snowstorm could reach historic levels in some areas, such as Grand Forks, North Dakota, where the record for snow in April is 17 inches, AccuWeather said.

Due to the predicted snow, power outages are likely, and "travel will become very difficult to impossible," said the



Snow falls in February on Sioux Falls, S.D. April snow is headed to the Plains states.

ERIN WOODIEL/USA TODAY NETWORK

AccuWeather said.

By Tuesday, the severe storm threat area will expand to include states from Iowa to Texas, where hail, wind and tornadoes are possible.

Dallas, Oklahoma City, Kansas City and Des Moines, Iowa, could all see severe weather Tuesday.

The tornado threat will extend into Wednesday, when another widespread area will be at risk of severe storms from Illinois to Louisiana, including Indianapolis, Memphis, Tennessee, and St. Louis.

National Weather Service office in Bismarck, North Dakota.

"Travel should be restricted to emergencies only. If you must travel, have a winter survival kit with you."

North Dakota could use the moisture. The latest U.S. Drought Monitor map shows the region is abnormally dry or in some form of drought. Northwestern North Dakota is in extreme drought, the second-worst category.

Snow from this storm spread into the Northwest, Weather.com reported: "Cold temperatures have allowed snow to fall at very low elevations on Monday morning, including in the Portland, Oregon, metro area."

The inch of snow that fell in Portland on Monday was the first April snow on record for the city, the Weather Service said.

Schools were closed across the region, and more than 50,000 customers were without power because of the storm.

Severe weather

The same system delivering snow to the northern Plains will bring a multiday outbreak of severe weather to the central USA.

Through Thursday, at least 18 states could be affected,

"Travel will become very difficult to impossible. Travel should be restricted to emergencies only. If you must travel, have a winter survival kit with you."

National Weather Service

In Bismarck, North Dakota

Along with the threat of severe storms, rainfall totals of 1 to 3 inches are likely from the Ohio Valley into the lower Mississippi Valley from the storm, Weather.com said.

Some areas could see more than 3 inches of rainfall, potentially leading to flash flooding.

Wildfire threat

High winds, unusual warmth and drought conditions combine to threaten wildfires over much of the central and southern Plains.

There is an extreme risk of fires for parts of the Texas and Oklahoma panhandles and into southern Kansas on Tuesday because of the potential for 30 to 40 mph sustained winds, 50+ mph gusts and unusually warm and dry conditions, the National Weather Service said.

"A dangerous fire weather outbreak is possible as a result," it said.

Avery Delwiche, Papillion-La Vista
Newspaper Feature Writing

That night, her mom and step-father were going at it again. They had been arguing nonstop for hours and she cannot even remember what it was they were yelling about. All she remembers is her mother bursting into her room with a bag sobbing.

Junior Alissa Bettman knew that something was different immediately and she acted on pure instinct, pulling everything she could out of drawers and her closet, shoving them into the open duffel bag her mom held with shaky hands.

Her mother glanced over at her and Bettman just nodded knowing everything she needed to from that one look. They had to leave, they had to leave now. This was not like the arguments before, he had finally done it, he had kicked them out.

Bettman no longer worried about her physics test the next morning or volleyball practice or drama, school seemed miles away. All that mattered now was getting away and staying away for good.

“I didn’t know where we were going to go,” Bettman said. “That night we slept in our car. When I went to school, I was a trainwreck. Fortunately my guidance counselor, Katie Davis, saw me.”

Now Davis is helping both Bettman and her mother, Jane Carter, find a home at the Lasting Hope shelter for women and children until they can get back on their feet. It is a place where they can feel welcome and safe as it is a shelter that works with Bettman’s school, Leaguetown High School, regularly.

“Alissa came to me with worries about where her mother and her were going to sleep after a few nights of sleeping in their car,” Davis said. “I could tell she was really upset and worried.”

Since becoming homeless, Bettman has had to take on a part-time job at Subway to help support her mother, who is currently unemployed, and quit the volleyball team along with cutting out drama.

“I am so proud of Alissa for staying in school and having a job,” Carter said. “I, myself, am hoping to get a job soon so we can move into our own two-bedroom apartment. I know that we both need our own space.”

Despite Bettman’s dedication to her education, working is hard on her and she is dealing with falling behind along with the frustration of losing friends. Their new “home” is not ideal for a struggling student because of its naturally loud environment and her not having her own space to work.

“My friends do not understand what it is like to be me,” Bettman said. “They are focusing on Homecoming and I am focusing on trying to live. My teachers aren’t getting it either.”

Still, Bettman is working through that frustration every day to save up for an apartment and get back on track towards a better future. She hopes to have a more permanent home by her senior year, when she can hopefully start doing the things she loves again.

“Alissa is a strong, young woman,” Davis said. “I know she will rebound from this difficult time.”

One night threw Bettman’s entire life off track. One long argument pushed her step-father over the edge. One sleepless evening in her mother’s car sent her into six, long months of homelessness. One action caused her life to spiral out of control.

However, after such a long time of living with an abusive step-father, it is a twisted sort of relief for Bettman and her mother.

Her mother no longer has to endure the endless fights, she can finally get sleep at night and she can stop wondering what he might do to them next. That stress is all over for good now. She is safe.

Their situation is nowhere near ideal; however, they are making the most of it and have come out stronger on the other side because of it.

“I’m not ashamed of my situation,” Bettman said. “As a teenager, I have no control over it. I have to come to realize that I’m not to blame and I don’t care what others think of me. I know I am doing the best I can with what I have right now.”

Public transportation has historically had a large influence on major urban areas, but a new transit system development in Norfolk will expand the service to smaller populations. Norfolk has previously operated under a dial-ride service where customers must call ahead and schedule a ride but Jeff Stewart, General Manager of North Fork Area Transit, said this improved system beginning operations this year will benefit the area's economic growth.

"Public transportation [and] ground transportation are fundamental to economic growth," Stewart said. "Without [public transportation] you create a hindrance on economic growth."

Looking to both expand the economy and help the mobility of Norfolk citizens, North Folk Transit will offer three bussing systems. TeleLift will operate like past transit systems, requiring customers to call ahead 24 hours in advance, but will be a curb-to-curb service. Customers can be taken directly from the front door of one location to the front door of another for the price of five dollars. ForkLift is the bus service that will follow specified bus routes and take customers between bus stops, with a new bus every 30 minutes. This is for the reduced price of one dollar and 50 cents per ticket. The newest addition, which, according to Stewart, will be coming within the month, is the ExpressLift. ExpressLift will operate similarly to Uber where you can request a same-day ride on your mobile device, and will operate during night hours.

Although the general public must pay a fee for a ticket, North Fork Area Transit is a non-profit organization that puts their earnings back into the service to cover overhead expenses. The transit system is free to Veterans, disability attendants, those 18 and under and, beginning in the fall of 2022, Northeast Community College students.

According to Stewart, 25 percent of transit income is from local contributions, including sponsor Northeast College. Their partnership allows for students to receive free rides.

Nationally, administration manager Ignazio Gonzalez said that Norfolk is not unique to its goal of developing a public transportation system. Gonzalez said that many large cities once had small transit systems to initially develop infrastructure, but Norfolk is the first small town in Nebraska to expand its transit system to this extent.

"A lot of systems you see in big cities started out as one of these," Gonzalez said. "I get to look back and say I was in Norfolk before it turned into Omaha or Lincoln."

For a smaller town such as Norfolk to expand into the size of Omaha or Lincoln, Gonzalez said that public transportation is important to bring in businesses.

“Simply from taking the bus there are more people shopping in stores,” Gonzalez said. “Consumers and businesses benefit from that economic revenue.”

Operations manager, Josh Schmitz, said the biggest challenge has been the funding for the project. Even though Schmitz said the transit system has always been something that people have wanted, receiving the priority of transportation funds has been difficult.

“Funding is the biggest issue,” Schmitz said. “It’s [a] competitive market. Omaha and Lincoln hold priority, [so we have to] go out to compete for funding.

Despite initial financial challenges, the most important thing to Stewart, Gonzalez, and Schmitz, is the ability to provide a growing system for the people of Norfolk to be more mobile.

“To me it has always been about getting people where they want to be,” Stewart said. “To be able to provide that vital service to them has been the most rewarding.”

While North Fork Area Transit begins to make its impact on Norfolk, Schmitz said that their consumers with disabilities or financial hardships make this affordable system both important and enjoyable for the community.

“It’s all about customer service,” Schmitz said. “Most [customers] are underprivileged or elderly, and I enjoy seeing people happy about what we do.”

Anthony Rubek, Papillion-La Vista, Newspaper Sports Feature Writing

One night he's at a basketball game until midnight. The next he's on the bus to a volleyball game. These are the constant troubles Northeast Athletic Director Jerrett Mills. The hectic schedule is unescapable and so is the results of the program. Fortunately, Northeast's guy has had a great deal of success in his first official year.

Mills was named the next Athletic Director of Northeast in May 2021 after serving as the Interim Athletic Director at the school for three years. He is pleased with his results so far and is looking forward to the future.

Mills was born and raised in Norfolk, graduating from Norfolk Catholic in 2012. After previously working at Wayne State college and Dakota Wesleyan University, Mills wanted to come back to where it all started.

"One of the main reasons I moved back was to give back to the community," Mills said. "It means the world to me to be able to thrive in my hometown."

Sports have always been present in Mills' life as he played several throughout his childhood. This knowledge made him the perfect fit for the athletic director position.

"I played a lot of baseball in college," Mills said. "I played football in high school for a little bit and even kind of got into the bowling realm."

In his first year at Northeast, Mills focused heavily on the online aspect of Northeast, helping create the athletics website as well as social media accounts for all the teams. These efforts have been very beneficial to the athletics program as the social media presence increased by more than 50 percent over the past year.

"When I first started, we had 600 likes on Facebook, but now we have over 3,000," Mills said. "Schools really focus on their social talents so one of my main goals was to increase those platforms and get more people going to games."

Northeast reigns as not only one of the best community colleges in the country when it comes to athletics, but also when it comes to academics.

"All of our teams had a GPA of 3.00 or higher," Mills said. "I would say I'm pretty lucky, but I put it all back on the student athletes."

The role of athletic director requires hours upon hours of hard work and devotion. While this may seem difficult to some, Mills tackles this challenge head on.

"I consider athletics a lifestyle," Mills said. "You and your family knows' that getting home late from games is frequent. At first it was difficult but you know the end goal and everything has a purpose."

With all the success he has had throughout his time at Northeast, it could be easy for Mills to get caught up with the acknowledgements. However, Mills is always looking at what is next for the institution and how he can get there.

"We have eight sports right now," Mills said. "Whether it's women's soccer or cross country, I'm just trying to see which sport fits Northeast athletics."

A year into officially taking over the position of Athletic Director, Mills is excited to continue the momentum he has gotten even if that means spending every other day on a bus.

Class A

Broadcast News Story

Champions: Gabriel Miller, Arnav Pokhrel, Millard North

<https://www.mnhsonline.com/blue-view/the-new-mask-mandate/>

Broadcast Sports Story

Champions: Madeline McGee, Jady Paul

<https://www.mnhsonline.com/blue-view/the-dedication-of-millard-north-swimmers/>

Broadcast Feature Story

Champions: Jack Macfadyen, Arnav Pokhrel, Millard North

<https://www.mnhsonline.com/blue-view/a-life-changing-journey/>

Broadcast Public Service Announcement

Champions: Jackson Vetter, Anthony Rubek

<https://www.youtube.com/watch?v=v57V9m1gsF0>



2022 -- Class B

**Journalism
Championship
Entries**

Advertising, Gracie Stonner, Plattsmouth

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Jeffrey Calhoun, Lincoln Pius X, Sports News Writing

The #2 seeded East High girls basketball team knocked off #5 seeded Happy High School 37-32 to secure their first state title in school history.

The East Eagles finished with a regular season record of 22-2 and beat Smithville and Blue Valley on their way to the title.

The Happy Hawks finished with a regular season record of 19-5 which earned them the #5 seed.

The Hawks pulled off two upsets in the tournament including a 54-38 win over #4 seeded Adams and as well as a win over the top seeded South high school 53-46.

“After we knocked off the number one seed in the tournament, I think our girls started to believe the state title was within their reach.” Happy coach Ronda Red said.

Happy played the Eagles close for a while, leading 17-16 at half, but East was able to pull away, despite only leading for a little more than seven minutes

“We were disappointed at halftime, being down 1, but we were still confident.” East shooting guard Tina McDonald said. “My teammates and I put so much into practicing and there were so many games that we battled in that it just makes this first state title for our school really, really special.”

McDonald was a major factor in her final game as an Eagle scoring 16 of the teams 37 points.

East had made it to the tournament eight times previously and finished as state runner ups in 2021, but with the help of Hall of Fame coach Kelley Scott, they were finally able to get over the hump.

“I felt like they [were] competitive and they were great in big moments.” Scott said. “They were really hard to get out of their game. They played really smart. When we went on a 12-0 run in the 4th quarter, I knew we had a shot at the title.”

Kelley has been the head coach at East since 2019 and won 10 straight titles in her 11 years at South High School before coming to coach for the Eagles.

Two big factors in East win were free throws and three point shots.

Happy was only able to make 50% of their free throws going 2-4 while East made 82% going 9-11.

As far as three point shots went, East made 24% going 4-17, but Happy did not make a single one going 0-9.

Happy also lost the turnover battle turning the ball over 11 times as opposed to East 9.

Despite the loss, this is one of the best seasons in the Hawks history. They have qualified for state nine times, but this was their first appearance in the championship game.

“Thanks to the students and fans who showed up and supported the girls.” Red said. “Even though we are disappointed with the loss, this state championship game will be a lifelong memory for these girls.”

Washington D.C. sometime in the future and explore our country's history even more!" Yoder said.

Kaelyn Dierman, Columbus Scotus, Yearbook Sports Feature Writing

High expectations can often lead to higher achievements. This statement was accurate for the Pearson High school girls wrestling team, which received their first sponsor only this year. The crew was named first ever conference champions at the inaugural Midwest Conference Girls Wrestling Championship.

Pearson High School's athletic director Vicki Cole said, "At Pearson High School we are always looking to provide athletic opportunities for all our students. But being the first conference champion in girls wrestling in the same year as the 50th anniversary of Title IX makes it extra special. We need to continue to find opportunities for Pearson High students to participate in extracurricular activities."

The special day was held on Saturday, January 29th located at the Richmond Gymnasium. Cheering on the wrestlers, which resided of 12 different weight classes, was a crowd of approximately 1,200 fans. The meet consisted of three total rounds and placed five overall contestants.

After the first two rounds and an hour of rest time, the team took on the final round Consolation Semifinals. This round consisted of 3rd and 5th place matches, along with the championship match. Participating in this session was seniors Stella Smith in the 120 pound weight class and Brenda Bonds in the 165 pound weight class. Both seniors went on to win their weight divisions.

"Wow, I can't believe I'm the first ever conference champ. And what means the most to me is those little girls (will) be like, 'Wow, if she can do it, I can do it, too,'" Smith said.

Smith and Bonds successes propelled Pearson High School four team points above Richmond Central High school. The Oilers accomplished (125-121) over Richmond and captured the first ever MWC girls wrestling championship.

First year Coach Dominique Moeckel whom wrestled in elementary school said, "Once Stella and Brenda advanced to the championship matches, I thought we could win it. This year has been such an awesome experience for these girls and for our school. I'm so thankful our school decided to sponsor a girls wrestling program this year. The MWC put on a great event and to be the conference champions in our first year is a true testament to the teamwork of these girls. I'm just so proud to be their coach."

The first year win leads the team to have higher expectations for their future opportunities.

Pearson freshman Ally Williams said, "I'm just so happy to have a girls wrestling team. I wasn't planning to go out for wrestling this year, but I'm so glad I did. I've made a lot of friends and can't wait for next year."

Nina Kudlacz, **Ralston, Yearbook Theme Copy Writing**

Opening Division

Every school year, there are always new changes. New teachers, new students, new rules. But this year is different, we've got more than what you'd expect. This year we're going big or going home. This year we're making instant history.

We started off the year with a bang. Beginning with our Grand Opening ceremony, our education policies and programs are one for the books. We have been designated as a Health Science Academy and we have a new AP Capstone program. Starting at ground zero, we're already making our marks.

At a brand new school, everyone gets a fresh start. Even us upperclassmen are learning the ropes. This new beginning means a chance to rise to the top. A chance to show 'em what you got. A chance to be you, and be big.

We've got a lot to look forward to. We're composing our own school song, how many other schools can say they have done that? We're partnering with the local food pantry to help many of our peers who are less fortunate. We're even sharing some of our space with the YMCA, and get this- we also get a family membership discount.

We're making a difference state-wide, too. We have the first female Superintendent in the state. We might be a small town, but Nebraska isn't ready for our big plans.

The high school experience is something that can never be recreated. It's a time in life that we want to remember. This year, the students are taking matters into our own hands. It's our year to leave our legacy. Right here, right now.

It's our chance to make instant history.

Sports Division

We've all dreamed about scoring the buzzer-beating basket, winning the state championship, or beating the Blue High Devils in OT. We've dreamed about topping our own personal records. We've dreamed about being the best of the best. We've dreamed about making instant history.

A new school meant opportunities. Opportunities for more playing time. Opportunities to make Varsity. Opportunities to dominate other schools- looking at you Blue High.

We've got a lot to offer here. Our 1,500-seat football stadium will hold fans wearing yellow, black, and red while cheering as our star Quarterback rushes the ball to the endzone to score. Our new Olympic sized 8-lane pool will host and train our swim and dive team as they prepare to win the big conference tournament. Even HOF retired Coach Mike Krzyzewski came in to talk to us about how to build a winning culture from the ground up.

Not only do we plan on making history with our award winning sports, but we also plan to create an environment where students and athletes can thrive. We have started a social media campaign to promote good sportsmanship.

We have a fresh start on and off the court, it's time for us to take control. It's time to win big and play hard.

It's time to make instant history.

Closing Division

So much can change instantly. Can someone say, deathly pandemic? So much of high school is spent asking questions and looking towards the future. We might not be able to predict what's to come, but when it does, it'll make history.

There is a lot that we don't know what to expect being at a new school. With so much to offer and so many opportunities, it's our time to shine. We'll go down in history, starting now.

We have a clean slate, and we're building up our reputation. Some might say that we are living in 'the good old days'. We are taking our chance to be the biggest, the greatest, and the best. We are living our high school years to the fullest. With current events in a constant uproar, we have to live now.

Life will never be the same after high school. We go our separate ways and we say goodbye to many people and to a part of our life. We want to remember it as our prime time.

No other school is quite like us. We've given our all in everything we've done. We are on top of our education, sports, and activities. We are striving to be the best. We care about our legacy. There's no stopping us. We are the Happy High Sunflowers.

We've made instant history.

A SWEET TOOTH CAN LEAD TO SOUR PROBLEMS

Whether you are struggling with a one-time sugar snack or are regularly eating too much sugar, the effects of sugar overload on your body's system can leave you feeling more sour than sweet.

Actually, there is nothing totally wrong with sugar. In fact, the human body uses glucose, a simple type of sugar, as one of its primary sources of fuel. When sugar is consumed in excess, however, it can have negative effects on your body.

Have you ever wondered how much sugar is too much in a day? Well, there are many studies and a lot of research to find an answer for that. The recommended amount of sugar is 200 calories (12 teaspoons) of sugar per day. According to the Office of Disease Prevention and Health Promotion, the average American eats about 270 calories (17 teaspoons) of sugars a day. Unfortunately, much of the sugar Americans consume is added sugar in many of the processed foods they consume.

To understand why added sugar can be a problem, we need to back up a little bit and describe the two main categories of sugar: natural sugar and processed sugar. Natural sugar, as its name suggests, occurs naturally in most foods. When people think of natural sugar, they typically picture fruits, but natural sugar can also be found in vegetables and dairy products many of us consume.

Another problem is processed/artificial sugar. These sugars do not occur naturally and have been extracted from another source or modified in some way to make the products taste better and more appealing. Common processed sugars include high-fructose corn syrup, cane sugar, agave, and maltose.

Added sugar is sugar that is added into a food to make it taste better. It can be from either natural or processed sugar. Often you see these if you add either honey (a natural sugar) or agave (a processed sugar) to a recipe, both would be added sugars.

The problem with added sugar is two-part effect. The amount of added sugars found in food is usually higher than that of natural sugars found in whole foods. Secondly, while natural sugars take longer to break down, evening out the amount of

sugar entering your body and giving your energy, added sugar breaks down quickly, entering your bloodstream all at once, resulting in an energy and insulin spikes. After the spike there can also be an energy crash.

This 'sugar rush' enters your bloodstream at a much quicker rate than normal, but also it does so in amounts so high that you are practically bombing your system with sugar.

The result? Increased rates of health problems can affect a person by the consumption of too much sugar, including heart disease and diabetes.

A holiday party, your favorite pie, a rough day at the office — no matter the occasion or reason, an occasional sugar overload happens to all of us. This 'sugar rush' is also a euphoria of all that dopamine rushing through your body passes, you are left with the negative effects of sugar on the body.

