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# The Brand

March 7, 2017 • Lowry High School • Winnemucca, NV



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**All in the Family:  
 Coaching your kids**



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## All in the Family: Coaching your kids

Sports are a huge part of high school for some students. But sometimes sports will be a little different in the way of coaching if it is a family member that is your coach.

Having a family member as your coach can make things difficult or make your sports life easier.

Coach David Schwartz of the boys varsity basketball team has coached both his son and daughter in many sports. Schwartz thinks coaching your own kids is a difficult task and felt as if he was always asking himself the question, if he was pushing his kids to much or needed to push them more.

“Coaching your kids is very difficult. I really enjoyed it but you don’t want to be too easy or too tough on them. I tried to get them to practice at home more but it’s hard not to go overboard. You want them to enjoy the sport and the moment. If they do that, then may be that motivates them to practice and work more on their own. I have seen kids pushed too hard by their parents so they end up hating sports and I didn’t want to be that person,” said Schwartz.

Schwartz also says coaching your kids can bring out the worst in some situations but in the end bring them closer together.

“There were definite up and downs especially with my son. We both have tempers so we would sometimes get into some “high level” discussions during practice and after games if you know what I mean. It was difficult to leave sports at the event and not carry

it home but I think it helped the relationship between us,” said Schwartz.

Varsity volleyball coach Brandon Eastman may not have children but he is in a similar situation with his youngest sister, Jady, on the team. He constantly asked himself if he was being hard enough on her and had to set some boundaries to make sure everything worked out.

“There was definitely some adjustments that needed to be made at the very beginning of the year. With it being my first time coaching her, it was new to both of us. But I get asked the question ‘What’s it like coaching your sister,’ because I think people expect me to say it was difficult to coach my younger sister, but we had very clear boundaries in terms of ‘this is when I’m your coach and this is when I’m your brother’. Once we had those boundaries set, it was actually a very easy transition. Not to say there weren’t difficulties because there definitely were. I was constantly asking myself, ‘Am I being hard enough on her? Am I being too hard on her?’,” said Brandon East-



Thomas Schwartz./Dani Ricker • The Brand

man. On the other side Jady thought it helped her in a great way and made her want to prove her spot on the team and that she didn't make it just because of her brother.

“I loved having my brother as my coach. I feel like he pushed me to become a better volleyball player and a better person. We had good communication and tried not to talk about volleyball that much at home.

We made sure that he was my brother when we walked through the front door of our house and not my coach. But sometimes we didn't agree on things that



Jady Eastman bumps the ball to her hitter./Peyton Cappellen • The Brand

happened during practices or games and it was hard not to talk about it at home. It was challenging though because I feel like people were going to say that I was just on the team because he was my brother, but that made me try ten times harder than I would with any other coach because I didn't want people to say that I was playing because my brother is the coach. I wanted to prove that I deserved to play,” said Jady.

Although coaching a sibling or even son or daughter can be difficult there will always come positives toward the situation, like chemistry. Coach to player chemistry is a huge thing and if you coach a family member you will know a lot about them and there ways to further the success of the player and team.

Another example of a parent coaching their kids, is the retired and former Junior High principal, Mr. Garrison. He coached his two daughters in soccer and track.

“For me it’s fun to share the competitive environment of sports with my girls. We have shared highs and lows together and hopefully our relationships have grown from those experiences. Sports can be a great thing as long as the parents and players keep it positive, and be realistic about expectations,” said Garrison.

Keeping the sports talk away from home is a healthy thing to follow through to keep things stable.

SEE COACHES ON PAGE 3

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Coaches from page 2



Ron and Nico Espinola coaching together for the GNBC Badgers./Courtesy • Tina Espinola

“It’s important to keep the coaching on the field and not bring it home too often. Too much sports talk at home can wear on everyone, especially Mom. Sports need to be kept in perspective to the rest of one’s daily life,” said Garrison.

Garrison also shares what he enjoyed the most during his time as a coach.

“The best thing about working with your kids is being able to spend good positive time with them in a different environment than home. The struggle sometimes can be separating home time with sport time. It’s okay to talk sports at home but there is definitely a happy medium,” said Garrison.

Senior Nico Espinola has been coached by his dad, Ron Espinola, in baseball and soccer for many years and believes it has made him a better athlete.

“Having my dad as my coach has turned me into a better player. He has taught me so much about the sport throughout the years,” said Nico Espinola.

Finding the ratio of dad-to-coach came pretty easy for them.

“At home he is my dad and on

the field he is my coach. Sometimes baseball talk happens at home, but for the most part it is pretty separated. The only really bad part of being coached by my dad is putting in all the extra work on the field on the weekends,” added Nico.

Ron Espinola would agree that he and his son have built a stronger relationship.

“Spending that much time with your child can really be helpful. Otherwise, as a coach you don’t get to spend a lot of time with your family. At an early age Nico was on the road and in the dugout with the baseball team. He probably saw and heard some things a 6-year-old shouldn’t, but I think we made some good memroiras and I think he is a better player as a result,” said Ron Espinola.

Beau Billingsley also talked about how he and his dad, Tim

Billingsley, were able to communicate easily on and off the football field.

“The good things about having your dad as a coach is that it is really easy to communicate, whereas some kids might not know the coach as well and can’t communicate. You can give him feedback and vice versa easily,” said Billingsley.

He added that it strengthened their relationship and made him an overall better athlete.

“It strengthened my relationship with my dad just because we spent a lot of time together. It made me a better athlete because your dad can be completely honest with you because he doesn’t care if he hurts your feelings as much. You can also go home and continue to work on things or talk about what you learned at practice,” added Billingsley.



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### Border wall scaled back

One key promise in Donald's Trump campaign was to build a wall across the U.S. Mexico border. Early into Trump's presidency he began signing executive orders to push forward this plan. Right away Mexico's President Enrique Peña Nieto refused to meet with Trump to discuss the wall. This is because Trump wanted Mexico to pay for the wall, but right from the start they refused. Despite all this Trump promised a wall and he knew he needed to follow

through on his promises to maintain the respect of the people. So a wall was built. Due to the low funds for the project the end result is a three foot wall which stretches across the 1,900 mile U.S. Mexico border. The reaction is not what Trump was hoping for, the people are furious about it. American's taxes have been raised greatly to pay for this wall. The fury just greatened when a private investigator revealed that illegal immigrant workers were paid low wages to build the wall.



Works shown finishing the border wall after cost overruns forced cutbacks./Courtesy • pixabay



### Student forced to wear cone on head

Junior Demian Victoria recently got into a little accident.

"I was making myself a grilled cheese when I burned my arm on the stove, I'm not too sure what happened but I was sort of dazing off just thinking about how good this grilled cheese was going to be," said Victoria. "My Mom drove me to the hospital and it turned out I have a first degree burn on my arm. The doctor gave me medicine for the pain but that didn't help too much. I figured out that the only thing that really eased my pain was was licking my arm."

The licking only made Victoria's rash worse.



Demian wearing his restrictive cone./ Peyton Capellan • The Brand

"It was getting out of control, I just couldn't stop licking it all day. I'm pretty sure I started licking my arm in my sleep and I started skipping school just so I could focus on the licking," Victoria said.

Victoria's mother knew this was becoming a problem and took him back to the doctor.

With no other options the only thing the doctor could do was give Demian a cone to wear on his head. The same type of cone that dogs wear when they have surgery.

"The cone was actually previously used on my doctor's golden retriever before he gave it to me," said Victoria.

Demian reported that although the cone has stopped the licking, it has made all everyday tasks much harder.

"Eating, writing, driving, sleeping, you name it, the cone gets in the way. I've basically become a walking basketball hoop. Everyday walking through the halls kids shoot balls of paper into my cone. It's a struggle but I'm making the best out of the situation and have actually started teaching classes at the community college about kitchen safety," said Demian.

