

# THE BRAND

February 22, 2019 • Lowry High School • Winnemucca, NV



## America's Love Affair with Travel Sports

debated in the United States. Travel sports have many pros and cons, but which outweighs the other? Where do we draw the line in deciding that travel sports have gone too far?

Many Lowry students have participated in a travel organization. There is no denying that traveling can be a rewarding and impactful experience for many young athletes.



*Coach Lynnsey talk to her team during a timeout./Courtesy • Coach Lynnsey*

develop their skills at a higher level during competition and practices.”

It also provides kids with the opportunity to refine their skills that may not be available in city leagues.

“You get game time,” said Gold Rush and Lowry softball coach, Austin Mayo. “That’s the number one thing, right. You can’t simulate, no matter how hard you try. It doesn’t matter what sport it is, you can never simulate live game action.”

Travel sports can play a major role in preparing kids for high school level competition.

“A lot of the travel leagues have a coach from the high school involved in some type of capacity,” said

Johnson. “With travel you see varied competition from good to bad. It helps with the ups and downs of league competition in high school.”

On top of athletic improvement, travel sports can also teach athletes important life skills.

“From being on a travel basketball team I gain teamwork,” said travel basketball player, Alexis Galarza. “Going to different states means not knowing how good someone is, by working as a team we all have to help each other figure everyone out.”

Travel sports have the ability to present kids with opportunities that they couldn’t get anywhere else. Freshman Giovanni Sapien plans to go play on an American team at a soccer tournament this summer in Austria.

“I been on like travel teams in Reno, where I just go up there and practice and play,” said Sapien. “I’ve been down and played for a Vegas team before in a few tournaments, but nothing like this...They’ll be something different than just playing at a public school. It will be more professional, upbeat, quicker, just fast-paced and harder.”

Travel sports are time consuming, and many believe the worth of participation can be lost in this.



*Giovanni Sapien during a game this season./Ron Espinola • The Brand*

Sapien’s own dedication to the sport has a huge impact on his life, but he regrets nothing.

“It has affected me a lot,” said Sapien. “All year round, I’m getting in shape to play soccer. I’m playing soccer to try to go to college, so it’s just affecting me in a lot of ways, and will probably affect me in many

more later on...I haven’t had much to miss out on. Soccer has just always been there for me. I would say it’s worth it, 100%.”

However, not every athlete can justify such benefits in the prospect of

others. Parental pressure is becoming a large contributing factor in the argument against travel sports. As a parent wanting the best for his or her child, pushing kids to their full potential comes as part of the territory. When activities such as travel ball are concerned, it becomes evident how easy it is to shove too hard.

“There’s a fine line of competing and pushing the kids to far,” said Lowry football coach and parent of two young boys Taua Cababat. “Especially in today’s society... If you talk to old folks, the way they grew up, it was a foot to butt. It was their way or the highway, and that’s what you did. You went outside and played sports. There was a different mentality. Don’t get me wrong, it sucks that we need to take this into consideration, but we do need to think about how much we’re pushing this group. I fight with that myself. How hard do I wanna push my kid? I find that I’m raising soft kids too, and it’s the truth.”

Students and parents are also beginning to view participation as a way to acquire college scholarships. Like every activity, such high stakes and constraint can eliminate the fun typically associated with travel ball.

“I think it has its place,” said Cababat. “Travel



*Coach Austin Mayo looks on during a varsity softball game last year./Ron Espinola • The Brand*

see TRAVEL BALL page 3





From total hip, shoulder and knee replacement to arthroscopic procedures, fracture care and general orthopedic procedures, access quality orthopedics within minutes, not hours. Allow us to care for you, right here, close to home.

Ludwig Kroner, MD  
Curtiss Mull, MD  
Richard Davis, MD

118 E. Haskell Street, Suite B  
Winnemucca, Nevada 89445  
**775.625.3090**



Humboldt General Hospital  
Orthopedic Clinic

You don't have to drive hundreds of miles for orthopedic care



*We Believe*  
... In Providing Quality Healthcare  
to Our Community.

**775-623-5222**



## Travel Ball from page 1

ball does give kids opportunities to continue on with athletics that aren't offered at a certain time... but there are times where I feel like there is a little too much emphasis placed on those programs. The demands by the coach and the parents for these kids to play these things at times I feel like kind of it takes away from your childhood. Especially starting at such a young age...we're starting to see a heavy push for a lot of these kids saying 'you gotta do this,' and 'you gotta do that,' and they're losing interest, they're getting burnt out when they get to the high school level. It's a catch-22."

**“Travel ball is becoming its own beast.”**

~Austin Mayo

High pressure presented in such situations isn't something all kids are able to overcome.

"Kids have the pressure of trying to do the best they can so their parents can be happy and proud of them," said travel swim coach, Amber Toland. "In my experience as a coach, it definitely seems to defeat a few kids, but I've also seen where it can motivate the child... too much pressure can cause a child to lose interest. If the kid isn't enjoying the sport anymore, that is when it starts to affect the kid."

Cababat also worries about the mental implications of age in relation to such pressure.

"There are times where I feel like maybe at the younger levels the emphasis of winning is more important to the coaches and to the parents than it is to the kids," said Cababat. "It's a fine line whereas a parent or a coach, you want your kids to compete and be successful, but you don't want to break them to where the demands of competition are too high too young."

Such expectations are changing the face of travel ball, commonly presenting it in a negative manner.

"Travel ball is becoming its own beast," said Mayo.

"Every parent wants their kid to play it and be good at it. That's not always going to be the case. There's only so many spots on team USA. The odds of your kids getting one aren't very high, so just let them enjoy it and have fun."

Travel sports also present a financial burden to athletes and their families. Basketball averages \$1,143 (is this per season or the typical 7 years?), with a maximum of \$5,150. Soccer normally costs \$1,472 and can reach \$5,500. A typical price for football is \$2,739 with a possibility of \$9,500. Baseball and softball normally go around \$4,044 and up to \$9,900.

Between training, equipment, travel expenses, fees and camps, families can spend up to 10% of their income on a single athlete in a travel program.

"I definitely feel that travel league can be a lot more financial commitments, said Toland. "For high school, you have a pay to play fee to help pay for

expenses where to travel, lodging for travel leagues are all out of pocket."

However, travel sports wouldn't exist if no one felt the benefits could outweigh the cost.

"Of course it's worth it paying extra money and traveling to be in a bigger travel team," said basketball player, Ridge Ricketts. "I think it makes you a way better player... I feel like the bigger the competition the more you learn from it."

Even a rate of \$2,000 a season for seven years of traveling for a sport could pay for a year's tuition at some colleges. Only about

2% of high school athletes actually receive some form of sports scholarship to compete in colleges. The average scholarship is only \$10,400. Excluding football and basketball, the average is lowered to \$8,700. Neither can make up for the loss of funds and only four sports, in rare circumstances, actually offer full rides, negating the worth of pursuing scholarships.

In top-tier competition, travel ball can provide students with exposure to college. Some see this as free ticket to post-high school success. Such competition is at an extremely high level which most are unable to achieve and is especially unlikely in a small town.

"Here in Winnemucca, you don't see it," said Cababat. "We've been fortunate enough to have a few kids be successful at a collegiate level. As far as travel sports are concerned, as a reason why they were successful, I would say that they were destined to be successful either way, with or without travel sports."

Winnemucca's famous success story Jace Billingsley, whom Cababat had the opportunity to coach, had very little to do with travel ball.

"He had opportunities to travel," said Cababat. "Jace was a three-sport athlete. He did football in the fall, wrestling in the winter, and did baseball in the spring. Summertime was kind of like his outlet to just hang out and relax and just prepare himself for his high school sports. He did do it when he was younger, but as far as his successes, I wouldn't fully say that it was because of travel ball that he was successful. He was just one of those kids who was just destined to do great things."

Even when scholarships are granted, participation, even excellence in travel ball alone, wouldn't cut it. Acquiring such benefits requires just as much work in the classroom as on the court, field, or in the pool.

"Granted, the kid needs to put in the work ethic and time in the sport that is needed to obtain a scholarship," said Toland. "You are a student before an athlete. Academics are also a big part of how big or how small of a scholarship the college or university offers



Ridge Ricketts delivers a pitch against Spring Creek last year./Ron Espinola • The Brand

an athlete. A college scholarship isn't just handed over, it is earned by the student-athlete, nobody else."

Participating in a travel sport is a huge time commitment, which can be tough for many kids. Year-round or club travel teams are becoming increasingly popular.

"We definitely would play a lot better if our season went year round because we wouldn't have a bunch of time to rest," said former travel baseball player, Levi Christopherson.

But they never end. It is always baseball season, soccer season, etc. People of all ages tire quickly of permanent endeavors. It is very easy for a sport to seem like a job to kids in this situation. The second it feels like work, travel sports aren't fun anymore. More than anything, kids should enjoy sports, not loathe them in the way that year-round programs encourage.

The belief that a single sports hyper-focus being the way for an athlete to succeed past high school holds little credibility. In fact, many famous athletes grew up playing more than one sport. Collegiate football champion Kyler Murray, winner of the 2018 Heisman, is currently also a very accomplished baseball player. LeBron James was recruited by prestigious colleges such as Notre Dame and was inducted into the first team all-state in his sophomore year for football, not basketball. Chiefs and Buccaneers quarterbacks, Patrick Mahomes and Jameis Winston, were formidable pitchers in their college and high school days.

Sapien plays multiple other sports to improve his skill at soccer.

"I play basketball, I've played baseball in the past, and I've done wrestling," said Sapien. "I'm always just constantly doing something. I'm always being active, so it's always either getting me more conditioned or getting me stronger so that I can withstand older people pushing me around because soccer is a physical sport."

Such single-sport focus also puts athletes in extreme risk of injury. In a study conducted by Dr. Neeru Jayanthi from Loyola University, young athletes specializing in a single sport were 70-93% more likely to be injured than athletes with a multi-sport focus. Some injuries have the ability to an athlete's career, which goes to show the absurdity of putting yourself or your child in such a situation.



Coach Taua Cababat talks to his team after a win last season./Ron Espinola • The Brand





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



# Valentine’s Day Sweetheart Beauty Pageant: a success?

An opportunity for beauty pageants in Winnemucca has been pretty much nonexistent until Bailey Miller contacted the city, to get the approval of something that is well-known in more populated areas like Reno and Las Vegas: the Sweetheart Beauty Pageant. This pageant was specifically for girls ages eight through 18.

Miller thought this would be a great opportunity to start a new tradition in Winnemucca, since her hometown of Nashville,TN, was so crazy about them.

“The Sweetheart Beauty Pageant gave people the opportunity to get out of their comfort zones, become more self-confident and to let the people in this town enjoy an event they might not have seen besides TLC’s ‘Toddlers and Tiaras’,” said Miller.



