

Rice Jewelers

Design a class ring that is uniquely you.

class rings
by ARTCARVED

SIMON G • ART CARVED • A JAFFE
311 S. BRIDGE ST. • P.O. Box 1698
WINNEMUCCA, NV 89445
775-623-0708



your life.
your ring.
your way.



The Brand

December 18, 2013 • Lowry High School • Winnemucca, NV



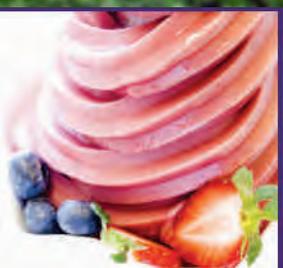
PLAYING AGAIN

Mountain Berry
yogurt café

Now Open!

Daily 11:00am - 9:00pm

Raley's Shopping Plaza





Playing in Pain: The effect of injuries on athletes

BY JUSTIN ALBRIGHT & JOLYN GARCIA

To many, high school sports are just a way to stay in shape, spend time with friends and an activity to fill their free time. But to some gifted athletes, high school sports are merely the beginning of their athletic careers.

Throughout their careers, athletes are faced with tremendous amounts of adversity. Injuries are perhaps the greatest problem in any athletic career. According to a National High School Sports-Related Injury Surveillance Study, there are more than 1 million high school sports-related injuries annually. 600,000 of these injuries are from football players alone. While most injured athletes only miss a season or a few games and practices, many careers have come to an end because of injuries. Injuries affect athletes at all levels: high school, collegiate, and professional.

Shelly Germann, the Director of Sports Medicine at the University of Nevada, Reno, answered a few questions via phone concerning their policies on injuries. When an athlete is injured while attending the school on a full ride scholarship, the Sports Medicine team at the University evaluates them and decides how they can treat the athlete.

"They get taken care of. They're one of our athletes. We evaluate them, as

athletic trainers decide how we are going to treat them, how we are going to do the rehab, whether we are going to refer them to a physician or not and go from there," stated Germann.

No matter what sport an athlete participates in, they are not turned away nor are injuries left untreated.

"We treat injuries all the same here. It doesn't matter what sport, what athlete, female, male, an injury is an injury and we treat everything the same," added Germann.

Athletics tend to be a great part of an individual's life. Athletes put in countless hours every day to better themselves, but one single injury can drastically alter their capabilities, and their mindset. Many athletes feel that they have to play through the pain, because



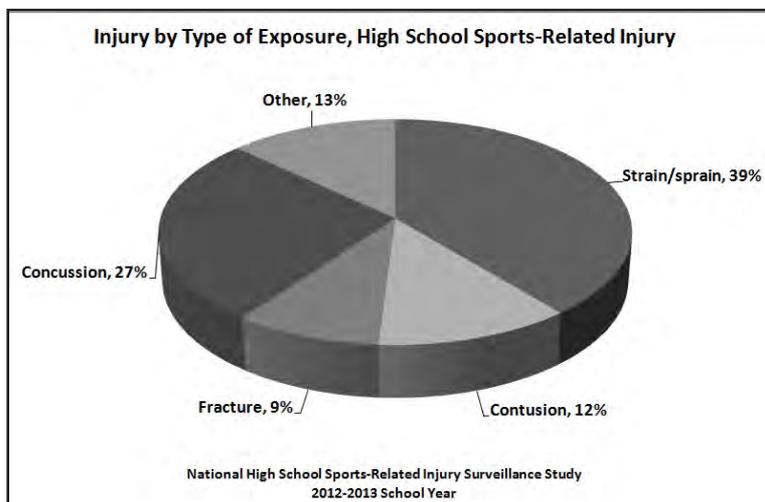
Carlos Aguilar controls the ball./ Jolyn Garcia • The Brand

then they may not get the opportunity to play the sport.

Injuries may occur most often in football, but they affect athletes in all sports.

Lowry senior, Carlos Aguilar, played his best season of soccer his junior year. Having broken the previous state and school records for the most goals scored in a season, Aguilar was excited and hopeful to break his record again this year. During a home game early in the season, a Truckee goalkeeper went directly after Aguilar and jumped at him, cleats first, kicking him on the outside of his right knee. Luckily his injury only resulted in pulled nerves and tendons in Aguilar's knee. Halfway through the season, after ignoring his initial injury, Aguilar injured his right foot.

"Every time I played my ankle would swell up," Aguilar added, "but I didn't care."



Oftentimes when athletes sustain injuries, they will not inform their coaches in order to keep participating in the sport. Players are so devoted to the sport that they do not want to sit out or miss a game.

Girls' varsity basketball coach, Chelsea Cabatbat, keeps a close watch over her players and sits them out if she thinks anything is wrong with them.

"If I see they're hurt, if I can sense that they're hurt or there's something not right about them, I'll definitely take them out and talk to them to see what the problem is. Talk about, is it pain or does it hurt?"

SEE INJURY PAGE 19



State phasing out proficiency tests

BY DANI RICKER

At the time of the year that every student hates. The week that he/she dreads the most. That's right, testing week. Nobody likes testing, especially when it come to state testing, like proficiency tests. However, things around here are about to change. Believe it or not, there will be no more proficiency tests.

But don't get your hopes up too soon. The Nevada Legislature and Governor Brian Sandoval approved AB 288 which is going to make some major changes to Nevada high school graduation requirements. These changes are

expected to be enacted over the next three years. HCSD Superintendent Dr. Dave Jensen gave some specific changes that will take place:

1) The Nevada High School Proficiency Examination will be replaced with the requirement that a pupil pass at least four end-of-the-course examinations.

These include English, Math, Science and the fourth course is yet to be determined.

2) The courses of study that will include an End-of-Course (EOC) exam required for graduation will be deter-

mined by the State Board of Education. Hearings are scheduled for the 12th and the 19th.

3) Students will need to pass all four EOC exams to receive a regular or an advanced diploma.

4) Students entering the 9th and 10th grades in 2013-2014 (this year) will still be required to pass the existing Nevada High School Proficiency Exam while the new exams are being developed. Current 8th grade students may be the first group to be required to meet new standards.

5) Students will also be required to take a college and career readiness assessment (ACT or SAT) in grade 11 beginning with the 2014-2015 school year.

6) Students with disabilities can opt out of the college and career readiness assessment and EOC exams based on decisions of the Individual Education Program (IEP) team.

7) Students who do not meet requirements for High School Diploma will no longer receive a certificate of at-

tendance.

"A determination on EOC and 11th grade testing is anticipated by April of 2014. The state will transition to these new requirements over the next few years and additional information will be provided as available," stated Jensen.

He also made it clear that "this shift is not a district initiative, rather is a result of legislative action during the last session to ensure compliance with Federal requirements."

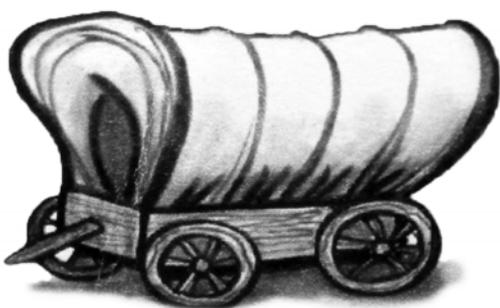
The district believes that these changes will in the long run help school testing scores, and possibly increase college acceptance for those who are on the college track.



HCSD Superintendent Dr. David Jensen./Courtesy • HCSD

Winnemucca RV Park

Family Owned & Operated



Tom & Tori Stephen

Office: 775.623.4458 • Cell Phones: 775.621.8174 or 775.621.6012
5255 E. Winnemucca Blvd • Winnemucca, NV 89445

750 S. Grass Valley Rd.

775-623-0200

Papa Murphy's

TAKE 'N' BAKE PIZZA

Owners
Greg and Miranda Munroe

JOIN THE
TAKE 'N' BAKE
REVOLUTION



Dain Investigates...The HCSD Budget

By Dain Maher

When many of us think of the word "budget," we usually think of data sheets, accounting, and wise money management. That, for the most part, is correct when describing a budget. The Humboldt County School District budget is no different when it comes to budget descriptions. I had the opportunity to sit down with Dr. David Jensen, Superintendent of Humboldt County schools, to discuss the district's budget and its overall financial standing.

Dr. Jensen said the district's budget is largely devoted to staff salaries, which is understandable. Without staff, schools would be unable to func-

tion, and students would be incapable of receiving an education. Across the entire spectrum, the school district expends about 86 percent of its entire budget on staff to cover salaries and mandatory benefits. "We have very little wiggle room," said Dr. Jensen.

The district's remaining 14 percent goes to maintenance and upkeep of district buildings, said Dr. Jensen, while some funds are devoted to extracurricular programs that otherwise would have been cut because of the econom-

ic downturn. Dr. Jensen said the district has worked hard to not cut those programs because administrators feel students need a well-rounded education. According to Dr. Jensen, the district only has about \$250,000 in uncommitted funds.

One of the largest components of funding for education is tax dollars and, as Dr. Jensen said, "Parents want to get the most bang for their buck" in terms of quality of education. One thing parents often wonder is if their

tax dollars are going to something that has direct benefits for their students. "As a district, we have to evaluate and make clear to the community [what those benefits are]," said Dr. Jensen. "We should or shouldn't be funding this if it does not have direct benefit to the constituents and the students." Dr. Jensen used this year's new late start schedule as an example of a program that provides great benefits to students. That first hour on Thursdays is devoted to professional learning for teachers to help them develop and improve their teaching skills. That, in turn, provides direct benefit to students, said Dr. Jensen.



HCSD Superintendent Dr. David Jensen./Courtesy • HCSD



Choir and Band hold winter concerts

By MAYTE CASTELLANOS

Lowry High's Swing Choir and Band have had done many performances throughout the year. They are always there to support the school and athletes with pep band.

Band will be having their Christmas concert on December 19, at 7 p.m. in the gym. The next Swing Choir performance is on December 19 at the senior center.

"Swing Choir is very fun I love performing for people and its just fun being out there," said Shayla Myers.

There will never be an assembly when you don't see the pep band playing the school song and other beats to get the assembly going.

"I like the people in it, and I also like how the cheerleaders always give us food. They are very kind." said

band member Tanner Ames.

The Swing Choir always has a very fun Christmas performance for all schools before the holiday break.

Music Director Paul Criddle said, "I am very proud of how far my classes have gone with their performances. They have definitely grown as performers."

The band and Swing Choir have a big impact on the school's spirit. They have amazing voices and play their instruments very well. The members are also very talented to perform in front of so many people.

The performers do a lot of hard work to keep this school very fun and magical with their great music.



Mr. Paul Criddle./ Courtesy • Winnada



The band at a concert in November./Courtesy • Winnada



Lowry students give back

By Alyssa Campbell

There are a lot of events going on in our community and school that help many people in need during this holiday season. However, many of these good deeds often go unnoticed.

One of the annual food drives at the high school was put on by FFA to help 30 local families that could not afford Thanksgiving this year. FFA was asked by the Catholic Church to set this up.

Current FFA member, Jacy Urain said, "I think that the food drive turned out great. We appreciated everyone who helped out by bringing food. I know helping the community is always a good feeling."

There is also another food drive going on that is being put on by Leadership for the Ministerial Association. The food collected will be used for the Christmas food baskets and Lowry has always been one of the main contributors. As of Monday, 977 cans had been collected.



Jacy Urain./ Courtesy • Winnada



Christy Bell./Courtesy • Winnada

On December 18, there are also a lot of charity events being held by the senior class and participating clubs. These include the blood drive, warmth drive, toy drive, and food drive.

Christy Bell, who is running these events this year, said, "We now have 77 slots to fill (for the blood drive). Right now it's not looking so good and we would like a lot more people to sign up. But overall the blood drive is the biggest thing."

These events are going on all from 9 a.m. until 2 p.m. So if you haven't helped anyone yet this holiday season, you still have the chance to give back to your community.

News Images



Another part of a missing medical radiation device that once contained cobalt-60 bears a sign in English warning of possible radiation, Dec. 10. 2013. Mexican truck driver Mauro Moya said he doesn't read English so didn't know of any radiation threat./Tim Johnson • MCT



The 2014 Volkswagen XL1 will be the most fuel-efficient car to ever go into production, with mileage of 200 miles per gallon, when it makes its way down a German assembly line next year. (Volkswagen/MCT)



People walk in front of the Damascus Gate during a snowstorm in Jerusalem's Old City on December 12, 2013. Nearly three feet of snow closed roads in and out of Jerusalem and thousands in were left without power./ Saeed Qaq • APA Images/Zuma Press/MCT

La Cebolla

**The stories on this page are purely satirical and are not meant to be taken seriously.*



Lowry wrestling to compete in Division 1 next year

By JESSIE SCHIRRICK

Because of the recent streak of state championships won by the Lowry wrestlers, they have been called to "pick on someone their own size" if you will, in order to give the other Division 1A wrestling teams a chance. "It's just unfair to the other teams, they don't stand a chance against Lowry," said an NIAA representative. This doesn't guarantee a solution to the problem however as Lowry has defeated Division 1 teams many times before. "We may even have to consider putting them up against collegiate

teams as well, because honestly, even Division 1 teams are no match for Lowry," said an NIAA representative.

The Lowry wrestlers do not seem discouraged by this new challenge.

"I eat Division 1 wrestlers for breakfast, unless I'm cutting weight," said Luis Cardenas.