Why does this happen? When you consume sugar, your body reacts by releasing insulin. Insulin helps keep the sugar level in your blood consistent. Once the sugar wears off, your body is left with an overabundance of insulin and not enough glucose to provide you with energy, which in turn causes the dreaded 'sugar crash.'

The occasional sugar overload is one thing, but eating too much sugar on a regular basis can create long-term effects and increase the likelihood that you will have certain conditions.



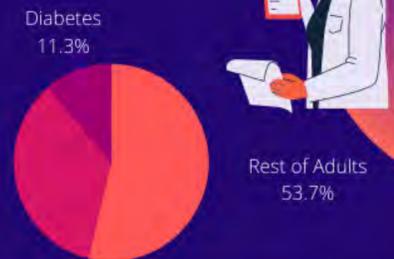
ALL ABOUT

SUGAR

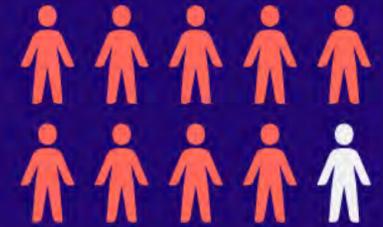


The average American eats 152 pounds of sugar per year. In 1970, Americans ate an average of 123 pounds of sugar per year. In 1822, the average consumption of sugar by Americans was only 2 pounds of sugar per year.

Sugar consumption by adults means a higher rate of diabetes in Americans, now more than ever causing diabetes and prediabetes.



Sugary drinks, candy, baked goods, and sweetened dairy are the main sources of added sugar. But even savory foods, like breads, tomato sauce, and protein bars, can have sugar, making it all too easy to end up with a surplus of the sweet stuff.



9 out of 10 Americans consume more than the recommended amount of sugar on a daily basis.

CDC - Center for Disease Control and Prevention

Amount of Sugar in these Foods



Medium size donut = 11 grams of sugar

Regular Candy Bar = 12 grams of sugar

Eating sugar gives your brain a huge surge of a feel-good chemical called dopamine, which explains why you're more likely to crave a candy bar at 3 p.m. than an apple or a carrot. Because whole foods like fruits and veggies don't cause the brain to release as much dopamine, your brain starts to need more and more sugar to get that same feeling of pleasure.

Learn more at www.verywellfit.com

An abundance of added sugar likely contains fructose or high fructose corn syrup. Fructose is processed in the liver and in large amounts can damage the liver. When fructose is broken down in the liver it is transformed into fat.





Despite taking years to build the Benedict building, the seminary was opened in the fall of 1956. Around 150 students attended during this time.



The Archbishop Bergan Gymnasium was constructed in 1958. Originally, the gym was built with a concrete floor, then covered it with tile in the 60's. Eventually, it was remodeled and replaced with wood.



Mount Michael switched from a seminary to four-year high school in 1970. Originally, class sizes were fifteen to twenty students, and soon grew to about forty five. Today, each class has about sixty students in it.



The "Student Union" or what is now "The Armory" was built in 1977. Students came to play games and call their loved ones using the telephone booths.



Construction on the new David "DJ" Sokol building began in 2017, ultimately creating a whole new learning environment for the students. The Sokol family funded the building in remembrance of their lost son David Sokol '99.

*Photos courtesy of Mount Michael archives and Fr. John Hagemann '67 *

A Note From Fr. John Hagemann '67

On Wednesday of the Third Week of Advent, I was quite struck by a line from Psalm 41 during Morning Prayer: "How long before he dies, and his name be forgotten?" Just the day before, Tuesday, I had given the freshmen a tour of the first chapel of Mount Michael, now the Development Office. I wondered if they would even remember the former monks I spoke of: Fr. Joseph Peters or Fr. Mario Gramlich "How long before he dies, and his name be forgotten?"

This past semester, I have been offering an opportunity for the freshmen in our school to become more aware of the history of Mount Michael, its land and its people. It has also been a way of being safe in regard to the Coronavirus. Most of the classes take place outside or walking to the subject of the historical destination: first chapel, Mount Michael cemetery, Journey's End Farm, Rex Olson's House and Barn, the Heritage Room, the Cas-ket Room, the Marian Shrine, the Bell Tower, etc.



Benedict building under construction in 1955.

1956



1958



1970



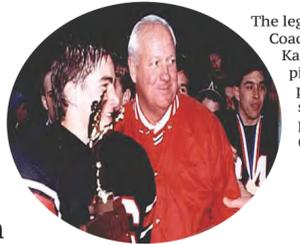
1977



2017



Monks and Punks: A History of Tradition, Excellence and Brotherhood



The legendary Coach "Killer" Kane takes a picture with player after state championship. (1980)

Journey's End Farm: A Beginning Long Forgotten

BY SAWYER THOMPSON

Long before the Mount Michael Abbey was constructed in Elkhorn, NE, there was not a single minor preparatory seminary in the Omaha area. Teenage boys who had an interest in becoming a Catholic priest didn't have the opportunity to go to a school to do so. It wasn't until 1952 when the Archdiocese of Omaha became recognized by Conception Abbey in Missouri thanks to its size and recent development. As a result, during the fall of 1952, Archbishop Gerald Bergan tasked Fathers Edward Malone, Lawrence Gidley and Daniel Schuster with investigating the possibility of transferring the minor seminary from Conception Abbey in Missouri to the Archdiocese of Omaha. With the help of Mr. George Gilmore, president of the Easy Parking Company and alumnus of Conception College, they inspected various properties for sale but found nothing suitable. The group was offered places such as York College; however, the locations did not please them due to their size and location.

Eventually, the committee gave up hope on finding a suitable property in Omaha until Fr. Dominic Lavan, O.S.B., the Oblate Director of Conception Abbey, began his own one-man investigation. After a variety of attempts at searching for land, Lavan received his first success with the help of William Barmettler, an Omaha insurance executive. According to "A History of Conception: Colony, Abbey, & School" by Edward E. Malone, O.S.B., after attending Fr. Lavan's mass, Barmettler and Lavan exchanged words, where Fr. Lavan explained his plans to purchase new land for a seminary. Barmettler assured Fr. Lavan that he found the "ultimate donor...someone very special." He stated that he found a person "who really loves God and his Church and who would consider it an honor to serve him so unselfishly" and also willing to sell his land: Rex Olson.

Shortly after, Fr. Lavan visited Olson's farm and found it to be an ideal location. The farm displayed a majestic view of the Elkhorn Valley, resting along lines of hills above the Elkhorn River.

Fr. Lavan quickly called Olson and asked him for a meeting. According to Malone, Fr. Dominic's call shocked Olson because he hadn't been planning to sell his farm at all. However, as a Catholic, the idea of helping young men study for priesthood interested Olson. After a few weeks of contemplation, Olson called Fr. Lavan at Conception Abbey in St. Joseph, Mo., and asked him to come to Omaha and to bring the abbot with him.

Olson eventually donated the 280-acre farm, as well as machinery, buildings and livestock, to Conception Abbey to build a monastery and a seminary.

With this deal, Abbot Stephen Schappler and Fr. Malone approached Archbishop Bergan, to propose the founding of a Benedictine monastery on Olson's property to operate as a minor seminary. According to Malone, after the meeting, Bergan promised to donate \$500,000 toward the construction of suitable buildings and asked the priests of the archdiocese to pay for the construction of a chapel that would cost about \$150,000. To round up the cost, "Conception was also able to borrow a half-million dollars more to finance the project."

The first group of monks from Conception transferred to Elkhorn on May 14, 1953. Fr. Edgar Probstfield, who had considerable experience in farm management, arrived to take over the property and to manage the farm. Olson continued to live in the house which stood on the property, while the monks lived in a temporary monastery on the same property.

In May 1955, construction finished on what is now known as the Benedict Building, and the monks who were living in the temporary monastery moved into the new quarters during the summer of that year. After more monks transferred to Elkhorn, St. John Seminary opened its doors to students in September, 1956, where it continued until 1970 when it became what it is today: Mount Michael Benedictine High School.



Father Eugene monitors the freshman class of 1983 during study hall. This room has been since changed into what now is the junior dorms.

Father Benedict runs the old candy store (circa 1970's).

Students call their love ones in "The Union", what is now the armory. (1980's).

Graphic By David Drews

Photo By Landen Fogle

Weight Room (Circa 1980's). This room is now the locker room.

Student shoots a layup in Archbishop Bergan Gym. 1959.

Archbishop Bergan Gymnasium construction 1958.

Total Number of Alumni
1,733
1971-2021



Students gather at the library in 1970.



Students graduate in 2020.

Largest Graduating Class
2020
61 Alumni

Smallest Graduating Class
1971
9 Alumni



Principal Brian Osborn takes a seat at his desk in 1991.

This MM History class is not an academic one. There is no grade given in this class. However, I would guess that some of these students will remember some of the trivia of the history of MM, both of the abbey and of the school. To actually experience the sensation of the commanding view of the Elkhorn River Valley below MM, allows one to totally understand why the monks of Conception Abbey chose this location for a new foundation Mount Michael Abbey and School.

Although these freshmen, the class of 2025, are separated by many years between the original monks and the people during the founding of MM, I have found that there are some who have some connections. Oliver Sorensen is a great nephew of Br. Andrew Sorensen; Jack Dewhurst had a relative in

my freshmen class, in the class of 1967; Thomas Tagel's grandfather, Joe Tagel, was buried in a MM casket, and Thomas was in our chapel when our Marian Shrine was rededicated to the Peetz family; Ethan Molin's grandmother was buried in a MM casket as well. The list of connections goes on and on.

On that Wednesday in Advent, I also felt that I needed to play a part in keeping the memory of the founders of MM and the former monks alive. Mount Michael is indeed a unique place. The day we walked to the Marian Shrine and then sauntered up the back hill to where alumnus Trevin Detwiler '19 constructed a huge cross for his Eagle Scout Award, we all looked back at the view spread out below us. I remember saying to them, "What other school could give you all of this?" They readily agreed. We took a photo to remember the moment and to recall how Fr. Thomas Allen and his Fatima Club had worked so hard to create the shrine. To my surprise, every freshman had already been to the shrine at one time or another. They just did not know all the history behind it and those who created it.

Every freshman of 2025 should be able to tell you who owned the land before it became Mount Michael's Rex Olson. They should be able to tell you what Rex endearingly named his farm Journey's End. Are these important facts? Are any of the other facts important about the history of MM? Perhaps not! But I do believe there is some appreciation of where we came from and what went before us. I also felt that at least some of the freshmen felt a type of appreciation to be able to be a part of this heritage and this beauty. I am hoping that the founders of MM will never be forgotten, and that all their labor will always be appreciated.

I have to admit that it has been a rather enjoyable experience with these freshmen. There is never a dull moment or a lack of energy. And I also have to admit that I am looking forward to next year. There are many more places to see and more history to discover behind those places, and, ever so, more people with whom to connect.

'We're all in this together'

Foreign exchange students adjust to their 'High School Musical' experience



'Looking forward from centre stage'

BY EMELIA RICHLING
EDITOR-IN-CHIEF

This year, foreign exchange students are taking centre stage after schools were unable to host them last year due to COVID-19. As concerns ease, students from various countries are experiencing their own "High School Musical" adventure.

For Laetitia Hoehnisch, studying abroad in America is about stepping away from everything she has known. Her home country, Germany, was comfortable, but the familiarity did not allow her to grow in the ways she wanted.

"In America, I have to talk to people and be open-minded," Hoehnisch said, discussing how she hopes to experience various cultures because leaving

behind some traditions will allow her to do so.

Similarly, before leaving for her exchange year, Donna Mulder, from the Netherlands, prepared a bucket list with the American experiences she hoped to have, including prom and graduation.

"It's true that everything is bigger here," Mulder said, explaining how accurate the stereotypes are. "[Americans] are so kind and outgoing."

American culture differs from what many students are used to, and the education system proved to be an additional adjustment.

"There's a lot less subjects to choose from in Sweden," said Elvin Ohrstrom. "We would have different schedules for every day."

With the exception of initial

homesickness on the first night, the students have appreciated the change, welcoming trips to the state fair and school dances.

"At some points, [the experience] is similar to the movies," said Enni Stroth of Germany.

Her experience started later than her peers' since her arrival was delayed. She missed out on some back-to-school traditions, such as assemblies and new student orientation. However, she adjusted well, finding her place within a few days.

According to Mulder, students are encouraged to forget any expectations of America, but she couldn't help doing so anyways.

"It truly is like 'High School Musical' but without the singing."



-  ELVIN
// SWEDEN
-  DONNA
// NETHERLANDS
-  LAETTITIA
// GERMANY
-  ENNI
// GERMANY



'The world can see us'

BY TREASURE MASON
CONTENT ORGANIZER

Spending a year completing paperwork, writing essays and saving money for a year in the United States was worth it for the new foreign exchange students.

"I had to get a new passport and a visa and vaccinations," Dutch Donna Mulder said.

Though the process was long and tiring, the exchange students found that they are enjoying the experience already, even if they have only spent a few months in America. The students have made new friends and started new relationships that will last even when they go back to their countries.

"You get to experience different cultures," Elvin Ohrstrom said, explaining one of the most beneficial parts of the program.

However, becoming an exchange student is certainly not cheap. The cost could be as high as \$20,000 for some students, so it could take years to earn and save the money.

Another potential red flag for exchange students is falling behind in the school curriculum of their native country.

"You often lose one year of school when you come back," Ohrstrom said.

For many students, losing a year of school is worth the exchange of new experiences, such as going to the state fair and trying school activities. As the first months of their visit conclude, the students have a lot of time left for them to create and accomplish new goals and enjoy prom, graduation and football games in the process.



'Get'cha head in the game'

BY EMELIA RICHLING
EDITOR-IN-CHIEF

Getting involved is an important way to enhance high school experiences, and the exchange students have found a variety of ways to do so.

German Laetitia Hoehnisch and Dutch Donna Mulder had never played golf before, but they quickly took to the game when joining the school team.

"In Sweden, you have to join a club for sports," said Swedish Elvin Ohrstrom, explaining how he plans to participate in soccer through the school.

Since Enni Stroth's departure from Germany was pushed back, she is unable to participate in fall sports but plans to run track.



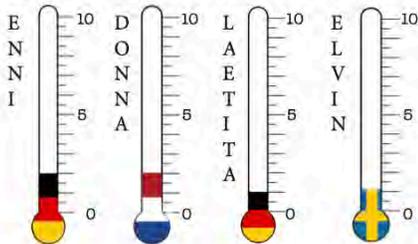
Donna Mulder



Elvin Ohrstrom

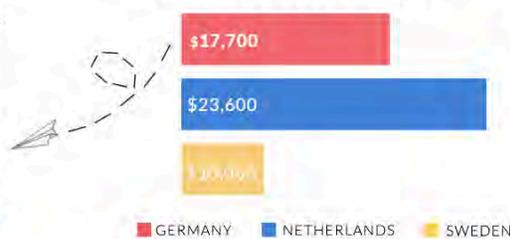
'Who says we have to let it go?'

HOW HOMESICK ARE YOU?

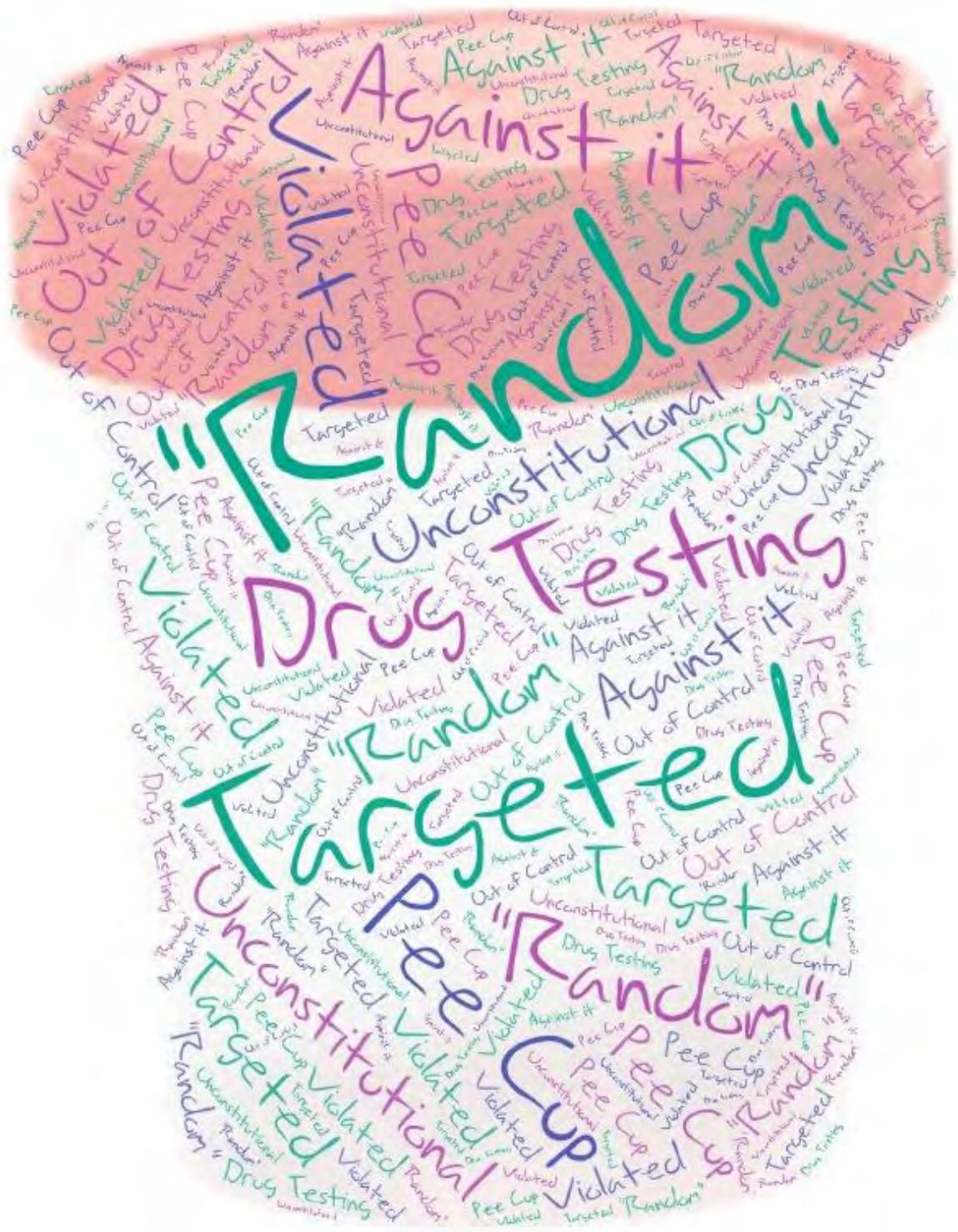


'Start of something new'

WHAT IS THE COST?



Jamison Rawlings, St. Paul, Photo/Artistic Illustration



My illustration was about public school's drug testing students. I created depth in my picture by putting the sample cup as the image and making the words go around it. I also used the site "wordart.com" to make the word art. I am trying to tell my audience that I am very much against school drug testing students because I believe that what I do outside of school shouldn't be in the hands of the school. A study found on the ACLU website stated that when schools drug test students it makes them feel more stressed and uncomfortable because some may feel as if they may not pass and be embarrassed. It is also proven that when school administration comes into a classroom full of students and pulls one aside the rest it makes that student feel targeted.

Pauline Jonglertham, Hastings, Sports Action Photography





Nina Marie Kudlacz, Ralston, News Feature Photography





JD Stempson, Lincoln Pius X, Newspaper Column Writing

It's apparent that many of us have become too reliant on social media, whether it be for entertainment, information, or just for helping the time fly. When utilized properly, it can be a very helpful tool, but we have to understand that it was designed to keep us scrolling, especially high-school aged students.

It can help students' social lives by keeping them connected to their friends, but it can also divide them in person. They will always have their phone in their pocket, awaiting a notification that will give them permission to bring it out, and once it's out, they'll likely keep it out and start scrolling, even around their friends or when they're doing some other activity.

Additionally, social media has become a major distraction at school.

Some students spend their classes constantly glancing at their phone, awaiting the sound or buzz of a notification while paying less and less attention to their teacher. Others will be up on Instagram or TikTok late at night, mindlessly scrolling while losing minutes or hours of time they should be using for sleep.

These actions will likely have negative effects on their grades while also seriously damaging their sleep schedule. But a dependence on social media doesn't just negatively affect schoolwork, however. It can also hurt one's fitness or their athletic career.

A track star could be sitting on his couch, scrolling through different chats or videos, while telling himself that he'll go on a run and start his workout regime in ten minutes.

Then, he finds a particularly interesting reel on Instagram and watches it, and thanks to Facebook's algorithm, the recommended posts and reels after that are similar, and suck him into a rabbit hole of videos.