It is unclear when Demian will get the cone off but he definitely can't wait for that day.



### Man donates kidney only to regret it later

David York a local man in the Reno-Tahoe area known for his good graces to charity, participated in donating his kidney for the Nevada Organ Donor Foundation. For York it started a month ago with his decision when he wanted to donate a kidney to a Renown's organ foundation for those in need in downtown Reno. York spontaneously said that "I'd be happy to be tested for compatibility", and immediately started the process through the one of the local transplant centers. York was then verified by nephrologist, Andrew Flanders to donate. York began his surgery on February 7 at Renown Regional Medical Center in Reno, Nevada two weeks later.



David York tweeting a week after his surgery./@DavidYork23\_ • Twitter.com

After an X-ray, York was found to have a kidney disease known as proteinuria: a condition in which too much protein leaks from the blood into the urine. York was then put on dialysis to watch his intake of protein based foods.

York was seen on Twitter again as he described the sheer coincidence of his actions that may have affected his life as he said.

"This was a sudden turn of events and I'm probably the one to blame for not thinking ahead for my health." York then adds, "Wish me luck guys to get better."

York, since the case of proteinuria, has been absent from his college classes at UNR and many are speculating his wellness as the cause. Moreover, the organ donation system has its own built-in contradictions. A physician's guiding principle instructs do no harm, yet living donation removes an organ from a healthy person who will derive no medical benefit from the procedure. On UNR's campus York was seen February 23 as he was protesting with his sign stating "shortening my life is not the right way of life!"



### President Trump suspends Twitter account

After months of scathing tweets aimed at anyone who drew his ire, President Donald J. Trump has suspended his Twitter account.

Although a specific reason was not give by the White House, anonymous sources have confirmed reports that the cause behind his Tweet hiatus either caused by carpal tunnel syndrome, fake news, or Ivanka Trump's urging to do the right thing.

On February 8 Trump tweeted, "My daughter Ivanka has been treated so unfairly by @Nordstrom. She is a great person -- always pushing me to do the right thing! Terrible!"

One well-placed White House staffer said he doesn't believe this was the reason.

"I heard that Kellyanne Conway finally got him to understand that everyone in the world could see his tweets. I guess he thought he was just texting," said Dwayne, the

Assistant to the Regional Manager and next in line for a cabinet position.

At least two news outlets are reporting that followers can look forward to the president's renewed presence on social media when he activates his long defunct Myspace account to create more jobs for US citizens.



Donald Trump speaking at the Conservative Political Action Conference (CPAC)./ Gage Skidmore • flickr



## BODY ACCEPTANCE: SIZE ISN'T DEFINITION

Why is it that society judges someone or something based on how it "should be", rather than look at how it really is? Not only does this happen on social media, it happens when some look in the mirror. Some spend so much time looking at themselves, pointing out the little things that they don't like. When really, those superficial things don't define who you are. I know how it feels to look in the mirror and have a list of things you wish you could change. Some you can, others you can't; and that's okay. Having

acne, cellulite, stretch marks; anything you can think of. That's what makes us real. It's natural. (Having acne at this age is also natural.)

Although some individuals may be hesitant to jump straight into the "accept your body the way it is" stage, another way to see it can be "body neutrality". Maybe you aren't ready to look in the mirror and love the reflection, so allow your mind to make those negative comments, but don't dwell on them; brush them off. You shouldn't be-

lieve every thought that comes to mind. More so if it's a negative one about yourself. The less you allow your negative thoughts to control your behavior, the quieter they will become. You can allow yourself to have a blank slate before making the "I love myself" move.

Another way to boost your self confidence is to simply discard any or all body comparisons. There shouldn't be any comparison. Nothing good comes out of setting standards for yourself based off of an-

other person. Body acceptance isn't something that happens overnight but it can go a long way if you have a blank slate and go from there.

Besides all of that, why would you want to go and change something that is exactly as it should be? Sure, you can choose to exercise and get those abs, but you can also eat that chocolate cake that you've been craving. You were given this one life and this one body. It might be time to finally make peace with your body and appreciate all that it enables you to do.



## TEENS CREATING BUSINESSES

One of most commonly asked questions to a teen is, "What are your plans after high school?" However some teens have already started their after high school careers while still in school. Many students all over the U.S., and also the world, have started businesses of their own while still in school.

A survey from 2014 showed that 3 out of 4 students in the U.S. want to, or have thoughts on, starting their own businesses. Also, 80% of students look up to people who have started their own businesses in high school.

Some teens that have started businesses that have been very successful are Fred De Luca who created Subway at the age of 17, Adam Horowitz who started many companies to create his financial

empire all at the age of 15, Cameron Johnson at the age of 12 sold his sisters beanie babies for a profit of \$50,000 and became the youngest American to be elected to a Tokyo board of directors at the age of 15, also Mark Zuckerberg co-

book at the age of 19. Creating a business at an early time in your life could help you in the long run and set you up for the rest of your life if you know what you are doing. Creating a business will set you up for success and teach you many useful life skills such as customer service, how to handle money, how to problem solve, responsibil-

ity, and time management. Starting a business is a great idea for people who like that kind of thing. It's a great way to get ahead of the game and learn things some people will never learn or learn later in life.

Although starting a business is a hit-or-miss type of thing, your company can either exceed your expectations or never go anywhere, but it's the chance some people take to do what they love. So if it is something you feel is your passion and you really want to do, then take the chance because it can always be worth it in the end. If your business fails, don't forget to learn from your mistakes, because likely, you will take on a similar endeavor in the future.



## ON DECK: NIAA PROPOSES 5A CLASSIFICATION

Several years ago the NIAA moved several large Las Vegas schools down to 3A meaning they would compete against much smaller schools such as Lowry for state championships. Spring Valley, a school located in Vegas, has an enrollment of 1,887 students and was moved to 3A last year while Lowry's enrollment is only at 960 students, other northern schools in 3A are even smaller such as Dayton that only has a total enrollment of 697 students. This statistic may shock many as to why Spring Valley along with many other large Vegas schools such as Sunrise Mountain and Desert Pines would be

competing at the same level as such small schools like Lowry. The NIAA realized this is a problem and created a possible solution of creating the 5A classification and if passed will go into effect in the 2018-19 school year. This would move all 4A schools to 5A while moving southern 3A schools to 4A. The northern 3A schools would remain at 3A.

Previously schools were moved around from 4A to 3A based on poor performance in their division but with the new proposal switching divisions will be solely based on school population.

One of the great takeaways for

the north with this proposal would be the state tournaments. Instead of state tournaments being held once every three years in the north, they would be held every other year in the north and although this is already true for several sports it would now be the same for every sport. State tournaments in the south would also now allow two northern teams to compete in the state tournament while before certain sports were only allowed to take one team. To move to 5A a school must have a total enrollment of 1,301 or more students. That would currently move 16 teams from the South to 5A and 12 from the North. This would allow 14 3A schools from the South to

now move up to 4A. If this proposal is to go through it could be a great chance for the smaller schools in the north. This will give Lowry along with the rest of the Northern 3A teams a far better chance at winning a state title.

The NIAA board will not take anymore action towards the proposal until their next meeting in April.



Russia talk is FAKE NEWS put out by the Dems, and played up by the media, in order to mask the big election defeat and the illegal leaks!

RETWEETS: 5,745 LIKES: 22,392

10:16 AM - 26 Feb 2017

The new DNC Chairman Tom Perez says we need to investigate whether the presidential election was rigged [cnn.it/2UvjPw](http://cnn.it/2UvjPw)

RETWEETS: 329 LIKES: 1,131

10:36 AM - 26 Feb 2017



## FINDING MEDIA BIAS AND THE RIGHT NEWS SOURCE FOR YOU

Determining what may be reliable or false information when it comes to the media can be difficult or it can be readily apparent. This often times depends upon the media outlet you have chose as well as your own personal political perspective. But one cannot always determine when the media is being completely truthful and unbiased.