After word got around that Lowry would be promoted to Division 1, several



The 2012-13 state championship team./Courtesy • Winnada

Division 1 wrestlers from other schools quit wrestling and tried out for

basketball instead. Whether or not the two events are correlated is arguable, although it seems likely that they are.

"I would just hate for my parents to see me get completely pulverized in sport I once considered myself so good at," said an anonymous now-basketball player from Carson City High School.

"The name Lowry strikes fear in the heart of every other wrestler in the state of Nevada," said the basketball player.

By the looks of it, Lowry can count on their 6th state championship this year.



Schedule to change due to announcements

By KAITY SAMPLE

With all the new policies at Lowry, the school board has decided to change another custom. Ritual here is that after every period a number of students get called down to the office because a message has been left for the students to receive. Because there are so many students that get called down after every period, the new rule states that after second and fifth period all students must report to the office.

"We will be able to hear each other, instead of trying to listen to the intercom and our peers during passing," said many teachers.

The office secretaries will check off the students name if they attend the office. Messages will then be transferred to the students if needed. If

students do not attend the office twice a day, as ordered, they will be marked absent in their next class. In addition, no tardy slips will be given to any students. It is the students' job to get information from the office and report to their next class on time to check to see if they have received a message. Passing will be fifteen minutes long rather than five minutes in order to get every student to class on time and it will be first come first serve for the line.

"It is the students' responsibility to get to the office and to class on time," said the office secretaries.

The official schedule has not been released, but the office has said that the change will take place on our first day back from Christmas Break.



Student gets Twerking scholarship

By JUSTIN ALBRIGHT

Those of you who may be keeping up with the times, rapper Juicy J recently came out and said that he would give out a \$50,000 twerking scholarship to any student in the United States. Little did we all know, Wyatt Tiffany had a secret talent when it came to twerking, and he pulled out the win for the \$50,000.

"It truly is an honor, who knew working my booty in the bathroom mirror could have gotten me into college," said Tiffany.

It may come as a shock to most of you, due to Wyatt's quiet personality, but he can be a regular Miley Cyrus when he wants to. It truly is a talent to be a super student by day, and



Wyatt Tiffany./ Karen Esparza • The Brand

a twerking sensation by night.

But, recently while practicing his amazing skills up on the wall Wyatt suffered an accident that landed him in crutches for some time. Don't worry though his doctors say he should make a quick recovery and knowing Wyatt, he'll be right back at it again.

"I will try to be more careful next time, but when

I feel the music there's just no stopping me," said Tiffany.

For those of you wanting to congratulate Wyatt on his accomplishment don't hesitate to stop him in the halls and just give him a nice high-five.



Santa's on the naughty list

By RYLEE MATHIS

The Santa hired by a local business to take wishes and give gifts has been reportedly stealing the presents he's supposed to give to children.

Craig Jenner, otherwise known as Santa, has been Santa to this business for the past five years. He is known for his Christmas cheer, his large, real white beard and his extreme generosity.

Store employees and parents in Winnemucca thought Jenner bought the gifts himself and gave them to the kids out of holiday spirit. However, he was making trips to Reno before his appearances to steal from large franchises like Toys-R-Us and Target.

"We don't know how he got away with it for so long. If we would have known, he would've been put away a long time ago," said a store employee.

Jenner claims he dressed as Santa for the stores he stole from as well. He would collect the items of his choice in a large sack and tell the employees it was just a prop for the kids.

"When all the kids were gone and no one was looking, I just took the stuff," confessed Jenner. Local store's



Santa's mug shot./ Courtesy • HCSO

must now find a new Santa in time for Christmas. Auditions for interested Santa impersonators will begin on December 20. Every applicant must submit to a background check and will not be permitted to leave Winnemucca from the time of the audition until Christmas.

"We're taking extreme precautions this year; we don't need another criminal around these children," said an employee.

The compensation for the new Santa has not yet been released but is rumored to include all the cookies you can eat.

Jenner is currently facing a trial and a sentence is up to 25 years in prison for multiple counts of theft, burglary, and betraying young children.



Friday night lights canceled next year

By MAYTE CASTELLANOS

It looks like football players are going to have to say goodbye to playing under the field lights next year.

"I feel bad for the next generations of football players, that don't get to play under these lights," said a senior football player.

Due to recent Humboldt County budget cuts they cannot afford to have the field lights on at every home game or whenever they are needed. This means they will be moving all home football games to Saturday. The games will start at 12:00 p.m. in the afternoon with JV playing first. The varsity game will start at 2 p.m. The football player's reaction to the budget cuts were very sad and confused. Many parents and fans of Lowry football are mad about this and have no explanation for their athletes.

It's a sad thing for a lot of incoming players to find out. They were crushed and didn't know what to

think.

"The lights are a really cool thing, I don't want to be playing under the sun," said an incoming football player.

It seems as if the district had a few options on the budget cuts it could make. The players were torn with the new change. They chose the stadium lights because the cut won't be that big of a deal.

It seems like it is going to be a bright football season next year.



One of the last games to be played under the lights./ Justin Albright • The Brand



NEWMONT
NORTH AMERICA



Looking to build your future?

Join Newmont as an MTC Student

The Maintenance Training Cooperative Program provides you with skills as a diesel mechanic, electrician, mill wright, instrumentation technician or welder.

Study Monday - Thursday, earn an internship with Newmont to AND be a step ahead to apply full-time after completing the program in only 48 weeks!

For more information or to apply, contact

Manuel Villanueva

775.778.4072

manuel.villanueva@newmont.com

Amy Armstrong

775.778.2054

amy.armstrong@newmont.com



“... I applied and I’m currently attending my second year of school, working toward my Bachelors in instrumentation through Great Basin College. In just a few short months, I will become an Instrumentation Technician and be able to provide for my family the way I want to.”

Autumn Johansen
Electrical & Instrumentation
Student - Great Basin College



Growing up in the wrong decade

This era doesn't have anything going for it. The most popular artists are degenerate miscreants who don't even write their own songs. The dance moves are degrading and inappropriate. There is barely any standard of proper etiquette. In a weak attempt to restore humanity to its former self, I'll take you for a walk down memory lane.

60's fashion was timeless and unforgettable. The fluid material and multicolored prints will forever be in my heart and wardrobe. The long wavy and braided hairstyles of hippies at the time defined a decade of peace. Skipping a shower was not only accepted but encouraged because natural beauty was truly valued. The youth of America was invited to "come as they are." It is my most sincere regret as a person that I am unable to experience Woodstock as it really was. My generation couldn't even get their eyes off of an electronic screen long enough to take a walk outside let alone free their mind and spirit from the chains of society.

80's hair bands were a powerful force. Def Leppard's "Animal" is not a rock song but a riveting ballad, less spiritual music like Wham!'s "Wake me up before you go" is stimulating nonetheless. Even generic pop princesses like Paula Abdul and Madonna had something to offer. While all the previously mentioned artists proved themselves iconic, Journey seals the 80's place on the throne as the best decade for music. Journey is a timeless band and I consider myself lucky that Arnel Pineda was able to replace Steve Perry and keep the legacy alive so that

it could last long enough to touch my ears and heart.

The manners and genuine characteristics of people in the earlier part of the 1900's deserve a standing ovation. When people were expected to use the terms "Sir" and "Ma'am" and it seemed like people actually cared about the wellbeing of others. A study conducted at the University of Michigan Institute for Social Research concluded that college students are 40% less empathetic than they were in 1979. The study suggests that this lack of feelings is due to the major increase in technology.

Classic movies like "Pulp Fiction", "Fight Club", "Clueless", "Forrest Gump", and "The Lion King" all have one thing in common: they were released in the 90's. It is my opinion that "Toy Story" is Disney's most outstanding franchise to ever grace TV screens. The perfect mixture of adventure and plastic doll camaraderie can make a lasting impression on all viewers. The 90's also produced "Home Alone" one of the most beloved Christmas movies. The challenges Kevin faces while discovering the value of family are humorous and heart warming for those cold winter days. The first time I saw "Wayne's World" I was mad at myself for having never taken the time to watch it. The classic comedic antics of Wayne and Gunther have stood the test of time.

If I haven't convinced you that you're better off turning to vintage and retro styles then chances are you have terrible taste and your mind has been flushed down the toilet bowl of the 2010's.



By JESSIE SCHIRRICK

Thinking like the rest

Since its founding in 1976, Apple Inc. has set the standard for consumer electronics, computer software and personal computers. The famous and former C.E.O, the late Steve Jobs, prided himself with clean, chic, and trademark designs that transformed Apple products into must-haves. After Jobs' death in 2011, the company has experienced many setbacks including the embarrassing incident with the Maps App on the iPhone, where customers received distorted maps and ludicrous directions. This was all caused by the fact that Apple decided it was too frugal for Google.

The highly anticipated launch of iOS7 was also a letdown, when customers were required to give up at least 3GB to even download the operating system. This iOS is the most radical display change that Apple products have under-

gone since 2007. Just days after its release, the complaints started to pile on: many users were experiencing dizziness due to the phone's new animations. Others said iOS7 drained their battery faster than before, and iMessages that appeared as sent never actually arrived. But, the one thing that bothers me most is the new iOS looks like one that would appear in a Galaxy.

No doubt Steve Jobs is rolling over in his grave as he watches Tim Cook imitate the material of other companies. Apple products are supposed to be different, I buy an iPhone because it's different and simpler to manage. If the company continues down this route, there will be nothing that makes their products unique. Soon there won't be "2 kinds of people. Those who use computers, and those who use Apples", there will be just people who use computers.



By KAREN ESPARZA

Should freshmen play on varsity?

Being a freshman on a varsity team could be, perhaps, one of the greatest feelings as a student athlete. Props to those who really do deserve to be on the team, actually earning their spot on varsity. But here in Winnemucca we often hear the same last name over and over. Although that feeling of greatness is in the mindset of the athlete, it may not be the best choice as a coach.

Freshmen are very new to high school and they are still learning how things and people go about at this more mature level. The variety of competition that is played at the varsity level is way different and more competitive than the

level played at the junior high and middle school. Most freshmen athletes are inexperienced and immature. Not only are freshman not prepared to be playing at this level, but think of all the upperclassmen that will get cut because the newbie came in and stole the spotlight. For upperclassmen athletes, part of the glory is being their first year on varsity and playing against the top athletes at other schools.

Some freshmen mature at an early age and truly are made to go pro. But, unless you have a Cam Newton or Peyton Manning, let them get some playing time on the freshman or even on a JV team.



By KAITY SAMPLE

Don't get caught in a web of lies

A trend in today's society is to create your own world full of lies, piling them up until each individual believes each lie they speak and the truth will never be known. However, I do not understand the reason for lying. Lies create trouble and ruin relationships and lives.

Whether to stay out of trouble or to make oneself look better, lies are inevitable and everyone lies. Little white lies are understandable such as Santa Claus, the tooth Fairy or even failing to remembering a task you were supposed to complete and creating a lie to cover your behind. It's the inability to separate small lies from larger ones that leads to misunderstandings.

When individuals are able to pull off continuous

lies, their lies become more elaborate because they feel it will benefit them. Eventually, lies continue to stack up ruining your own life and hurting others.

I would rather someone be brutally honest with me than to be secretive and to lie, because frankly, lies can tear a person apart and ruin trust and without trust a lot of things will fail. Failures of the ability to work together, bonding aspects, and plenty more characteristics may ensue with a single lie. Maybe not soon, but each lie will always haunt your conscience and come back around to bite you



By TAYLOR LATRAY



in the butt. So before you spread a rumor or falsely state something, remember the consequences will come, whether sooner or later.

The Brand

Jolyn Garcia, Managing Editor
 Taylor LaTray, Opinions Editor
 Tanner Lecumberry, A & E Editor
 Justin Albright, Sports Editor
 Karen Esparza, Student Life Editor
 Rylee Mathis, News Editor
 Alyssa Campbell, Reporter
 Melanie Rynearson, Reporter
 Kaity Sample, Reporter
 Weston Irons, Reporter/Editor

Mayte Castellanos, Reporter
 Tanner Ames, Reporter
 Dani Ricker, Reporter
 Jessie Shirrick, Reporter
 Aimee Brandon, Reporter/Editor
 Dain Maher, Reporter
 Ron Espinola, Advisor
 www.thelowrybrand.com
 or find us on Facebook

The Brand is interested in what you think.

Please contact us at:

thebrand@humboldt.k12.nv.us
 or
 5375 Kluncy Canyon Road
 Winnemucca, NV 89445
 775-623-8130 ext 305



Glad to be gone

What's the difference between Lowry and a prison? Well, not much these days it seems. Lowry has recently changed many of its ways and these changes are anything but popular among the students. For this reason we are so happy to be seniors and leave before things go completely south. The newest changes to Lowry include the gates, locked fences, enforcement of attendance during proficiency tests, ISE, and the possibility of so much more. If all these changes

came so suddenly, imagine what will happen in years to come. School will no longer be enjoyable, but in our eyes, a prison.

Not only has Lowry forced seniors to attend school during proficiency tests, but this gives us an extra three or four days of school. Also, if you factor in that we have a shorter winter break and we graduate a week earlier you'll realize seniors who have passed their proficiency tests and have



BY TAYLOR LATRAY & JUSTIN ALBRIGHT

succeeded are actually attending school more than previous years. The administration has constantly said that they want to do what is best for the kids, but truly, do they care about us students and our opinions? Or are they more worried about improving the appearance of the school rather than the education of students? If they were honestly worried about the students, wouldn't they ask us for

our input before making decisions that could alter our daily lives? These changes also cost Lowry an awful lot of money that could be used elsewhere to better improve the education of students or even more school activities.