Eventually, he gets up and stretches, before looking at the time and seeing that an hour and a half has passed and the sun is starting to set. He's surprised that that much time has passed, but he shrugs it off and tells himself he'll run the next day, and maybe he's right, he might run the next day.

But when you look at the bigger picture, all these missed days begin to add up. How many does he miss a week? A day? Maybe two?

A day or two missed could translate to a quarter of his potential runtime per month being lost, leading to him being a worse runner than he would have been without social media.

As students and athletes living in the modern era, social media is a new distraction that our generation will have to face head-on. While I'm not saying you should completely abandon it, you should use it sparingly and devote more of your time to your studies, training, or in-person socializing, as they will end up being far more productive in the long run.

the NEXT royal COURT

THE FINAL 10 AWAIT CORONATION



The final countdown. The ten seniors on homecoming court wait on the sidelines of the homecoming game for coronation to begin. They are joined by their parents who walk them down field. To get on court, teachers nominate a group of deserving students, before all grade narrow that down to ten. Only seniors have final say in who the king and queen will be. Photo by Nina Kudlacz

king KEVIN

THE CROWNING OF KING KEVIN.



A king is crowned. Senior Kevin Santos is voted homecoming king by his peers and crowned at the homecoming game. "I just wanted to make court, it didn't bother me to win king," Santos said. "I was happy that I got people telling me they voted for me even though I didn't nominate or post myself that much." Santos wasn't the only one celebrating his win, his mother was too. "My mom was really happy because when she was in high school she was really introverted so she didn't really care about homecoming and that kind of stuff," Santos said. "I think I made my mom pretty proud." Photos by Nina Kudlacz.

this GIRL is on FIRE

FOLLOW THE QUEEN THROUGH HER NIGHT



BEFORE THE GAME

The soon-to-be queen senior Mia Yochum prepares for the game by helping the band get set up on the field. Photo by Nina Kudlacz.



WALKING THE FIELD

After waiting more than a week for coronation, Yochum stands with her parents on the field in anticipation of the results being called. Her sister, sophomore Marissa Yochum, looks on from the sidelines. "I loved having my sister with me throughout the night; she always made sure my crown was on straight," Yochum said. "It was the icing on the cake to perform with her." Photo by Nina Kudlacz.



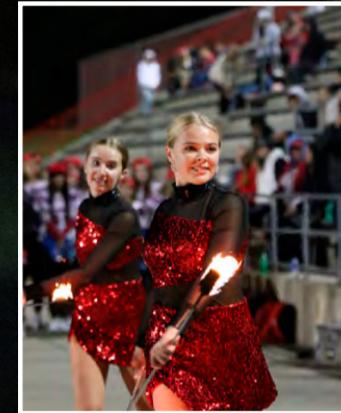
PICTURE PERFECT

After the coronation, the king senior Kevin Santos and Yochum pose together for photos. They are staged with and without their families, together as king and queen, and individually. The photos are used for district media and local news. "There were definitely a lot of pictures taken that night and my face was a bit sore after," Yochum said. "All of the photos were worth it because it was amazing looking back on those pictures and seeing myself in that moment." Photo by Kailey Walsh.



DRUM MAJOR DUTY

It's a quick transition into her next role. Yochum hops onto the drum major stand and begins to direct the band for the half time game performance. This is one of the biggest shows of the year for the band as it is so well attended and often televised. "It was really cool leading the band in a crown because normally you're used to a hat and plume," Yochum said. Photo by Zoie Bartek



THE GRAND FINALE

To end off the night, the queen and her sister sophomore Marissa Yochum perform a fire baton routine together as part of the Ralston Revolutions. The sisters are the only two members of the team this year. "We love to twirl fire together and to have a no-drop night made us really happy," Yochum said. "I'm so thankful that I get to spend these special moments in my high school career with the people that I love and they are memories that will last a lifetime." Photo by Pamela Castaneda Martinez

Liah Haines, Tzintly Angulo, Lexington,
Yearbook Theme Development

THE MINUTEMAN

NOTE TO

Self

LEXINGTON HIGH SCHOOL

LEXINGTON, NE

VOL
16

NOTE TO
THE MINUTEMAN 2022

Self

NOTE TO *self*

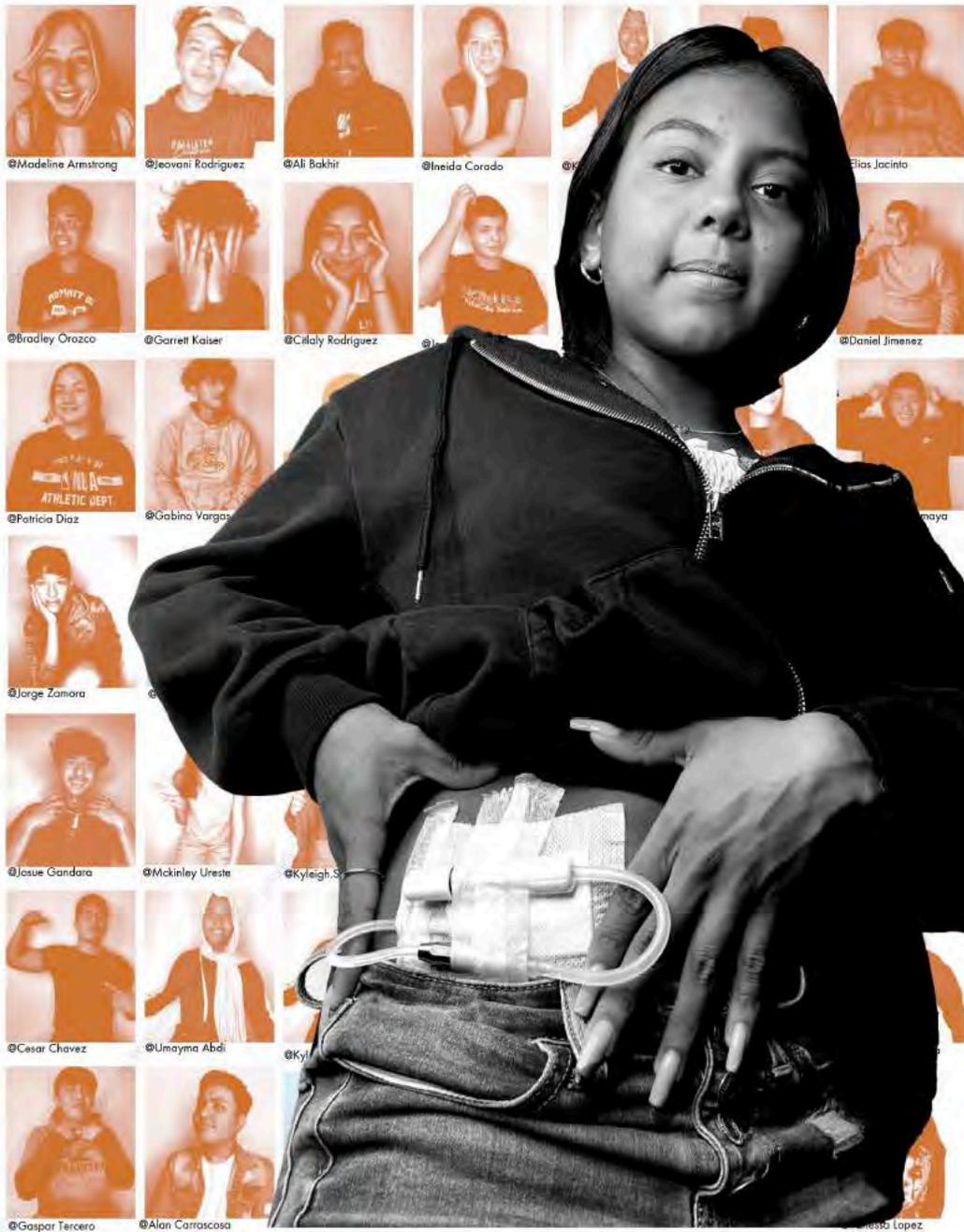
“ **WHEN YOU FALL IT'S AN ACCIDENT, BUT IF YOU STAY DOWN IT'S A CHOICE. I THINK ABOUT THIS WHEN I'M AT SCHOOL AND WHEN I PLAY BASKETBALL. IT KEEPS ME MOTIVATED BECAUSE I WANT TO MAKE IT BIG IN LIFE.**
FARHAN SANWEYNE, 10

THE MINUTEMAN 2022

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@LHS_MINUTEMEN



This left page is the endsheet.
The right page is the title page.



@Madeline Armstrong @Jeovani Rodriguez @Ali Bakhr @Ineida Corado @Tomas Jacinto
 @Bradley Orozco @Garrett Kaiser @Catalay Rodriguez @Daniel Jimenez
 @Patricia Diaz @Gabino Vargas @Antonio Morra
 @Jorge Zamora @Amy Nguyen @Trinity Armstrong @Christopher Cabrera
 @Josue Gandara @Makinley Ureste @Kyleigh S...
 @Cesar Chavez @Umayma Abdi @Kyl...
 @Gaspar Tercero @Alan Carrascosa @...
 @Clara Ramirez @Edith Gonzalez @Alexis Andrade

@Fernanda Ortega @Logan Deal @Carter Bowen
 @Yarely Simental
 @Cooper Shatkasi @Anabella Tufford
 @Antonio Morra
 @Amy Nguyen @Trinity Armstrong @Christopher Cabrera
 @Berto Pinedo @Jocelyn Parada @Taya Berry
 @Tha Dak Ler Htoo @Mya Silvrants @Ivan Tovar
 @Clara Ramirez @Edith Gonzalez @Alexis Andrade

NOTE TO SELF **DON'T** Give Up

What seemed to be a normal checkup for senior Emeli Baires-Gomez, permanently altered her life. Baires-Gomez was informed by her doctors she was suffering from Chronic Kidney Disease and needed emergency dialysis.

"I returned to Lexington that same day, and the next went into surgery," Baires-Gomez said. "I was bedridden for two months after my first surgery."

Baires-Gomez received seven surgeries, three in her chest and four around her waist. Three of her surgeries ended with complications.

"In one of my surgeries, the catheter ended up being wrapped around my intestines," Baires-Gomez said, "Since the surgery failed I had to spend my birthday in the hospital having another surgery."

For seven months Baires lived at a patient hotel where she received treatment and recovered. During that time the term friend was redefined and Baires began to look inward.

"In that time I became depressed and my anxiety was at an all time high, but I learned to love myself and figured out who my real friends were.... My only real friends were those who called me and worried for me," Baires-Gomez said.

Baires-Gomez has maintained a positive outlook due to her friends. She now feels seen at school and is surrounded by caring friends, who throughout her journey have stayed by her side.

I BECAME DEPRESSED AND MY ANXIETY WAS AT AN ALL TIME HIGH, BUT I LEARNED TO LOVE MYSELF.

NOTEWORTHY

- p.8 summer
- p.10 august
- p.12 homecoming
- p.14 september
- p.16 softball
- p.18 cross country
- p.20 boy's tennis & girl's golf
- p.22 october
- p.24 football
- p.26 band
- p.28 volleyball
- p.30 november
- p.32 bowling
- p.34 december



BACK TO HER ROOTS Magic filled the air, while *Kelly Cabarcas, 12*, was in her family home, in Cali, Colombia. "I went to visit my grandparents. The highlight of my trip was just getting to hang out with family and see the amazing views." Cabarcas spent part of her summer enjoying the Columbian outdoors with her family.

A KID CAN ALWAYS DREAM

STUDENTS ELABORATE ON THEIR DREAM VACATION



"I wish I could go to Dubai, since it has some of the best weather in the world. It also has amazing skyscrapers."

HIDAYA MOHAMED, 12



"I would like to go to the Bahamas to see the ocean, and travel to a really nice beach."

FAITH LAUBY, 9



"Going to Hawaii has always been a dream of mine so I could hang out on the beach."

MALIK FULLER, 10



GRAND ISLAND, NEBRASKA
"I competed the State Horse Show in Grand Island. In one of the showmanships, I placed one out of a hundred." courtesy photo
MOLLY DOWLING, 11

CANCUN, MEXICO
"We went to Playa Delfines, Playa del Carmen, and Tulum. The highlight of the of my trip was getting to spend time with my family. I also liked walking on the beach." courtesy photo
CARLOS LOPEZ-LOPEZ, 9

BOSTON, MASSACHUSETTS

"The Appalachian mountains are really pretty, it's not like the Rocky Mountains, these mountains had trees all the way up."

courtesy photo

AARON HAKONSON, 10



GOING PLACES

STUDENTS SEE THE WORLD



BRADY, NEBRASKA

"I went to Brady, Nebraska to compete in a softball tournament with my family and other competitors." courtesy photo

CARLOS FIERRO, 11



EVERYTHING UNDER THE Sun

FROM LOCAL FAIRS TO INTERNATIONAL TRAVEL STUDENTS MAXIMIZE THEIR SUMMER

Under the blazing Summer sun, students explored their different backgrounds. Students come from 40 different countries around the world. *Sophomore Diego Johnson* took this opportunity to his visit family in Chihuahua, Mexico.

"All in all, it was pretty cool. My cousins I barely get to see are down there." Johnson said. "I only had to wear masks in the big cities."

In other cases, staying in state was a convenient choice for *junior Carlos Fierro*. Traveling roughly 45 minutes away, Fierro reunited with his family for a softball tournament.

"I went to Brady, Nebraska to compete in a softball tournament with my family and other competitors," Fierro said. "I got involved with my sister, since she had her own team, and so she wanted me to join. So I did."

With the COVID-19 vaccine becoming

available to the public, more than car doors were opening. Airports reopened allowing families to reunite. All travelers needed to show proof of vaccination and a negative test in order to board the plane. *Senior Kelly Cabarcas* traveled to Cali, Colombia over the summer to visit her grandparents.

"Before we got on the plane, I had to take a test and send the results to the airline. Also on the plane everyone wore a mask," Cabarcas said.

While staying in Colombia, Cabarcas experienced the heavier restrictions set in place there. With restaurants and businesses closed Cabarcas spent most of the time with her family.

"I would say visiting this summer was more memorable than the last. As opposed to five years ago," Cabarcas said. "I got to appreciate my culture and my family more."

WORKING FOR A FUTURE

JOBS PROVIDE LESSONS OUTSIDE CLASSROOM

Being a high schooler is an exciting and busy time for students, but traditionally it brings on more responsibility. For many students that includes getting a job. Whether the reason is earning money for college, or for your own wants, it could also be needed for students to get a job to help support their families. Finding a job that pays well but is also flexible is an important factor for most people when job searching. Luckily, Lexington is a great place for high schoolers to find such a job.

Some of the most common places you can find high school aged employees are Walmart, Plum Creek Market Place, or any fast food restaurant. At these workplaces, students are doing a variety of tasks. You can find a high school worker stocking shelves, or working as a cashier. Having a job is beneficial in many ways, not only are they making money but they are also learning life long skills and creating future connections.

“I have learned how to socialize with people and how to talk to adults and be nice. I would definitely say that it will help in the future because I have learned how to talk to people in a professional manner,” junior **Citlali Prado-Frias, 11**

“My management made us put in an availability schedule so I told her specifically like what days I would need off for any and all the activities that I do and it works out really well because then they just schedule my work around that,” senior **Angelina Diaz** said.

Although there are many benefits that come from having a high school job there are some struggles as well. Time management can become a struggle for some as they work long and late hours. It is important for students to manage their time well so that they can do their job well and still be a good student by studying and completing their homework.

“It’s just hard because you are out of work late and you’re just tired and you get home tired and you still have all this school work to do. And besides that I also have sports and stuff so it’s hard,” Prado said about struggling managing her time. However, most students have learned how to better manage their time because of the business that having a job created.

“I’ve learned how to manage my time a little more. I know that if I need to do something that I have to do it whenever I have free time. I have to appreciate every little minute I have to do my homework” Prado said.

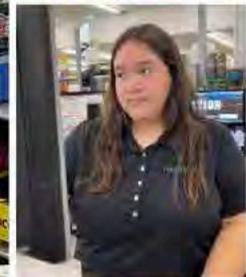
Some employers are more flexible with their employees than others. Some are more flexible because of their staff employment. Some places have limited staff requiring workers to work more often.

“My management made us put in an availability schedule so I told her specifically like what days I would need off for any and all the activities that I do and it works out really well because then they just schedule my work around that,” senior **Angelina Diaz** said.



CHECK IT OUT Being a cashier and checking out customers at Walmart is a common job done by high schoolers. **Sarah Martinez, 12**, is one of those students. “I like my job because I like talking with people and having random conversations with them,” Martinez said. photo by Michelle Ruiz-Garcia

A BUSY ROUTINE “Monday through Friday I usually zone clean up and some other little things and then Saturday and Sunday I do unboxings,” **Michelle Rivas, 11**, who works at Walmart said. Rivas enjoys her new job at Walmart because she doesn’t have to work with other people and can do her own thing. photo by Michelle Ruiz-Garcia



NOT YOUR ORDINARY JOB **Angelina Diaz, 12**, prepares for a customer at the checkout at the new Dollar Fresh store. “I wanted to work there because I knew it was going to be different than just your basic fast food teenage job in Lexington,” Diaz said. Diaz’s main job is working at the check out but her job also entails helping with other parts of the store. photo by Michelle Ruiz-Garcia

“ I HAVE TO APPRECIATE EVERY LITTLE MINUTE I HAVE TO DO MY HOMEWORK. CITLALI PRADO-FRIAS, 11

FUN IS IN THE AIR On Aug. 31 Justin Galvan and Carson Holbein 9, explore the Nebraska Game and Parks exhibit at the Nebraska State Fair in Grand Island, NE. Food, booths to animals Miss Foster and Mrs. Peterson’s classes got the full experience. “I really liked the wildlife part because there were a lot of different animals” Carson Holbein, 9, said. courtesy photo



READY TO RUN Chris Ramos, 12, explains the process of tying shoes to a kindergartener from Bryan Elementary on Aug. 24. The kindergarteners went to the high school to learn how to tie their shoes and exercise with the Strength and Conditioning classes. “I don’t know if they learned anything but they definitely had fun,” Ramos said. photo by Elias Jacinto



THE SINGLE SUCCESS In an attempt to float in their cardboard boat, Physics students **Any Nguyen, 12**, and **Isaac Perez, 12**, paddle their way across the pool on Aug. 25. Nguyen, Perez, and **Yanus Sanchez, 12**, went the farthest distance in their boat. “Honestly, it was the biggest boat there for no reason,” Nguyen said, “but our math was correct.” photo by Sarah Treffer

YOU BETTER

uWork

STUDENTS DESCRIBE THEIR JOBS DURING THE SCHOOL YEAR



“I work with money, take orders through the drive-through and up front. I clean, stock, and make sure everything is ready to use.” **SAVANNAH POTTER, 10**



“I’m an apprentice at a tattoo shop, so she teaches me how to do it.” **CHAIGNE WHETSTONE, 9**



“I do three different jobs at the YMCA. I do child watch, front desk and monitor. I do it because I need money for college” **ANGELINA MELO, 12**

Class B

Broadcast News Story

Champions: Levi Ottman, Hannah Julian, Northwest

<https://www.youtube.com/watch?v=qd9WFKfZNTk>

Broadcast Sports Story

Champions: Hailey Steffensmeier, Columbus Scotus

<https://www.youtube.com/watch?v=R6H6KHR7e68>

Broadcast Feature Story

Champions: Samantha Roby, Sophia McKinney, Northwest

<https://www.youtube.com/watch?v=qcb5t497gYY>

Broadcast Public Service Announcement

Champions: William Robertson, Kameron Hughes, West Point-Beemer

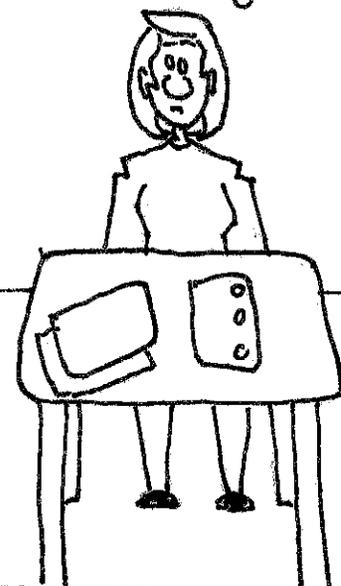
File not available.

Bye-Bye

Backpacks



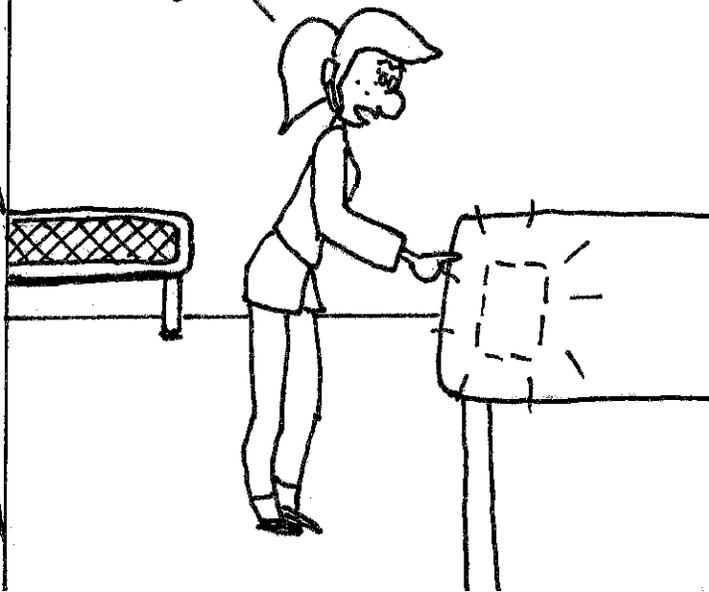
I forgot my pencil!