Actavia Ruiz participated in the pageant./Staff • The Brand

Since in the pageant business you need to spend money to make money, Miller knew that she needed some help to provide an adequate venue since this pageant only lasted one day.

The prize for each winner was \$1000. Undoubtedly, when mentioning that kind of money to several preteen and teenage girls, they seem to get a little too competitive. The winner of the 15-year-old group can attest to that.

“Even though I lit the stage on fire to make sure that I won first place, I could have avoided the fireworks, but it’ll get fixed,” said 15-year-old Actavia Ruiz.

This pageant was supposed to be an annual event but because of the “over-the-top performance”, Ruiz will be taking a break from her dream for a while to do something less soul-crushing.

# QUIZ: CAN YOU SPOT THE FAKE NEWS?



Courtesy • Twitter



Courtesy • Wikipedia



Courtesy • Twitter



Courtesy • Twitter

- 1. Which of the following did the TSA find on passengers?  
A. A mortar round  
B. A Freddy Krueger glove  
C. Snakes  
D. All of the above
- 2. El Chapo testified he donated money to the following?  
A. Chuck Schumer  
B. Nancy Pelosi  
C. Hillary Clinton  
D. None of the above
- 3. President Trump declared the 1st National Emergency in 20 years?  
E. True  
F. False
- 4. Who fell asleep at the State of the Union?  
A. Alexandria Ocasio-Cortez  
B. Nancy Pelosi  
C. Joshua Trump  
D. Ivanka Trump

Answers: D, D, B, C

# Chihuahua's CANTINA & GRILL

775.625.4613



**\$2 TUESDAYS!**  
\$2 Tacos / \$2 Drafts / \$2 Tequilas



**!WEEKEND BRUNCH!**  
Now serving brunch on WEEKENDS, 8am - 3pm



**Happy Hour**  
Mon - Sat, 3pm-6pm  
1/2 OFF all Apps, Drafts, and House Margaritas



**Chihuahua's Cantina and Grill**  
**Best Mexican Food That Hits the Spot**  
**71 Giroux St, Winnemucca, NV 89445**





## Skills USA prepares for state in April

Dillon Patterson and other members of SkillsUSA are getting ready for their state competition which will take place over Spring Break.

Patterson is excited to show off his sculpture.

"SkillsUSA is a competition held in Reno every year where everyone goes to show off their trade; welding, electrical, stuff like that. I did sculpture this year and I'm going to present that over spring break," said Patterson.

Patterson chose to base his sculpture on important Nevada artifacts.

"I built the duck decoys found in the Lovelock Caves and built something to be based off of our state history," said Patterson.

In addition to Patterson, Lowry will

be sending student in other competitions.

"We have two other sculptures going. And we have unknown individual welders going because they have to go to Regionals first before they can compete. And we have five electricians, carpenters and five diesel," said Patterson.

There are different types of welding but Patterson uses Gas Tungsten Arc Welding (GTAW) the most.

"Mostly GTAW welding, or commonly known, as TIG welding [tungsten inert gas] and some flux core welding and some stick welding," said Patterson.

Although the sculpture competition is new to him, Patterson has the capability to be a talented sculptor.

"I decided to jump into sculpture

this year because I was offered the opportunity for it. Mr. Meyer believed that I had the trade to do well there and that I have the artistic capabilities to build something that could go to the next level at Nationals," said Patterson.

Patterson worked hard to prepare his sculpture for the competition.

"The sculpture has taken me eight months to build. 137 hours were put into it. It's kind of harder because you have to get in every element. With the fab team you are working with two other people and you are only doing it at the competition so you don't really know what is to be expected," said Patterson.



Dillon Patterson poses with his sculpture. /Courtesy



## Academic Challenge takes on West Wendover

Academic Challenge is having another winning season but is facing one stumbling block, Spring Creek.

Spring Creek has been one of their most difficult competitors this year, but team captain Josie Warn has high hopes for the next few matches.



Members of the Academic Challenge team answer a question at their home competition. /Ron Espinola • The Brand

"So far, we've been going 2-1 in the matches, losing to Spring Creek. We've been catching up every week though, so I'm hoping that we'll be able to beat them this time," said Warn. "It all depends on what questions they

ask. Either way, I'm sure the four-hour drive to West Wendover will be well worth the wait."

Senior Jacob Means feels the team has to put forth a lot more effort this year.

"We've been working hard in practice and preparing for all kinds of questions and find ways to work as a solid team. We have to work extra hard since Cody Hawkins graduated last June," said Means.

According to Warn, each member of the team has their forte.

"Everyone has their strengths," said Warn. "Mitchell [Kienholz] is really strong on science and physics questions. Mateo is always our guy for music and composers. Jacob and I tend to know the history

and literature questions, but everyone contributes what they know."

After this week's match in West Wendover, the Academic Challenge team goes to Spring Creek for regionals and then they're off to state.

### 46th Annual Student Art Show



**HUMBOLDT COUNTY SCHOOL DISTRICT**  
**Student Art Show**

*At Humboldt Museum*  
175 Museum Ave, Winnemucca, NV

**Opening Night**  
Thursday, March 7, 5-7 PM

Artwork will remain on display through Spring Break.

Sponsored by the Lowry High School Art Department and Art Club with the Humboldt Museum

**Museum Hours**  
Wed - Fri 9am-4pm  
Sat 10am-4pm

**HUMBOLDT MUSEUM**  
SINCE 1977  
(775) 623-2912

### Jim Dandy Productions

Home of Northern Nevada Outdoors Magazine  
Cody Louk Dreamkeeper Foundation

AWARDS - ENGRAVING - SIGNS - BANNERS

Jim & Jeri Billingsley - Owners

jimdandyawards@att.net • 775-623-2918 • 1178 E. Winnemucca Blvd.



### Khoury's MARKETPLACE

*Big enough to serve,  
Small enough to care.*

**6AM-10PM (775) 625-8200**

**1041 Grass Valley Rd, Winnemucca, NV 89445**  
**khourysmarket.com**





## SOCCER IS A SPORT WITH A LOT TO OFFER

Soccer is by far the best sport to watch and play. It is a sport that is played all around the world in multiple countries, if not most of them. Soccer is more common in other countries, but in the United States, lots of people play it.

Soccer can be a pretty high scoring game, not always but it can be.

It is usually a very fast paced game, with little to no pauses of play. There are no timeouts, like football or basketball. There is only a small break at half time. To play soccer, you have to be really conditioned and in shape, which is good for personal health. It is a team sport, where every player counts. There is a lot of running. You also need to have good coordination, and make smart plays whether it's passing or shooting.

Soccer is one of the most

popular sports in the world. In 2018, more than half the world tuned into the World Cup (an estimated 3.5 billion).

Soccer is a sport that can either be played competitively or for fun, and still, be enjoyable. It is fairly easy to learn, and with enough practice, you could become a professional.

A lot of money can be made by playing soccer. Lionel Messi makes about \$111 million every year, just by playing soccer. Cristiano Ronaldo was the third highest paid athlete, and the second-highest-paid soccer player; making a total of \$108 million.

Soccer may not be the most popular sport in the United States but it is certainly one that provides many perks for the player if they are willing to put in the work and dedication.



## LITERALLY, STOP IT

There is nothing more bothersome than inane repetition, and hearing the same thing over and over again; especially the exact same word. Literally. In fact, that very word is used so often that it no longer has any meaning. Still, we constantly use it, abuse it, and spit it out like gum. The word "literally" is a waste of time and seemingly the limit of our vocabularies.

Once the word "literally" comes up in a conversation, it's usually about the time that I tune out. To be honest, it just sounds dumb. When teenagers open their mouths and the same word seems to tumble out with every sentence, we have a problem. Do we not have a creative bone in our bodies?

There are 171,476 words currently used in the English language, yet we only seem to be able to make use of one. It's literally so annoying. We literally use the same word literally every time we speak. Like literally. I'm like literally over it.

Wasn't that irritating? Vexatious? Aggravating? It may be hard to believe, but synonyms are things that exist. There is more than one word for every situation, so we really don't have to use the word "literally," every single time. Mind blowing, isn't it?

Instead of saying, "This word is literally overrated," you could substitute words like "really," "absolutely," "positively," "decidedly," "definitely," "unquestionably," or "unambiguously," if you want to go for the gold. Better yet, you could even omit the word entirely. "This word is overrated," is so much better, is it not? It actually sounds decent, and it's not annoyingly repetitive. What a concept.

"Literally," is only one such word. Like, OMG I'm like literally shook. This word stuff is trash. TBH it's dumb, fam. I'm dead. Using words wrong? So not savage. Oof, Bruh, it would be nice if you could like, english correct.

That's only the tip of the iceberg. Our overuse of vocabulary is showcasing our incompetence and lack of originality. We need to figure it out



## VALENTINE'S DAY IS EVERYONE'S DAY

This holiday in the middle of February has always seemed to rub people the wrong way. Usually, it is because there is a lot of pink and red hearts in supermarkets and stores around town or it could be because of the excessive sugar consumption. There are also a lot of people that don't enjoy the holiday because of their past experiences with it. However, regardless of what the feelings are, one should not be totally against the date.

Valentine's Day is originally thought to be just for a significant other. While this is the typical reason people celebrate it, it is not necessary to have a

significant other to show someone that you love them.

Family, for instance, can be recipients of the ridiculously expensive flowers, thoughtful cards, and boxes of chocolates. It may be super cheesy but it's a great way to show some appreciation. Now, appreciation can be expressed on any other day of the year. But when you are given a full 24 hours to show someone that you care about them, why not? It is better to celebrate whatever love we have in life, rather than sulk and complain because we don't have a certain type of love.

The fact that you don't have a par-

ticular person to spend it with does not mean that you have to disregard any and all kindness that day. It's just like any other holiday that has a meaning to it. You can choose to participate in showing kindness or you can sit out. It is all a choice. However, being a rude and bitter person just because of something personal is no excuse.

There are also those who may feel alone in this life because of family situations in store for them or if they are single, and this holiday doesn't really help the feeling for those people. If that is your case, don't feel obligated to give anything to anyone but yourself. Treat-



ing yourself to some Godiva chocolates, Hallmark cards, and a large rose teddy bears is the way to go. There is absolutely nothing wrong with self-indulgence at a moment when life feels like too much.

Valentine's day, regardless of relationship status, deserves to be enjoyed because everyone deserves to be loved.

## The Brand

Alejandra Ibarra, Managing Editor  
Samm Sharp, Managing Editor  
Clarissa Olson, Editor  
Araceli Galarza, Reporter  
Taylor Gleason, Reporter  
Mackie Grady, Reporter  
Austin Lloyd, Reporter  
Charles Wiggins, Reporter  
Ron Espinola, Advisor

[www.thelowrybrand.com](http://www.thelowrybrand.com)

or find us on snapchat, facebook, flickr,  
twitter and instagram

The Brand is interested in what you think.