This can be in the form of commentary based on political analysis, or telling the story from their perspective of how they covered it. It is up to viewers to find credible information about what really happened. Networks such as Fox News, CNN, and MSNBC are examples of this in one form or another.

Fox News holds a bias favoring the political right more than the political left. Fox News generally brings in regular guest speakers and commentators such as Charles Krauthammer a well known syndicated columnist that brings in works that according to Meg Greenfield, an editor for Krauthammer's weekly column that his work is "independent and hard to peg politically. It's a very tough column. There's no 'trendy' in it."

Other notable personalities include Chris Wallace who is a political anchor and commentator on Fox News Sunday. According to The Washington Post, Wallace was interviewed for his political affiliation and was reported that Wallace had been a registered Democrat for more than two decades. Wallace explained his party affiliation in terms of pragmatism, saying that "being a Democrat is the only feasible means of participating in the political process in heavily Democratic Washington, D.C." He maintained that he had voted for candidates from both major

parties in the past.

Sean Hannity on Fox News' "Hannity"

is acclaimed for his overly favorable coverage of Donald Trump, his promotion of Trump's false and unsubstantiated voter fraud claims, and for periodically promoting falsehoods and conspiracy theories about Hillary Clinton.



Fox News focuses more on bringing in commentators to state their opinions primarily boosting conservative views and looking the other way at liberal ideals. In terms of reporting the news rather than commentating, Fox

occasionally gives the Democratic side a chance only for the other side of politics to be viewed and to give their slogan "we report, you decide" a legitimate purpose.

While those on the right consider CNN to be liberal; and to the White House it is "Fake News"; CNN is generally considered to be in the middle politically. It also has a good reputation for truthfulness and accuracy. Of course, like all other news sources, they do have some opinion that disrupts what is only supposed to be reported. It all depends on the subject and which news anchor is speaking.

For example, Anderson Cooper has his own show where he reports the current breaking news and also focuses on a specific idea. When focusing on that specific event, he brings in relevant people in to discuss it. Those people are willing to stand up for what they believe in; regarding



that topic. The discussion may or may not be biased.

Another example is Wolf Blitzer, who is the host of "The Situation Room" and CNN's lead political anchor. Many people may think that CNN is extremely liberal but that's not necessarily the case. It covers many topics that other conservative sources do and they're comments might not differ.

CNN covers the stories in a way that makes them appear trustworthy. For example, "New Day" with Chris Cuomo contains topics that are discussed in a way that makes viewers more aware of the situation that's being talked about.

MSNBC generally has a reputation for being on the left. The NBC news channel is criticized for occasional biased opinions on reports in the world of politics similar to reporters from other news channels such as Fox News and CNN whose reporters are also known for voicing their own opinions without displaying all of the facts.

Another branch of the same company, NBC's "The Today Show" is a good example of this. The senior anchor on the program, Matt Lauer, brings in his own opinions when talking about political matters. This makes it difficult for a viewer to differentiate fact from opinion.

NBC is home to many talented reporters such as Chris Matthews, commentator Rachel Maddow, Joe Scarborough and one of the high-

est praised news reporters, Andrea Mitchell. Andrea has been in the broadcasting business a long time and has developed a high reputation among her peers.

These networks, however, can be the audience's choice of whether or not they want to stay informed with the truth. Think of it like this: when audiences watch the news they usually take the media's word for what



happened and spread that around and create a buzz with social media. This can be misinterpreted from what the media is really trying to say and it's best to analyze what is actually being talked about.

For example, whether the story is straightforward or not always view multiple sources and figure out if they're all pointing in a particular direction with what they're trying to say. It can be an opinion piece by the moderator of that news station, or just the station reporting it how it happened based on sources they've cited. One question to ask yourself is how well would they know what they are talking about? If they are an official source, such as police spokesperson, they are likely second- or third-hand witnesses, but they may be basing what they say on multiple first hand witnesses.

The key question is, how do they know? If it's not clear, you should be more skeptical. Another important thing to keep track of is when the event happened because time is a key factor in finding the truth from what people say. Overall taking the time to find legitimate information and to fact check the media can come a long way to determine what is or isn't true. Real news contains the byline of a journalist dedicated to reporting facts and this is key in finding the truth.

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The Brand is interested in what you think.



## Lady Bucks wrap up season with second place at State

This past season, girl's varsity basketball team have played a total of twenty-nine games and have only lost five of them.

Coach Chelsea Cabatbat explained why she was impressed with the girl's effort.

"I am very proud of my team. We had a fantastic season this year. The girls always gave 100% and worked very hard. In the end we only lost to 2 teams all season that is something to be very proud of," said Cabatbat.

Junior Alyssa Kuskie stated what her thought were on the State championships.

"It was a pretty fun experience. It was the first time I've been to Vegas for a tournament and it was fun to play there. We played Moapa Valley first and then Fallon for the State Championship," said Kuskie.

The scores for those two games were 61-42 win against Moapa Valley and a 54-38 loss against Churchill County.

"I think the girls played great. We had to change things up against both teams and we played a style that we are not used to," said Cabatbat.

Kuskie commented that the season couldn't have turned out better.

"I thought it was an amazing season. We were one of the only teams to make it to state and not only state, but the championship. That's an amazing accomplishment. I do not regret anything from this season or wish we did something better," said Kuskie.

Cabatbat, however, has advice for the upcoming varsity team.

"I know that over the summer the girls must hit the weight room and work on getting stronger and also quicker. We also must put time in the gym in order to get better," said Cabatbat.



Képa Bengochea searches for a pass./ Dylan Kalkoske • The Brand



The Lady Bucks pre-game huddle./ Dylan Kalkoske • The Brand



Tiana Herrera looks for an open teammate./ Dylan Kalkoske • The Brand



The Lady Bucks enjoy some time off in Las Vegas./Courtesy • Lowry Basketball via Facebook



## Season predictions for the 2k17 MLB season

Opening day may be a long way off but spring training for the 2017 MLB season is already underway. Predictions are never guaranteed and especially so early in the year, a little bit of imagination, logic, and analysis is needed to decide what the 2017 MLB season will hold for its teams and players.

Baseball is not considered a sport that is action packed all of the time but there are several exciting rule changes awaiting approval this season that could be massive game changers and bring some more excitement to fans of the sport.

First is the proposal to eliminate the four-pitch intentional walk. This means that if a pitcher wants to intentionally walk the batter, no pitches will be required to do so and the batter will be automatically allowed

a walk to first base. The proposal of this rule is meant to speed up the game, and although it probably won't do so by much, the MLB will most likely approve it.

A modified strike zone is also on the list for approval. This proposal would raise the bottom part of the strike zone to above the knee cap. This will help hitters and hurt pitchers. Its purpose is to put more balls into play, have more base runners, and more action.

The proposal getting the most buzz is the rule that would put a runner on second base during extra innings of a baseball game. Once extra innings are needed to determine a game, at the start of every half-inning a running will automatically start on second base already in scoring position. Baseball games are already fairly long so this rule has been pro-

posed in hopes of ending those longer games that cannot be decided in 9 innings.

Predictions from all over are already coming in of teams expected to stand out this season.

The Cubs are expected to have another great year although sources like ESPN and Bleacher Report say they will not repeat for another World Series championship. The Indians and Giants were at the top of their leagues last year and will most likely remain there this season. Teams like the Astros who barely missed the postseason last year are predicted to do so this year. Bleacher Report has already projected the final standings for for each team at the end of the regular season. Here are the picks for number one in each division from Bleacher Report: AL East - Boston Red Sox, AL Central - Cleveland



Pitcher Chris Sale is now with the Boston Red Sox./Courtesy • Keith Allison via flickr

Indians, AL West - Houston Astros, NL East - Washington Nationals, NL Central - Chicago Cubs, NL West - San Francisco Giants.