It's no secret that things are changing and will continue to change. However, if students' opinions are voiced, a compromise may be able to be made. Fortunately for the Class of 2014 these were the last changes we'll have to endure, so good luck to all of you Buckaroos, make the best of it.

Bring back the blue & gold

Lowry's buckaroos have always sported blue and gold, but when a person observes our sport team's uniforms there are several instances where the colors and mascots used make no sense. Most notable are the sweatshirts worn by the varsity soccer team that feature stick figures accompanied by a saying that is completely random, even when I asked a player to explain this to me, he was clueless as to why as well. The cheerleaders proliferate the confusion by adding school colors into their chants that I didn't know existed, apparently according to them our school colors

are blue, gold, and white.

This year Cross decided to jump into team warm-ups; the front of their time I checked the a Buckaroo. I un-practice is supposed sense of camara-team is represent-school, with one mascot, and one set of school colors.



BY KAREN ESPARZA

Country team de-the mix with their a bandit adorns sweatshirts. Last school mascot was derstand that this to give the team a derie, but every ing Lowry, one

All I'm asking for is a little bit of consistency because we're supposed to be the "Proud Home of the Buckaroos" not the home of whatever mascot we see fit.

The Buckaroos aren't the only culprits at mixing up their uniforms. Big universities like the Oregon Ducks are in the habit of consistently switching it up too. The reason behind this is solely the fact that it "looks cool". Team uniforms are meant to represent the school as a whole, the colors and mascot are part of tradition, teams shouldn't be allowed to tamper with them just for the sole purpose of flashiness.

Do's & Don'ts

Do buy a giant bucket of cheese puffs, AND EAT THEM ALL.

Don't even think about sharing, that voids the challenge and makes you a pansy.

Do have wild snowball fights, if it ever snows here.

Don't cry if you get hit in the eye; take it as a life lesson and be a man.

Do carry on your family traditions this holiday season.

Don't watch "A Christmas Story". It's the stupid-est movie m a n y have you seen it, anyway? How many times can you watch it without exploding?



BY TANNER LECUMBERRY

Do buy your family presents. It's time for us high schoolers to become young adults.

Don't ask for things for Christmas, either. Just be happy with whatever that fat man in red stuffs in your stinky old sock.

Do wash your stocking every few years. You get a lot of candy in that thing, and your closet could have mites.

Don't actually hang your stockings by a wood stove. That's a fire waiting to happen, and I don't think you want to spend Christmas day shivering outside watching your house burn down. Let's hope you wear pajamas.

Do thank everyone who gave you a gift, there are some people who aren't lucky enough to get presents.

Most of all, don't leave cookies out for Santa. He can get his own.

Do enjoy your break, and Happy Holidays!

The downfall of society

We are living in the day and age where technology is a part of our everyday lives. However, it has reached the point where technology is slowly taking over our lives. With the creation of social media, the lives of teenagers, and even adults, have been changed forever.

Teenagers have Twitter and Instagram, and adults have Facebook. Either way, these three websites are some of the worst things that could have happened to society. Back in the day, if an individual had a problem with another individual, they would settle their problem face-to-face. Now, if someone has a problem, instead of settling it face-to-face, they will immediately run and cover behind either their keypad or phone

Cell phones have taken over the beauty of conversing with one another.



BY JUSTIN ALBRIGHT

If you go out and eat at a restaurant, look around and see how many people are sitting there on their phones instead of conversing with one another. Communication is a beautiful thing, and the art of talking is slowly dying with the explosion of social media.

And then there's the habit of texting and driving. Texting and driving is one of the stupid-est things you can do, and you're not only risking your own life, but the lives of others as well. Put your phone away while you're driving, your text can wait.

Social media can be a great thing, yet as a society, maybe it's about time that we try and venture away from it. Using social media can be a very slippery slope, something you type can

be easily misconstrued and land you in hot water.

You can go and find multiple instances where an individual has typed something, or posted a picture, and they're immediately in a load of trouble. Before you go and post something, think if anything bad could come from it and if you are able to think of a negative, don't post it.

Don't get me wrong, I'm just as bad as the next teenager when it comes to social media, if not worse. But I'm still willing to put my phone aside and have a real conversation with someone. Try it out, talking is actually pretty fun, and it is here forever.

How money buys happiness

A recent study conducted by the University of San Francisco surveyed 10,000 people on their happiness and spending habits. The results suggested that people who preferred to spend their money on concert tickets or dinner dates were ultimately happier and more satisfied with their lives than those who blew their money on clothes and gadgets. This theory that there is more happiness to be had when your money goes to experiences rather than materialistic items.

I can definitely relate with the ecstasy felt after ordering a what happens once you finally get it in the couple times, eventually you're right back in your closet thinking, "I have nothing to wear." The price of a valid shopping spree is unbelievably high what with boots and jeans going for \$200 and more. As for other spendy items like iPhones and laptops: their value lasts about six months then a newer, more viable model comes out. Keeping up with technology is a never-ending rat race. It's OK to treat yourself every once in



BY JESSIE SCHIRRICK



awhile, but if you're constantly putting your money towards material items, you'll ultimately end up empty-handed.

When you take your friends to a movie or an amusement park you have a good time and make positive memories, inevitably furnishing your soul with bliss and pleasure. These events don't have to be extravagant; simply going camping or rounding up a couple friends to play cards on a tame Saturday night can suffice. Spending your money on gifts for other people will probably warm your heart just as well.

Make your hard earned money work for you by giving some serious consideration to how you're going to spend it. Don't spend it on the first flashy item that catches your eye, but think ahead and accumulate some ideas on how you can use it to truly prosper in mind and spirit.



Humboldt General Hospital is a proud supporter of Lowry High School Athletics



HGH

SPORTS MEDICINE

118 E. Haskell Street, Winnemucca, Nevada • 775.623.5222 • www.hghospital.ws • Visit us on Facebook and Twitter



JV begins season on a streak

By Dani Ricker

The JV girls kicked off their season with a record of 3-0 so far. They recently hosted Damonte Ranch at home, playing not only their JV team, but also their freshman team. After coming off those two wins the girls are excited and ready to go this season.

"We played well as a team, it help because a lot of us have been playing together for a while now, we can read each other well," said team member Maddie Mayo. "It was only our second and third game but you could already see improvement," added Mayo.

The girls continue to work well together, however, there are

always improvement to be made.

"As a team we need to communicate better, especially when trying to run through our plays," said Hayley Hall. She also added, "Personally, I need to take one more second and square up before I shoot."

The best way to improve as a team is to set goals, freshman Tiana Herrera said, "something I want to achieve this year is getting better at ball handling. As a team I think we expect to work hard and leave everything on the court."

The Lady Bucks pick up again on December 20 and 21 in South Tahoe and Dayton.

The 2013-14 JV Lady Bucks/Courtesy Winnada



Frosh boys look to improve

By Mayte Castellanos

The Freshmen boys basketball team had a tournament in Damonte Ranch on December 7th and played fairly well, going 1-2 against the Division 1 schools.

The Bucks kicked off their tournament losing a tough game against the McQueen Lancers 69-23. Despite the lopsided score, the Bucks played hard.

"I think that we did good; I really think the practices paid off, I'm proud of my team," said Salvador Perez.



Darrin Nelson tries to drive by Brady Lange/Tanner Lecumberry The Brand

The Bucks picked up their first, and only win against the Spanish Spring Cougars by a score of 48-36. The Bucks closed out the tournament losing a heartbreaking game to the Galena Grizzlies, 45-40.

zlies, 45-40.

"The kids played some good defense, but we just couldn't put the ball in the hole. We only shot 25% from the free throw line all weekend. Scoring is just a major issue," said coach Grant Beatty.

Despite the 1-2 record, there were multiple positives that the Bucks could take away from that tournament.

"We played good defense, our rebounding really improved, and we made some good strides playing together as a team," said Beatty.

As the Bucks go into league play, there are certain areas that they need to work on in order to get some more wins in the record book.

"We need to work on moving without the ball, creating off the bounce, and having patience on the offensive end," said the coach.

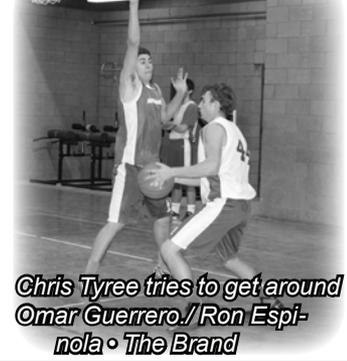


Donovan Morris and Jacob Hernandez/Tanner Lecumberry The Brand

JV boys basketball starts the season 4-1



Jacob Von Aspern guards Dominic Diaz/Ron Espinola The Brand



Chris Tyree tries to get around Omar Guerrero/Ron Espinola The Brand

2013-14 JV basketball/Courtesy Winnada



Money may not buy happiness, but it can buy championships

By Dain Maher

Over the past five years, several programs in Nevada have spent large sums of money to upgrade or build completely new athletic facilities. Most of these programs are private religious institutions that get their money from generous donors; most of whom are alumni of the school. Is it fair to the public schools of Nevada, who are at the mercy of state funding, that these institutions are able to spend large amounts of private donations to upgrade their facilities to rival many Division 1 college programs?

The most recent of these expansions happened at Bishop Gorman, who over the last couple of years spent a reported \$34 million to build a completely new, state-of-the-art, athletic complex for their various sports. Bishop Gorman has also won the last 4 out of the 5 Nevada

The locker room at Bishop Gorman/Courtesy facebook.com/kgaar-chitecture



Division 1 State Championships in football leading many to believe that money really does play a factor in winning titles. In an interview with USA Today, NIAA Executive Director Eddie Bonine said, "If there is a better facility out there I'd like to see it,"

In more recent news, Faith Lutheran High School, a Division 1A Lutheran academy also located in Las Vegas, has announced that they will be proceeding with a new \$8 million dollar athletic complex that is the first step in their new capital campaign to expand the campus by 50 acres. It can be seen as an attempt to exert athletic dominance over the slightly smaller schools of the Division 1A.

There has been talk of new boys and girls club in Winnemucca that could do very well to bolster athletic participation as well as academic success. But does that even come close to being enough to compete with these large private schools that only have to send a pity letter to alumni before the money comes flowing in?

These schools may have money and may have the resources to build these world class facilities but we must remember that these are just facilities for use by athletes; it's the athletes who play the games. If we want to win against these schools, it begins with the hard work and determination required to beat the best.

Chihuahua's Grill & Cantina Catering Available Meeting Room

The Best Authentic Mexican Food In The Area
775.625.4613
www.chihuahuasgrill.com

775 625 1455

Lyndsee Jimenez
Hair Designer

Allure
SALON

1051 West Fourth Street • Raley's Plaza • Winnemucca, Nevada 89445



Athlete of the Issue: Aaron Nelson

By TAYLOR LATRAY

Whether he's on the wrestling mats, the baseball fields, or even under the lights for football on a Friday night; Aaron Nelson proves himself a tremendous athlete in all aspects. Nelson, however, does not base his whole life around sports; in fact he has many other priorities.

"School is very important to me and when I'm not in sports I'm usually outdoors hunting or four wheeling and with my friends," said Nelson.

My motivation comes from so many things, especially my coaches."

~Aaron Nelson

Nelson returned for his fourth Varsity wrestling season after winning runner-up for three years in a row and it looks to be a promising season. Nelson also helped lead Varsity football into the playoffs with a regular season record of 9-1. In which they later beat Elko in the first round of playoffs, advancing them into the second round against Faith Lutheran, losing by only

eight points. Later this year he will also return for his fourth season of Varsity baseball.

"Although we were unable to win state for football; I still believe we can win a team state championship in both baseball and wrestling this year.

I also hope to win my first individual state title in wrestling," said Aaron.

Nelson receives his motivation to accomplish these goals by his friends, his coaches, and his parents. His motivation to excel also comes from seeing others succeed. It really makes him crave success and helps him to work even harder.

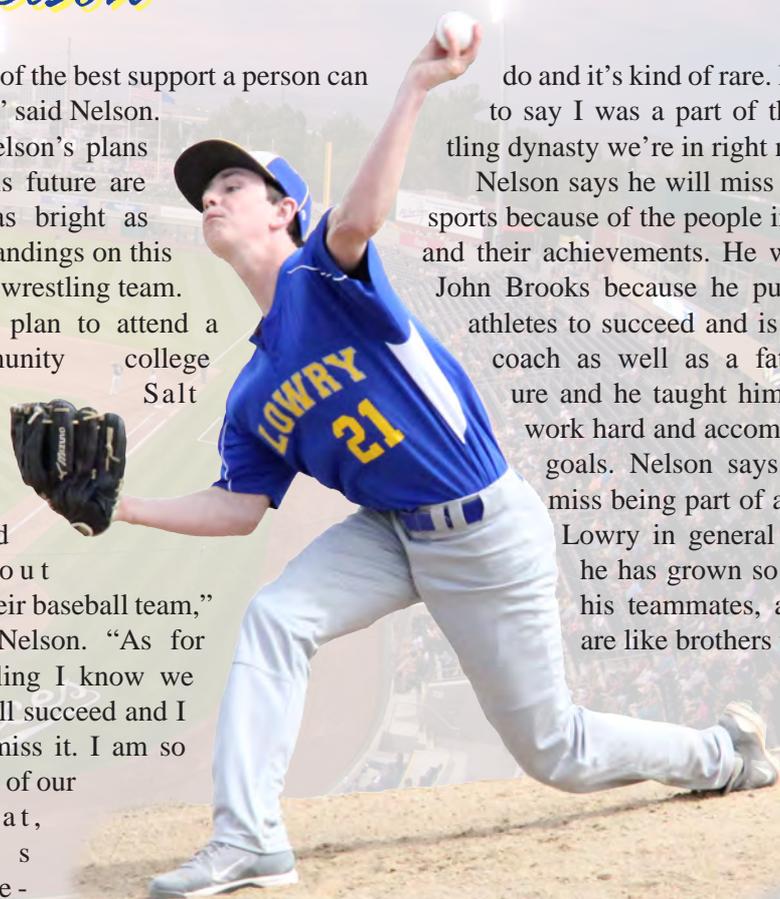
"My brother is one of my biggest role models as well as several of my friends. My motivation comes from so many things, especially my coaches. They want us to succeed just as much as we want to succeed and they are

some of the best support a person can have," said Nelson.