Please contact us at:

[thelowrybrand@gmail.com](mailto:thelowrybrand@gmail.com)

5375 Kluncy Canyon Road  
Winnemucca, NV 89445  
775-623-8130 ext 305



## TRUMP IS NOT AN LGBTQ ALLY

President Trump (as well as his V.P. Mike Pence) have made it well known that they're not exactly in favor of the gay/transgender community. Trump tweeted in June 2016, "Thank you to the LGBTQ community! I will fight for you while Hillary brings in more people that will threaten your freedoms and beliefs." Despite waving a pride flag around in Colorado for one of his campaign rallies, he was the first president to speak at an anti-LGBTQ hate group summit for the group Value Voters.

Trump was sworn into office on January 20, 2017. On the next day, all LGBTQ content was removed from the White House and Department of State websites (nbcnews.com). On February 22, 2017, the Departments of Education and Justice revoked Obama's guidance on "equal access to facilities for transgender students." ABC News stated that Trump's administration reversed the 'bathroom bill' resolved by the Obama administration. Despite that, Trump still told Caitlyn Jenner that she "could use any bathroom she wanted if she visited the Trump Tower in New York."

Trump's policy on transgender individuals serving in the military was appealed to federal courts in December of 2018. According to Samantha Allen from thedailybeast.com, transgender people can still serve, just as long as they're not transitioning. "The DOJ (Department of Justice) could expect transgender people to serve in the military as their birth-assigned sex - and still

claim they're not banning them outright." Seems like a contradiction, yeah?

On January 22, 2019, the Supreme Court decided to allow the transgender military ban to go into effect. "The government had asked the Justices to take the issue up even before the appeals courts could rule. Even though the Court denied that request, the fact that the Court is allowing the policy to go into effect suggests not only that it will eventually take the case on the merits, but also that five of the Justices believe the government is likely to prevail if and when that happens," said Steve Vladeck, CNN Supreme Court analysis and professor of law at the University of Texas.

Despite Trump's "efforts" to support the LGBTQ community, we can't really say he's on our side. Drew Goins from the Washington Post said Trump is an "administrative antagonist. He's nominated anti-LGBTQ federal judges. His administration has sided with Masterpiece Cakeshop, the bakery that refused a gay couple looking for a wedding cake. He fired everyone on the Presidential Advisory Council on HIV/AIDS, a disease that disproportionately affects LGBTQ people. The list goes on."

Trump and his administration are deteriorating the progress made in the LGBTQ community. America has always been in favor of making minorities suffer and after nearly 250 years, the oppression is still real. Respectably less, but the point stands. But all for one and one for all, right?



## INSECURITY IN A SINGLE POINT OF PUNCTUATION

Indolence. One word that can more or less express our teenage society. We are especially notorious for our texting lingo. With that, comes our inevitable failure to so much as recognize the existence of punctuation. Unfortunately, when we do decide to acknowledge this important component of our society, we use it all wrong. My personal favorite is the exclamation point.

Shockingly, not everyone actually knows what an exclamation point is when it is referred to by name. On the phone keyboard, it's that line with the dot under it. You know, that one that you use in every text? Yeah, that one.

Our misunderstanding of exclamation points extends beyond not knowing what they are. We don't even know what they do. Exclamation points don't go at the end of every sentence! They really don't! Chances are, you either read that in an agitated tone, or dripping with an exuberant sarcasm

familiar to satirical cheerleader stereotypes. Either way, it's just weird. Don't do it.

The exclamation point is used to express great emotion of some sort. Be it anger, excitement, incredulity or the works, it still doesn't fit the vast majority of scenarios we utilize it for. Trust me, no one is that bubbly that he or she would possibly express that much emotion in every single sentence.

Obviously, we don't know the first thing about exclamation points, so why do we use them? We seem privy to forgo the period and comma entirely, and I should hope we all know what those are.

Whenever we get a text with punctuation in it, we automatically presume the sender is angry or upset in some way. Could it be that the only reason we even use exclamation points is to avoid offending someone? Does that actually even work for us? It could just be me, but it sounds rather dultish.



## HOW MUCH VIOLENCE IS TOO MUCH?

When we're young, our idea of video games can, more or less, be summed up by Minecraft and Lego Batman. As we grow up, our focuses shift heavily towards competition, making violence unavoidable. Games like "Call of Duty" have taken up heavy residence in our teenage society. Parents seem to be turned off by the idea of killing each other for kicks, but is it really that bad? Where do we draw the line between harmless fun and psychotic dysfunction? The vulgarity of violence in video games has nothing to do with the game itself, but rather the people playing them. Certain video games simply help the process along.

It's easy to rant about the evil possessed by video games, but the malevolence we mistakenly assign can only come from one source; human beings. While it is important to be thoroughly aware of the implications of every action we take, either in real life or with your face in the screen, it is all a matter of human mindset that creates the predicament of violence in video games.

There are two types of popular violent video games, first-person shooters like "Fallout", and stress relief games such as kick the buddy. Alongside the two kinds, come two harshly differing levels of violence.

It's difficult to comprehend the fad behind first-person shooters when it is relayed from a real-life perspective. Imagining each death as a real person is rather sickening, but teenagers see it as nothing more than a game. They're not real people, and they're not really dying.

What makes death so upsetting is the loss of what will never be done again, death. Tearing a half should be not the actual piece of paper in more upsetting a video game they regenerate but the paper to its previous state. The only thing that makes these characters "people" is the fact that they look like people. We wouldn't mourn that piece of paper if it had a drawing of a human on it, so what makes the video game any different?

From a teenage perspective, first-person shooters aren't about killing at all. It's just competition. Whether it be a way to be a step above friends or strangers, that step up is all there is to it. Violence can't be promoted if violence never processes through the players' minds. Even if first-person shooters represent death,

they are nothing more than an innocent competition.

However, it is impossible to assume that all games can be seen from that light. Not all video games are completely innocent.

"Kick the Buddy" is a mobile game with the objective of beating a "buddy" to death in the name of stress relief. The game possesses features such as a paper shredder that the doll can be put through, as well as numerous weapons and methods such as quartering.

"Kick the Buddy's" slogan is "The best stress relief game ever". The idea is to use the game whenever you're mad or stressed, imagining the subject of your affliction as the doll. You then proceed to literally beat the life out of the doll. Then, presumably, you would feel better, but you shouldn't. Pretending to beat the stuffing out of someone should actually make you feel worse.

The issue of video game violence presents itself through human intention. While first-person-shooters can be excused under the purpose of harmless competition between friends, "stress-relieving" games such as this only have the demented goal of satisfying through violence. The addition of violence to modern video games has never been the problem. It's what we do with the games that should be disturbing.







# JV Boys finish season 16-2

The JV boys started off the season with a win against Battle Mountain 43-24. The boys then went on to win the Lovelock tournament where they were undefeated.

For being a young team they did really well finishing the season with a 16-2 record.

“We played good man to man defense, we pressured the ball and helped well, which allowed us to get easy points in transition. We played with a lot of energy and enthusiasm,” said Beatty. “I thought they did a great job of coming together as a team pretty fast. They were all good teammates and they really enjoyed seeing each other find success.”

The team came together this season.

“They all worked hard but I think Anthony Hemp or Daniel Fernandez prob-

ably worked the hardest, Hemp just has a relentless motor on the court and Daniel holds himself to a high standard each time he plays. But they all played and worked extremely hard,” said Beatty.

The season offered new players the opportunity to grow.

“I had a great season on my team this year. Being super young on this team was hard at first but everyone showed me what to do and they were really helpful,” said Zach Fernandez.

The Bucks came out this season de-

termined to win some games.

“We came out and played our hearts out. Everything we did we did as a team. The best thing we did was playing as a team,” said Anthony Hemp.

The freshmen on the team were a little bit timid but worked hard.

“I was pretty nervous coming onto a new team and all I wanted to do was work hard and show them what I could do,” said Giovanni Sapien. “I try to work as a team player and give my teammates a shot at scoring.”



Giovanni Sapien gets off a shot./Ron Espinola • The brand



Anthony Hemp adds to the Bucks' lead./Clarissa Olson • The Brand



Sam Roth tries to get a shot over a Fernley player./Ron Espinola • The Brand



Anthony Gildone dribbles by a defender./Staff • The brand

Upcoming games from nnvd1a.org				
Activity	Date	Time	Opponent	Location
Basketball: Boys Varsity	02-22-19	TBD	TBA	North Valleys HS
Basketball: Girls Varsity	02-22-19	TBD	TBA	North Valleys HS
Baseball/Softball Tryouts	02-23-19	8:00AM	NA	LHS New Gym
Basketball: Boys Varsity	02-23-19	TBD	TBA	North Valleys HS
Basketball: Girls Varsity	02-23-19	TBD	TBD	North Valleys HS
Basketball: Boys Varsity	03-01-19	TBD	TBA	TBA
Basketball: Girls Varsity	03-01-19	TBD	TBD	TBD
Baseball: JV	03-02-19	10:30AM	Wooster	Wooster HS
Baseball: Varsity	03-02-19	1:00PM	Wooster	Wooster HS
Basketball: Boys Varsity	03-02-19	TBD	TBD	TBD
Basketball: Girls Varsity	03-02-19	TBD	TBD	TBD
Golf: Boys Varsity	03-05-19	TBD	3A	Spring Creek Golf Course
Baseball: JV	03-08-19	4:00PM	South Tahoe	Lowry HS
Baseball: Varsity	03-08-19	2:00PM	South Tahoe	Lowry HS
Softball: JV	03-08-19	TBD	Yerington	Yerington HS
Softball: Varsity	03-08-19	TBD	TBA	TBA
3 on 3 Basketball	03-09-19	All Day	NA	LHS New Gym, LHS Old Gym
Baseball: JV	03-09-19	2:00PM	South Tahoe	Lowry HS
Baseball: Varsity	03-09-19	10:00AM	South Tahoe	Lowry HS
Softball: JV	03-09-19	TBD	Yerington	Yerington HS
Softball: Varsity	03-09-19	TBD	TBA	TBA
Swimming: Varsity	03-09-19	10:30AM	South Tahoe	South Tahoe Swim Center
Children's play	03-11-15-19	All Day	NA	LHS Auditorium



Hope Thrive  
Pause . . . . . Breathe!