By a show of hands, who has their phone in their pocket right now?



who stole my homework?!



Can I go grab...

Can I go get...



Dawson Iasillo, Scottsbluff, Editorial Writing

Cell phones have been quite the controversial issue in schools recently. The new cell phone policy at Happy High school states “Cell phones may be used on school grounds before school, during lunch, and after school. Cell phone use is prohibited in classrooms, restrooms, and school offices, unless otherwise stated by a teacher. During the instructional day, cell phones must remain out of sight and in silent mode.”

It goes without saying that cell phones can be a clear distraction, but so are many other things in life. When a student reaches the high school level, it only seems right to prepare them for what life after high school entails; distractions. At this age, students should be able to make their own decisions, and if that includes being side-tracked from their phone during their history lecture, that is on them. The success of a child is not based on the distractions in the classroom, but the motivation and effort that particular person puts in. A cell phone in reach is not going to determine whether that student gets an A or an F; their work-ethic will.

“I don’t feel this policy is necessary,” states Sierra O’Malley, student. “I have a right to use my cell phone whenever I want. Plus, kids are going to do it anyway.”

Technology is used in plenty of careers as an advantage tool. Many contact one another, plan meetings, send e-mails, make important phone calls, etc. on their cell phone every day. It would be unrealistic to expect the students at this age level to not use the conventional route used in this day in age. These kids are nearing the end of their school days. It is the appropriate thing to do from the school’s standpoint to prepare them for a tool that is going to be used in all aspects of post-high school life.

“I’m happy the administration is allowing us to decide when and how the students can use their cell phones. I plan to find positive ways for kids to use their cell phones in my classroom. Technology is a powerful tool when used appropriately,” said an anonymous teacher.

Phones often have a negative connotation with them, when in reality, they can go a long ways for good. If teachers choose to use the phones as an interaction rather than a distraction in the class, it would be a fun, realistic, and modern way of learning. It is completely understandable why the administration at Happy High School is frustrated with the ways the students are using their phones. Redirection is all that the students would need to be content. Finding research purposes or contacting other classmates through their cell phones are just a couple of ways that phones can be used in the classroom setting.

Phones are not only used to watch TikToks or to Snapchat others. Phones are used in tons of different scenarios, far and wide.

“My son is a diabetic. He needs constant access to his cell phone to monitor his blood sugar. The school will need to provide a medical accomodation for him at a minimum,” explained Dani Fitzgibbons, parent.

The school must find a compromise that will benefit both the students like Fitzgibbon’s son and the student body who must learn these necessary actions from their cell phones as well. While it is a teacher’s job to teach and not redirect, finding ways to incorporate the phone in a normal school day is relatively simple.

Times are changing societally. Schools must accomodate to those changes as well. Cell phones can have a lot of great aspects and a lot of setbacks. The decision should be up to the student to decide how they are going to use their phone. After all, the administration will not be there to make decisions for them forever.

Adele does not go “easy” on her fans in record-breaking single “Easy on Me”

An artist's connection to the story they wish to tell is unbreakable, a bond tested by the limits of dynamic imagery and expressive elements. English singer Adele Adkins, commonly referred to mononymously as Adele, released her pop single “Easy on Me” from fourth studio album *30* on Oct. 15, 2021. The brilliant song with its engaging music video topped the charts, shattering both Spotify and Amazon Music records for the most streams in a single day or week.

Phenomenally directed by Xavier Dolan, the video depicts a distraught Adele carrying her bags out of a dilapidated house, representative of the crumbling relationship between her and her husband. As Adele journeys to a happier place, viewers are pulled into the song through creative elements such as a phone call to her son and brilliant colors that form when she has finally escaped the unhappiness.

The singer's voice slips between vocal ranges with ease that she failed to experience in her complicated relationship with Simon Konecki when the pair filed for divorce in 2019, seven years before her son, Angelo, was born. Adele credits the creation of the song to her son, as she wished to explain to him what had occurred using words that properly fit the situation.

“My son has had lots of questions,” Adele said in an article published on Oct. 7, 2021, by Giles Hattersley from *British Vogue*. “Really good questions, really innocent questions, that I just don't have an answer for. I just felt like I wanted to explain to him, through this record, when he's in his twenties or thirties, who I am and why I voluntarily chose to dismantle his entire life in the pursuit of my own happiness.”

To visualize the situation for her son, Adele explained through heart-wrenching but captivating lyrics that she had to make sacrifices along the way to ensure she felt happy, but she does not want her son to think poorly of her, asking him to go easy on her because she went through so much in her messy marriage.

Whether or not someone has experienced the pain of divorce, the lyrics are brilliantly relatable because Adele never cites her specific situation in the song but leaves it open for interpretation. Anyone who has experienced pain and wished for the world to lessen its severe impact can find a home between the black notes stamped on white pages that turn into a wonderfully colorful and vibrant song.

From verse to verse, the music and artistry is exquisite, with the only slight pitfall being a catchy chorus with an off-kilter tune. The multiple reverberations in the word “easy” does not necessarily align with the style of the dark, powerful alto tune found elsewhere in the song, but it seems to haphazardly find its place and still remain ingrained in viewer's minds.

The use of a simple piano intro is characteristic of the singer because it showcases her powerful voice and provides a contrast between the breadth of her tone and the plainness of the instrument's keys. Although Adele's voice is adaptable to fit a variety of styles, the artistic choice of simple instruments is not only on brand but also essential in allowing viewers to appreciate the artist's abilities.

Throughout the song, Adele's presentation is nothing short of inspiring while she drives through scenes of people who appear content with life. The pain and happiness sketched

across her features certainly adds an additional layer of emotions that viewers can relate to beyond the lyrics.

Not failing to recognize the pain others may feel, Adele released the song with the intention of being relatable, and she is able to communicate just that to long-time fans and newcomers alike. It is sure to be a tear-jerker and won't be easy for those caught in life's difficult crossroads, but it certainly will be worth a few minutes of your time several instances per day.

From the imagery of the dynamic video as she transitions through time and the expressive element of beautifully composed lyrics, the bond Adele has developed with the song is certainly comparable to motherhood, an emotional piece crafted for her son that proves how powerfully strong a piece of art can be.

2022 State Journalism Championship



#6 Headline Writing

Time Limit – 1:15

Directions:

You are a copy editor for your student newspaper. You are being given 6 formatted articles. Write headlines for 3 of the 6 articles using the following conditions:

1. Write at least one 2-line headline which may include a headline with a sub-headline.
2. Write at least one 3-line headline which may include a headline with a sub-headline.
3. You have creative license to write a third headline of any length or line count.

Turn this paper into the proctor when finished.

Name: Rio Bischof School: Elkhorn North

Write your story number and headline below:

Article # - 4

Headline – Weather the Chances?
Mother Nature's Threats
to the Midwest
Unpredictable and Severe Weather Takes Central US. by Storm.

Article # - 5

Headline – Knuckles' Big Break: A Punching Performance
A Punching Performance
Idris Elba Delivers a Knock Out Role in Sonic 2.

Article # - 6

Headline – Balling Up Expectations
What's Down the Road for the G.O.A.T., LeBron James

A wild week of weather is on tap for parts of the northern and central USA.

A huge storm will bring blizzard conditions to portions of the northern Plains over the next few days, as well as the chance of severe thunderstorms and tornadoes over a large chunk of the central USA.

Wildfires are possible across the southern Plains.

The heaviest snow is expected in Montana, Wyoming and especially the Dakotas into Wednesday, AccuWeather said.

"A swath of heavy snow is expected to linger and be slow moving, allowing for perhaps 2-3 feet of snow to pile up in some locations before the snow ends," said AccuWeather senior meteorologist Alex Sosnowski.

The snowstorm could reach historic levels in some areas, such as Grand Forks, North Dakota, where the record for snow in April is 17 inches, AccuWeather said.

Due to the predicted snow, power outages are likely, and "travel will become very difficult to impossible," said the



Snow falls in February on Sioux Falls, S.D. April snow is headed to the Plains states.

ERIN WOODIEL/USA TODAY NETWORK

AccuWeather said.

By Tuesday, the severe storm threat area will expand to include states from Iowa to Texas, where hail, wind and tornadoes are possible.

Dallas, Oklahoma City, Kansas City and Des Moines, Iowa, could all see severe weather Tuesday.

The tornado threat will extend into Wednesday, when another widespread area will be at risk of severe storms from Illinois to Louisiana, including Indianapolis, Memphis, Tennessee, and St. Louis.

National Weather Service office in Bismarck, North Dakota.

"Travel should be restricted to emergencies only. If you must travel, have a winter survival kit with you."

North Dakota could use the moisture. The latest U.S. Drought Monitor map shows the region is abnormally dry or in some form of drought. Northwestern North Dakota is in extreme drought, the second-worst category.

Snow from this storm spread into the Northwest, Weather.com reported: "Cold temperatures have allowed snow to fall at very low elevations on Monday morning, including in the Portland, Oregon, metro area."

The inch of snow that fell in Portland on Monday was the first April snow on record for the city, the Weather Service said.

Schools were closed across the region, and more than 50,000 customers were without power because of the storm.

Severe weather

The same system delivering snow to the northern Plains will bring a multiday outbreak of severe weather to the central USA.

Through Thursday, at least 18 states could be affected,

"Travel will become very difficult to impossible. Travel should be restricted to emergencies only. If you must travel, have a winter survival kit with you."

National Weather Service
In Bismarck, North Dakota

Along with the threat of severe storms, rainfall totals of 1 to 3 inches are likely from the Ohio Valley into the lower Mississippi Valley from the storm, Weather.com said.

Some areas could see more than 3 inches of rainfall, potentially leading to flash flooding.

Wildfire threat

High winds, unusual warmth and drought conditions combine to threaten wildfires over much of the central and southern Plains.

There is an extreme risk of fires for parts of the Texas and Oklahoma panhandles and into southern Kansas on Tuesday because of the potential for 30 to 40 mph sustained winds, 50+ mph gusts and unusually warm and dry conditions, the National Weather Service said.

"A dangerous fire weather outbreak is possible as a result," it said.

Spoiler alert: The following post contains light spoilers from "Sonic the Hedgehog 2" so beware if you want to go in cold.

For years, British actor Idris Elba has been a popular candidate to be the next James Bond because of his suaveness, inherent danger and overall cool. But what if the role he was born to play isn't 007 but instead a very angry animal who likes to punch things?

Elba sports a license to quill as the best part of the animated/live-action hybrid sequel "Sonic the Hedgehog 2" (now in theaters). He voices the red echidna warrior Knuckles, a rival to the speedy title character (Ben Schwartz), and it's almost criminal how much better Elba is than everything else in the overlong and extremely average family action adventure – because hearing Elba's gravelly voice and no-nonsense demeanor coming from a ticked-off, dead-



Knuckles (Idris Elba) is the best thing in "Sonic 2." PROVIDED BY PARAMOUNT/SEGA

pan anthropomorphic critter is hilarious and perfect.

Sticking to its video game origins, the film finds a dimension-hopping Knuckles aligning with kooky bad guy Dr. Robotnik (Jim Carrey) against Sonic: Armed with oversized spiky fists, Elba's powerful dude is an earnest warrior – and the last of his tribe – who wants revenge and seeks the mystical Master Emerald he's meant to protect. After several face-offs, including one snowboarding sequence, Knuckles figures

out Robotnik's a no-good scoundrel and finds a new, caring friend in Sonic.

Knuckles is a bull in a china shop, wrecking Robotnik's tech, leaving destruction wherever he goes. (He also turns out to be pretty good at baseball because who needs a bat when you've got bashing fists?) He takes everything seriously and too literally, but overall he's a big goofball – he's like a spiritual brother to Dave Bautista's Drax the Destroyer from the "Guardians of the Galaxy" films. They're both bruisers with dry senses of humor and childlike personalities beneath their rough-and-tumble surfaces, combining big hearts with bad attitudes and they happen to be extremely funny as well.

Here's the thing about Knuckles, though: He's played by Idris Elba. A Screen Actors Guild award winner. An Emmy nominee. A Sexiest Man Alive. A jet-setting DJ who plays Coachella and also royal weddings. And this guy's giving life to a souped-up animated mammal from another world.

He didn't have to go this hard as Knuckles – overshadowing a ridiculously over-the-top Carrey without even being onscreen – but our man doesn't phone in anything. (Well, he might have Zoomed in some of it because of the pandemic, but that's beside the point.)

His English cop from the TV series "Luther" makes the "Law & Order" crew look like rookies.

Elba has played superheroes and villains – his Bloodsport from "The Suicide Squad" is a bit of both, putting Superman in the hospital yet still a good dad. He canceled the apocalypse in "Pacific Rim."

And who could forget Stringer Bell from "The Wire"? If his cartoon buffalo police chief in "Zootopia" had more screen time, he probably would have owned that movie too.

Knuckles is an ideal pairing of actor and furious creature in red sneakers. And with a spinoff series planned for Paramount+, he's leaving us all a bit shaken and stirred.

LeBron James' longevity plus production make him a rarity.

James had a fantastic season: 30.3 points, 8.2 rebounds, 6.2 assists, 1.3 steals and 1.1 blocks and shot 52.4% from the field and 35.9% on 3-pointers.

It was a great year for a player of any age, and it's impossible to find a better season for a player who turned 37 and was in his 19th season.

He challenged for the scoring title but didn't end up with enough games played to qualify. Still, no player – no matter how many games played let alone 50-plus – has averaged 30 or more points at that age.

James likely will extend his league-record All-NBA selections to 18 – three more than Kobe Bryant, Kareem Abdul-Jabbar and Tim Duncan.

James' season officially ended last week when he played his final games of the season before the Lakers ruled him out for the final two games with a sprained left ankle. The Lakers' season ended on Sunday, a 146-141 overtime win against the Denver Nuggets in a disappointing season that concluded with no postseason appearance – the second time in James' four seasons with the Lakers they didn't make the playoffs.

James' Lakers tenure has been uneven – no playoffs, championship, first-round exit, no playoffs.

What's next for James?

James has one year and \$44.4 million left on his contract, taking him through the 2022-23 season. He can become a free agent following next season or he can sign a two-year extension this summer.

Without question, James can still be a pivotal player on a championship-quality team, and there's no doubt James still wants to win.

"I appreciate it and love y'all love!" James tweeted after it was announced



Most of the Lakers' salary cap next season will be tied up in Anthony Davis, left, Russell Westbrook, center, and LeBron James, right. PETRE THOMAS/USA TODAY SPORTS

his season was over. "Wish it was done in winning fashion though! Gave everything I had to this season when I was on the floor! See y'all again in the fall."

But how much can he win with the Lakers next season, and will it be good enough for James just to have an OK team that isn't a title contender at this point in his career?

There are multiple answers.

Championships are always better than no championships. A player prefers to play on a team that can contend, and James wants the Lakers to retool and improve the roster. That will be difficult given the lack of roster flexibility within the salary cap (James, Russell Westbrook and Anthony Davis will eat up \$129.45 million next season), and while James had a great season in 2020-21 and 2021-22, he also missed a third of the games in both seasons. His durability is no longer a given.

James also late in the season – when the Lakers' postseason chances were dwindling – indicated he was "having

the time of his life right now. The game's such a beautiful thing."

He wasn't worried about narratives about himself or the Lakers. "None of that stuff matters to be. I'm having a blast playing the game of basketball," he said.

From those comments, it appears he can be content as long as the losing isn't too bad. James has four titles, four Finals MVPs, four MVPs, NBA records in All-Star appearances and All-NBA selections, is the only player with 30,000 points, 10,000 rebounds and 10,000 assists and should pass Kareem Abdul-Jabbar as the league's all-time leading scorer next season.

Not winning another title won't do anything to his legacy. He's in the conversation as the game's greatest player of all time. As he has suggested previously, he doesn't believe he has anything to prove.

So James has at least one more season with the Lakers. Will there be more than one more? You can try to read into

what James has said or hasn't said or what he has done or hasn't done in the past to find answers. There is an entire cottage industry based on reading James' tea leaves. Even then, the clues can be misleading.

When James realized his teams in Cleveland and Miami exhausted their championship possibilities, he bolted – for a team where he thought he could win a title. What if next season mirrors the end of his team in Cleveland 1.0, Miami and Cleveland 2.0?

Sure, James could leave. But not all circumstances are equal. By all accounts, James is happy living in Southern California. A major part of his non-basketball business operations are there, and lifestyle is an important factor in where anyone works. There are worse things than making \$45 million a year, living in LA and playing for a mediocre basketball team.

And yet, what if there's a pull to win another title? Could he leave the Lakers for another team? Could he sign with Phoenix – a short flight to and from Los Angeles – on a minimum deal to try to win a title with Chris Paul, Devin Booker and the Suns? Seems unlikely, but you never know.

James recently said on his HBO show "The Shop" he would like to play alongside Steph Curry and reiterated his wish to play alongside his son Bronny James, who will be draft eligible in 2024.

There are multiple possibilities ahead, and James probably doesn't even know what his basketball career looks like two, three years down the road. But he says enough to keep a range of possibilities open and stoke intrigue.

James redefined free agency, starting with his decision to leave Cleveland for Miami in 2010 and Miami for Cleveland in 2014 and Cleveland for Los Angeles in 2018.

Late in his career, nearing 40 years old, James' future will again impact the NBA with his career choice.

Patton Engel, Elkhorn, Newspaper Feature Writing

“My friends do not understand what it is like to be me. As a result, I am losing friends. They are focusing on Homecoming and I am focusing on trying to live.”

To most people, junior Alissa Bettman is the average student. Sure, she works part time at Subway, but plenty of kids juggle work and school, and Alissa isn't even a volleyball or drama club member anymore.

To her closest family and friends, junior Alissa Bettman is homeless. She has been for the past six months.

“Sometimes I feel like a failure as a mother since we are living in a shelter, but I know it was the right thing to do to get out of an abusive environment,” Alissa's mother Jane Carter said. “I hope Alissa realizes that even though our situation is not ideal currently, it is still better than where we were.”

Where they were was a cold car on a lonely street, hats and gloves on to stay warm. Before that, they were in a nice, heated house, but one owned by a man who would rather leave his significant other stranded than put up with any relationship troubles. A man who's abusive language is the example for a teen in the home.

“When we were first kicked out, it was really scary. I didn't know where we were going to go. That night we slept in our car. When I went to school, I was a trainwreck. Fortunately my guidance counselor, Katie Davis, saw me,” Bettman said. “She pulled me into her office and got it out of me. When we were finished talking, not only did I feel better, but she lined up Lasting Hope for my mom and I. She is awesome.”

As a thousand students walk Leaguetown High School's halls, the cries for help of others often go unheard, but not by Katie Davis.

“Alissa came to me with worries about where her mother and her were going to sleep after a few nights of sleeping in their car. I could tell she was really upset and worried. Leaguetown works closely with Lasting Hope for many reasons, so I knew it would be a good, temporary place for them,” Davis said.

Temporary is the key. Bettman is grateful for the space granted to them, thanks to the help of Katie Davis and Lasting Hope, but she misses the time where she had the right to privacy and peace of mind.

“Being homeless is a lot tougher than I thought it would be. I wanted to get away from my step-father, but at least in his home I had my own room and my own bathroom. Now I share a bedroom with my mom and a bathroom with a dozen other people,” Bettman said.

The want for better for her and her mom is what pushes Bettman forward. Alissa's mother is aware of the struggles her daughter is facing and the impact it's having on her schoolwork, but they both aim to have a new apartment before senior year.

“I am so proud of Alissa for staying in school and having a job. I, myself, am hoping to get a job soon so we can move into our own two-bedroom apartment. I know we both need our own space,” Carter said.

For now, Bettman struggles through school with slumping grades, but those around her know not this is not where her story ends.

“Alissa is a strong, young woman. I know she will rebound from this difficult time,” Davis said.

Life is hard, but this is merely a chapter in Alissa Bettman's book.

“I’m not ashamed of my situation. As a teenager, I have no control over it. I have come to realize that I’m not to blame and I don’t care what others think of me. I know that I am doing the best I can with what I have right now.”

Jacob Uehling, Elkhorn. Newspaper News Writing
Tele-Lifting the Community

North Fork Area Transit works to make a difference in the lives of the community
one bus stop at a time

“My favorite part is the community engagement. A lot of the folks who utilize our services don’t have the ability to drive. The community is in need of this service,” general manager, Jeff Stewart said.