Nelson's plans for his future are just as bright as his standings on this years wrestling team.

"I plan to attend a community college in Salt

Lake and try-out for their baseball team," said Nelson. "As for wrestling I know we will all succeed and I will miss it. I am so proud of our 3-peat, it's something cool to



do and it's kind of rare. It's great to say I was a part of the wrestling dynasty we're in right now."

Nelson says he will miss all three sports because of the people involved, and their achievements. He will miss John Brooks because he pushes his athletes to succeed and is a great coach as well as a father figure and he taught him how to work hard and accomplish his goals. Nelson says he will miss being part of a team at Lowry in general because he has grown so close to his teammates, and they are like brothers to him.



Varsity boys win Rail City Classic

By KAREN ESPARZA

The Buckaroos started off their season late this November in a game against the Reno Huskies. The Bucks' roster is stacked with several experienced players and for the seniors this will their last season in a Buckaroo uniform. The team is very confident in ability to bring home the state championship.

December 12-14 the Buckaroos participated in a neutral tournament against several other schools. The Bucks began their games by facing off with the Carson Senators on Thursday. This game's scores were very close but the Bucks managed to win 57-

52. The Buckaroos continued the tournament in a game against McQueen's Lancers. The game again remained close throughout each quarter, but the Bucks' saw their early morning practices paid off as they won 58-54.

The tournament continued with the semi-finals on Friday where the Buckaroos played the Reed Raiders. The Buck's unity really proved to be a great strength as many amazing plays were seen.

"One of our strengths is we have been playing together since we were kids," said senior Nate Eldodt.

The Bucks played their way into the finals beating Reed 65-46. The final match came down to the Buckaroos and Damonte Ranch's Mustangs. Each team fought fiercely but won Bucks pulled out the win ending the game 57-52.

"A lot of the guys made a lot of good plays and we managed to take first place just like we expected," said Tytus Millikan.

The Buckaroos will continue their season in an away game against the South Tahoe Vikings on December 20.



The 2013 Rail City Classic Champions./Courtesy • Michelle Eldodt



Picture caption./Courtesy • Michelle Eldodt



Nate Eldodt on defense./Courtesy • Michelle Eldodt



Tytus Millikan goes by a defender./Courtesy • Michelle Eldodt

A FINE FAMILY RESTAURANT

LAS MARGARITAS

775.625.2262

47 East Winnemucca Blvd.
Winnemucca, Nevada 89445

MAGANA & SONS CONSTRUCTION

All Types of Concrete and Framing

OWNER EMILIO MAGANA
QUA MARIA MAGANA

Concrete	Building
Foundations Under System	Garages
Garage driveways	Pole Barns
Sidewalks	Porches
Patios	Decks
Retaining Walls	Remodeling
Basements	Siding Work
	Roofs
	Finishing Interior

NV Lic# 0071137
NV Lic# 0071529

Phone 775-625-1936
Cell 775-304-5122
Cell 775-304-7791

P.O. Box 1765
Winnemucca, NV 89445



Athlete of the Issue: Aaron Nelson

By TAYLOR LATRAY

Whether he's on the wrestling mats, the baseball fields, or even under the lights for football on a Friday night; Aaron Nelson proves himself a tremendous athlete in all aspects. Nelson, however, does not base his whole life around sports; in fact he has many other priorities.

"School is very important to me and when I'm not in sports I'm usually outdoors hunting or four wheeling and with my friends," said Nelson.

My motivation comes from so many things, especially my coaches."

~Aaron Nelson

Nelson returned for his fourth Varsity wrestling season after winning runner-up for three years in a row and it looks to be a promising season. Nelson also helped lead Varsity football into the playoffs with a regular season record of 9-1. In which they later beat Elko in the first round of playoffs, advancing them into the second round against Faith Lutheran, losing by only

eight points. Later this year he will also return for his fourth season of Varsity baseball.

"Although we were unable to win state for football; I still believe we can win a team state championship in both baseball and wrestling this year.

I also hope to win my first individual state title in wrestling," said Aaron.

Nelson receives his motivation to accomplish these goals by his friends, his coaches, and his parents. His motivation to excel also comes from seeing others succeed. It really makes him crave success and helps him to work even harder.

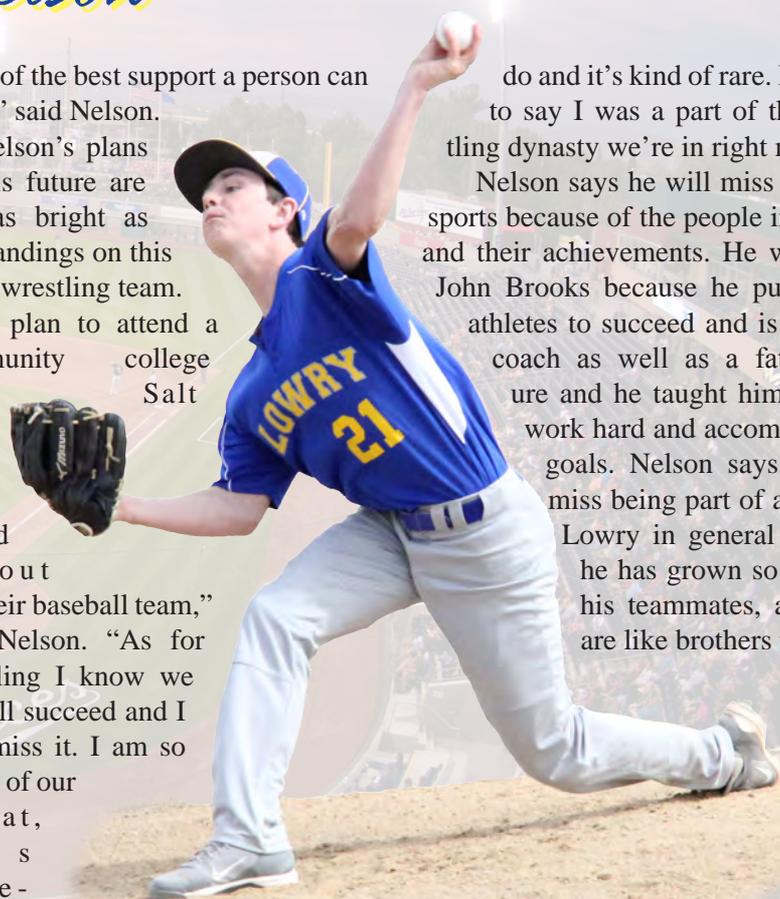
"My brother is one of my biggest role models as well as several of my friends. My motivation comes from so many things, especially my coaches. They want us to succeed just as much as we want to succeed and they are

some of the best support a person can have," said Nelson.

Nelson's plans for his future are just as bright as his standings on this years wrestling team.

"I plan to attend a community college in Salt

Lake and try-out for their baseball team," said Nelson. "As for wrestling I know we will all succeed and I will miss it. I am so proud of our 3-peat, it's something cool to



do and it's kind of rare. It's great to say I was a part of the wrestling dynasty we're in right now."

Nelson says he will miss all three sports because of the people involved, and their achievements. He will miss John Brooks because he pushes his athletes to succeed and is a great coach as well as a father figure and he taught him how to work hard and accomplish his goals. Nelson says he will miss being part of a team at Lowry in general because he has grown so close to his teammates, and they are like brothers to him.



Varsity boys win Rail City Classic

By KAREN ESPARZA

The Buckaroos started off their season late this November in a game against the Reno Huskies. The Bucks' roster is stacked with several experienced players and for the seniors this will their last season in a Buckaroo uniform. The team is very confident in ability to bring home the state championship.

December 12-14 the Buckaroos participated in a neutral tournament against several other schools. The Bucks began their games by facing off with the Carson Senators on Thursday. This game's scores were very close but the Bucks managed to win 57-

52. The Buckaroos continued the tournament in a game against McQueen's Lancers. The game again remained close throughout each quarter, but the Bucks' saw their early morning practices paid off as they won 58-54.

The tournament continued with the semi-finals on Friday where the Buckaroos played the Reed Raiders. The Buck's unity really proved to be a great strength as many amazing plays were seen.

"One of our strengths is we have been playing together since we were kids," said senior Nate Eldodt.

The Bucks played their way into the finals beating Reed 65-46. The final match came down to the Buckaroos and Damonte Ranch's Mustangs. Each team fought fiercely but won Bucks pulled out the win ending the game 57-52.

"A lot of the guys made a lot of good plays and we managed to take first place just like we expected," said Tytus Millikan.

The Buckaroos will continue their season in an away game against the South Tahoe Vikings on December 20.



The 2013 Rail City Classic Champions./Courtesy • Michelle Eldodt



Picture caption./Courtesy • Michelle Eldodt



Nate Eldodt on defense./Courtesy • Michelle Eldodt



Tytus Millikan goes by a defender./Courtesy • Michelle Eldodt

A FINE FAMILY RESTAURANT

LAS MARGARITAS

775.625.2262

47 East Winnemucca Blvd.
Winnemucca, Nevada 89445

MAGANA & SONS CONSTRUCTION

All Types of Concrete and Framing

OWNER EMILIO MAGANA
QUA MARIA MAGANA

Concrete	Building
Foundations Under System	Garages
Garage driveways	Pole Barns
Sidewalks	Porches
Patios	Decks
Retaining Walls	Remodeling
Basements	Siding Work
	Roofs
	Finishing Interior

NV Lic# 0071137
NV Lic# 0071529

Phone 775-625-1936
Cell 775-304-5122
Cell 775-304-7791

P.O. Box 1765
Winnemucca, NV 89445



The 2014 FIFA World Cup according to Joseba...Spain

By JOSEBA CRISWELL

With the World Cup quickly approaching in the summer of 2014, many interesting story lines are in play. FIFA recently released the group stages of the tournament and there will be many interesting matchups during the upcoming summer. I will go group by group and predict who I have advancing to the knockout stage.

One of the more interesting groups happens to be Group A with host country Brazil pitted against Croatia, Chile, Mexico, and Cameroon. Mexico barely qualified for the World Cup by beating New Zealand on aggregate in a playoff. I have Brazil and Croatia advancing to the knockout stage. Brazil is an early favorite to win it all, and Croatia has exceptional midfield play through the likes of Luka Modric. Mexico has too many internal problems that will lead to an early exit. Group B contains defending world champions Spain playing against the Netherlands, Chile, and Australia. For me this is the real "group of death". Spain's squad contains many Basque superstars such as Javi Martinez and Fernando Llorente who will contribute a lot to the defending champions. Spain's tremendous team play and tiki-taka style will easily lead them to the knockout stage. In what many would call an upset, I believe Chile will advance on the backs of Alexis Sanchez and Claudio Bravo. The fire power of Robin Van Persie will not be enough for the Netherlands.

Group C contains Colombia, Japan, the Ivory Coast, and Greece. Colombia is a shoe in to reach the next round with one of the best strikers in the world, Radamel Falcao. After that it is a toss up. I have Japan advancing on the fact they are more balanced in their style of play. In Group D we have England, Italy, Uruguay, and Costa Rica. Italy will surely advance with the help of one of my personal favorites, Mario Balotelli. Italy will be a dark horse, so don't count them out. In somewhat of a surprise, Uruguay will advance thanks to the tremendous attacking play through Luis Suarez, as long as he doesn't bite anybody. Many would pick England to advance, but I think the golden years of



Landon Donovan (10) gets past Hiram Mier of Mexico, setting up a score in a World Cup Qualifying match. / Kyle Robertson • Columbus Dispatch/MCT

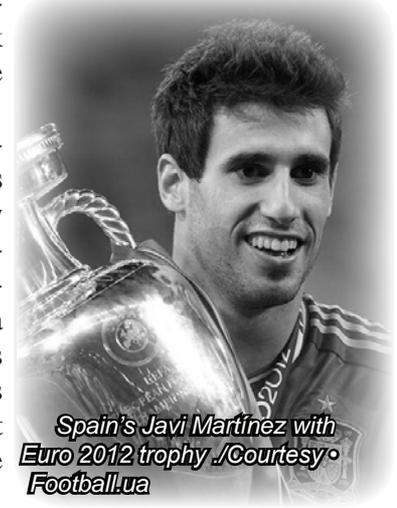
English football are long gone. England has too many problems in their back line and only one real leader on the team; Wayne Rooney.