The Red Sox could go far this year. In the past five years they have two first place finishes in the AL East. They should have a pretty strong offense this year with David Price, Rick Porcello, and newcomers Chris Sales and Andrew Benintendi who is expected to be in contention for rookie of the year.



## Boys golf a mix of youth and experience

Boys golf is expecting a promising run toward state this year as they have new talent coming to the team and returning faces that will give them a chance.

Returning sophomore, Dillon Patterson, thinks this season will be a season of growth for the whole team as well as himself.

"I am seeing this season as a possibility for my abilities to grow stronger and the team to grow stronger together," said Pat-

erson. Patterson thinks their top six players have the opportunity to make it to the top three teams for state.

"Our top four players will be returning players and we are hoping for freshman, Kobe Stoker, to step up into the fifth man position, but the sixth man is still open, but with the loss of a few top players to Elko's varsity team it gives us a possible position in the top three teams for state," said Pat-

erson. Patterson also thinks this year's team will do well as long as they put in effort and play to the best of their abilities.

"This year we have a lot of potential for a shot at state if we all put in effort at practice and play to our greatest abilities we should have a good shot at state," said Patterson.

The Boys Golf team's first tournament will be held in Dayton, March 8.



Dillon Patterson hits the ball./Peyton Capellen • The Brand



## ATHLETE OF THE ISSUE: BRIAN TERRY

Bryan Terry is one of Lowry's Class of 2017's top athletes and this issue's Athlete of the Issue. Terry plays football in the fall and throws shotput and discus in the Spring.

The football team didn't have the most successful season this past fall, but Terry's skills still shined on the field.

"Football was pretty good, I got an award this past year, Offensive line all league honorable mention," said Terry.

Track and Field is the sport Terry really gets to shine in on an individual level. He went to the State Champion-

ship last year and has his eye on the gold for the upcoming season.

"This year I want to win the state championship for shot and I want to get at least top three for discus. Last year I choked at Zone for discus, but I made it to state for shot. I got a fourth place medal. This year I want to beat both the school records," said Terry.

Terry is a natural athlete and sports keep him active.

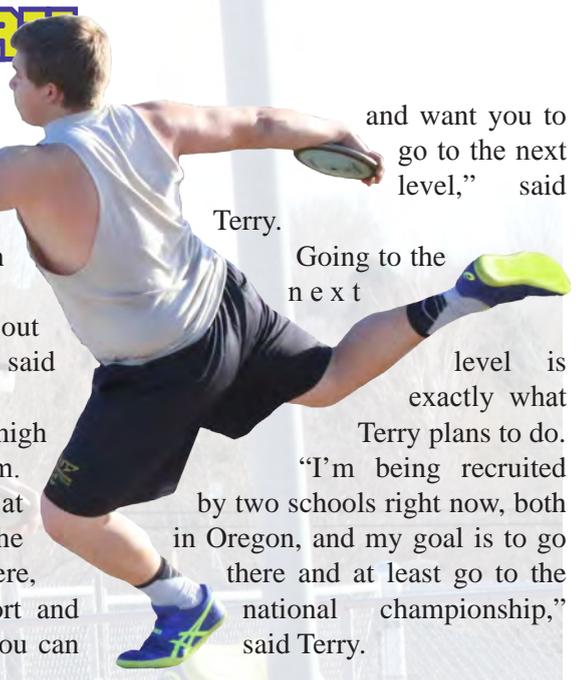
"Sports play a huge role in my life. I guess just making me healthier and getting me out and going instead of just being lazy and sitting down all the time," said Terry.

When he isn't improving athletically, Terry spends his time at school or with family and friends.

"I just work out and hang out with my family and friends," said Terry.

Lowry has provided a great high school sports experience for him.

"My sports experience at Lowry has been pretty good, the coaching staff is pretty good here, they give you a lot of support and want you to do the best that you can



and want you to go to the next level," said Terry.

Going to the next level is exactly what Terry plans to do.

"I'm being recruited by two schools right now, both in Oregon, and my goal is to go there and at least go to the national championship," said Terry.

## Softball looks put mistakes behind them

Last year the Lady Bucks had a good season finishing 3rd in league with an 18-7 record and were 20-12 overall. However, they suffered a disappointing 14-4 loss to Fallon in the regional tournament after beating the same team the previous day 12-2. This knocked the Lady Bucks out of contention for state.

Ending this way did not sit well with the Bucks.

"We will have more experience this year. We are picking up where we left off," said Sydney Connors.

Coach Ty Lucas has high expectations for the season.

"We expect this season like always to be a successful one in terms of competing for a top spot in our league. Additionally, we hope to take an ex-

perienced group and expand upon the things we were able to accomplish last year as individuals, but more importantly as a team," said Lucas.

Lowry is returning most of its roster from last year which lost Caitlynn Cooper and Ashley Barron to graduation.

"We welcome three new faces to the varsity squad this year, freshman Kelcey Cooper, and two sophomores Madi McClellan and Macey Katzenmeyer," said Lucas.

However, Lucas knows that the league will be competitive once again.

"We view every team in our league as our 'main' competition, each team poses different things to prepare for. Overall, we, ourselves, are our 'main' competition. If we do what we do well, we will come out on top," said Lucas.

Senior Alanna Miller has been on varsity for three years and knows what it will take to get to state.

"We're going to take all of the teams more seriously and treat every game as if it is a playoff game," said first baseman Miller.

The Lady Bucks scrimmaged four teams in Reno last weekend and will open their season at Del Campo (CA) High School this weekend.

The roster includes: 00 Bailey Sa-



Softball players working on rundown drills./Aimee Brandon The Brand

prien OF Jr.; 1 Sylvie Prokasky P, OF Jr.; 2 McKenna Jones P, OF, INF Sr.; 4 Sydney Connors INF, OF So.; 5 Kelcey Cooper OF, INF Fr.; 7 Amaya Herrera OF Sr.; 8 Macey Katzenmeyer P, OF So.; 9 Alanna Miller INF Sr.; 10 Tiana Herrera P, INF Sr.; 11 Kyllie Sappington INF Jr.; 12 Madi McClellan INF So.; 13 Kaity Sample INF Sr.; 14 Alyssa Kuskie OF Jr.



## Wrestling not satisfied with 5th place finish

The highly decorated Lowry wrestling had another strong season this year wrapping up the season at the state tournament in Spanish Springs on February 10-11. Although a first place finish is what the team and its coaches strive for each year, the wrestling team is in good hands looking to the future seasons to come. They were faced with the challenge of having a much young but talented team.

According to assistant coach Brant Corak the goal of the program is to still to win a state championship each year. "Our teams goal is always the same, which is to win a state championship. Never second, never third, never fourth," said Corak. "We came out short of that and so at the end of the year we

reflect on what we need to do better next year. Now does that mean we consider it a failure? No. We were young, we improved which is always a good thing."

Although the boys came up short of state Brant was very pleased with how much his team improved.

"The kids worked hard, they had a positive attitude but our goal is never any different it is to win the state title so the year was a success as far as improvement and getting the most out of our kids," said Brant.

Corak also recognized junior Quint Bell and the team's only senior Connor Starkey as the leaders of the team.

"It's hard to single them out but I think our unquestioned leader was probably Quint Bell. I think if you asked any kid who the hardest worker on the team



Matthew Souza talks strategy with his coaches./Ron Espinola The Brand

was they would probably point to Quint and that plays out in wins and losses too and Quint had the most wins on the team," said Corak. "I would also like to recognize Connor Starkey because he was the only senior on the entire team and sometimes when your classmates decide not to participate it makes it that much harder to do it but he was a great

leader for us all year long and his contribution is very much appreciated

Quint described what he did that gave him the role of the leader of his team."