*This blend of essential oils brings light into the darkest places.  
There is always a reason to hold on to hope.  
A brighter day will come!*

*Brought to you by...*



doTERRA  
Wellness Advocate

**Busy B's Essentials, Etc.**  
Essential Oils, Locally Crafted Natural Bath & Body Products and more  
Ask about a FREE Bio Feedback Scan  
**Brenda Olson**  
WINNEMUCCA, NV  
(775) 304-1394  
BUSYBSSEETC@SBCGLOBAL.NET  
LIKE BUSY B'S ON FACEBOOK  
WWW.MY.DOTERRA.COM/BUSYBSSEETC  
Certified in AROMATOUCH TECHNIQUE WA # 1448428  
A CLINICAL APPROACH TO ESSENTIAL OIL APPLICATION





**C & M  
AUTO CLINIC**  
CARLO & MARIO  
OWNERS

550 W. WINNEMUCCA BLVD  
WINNEMUCCA, NV 89445

775-623-3453



**Mad Hatter**

346 S. Bridge Street  
Winnemucca, NV 89445  
Screen Printing and Embroidery  
775.623.2521  
Mike and Patty Ellfritz, Owners  
madhatter0171@sbcglobal.net





## Boys earn spot in Regional Tournament

The varsity boys finished the regular season sitting in third place with a 13-5 record.

"It's been going well. We are starting to connect better as a team and we just need to keep focus and continue to put in the work to win the rest of our games," said Oscar Juanes.

The boys continue to work together as a team to improve each game.

"It's been good so far, we have improved so much and are starting to become more of a team and it's really starting to show on the court. Some things we need to work on is our communication on the court and pressur-

ing the ball more on defense," said Scottie Smith.

Although the boys fell short to Elko and Fallon, they came out strong in both games.

"The season is going super well right now. We need to work on having the mindset of going out and beating teams no matter what. We also need our big physical posts to carry our team and if they do, we will be an extremely hard team to beat," said JJ Backus.

The team will be facing its biggest competitors in the regional tournament.

"As of right now we are sitting in 3rd in the northern 3A with a loss to Elko and Fallon," said Kobe Stoker. "The team is finally getting together as a team

we just need to work on the little things. Such as not turning the ball over in transition, being patient on offense and being more aggressive on defense. We need to keep improving in every game and we will be a top competitor in the playoffs."

Anything can happen in the playoffs.

"It's been a great time getting to play here for four years and I'm super proud of the way this years team played and competed", said Brendan Domire. "I want to go out on top, that's my goal. I want to make it to state and try to pull off something incredible."

Lowry played Fernley on Thursday while Elko and Churchill County earned byes.



Derek Espinoza makes his way down the court./Ron Espinola • The Brand



Dorsey Naveran goes up for a shot during Fernley game./Ron Espinola • The Brand



Michael Casalez steals the ball from a Truckee player./Ron Espinola • The Brand



Brendan Domire takes the ball down the court./Mackie Grady • The Brand



## Frosh Lady Bucks are the future of the program

Larry Renteria is the freshman girls coach, but his previous years have been very different. This year he has a smaller team with only six players, and with that came some changes to the way he coaches.

"I have had to change. We are a much smaller team in terms of players. We have fluctuated between 4-7, whereas we usually have 12. That has changed our approach in terms of aggression," said Renteria.

Coach Renteria focused more on the pressure applied in the court and likes for his players to be aware of themselves if they foul. With such a small team, Renteria needs them to focus on not fouling and keeping up stamina.

"I really like to have constant pressure on the entire court," stated Coach Renteria. "We have not been able to do that as much

because have to be very aware of fouling and conditioning. Given that, we have been working on playing clean efficient defense and focusing on keeping our hands straight up and not gambling on stealing the basketball with our athleticism."

The girls as a team worked well together. This showed on the court with communication and how well the team has been doing.

"They (the girls) have been getting along, challenging each other, and working on effective communication on the basketball court. I know they will continue to learn and be able to contribute to a strong program next year. The team has been hungry for the opportunity and has been taking advantage of every game." said coach Renteria. "For the majority of the competitions, we have risen to the occasion and done enough to get the win and feel good about our performance. However, there have been mo-

ments and games where we did not perform as well as we would have liked. Given that, we set goals as a team and individually, so that we continue to improve."

The team sets goals as individuals and as a team to better help the strive and determination to win. Kaytee Delaney had a lot to say about the season and the difference between junior high and high school basketball.

"The differences from last year to this year is that last year we had about 13 people on our team at the junior high; so not a lot of us had a lot of playing time. This year, since there was only seven of us, we had a lot of playing time and we all got way better and worked together really good as a team," said Delaney

The coach is proud of the efforts of the players.

"As long as we work hard and put forth our best efforts, we can hold our heads high. The girls have been great, and I am very proud of each of them," said coach Renteria



Amanda Draper goes in for a layup./Ron Espinola • The Brand



Alexis Olson guards a North Valleys player./Ron Espinola • The Brand



Kadence Koony plays defense against North Valleys./Ron Espinola • The Brand



Alyssa Perez goes in for a layup./Ron Espinola • The Brand

### Jim Dandy Productions

Home of Northern Nevada Outdoors Magazine  
Cody Louk Dreamkeeper Foundation

AWARDS - ENGRAVING - SIGNS - BANNERS

Jim & Jeri Billingsley - Owners

jimdandyawards@att.net • 775-623-2918 • 1178 E. Winnemucca Blvd.





## ATHLETE OF THE ISSUE: RACHEL GARRISON

Many people know that in order to qualify as The Brand's Athlete of the Issue, the student-athlete needs to meet certain requirements such as responsibility, dedication, a certain amount of talent, and integrity. All of which our athlete, Rachel Garrison, surpasses.

Rachel has played more than one high school sport since her freshman year and has continued that work ethic through her senior year.

"I've played soccer all up until my junior year. I've been playing basketball and participating in track from my freshman to senior year," said Garrison.

Garrison has been involved in sports since she was in her early middle school years.

"I've just played soccer, basketball, and track since the fifth grade," said Garrison.

Track has been Garrison's preferred sport since she has started playing sports. She started with running events but in her eighth-grade year, she leaned towards throwing as she doesn't consider running as her main focus.

"Track is my favorite because I started getting interested in it since my freshman year because my dad is my coach. It's fun to learn the sport with him. He

introduced me to and has given me some pointers in discus and shot put. We make a good team together. That's what makes it fun," said Garrison.

Rachel thinks of her dad as her "definite" role model since he has a background in sports like track from his high school years and early coaching years.

"He inspires me a lot. He coached our soccer team last year; he was an assistant coach. He has also helped coach some of my [AYSO] soccer teams when I was younger. He was my basketball coach for a time. He's coached everything," said Garrison.

Rachel's father, Ray Garrison, know she has put in a lot of time and effort even regardless of the time of year.

"Rachel and I started working on throwing the shot and discus when she was in Junior High. With throwing, weights, and doing drills we do five to 10 hours a week depending on the time of year," said Ray.

Although her dad has been more involved as far as coaching goes, her mom has been there every step of the way as well.

"They have always been there for every one of my games. They're always really supportive," said Garrison.

Her sister Shelby was Athlete of the Issue last year and Rachel admits that she deserved the title because of her influence on other players, including Rachel.

"She works really hard at everything she does and we've never been competitive against each other, we just push each other to keep doing better. We are more of a supportive duo," said Rachel.

Rachel knows that in order to get better, practice is needed. Her father can attest to her level of dedication.

"Rachel is determined and be patient, it takes years to get to her level of throwing. Physically she isn't a big thrower, but she is quick and strong, which is more important than size," said Ray.



## ATHLETE OF THE ISSUE: CALEB SANCHEZ

Caleb Sanchez has always been interested and has liked wrestling and football. He has been wrestling and playing football for 10 years.

Sanchez's dad inspired him to be the best he could be by always being there for him.

"My dad has inspired me the most,

"My dad has inspired me the most, he is always there for me."  
~Caleb Sanchez

he is always there for me. I consider him a role model because he is an all around good guy," said Sanchez.

Caleb had a great season this year for football. Sanchez started off his senior year with a win against Pahrump.

"I played linebacker, and it was

really fun, I had a great time. The best thing about playing Lowry football was being apart of a great team, and having a decent season," said Sanchez.

Caleb wouldn't be the player he is without his coaches.

"All of my coaches, wrestling and football, have always pushed me to be a better athlete, and are always there when I need a little extra help," said Sanchez.

Senior Quarterback Brendan Domire thinks Sanchez was a good teammate and his teammates liked what he did for his teams.

"He was a great lineman who always did his job and held other guys accountable to do their jobs," said Domire. "He always was one of the hardest workers and he gave everyone energy to perform better. He contributed a lot to the team by being a leader and giving 100% in whatever he did."

Sanchez stood out to his football coaches this year.

"Caleb was a good on the field leader for us both as a linebacker and O-lineman. His high motor on the field really helped us on the defensive side of the ball," said coach Taua Cabatbat. "Offensively he put his team first by playing a position that he did not want to play but his dedication to the team and his teammates made our offensive that much better."

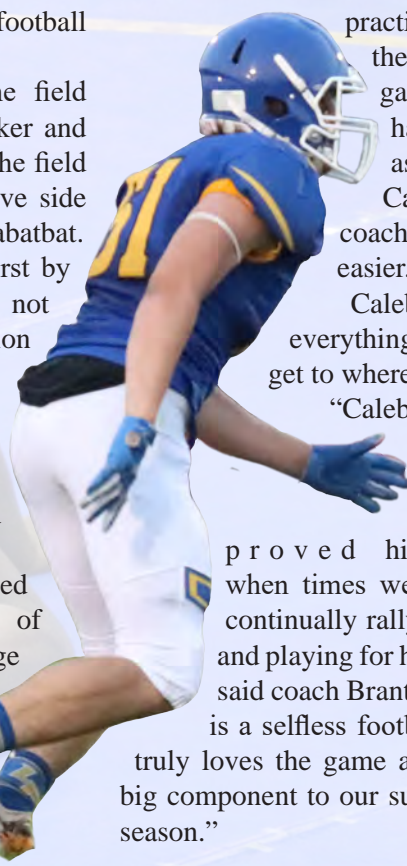
Sanchez put in work to become a very determined individual.

"He is a very determined individual, this past season of football he accepted the challenge of being a true leader on the field on a daily basis," said coach Tyrell Lucas. "He maintained focus at

practice and set the tone for the games. When you have a player as focused as Caleb it makes coaching a lot easier."

Caleb did everything he could to get to where he is at.

"Caleb never complained about being injured and proved his worth when times were difficult by continually rallying the troops and playing for his teammates," said coach Brant Corak. "Caleb is a selfless football player that truly loves the game and who was a big component to our success this past season."