North Fork Area Transit is a nonprofit organization that provides transportation at free or low-cost fares to help the community of Norfolk, Nebraska. Norfolk public transportation was originally started in the 1970s as a way to assist the elderly. Since then, it has grown into a business that services the entire community of Norfolk with its 2 separate bussing options and their 21 busses. Their bussing options consist of TeleLift and ForkLift.

“We have on average 300 to 600 riders a day and we anticipate that number to double or triple,” operations manager, Josh Schmitz said.

TeleLift consists of a 24-hour schedule ahead service that extends out 30 miles around the Norfolk area. ForkLift is a fixed bus service that is run between multiple bus stops across the city. The ForkLift service will go out of its way and pick up guests within a ¾-mile radius of the route. Schmitz anticipates the rapid growth of their business due to the future implementation of their new system “ExpressLift.” This new system will stray away from the traditional bussing route and embrace the rise of Uber. ExpressLift is an Uber-like on-demand service. In which, riders can book trips through an app or the North Fork office and get a ride to and from their desired destinations instead of waiting at a bus stop. All of these rides do cost a fare.

“ForkLift routes are a dollar per ride or fifty cents if you have a discount. TeleLift routes are five dollars per ride or two dollars and fifty cents if you have a discount,” Stewart said.

North Fork Area Transit is enabled to keep these prices low due to assistance from the federal and state government.

“We receive 50% (of our income) from the federal government for operational assistance and 25% from the state of Nebraska for operational assistance,” Stewart said.

The other 25% comes from the fares. This federal and state assistance allows for North Fork Area Transit to run 21 busses while still paying a competitive wage. Nine of North Fork’s busses carry between sixteen and thirty-seven passengers, while the other 12 busses carry less than sixteen. This combination allows North Fork to service all of the college students, the elderly, the disabled population, and all of the other riders during the day. Rides end at 6:30 currently, but there are plans to extend their services into the evening.

“We are planning to expand into late-night services to help college students,” Schmitz said.

College students have a tendency to stay out later for studying, partying, and other extracurriculars. In an attempt to assist more of the community, North Fork is planning to expand their services into the evening and late at night. Since 1970, when Norfolk’s public transit was established, the goal was to help the community. Since then, North Fork Area Transit has taken over that goal and expanded it to help the rest of the community.

Stewart said, “At one point every person needs help. Whether it is to go to the doctor or pay bills, we are here to help.”

Katelyn Crawford, Blair, Newspaper Sports Feature Writing

Athletic Director Jerrett Mills just finished his first year as the athletic director at Northeast Community College.

“My main goal coming out of college was to be a college athletic director, so getting to that point was a big achievement,” Mills said. “I’ve always wanted to work in athletics somehow, so I’ve worked a lot of long hours and set pretty lofty goals for myself.”

Mills said that he also has several goals for the Northeast Community College sports program.

“I’d like to keep the 3.0 team GPA,” Mills said. “Keeping up in the classroom is good for student athletes because you can only play sports for so long.”

Mills said that doing well in school will take student athletes just a little bit further.

“In general, we want our student athletes to be the best they can be,” Mills said. “We are looking for the best in the classroom and on the field.”

Along with the high team GPA, Mills said he would like to increase donation levels from local and corporate sponsors and eventually increase the number of sports offered.

“Being a former college athlete myself, I was able to see the inner workings of the athletic department,” Mills said. “Our goal is to reach as many as possible.”

Mills said that he believes in a lift, learn and launch approach where they lift the student up, teach them what they need to know and get them where they want to go.

“Every student has a story,” Mills said. “They all have gone through trials and successes, and helping them get through their trials is something that I look forward to.”

In order to reach more people and recruit more students, Mills said that he would like to grow the college’s social media presence.

“In today’s age, it’s everything,” Mills said. “If it wasn’t for social media, no one would even know about us.”

When Mills first began working at Northeast Community College, he said that they didn’t have much.

“We only had one Twitter and Instagram account,” Mills said. “Now we have it all: Twitter, Instagram, TikTok and the like. We are able to do so much more with a bigger social media presence.”

Mills recently aided in launching a new campaign called the Hawks Boosters in order to reach out more into the community.

“If we can revitalize our local and corporate sponsorships, that would really help our students out,” Mills said.

Part of their community outreach efforts include events where people can come in and engage with student athletes.

“It’s more than just kick off events,” Mills said. “It’s actually meeting our players and getting to know our teams.”

Mills said that in his time working at Northeast, he has loved watching every student grow from the time they step foot on campus to the time they leave.

“This is only a two-year school, so their time here is pretty quick,” Mills said. “Just being able to talk with them and help them get to where they want to be is a great experience.”

Growing up, Mills said that his mom was his biggest advocate.

“She was always pushing me to attain my goals and be the best that I could be,” Mills said.

In the time Mills has worked at Northeast Community College, he has done a number of things for the sports program.

Mills raised the social media presence by more than 50 percent and helped the Northeast volleyball team return to the NJCAA DII National Tournament during the 2019-2020 school year.

This year, the baseball team competed at the world series for the first time ever.

“We only have 8 teams right now,” Mills said. “That’s about 130 students give or take. Our goal is to continue to recruit as many high school juniors and seniors as possible to make our program the best that it can possibly be.”



2022 -- Class C

**Journalism
Championship
Entries**

Jenna Heinz, Sandy Creek, Advertising

3RD ANNUAL

HEREFORDS IN THE HEARTLAND

PRODUCTION SALE



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**1:00 PM LUNCH | B BAR L HEADQUARTERS | JUNIATA, NE
ONLINE SALE VIA LOWDERMAN AUCTION OPTIONS**



PREDICTABLE, SUSTAINABLE, PROFITABLE

Elizabeth Meyers. "Uqwj gtp"Xcmg{. "P gy ur cr gt"Eqnw p"Y tkkpi

As a senior in high school you notice a lot of things that go on within the school and academic atmosphere. Schools have begun to depend more and more on online applications especially after COVID-19. This dependency allows students to get more involved with different social media platforms that are for both personal and academic reasons. Personally, I have realized just how much of an impact social media plays a role in my life. The amount of screen time that I use on my phone during a daily basis and even during school hours is awfully disappointing and quite upsetting.

During Easter Break I went to my great aunt's to celebrate with family and see some members that I have not been capable of seeing since last Easter and some for an even longer period of time. The first morning I had stayed there, my sisters and I had made a bet with my aunt about whether or not we could go all morning without being on our phones. She wanted to see just how much we would communicate with other family members and how much we would enjoy ourselves if we were not attached to our devices. Personally, I ended up going almost

all day without even opening my phone to do something as simple as checking the time. Although I hate to admit she was right, this experience showed me just how much my generation has become dependent on our devices and social media applications.

Beginning my everyday routine is automatically reaching for my phone to shut off my alarm and check for new notifications. The first app that I open almost daily is Snapchat. I have realized just how much my mental health has declined rapidly since the time I got a phone and social media back during junior high. I have even gone to a doctor and started on medication for both anxiety and depression because of how bad my phone has become a type of burden for myself.

Social media often becomes a habit and a trap. There have been many occasions where I have wanted to delete all social media and live a little with the people around me but I am never able to bring myself to officially do so. Most teenagers and often women become extremely troubled with having enough likes or views on certain images or posts. Many even become insecure

while scrolling through their feeds and viewing different models and influencers that are forced to pose and look that way to make a living.

Although social media is very draining and habit forming there are also some highlights to having those platforms. I believe that one of the main reasons why I have not been able to bring myself to delete my social media on my devices is due to all of the connections I have through those different accounts. There are many friends and family that I would have no other contact with if it was not for my devices and social media applications.

I believe that social media has to be used wisely during daily life because, as I stated before, it can mentally drain you and permanently give you damage mentally or internally. With that being said, I still believe that social media is there for a reason and it should be used wisely because there are certain things that you can only do due to those applications. I know that not many of my peers would agree with me, but I believe that parents, teachers, administrators, or other adults - specifically and especially if they are paying for the devices - should be in charge of screen time as a solution to how much time

teenagers are allowed to spend using different social media platforms.

There are certain parental controls on most devices that can allow the option to do some of those restrictions but most teenagers know how to change those restrictions or search online to give them the ability to spend longer periods of time within those apps. The applications and platforms themselves should also be able to apply some kind of code to only allow a certain amount of time or certain periods of time that those applications can be used and accessed.

Just like everything else in life, too much of something can be hazardous and unhealthy. Whether it's something as simple as drinking too much water to something as difficult as trying to get out of a toxic relationship. It does not matter if that relationship is with a friend, a significant other, a parent, a device, or social media it can always cause harm in the long run. Take it from someone with experience, depending on other things, whether it is a person or an object, never or very rarely works out well for yourself and your future.

WELCOME BACK TO SCHOOL

NO PHONES
NO BACK PACKS

METAL DETECTOR



METAL DETECTOR



BACK PACKS DISTRACT!
NO VIDEO GAMES
NO FUN!

"How was your summer ... Jenny? ... Lilly? I don't know, I can't see you."

Tessa Hurlburt, Gordon-Rushville, Editorial Writing

Technology is becoming more and more popular every single day. New versions of current technology are coming out all the time, so it's no surprise that schools are wondering where technology fits in a normal school day. Cell phones are one of the leading technologies, ever-improving and desirable to teenagers everywhere. Cell phones are a great tool that teens can use to meet new people, connect with friends, and research any topic imaginable- all at their fingertips. However, is there a point when cell phones become more of a hinderance than a tool? Principal Martinez has suggested a new cell phone policy that will limit the amount of time students are allowed to use their phones during the school day. This new policy that she wants to introduce would be the best thing for students. The policy will encourage focusing more on lessons in school and less on the latest social media updates. Our students at Happy High School should absolutely understand that cell phones have many benefits (if used for those purposes); however, cell phones don't play a vital role in a normal school day. We don't need them to learn the latest lesson in Geometry or to learn about a book we're reading for English. Keeping cell phones out of the classroom will shift the day's focus to learning the things our teachers know we need. We can't get those all of those imperative lessons from our cell phones. We have a lot of information at our fingertips, but we don't necessarily have to rely on our cell phones all the time. Kids will spend a lot of time on their cell phones regardless of this policy, but we have to think about the learning experience all students deserve to have. We have to set a precedent for our students that cell phones aren't everything. We should pass this policy and limit the amount of cell phone time for students, lest they miss out on something

that could prepare them for their future. Principal Martinez's new policy isn't the end of the world, either. Students can still have their phones at lunch and before and after school. That's not so bad, right? The new policy isn't unreasonable- students do not need to have their phones on them all the time. A lot of parents are on board with this new policy and for good reason. It's no secret that cell phones have become second nature to much of the teen-aged population. Expecting less cell phone usage from our students may be difficult at first but not impossible. Parents and teachers are worried about the amount of time their kids and students are spending on cell phones. If we start by limiting screen time during the school day, students will eventually realize that they don't really need their cell phones as much as they might think. Some students may be opposed to this policy, but, all in all, it really would be the best thing for Happy High School right now. Teachers, parents, and administration all agree that what our students need right now is guidance. Teenagers don't always like to be told what to do, but if so many people are telling us that limiting our daily social media intake is good, we should probably listen. The benefits that would inevitably happen as a result of passing the policy outweigh most all concerns. This new policy, if passed, can only improve the quality of learning each student will receive at Happy High School, which is what we should be focusing on as technology continues to wriggle its way into our daily lives.

Loosening Their Grip

Adele's song "Easy on Me" describes her rough past

By: Benjamin VanDiest

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Go "Easy on Me". Not enough people say it in today's society. When people don't say it, that can lead to some problems and heartache for families, friends, and loved ones. Adele uses the phrase "Easy on Me" in her song to express how she is feeling in her life.

Adele's choices of words are phenomenal. I thoroughly enjoyed the phrases and words she chose. For example, she uses, "Easy on Me", "No gold in this river trying to wash my hands in these waters", "Still a child", and "Had no time to choose." Even though at first I didn't think these words meant anything, after listening to the song a second time, those words spoke to me. When Adele sings "Easy on Me", she is referencing that she is not okay and she needs a little break. When Adele remarks "No gold in this river trying to wash my hands in these waters", she is symbolizing that she is trying to get clean from her scarred past, but she is struggling right now.

The color of the song trailer compliments the video so much. The black and gray color scheme goes excellent with her meaning behind her words just like Friday nights and High School football do. The black and gray color scheme goes well with her words because she is sad and she is trying to get over it. The darker and sad color scheme makes the viewer understand that she is trying to overcome some obstacles in her life.

Music video director Xavier Nolan did a tremendous job of directing the video. I really enjoyed it when Adele was driving her old car in the mountains. Xavier and Adele did a stupendous job on using the old car in the mountain to show the viewers how she is clearing her mind and trying to clean up her "rear view mirror" by going for a drive in the mountains. The mountains also symbolize clearing her mind because it is nice and peaceful up in the mountains and no one is going to bother her up there. She is letting everybody know she is trying to start over and have a fresh start in her life, but it's going to be painful, hard, and that there are going to be bumps in the road.

Adele and her songwriter Greg Kurstin did a great job incorporating a faint bass into the background of the song. The bass in the background is very important because the listener can feel the bass while also listening to the song. The bass also keeps the song moving along and doesn't make the song feel like it is dragging or slowing down. I loved the faint bass in the background of the song because I could groove along to the song, while still listening to Adele's words.

After watching this video I can see how her album *30*, which has the single "Easy on Me", broke the Spotify and Amazon Music records for most streams for a song in a day or a week. Moreover, I thought this song and music video was stupendous because of the words, phrases, color scheme, video layout, and beats used in the song.

"Easy on Me" is an easy sentence to tell someone if you are not feeling okay and if you need help. Adele uses this phrase to express how she is feeling in her life and how she is trying to rebuild her life.

2022 State Journalism Championship



NEBRASKA SCHOOL ACTIVITIES ASSOCIATION

#6 Headline Writing

Time Limit – 1:15

Directions:

You are a copy editor for your student newspaper. You are being given 6 formatted articles. Write headlines for 3 of the 6 articles using the following conditions:

1. Write at least one 2-line headline which may include a headline with a sub-headline.
2. Write at least one 3-line headline which may include a headline with a sub-headline.
3. You have creative license to write a third headline of any length or line count.

Turn this paper into the proctor when finished.

Name: Jenna Heinz School: Sandy Creek

Write your story number and headline below:

Article # - 2

Headline -
- "She shall not be the last" *
- Fellow Judges Applaud Ketanji Brown Jackson on Becoming the First Black Female Justice

Article # - 3

Headline - Political Division or Economic destruction? *
- Why America's red-blue split should not end in divorce
- How staying together prevents a costly outcome

Article # - 5

Headline -
- "He can do it all!" *
- Idris Elba steals the spotlight with new role in "Sonic the Hedgehog 2"

Spoiler alert: The following post contains light spoilers from "Sonic the Hedgehog 2" so beware if you want to go in cold.

For years, British actor Idris Elba has been a popular candidate to be the next James Bond because of his suaveness, inherent danger and overall cool. But what if the role he was born to play isn't 007 but instead a very angry animal who likes to punch things?

Elba sports a license to quill as the best part of the animated/live-action hybrid sequel "Sonic the Hedgehog 2" (now in theaters). He voices the red echidna warrior Knuckles, a rival to the speedy title character (Ben Schwartz), and it's almost criminal how much better Elba is than everything else in the overlong and extremely average family action adventure – because hearing Elba's gravelly voice and no-nonsense demeanor coming from a ticked-off, dead-



Knuckles (Idris Elba) is the best thing in "Sonic 2." PROVIDED BY PARAMOUNT/SEGA

pan anthropomorphic critter is hilarious and perfect.

Sticking to its video game origins, the film finds a dimension-hopping Knuckles aligning with kooky bad guy Dr. Robotnik (Jim Carrey) against Sonic: Armed with oversized spiky fists, Elba's powerful dude is an earnest warrior – and the last of his tribe – who wants revenge and seeks the mystical Master Emerald he's meant to protect. After several face-offs, including one snowboarding sequence, Knuckles figures

out Robotnik's a no-good scoundrel and finds a new, caring friend in Sonic.

Knuckles is a bull in a china shop, wrecking Robotnik's tech, leaving destruction wherever he goes. (He also turns out to be pretty good at baseball because who needs a bat when you've got bashing fists?) He takes everything seriously and too literally, but overall he's a big goofball – he's like a spiritual brother to Dave Bautista's Drax the Destroyer from the "Guardians of the Galaxy" films. They're both bruisers with dry senses of humor and childlike personalities beneath their rough-and-tumble surfaces, combining big hearts with bad attitudes and they happen to be extremely funny as well.

Here's the thing about Knuckles, though: He's played by Idris Elba. A Screen Actors Guild award winner. An Emmy nominee. A Sexiest Man Alive. A jet-setting DJ who plays Coachella and also royal weddings. And this guy's giving life to a souped-up animated mammal from another world.

He didn't have to go this hard as Knuckles – overshadowing a ridiculously over-the-top Carrey without even being onscreen – but our man doesn't phone in anything. (Well, he might have Zoomed in some of it because of the pandemic, but that's beside the point.)

His English cop from the TV series "Luther" makes the "Law & Order" crew look like rookies.

Elba has played superheroes and villains – his Bloodsport from "The Suicide Squad" is a bit of both, putting Superman in the hospital yet still a good dad. He canceled the apocalypse in "Pacific Rim."

And who could forget Stringer Bell from "The Wire"? If his cartoon buffalo police chief in "Zootopia" had more screen time, he probably would have owned that movie too.

Knuckles is an ideal pairing of actor and furious creature in red sneakers. And with a spinoff series planned for Paramount+, he's leaving us all a bit shaken and stirred.

THERE'S A LOT OF CHATTER these days, sometimes wistful, about Civil War 2.0. Recently, Senator Ted Cruz, the Texas Republican, said Texas could take its oil, NASA and go its own way. In January, professor Barbara Walter warned of the possibility of another war between the states in her book, *How Civil Wars Start: And How to Stop Them*. A few years back, a *The Week* editor Bonnie Kristian, said, "We should chop America into seven different countries. Seriously."

And in 2020, right-wing provocateur Candace Owens tweeted, "I wonder if we're past the point of reconciliation with the Left. Maybe we'd all be happier letting them pick a few states they can turn into their own country w/ no guns, no police, no statues, no genders, no flags, no men and no electricity."

Tempting, Candance, yes. But it's a bad idea for a lot of reasons. One big one that's often ignored: Economically, splitting up would be a \$100 trillion mistake.

Look, we get it. Everyone is exasperated. Both sides fantasize about simply going our separate ways, creating two countries of like-minded people and living happily ever after. If that's all

with lousy economies and a mountain of debt, then okay.

If splitting led to a civil war, it would cost millions of lives and trillions of dollars. Estimating the fully loaded costs of war is tricky business, but safe to say modern wars are expensive. According to the Watson Institute at Brown University, U.S. wars post-9/11 have cost \$8 trillion in military spending alone.

But the bigger (and trickier) part is what wars do to the economy. It's estimated the Yugoslavian Civil War in 1991 reduced GDP by 20 percent a year with industrial production down by 50 percent, along with 20 percent unemployment.

Even in the improbable case that a split would happen peacefully, there would be additional one-time costs of dismembering infrastructure, including splitting up power, communication and transportation grids. That would cost billions, at least.

Either way, there'd be huge ongoing costs due to economic inefficiency. We've personally worked in 50 different countries around the world. And we can say without hesitation that the U.S. is the greatest economic

standing, but much of it comes down to scale. Dividing up America would destroy those economies of scale. Everything would be more expensive and harder to get. Companies would need to duplicate manufacturing and distribution facilities. Supply chains, already strained, would be longer and more complex. Jobs would be fewer—and it would be more difficult to relocate to take advantages of opportunities. Risk would increase. During the big ice storm of 2021, millions of Texas residents grappling with power outages learned firsthand the risks associated with relying on a system not fully integrated into the national grid.

People on both sides might believe taxes would be lower if the country were split up—say, blue states not having to send money to "moocher

states" or red states not contributing to welfare. It's more likely that tax burdens would increase. Many of the biggest-ticket federal budget items like Social Security and Medicare aren't going away. Also, scale applies to government, just as it does to business. On a per citizen basis, it's more costly to run two governments than one. Defense spending, which for the U.S. is around \$800 billion a year, might well explode. After the split, each side would be sharing a 2,000-mile acrimonious border with a nuclear neighbor—think Russia-Ukraine.

But it could be much worse. What if the U.S. broke up not into two countries, but a dozen or a hundred? That's more likely than two. In 1860, the division was regional. Today the red-blue split is mostly rural-urban. That doesn't lend itself easily to

division. We built a computer model that included voting and Census data for every county in the U.S. We then tested different ways to split up the country into geographically cohesive red or blue countries. No matter how we gerrymandered the map, we couldn't do it.