Switzerland, Ecuador, France, and Honduras make up Group E. France is likely to advance through the play of Franck Ribery, who is currently nominated for the Balon D'Or which is given to the best player in the world. I think Ecuador will advance because Switzerland and Honduras just don't have enough power up front to advance. Iran, Argentina, Bosnia, and Nigeria are Group F. As long as Lionel Messi, the best player in the world, is healthy. Argentina will have no problem advancing. Messi is coming off a hamstring injury and it is not known when he will be back to full health.

Nigeria will be the other team to come out of Group F due to the fact that both Bosnia and Iran are very cocky, with few quality results to back it up.

The group everyone seems to be talking about is G. The United States faces Germany, Portugal, and Ghana. I think Germany will make it to the finals; they seem to have it all. Their midfield is stacked with Bastian Schweinsteiger, and Mesut Ozil. Their defense is backed by the best goalkeeper in the world at the moment, Manuel Neuer. I also believe that Ghana will pull the upset over Portugal and the USA to make it to the next round. Portugal is a great team, but they rely too heavily on Cristiano Ronaldo. Their reliance on Ronaldo will hurt them in the end. The final group has Belgium, Russia, South Korea, and Algeria. Russia will advance primarily to the physicality of their play as well as the loyalty of their fans. I believe Belgium will be the final team to sneak through to the knockout round.

My prediction for the final is Spain and Germany with Spain defending their championship 2-1 in extra time. Hopefully this World Cup supplies us with the thrills it has shown us in the past.



Spain's Javi Martínez with Euro 2012 trophy. / Courtesy • Football.ua

Mountain Berry
yogurt café

Experience The Sensation!

Self-Serve Frozen Yogurt
Smoothies
Shakes
Pastries

Open Daily 11:00am - 9:00pm
Raley's Shopping Plaza

Upcoming Sports Schedule

<http://www.nnvd1a.org/>

Activity	Time	Opponent	Location
Friday, December 20, 2013			
Wrestling: Varsity	9:00 am	Reno	TBA
Basketball: Girls Frosh	3:00 pm	South Tahoe	Lowry High
Basketball: Girls JV	3:00 pm	South Tahoe	South Tahoe High
Basketball: Boys Frosh	4:30 pm	South Tahoe	Lowry High
Basketball: Boys JV	4:30 pm	South Tahoe	South Tahoe High
Basketball: Girls Varsity	6:00 pm	South Tahoe	South Tahoe High
Basketball: Boys Varsity	7:30 pm	South Tahoe	South Tahoe High
Saturday, December 21, 2013			
Wrestling: Varsity	9:00 am	Reno	TBA
Wrestling: JV	9:00 am	Pershing Cnty.	Pershing Cnty. High
Basketball: Girls Frosh	11:00 am	Dayton	Lowry High
Basketball: Girls JV	11:00 am	Dayton	Dayton High
Basketball: Boys Frosh	12:30 pm	Dayton	Lowry High
Basketball: Boys JV	12:30 pm	Dayton	Dayton High
Basketball: Girls Varsity	2:00 pm	Dayton	Dayton High
Basketball: Boys Varsity	3:30 pm	Dayton	Dayton High
Thursday, December 26, 2013			
Basketball: Girls Varsity	TBD	McQueen	McQueen High
Basketball: Boys JV	7:00 pm	Dayton	North Valleys High
Friday, December 27, 2013			
Basketball: Girls Varsity	TBD	McQueen	McQueen High
Basketball: Boys JV	TBD	North Valleys	North Valleys High
Wrestling: Varsity	9:00 am	Reno	TBA
Saturday, December 28, 2013			
Basketball: Girls Varsity	TBD	McQueen	McQueen High
Basketball: Boys JV	TBD	North Valleys	North Valleys High
Wrestling: Varsity	9:00 am	Reno	TBA
Tuesday, December 31, 2013			
Basketball: Girls JV	11:00 am	Pershing Cnty.	Pershing Cnty. High
Basketball: Girls Varsity	12:30 pm	Pershing Cnty.	Pershing Cnty. High
Thursday, January 02, 2014			
Basketball: Girls Frosh	3:00 pm	Sparks	Sparks High
Basketball: Boys Frosh	4:30 pm	Sparks	Sparks High
Friday, January 03, 2014			
Wrestling: Varsity	9:00 am	TBA	TBA
Basketball: Girls JV	12:30 pm	Sparks	Lowry High
Wrestling: JV	1:00 pm	Sparks	Sparks High



Lady Bucks lose at home against Damonte Ranch

BY JOLYN GARCIA

Last Saturday, the varsity girls' basketball team played against the Damonte Ranch Mustangs which ended in a close game.

The girls had previously played against the Mustangs and knew what they needed to prepare for. Before the game, head coach Chelsea Cabatbat, commented on what the girls were focusing their practices on.

"We are working on our passing," said Cabatbat.

The Lady Bucks had solid passing throughout the game, but still tallied 20 turnovers in the game. These miscues helped Damonte jump to an early lead. At the half, the Mustangs were up 23-19.

The Lady Buckaroos started the third quarter strong and quickly cut the lead to two points. Junior Meg Montero believes the Lady Bucks played a great

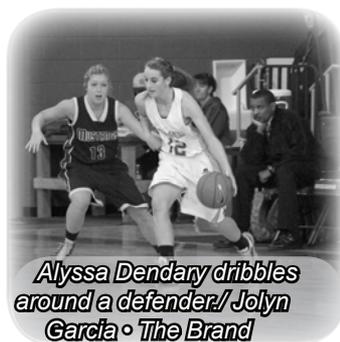
game overall.

"I thought we played a good game and we worked really hard through the third quarter. We kind of just fell apart towards the fourth quarter," commented Montero.

At the end of three quarters the Bucks had cut the



Kylie McClellan puts up a shot/ Jolyn Garcia • The Brand



Alyssa Dendary dribbles around a defender/ Jolyn Garcia • The Brand

lead to three points.

With 2:43 left in the game, the Lady Bucks used their third timeout to focus on their game plan. The girls were behind by ten points and were instructed by their coach to make smarter passes.

"I think we just panicked [in the fourth quarter] because we were neck and neck with Damonte. We had a few turnovers and from there we kind of lost it," added Montero.

After a hard-fought game, the Lady Bucks fell to the Mustangs 47-32.

The varsity girls next game will be on December 20 at South Tahoe.



Shelby McKinnon dribbles as Alyssa Jones (4) sets a pick/ Jolyn Garcia • The Brand



Know your bowls with Cabatbat and Lucas

BY JUSTIN ALBRIGHT

As Christmas approaches, not only does it mean that there's the wonderful joy of Christmas presents and all the cheer Christmas brings, but it's also the time of the year when 70 college football teams fight to end their season with a win. As usual, we picked the minds of two football geniuses in Mr. Tyrell Lucas and Mr. Taua Cabatbat to see who they were picking.

"You go with my bets, cha-ching, cha-ching!" said a confident Cabatbat.

Sheraton Hawaii Bowl: Boise State vs. Oregon State:

Cabatbat: "Boise State over Oregon State even though the coach is leaving. I can't go for Oregon State, just on principle." Lucas: "Oregon State. Boise State just is not very good and people need to start accepting the fact that they're not as good as they think they are."

Poinsettia Bowl: Utah State vs. (23) Northern Illinois:

Cabatbat: "Northern Illinois over Utah State. They had a letdown against Bowling Green, but they'll bounce back."

Lucas: "Utah State beats Northern Illinois because Northern Illinois is not as good as they think they are. They do have a very good quarterback, but they don't play very many tough teams."

Fight Hunger Bowl: BYU vs. Washington:

Cabatbat: "BYU over Washington because of the coaching change. I don't think Washington will be organized or ready for their last bowl game."

Lucas: "BYU just because of Washington losing their coach."



Ohio State running back Carlos Hyde is stopped by Michigan./ Jonathan Quilter • Columbus Dispatch/MCT

New Era Pinstripe Bowl: Rutgers vs. Notre Dame

Cabatbat: "Rutgers over Notre Dame. Again, I never go for Notre Dame just on that principle."

Russell Athletic Bowl: Miami vs. (18) Louisville
Cabatbat: "Louisville over Miami. Just 'cause their quarterback is legit. Bridgewater is legit."

Lucas: "Miami, Miami is going to win because they are far more athletic. Louisville doesn't even belong on the same field as Miami. The Hurricanes are going to bring the pain."

Valero Alamo Bowl: (10) Oregon vs. Texas

Cabatbat: "Texas over Oregon. Oregon's losin' it. Mentally and physically. Those Oregon teams gettin' weak."

Lucas: "Oregon. Texas is not going to win because Oregon is too fast, and Texas gets more credit than they deserve."

Chick-fil-a Bowl: (24) Duke vs. (21) Texas A&M

Cabatbat: "Texas A&M over Duke, Johnny Football. Come on now, come on now!"

Lucas: "Texas A&M. They're just going to out-power Duke. Duke doesn't belong on the same field as A&M."

Gator Bowl: Nebraska vs. (22) Georgia

Cabatbat: "Georgia is going to pull it off. Nebraska doesn't got their quarterback, so I'm going to go Georgia. Nebraska is falling off the hinges."

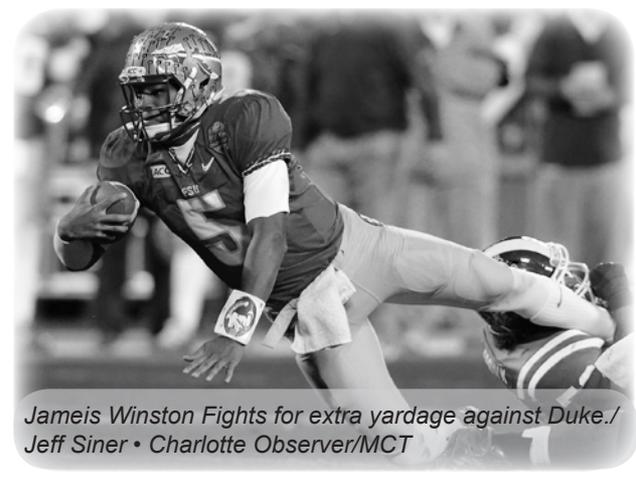
Lucas: "Nebraska because the blackshirt defense will make its first appearance of the year."

Heart of Dallas Bowl: UNLV vs. North Texas

Cabatbat: "Who the hell is North Texas? Neither, they're both scrubs. That's gonna be the toilet bowl."

Lucas: "UNLV."
Rose Bowl: (4) Stanford vs. (5) Michigan State

Cabatbat: "This is gonna be a good one. Two good defensive



Jameis Winston fights for extra yardage against Duke./ Jeff Siner • Charlotte Observer/MCT

teams, I think Stanford pulls it off."

Lucas: "Michigan State is playing with a chip on their shoulder, I think they beat Stanford."

AT&T Cotton Bowl: (13) Oklahoma State vs. (8) Missouri

Cabatbat: "Missouri over Oklahoma State. Oklahoma States secondary can't keep up with Missouri's passing attack."

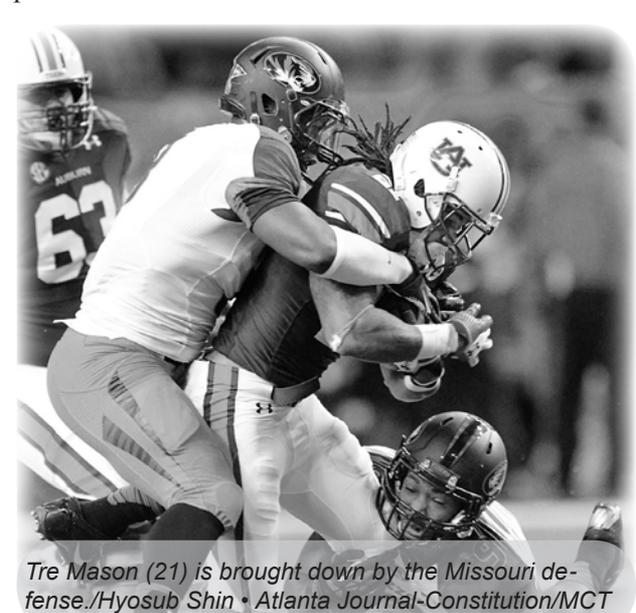
Lucas: "This is going to be a really good game. I'm going Missouri, Oklahoma State's defense isn't fast enough to keep up with Missouri."

BCS National Championship: (1) Florida State vs. (2) Auburn

Cabatbat: "Even though Auburn is on a roll right now, I'd have to take Florida State. I think they got what it takes to score points in their passing game, and do a little better job running the ball than Missouri did. Even though Auburn's run game will give them fits, Florida State has enough athletes defensively to shut them down. Close one, I say by seven."

Lucas: "Florida State is going to beat Auburn. They could have beaten anybody this year. It's going to be a good game."

As always, make sure to watch these games just to see how close Lowry's two experts were on their predictions.



Tre Mason (21) is brought down by the Missouri defense./ Hyosub Shin • Atlanta Journal-Constitution/MCT

485 W. Winnemucca Blvd.
Winnemucca, NV 89445
775.625.1582



The Stanford defense stuffs the Notre Dame running back. John Green • Bay Area News Group/MCT



Jessie's Journal

By JESSIE SCHIRRICK

All cheeseburgers are hamburgers, but not all hamburgers are cheeseburgers.