"For our young team I wanted them to establish a strong work ethic and have a positive attitude that would put Lowry onto the next level. I pushed myself as hard as I could every single day and tried to encourage others to do the same," said Bell.

Seven of Lowry's wrestlers placed in the state tournament: Quint Bell 152lbs placed 2nd, Ryan Johnson 145lbs placed 3rd, Cade Billingsley 170lbs placed 4th, Seth Hornbarger 160lbs placed 4th, Brian Day 132lbs placed 3rd, Matthew Souza 120lbs placed 3rd, Isaiah Blanco 106lbs placed 3rd.



# ATHLETE OF THE ISSUE: MADISON MONTERO

The girl that stands out on the court, field, in class and the fashion game at Lowry, Madison Montero, has been chosen as the March's Athlete of the Issue.

Montero already has her big plans set after high school, she wants to live in Los Angeles while pursuing her dream.

**“There are very few things in life that I enjoy more than playing volleyball.”**

~ Madison Montero

“After high school I would like to play volleyball or run track for a school in Los Angeles while pursuing my lifelong dream of becoming a stunt double,” said Montero.

Montero has already applied to multiple colleges in Los Angeles, but she still has yet to decide on which one she will be attending. She would also like to major in business entrepreneurship.

Beside being a stunt double, Montero also loves fly-

ing, cooking, and hanging out with her sister Juge (Julianne). But there are only very few things Montero enjoys more than sports and her sister.

“There are very few things in life that I enjoy more than playing volleyball, especially when I get to play with Juge. When it comes to track I love pole vaulting and working to improve my personal records at every meet. Plus my teammates are the best, they always push me to run faster and jump higher,” said Montero.

Montero plays volleyball and runs and jumps in track. She has been playing competitive volleyball for six years now and has played club volleyball for three years, and she has been doing track for six years as well. Montero says she likes both these sports, but volleyball will always be her favorite. Montero is also in National Honor Society, Leadership, and plays the snare drum for band, while also volunteering a lot at the animal shelter.

Last year Montero placed 4th in the 100m dash at State for track, and the year before she placed 6th in the 200m dash at State. Also, every year her relay teams have placed either 5th or 6th at State. Each year Montero has made it to

state in three events and of the year by the

However Montero not had any better of and ended the sea-

“I feel like I a better last to play to alongside have been entire vol- could bring them especially Juge. All-State was the season,” said

Although all ries will always be will the memo- and herself dur- they would em- ranch.



was also awarded sprinter coaches last year.

terro says she could have a last volleyball season in a perfect way.

could not have had season. I was able my full potential teammates who there though my leyball career. I wish I all to college with me, Making Second Team perfect way to end the Montero.

these highschool memo- there and never leave, so ries of her sisters, cousins ing their childhood when bark on epic adventure on the



## Swim team looks to take down the competition

Swim season is diving back in the water soon and Lowry's swim team coach Shelby Ruff is looking forward to the season and hopes to see the team's improvement this year..

“I'm really excited this year to see newcomers from Freshmen to Sophomores and I can't wait to see the hard work and dedication our team has practiced so far,” said Ruff.

Ruff also goes on to commemorate

last year's swimmers making a return and hopes to see them swim well this season.

“It's awesome to see last year's swimmers make a comeback and bring in all they've got to make this season something to look up to,” said Ruff.

Swimmer Nathan Perkinson is very enthusiastic about this year's swim season as he is raring to go out and swim for the team.

“I'm ready to go out there and swim hard and really enjoy swimming as a whole because its my life and I enjoy doing it everyday I can with my friends,” said Perkinson.

Evan Jeppsen, a newcomer this year, gives his enthusiasm for why he

wanted to swim this year as a rookie.

“I wanted to try something new for a change and really stretch out my sports that I take part in,” said Jeppsen.

Lowry swim will go to their first swim meet on March 18 at Truckee to take down the competition.



Dyan Kalkoske • The Brand



Swimmers use cups to improve their backstroke./Dyan Kalkoske • The Brand

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## Baseball looks to return to playoffs

The varsity baseball program is now back in action as they look to make improvements from last year. Alongside head coach Ron Espinola will be a new face to the program, Benny Martinez. In preparation for the new season they

know there are many key elements that will come into play as they fight for a playoff spot.

“Our goal every year is to make the playoffs and obviously last year we missed out. If we can turn a few close losses into wins from last year we should be able to get in,” said Espinola.

Despite losing five seniors from last years roster, many returners will step up to the plate.

“Even though we lost some key seniors from last year, we have quite a few returning players who have a lot of experience. In addition, several underclassmen will bring some new blood to the team to fill out the roster,” said Espinola.

Third year returner, Jake Barnes, be-

lieves that he and his team will be successful with hard work.

“It is really early in the season but we have quite a few returners and the new kids are keeping up. It won’t be easy but I think that this season we could go to the playoffs. That is our biggest goal. We will take it game by game,” said Barnes.

Espinola also commented on the competition they will see at their first tournament.

“We will face some major competition on the opening weekend at the Reno tournament when we play some of the best 4A teams in the north. This should really tell us where we were at before the regular season begins,” said Espinola.

Espinola added that they know they



Anthony Good makes a throw from the outfield./Kaity Sample • The Brand

will face some tougher teams in the regular season as well.

“Spring Creek will once again be the team to beat, along with Fallon and Fernley,” said Espinola.

This years roster will include 11 seniors, Anthony Good, Roberto Rodriguez, Darrin Nelson, Nico Espinola, Travis Hardy, Jake Barnes, Jayson Smith, Kyle Young, and Michael Rangel.



Senior Jayson Smith warming up, his arm./Kaity Sample • The Brand



## Varsity boys basketball falls just short of regionals

The boys basketball team had what some would call a growing year this past season. They had a young team so they had some rough losses, but overall their growth from the beginning of the season to the end was phenomenal.

Despite the improvement, their losses in the beginning of the season hurt their hopes of playing in Regionals. Their season ended earlier than they’d hope with a 6-10 league record.

“It was not the best season that Lowry’s ever had but it was good to have us

play together,” said sophomore Brendan Domire.

As previously mentioned it was a growing year for the boys. With nine returning players next year their next season is expected to be better.

“I think that we are going to be a lot better next year and in future seasons because we know what we need to do to be successful in the league,” said Domire.

The seniors on the team played a big part in helping the team grow. They were the leaders of the team on and off the court. Senior Jed Teichert was one of those seniors. He has been part of the program for four years and is leaving his legacy on the program. He hopes to see big thing from his teammates.

“It has been a super exciting experience to play for the program we have

here. It’s not like other teams around the state. Players that have played for Lowry before still come and support and care about the program now. I’m excited for the team next year and think they will do very good. They were young this year so as the team matures and gains more experience they will get better and better,” said Teichert.



Jed Teichert brings the ball up the court./Peyton Capellen • The Brand



Brady Lange looks to drive./Aimee Brandon • The Brand



Joe Taylor goes up for a layup./Peyton Capellen • The Brand

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## New coach, Grant Beatty, looking forward to great track season

The 2017 Track season is underway as some new changes have been made to help the athletes get more wins and become better athlete overall.

The team has acquired many new coaches that will impact the team in a great way and hopefully change the team for the better.

New head coach, Grant Beatty thinks the new season will be fun and is very excited to work with these track athletes and make them better athletes.

"I think the track season will be fun and exciting. We've got some good athletes returning and a coaching staff

that is looking forward to working with these athletes. We expect the kids to work hard and be coachable," said Beatty.

Beatty also mentions what the team will be seeing to help them do better at the meets and improve their personal records.

"Some of the things we will do to make the team better is to really focus on form and technique; we also want to create a more competitive environment. The season should be a success," said Beatty.

Returning track athlete Shelby Garrison, thinks the season will be a

good one with new coaching experience and some upcoming freshman will be very good for the new season.