Consider Senator Cruz's example:

Texas. There are 254 counties in Texas. Of those, 232 went for former President Trump in 2020. Nonetheless over five million Texans voted for President Biden, almost half the electorate. Two thirds of those voters live in or around five big metro areas, Dallas-Ft. Worth, Houston, Austin, San Antonio and El Paso. Those five cities also contain half of Texas' population and three-fourths of its economic output. What would happen to the blue voters in those cities after a Civil War? Take it or leave it? Better red than dead?

Or would the cities exist as blue islands in a sea of red—modern day Berlins? And before red voters say "damn straight," they should realize it's not just a blue problem. What about red voters who live in blue states? According to *Washington Post* correspondent Philip Bump, who covers the numbers behind politics, more Trump voters live in blue states than red ones. Mass relocations or walled cities? (Unfortunately we have a lot of experience lately with building walls, and they seem to run about \$20 million per mile. More billions.)

In short, even if Americans are not compelled by our shared history and culture to stay together and work it out, we should be swayed by the realization that splitting up would burden our children, grandchildren and great-grandchildren with crippling debt and sub-scale economies.

It would be an expensive, and unmanageable, divorce. ■



WASHINGTON (AP) — Shirley Troutman, a judge on New York's highest court, was working last week when her daughter texted messages that included a clapping hands emoji. Soon, her phone was buzzing with other celebratory messages. The applause and the excitement was for Judge Ketanji Brown Jackson, who last week was confirmed to the U.S. Supreme Court and will become its first Black female justice.

Jackson will become the court's 116th member. That's special for Troutman, who is the 116th member of her court too.

"As a judge, as a Black woman, I am extremely proud and wish her the best," said Troutman, who took her seat earlier this year and is the second Black woman to serve on her court. She said she cried "tears of joy" Thursday when Jackson was confirmed.

Troutman is among 17 Black women and 14 Black men currently serving on their state's highest court, according to the Brennan Center for Justice in New York, which has tracked diversity on those courts. A majority of the women joined the bench within the last five years and, like Jackson, shattered a barrier, becoming the first Black woman on their state's high court. In interviews, some of those women described not only their own delight at Jackson's confirmation but also suggested there's more work to be done to make America's courts more reflective of its citizens.

"I am so proud and optimistic about her accomplishment and what this means," said Justice Melissa Long of Rhode Island's Supreme Court.

Long, who joined her state's high court in 2021, also feels a "great sense of connection" to Jackson. They were born 10 days apart in 1970 in Washington, D.C. Long's parents had married in the city because laws against interracial marriage, struck down by the Supreme Court in 1967, prohibited them from getting married in Virginia.

Being the first Black woman and first person of color on her state's five-member court "feels like a responsibility," Long said. "It's an important responsibility, but it does feel like a responsibility."

That's in part because diversity overall on state courts is lacking. People of color make up 17% of the judges on state supreme courts, but as of last year, 22 states had high courts where no member identified as a person of color, according to the Brennan Center. In 11 of those states, minorities make up at least 20% of the population, according to the Brennan Center. About 30% of all federal judges, meanwhile, identify as people of color.

Those numbers help explain why the Brennan Center's Madiba Dinnie says she's wary of people thinking that Jackson's confirmation means: "We did it. We have a Black woman on the Supreme Court now." There's more work to be done, she said, with "huge disparities throughout the rest of the federal judiciary and at the state judiciary as well."

The history of Black women serving on their state's highest court goes back to 1988 when Juanita Kidd Stout joined Pennsylvania's highest court. That was seven years after Justice Sandra Day O'Connor became the first woman on the U.S. Supreme Court. Stout served for a year before she reached the mandatory age of retirement. Today, the four men and three women on Pennsylvania's highest court are all white.

Other state high courts are more diverse. Maryland has two Black women on its highest court, the Court of Appeals, where members wear red robes with white collars and are called judge, not justice. Judge Shirley M. Watts joined the seven-member court in 2013 and Judge Michele D. Hotten in 2015.

In California, Justice Leandra Kruger was among the women President Joe Biden considered nominating to fulfill his campaign pledge to put a Black woman on the Supreme Court, if given the opportunity. In Ohio, Justice Melody Stewart was a classically trained pianist before making the switch to a career in law. And in Washington, Justice G. Helen Whitener is one of two gay justices and one of seven women on state's nine-member high court.

In Massachusetts, Kimberly Budd serves as her court's chief justice, a position she has held since 2020. North Carolina's Cheri Beasley served as the chief justice of that state's Supreme Court and is now a leading candidate in the Democratic primary for the 2022 U.S. Senate election.

Louisiana also until recently had a Black woman leading its highest court. Bernette Johnson was elected to the court in 1994 and served as its chief from 2013 to her 2020 retirement. Today, Justice Piper D. Griffin is the second Black woman and third Black person to serve on that court.

Griffin called Jackson's confirmation "surreal" and "humbling." "It was one of those things that you never think you'd see in your lifetime. You know, it's kind of like you, you're hopeful, but you're never expecting it," said Griffin, who was elected to her position in 2020.

Griffin said her phone "blew up" Thursday afternoon when Jackson was confirmed. "I got lots of exclamation points," she said. One friend, knowing Griffin couldn't watch Vice President Kamala Harris announce live that Jackson had been confirmed, recorded the moment on her phone and texted it to her. Over and over and over again friends texted one word: Yes!

Troutman, the judge on New York's highest court, said one of the things her daughter sent her that day was a picture of Jackson and the president hugging. It's important that Jackson is the first Black woman on the Supreme Court, Troutman said, but: "It is most important that she shall not be the last."

Growing up as a teenager in today's society comes with many hardships. Being up to date on the newest trends and being the star athlete on the volleyball team aren't the biggest problems for every teen. For junior Alissa Bettman at Leaguetown High School though, her worries are far different than the average teenager.

Bettman and her mom, Jane Carter, lived with Bettman's stepfather in their own house growing up. But that soon changed when Carter and her husband were enraged in an argument, causing her husband to kick the two of them out of the house.

"When we were first kicked out, it was really scary," Bettman said. "That night we slept in our car and when I went to school, I was a trainwreck."

Thankfully, Bettman was not alone when she walked through the doors of Leaguetown High School.

"Fortunately my guidance counselor, Katie Davis, saw me," Bettman said. "She pulled me into her office and when we were finished talking, not only did I feel better, but she lined up Lasting Hope for my mom and I."

Bettman and Carter were able to turn to Lasting Hope, which was a shelter for women and children. This gave them a roof over their heads and food to eat for the time being as they worked to save money for a better future.

"Alissa is a strong, young woman and I know she will rebound from this difficult time," Davis said. "We meet weekly to discuss how things are going and to plan for her future."

This journey started strong after she earned a job at Subway to work part-time while she was still attending high school. Because Bettman was usually trying to fit more hours in at work, she soon realized that she and her friends were living totally different lifestyles.

“My friends do not understand what it is like to be me,” Bettman said. “They are all focused on Homecoming and I am focusing on trying to live, and as a result, I am losing friends.”

Together, Bettman and Carter saw the bigger picture of what they will receive after all of the hard work pays off.

“I am so proud of Alissa for staying in school and having a job,” Carter said. “I hope Alissa realizes that even though our situation is not ideal currently, it is still better than where we were.”

Although Bettman can't focus on being the starting setter on the volleyball team or the star actor of the drama club, she knew that she was doing her best at controlling what she could control.

“I'm not ashamed of my situation,” Bettman said. “I know that I am doing the best I can with what I have right now.”

People are always on the move going from one place to the next. The need for transportation and getting places quickly is always on demand. Public transportation thrives in the city of Norfolk as North Fork Area Transit dominates the business.

North Fork Area Transit is a non-profit organization. It offers rides to all residents and visitors in the Norfolk area.

Jeff Stewart, who has played a role in the North Fork Area Transit for 13 years, is the General Manager of the organization.

“My favorite part of my job is community engagement. It is so fulfilling getting people to where they need to be,” said Stewart.

Josh Schmitz is the Office Manager of the transportation organization. He has previously worked in retail management but now works in transit management.

Stewart said, “The organization needed people to execute the idea, so Josh and I stepped up. Public transportation plays such a key role in the economic development of an area.”

The public transit offers several transit services for a wide variety of people. Public transit was first available in the 1970s in Norfolk, and was primarily for the elderly. However, in September, the organization rebranded their name and became available to anyone. All vehicles are wheelchair accessible to make the organization more available to everyone.

The transit services currently include TeleLift and ForkLift. TeleLift is a 24-hour schedule beforehand, curb-to-curb service that will go up to 30 miles around Norfolk.

ForkLift is a regularly scheduled bus service in Norfolk that offers to flex routes with a third coming this fall. Riders can wait for a bus, or they can request curbside pickup in advance if they are within ¼-mile of the usual route.

Prices for a trip on the TeleLift cost \$5.00 or for a discount costing \$2.50. The ForkLift costs \$1.00 or for a discount of \$2.50. All services are free for veterans, youth that are 18 and under, Northeast Community College Students, and disability attendants.

The company will soon be offering ExpressLift. This will be an on-demand service, like Uber. You will be able to book a trip by calling the office for a same-day ride or on a mobile device.

The public transit also has a mobile app called Passiogo. It gives GPS tracking of the buses for anyone who has the app. Passiogo services buses across the nation and Norfolk is one of their clients.

Stewart said, "People need to go to work, the doctor's office, a grocery store, and other places. I feel like we are helping anyone who steps foot on our transportation because we are getting them where they need to go."

At the beginning of the year, Norfolk Area Transit only had a total of 17 workers. Now however, the company has 31 drivers, dispatchers, and other workers. Numbers have increased because of a competitive wage offered to workers. In the future, they hope to grow by adding mechanics to their field of workers.

North Fork Area Transit pushes to expand and become more accessible to anyone. Their future plans include a late night service for anywhere in town. They also hope to double or triple their usual 300-600 rides a day with the new fixed route and continuous transit.

As the organization continues to grow and improve, people are able to go where they need to quickly and efficiently.

Haley Kube, Yutan, Newspaper Sports Feature Writing

From highs and lows to starts and finishes, the new athletic director of Northeast College Jerret Mills plans on using his experience for the “betterment” of his student-athletes.

Mills, a former college baseball pitcher, always knew he wanted to pursue a career in athletics. He was just waiting for the opportunity to get started.

“Being a college athlete and working around in the college department, I’ve always wanted to help student-athletes have a better experience than I had,” Mills said.

Graduating from Dakota Wesleyan in 2016, Mills started his career as Sports Information Director for Wesleyan and even was named top-three finishes in the annual NAIA-SIDA Publications Contest. Then in 2018, he earned his first administration job at Wayne State where Mills would use his communication skills to take part in the recruiting process.

“I’m a big believer in the lift, learn, and launch process...so I used that in my recruitment process at Wayne focusing on cities in central Nebraska such as Grand Island, Kearney and North Platte,” Mills said.

One of Mills’s first recruiting accomplishments early in his career was being responsible for bringing in the largest freshmen class Wayne State College has ever seen. With his process of lifting the students up, promoting learning in the classroom, and launching them into the world, Mills helped his students live out their college years.

“Part of being an athletics director is getting to know your student-athletes’ personal stories. Each athlete has a story to tell and helping them get through their highs and lows is one of the best parts of my job,” Mills said.

Using his experiences with recruiting and building relationships, Mills then furthered his career as the Interim Athletic Director and Associate Athletic Director for three years at Northeast Community College. Once again, Mills’s impact led him to quick success.

“I started off by having a kickoff and revitalizing that. It made the live stream a lot better and eventually led to more corporate sponsorships,” Mills said.

Along with hosting kickoff events, Mills has increased Northeast’s social media presence by 50 percent in efforts to get their community more involved.

“When I first started, we had only two social media accounts... a Twitter and Facebook page... now we have an account for each team,” Mills said.

By increasing the school’s social media interest, the teams have seen major turnouts at kickoffs and games, and Mills hopes to keep those numbers up.

“Especially nowadays, social media plays a big presence and by letting people know what’s going on, we can get more boosters and banners to hang in the gym,” Mills said.

Not only does Mills have future plans of boosting the school’s social media campaign but also by maintaining high grades in the classrooms.

“Last year we had one of our teams be named NJCAA Academic National Team of the Year meaning the team had a GPA of 3.0. Keeping kids in the classrooms, helps us make it easy for them to transfer to other schools and eventually get a job since we are only a two-year school,” Mills said.

With keeping his goals in mind and seeing his dreams come true, Mills isn’t only ready for his journey ahead but as well as his students’.

“My favorite part has to be watching them grow from the time they step on campus till the time they leave for graduation. Their time here is pretty quick so watching them grow from start to finish is one of the most rewarding things,” Mills said.

Alyssa Ferguson , Harvard, Sports News Writing

For the first time ever, the East High School girls basketball team walked off the court with the title of state champions. Achieving the title was no small feat for the Eagles. After eight years of qualifying for the state tournament and a second-place finish in the 2021 state championship game, the team was prepared to battle for the title once again.

Coming into the state tournament, the Eagles were seeded #2, proving their ranking by defeating Smithsville with a score of 52-41, and Blue Valley with a score of 62-42 to place them in the championship game against the Happy High School Hawks.

The Hawks were also no strangers to the state tournament court. Finishing their regular season with a record of 19-5, the team qualified for their ninth trip to the tournament. Happy entered the state tournament with a seeding of #5, but worked their way up to the championship game by defeating Adams 54-38, and edging by the #1 seed, South, with a score of 53-46. Despite nine years of qualifying for the state tournament, 2022 marked the team's debut trip to a championship game.

Happy started the championship with a strong lead, scoring 11 points in the first quarter compared to East's five points. The Eagles answered with 11 points in the second quarter, with the Hawks only scoring 6, bringing the halftime score to 17-16.

Holding onto their lead, Happy once again outscored East in the third quarter 9-8, but it wasn't enough to outnumber the Eagle's 12-0 run in the fourth quarter. The East High School Eagles claimed the championship title with a final score of 37-32.

"They were really hard to get out of their game," said East's head coach Kelley Scott. "They played really smart. When we went on a 12-0 run in the 4th quarter, I knew we had a shot at the title. We were lucky to have won this game."

East's Shooting Guard Tina McDonald was the Eagle's leading scorer of the night. The five-foot-eight senior brought in 16 points for the Eagles, a major contribution in a game won by just five points.

"We were disappointed at halftime, being down 1, but we were still confident. My teammates and I put so much time into practicing and there were so many games that we battled in that it just makes this first state title for our school really special," said McDonald.

Although they left with the runner-up title, the Hawks were still proud of their team's accomplishments throughout the season.

"What an awesome state tournament this was for our team and our school. After we knocked off the number one seed in the tournament, I think our girls started to believe the state title was within their reach. But we just didn't have enough to get it done today," said Happy's head coach Rhonda Red.

The 2022 Girls Basketball State Championship game proved to be a memorable way to finish the season for both teams.

Isabella Tederman, Yutan, Yearbook Feature Writing

After a year of virtual experiences, this year's sophomores of Quartz High School were thrilled to be able to continue the Coal Miners' annual Founding Fathers' Field Trip to Washington DC. On the four-day trip, they got the opportunity to take in many of the historical landmarks as well as experience the unfamiliar culture of the nation's capital.

"My older sister was able to go on the DC trip three years ago and she couldn't stop talking about it for weeks. I now understand why!" sophomore Mika Yoder said.

Taking part in the trip in late May, 53 students, five faculty members and four parent sponsors spent most of the first day at the Capitol building where they were able to observe its architectural features. Day two included a visit to the Washington Monument and Lincoln Memorial, as well as enjoying Mason's Famous Lobster Rolls for dinner.

On day three, the morning was spent at the Potomac River, but the day was cut short by the weather conditions. The rest of the evening was spent at the hotel with takeout and improv games.

However, day four made up for day three being cut short, with a trip to Mount Vernon in the morning, followed by a visit to the White House grounds and a baseball game between the Washington Nationals and the New York Yankees in the afternoon.

"I had such a great time with all of my friends," Yoder said. "We were exposed to so much history and cool places during those four days."

The group was able to make the most of the trip this year, even with a few setbacks, and overall had a great time.

"This group was unique and extremely fun to be around," history teacher Mr. Davis said. "Being able to see these young people learn and be immersed in our country's history is one of my favorite experiences of every school year."

Securing the VICTORY

The fans cheered and the sweat dripped as the Pearson Girls Wrestlers won the Midwest Conference Championship over Richmond Central High School with a team score of 125 to 121. With the 1,200 fans attending the event, the Oiler athletes competed in 12 different weight classes ranging from 100 lbs. to 235 lbs. on Saturday, January 29th in the Richmond Gymnasium.

The seniors, Stella Smith, and Brenda Bonds battled through 4 different rounds until they found themselves competing for the championship. Smith was competing in the 120-pound weight class and Bonds was in the 165-pound weight class.

The seniors each captured their own victory and claimed the championship hardware for the team. Getting to consider yourself the first-ever conference girls wrestling champion is one of the greatest feelings to have.

Smith says, “Wow, I can’t believe I’m the first-ever conference champ. And what means the most to me is those little girls (will) be like, ‘Wow, if she can do it, I can do it, too.’”

Getting the team championship was an amazing accomplishment, but what made it even better was winning the first-ever conference girls wrestling championship in the same year as the Title IX 50th anniversary explains Pearson athletic director, Vicki Cole.

Throughout the entire season, the girls have put in hours of work both in practices and meets and their work paid off when it needed to, in the conference championship match.

Their coach, Dominique Moeckel, explains how excited she is for the girls and their accomplishments and how being conference champions “is a true testament to the teamwork of these girls.”

Moeckel wrestled back in elementary school but didn’t start coaching until this year. In her first year of coaching, Moeckel has secured the conference championship. Although she is losing two seniors next year, freshmen Ally Williams will continue to compete on the girls wrestling team and carry on the legacy of Pearson High School Girls Wrestling.

Gabi Tederman, Yutan, Yearbook Theme Copy Writing

Pause and Remember

Opening:

Even before the school year starts at Happy High School, there are moments students and teachers alike hope to remember. A grand opening ceremony held on August 15 prepares the entire school for the start of the year on September 1. Many changes are brought to the school, ranging from upgrading to a 1,500-seat football stadium to partnering with the local food pantry. Although the school just opened, Happy High School is already making a mark. They have the first female superintendent in the state and are already building up the program. Whether the changes are big or small, each moment makes the students and staff want to pause the year to preserve the memory. The goal of every year is to make it the best one yet, but it doesn't happen unless people make it happen. The student body understands this and knows to live every moment to its fullest. Everyone knows there will be ups and downs throughout the year, but they will make an effort to pause and remember the best moments, no matter how big or small.

Closing:

Now more than ever, everyone a part of the welcoming community of Happy High School wants to pause and remember the best moments as the school's first year comes to a close. In Smiletown, Nebraska, people have made the little things count from the start. Throughout the year, the school works to build a family and strive to be their very best. Just like every school year, unpleasant times will come and go, but it depends on the people to define the year. Students in Happy High School make their definition count. As the days count down to May 25, students and staff relive the best memories. The school spirit is shown from the start through the yellow, black and red banners flying around the new football stadium as the students rush together to sing the school song for the first time after a big win against their rivals. Now, the

student body comes together to sing the school song one last time in a bittersweet remembrance of every unique and one-of-a-kind memory of the year. At the end of it all, everyone wishes they could've paused and remembered just one more moment.

Sports:

An inspirational speech by HOF retired Coach Mike Krzyzewski urges students to make this school year their own and construct a winning culture. The athletes of Happy High School take this to heart and make the choice to do everything they can to achieve this dream. A win in a football game against their rivals, the Blue High Devils, builds upon this dream and makes them hungry for more. Each athlete has a special play they wish they could pause time to live in an everlasting moment of happiness, but they know they can only work to make the next moments even better. Dedication and hard work are shown in the athletes, and each and every coach is overcome with pride as they see and experience the desire that will take them far. Although each team cannot be perfectly assembled with unbeatable and unbreakable athletes, they can strive to make each moment count. This year goes without the heartbreak of saying goodbye to the seniors on the teams but still has the ache of the loss of the final game in the season, going into it not knowing that it would be the last. Every athlete is prepared to contribute to the culture and chemistry of the team in the years to come, and although they may not be perfect, they'll still wish they could pause and remember every little moment.

The Purple Pulse

Family time with a traveling parent

by Kadyn Wilcock

Being able to spend time with a loved one is always special. Around the holidays, many kids get to see grandparents, parents, cousins, aunts, and uncles. For some families, these times are even more special because not all kids get to see their families during a normal work week. The Willcock family from Beaver City is one such family. Kadyn Willcock is a sophomore in highschool and her dad, Kris, is a professional truck driver. Kris has been a truck driver for over fifteen years, and also hauls lots of harvest products during August to November. His work schedule limits the amount of time the family gets to spend together during the week.

Wilcock said, "My profession is commercial truck driving. What I do is take everyday objects to places where they are used to make other things that people use all the time. For example, I can take paper that you use in your notebook, or even paper for air filters. My job is to get my trailer loaded and take these things and deliver them to where they will be used. I would say that my job is very time consuming. It takes Monday through Friday usually to get from Omaha, NE, to Temple, TX, and back. I also go to Colorado on shorter trips to deliver other things."