My body is a happy body and all my different body parts and me are really good friends, except for my joints like my knees and elbows because they can't ever just cut back and hang loose. When I get tired my brain and my heart turn blue and sad and start crying and puking all over the place.

I'm almost like a boy trapped in a girl's body because I don't really like wearing yoga pants and drinking Starbucks that much or wearing fancy jeans with diamonds that poke my bottom when I sit down. I've never really enjoyed pretending to be friends with people I don't actually like either. There's a level-headed

boy trapped in my psyche being smothered by obnoxious trends and stereotypes.

If you don't like someone, analyze how much you have in common with them. You may find that they are very similar in character to yourself. If you don't like someone who is like yourself are you a hypocrite? Or is your heart full of self-loathing? Or perhaps you find malice for those who are completely unlike you; you probably don't know them or how they've come to be the way they are. If you don't like people who are nothing like you then you need to ask yourself, "How can you understand them enough to make such harsh judgment?" You need to learn to recognize the reasons why you don't accept people. It is crucial to under-

stand the demons within yourself. How you view the world is the window to how you view yourself.

Hey Jessie, you would probably be a lot taller if you would stand up straight. I don't know Jessie, seems like a lot of work.

Do you ever play mind tricks on yourself? It's a fun activity to pretend there's lasers coming out of your feet and they're shooting everything you walk towards.

What if "The Hunger Games" series is really a glimpse into the future of America and Suzanna Collins is in cahoots with the government and they are working together to show Americans their inevitable fate? It seems too crazy to believe but that is what they want you to think.



Heard in the Halls

By DANI RICKER

Guess What!?

What!?

Yeah, no, I'm not going to say 'chicken butt' as many of you probably suspected. Do you want to know why? Because I'm a junior in high school and the joke was funny in the fifth grade.

That's right people, I'm back to write all about the random conversations I accidentally come across while walking through the halls of Lowry High School. So kick back and enjoy the read.

Let's start off with one of the coolest things I heard; "Did you know you can buy alien abduction insurance?"

Okay guys, I think this is something we all need to invest in. Like seriously, go out and buy your alien abduction insurance. Because better safe than sorry.

"Dudes, for Christmas I just really, really, really, want a pet tiger."

No, you don't. You just think you do. Besides, it would probably eat your face off. Then you would be faceless. And really, who wants that?

"Dani, look at the wallpaper on

my phone. It's a sandwich I made. It was just so good, it had all my favorite things on it."

Okay, I know this is supposed to stay anonymous, but I have to give a shout out to Nick Carver, because that's pretty far out man. Like, epic winsauce status.

How many people wish their pets could talk to them? I think that would be pretty sweet. Well, one girl insist-



ed, "my dog and I had a conversation last night. We talked about how weird grass is. Who knew a dog could be so psychological!"

First off, I'm pretty sure psychological isn't the word you're looking for. And second, that's pretty awesome. I mean, you're right, grass is really weird. I wish my dog was as

cool as yours. That is, if I had a dog..

So I came across a group of freshman boys exchanging cheesy pick-up lines. They were obviously practicing for the ladies, right?

"Are you an angle? 'Cause you're looking right!"

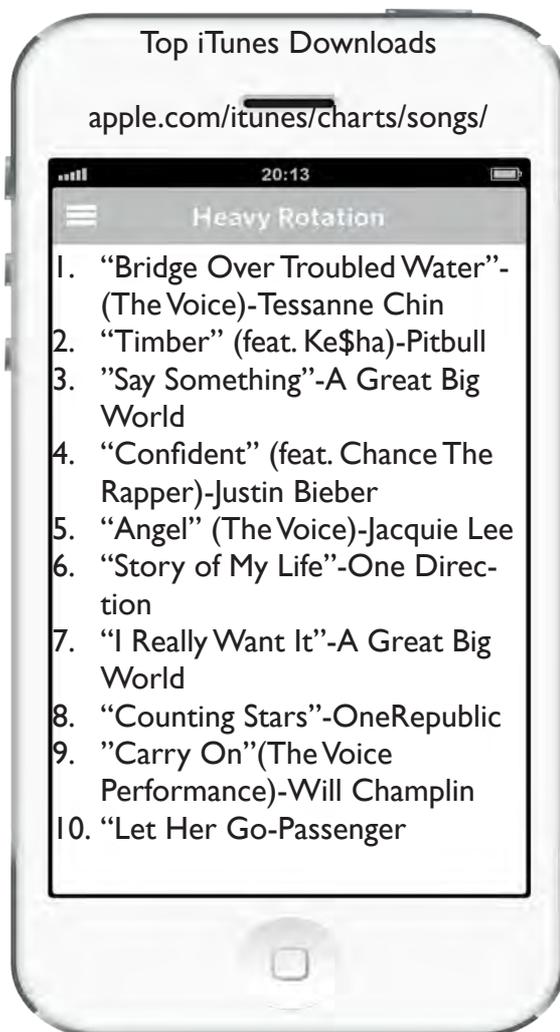
"Are you religious? 'Cause you're the answer to my prayers."

"Now I'm not a photographer, but I can picture you and I together."

Okay, how do you guys not have girlfriends?

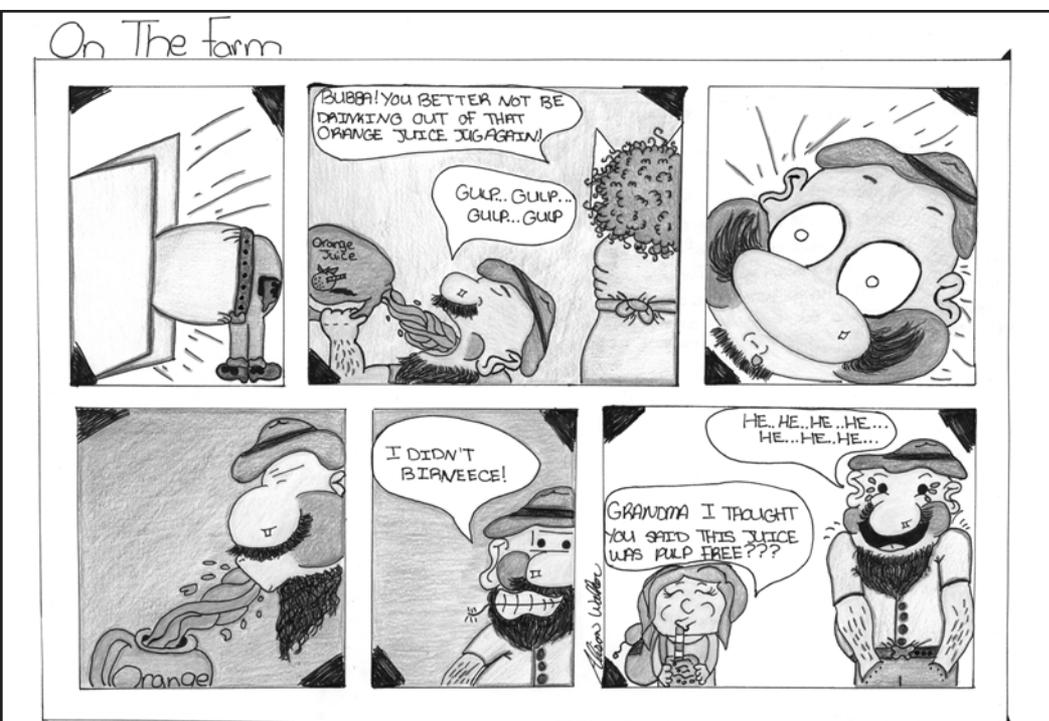
If you walk down the hallway with your music playing loudly for all to hear, I probably dislike you. If I wanted to listen to music, I would pull my phone out and plug my headphones in. Trust me, you'll be able to hear your music better if it's in your ear, and you won't get any dirty looks walking down the halls.

Well guys, thanks for reading again. I hope you enjoyed yourself. Be sure to check in the next time, and please, keep talking. Because when you talk people laugh, and not in a bad way. You never know when talking about alien abductions is going to make someone's day.



Student Comic: 'On the Farm'

By Alison Walker



Picture of the Issue

By Taylor LaTray

The staff of "The Brand" has also provides different vibes with put their heads together to the head shot appearing diagonal. decide on a photo of the is- Overall, it's just a great selfie.

The photo is one found on a site such as Facebook, Twitter, or Instagram. If one thinks their photo is worthy; there will be a vote between the reporters and editors for "The Brand".

Winning this issue is Harley Baker. Baker provides a black and white photo where he appears to be contemplating. The picture





WINNERS INN • CASINO



The Winners Inn and Pete's Gambling Hall are proud to support the Lowry students, athletics, and faculty.

**Show your current ID for a
20% DISCOUNT*
in Pete's Kitchen or the Star Broiler Steakhouse.**



Open 24x7 ✓
 New Dessert Menu ✓
Hefty 1/2-lb. Burgers!

Menus available at WinnersInn.com



Casual Fine Dining
 Nightly Dessert
 Specials!
 Open
 Thurs. - Sat.

Plus special occasions
 (like Prom and Mother's Day)


**Star
BROILER
STEAK HOUSE**

* Not for use with any other special or promotion.
Max two meals per ticket.



Star Broiler Reservations
Leave Message
+1-775-623-5674



Best movies to watch this Holiday Season

By WESTON IRONS

With Christmas rapidly approaching us, there are a multitude of different holiday movies on television daily. During ABC's "25 Days of Christmas," you can catch a different movie every night. Here is my must watch list during the holiday season.

To start off this list we have a movie that has been one highest-grossing comedies of all time, "Home Alone" (1990). In this holiday classic Kevin McCallister (Macaulay Culkin) is left behind by his entire family, who take a trip to Paris for Christmas. Kevin must protect himself as well as his house as it is intruded

upon by the burglars played by Daniel Stern and Joe Pesci. All the while, Kevin's parents are rushing to return home and reunite with their son.

Following "Home Alone", we have a computer-animated fantasy film based off of a popular children's book, "The Polar Express". In this film, a young boy who is having trouble believing in the magic of Christmas is on a journey on a train to the North Pole, along with many other children, in order to restore his Christmas spirit. Starring Tom Hanks, this is a seasonal film for the ages.

Next on the list is another comedy,

starring Will Ferrell and Zoey Deschanel. This movie is none other than "Elf". In this film, Buddy, who was raised by Elves in the North Pole, journeys to New York to meet his birth dad. On Christmas Eve, Santa Claus (Ed Asner) runs into a big problem, and it is up to Buddy to save Christmas. There's no way you can miss this movie (mostly because they are several showings of it daily).

Last but certainly not least, is "A Charlie Brown Christmas". This short animation is based upon a comic strip "Peanuts" by Charles M. Schulz. Air-

ing since 1965, Charlie and his friends show the true meaning of Christmas. Watching this special, never gets old.

I won't be missing any of these during the Holidays, neither should you.



Buddy the Elf / Courtesy • warnerbros.com



Tanner Talks

By TANNER LECUMBERRY & TANNER AMES

Again, for the purpose of differentia, Tanner Ames will be recognized as Derek.

Derek: Christmas is in the air. Time for cheers, carols, snow, and more. What do you think the true meaning of Christmas is Tanner?

Tanner: Well, there's really nothing like the crisp breath of fresh air on a bright winter morning, or the soft wonder of a pumpkin pie. Still though, the best part of any Christmas is by far the moment of overwhelming peace with the rest of your family. Or it could be white-washing your little cousin. Either or, really.

Derek: I always thought Santa was a cool fellow, even if he isn't real. I'm not saying he isn't (for all of you believers). A jolly old man who eats cookies and gives presents to kids all around; what a good guy. What do you think about Old St. Nicholas?

Tanner: I always thought he was neat guy, but in desperate need of some physical activity. We may have to add some reindeer if it gets worse.

Derek: Summer, fall, winter, and spring. I like just about all the seasons. My favorite season is spring. How's about you Tanner?

Tanner: I like winter. Snow, and the crisp fog of early November mornings are calming to me.

Derek: Sorry to change the subject, but I have recently witnessed a hilarious show. Have you ever seen "Impractical Jokers"? What if we did something like that? I think it would be awesome.

Tanner: I think people are too sensitive for that kind of stuff. A few thumbtacks and a bucket of tar later and we'd be suspended forever.

Derek: Did you know that banging your head against the wall uses 150 calories an hour, so if you want to lose weight, just try doing your homework.

Tanner: Welcome to Calculus, my friend.

Derek: If you're tossing a coin in the air, guess tails more than heads. The head side weighs more, so the coin will be more likely to land on the head.

Tanner: Huh, I guess tails really never fails.

Derek: Tongues are used for many things; talking, is the main thing. However, did you know that the tongue, in proportion to its size is the strongest muscle in your body? Another fact is that each persons tongue has a unique print.

Tanner: I did know that. That's why I never steal anyone's food that I would have to eat with a fork. Go for ice cream; it's the perfect crime.

Derek: Tanner?

Tanner: Yes sir?

Derek: What made Rudolph's nose so red? Norwegian scientists believe it was a parasitic infection. What's your opinion?

Tanner: He obviously snorted a lightning bug, which fed off the pollen Rudolph breathed in. Someday it'll grow too large, I'm afraid...

Derek: I wish someone gave me presents for twelve days. The total amount of presents given in that song totals 364 presents.