"I think the season is going to be good. We have a lot of new coaches and volunteers that have had experience. Also, some of the freshman look pretty fast so that should help the team win some meets too," said Garrison.

This track season has lots of potential to be great with new coaching staff



L-R Shelby Garrison, Hailey Hinkle, Audrey Snow, and Madison Montero sprinting at practice. /Dylan Kalkoske • The Brand

and huge amounts of athleticism being brought to the track and field this year.

The first track meet will be held March 11, in Spring Creek.

## New season, new faces for JV baseball

Like other sports, JV baseball is going through coaching changes. Coach Dee Mendez was a varsity assistant last year and will move to JV with coach



Josh Leveille playing catch. /Kaity Sample • The Brand

Andy Harmon. Coach Harmon is also a teacher at French Ford Middle School. Lowry graduate Brian Shettler will also assist with the team.

With the new coaches comes a

crop of new players; and a few returners.

"I think this baseball season will be a very interesting season. We have a very talented coaching staff and tons of potential with our players. There are some things we need to work on and it is a work in progress but it will be neat to watch us progress through our years playing lowry baseball," Gratian Dawson.

The team took to the field on March 4 when they hosted Spring Creek for a scrimmage and it went well for the young Bucks.

"The 2017 JV baseball season will be a fun and huge learning year. We have a young talented team that wants to learn

and strive to get better every day so with that I think we will have a successful year," coach Mendez.

Sophomore Jimmy Rackely is looking forward to the new season.

"I feel like we are a young team and we have a lot to learn, but I believe that we will do good things this year and grow a lot for the upcoming years especially under these new coaches Harmon, Shettler, and Mendez," Rackley.

The team travels to Yerington to open the season on Friday.

## JV softball gearing up for season



Winter sports have come to an end and that means spring sports are right around the corner. The JV softball season has just begun, practice is underway and the girls are preparing for what looks like a very promising season. The weather has not been too kind forcing the team to practice inside.

Freshman Destiny Starkey can't wait for their games to begin.

"I'm very excited to get to play with an amazing group of girls against some really competitive teams," said Starkey.

The girls have been improving their skills since day one, going through many drills and learning to

play together as a team.

"We do a lot of throwing drills, we do fielding drills with anything from grounders to pop-flies. We do hitting drills with locating the ball and hitting them in different positions," said Destiny

It is the first time most of the girls have ever played together on the same team so they are hoping to establish great teamwork as they continue to play together. With the weather improving the girl's will most likely be out on the field soon.

Their first home game will be on March 18 at home against the Spring Creek Spartans. The head coach of the JV team is Shannon McClellan.

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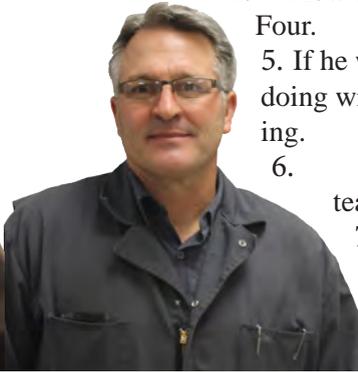
# Who knows you best with: Mr. Andrew Meyer

Mr. Luca Bernardi

Mr. Andrew Meyer

Mr. John Aberasturi

1. Where did he attend school? UNR.
2. What is one tool he could not live without? Welder.
3. What is his favorite outdoor activity? Duck Hunting.
4. How many years has he been teaching?  
Six.
5. If he wasn't a teacher what would he be doing with his life? Making duck decoys.
6. What is his favorite football team?  
Broncos.
7. What kind of music does he listen to?  
Reggae.
8. What is his favorite cut of meat? New York Steak



1. Where did he attend school? UNR.
2. What is one tool he could not live without? Hammer.
3. What is his favorite outdoor activity? Hunting.
4. How many years has he been teaching?  
Four.
5. If he wasn't a teacher what would he be doing with his life? Hunting and/ or welding.
6. What is his favorite football team? Steelers.
7. What kind of music does he listen to? Country.
8. What is his favorite cut of meat? Tenderloin.

Dylan  
What is the first thing you would do if the world ended tomorrow?

Kaity  
Tell my mom I love her and then rob a bank so I can get rich or die trying. What would you do in such a crisis?

Dylan  
I would first figure out how the world was going to end and then figure out a way to live. After everything was gone I would create my own civilization and make fake friends out of sticks and other things in the forest to keep me company before I die from starvation, because I think when the world ended all the animals died too.

Kaity  
Wow, I just now realized how dumb you are. But I can definitely see where you are coming from. Have you ever done something so entirely dumb but no one was around to see?

Dylan  
Yeah kinda like you the one time

when you slipped on the hill and looked around to see if anyone was there and I was standing there laughing at you



## KAITY AND DYLAN



Kaity  
Yeah actually I tripped and fell in the solar lot yesterday and I just sat there and laughed at myself.

Dylan  
You just have a rough life don't you. But I have a question. What would you do if you couldn't have your phone for a month?

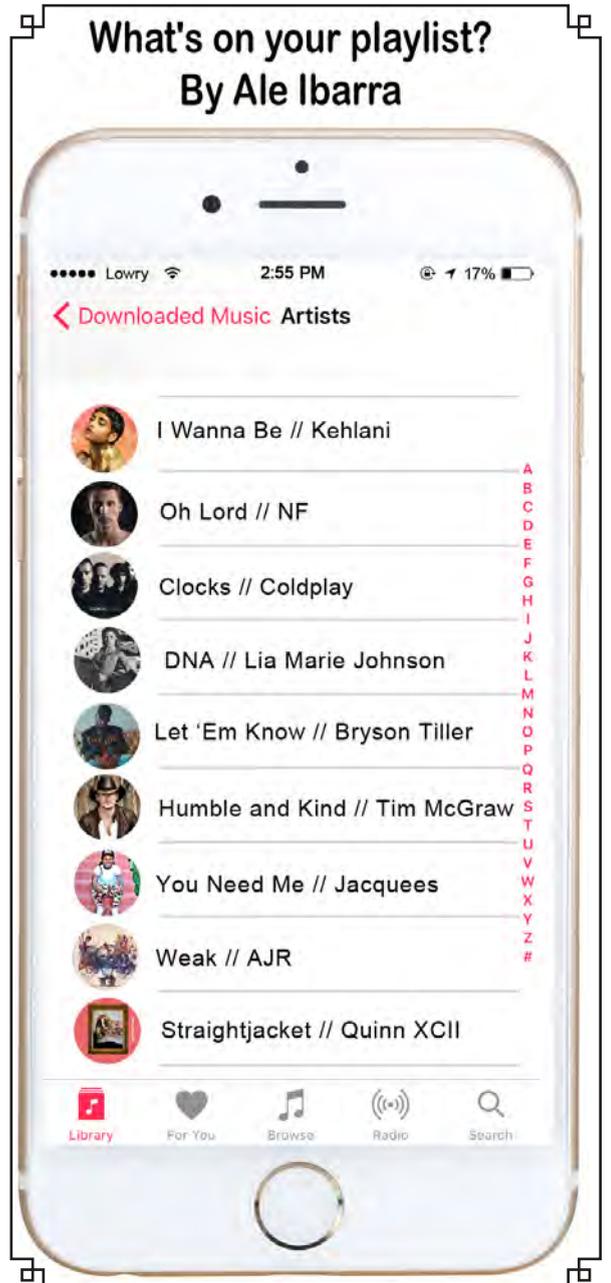
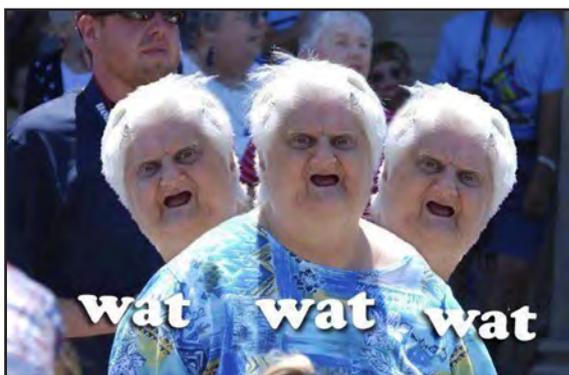
Kaity  
It is a rough life but hey, someone's gotta live it. And if I didn't have my phone for an en-

tire month I would probably just continue regular life. I usually lose my phone on a daily basis anyways so I don't think it would affect me a whole lot. What about you?