While his job may limit family time during the week, the Willcocks make sure to find ways to stay connected. "Families have different ways of bonding and having fun, especially ours. Some ways that our family gets together is by going out to eat, playing board games, having a nice family dinner, or even watching movies together," said Wilcock.

When time is limited, families learn to enjoy doing the little things such as just driving around town looking at Christmas lights or even just going on a walk. Willcock added, "I believe that the little things are what you are going to remember the most in life. So you might as well enjoy the time you have no matter the activity."

The time crunch: Fitting family time into busy schedules

The effects of college on sibling relationships

by Camden Wright

Many high school students don't get to see their older siblings very much once they leave for college. That can take a big toll on some kids who miss having the older sibling in the house. Southern Valley sophomore Jessica Lambert has a brother, Cody, who is four years older. Life changed a lot for their family when Cody graduated and left for college.

Lambert said, "I get to see Cody about every other weekend. It can get hard to find time to see him because he has to plan around wrestling practices at Fort Hays." Lambert misses her brother a lot of the time, but it was something she tried to prepare for knowing that he would be graduating and leaving for college. It is a two hour drive to Fort Hays State, and with a busy school schedule herself, it makes it difficult for her to find time to drive up there and see him. Lambert said, "He comes home Friday nights and usually has to leave at noon on Sundays. When he is home it is a lot of family time and watching movies together. We sometimes go out and get food or smoothies. It just depends on what's going on that weekend."

Despite not being able to see Cody all of the time, they still find time to be together and have an enjoyable time which is great for their relationship. Some students aren't so lucky and don't get to see their siblings at all because they may go to a far away out-of-state college. If it requires a plane ride to get together, that makes it even harder to stay connected. In those cases, if siblings don't make a strong effort to stay connected they may drift from one another.

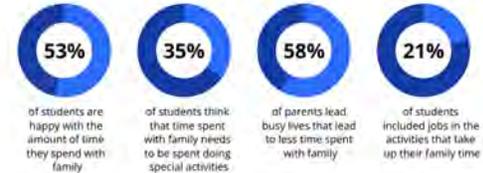
One very beneficial way to spend time together with siblings is to play games. Board games are a great way to get the whole family together, but with cell phones, far away siblings can still play games together. Although some family members are more competitive than others, it can still be a great time for everyone involved.

A recent article from Families for Life states that one of the best ways to spend quality time with your siblings is to "share family stories." Sharing stories can be a very beneficial way to get some quality time together, along with some chuckles here and there. Lambert said, "Getting to catch up and talk about what happened while we were apart is the best part of being able to see each other again."

Just as parents are sad to see their children leave for college, siblings are too. Lambert said that getting to see her brother less has an impact on her whole family dynamic such as meals and discussion time as a family. Lambert has felt the same pain that her parents did when they had to help pack for college and help him move in. Lambert cherishes the time they have together. It is more valuable because they don't get to see each other as much, so when they are together they make the most of it.

Students, Parents, Home Time

AND ACTIVITIES

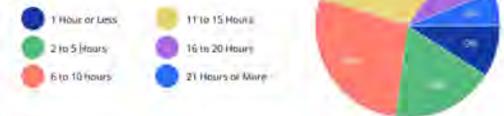


The Student Voice



What do you think about how much time you get to spend at home with your family?

How Many Hours a Week Do Students Spend on Activities?





Chieftain Times

INSIDE THE LIFE OF A STUDENT-ATHLETE

Haley Kube, Isabella Tederman, Derek Wacker, Laycee Josoff, Bryce Kolc, Shaylynn Campbell, Yutan, In-depth Newspaper Coverage

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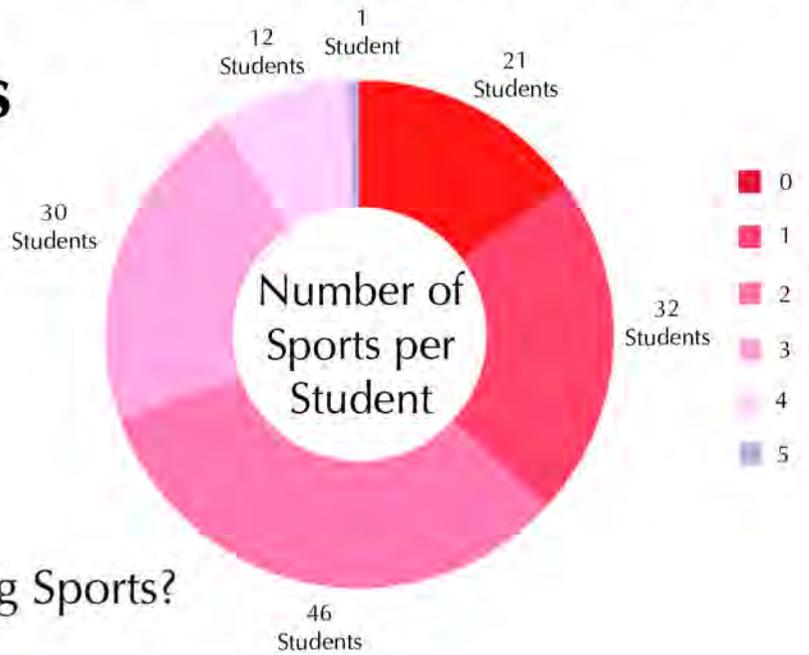
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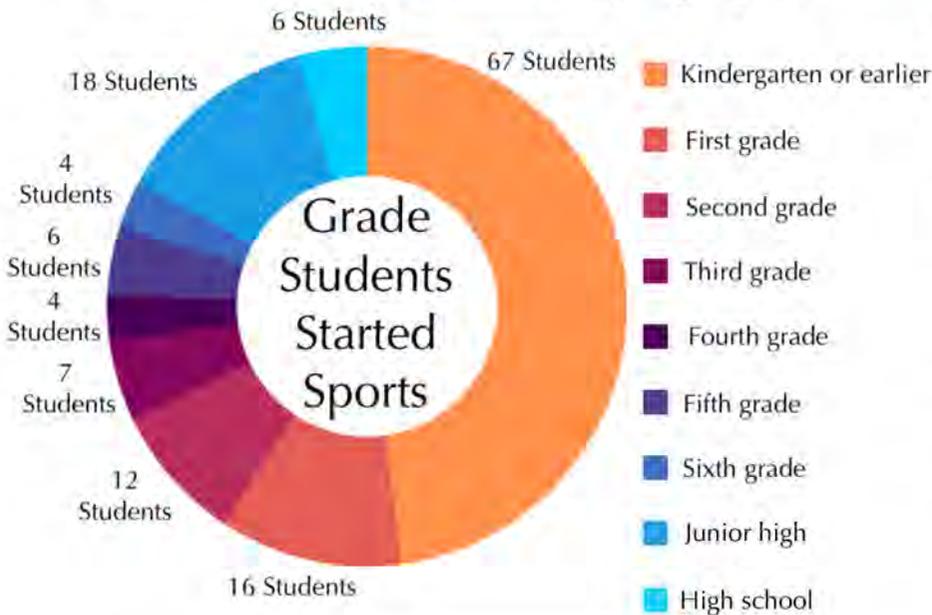
Student-athletes by the numbers

To learn more about our student-athletes, the journalism staff sent a survey via Google forms to all students in grades 7-12. Of 226 total students, 142 (62 percent) replied, representing a nearly exact number of males versus females and a relatively even number of students from each grade.

How Many Sports Do You Play?



When Did You Start Playing Sports?



The results of the survey show that the majority of students at Yutan Junior/Senior High School are in fact student-athletes, most starting sports in elementary school. Half of these athletes play select sports in addition to school sports.

Infographics by Brennan Jacobs

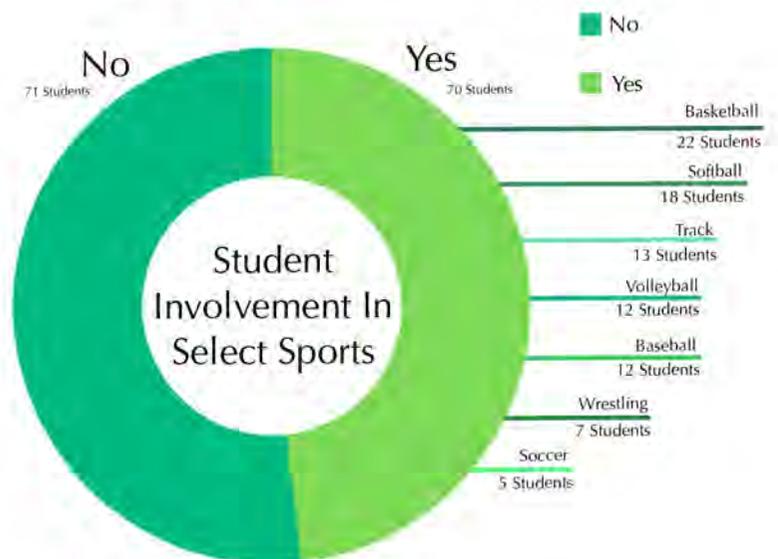
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Are You Involved In Select Sports?



STUDENT OPINION:

PROS OF PARTICIPATING IN MULTIPLE SPORTS

By Bryce Kolc

One of the many decisions high school athletes face is whether they specialize in one sport or participate in multiple sports. I believe that athletes should participate in multiple sports.

First, athletes who participate in multiple sports develop more varied skills. According to the National Federation of State High School Associations, many skills such as hand-eye coordination, balance and endurance are used in multiple sports, allowing you to apply and improve on them in a variety of ways. You also improve your social and leadership skills because you work with many people.

Being a multi-sports athlete also

helps you use and develop different muscles. Doing this decreases strain and helps prevent overuse injuries. According to USA Today, playing multiple sports also allows injuries to heal faster.

Along with your physical health, playing multiple sports can have an effect on your mental health. I like playing multiple sports such as cross country, wrestling and track throughout the year because of the sense that the season has a definite end. This pushes me to work harder because I have a limited time to compete and want to make the most of it.

Being able to participate in multiple sports offers a change of pace when each sport begins. I like re-

ceiving a new environment with each sport and having the opportunity to participate with a variety of people. Experiencing a new environment changes things up and helps prevent me from burning out. I also like the opportunity to participate with friends who may not compete in the same sports as me.

It is nice that Yutan is small enough that you have the ability to play multiple sports if you want, and I personally have taken the opportunity to participate in multiple sports. I like being able to play all of the sports I can, and I would have a hard time picking only one. I encourage athletes to take the advantage of going to a small school, such as Yutan, to play multiple sports.

STUDENT OPINION:

THE BENEFITS OF SPECIALIZATION

By Kennedy Andrews

Throughout my childhood, I've participated in what feels like almost every sport. Basketball, softball, soccer, swimming, cheer, dance, golf and volleyball are all on the list of activities I've tried, but only one sport really brought me true happiness: basketball.

I began officially playing basketball at the age of five, but I've had a basketball close by for as long as I can remember. For me, basketball is a year-round sport. I play for my high school team and a club team during the summer.

I believe that finding that one specific activity that someone truly loves is so important. Discovering a single sport to put all of your focus in will lead to great success. There's no room for stress or distractions caused by the other sports you par-

ticipate in.

Coaches are so crucial to how an athlete feels about their sport. They truly can make or break the feelings that you have towards your sport.

My coaches throughout the years have been some of the most supportive people for me. My former high school coach and current club coach Casey Hall believes that being a one-sport athlete is the way to go.

"Being able to find one sport that you truly love and have a passion for is something that I wish for every high school athlete," Hall said. "Being a multi-sport athlete definitely has its benefits, but if you can make the decision to commit to one specific sport, success will come out of it."

Playing multiple sports is time consuming and a lot of stress on your body. It can easily be this way

with one-sport athletes too. But the difference is that the majority of the time you only have one practice a day. Rather than going from one sport to another, you can go home and give your body rest. Personally, last year I suffered many injuries and barely got a season. The positive of only playing basketball was that I could focus on rehab specifically for that sport and be able to come back sooner. Furthermore, I didn't have to worry about missing out on another sport but instead could focus on healing and getting back on the court.

If you want to play a sport in college, there is a choice to make on what sport you want to play. Bettering yourself at one specific sport, compared to having to break up your energy across multiple sports, will give you true satisfaction.

Specialization helps small town brothers stand out

By Maycee Hays

Attending a school in a small town might make some athletes feel overlooked compared to those in the big city. Two small-town brothers, Hayden and Tyson Lewis, were determined to get their name out as much as possible.

“My dad played both minor and professional baseball, which kind of showed that even if you’re from a small town, you can still go do big things,” Tyson said.

These big things included an opportunity to play high-level baseball this past summer.

“My dad was contacted by some coaches who asked us to come down and play for them, and so we accepted that offer,” Tyson said.

This required the brothers and their dad to travel south to Woodstock, Ga., where Tyson and Hayden played for the East Cobb Astros. They spent about six weeks on this journey in Georgia with a great learning experience and newly formed friendships.

“It was a really good team with



Hayden Lewis focuses on getting a hit on offense. Hayden ended the season with a batting average of .350. Courtesy Photo

a lot of really good players and [I] made a lot of friendships that will last a lifetime,” Hayden said.

Not only did they all connect as friends but also where it mattered the most, on the field.

“My team was actually ranked number one in the country,” Hayden said. “We had a lot of good players on the team.”

Staying busy throughout each day was no problem for the Lewis brothers because of their tight everyday schedule.

“Sometimes during bracket play, you have to play a lot of games, three or four a day, so that got a little tiring, but it was fun,” Tyson said.

With Hayden’s senior season right around the corner, he appreciated the opportunity that he received this past summer.

“Play[ing] against some of the best kids in the country and with the best kids in the country definitely made us better and was something that I really enjoyed,” Hayden said.

Many positive things came out of this trip beyond their improved baseball skills. A big one included bringing Hayden and Tyson together as brothers.

“We train every day, and once in a while it gets kind of chippy, but I think that brings us closer together and we’re definitely closer because of baseball,” Tyson Lewis said.

Not only did the brothers have each other to lean on for help but also their dad, Peyton Lewis, who guided them in the right direction as their love for the game expanded.

“He’s basically showed me the roadmap to how to be good and what I need to do to get where I want to be with my goals,” Hayden said.



Student opinion: The struggles of being a student-athlete

By Shaylynn Campbell

There are two parts to these athletes: the student part and the athlete part. As an athlete, the older they get, the more their sports mean to them, in most cases. When students are hitting their junior year, it's time for them to start looking into colleges. This means extra pressure on the athletes because they need to perform in their school along with coaches coming to watch them. Athletes are expected to perform well in both to get into the colleges they want to attend.

Some athletes can spend over four hours a night on their sports. They practice with their school sport and then practice with their summer teams for a different sport. For example, during basketball season, I go to Yutan's basketball practice after school and then drive to Omaha for a two-hour softball practice, all of which leads to little time left when I get home.

The older these students get, the harder the classes get. Growing up everyone feels like they need a head start in college. This means these students feel like they need to take all of the harder classes while in high school.

For me, I would like to play college softball and become a travel nurse. This means intense school, but I don't know if I would be able to balance softball and the nursing program. So, in my case, I want to get all of my general education classes done in high school. For example, I am taking dual credit psychology this semester and sociolo-

gy next semester because it would be required my freshman year.

Also, a majority of high school students, if you asked them, would love to take as many "sick" days or skip days as possible. For student-athletes, that's not always the case. Some athletes won't even stay home when they're actually sick so that they aren't missing out on their sport. On top of that, if they were to miss school, they'd miss out on their more difficult classes or college classes that take a long

"There are two parts to these athletes: the student part and the athlete part."

time to make up on their own.

In my case, if I just missed my last three class periods to leave for a softball game, I would first be missing Journalism. This consists of writing a full story at night. Next, I would be missing Chemistry. Depending on the day this could mean notes, or I could miss a lab that will be on the next test. Finally, I would be missing Anatomy and Physiology. I may just be missing notes again, but I might also be missing an important dissection. For other student-athletes, along with myself, this means at least two hours of homework

that night making up those classes.

For example, Yutan-Mead's softball team made it to state this year and we played during three school days. The Mead students had to make up every single class period. Even though Yutan canceled school, many of us still had our advanced classes to do. After four games, a friend and I sat in our hotel room working on homework for an hour each night.

For other students, after their practices, they have to go to work. Working as a student-athlete is extremely difficult, but it can be done. This leaves even less time for homework and other responsibilities.

At the end of a long day of school and practice, I know the last thing I want to do is help around the house with the little free time I have. So, when I realize I need to do my laundry or my mom asks me to mow the lawn, I don't always do it willingly.

After all of the responsibilities these students have, this leaves no extra time. There is also no good solution for all of this stress. Do we ask students to stop being involved? Do we ask teachers to stop giving homework? Do we ask our parents to not expect anything from us? The answer is no. None of these solutions are even remotely reasonable.

However, from personal experience, the best way to help with this is to become a good time manager. Balancing sports and athletics can be a lot, but with the right time management, it becomes a much simpler task.

Seniors emphasize benefits of WEIGHTLIFTING

By Derek Wacker

Weightlifting has many positive impacts on students.

Every high school athlete has heard their coaches say that they should all lift weights to improve in their sport, but they can also hear it from their senior sports leaders.

Senior Josh Jessen says that weightlifting gives him a mental edge in sports.

“It’s made me kind of a tougher person mentally,” Jessen said. “In a wrestling match, if you know you’re stronger than that guy, it’s almost like a mental advantage.”

Other than the mental advantage over opponents, there is the obvious advantage athletes can get from weightlifting: the physical advantage.

“I can jump higher,” senior Heidi Krajicek said. “I used to not be able to get over the net, and now I have blocked balls in volleyball.”

Jessen also has had a physical gain from weightlifting.

“I’ve definitely

seen [that my] lifting has changed my performance in games, tournaments,” Jessen said. “It just makes things easier.”

Apart from their personal improvement, Krajicek and Jessen have also seen their teammates improve due to weightlifting.

“Over the years I’ve definitely seen some of my buddies gain more confidence in themselves,” Jessen said.

Krajicek also noticed improvement from the sophomore girls in volleyball.

“From their freshman year to their sophomore year this last past summer, things have just improved by so much for them,” Krajicek said.

The seniors say that weightlifting has many benefits for people beyond sports, improving work ethic and helping people realize new things about their personality.

“Weightlifting has definitely helped with that work ethic,” Jessen said, “just in jobs over the summer.”

Krajicek also discovered that she is very similar to someone she knows.

“I’ve noticed I’m a lot

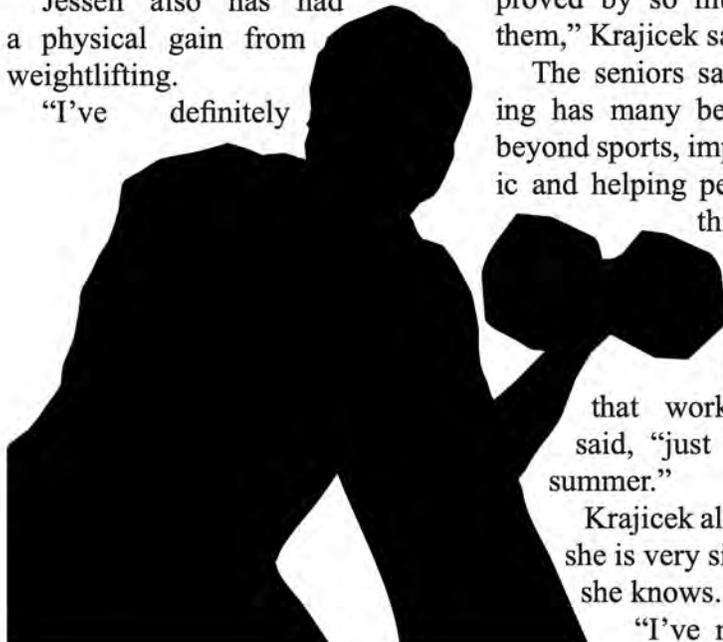


Senior Jesse Keiser performs his curls. Weightlifting classes can be taken during the school day or before school. Photographed by Derek Wacker

like my dad,” Krajicek said. “I will push people to do more weight than they think that they can do, that they obviously can do.”

With all these benefits, the seniors think that it is important that underclassmen go to the weight room.

“It’s very important to get into the weight room,” Krajicek said. “It’ll develop them and help get them stronger and help them grow.”



Tips from college athletes

By Haley Kube

Little over 7 percent of high school athletes end up playing in college. However, Yutan has managed to defy these odds and has many college athletes able to call our small school their alma mater.

One recent Yutan graduate participating in college basketball is Brady Timm, who dreamed about playing college basketball since he was a little boy.

"It was always just a thought in my mind. Even as a five-year-old, I just always thought I'd play college basketball," Timm said.

Though his heart was set on basketball, Timm also found a love for football in high school and hoped to play both in college.