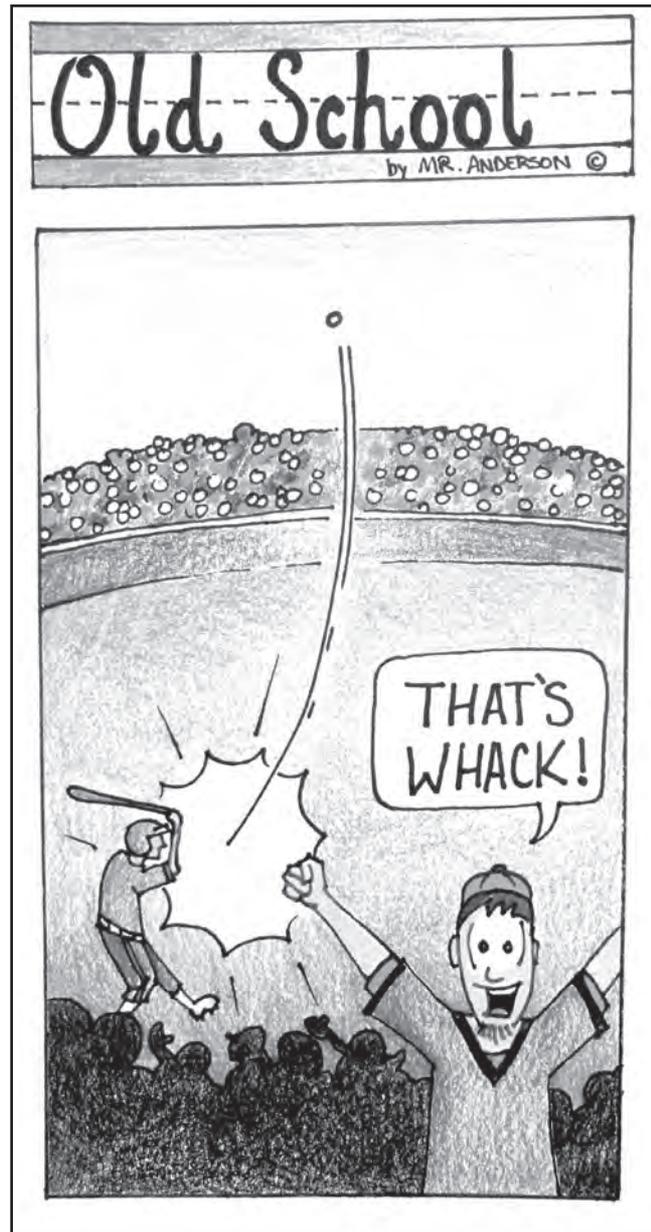
Tanner: I just think it's impressive that you know that song that well. I get lost somewhere between a peach tree and a golden ring every time.

Derek: Do you have anything else to say?

Tanner: No, not really.

Derek: I believe it's time for us to go, so every one have a good life until next time.

Tanner: Goodbye!



750 Grass Valley • Road Suite A 623-2625

Mon-Fri: 4:00 am-6:30 pm
Saturday: 5:00 am-1:00 pm
Sunday: 5:00 am-1:00 pm

-One Sip & You'll Flip!

— STUDEBAKERS —

Uptown Market

1200 S. Bridge Street
Winnemucca, Nevada 89445

(775) 623-2405

FAX: (775) 623-0658

JIM (HOBY) STUDEBAKER
Owner



Macklemore: Rattling the shark tank

By KAREN ESPARZA

Today thousands of people classify rap as their favorite genre of music. Rap music receives a lot of criticism because it degrades women, promotes drug and alcohol abuse, and glorifies money and excess. But even with this negative vibe around rap music and its creators, there is always a chance to discover something worthwhile.

Ben Haggerty, better known on stage as Macklemore, has independently released one mix tape, three EPs and two albums since 2000. His most recent album "The Heist" has

sold over 1,042,000 copies in the United States without any mainstream promotion or support. Along with Ryan Lewis, his producer, Macklemore is very unorthodox and has managed to break past the stereotypical rapper persona, writing raps that don't glorify sex, drugs, and money. Each of his raps contains a message, "Same Love" is about tolerance and acceptance of the gay community, "Thrift Shop" and "Wings" speak out against consumerism, "Make the Money" warns against getting caught up in fame and success, "Other side" presents drugs in a dif-

ferent light that most teens don't think about, and "And We Danced" and "Can't Hold Us" are about living life to the fullest.

It is difficult to find music that isn't massively overproduced or artists that actually care about the craft and aren't just in it for the fame. Macklemore is an incredible performer, losing himself in his music and taking his audience right along with him. Having just attended his concert in Salt Lake City I can honestly say Macklemore is unique among all the musicians of today and his passion for the art is palpable.



Michael Wansley, left, and Macklemore, right, at the Nokia Theater in Los Angeles during the 56th annual Grammy Awards Nominations concert on Friday, Dec. 6, 2013./Rob Gauthier • Los Angeles Times/MCT



Something to celebrate for all during the holidays

By AIMEE BRANDON

What do you celebrate when the holidays come around the corner? There's the largely celebrated Christmas, but there are so many other celebrations out there. Christmas is a day meant to be for giving, but in today's society, it has become a day of receiving. Christmas comes with decorated trees, lights, Christmas Eve, and a Christmas day feast.

Hanukah is a Jewish celebration of lights that lasts eight days. Those celebrating light candles each night, sing special songs, eat foods fried in oil, play dreidel, and give gifts of Hanukah gelt. Hanukah gelt is money given to children each day of Hanukah. A

dreidel is a spinning top used in a sort of gambling game.

Another celebration is Kwanzaa, which begins December 26 and ends January 1. It celebrates family, community and culture in honor of



This Menorah features a spinning dreidel in the middle./Ross Hailey • Fort Worth Star-Telegram/MCT

African-Americans. People decorate their homes with bright fabrics and fruit. Throughout the week, every night people spend their time drumming and singing musical selections, libations, and a reading of the African Pledge.

New Years is also a common winter celebration. In the U.S. the New Year is celebrated by staying up until midnight on New Year's Eve. Before midnight there is a tradition of counting down then right at midnight people have a

toast to a new year with sparkling cider for those under 21.

No matter what you're celebrating, be smart and don't drink and drive. Aka don't break the law; if you keep it legal you'll be good this holiday season.



Winter horoscopes

By RYLEE MATHIS

Aries 3/21- 4/19 There are positive changes coming your way, Aries. Start tying your shoes and you'll stop tripping in the hallways.

Taurus 4/20- 5/20 Time to be responsible. Get a job you lazy bum, and stop making your parents buy Taco Bell for you.

Gemini 5/21-6/20 It's a stress free Christmas for you, Gemini. So take a little time to chill out with some hot cocoa and a snickerdoodle because you've got it all figured out this holiday season.

Cancer 6/21- 7/22 It's going to be a moody Christmas this year. Be sure to step back and look at the big picture before you decide to go all King Kong on your friends and family.

Leo 7/23- 8/22 It's about to get real, Leo. You're going to be faced with an important decision this winter; more important than which kind of cheese to put on your Subway sandwich.

Virgo 8/23- 9/22 Inspiration is on the way. Use it to paint a picture or write a poem. Who knows, you could become the next van Gogh. Aside from the whole ear fiasco, of course.

Libra 9/23- 10/22 A lot of people are depending on you this season but don't spread yourself too thin. Nobody likes dry toast, Libra. Commit to what you can and let the unimportant stuff go.

Scorpio 10/23- 11/21 Staying positive is crucial this season. That flashy smile and upbeat attitude of yours could get you a prom date.

Sagittarius 11/22- 12/21 You may be feeling like something bad is going to happen. That's probably because it is. But don't worry; you'll make it through alive. Probably.

Capricorn 12/22- 1/19 What goes around comes around, Capricorn. *Cue Justin Timberlake song* Do good deeds this season and you'll have good karma. You're welcome.

Aquarius 1/20- 2/18 Looking for love in high school is silly. Focus your attention on important things like school and your favorite TV show.

Pisces 2/19- 3/20 Well sit you down at a piano and call you Alicia Keys because you've got a pocket full of sunshine this winter, Pisces. Don't let anyone take your sunshine.

Lowry Then and Now

By Tanner Ames



Courtesy • Humboldt County Library



Ron Espinola • The Brand

ABOVE: The 1927 Humboldt High basketball team poses outside the current day Winnemucca Junior High. BELOW: The 2013-2014 Lowry High School basketball team.

CLUB FIT

P.R.I.D.E. MMA and Boxing Facility housed in the same building offering boxing, Brazilian Jiu-Jitsu, and Muay-Thai kickboxing

Rates vary depending on package options. Call Stacey for more info. 304-2136

Student membership \$25 a month

775-625-2020
591 Anderson St
Winnemucca NV 89445

Rehab Services
of Nevada

Physical Therapy • Occupational Therapy • Speech Therapy

- Orthopedic & Sports Rehab
- Neurologic & Pediatric Rehab
- Work Injury Rehab
- Functional Capacity Evaluations

625-2222
325 Hanson St. Winnemucca

DEMARAH BACKUS GRAY, PT, MSPT • MICHAEL J. SNOW, PT, DPT
CHAD J. BACKUS, PT, DPT • KAREN M. PALMER, OTR/L



LOWRY CODE

By DANI RICKER, KAREN ESPARZA, RYLEE MATHIS

Hey there Lowry, this issue we're talking teachers. We've all got favorites and we're telling you ours. Popping its way to our second topic is gum. And get ready for some Jingle Bell Rock talk because it's that time of year again and we're discussing Christmas music, so sit down and get ready for a lesson ladies and gents, 'cause this is Lowry Code.

#1: Corak vs. Storm, Cabatbat vs. Billingsley, Setzer vs. Hill

Dani: Corak vs. Storm? Well, I've never had Storm, plus Corak wears cool shoes. So definitely Corak. Cabatbat vs. Billingsley? Cabatbat does what he wants, when he wants. He's just boss like that. But I think I'm going to have to go with Billingsley, just because he's not Batbat. Setzer vs. Hill? Well, considering the fact that I've never had Hill as a teacher and that Setzer is like, the coolest teacher in the game this is a simple choice. Definitely Setzer. But don't get me wrong, I've talked to Hill outside of class and she pretty cool.

Rylee: Corak's a pretty cool cat, Cabatbat horrifies me, and I don't know the other four.

Karen: Corak is the only teacher that explains math so it doesn't require a translation or late-night hair pulling; also I'm his favorite so I pick him, no offense Mr. Storm. No opinion on the next two because I don't know them well enough and they could beat me up if they wanted to. Setzer is probably the most insightful person I've met and he's an amazing teacher, even though most of his essay topics made me want to curl up in the

fetal position and mutter to myself in the corner As for Mrs. Hill she's the bomb diggity, enough said.

#2: Gum

Karen: First and foremost, don't ask people for gum; if they wanted to give you some they would have offered. Bottom line, it's their gum, they spent their hard earned money on it, respect that and walk away. Secondly, a true friend never reveals where they got the gum from, if you do, I expect a brand new package



from you, preferably Spearmint. Finally keep it in your mouth, no bubbles, and absolutely no loud chewing.

Dani: I happen to love chewing gum. I see no problem with it. I'm a master at making that click noise, too. It sounds like bubble wrap, and I love that. Sorry, not sorry if that bugs you. However, I don't want to see you pulling on your gum or see it hanging out of your mouth. That's gross. It's supposed to stay in your mouth, so keep it there. Please and thank you.

Rylee: If you got it, chew it. Next subject.

#3: Christmas Music

Dani: I don't mind Christmas music, but it is really not necessary a month before Christmas. I wouldn't mind whatsoever if it started playing in like, December and stopped playing within a week after Christmas. But if it's playing before Thanksgiving, I'm not going to be in a very jolly mood. I understand that you're trying to get into the Christmas spirit and all, but I don't want to hear you singing "Frosty the Snowman" a month before Christmas.

Rylee: It's like they just skip right over Thanksgiving and go straight from Halloween to Christmas. I don't like "Jingle All The Way" as it is, I don't want to hear that stuff the day after Halloween. Lowry Code.

Karen: Just like musicians have opening acts to get the crowd pumped up, early Christmas songs are meant to get the masses excited about the upcoming holiday. I for one love Christmas music and occasionally listen to my favorites as early as October. I'm that really obnoxious, reindeer sweater-wearing, gingerbread-baking, Christmas carol-singing lunatic. Without the radio stations blasting constant holiday tunes it just doesn't feel like Christmas time. "We need a little Christmas" in order to have a "Feliz Navidad", a little "Jingle Bells" and chestnuts roasting on an open fire are necessary, otherwise we'll turn out like Elvis, with his depressing "Blue Christmas".

Well, that's it for Lowry Code. Tune in next issue to read some more of the unspoken rules of the school.

LOWRY VOICES

What is the worst Christmas gift you have given or received?

By MELANIE RYNEARSON



"The worst gift I have ever received is a pack of underwear from my grandma."

Aushia Townsend



"The worst gift I have ever received is socks."

Kyle Lovell



"The worst gift I have ever received was a book."

Jordan Retchless



"The worst gift I have ever given would have to be socks. I have never really received any bad gifts."

Ariel Milton

ENJOY THE GREENER SIDE OF LIFE



By Karen Esparza

With the various social media that effectively drain teenagers' free time, many forget that other reading matter exists besides their riveting Twitter feed. Several students consider reading a punishment and not an activity they could possibly ever do for fun. I recently discovered an author whose novels have affected the way I view and live my life. John Green is an American writer, YouTube blogger, and educator, whose debut novel "Looking for Alaska"

won the 2006 Printz Prize and whose most recent novel, "The Fault in our Stars", sold 150,000 copies before it was even available in stores.