Dylan  
I think it wouldn't be too bad if I lost my phone I just wouldn't know how to communicate with friends and I also probably wouldn't know what to do with myself, so yeah I wouldn't be okay without my phone.

Kaity  
What is your favorite meme?  
Dylan  
My favorite meme is the one with Mike Tyson and they are making fun of his lisp! What is yours?

Kaity  
Mine is this one. I don't think it needs an explanation as to why it is my favorite.



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ANSWERS:  
1-UNR 2-Channellock 3-Hunting 4-6 5-Hunting 6-Denver Broncos 7-Country 8-Ribeye



# 'The Jungle Book' comes to life on Lowry's stage

The biggest and best play of the year is coming up, the children's play. This year Lowry Drama and Stagecraft presents "The Jungle Book". The play is based off the book by Rudyard Kipling, which was made into an animated movie by Disney in 1967 and was recently remade.

"I play Raksha, the mother wolf that raises Mowgli. Surprisingly, the Jungle Book isn't about a book. It's about a human boy raised by animals in the Jungle. Mowgli's father is killed

by Sher Khan so he is raised by a pack of wolves, but as he gets older Sher Khan searches for him to kill him and Mowgli becomes one with the jungle and its inhabitants," said Kinley Carlson.

Months have gone into preparing for the big show and it's coming together nicely.

"It's going to be an amazing play. We're already on track and we're going to have fun with it. I can't wait to act like an animal onstage," said Erick Zamora.

The audience will be immersed into the jungle.

"The jungle is spectacular. I feel like I'm in a real jungle everyday," said Jacob Hernandez.

The performances will be spread out over five days with three night performances. It will start out on Sunday, March 12 with a matinee show at 1 p.m. The following Monday, Tuesday, and Wednesday, March 13-15, there will be a night performance starting at 7 p.m. each night. Seating will start at 6:30. All of those performances are open to anyone in the community to attend. The drama and stagecraft students will also be out of school all day Monday

through Thursday doing performances for the schools throughout Winnemucca. They will be doing three daytime performances everyday. By the end the students will have performed 16 times.

"I love being on stage with my drama family, especially with my panther. It's sad that it's our last children's play, but us seniors are going to make it incomparable to any other performance Lowry has ever had. So come watch us," said Nate Chapman who will fill the role of Mowgli.



Erick Zamora./Courtesy Erick Zamora

## PICTURE OF THE ISSUE



Devin Walker post on Instagram was chosen as the picture of the issue./ Courtesy Amy Fye



The set of 'The Jungle Book'./Aimee Brandon • The Brand



## Do's and Don'ts: Spring Break

- Don't post things on social media that you'll regret later
- Do check in with parents; it's not worth losing their trust
- Don't trust just anyone; especially if it's a place you've never been to
- Do take all of your friends on the trip
- Don't lose your dignity in paradise
- Do post/take memorable photos
- Don't be glum; enjoy life
- Do indulge in new foods

- Don't do anything stupid that will get you arrested
- Do try something new
- Don't use number 9^ as an excuse to do something illegal
- Do meet new people
- Don't spend it all inside....It's Spring
- Do spend some, however, binge watching Netflix (if you're that person)
- Don't waste a week of vacation
- Do lay back and enjoy it while it lasts

## Lowry Then and Now:



How is Lowry different now then it was when you attended? Either in the physical appearance of the school itself or the students.

"Physical Appearance that is different: New gym, Art Building, solar panels, football field landscaping, single point entry and all fencing, parking lot across the street. Students: cell phones, clothing, openness," Mrs. Hill.



Mrs. Hill in 2016./Courtesy Winnada



Mrs. Hill in 1996./Courtesy Winnada



Mrs. Mercado in 2016./Courtesy Winnada



Mrs. Mercado in 1995./Courtesy Winnada

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## Buckaroo Round Up: Couples

### Alex Brooks and Shai Welsh

Q: Where and how did you guys meet?  
Alex: Dance team car wash.  
Shai: We met at a dance team car wash during the summer.

Q: What do you think of each other before you met?

Alex: I thought he was cute and he seemed really nice.

Shai: Well I thought she was pretty cute when I first saw her and she was really nice.

Q: What did you think of each other after you started dating?

Alex: I think he's really sweet and had a good personality. We both clicked once we got to know each other.

Shai: When we first started dating, she was super shy and I thought it was pretty cute but then she stopped being shy and became a living hell.

Q: Favorite thing about them?

Alex: Personality eyes.

Shai: Exactly what she said and her laugh.

Q: Do you guys have a song?  
Alex: "Closer" by The Chainsmokers.  
Shai: True.

Favorite memory?  
Alex: When he asked me to homecoming.  
Shai: Yeah, when I asked her to homecoming.

Q: If you could change one thing about them, what would it be?

Alex: Nothing. I like him just the way he is.

Shai: Nothing, she is perfect just the way she is.

Q: Do you guys have a song?  
Alex: "Closer" by The Chainsmokers.  
Shai: True.

Favorite memory?  
Alex: When he asked me to homecoming.  
Shai: Yeah, when I asked her to homecoming.

Q: If you could change one thing about them, what would it be?

Alex: Nothing. I like him just the way he is.

Shai: Nothing, she is perfect just the way she is.

Q: Do you guys have a song?  
Alex: "Closer" by The Chainsmokers.  
Shai: True.

Favorite memory?  
Alex: When he asked me to homecoming.  
Shai: Yeah, when I asked her to homecoming.

Q: If you could change one thing about them, what would it be?

Alex: Nothing. I like him just the way he is.

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Q: Do you guys have a song?  
Alex: "Closer" by The Chainsmokers.  
Shai: True.

Favorite memory?  
Alex: When he asked me to homecoming.  
Shai: Yeah, when I asked her to homecoming.

Q: If you could change one thing about them, what would it be?

### Hailey Fernandez and Ariel Gonzalez

Q: Where and how did you guys meet?  
Hailey: We met at a spring soccer scrimmage. He kept stealing my ball whenever I tried to kick it.

Ariel: What she said. She was all up on me tbh. I was just trying to play.

Hailey: He's lying.  
Q: What did you guys think of each other before you actually met?

Hailey: I thought he was attractive and seemed like a friendly guy.

Ariel: I thought she was pretty and seemed chill since she played soccer.

Q: What did you think of her after you started dating?

Hailey: He's an amazing guy; easy to talk to & a great person to trust. I'm glad I've been able to spend his senior year with him.

Ariel: She's not as shy as I thought she was. I'm glad I started talking to her before going off to college.

Q: Favorite thing about them?

Hailey: I love that he has big dreams for his future. He doesn't let anyone tell him that he can't achieve them and I love that. I can trust him with anything too.

Ariel: Well I absolutely love her eyes, they are stunning. And I like how comfortable we are around each other. I also never run out of things to talk about with her.

Q: Do you guys have a song?  
Hailey: Not really.  
Ariel: "Shape of You" by Ed Sheeran. It's our song now, Hailey.

Hailey: Fair enough.  
Q: Favorite memory with them?

Hailey: When I tried to teach him how to ice skate this Christmas and he refused to let go of the wall the whole hour we were there.

Ariel: Yeah, that was a pretty fun day. So I agree.  
Q: If you could change one thing about them, what would it be?