**TEAM SILVERADO ENTERPRISE**  
"mine maintenance service"

775-304-7368

silveradoteam.com  twitter.com/TeamSilverado

**GO BUCKS!**

Winnemucca 821 E Winnemucca Blvd (775) 625-2500

 **FERGUSON**  
a WOLSELEY company





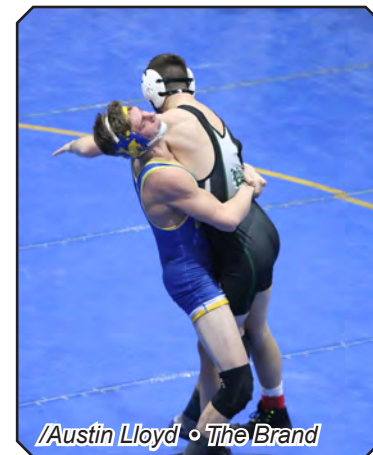
*Taylor Corak in his winning a match at state./Chuckie Wiggins • The Brand*



*Josiah Chapman takes his opponent to the mat./Ron Espinola • The Brand*



*James Rackley controlling his opponent./Chuckie Wiggins • The Brand*



*/Austin Lloyd • The Brand*



## Wrestling hosts state, finishes 5th

The Lowry Buckaroos wrestling team had a great year. The Buckaroos had 3 boys make it as the finalist in the state competition for Lowry. Junior Cade Bell got state runner up as well as Junior Taylor Corak and Sophomore Anthony Peterson were all were the finalist. All three boys were state runner-ups.

The team did a great job all season. The group of boys that went to state did a good job trying to win it all.

Sophomore Anthony Peterson believes he did great and is awaiting next season.

"Wrestling was great this season and I look to improve on getting better

so I can be a state champ," said Peterson.

Taylor Corak thinks his season was a good one and wants to get better for next season. "Season was good, I was very proud about how it turned out. State was good, we had a young team, but we battled hard. I need to improve on my strength and speed," said Corak.

Cade Bell can't wait for next year and thinks he could've done better.

"This season was a long season, the state competition wasn't the best showing, but we need to keep to the grind for next year," said Bell.

This was Senior Josiah Chapman's last year of wrestling he was sad that it was his last but it was also a good year.

"My last year has definitely been a great year good vibes up in the wrestling room. The year could've been better in the ending but in the end, I'm always happy I did it," said Chapman.

Team Scores: Spring Creek 236.0; Virgin Valley 83.0; Boulder City 77.0; Churchill County 69.0; Lowry 58.0.

Championship Matches

126; 1st Place Match: Josh Tripp (Spring Creek) 14-0, Sr. over Taylor Corak (Lowry) 12-3, Jr. (MD 11-2)

145; 1st Place Match: Dyllan Fuchs (Spring Creek) 14-0, Sr. over Cade Bell (Lowry) 12-3, Jr. (Fall 1:26)



*/Austin Lloyd • The Brand*

182; 1st Place Match: Carl Hansen (Elko) 13-0, Sr. over Anthony Peterson (Lowry) 11-2, So. (Fall 1:46)



## Lady Bucks ready to play at next level

The JV girls basketball team has had a successful and overall winning season. The girls ended their season with back-to-back wins against Fernley and Sparks on February 15 and 16.

"All 11 of the girls are contributing to the team day in and day out. We play more as a team and our ball movement is a lot better. We are all getting better at finishing around the rim," said coach Lynnsey Johnson.

Coach Johnson tried to enforce the

importance of keeping the curriculum as a focal point along with ball handling.

"We wanted every player on our team to improve every practice. We want a winning record at the end of the season. We also want to be successful in the classroom," said Lynnsey Johnson.

Junior Ariana Galindo is one player that has made the most out of the practices and overall time spent with the team.

"My goal was to have a fun season with all my teammates and of course improve my basketball skills but mostly I wanted to be a great captain, player, and

friend for the team. I definitely think I have fulfilled my goals this season has been one of the best years of basketball I've experienced," said Galindo. "We won almost all of our games which is always fun and I absolutely love all my teammates and our determined coach who pushed us, to be honest."

Sophomore Macy Delong believed that the season could not have ended better.

"Both games went really well, they were great wins for us being at the end of our season. Our team worked really hard

and played our best through both games. I am sad that the season is over but overall, it was a great season. I couldn't be happier with the outcome our team had. It was great to win the last two games of the season and it couldn't have been better," said Delong.

Delong is confident in her team doing bigger and better things in the upcoming season.

"We are determined, we hustle and we all play hard until the end. We all worked together on the court in big ways," said Delong.



*Arianna Galindo makes a long pass./Ron Espinola • The Brand*



*Shanae Smith tries to race by the defense./Clarissa Olson • The Brand*



*Joyi Kuskie and Macy DeLong trap a North Valleys player./Clarissa Olson • The Brand*



*Hannah Whitted tries to block a shot./Ron Espinola • The Brand*





## Frosh Boys finish strong season

The freshman boys basketball team took on Sparks and Fernley on Friday and Saturday, February 15 and 16.

Prior to the game, Coach Jacob Evans had lots of confidence in the team.

"We just played Fallon on Tuesday (February 5) and they're probably the most talented team we play in our league," said Evans. "We've beaten them twice now. In all honesty, if we just play our game, there's not anybody

that should beat us."

Iysis Arriola agrees with coach Evans, stating his faith in the team.

"I'm feeling great and confident about the games this weekend," said Arriola. "I know my team and I will work hard and have fun."

Point guard Andrew Harmon was looking forward to going head-to-head with Fernley.

"I'm excited for this weekend so we can close out the season with two more wins," said Harmon. "We are especially focused on Fernley and

hoping we can redeem our loss with a solid win."

Overall, the boys are extremely pleased with their first season of high school basketball.

Arriola stated that "the season went pretty outstanding" in his opinion.

"We went through some ups and downs but at the end, we knew what we had to fix," said Arriola.

Harmon agreed, stating that, "the season went really well. We had enough talent to go undefeated but we



Iysis Arriola gets the layup against Elko./Ron Espinola • The Brand

lost a few winnable games along the way. Regardless, it was a good learning experience."

Coach Evans has no doubt that the boys will be ready for JV next year.

"This group has been a pleasure to coach. They have worked hard this year, and their hard work will pay off," said Evans.

Evans is also looking forward to next year's team with the upcoming freshman.

"They have some talent. We just need to make sure that they buy into our program and represent it the way it is meant to be. They have a lot of good offensive players who can shoot coming in next year," said Evans.



Dillon Larose gets triple-teamed./Ron Espinola • The Brand



Drew Harmon drives by a defender./Ron Espinola • The Brand



Wyatte Sakurada looks to get through the Spartan defense./Ron Espinola • The Brand



## Brooke Hansen Signs with Culver-Stockton in Missouri

On Tuesday, February 12, 2019, Lowry's very own Brooke Hansen signed with Culver-Stockton College.

Brooke Hansen has signed with Culver-Stockton College in Missouri. Brooke is signing for volleyball. She is further pursuing her education. She really liked the coach and the environment.

Why did you choose Culver-Stockton College?

"The classroom sizes are smaller, and it's just a good environment for me to be around," said Hansen. "I really liked

how the college is smaller and all the people were really nice."

Brooke Hansen has the height advantage over most girls. She is really good in the front row.

"Brooke was such a defensive presence for us at the net with her blocking skills" said Coach Brandon Eastman.

"She has a very natural instinct when it comes to blocking and it put her right at the top of our league in number of

blocks. I am very excited for her to continue playing at the next level and I can't wait to see what her future holds."



Brooke Hansen signs her letter of intent./Wyatte Sakurada • The Brand



Exceptional Service &  
Technical Support  
Servicing the Mining  
and Aggregate  
Industries

**SPECIALIZING IN WEAR PARTS AND PLANT OPTIMIZATION  
CRUSHING - CONVEYING - SCREENING  
& MINERAL RECOVERY**



Ted Zebroski - President  
Toll Free: 1-866-HARDROK (1-866-427-3765)  
Ph: 775-625-3101 • Fx: 775-625-3141  
www.HardRok.com

Eric Dutton  
Application Specialist  
Cell: 775-842-3111







## Varsity girls basketball prepares for Regionals

Lowry closed out the season with wins over Fernley 65-60 and Sparks 62-19. This raise their season record to 15-9 overall and 14-4 in league.

The girls are excited to be heading to the regional tournament. They finished the regular season in 3rd place behind and undefeated Churchill County (17-0)

and Spring Creek (14-3).

"We are all very excited to be heading to regionals. We are ready to play our hardest and hopefully make it to state," said Connors.

Senior Sydney Connors and junior Sierra Maestresjuan lead the team as top scorers with 10 and 9.8 points per game respectively.

Maestresjuan enjoyed their last home game.

"My favorite game was against Fallon at home. It was such a close game and we could have won," Sierra Maestresjuan. "It was the seniors last time playing at home too."

On Tuesday, February 5, the lady bucks faced off against Fallon at home 65-60. The girls played a very fast-paced game but did not get the win.

The Lady Bucks played hard against South Tahoe winning 64-40.

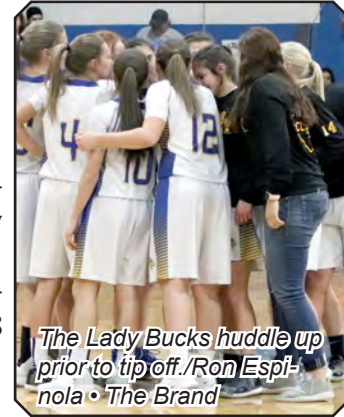
Sydney Connors was happy with the outcome against South Tahoe.



Adia Bengochea preparing to shoot./Ron Espinola • The Brand



Sydney Connors dribbles toward the basket./Ron Espinola • The Brand



The Lady Bucks huddle up prior to tip-off./Ron Espinola • The Brand



Heather Hall driving to the hoop./Ron Espinola • The Brand

"My favorite game of the season was the win against South Tahoe," said Connors.

The Bucks picked up a big win against Elko, 56-35. The girls beat Truckee 59-50.

Another big win for the Bucks was against Elko at home 56-35.

Adia Bengochea shared many memories with the team.

"Individual improvement as a player was awesome but watching my team from the first practice was the best," said Bengochea.



## Spring sports teams get ready the season beginning February 23

The weather is terrible so it must be time for spring sports again. Spring athletes have been inside getting ready for their seasons hoping Punxsutawney Phil is right about an early spring.

The baseball team has been getting ready for their season with open gym. As for softball, they have been doing the same.

Baseball coach Andy Harmon and his staff are excited to see what the varsity team can do this year.

"The boys have been working hard in the gym and are anxious to get outside. The coaching staff is excited about the upcoming season as we will be returning

most of our varsity team and are looking to make it deep into the playoffs this year," said Harmon.

Austin Mayo, the new head coach for softball, believes his team is set for a good season this year.

"I am excited about the upcoming season. There are a couple of coaching changes throughout the program but the strong traditions of Lowry softball that have been established by past coaches and teams will remain in place," said Mayo "We have several girls returning and I believe we are in an excellent position to compete for the top team in the league once again."