"It was difficult getting recruited for both football and basketball, and at the end of the day, it came down to playing time and scholarship money," Timm said.

Timm decided to focus on basketball in college and said one major factor that helped him get recruited was playing select basketball.

"It helped with exposure for college and creating life-long memories," he said.

With the help of playing select, Timm got the chance he had dreamed of and is now a freshman Tiger at Doane. But getting on the court was even more difficult than getting recruited.

"It's (college basketball) a lot more tolling on your body, so creating good study habits and work habits and health habits are a necessity," Timm said. "College basketball is like a full-time job, and fighting for minutes and a spot is a lot harder."

The intensity level of college sports sometimes is too much,

and sadly another Yutan graduate discovered that before her sophomore season even started. Emma Lloyd started preparing for her second track season at the University of Nebraska-Lincoln but ended up having to give up the sport she loved due to a serious injury.

"I got to college and put my body through heavy lifting and training; my back started to deteriorate and get a lot worse," Lloyd said.

Lloyd had struggled with a back injury in high school, but it got even worse once in college. The doctor told Lloyd that she was starting to develop arthritis and would have to stop training; otherwise, she would have to deal with the life-long consequences.

"The doctors said I will have a long-term injury in my back and even a chance at paralysis," Lloyd said. "I'm on medical disability now."

Despite not having the opportunity to participate in college athletics anymore, Lloyd still believes she had some great experiences as a freshman. Lloyd loved being a Husker and encourages others to follow their dreams as she did.

"Keep grinding and working hard every single day. Reach out to wherever you want to compete, no matter how big, because coaches like to see that commitment," Lloyd said.

The "next level" doesn't always turn out how people hope it would, and most of the time it comes from "making decisions too early." Former Yutan graduate Maddie Davis had some issues with this in her college experience.

Davis participated in track, volleyball and basketball in high school but couldn't make a decision on

which sport to pick or what college to attend. She said the only college at the time that showed interest in her playing volleyball was Central Community College (CCC) in Columbus.

"I remember I filled out an application online and the coach got in contact with me to ask about my film," Davis said. "They came to a couple of my games, and that is when I was offered a scholarship."

Davis said that the main reason she got offered a scholarship was because of the way she "carried" herself rather than her actual skill level.

"They told me that they were impressed with my competitiveness, hard work, attitude and leadership... If you don't have a hard work ethic, a great attitude and leadership skills, they will look somewhere else," Davis said.

During Davis's sophomore volleyball season at CCC, the women's basketball coach recruited her to play basketball alongside volleyball. But after three years, Davis ended up graduating from CCC and attending the University of Nebraska-Omaha.

"I went to the University of Nebraska of Omaha, where I did not play sports for a year," Davis said. "It was my first semester at UNO that I decided I wanted to play basketball again and began getting in contact with college coaches."

Once again Davis was recruited but this time just for basketball. She is now in her second year at Doane University and said she has enjoyed every minute of her college journey so far.

"College sports are so fun, and you make so many great new friendships and memories that you couldn't create without it," Davis said.

Right: Yutan graduate Emma Lloyd poses for a picture in her University of Nebraska track and field uniform. While she no longer competes due to injury, Lloyd felt she benefitted from playing multiple sports during high school. Lloyd said, “The best athletes are multi sport athletes because they learn how to adapt to change and still compete well.” Courtesy Photo

Below: Yutan graduate Maddie Davis dribbles down the court. Davis was recruited by Doane for basketball two years ago. For those looking to play college athletics, Davis said, “You really have to be willing to put in more work than you ever have in your whole life, but it is so rewarding.” Courtesy Photo



Above: Yutan graduate Caden Egr stands in position as line-backer. Egr earned a starting position mid-season for the Hastings University Broncos. Egr’s advice to young athletes is, “Work hard on and off the field and do whatever you can to get better.” Courtesy Photo



Left: Yutan graduate Brady Timm dribbles down the court. Timm earned a starting position his first year playing for the Doane Tigers. Timm would advise students not to rush into their college choice and said “to wait a little bit longer and know that you’d be able to fit in at that school.” Courtesy Photo

More than a NUMBER

Senior jerseys tell personal stories

By Haley Kube

Many athletes have a jersey with a deeper meaning behind it, but the seniors on the Yutan football team added their own twist to the story.

Athletes at Yutan get new jerseys every four years, so on rare occasions, a class will end up with the jerseys they chose as freshmen their entire high school career.

One of the seniors still wearing his freshman jersey is starting quarterback Paul Kirchmann, who wears number 7 in honor of his dad.

"It starts back in middle school in my younger years of playing football. I was always like a 17 or I think at one point it was like 15 or 14 because my dad was a college strength coach, and that was the number of years he'd been in the profession," Kirchmann said. "Yutan didn't have a 17, so I was like, 7's close enough, we'll just cut off the one."

Kirchmann explained that he wears that number to this day in his memory of his dad and that it means more to him now than he thought it ever would.

"I now have an emotional attachment because my dad has since passed, and he's kind of like the jersey," Kirchmann said.

By carrying on the story of his

dad and building onto his legacy, Kirchmann believes the jersey has a special power to it and turns him into a "new person."

"I feel like a superhero for a second...I'm like Clark Kent turning into Superman," he said.

However, Kirchmann isn't the only player that feels like he's putting armor on. Senior defensive end Gavin Kube also believes his jersey acts as a form of protection.

"It's like a suit everybody puts on...every time I put on that jersey, it feels like I got a job, like I'm going to work," Kube said.

Kube explained that he grew up with that working mindset playing football and that he hopes his number, 70, can turn into something more once he graduates.

"It was the only number available during my time as a freshman," Kube said. "And a number that wasn't very popular could turn out to be a very good number."

By taking a no-name number, Kube hoped to make something of his number and himself, and his jersey has the marks to show it.

"I have green markings on my lower right shoulder, and I remember that it was my first sack against the Bergan quarterback," he said.

Instead of his jersey being a connection to the past, Kube wears his jersey as a "symbol" of his work ethic towards the sport he loves.

"I want other kids that when they come up... they're like 'oh, that [jersey] has big shoes to fill,'" he said.

Similar to Kube, senior fullback Jesse Keiser has hopes to make something of his jersey not only for himself but also for his family.

"It's a big deal to me because everyone knows number 9 is Jesse Keiser," he said.

Keiser explains that like him, his younger sister and brother also wear number 9 in their sports and that he was the one who started their "family number."

"It's kind of a Keiser thing to be number 9," Keiser said.

With that in mind, Keiser hopes that his jersey will be passed on to his little brother, who is currently an eighth-grader, so that he can carry on the family tradition.

"I hope that my little brother Tyler gets the opportunity to wear it for his four years," Keiser said.

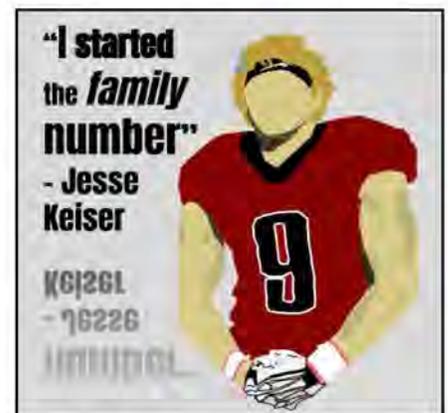
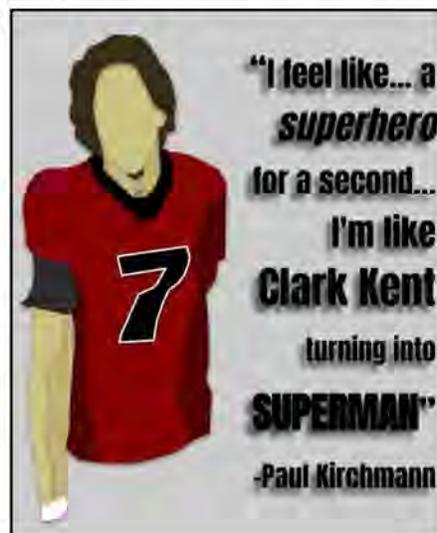
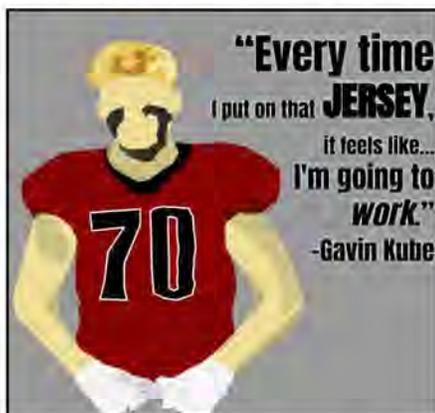


Photo illustrations by Haley Kube

Coaches find REWARDS in working with athletes

Davis, Heise, Krajicek share personal stories

By Bella Tederman

Oftentimes, people talk about how their coaches in high school and college affected them later in life. Not only does coaching affect athletes' lives, but it also affects the coaches' lives.

"When you coach...you talk about certain things and it forces you to model all that, the things that you're talking about, being a good person and work ethic and those types of things," special education teacher and coach Mike Davis said. "So it helps you become a better person, in my opinion."

Since these coaches were athletes once too, their own coaches had an impact on their desire to play a part in their teams' lives.

"I had great high school coaches myself. My volleyball coach was also my track coach, and I had great basketball coaches," science teacher Leslie Heise said. "They have all been inspirations of just taking players and helping us develop and keeping the season fun, even when we would hit some rough patches."

Although each individual coach finds different parts of their jobs rewarding or challenging, one challenge many of them agree on is the time commitment.

"I joke that, once basketball starts, my life is pretty much over for the year," Heise said because after basketball season is over, she also coaches track. "I'm not home at a normal time, especially when the seasons get busy."

Another challenge, Davis



Assistant softball coach Mike Davis laughs with his fellow coaches at the state softball tournament. During his time at Yutan, Davis has coached softball, football, basketball and track. Photographed by Ginger Eikmeier

claims, is making sure every athlete understands the information. Not everyone learns the same, so learning to read the athletes is something that coaches need to do.

"You realize that players take in information differently. And so you have to be really good at being able to explain it in a way that everyone understands," Davis said. "When I was a young coach, I just would tell them, and I would just expect them to figure it out. And I would get frustrated when they... didn't. And so I had to look at myself and say, 'Well I've got to do a better job of explaining it.'"

While it takes a lot of time away from their day, these coaches agree that coaching is a fun job.

"It's like you can still remember what it's like to be out there as a kid running around," social studies teacher and coach Dan Krajicek said.

The coaches have fun while also

working with their athletes in order to have an impact on their lives.

"Well, you hope that you teach them something," Davis said. "We're there to get you to a level that you couldn't get to just by yourself. So you hope you teach them something that they can use while they're playing, but then you also hope that you can teach them something they can take with them as they get older and turn into husbands and wives and mothers and fathers... so that they're good people."

In the end, these coaches have no plans of stopping anytime soon. They claimed that as long as it's enjoyable and they are wanted on the team, they will continue working with athletes to make them the best they can be.

"The wins and stuff are fun, but the...relationships afterwards, after everything's over, that's the most rewarding part," Krajicek said.



Football

Softball



Cross
Country

Volleyball



Daily Stress Can Leave Your Health A Mess

Schools need to focus more on students mental health

By: Olivia Hoop

Schools focus on students' physical health, including P.E. classes and ensure students have healthy food options. Schools need to start focusing on students and teachers' mental health too. Increasing options for students' mental health will lessen the stigma on mental health illness and help students become more comfortable in reaching out for help. Doniphan-Trumbull brings in a licensed professional mental health counselor for students with higher needs, but is taking the steps towards adding a variety of ways to improve students mental health for the whole student body. Students become increasingly more stressed as the school year progresses. Teenagers report a stress level of 5.8 out of

10 during the school year according to the article, "41 Eye Opening Stress Statistics and Facts For 2021" written by Aleksander Hrubenja. Allowing students a mental health day will allow them the break they need. Giving students different ways to de-stress helps students manage their mental health and can be a learning opportunity, giving them an idea of what helps them.

In the article, "States are now accepting mental health day as a valid reason for missing school" Matt Shrenker states that, "A chronically stressed brain is not in learning mode, it is in survival mode.

So there is an argument to be made that giving students mental health days makes teaching and learning more effective as students will grasp concepts sooner and retain them more deeply if they experience less chronic stress."

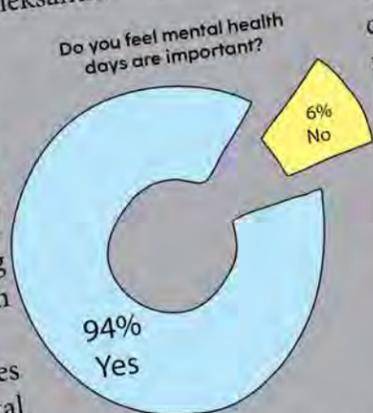
Mental health days should not be used as a way for students to get out of something like a big test or a presentation. Days should be spent working through emotions, but also relaxing and recharging. The day should be filled with one activity that allows students to defocus

their attention on stress. A mental health day allows students to rest their nervous system and a day to recharge. Some signs to look for that indicate a need for a mental health day are, exhaustion, headaches, feeling of being overwhelmed, and stomach aches.

"Ultimately, the best way for a parent to know if their child needs a mental health day is to know their child and to communicate with them," Shenker says. "Behavior is a form of communication. Parents shouldn't worry about overstepping or making their child uncomfortable by asking them about how they're doing."

Taking a mental health day should be a day to talk about how they are

feeling and a day to relax. Every student is different. The most important thing is to help students find methods that they can associate into their daily lives that encourage them to be their best selves mentally. Mental health is associated with learning, creativity, productivity, and can improve students physical health too.



Homework Overload

Are students being overworked?

By: Jaden Williams

Many students are stressed by the amount of homework schools are pouring on them. They go to school for eight hours, many then head to a practice that ends at 6 or later, eat supper, struggle through homework that keeps them up, and go to bed very late. Students have no time to spend with their families or friends. They get home and do homework just about every night. According to the Washing Post, students do an average of 2.7 hours of homework each night. When you consider that many student-athletes don't get home until close

to 7, it's obviously why they are missing out on a lot of family time and damaging their relationships with others. Students spend enough time at school doing work, that they need some downtime to relieve some stress and hang out with their family.

Sophomore Benjamin VanDiest said, "I have no time to spend with my family and can't do the things I enjoy doing, like watching Husker basketball."

According to grannitebay.org homework is not beneficial as it just creates frustration and exhaustion. Homework destroys students' interest in learning which makes it difficult to work

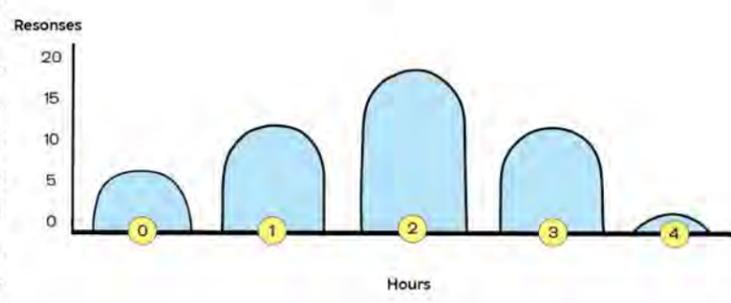
because most students don't think very hard when they are doing homework at home; their main focus is to get it done as fast as possible. They may look stuff up and write it down, but students are learning nothing. It's an enormous waste of their time.

Sophomore Koen Johnson said, "Homework wastes so much of my free time and I have no downtime to do the things I enjoy when I get home.

Weforum.org stated that Finland has one of the top education systems in the world, and it might be a surprise to know that it is illegal to assign homework in Finland. That same source states that Finnish people believe that there is more to improving a child's education other than homework. They believe that having dinner with their families, exercising, and getting a good night's sleep is just important to education as doing homework.

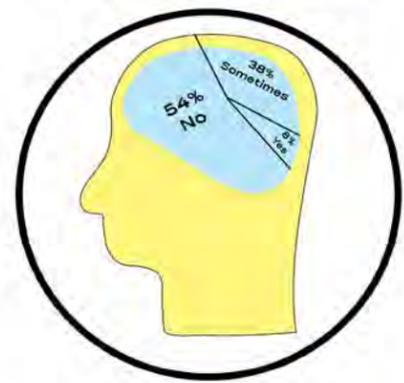
homework in school may give students more practice, but having no homework at schools will help students relieve stress and spend more time with their families. g homework in school may give students more practice, but having no homework at schools will help students relieve stress and spend more time with their families.

How many hours do you spend during homework?



hard and learn. To make matters worse, homework does not benefit students

Between school, work, etc., do you feel you have enough time to focus on yourself and your mental health?



Elizabeth Meyers, Southern Valley
Photo/Artistic Illustration



To take two separate pictures I set up a tripod so that I would have the same angle for each photo. For the left look, I did my everyday makeup and for the right I wet my hair and streaked mascara and face paint to look like I had been dramatically crying. I took the pictures using my Iphone 12 on an app called "Lens Buddy." From there I airdropped the images to my laptop and put them into Adobe Photoshop. I cropped the image to where I thought it looked best. Then I used the clone stamp tool to merge the two images together. Taking the magnetic lasso tool I selected everything in the mirror and made it black and white. Finally I just did a couple of touch-ups on the vibrance and saturation. I created this illustration to symbolize all of the effects society has on teenagers, specifically females and their self image.







Gabrielle Theis, Dorchester
News Feature Photography



Gabrielle Theis, Dorchester
News Feature Photography





Gabrielle Theis, Dorchester News Feature Photography

Clay Mastering (Right): Freshman Rylee Kirchmann starts to carve into her second clay project of the year. Kirchmann is one of 17 freshmen in Art I.



Pushing Through (Right): Sophomore Kasen Scott lines up the machine before sawing into his project. Scott is enrolled in both Intro to Tech and Robotics.



Fire Concentration (Above): Senior Austin Beutler improves his welding skills in an elective class. Welding is currently offered to grades 10 through 12.

HANDS-ON Learning

Students enjoy creative individual projects

In most classes at Yutan High School, students would be found working on paper or chromebooks, but art and industrial technology classes give students the opportunity to do something different.

"We take the knowledge that you've learned in other classes and we actually apply it to real-world examples," said skilled and technical sciences instructor Matt Wachter.

The teachers noted that these classes are helping students to be more creative in school rather than just doing book and computer work.

"I think that hands-on classes help students to problem solve," art teacher Sarah Portis said. "It helps them to be more creative."

In addition to being more creative, students believe these classes help them to be more relaxed throughout the school day.

"You're really just releasing any creative energy you have, or stress," senior Hayley Witte said.

Even though these classes may feel relaxing, skills learned from these classes can be applied to real-life situations in the future.

"You can be book smart, but knowing how to change a tire or change your oil is something that you can use later in life," senior Josh Jessen said.

Students also have freedom in their assignments, as they can pick from a variety of things to work on. In industrial tech, students could weld, do woodworking or even work on their own vehicles.

"I really like getting out of class and just working on my truck and welding," said senior Nash Braymen.

Overall, the students in these classes enjoy the ability to go in many directions and express themselves more in a hands-on way.

"You are more free to do whatever you want because you just create," freshman Britney Zeleny said.



New Hobbies: Junior Jude Elgert squeezes excess water out of his sponge before taking his clay to the wheel. Many students joined Art as an extra elective. "This is my first year in Art and I am really enjoying it so far," Elgert said.



Sparks Fly (Top Right): Senior Gavin Kube sparks up the room with a project he has been working on. Kube has taken his practical skills into his internship, where he is learning how to become an electrician.

Advanced Artist (Second Right): Senior Hayley Witte paints a clay project that she made into a bee hive. This is Witte's fourth year in Art as she is currently enrolled in Honors Art.

Hardworking Hands (Third Right): Senior Nash Braymen works on his truck in one of his shop classes. Braymen enjoys working on his truck to pass time in and outside of school.

Foaming Up Creativity (Bottom Right): Freshman Aubrie Peterson works on a shaving cream project in Art I. Art students use a variety of conventional and unconventional materials to make their projects.



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Theme: A New Direction

Entry includes the following:

Cover

Table of contents

Title page

Theme opening

Fall divider

Math & Science spread

Cross Country spread

Football spread

Band & Choir spread

People divider

Heidi Krajicek, Brennan Jacobs, Kendyl Egr
Yutan

Yearbook Theme Development

Broadcast News Story

Champion: Meredith Dalton, Christopher Nickolite, Aquinas Catholic

<https://www.youtube.com/watch?v=B9zqsdMdvq4>

Broadcast Sports Story

Champions: Adeline Hunt, Jenna Hunt, Southern Valley

<https://www.youtube.com/watch?v=mRQkqIh4aXo>

Broadcast Feature Story

Champions: Christopher Nickolite, Mara Yindrick, Aquinas Catholic

<https://www.youtube.com/watch?v=R33dbaIAEY>

Broadcast Public Service Announcement

Champions: Bryce Kolc, Yutan

https://www.youtube.com/watch?v=D6S_90dxIQ8