Hailey: Nothing.  
Ariel: Nothing, because she wouldn't be the same girl that I asked out.

Q: Do you guys have a song?  
Hailey: Not really.  
Ariel: "Shape of You" by Ed Sheeran. It's our song now, Hailey.

Hailey: Fair enough.  
Q: Favorite memory with them?

Hailey: When I tried to teach him how to ice skate this Christmas and he refused to let go of the wall the whole hour we were there.

Ariel: Yeah, that was a pretty fun day. So I agree.  
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### Danielle Terou and Riley Sakurada

Q: Where and how did you guys meet?  
Danielle: At a home football game. I was hanging out with Celest C. and Riley was hanging out with her boyfriend, Dominic and we just started talking.

Riley: Home football game.  
Q: What did you think of them before you actually met?

Danielle: I thought he was cute and looked nice, lol.

Riley: I thought she was really cute.  
Q: What did you think of him after you started dating?

Danielle: I think he's amazing and he's the sweetest guy ever.

Riley: There's just something about her, she's the most amazing girl ever.

Q: Favorite thing about them?

Danielle: His personality; Riley always has a way of putting a smile on my face and I love that about them.

Riley: Her smile.  
Q: Do you guys have a song?

Danielle: We both really like "American Country Love Song" by Jake Owen, "Closer" by The Chainsmokers

Riley: Probably "Closer".  
Q: Favorite memory?

Danielle: We went fishing one time, we were catching fish and splashing in the water and it was a lot of fun

Riley: When we went riding to the river and we jumped off the cliff.

Q: If you could change one thing about them, what would it be?

Danielle: I wouldn't change anything about him because he is amazing to me.

Riley: Nothing, she's perfect the way she is.

Q: Do you guys have a song?  
Danielle: We both really like "American Country Love Song" by Jake Owen, "Closer" by The Chainsmokers

Riley: Probably "Closer".  
Q: Favorite memory?

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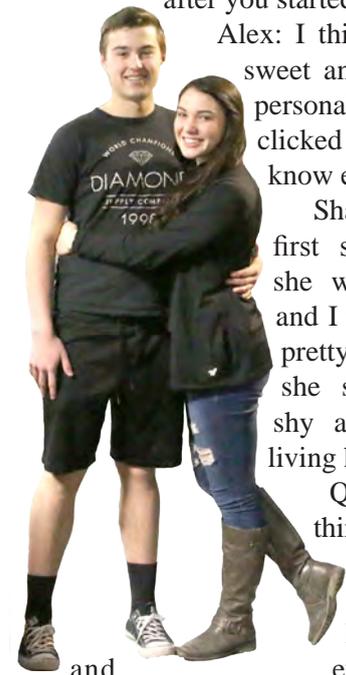
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## Body modification in today's society

Body modification has been around for a long time, but today; society has taken it to a completely new level with new technologies. People across the globe are permanently changing their features through various techniques to achieve a more aesthetic or pleasing look that's in the eye of the beholder.

Permanent makeup is a trend that is on the rise. For generations in the past both girls and boys have applied makeup to the face and neck area to help glamorize their look or to cover blemishes. With today's technology, makeup is becoming permanent. Certain cosmetologists and tattoo artists are perfecting the art. You can tattoo your lip liner, eyeliner, and eyebrows to eliminate the usage of everyday makeup and the hassle it brings every morning.

Tattoos are a body modification that have been around for thousands of years. Lately, it's something that people have placed on their body to show some sort of importance to that person. Others, can be completely spontaneous and self-expressive. It can be something as small as a zodiac sign on the wrist, to something all over the chest, neck and face.

Senior Connor Waldie recently got his first tattoo and, like most, it has a special meaning to him.



Connor Waldie getting his first tattoo./ Courtesy • Madison Waldie

"[It is] Celtic because I've got Celtic roots and I wanted to be closer to my roots," said Waldie.

Artists, musicians and actors have been flaunting their tattoos shamelessly on the red carpets as well. From up-and-coming R&B singer Kehlani, to Maroon 5's Adam Levine; body art has expanded throughout the years.

Senior Elise Rose has two tattoos that have special

meaning to her life. One is a cross with basque writing on the side of her ribcage and the other is a quote on the back of her right shoulder blade.

"My tattoos have a special meaning. They are for my brother. I went through excruciating pain to get them, but I would do it again," said Rose.

Speaking of piercings, lately, they have been getting much more popular. Especially in the younger generations. Nose piercings, belly button, eyebrow, dimple, back dimples; they all exist.

**"I went through excruciating pain to get them, but I would do it again."**  
~said Rose

There are different types of piercings that can go anywhere on the body. They are popular because there are many designs, colors and gems to choose from. Like tattoos, it's a way of expression.

Implants have come a long ways since the typical breast implant. Although still common today, implants have only gotten bigger and better. You can now have buttock, pectoral, bicep, tricep, and calf implants have started to become the norm as well as other cosmetic surgeries. Lip enhancements, the burning of fat cells, nose corrections, hairline treatments, almost everything that could be seen as "not normal" can now be surgically treated. But it doesn't just stop at that. From eyelash transplants to jawline reduction surgery our generation is becoming obsessed with perfection.

Hair removal is a big deal to females. Ask any girl out there when preparing for a special occasion or just a night out we remove hair from everything. Legs, arms, face, you name it and it is probably hairless. This may seem like such a minor modification people do to their bodies on the daily basis but when you really begin to think about it hair removal is such a drastic change to our bodies.

"I usually shave off most of my hair on a daily basis. I shave everything from my arms to my belly button, to my legs, literally everything. It isn't something I find unusual, until you really start to consider the



Belynda Figueroa shows off her piercings./ Ale Ibarra • The Brand

facts. But my body is so used to it that I wouldn't stop now," said Rose.

According to research on fivethirtyeight.com in a survey of 1,677 women ages 16 to 40 years old only 8.6 percent of women had never shaved anything but their legs. Body hair is on a fast track to extinction in America.

In today's society, tanning is loved by some and disliked by others. Tanning is favored by those some because they still think it's a

good idea to lay in a tanning bed to get that golden-tone, beach-ready look. Tanning beds can be more popular than sun tanning because one can adjust the amount of UV rays the bed discharges. Those who dislike tanning, know the risks and dangers that tanning, of any kind, can cause. Skin cancers and diseases can be much less preventable if you expose to UV rays. According to the American Cancer Society, Since 1992, U.S. rates of melanoma have risen 3% a year in women ages 15 to 39. It was also stated that people who use a tanning salon before the age of 35, can increase their risk of melanoma by 75%, according to the Centers for Disease Control and Prevention.

You can also get a spray tan. President Trump isn't going to keep his secret any longer if he keeps showing up to events looking orange.

Waist training is a fashion trend that makes the waist appear much more slim. Celebrities such as the Kardashians have also jumped on the trend. Many women use this corset, not only for wearing it under your clothes for a special occasion to boost confidence, but use it during their exercise routine. The whole point of this waist training trend is to make the body have more of an hourglass figure. Exercising with the corset may seem more effective, but can also be dangerous. Wearing a corset can restrict breathing and cause serious discomfort especially if worn while working out.



Elise Rose's tattoo./Courtesy • Elise Rose

It seems everyone is doing something to modify their appearance. Look around and you may be surprised. Even some of your teachers are sporting ink and piercings.

### Lowry Voices: If you could change one thing about your body what would it be and why?



"I would want my feet to be smaller so I wouldn't trip over my feet so much."

Jace Timmer



"I would want to have a second mouth so I could eat twice as much food."

Lexi Allen



"I would fix my eye so I can see out of both of my eyes because I have always wondered what normal people see with two eyes and then I might be good at sports"

Zach Sparks



"I would want to have my legs made longer so I wouldn't be so short anymore."

Sam Diaz