The track

season is approaching open gyms started on February 18. The season starts on March 4. This upcoming track season is one to look forward to according to coach Grant Beatty.

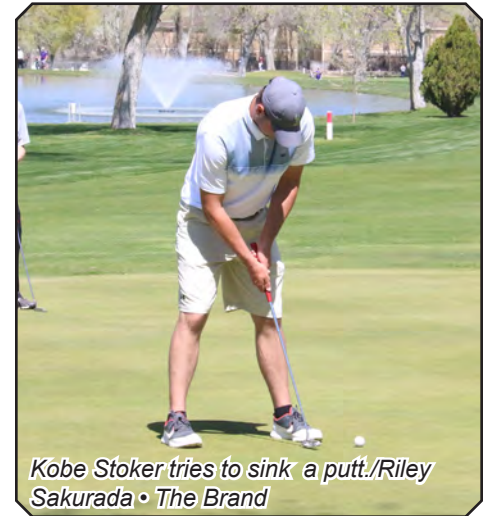
"We are excited to get started and build upon our success from last season. We look forward to working with

new athletes that join the team, as well as, the returning athletes who helped our team last season," said Beatty. "Each year brings a different group of athletes and watching them all come together and grow individually is what makes it fun. Each coach will bring their own training techniques for their respective areas (distance, throws, jumps, sprints, and vaults) and look to implement any new changes/coaching techniques early in the season. Hopefully, the weather cooperates and we can get started soon."

The swim open gyms started the February 7 and the season for swim starts February 23.

Swim coach Shelby Ruff is excited to get to work and put her small team this year to the test.

"So far, it's looking like our team this season will be small but strong. Three of last year's four state qualifiers is returning and everyone coming to open swims has competitive swimming experience which puts us in a good position to spread our points over multiple events," said Ruff. "Right now we don't have enough athletes to win as a team against some of our larger competitors, but you



Kobe Stoker tries to sink a putt./Riley Sakurada • The Brand

can bet we'll make a strong showing at an individual level."

The golf season is starting on February 25 and coach Andrew Meyer is about all the hard work you put in but having fun at the same time.

"High school golf is about having fun and making memories, do you want to be the kid who laid up on the 18th hole at state, no, swing hard play harder," said Meyer.

If anyone would like to try out or play any of the spring sports, contact the particular coach of the sport, or check Lowry social media for information.



The JV baseball team celebrates a walk off win last year./Ron Espinola • The Brand

### HOSS DISPOSAL

Phone: 775.623.5441  
4060 Etchart Ln Winnemucca, NV 89445  
~ hossedisposal.com ~

Serving Humboldt, Nye, Pershing, Lander, and Eureka County  
Hoss Disposal is the leading locally owned  
and family operated waste collection services in the Northern Nevada area.







Horoscopes

Arries (March 20 - April 20) - Bro. Follow a Bob Ross tutorial, put on a coconut oil facemask and chill the heck out man.

Taurus (April 20 - May 21) - Being persistent is a good quality to have, but perhaps you should learn to take hints.

Gemini (May 21 - June 21) - Within the next three days, you will realize how relatable Garfield the Cat is.

Cancer (June 21 - July 23) - It should be noted that your emotions are valid. Just not the fact that your eye bags are from binge-watching "Bob's Burgers" all night.

Leo (July 23 - August 23) - By holding grudges, you're making things harder for yourself. Forgive your childhood crush for having a significant other.

Virgo (August 23 - September 23) - Sometimes growing up is necessary. You might actually enjoy paying bills more than going to school every day.



Libra (September 23 - October 23) - Sometimes your crush will like you back, sometimes they won't. But don't try to be the center of attention to find out. It won't work.

Scorpio (October 23 - November 22) - Reading Shakespeare? Don't waste your time. The dude's been dead for like 400 years. Indulge in some Edgar Allen Poe instead.

Sagittarius (November 22 - December 22) - At this time, don't be scared to ask that person out on a date. Take a chance even if it means rejection.

Capricorn (December 22 - January 20) - Don't be crusty. Apply your chapstick thoroughly.

Aquarius (January 20 - February 18) - Self-pity isn't very attractive so don't wallow over a break-up. It's 2019 and there is plenty of single fish in the sea.

Pisces (February 18 - March 20) - You don't have to be accepted by everyone. Don't make yourself look more confident or prepared than you actually are. That's not attractive either.



Teen translator

Good morning America let's get this bread.

Kids nowadays like to use slang for anything. Older generations don't know what it means either such as "bust-down" or "iced out".

Bust-down means when you have a piece of jewelry that has a lot of diamonds and is very expensive that is your bust-down. As for being "iced out", that means your jewelry has a lot of diamonds on it and is shiny.

"There are many ways to increase your fortune"; the millennial slang for that is to either "secure the bag" or "get the bread".

There are many slang words for various words or phrases. There are so many that get started from a trend or kids say to sound cool. They can start because of a meme such as when a man said "what are those" to a police officer's shoes and it

started a huge trend of people saying that.

It was referenced in the movie "Black Panther." There are many slang words that are used every day by many people while texting such as "lol" there are many others. There are even words that are normal but mean something else such as "mad" which means to normal someone is angry in slang it means its crazy lit.

"Low-key" is another one it means that something is on the low or to keep it quiet. People say fire and they're not a fire it just means something is really cool.

Handy teenager word translator	
Teenager	Old People
Lets get this bread	Lets get this money
Bust Down	Piece of jewelry on your wrist
Secure the bag	Get your fortune

# GRANT'S FAMILY PRACTICE

395 W. Minor Street

Winnemucca, NV 89445

**Rick L. Grant, DMD, IBO**

General Dentistry  
Crowns / Bridges  
Dentures / Partial  
Dental Implants  
Orthodontics

775-623-1228

**Robbie Grant, DO**

Family Medicine  
CDL's  
Pre-employment Physicals

775-623-6622





## POI: Rachel Metzker and Destiny De La Mora

Two very dedicated performers were selected to be the Performers of the Issue. Rachel Metzker and Destiny De La Mora were chosen as Performers of the Issue by Drama teacher Corrine James.

Metzker and DeLaMora make a good pair.

"They are both seniors in Drama and will be sharing the lead role of Thumbelina in "Tiny Thumbelina," said Mrs. James. "They are both very talented actresses that bring great creativity and spirit to the drama program."

De La Mora sees art as a way to express herself.

"A way to express creativity. With art I tend to keep it happy and uplifting and I'm human and everyone gets sad and the best way to express that is through dance," said De La Mora. "Through your movement. Soft and gentle and express your feeling through the music and through the movement."

De La Mora likes drama because she can become a different person.

"Similar to dance, you have a character and you are pretty much inventing your own character. In drama, you take a character and make it your own," said De La Mora. "When you are dancing or performing you are given a song where you can channel different emotions such as sassy or heartbreak."

Metzker agrees that acting is her favorite performance art but would like to return to another type of performing in the future.

"I would say acting because I get



Rachel Metzker in costume during "Fiddler on the Roof"./Wyatt Sakurada • The Brand

to pretend to be someone else. I get to portray a character and I can just forget about other things for a while," said Metzker. "I don't do it now but I really want to because I did do it when I was younger-gymnastics. I love them so much; your whole body has to move like a machine."

For Metzker performing can be rewarding.

"It's [the motivation to perform] the feeling that you did a good job and you made some people happy or you impressed somebody," said Metzker. "You got to do what you wanted to do that day. You want to do a good job when it's more of a group thing you want. You want everyone to do a good job but you're still focusing more on you because if you don't do your part then the whole group fails. The reward is knowing I did a good job."

Metzker and De La Mora make a perfect duo.

"It's fun and we help each other. There are things we do differently by team up and help each other. She's a good dancer and I'm not," said Metzker. "She's an OK singer and I'm good so we help each other strengthen those areas. It's important we make it [the role of Thumbelina] our own."

Destiny has always had an incentive to be in drama.

"I've been wanting to do drama since I was very little. The plays always felt magical to me in a way, I wanted to be a part of it," said De La Mora.

Metzker loves the attention she gets while performing.

"It started when I was a kid and my mom signed me up for a ballet class and I really loved all of the attention I would get when I did a good job," said Metzker. "As I got older and I started realizing I had a voice and I could act, I just really liked the thrill of pleasing people."

Although she still likes the attention performing is more than that to Metzker.

"The attention is something that just comes with it. For me, it is more

like a passion. Just something I really love to do because it makes me happy," said Metzker.

Destiny enjoys everything about being in drama.

"My favorite thing is the people. They're all so kind and funny and they all work so hard to make the plays amazing; they've all become my second family," said De La Mora.

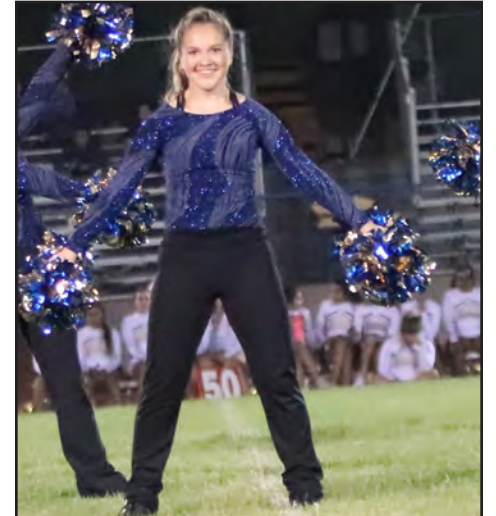
Metzker will continue her love for entertainment as hobbies.

"I'm taking more of a practical guide to my life where I'm just going to do those things as hobbies I said I really like to do but I need something steadier that I know I can accomplish. I was actually planning on going to school to be a teacher," said Metzker.

Mrs. James is very proud of Metzker and De La Mora of their confidence in their acting ability.

"They both can sing and dance with amazing grace and dignity," said Mrs. James.

Metzker and De La Mora always



Destiny De La Mora performing at a football game./Ron Espinola • The Brand trying to do their best for every performance.

"They are hard-working and dedicated to the class and the drama team," said Mrs. James.

Metzker has been in drama for three years. De La Mora has been in drama for a little less than a year. Metzker hopes to become a chemistry or biology teacher.

LUXURY ROOMS • RESTAURANT • SPORTS LOUNGE • CASINO

**THE WINNEMUCCA Inn**

WinnemuccaInn.com

*"Where Comfort and Quality Meet"*



**The Winnemucca Inn is a great place to stay, eat or hold a meeting in our banquet room.**



Everything to Build Anything

**Tallman Lumber**

623-2935

105 Bridge St.

VISA MasterCard

Lumber Drywall Hardware Paint Cabinets Insulation Stucco Fencing Tools Moulding Plywood Roofing Doors Windows Cement Products





By Samm Sharp

On December 28, 2018, the online-streaming service Netflix released its first interactive movie for adults; consisting of multiple realities/endings, Will Poulter (the eyebrow kid from "We're the Millers"), and the entire film is a trip from start to finish.