In each of his novels Green captures the reader with the first sentences and doesn't release them until the very last word is read. Memorable characters come



John Green speaking at VidCon in 2012. Courtesy of John Smith-wikipedia.org

to life with witty dialogue and the reader's emotions are put through the wringer as plot twists take the stories somewhere completely unimaginable. I won't even get into the emotional breakdowns I experienced after finishing "The Fault in our Stars" and "Looking for Alaska".

Reading can be done for enjoyment and Green writes novels that can be enjoyed by all ages, just ask Mr. Setzer or Mrs. Hill if you don't trust my recommendation.

John Green is an incredibly, gifted author whose books demand to be read. If you find yourself with nothing to do, pick up a John Green novel and have yourself a reading marathon. Once you start the novel you can't put it down and more importantly you won't want to.

DAVE SCHIRRIK

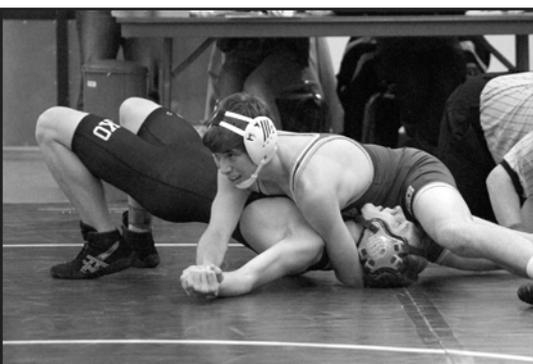
REPAIR AND WELDING
WINNEMUCCA, NV
775-623-4353
CELL# 775-219-3704

INJURY from page 2

Getting hurt is part of participating in a sport. Bumps, bruises, and cuts come with playing almost every sport. But there is a difference between being hurt and being injured.

Perhaps, the most devastating injury that has ever taken place at Lowry, almost resulted in death. Eric Brooks was just running a regular passing route in practice last year, when he made a diving attempt at a ball, leaving his kidney area vulnerable. Once he was hit, he immediately knew something was wrong.

“Right when I hit the ground I was in the worst pain I could ever imagine. I just knew that no human should ever feel that pain and that something was seriously wrong,” commented Brooks.



Eric Brooks is close to a pin./Courtesy • Tim Grady

Brooks' kidney had burst open on that play, and to this day he is still faced with challenges from that freak accident. Despite the injury, Brooks says that he wouldn't change a thing.

“It changed the way I look at life and how grateful I am for the life that I have been given. It was a miracle that I survived and it just made me realize to not take things for granted. It made me a better person for sure,” said Brooks.

Brooks still decided to continue his wrestling career, as he is a major part of Lowry's wrestling program. It doesn't matter to Brooks how physically demanding wrestling can be, all he cares about is still being fortunate enough to be able to go on the wrestling mats.

Also a major factor that affects athletes with injuries is the attitude that you're letting down your teammates. A great part about sports is the bond that forms between teammates. Teammates and coaches become your family, and nobody wants to let their family down.

“I just felt like I was letting the team down if I didn't wrestle, and I also felt like I had something to prove,” stated Brooks.

Head wrestling coach, John

Brooks, also the father of Eric Brooks was present when his son was injured during practice. At first he was unaware of just how severe the injury was.

“Well, that's kind of a drawback of coaches; you never think it's as serious as it is. I just thought he broke a rib from the way he was complaining,” said John Brooks.

John believes his son made a brave decision by choosing to continue his wrestling career.

“[It is] Gutsy. He'll tell you today that getting past the mental part was the toughest thing. There was no medical reason as to why he couldn't come back; but just going through what he went through and not wanting it to happen again.”

A torn Achilles tendon or a torn ACL (Anterior Crucial Ligament) are two of the most devastating injuries an athlete can sustain, and perhaps two of the most common injuries that can quickly end an athlete's career.

Marcus Lattimore from South Carolina is a prime example of a career being derailed by injury. Lattimore was a star running back for the Gamecocks, and was destined to be a first round pick in the NFL draft. However, his career took



Marcus Lattimore (21) is stopped on a run against Tennessee. Lattimore was injured on the play and had to be carted off the field./Courtesy • The State/MCT

a turn for the worst when he was hit in the knee by a Tennessee player and everything in his knee was completely torn. Lattimore was eventually drafted in the seventh round.

Deciding to play through an injury is almost always a bad idea. Players risk their careers by doing so and coaches risk their players by allowing it. When a player puts their health first, it not only benefits them, but also the team. Even though sitting out a week or missing a few games may be devastating to a player, it is still less severe than having a season or career ruined due to aggravating an existing injury.



Myth Vs. Reality: How to truly help the environment

By TANNER LECUMBERRY

With the sudden increase of environmental awareness, there's been a rush of helpful ideas to help save the environment. Along with these helpful ideas, however, come a lot of myths, counterproductive methods, and down-right wrong ideas.

There is hardly any benefit to the environment, for example, in choosing paper bags over plastic at the grocery store. Even though plastic, in its production and its waste, is a large detriment to the environment. According to howstuffworks.com plastic bags are lighter and friendlier to the environment to manufacture and dispose of. Next time, remember it doesn't help anything to watch your bagger struggle with paper bags, unless you want a good laugh and

a squashed loaf of bread.

Though eating healthy, green, organic foods is very good for you, it may not be as good for the earth as you may have hoped. Sure, growing organic foods is better than creating them in a lab, but that's where the environmental benefits end. Harvesting organic foods certainly burns environmentally harmful fossil fuels, as well as transporting them via train, truck, or plane. Though biodegradable, even organic foods are often packaged in plastics, which, as previously mentioned, are harmful. This doesn't mean you should stop eating healthy, just don't fool yourself into thinking you're



saving the world with your all natural peanut butter on whole-grain.

Hybrids are a hot topic these days, but have you considered how much energy it takes to make a new car?

Once you get passed the cost, a hybrid can seem like a good deal, and leave you all warm and fuzzy for reducing your carbon footprint. After a little

research, however, you might find that with a hybrid, your carbon footprint might actually grow. For example, my

family took a trip to Las Vegas recently. My mom's car, a Subaru, with a gas engine, got around thirty-five miles to the gallon, while my grandmother's Toyota Highlander hybrid got twenty-

two. All-in-all she had to fill up three more times in her hybrid during our trip. Even Toyota's official website only gives the Highlander twenty miles to the gallon. Granted, they also give the all-new Prius plug-in 103 MPG, but it lacks the ability to drive long distances without a charge. Hybrids have great potential, but they lack the efficiency found in gas driven vehicles.

Though working to protect your environment is a noble cause, it's important to do research before blindly following what could be a myth. Things like riding your bike, reducing the use of plastic, and recycling can be very beneficial. Most everything you do affects the environment, and it's up to you to decide how.

Spare Time Bowling Center

In the mood for good food?

Come in and see us!

In a hurry? Call ahead 623-5444 ext. 2

For a full menu go to www.stbnv.com

Good Luck Buckaroos!!!

Century 21

SONOMA REALTY

1099 W Winnemucca Blvd
Winnemucca, NV 89445
775-623-5045
www.century21sonomarealty.com

ROUND UP : JUNIORS

By Aimee Brandon

Ethan Andrews

How was Lowry changed for the better and worse since your freshman year?

"The sports programs have been getting better, cross country and football are doing really well."

What are you looking forward to in your senior year?

"Going to state for cross country and getting some scholarships."

Do you do any sports?

"I do cross country and track."

Are you already planning for after high school?

How was Lowry changed for the better and worse since your freshman year?

"Yes, I'm hoping to go to University of Washington for architectural engineering."

What do you participate in outside of academics?

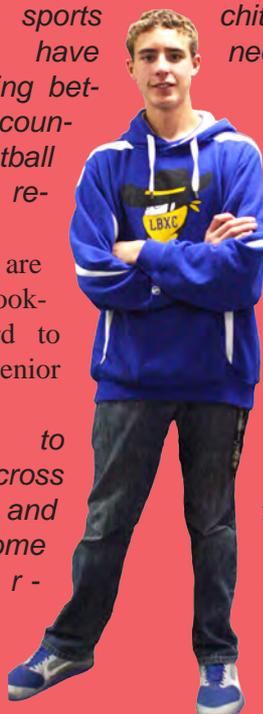
"Woods and Drafting because that's what I want to do when I grow up."

Who is your favorite teacher?

"Mr. Bernardi because I really relate to him."

What is your favorite class, why?

"Woods because it's a hands on activity class and there isn't really any book work."



Chelsea Baker

How was Lowry changed for the better and worse since your freshman year?

"My freshman year there was a lot of freedom; there wasn't all the gates and rules and stuff it seemed a lot more free and open to do what you please, and come and go through whatever gate you wanted, you weren't restricted to just one door."

What are you looking forward to in your senior year?

"My senior year I'm really looking forward to off periods and then just being a senior in general and all the luxuries of that, getting to look down at underclassmen and such."

Do you do any sports?

"I am a varsity cheerleader; this is my third year on varsity and I'm also in dance."

Are you already planning for after high school?

"I've started to make some plans I'm really interested in the field of marine biology and I'd like to do dancing as a side career and dance in college still. I don't have a whole lot of plans yet but I'm looking at some colleges."

Who is your favorite teacher?

"My favorite teacher would have to be Mrs. James, she's just crazy, fun, and loving and she really just lets creativity flow. I like to be creative in a lot of aspects and she just lets me kind of have my ideas and turn them into realities."



Beau Billingsley

How was Lowry changed for the better and worse since your freshman year?

"It's getting all the new security things like the gates."

What are you looking forward to in your senior year?

"Not having to go to class that much and sports."

Do you do any sports? If so what, if not why?

"Wrestling and football."

Are you already planning for after high school?

"Yeah, kind of."

Who is your favorite teacher?

"Mr. Corak because he's just a cool guy."

What is your favorite class, why?

"US History because it's really interesting."

Do you have any New Years Resolutions?

"Get a 4.0."



New Year's resolutions

By Jessie Schirrick

Most of us have them and few live up to them. Here are a few New Year's resolutions from Lowry students. "My New Year's resolution is to..."

"Have no Cs throughout the 3rd and 4th quarters." Nathan Lutzow

"Grow a man-beard like Espy." Kelvin Meza

"Work harder in all the sports I do." Cameron Okuma

"Run more, be nicer to people, do my homework, eat less junk food, and start smiling more." Madison McBride

"Eat healthier and try harder at school." Gabriela Lopez

"Be a better person and participate more." McKenna Owen

"Get into the Assembly of Excellence." Alex Tomey

"Get good grades and to get my weight loss goal." Cheyanne Gamble

"Become a better person. Be Nicer and just be happy with life!" Melany Gomez

"Not get into the Assembly of Excellence, but pass." James Work

"Improve my street cred through rap battles and by using this generation's slang." Michael Rangel

"Keep my GPA above a 3.5." Skylar Yost

"Pay more attention to my grades to get into a good college. Another one is to be liked by my boyfriend's parents." Holly Frost

"Do the best I can at things that require more than just a quick glance." David Anderson

"Get grades above what they were last year." Garrett Tiffany

"Get better grades and be a better friend." Hannah Hillyer

"Eat five pounds of tots provided by Zach Sparks." Branden Locke

"Get my teachers to spell my name with a 'k' instead of an 'h'." Zack White

"Get my grades up to a C average and to be able to play sports next year." Trevor Burroughs

"Get a job." Kaci Kraft



James Work. /Courtesy • Winnada



Melany Gomez. /Courtesy • Winnada



Mr. Setzer through the years

By Weston Irons

Throughout his years at Lowry, English teacher, Mr. Jeff Setzer, has been a favorite to many past and present students. Current or old students know Mr. Setzer has a very straightforward and yet comical personality. Take a look at how his appearance has changed over the years.



1998-99. /Courtesy • Winnada



1999-00. /Courtesy • Winnada

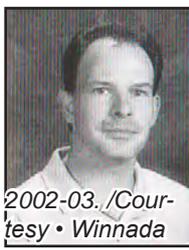


2000-01. /Courtesy • Winnada



1997-98. /Courtesy • Winnada

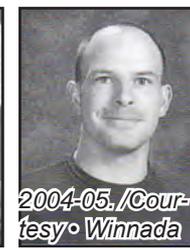
2001-02. /Courtesy • Winnada



2002-03. /Courtesy • Winnada



2003-04. /Courtesy • Winnada



2004-05. /Courtesy • Winnada



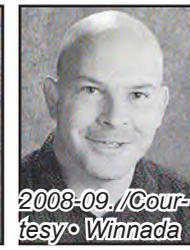
2005-06. /Courtesy • Winnada



2006-07. /Courtesy • Winnada



2007-08. /Courtesy • Winnada



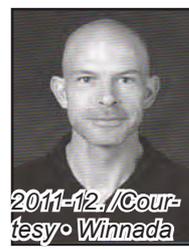
2008-09. /Courtesy • Winnada



2009-10. /Courtesy • Winnada



2010-11. /Courtesy • Winnada



2011-12. /Courtesy • Winnada



2012-13. /Courtesy • Winnada



2013-14. /Courtesy • Winnada

POGONIP
Frozen Yogurt

Present this coupon for 10% off any size yogurt

Inside Spare Time Bowl
777 S. Bridge St.