The trailer for "Bandersnatch" was



A screenshot from "Bandersnatch" / Courtesy: Netflix

## What's entertaining: 'Bandersnatch' and 'Apex'

released only a day before its premier and gave no indications of an interactive plot. Throughout the movie, you as the viewer get to take control of the main character Stefan Butler (played by Fionn Whitehead) and make decisions on his behalf. The interactive film is based in the '80s, where Stefan has been working on coding a video game named Bandersnatch. He gets the opportunity to meet Colin Ritman (Will Poulter) who is a famous game creator at the software company, Tuckersoft.

For those who have already watched it, there's a ton of foreshadowing and hidden imagery/symbolism. Season two episode two of the TV show "Black Mirror" actually contains the same P.A.C.S. symbol as "Bandersnatch". Not to mention, Colin's video game 'Nosedive' is probably

foreshadowing Colin or Stefan jumping off of a balcony. If you're looking to get your mind blown, "Bandersnatch" would be a great movie to envelop yourself into.

By Chuckie Wiggins

Nowadays "Fortnite" is irrelevant since the new game "Apex Legends" premiered.

The new game took over all gaming fans by storm. The new game is similar to "Fortnite" but with a few different mechanics.

"Apex" consists of being able to play in a squad of three. Unlike "Fortnite" there is no building. The game doesn't have different variant weapons only attachment variants. The weapons can have an attachment that makes the damage increase significantly.

"Apex" does have in-game purchases



A screenshot from "Apex" / Courtesy: www.ea.com

but not as much as "Fortnite". "Fortnite" has got on fan's nerves by adding stuff people do not like. The eight different characters have their own special abilities and style of play.

The maps between "Fortnite" and "Apex" Legends are very different from each other. To get around the map on "Apex" Legends are numerous zip lines and balloons you can fly from. Apex has a tracking system "Fortnite" does not have such as how many eliminations with certain characters or special ability uses.



## Personality Quiz: Which of the seven dwarfs are you?

What is your favorite animal?

A. Platypus

B. Penguin  
C. Elephant  
D. Dog

2. Middle, corner/edge or any brownie?

A. Middle  
B. Corner/Edge  
C. Any  
D. I don't like brownies

3. What's your favorite season?

A. Winter  
B. Spring  
C. Summer  
D. Fall

4. Favorite type of cookie?

A. Oatmeal raisin  
B. Snickerdoodle  
C. Double chocolate chip  
D. Sugar cookies

5. A favorite TV show to Binge-Watch?

A. "Friends"  
B. "Grey's Anatomy"  
C. "Gilmore Girls"  
D. "Avatar the Last Airbender"

6. Have you ever taken a personality quiz?

A. No  
B. Yee  
C. Haw  
D. Yes

Scoring System: Count up your points based on the value of that letter for each question.

Answered:

A: 1 point  
B: 2 points  
C: 3 points  
D: 4 points

Personalities (7 Dwarfs):

Doc (6-8 pts): You keep everything grounded and put together in any situation.

Grumpy (9-11 pts): You aren't very easy to be around; it's a tense atmosphere. Relax a little; you'll live longer.

Happy (12-14 pts): You seem to be

very optimistic and everyone looks for you when they're seeking advice that they know will comfort them.

Sleepy (15-17 pts): You stayed awake through the whole thing. Congrats. Try to get more sleep though, please.

Bashful (18-20 pts): You aren't very good at keeping your opinion to yourself. You have the right to remain silent you know.

Sneezy (21-23 pts): You should be careful. It's getting colder and you somehow always catch a cold. Invest in some Benadryl?

Dopey (24 pts): They say that ignorance is bliss. You must be the most relaxed person on the planet.

Ballet, Jazz, Hip Hop, Tap, Acro Dance



661 Anderson Street  
encoredanceronline.com  
info@encoredanceronline.com

Sara Filippa, Sharon Hartman, Maddie Riley

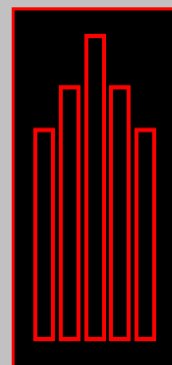
Rehab Services  
of Nevada

625-2222  
325 Hanson St.  
Winnemucca

Physical Therapy • Occupational Therapy  
Speech Therapy

## Quality Tri-County Janitorial

Carpet Cleaning • Windows • Pressure Washing  
Construction Clean-up • Rental Clean-up



Free Estimates

Melene Ramos | Owner  
Adriana Lara | Office Manager  
698 W 4th St  
Winnemucca, Nevada 89445  
775-623-2863  
melene@qualityjanitorial.us

Bi-Weekly • Weekly • Monthly Residential & Commercial Licensed • Bonded • Insured





## Drama and Stagecraft to present 'Tiny Thumbelina' in March

Drama and Stagecraft will present this year's children's production of "Tiny Thumbelina" in March. The play promises to be different than pieces of the past and accentuate the individuality of the cast.

"The first play of the year is always just kind of my bucket list," said Drama Teacher, Mrs. Corrine James. "They're things I've always wanted to do in my life. Then, after I see the cast, I decide what the children's play is going to be. Since the drama kids are always kind of loud and just full of energy, I thought a play with a lot of animal characters would be good."



Jesse Madrid sets up equipment./Ron Espinola • The Brand

Mrs. James is excited about the lead roles of the play, and how well they will fit.

"I don't know if you know Destiny DeLaMora, but if you look at her, she is tiny Thumbelina," said Mrs. James. "If you know Rachel Metzker, who's playing the lead also, she is Thumbelina. Based on these two seniors, I thought this was going to be the perfect play to do."

Stagecraft has their work cut out for them as they create the rather unusual props.

"They're in a world where everything is way bigger than the main character, so the grass, since she's [Thumbelina] just a small thing," said stagecraft member, Mark Henderson. "The flowers and the trees are just going to be huge, so it's just going to be a different way to watch it."

When asked what sets this play apart from others, the Stagecraft class responded with two words: "bubbles," and "glitter."

"One of our new special effects, something that we are going to try that



Weston Noyes and Makae Pulsipher build a flower./Ron Espinola • The Brand



Cheyenne Hatler and Isabelle Acevedo work on a set piece./Ron Espinola • The Brand

we've never done before is that we're going to try to make it snow," said Mrs. James. "We're going to try to create some environment."

Stagecraft member Ariana Galindo thinks this performance is one to be excited for.

"I think the audience is going to enjoy how magical it is, and how everything is just going to be bigger than life," said stagecraft member, Ariana Galindo. "It's full of effects. We've got tons and tons of glitter. Tons and tons. The songs, the choreography, it's all just going to be great."

Drama and Stagecraft will perform for elementary schools during school

hours.

"We will be doing performances for every child in Humboldt County School District," said James. "We do performances at 9, 11, and 1, the whole week for McDermitt, Kings River, Orovida; all of the kids are bussed in...I think the music is going to be a really good way to tell a story. The kids are going to love it."

Performances for the public will take place on March 11, 12, 13, 14 at 7 p.m. Doors will open at 6:30 p.m. for seating.

"The admission prices will be \$3 for students and \$5 for adults," said Stagecraft member, Jessica Dixon. "Donations are always welcome for the senior scholarships."

Begin Each Day With A  
— SMILE —



JEREMY M.  
KEENER, DDS

SET UP AN APPOINTMENT TODAY!

775.625.7763

HOURS  
M-Th: 8-5  
Friday: 7-1

[www.keener.dentist](http://www.keener.dentist)

15 Paradise Ave, Winnemucca, NV





## Lowry's top three substitutes

A l - t h o u g h there may be some disagreement on the best; most students would agree Mr. Eastman, Mrs. Griggs and Mr. Thompson are among the best at Lowry.

Mr. Eastman is believed to be a good substitute because he tends to be very outgoing and has a great sense of humor.

"Mr. Eastman is a pretty cool guy. He's always helpful, and

very laid back, he's funny when he tries to have authority over children. He makes sure students get their work done. Lots of the students like him as a sub," said junior Kenzie Grasmick.

The kids like Mr. Thomas because he knows what he is doing when he is in the class. He also makes jokes with all the kids.

"I believe Thomas is a great sub, he's very nice," said senior

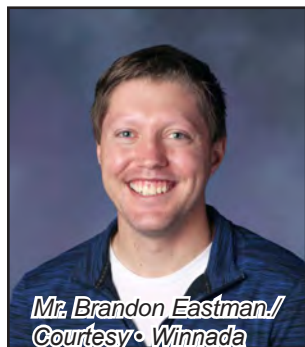
Natalie Lopez.

Mrs. Griggs is thought of as an outgoing, friendly and it's an environment that comes easily to her.

"Just love being around the kids. For the most part, I appreciate the respect that I get from the kids. All the kids brighten up my day," said Griggs.

Eastman enjoys all of the perks of coming to spend the day in a classroom full of different people.

"I like to come and sub because you can interact with different kind of people and get to meet so many people and get to know them," said Eastman.



Mr. Brandon Eastman/  
Courtesy • Winnada



Mr. Dan Thompson/Taylor  
Gleason • The Brand



Mrs. Kelly Griggs/Ron  
Espinola • The Brand

## Lowry Then and Now: Mrs. Mercado



Mrs. Laura Mercado 2009/  
Courtesy • Winnada



Mrs. Laura Mercado 2019/  
Courtesy • Winnada

Generally speaking, the students are the same. We still have great kids, and we still have a faculty who really cares about teaching those kids. But there are a lot of changes. When I first started 18 years ago, I was teaching in a portable behind Mrs. Grady's room because the Art/Social Studies Building was being completed, and we moved in later that year. None of the other teachers from my department, or even my building are the same ones that I taught with then or even 10 years ago.



## Career profile: Mining and Electrical

Dan Shorey supervises all things electrical at Turquoise Ridge; from underground to the surface.

His father was an industrial electrician and Dan also was fascinated by it. He started right out of high school and

has been doing it for over 30 years. He enjoys what he does and wants to keep doing it. He even helps family members if they need help with electrical.

He has enjoyed working for Barrick because of all the opportunities it has for others and for improvement. If you

thrive on challenge and collaboration in a partnership culture, Barrick offers opportunities on a global scale.

"The electrical field is very challenging and I enjoy developing other people in the trade," said Shorey. "People interested in the trade should be strong in mathematics and be mechanically inclined and a good work ethic, as with most trades a high school diploma or the equivalent of. For recent graduates who have the potential to be future leaders at Barrick, offer a wide selection of opportunities to launch your career. I started working at the Stillwater Mine in Montana and when the opportunity came up at Turquoise Ridge I took it because I saw a better opportunity for my family."

One thing he doesn't like about electrical is Arc flash; it is what every electrician potentially faces anytime they work on energized equipment. Working with electrical can be dangerous but he still loves to do it.

Barrick is the operator and 75%

owner of the mine. Newmont Mining owns the remaining 25%. Turquoise Ridge has 15.56 grams per tonne along with the highest reserve grade in the company's operating portfolio, and among the highest in the gold industry.

Turquoise Ridge pays salary ranges from approximately \$81,000-\$89,000 per year for an Underground Mining Engineer and \$70,000-\$76,000 per year for a Long Range Planning Mine Engineer.



The Turquoise Ridge mine./Courtesy • Dan Shorey



HOPE. HEALTH. LIFE.

Dr. Dennis P. Verner  
Tel: 775- 623-3938

Dr. Nicklaus G. Verner  
504 E 2nd Street

[www.VernerChiroCare.com](http://www.VernerChiroCare.com)



775-403-3290

Hours  
10:00 am- 2:45 pm  
3:15 pm- 5:30 pm

750 GRASS VALLEY ROAD, SUITE B  
WINNEMUCCA, NEVADA 89445

ENCHANTEDMOON0517@GMAIL.COM

— STUDEBAKERS —

Uptown Market

Deli Bakery

1200 S. Bridge Street  
Winnemucca, Nevada 89445

Owner  
JIM (HOBY) STUDEBAKER

Phone: 775-623-2405  
Fax: 775-623-0658

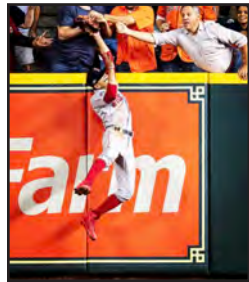




## The best pages to follow on Instagram

These days, there are pages that you can follow about anything. Clothing stores, skincare brands, meme pages, sports teams, and TV shows; they all have social media. If someone has a pet, they probably will have a page that they manage specifically for the animal.

If you enjoy sports and enjoy baseball, even more, Billie Weiss is a great account to follow. Billie Weiss is the Boston Red Sox



Mookie Betts goes up for a catch./Courtesy • @bjessie-right



Watson and Kiko posing./Courtesy • @Watki-Watson



Finn Harries kayaking in the Balearic Islands./Courtesy • @Finn- Finn

photographer. With an 11.9K, his viewers are in awe with every post. (@bjweiss22)

If sports don't spark your interest and dogs are your forté, "Watson and Kiko" have your dog fever covered. Watson and Kiko is a page of two golden retrievers who travel the country with the help of their owners and are the best of pals. (@wat.ki)

Also, Theron Humphrey takes his dog on trips around the Pacific Northwest and photographs their journey together. (@thiswildidea)

Another great photography page is twin brothers named Finn and Jack Harries. They are filmmakers and study architecture and on top of that, travel the world and share their experiences with their followers. (@finnharries and @jackharries)



## 10 things less rare than a red-head

Being a red-head is special; there is not many of them. About 1-2% of the population is a redhead and your chances of being born a redhead with two parents who have red hair are still only 25%. Although these things are rare, there are not more likely to happen than being a redhead.

You are more likely to be struck by lightning than to be a redhead.

You are more likely to be bitten by a shark than to be a redhead.

You are more likely to date a model than be a redhead.

You are more likely to be dealt a royal flush than to be a redhead.

You are more likely to survive a plane crash than to be a redhead.

You are more likely to be killed

by a mountain lion than to be a red-head.

You are more likely to be a saint than to be a redhead.

You are more likely to be a millionaire than to be a redhead.

You are more likely to be killed by a vending machine than to be a redhead.

You are more likely to be accepted into Harvard than to be a redhead.



Araceli Galarza • The Brand



## Valentines Song Dedications

Tanner Havens to Samm Sharp

• "The Ultra-cheese" - Arctic Monkeys

Brooks Carroll to Brenden Carroll

• "Womanizer" - Britney Spears

Josie Warn to Brenden Carroll

• "Baby I'm Yours" - Arctic Monkeys

Bella Bourquin & Samm Sharp to

Mrs. Topholm

• "Baby One More Time" - Britney Spears

Alex Femat to Stacey Horton

• "Stacy's Mom" - Fountains of Wayne

Bailey Raabe to Alyssa Gomez

• "I Do" - Cardi B

McKenzie Houston to Ashley Salgado & Stacey Horton

• "Sad Song" - We The King

Dacotah Anelli to Anthony Cuevas

• "Wow" - Post Malone

Laura & Aimee to Hailey Wegman

• "Freaky Friday" - Lil Dickie

Troy Sanders to Caden Rorex & Josh Leveille

• "Baby Got Back" - Sir Mix-a-Lot

Mrs. Cabatbat to Mr. Cabatbat

• "I Will Always Love You" - Whitney Houston

Daniel Acevedo to Andrew Gabica

• "Going up the Country" - Canned Heat

Austin Rorex to Chris McGuire

• "Campfire Song" - Spongebob

Triniti Gordon to Chris McGuire

• "F.U.N. Song" - Spongebob

Lesley Martinez to Dacotah Anelli

• "Bhemian Rhapsody" - Queen

Alyssa Gomez to Aaron Woosley

• "Amazed" - Drew Jacobs

Dacotah Anelli to Troy Sander

• "Country Roads" - John Denver



Andrew Gabica./Courtesy • Winnada



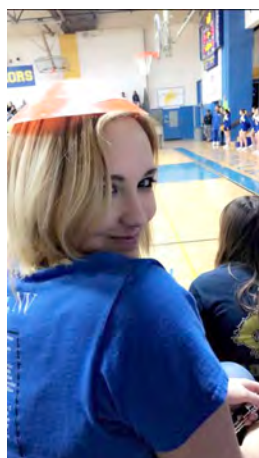
Hailey Wegman./Courtesy • Winnada



McKenzie Houston./Courtesy • Winnada



## Picture of the issue



Ashley Salgado and friends having fun during pep band./Courtesy • Ashley Salgado



Dacotah Anelli./Courtesy • Winnada

## WINNEMUCCA WHITEWATER

AMBER TOLAND

HEAD COACH

SPRING HIGLEY

ASST. COACH

# SWIM TEAM

We are a year-round competitive swim team, non-profit.

Find us on Facebook





## Round Up: Mr. and Mrs. Cabatbat

T: "She was student teaching, and I was babysitting, it was love at first sight."

C: "Teaching at Lowry High School. He had long hair"

How long have you guys been together?

T: "We have been together for a little bit."

C: "We have been together for 12 years and married for 7 years."

What's the worst argument you've been in?

T: "Who wears the pants (I lost)."

C: "After he changed the route on our run and made me go further."

What's your favorite thing about your significant other?

T: "She is the cornerstone of our house."

C: "His amazing personality, he is always making me smile and laugh. There's never a

dull moment in the Cabatbat house."

What is your favorite memory with them?

T: "Our wedding day."

C: "The day he asked me to marry him. I was so surprised, I never saw it coming."

How do you keep the romance alive?

T: "Send the kids to a dinner club."

C: "Monthly date nights."

What is your biggest pet peeve of each other?

T: "I hate how she doesn't clean up after me like I do for her."

C: "He does not like the way I load the dishwasher and he always had to reload the dishwasher his way."

What is the hardest part about being married?

T: "Nothing ez\$."

C: "Picking up after myself, loading the dishwasher and turning off the lights so I don't drive him crazy."

How do you deal with difficult times?

T: "For me, it's never difficult. She makes my life easy."

C: "Talk about it and support each other."

Did you have any doubts before getting married?

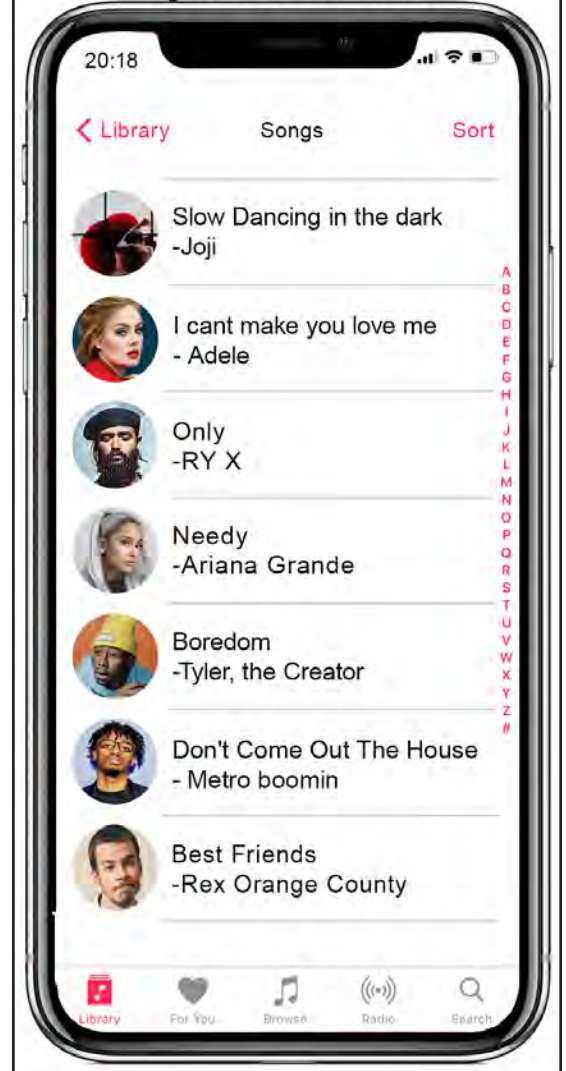
T: "No, no doubts when you're marrying your soulmate."

C: "No doubts knew he was the one from the beginning."



Mr. Taua Cabatbat and Mrs. Chelsea Cabatbat on the day of their wedding./Courtesy • Chelsea Cabatbat

## What's on your playlist? By Araceli Galarza



## Lowry Voices: Do you believe in love at first sight?



Sophomore- Bryon Kenison

"No, because love is dumb."



Junior- Jamie McDonald

"I believe in lust at first sight, not love at first sight. To love someone you have to know them for their flaws and mistakes and still want to be with them."



Freshman- Miguel Esquivel

"No, because you need to get to know the person."



Senior- Mady Lujan

"Not really. Love isn't instant, it's a feeling that you get after being around someone for so long and finding out who they really are as a person."



## Altavista Maintenance

Specializing in Existing Home Repairs  
Sinks, faucets, toilets, etc.

NV LIC #20131700769  
INSURED

Se Habla Español

Javier Ibarra  
Plumber  
775-421-6587



Keep up with Lowry Sports with the Humboldt Sun and News 4 Nevada

## Shore-Line Wear

49 East Winnemucca Blvd.  
Winnemucca, NV, 89445  
(775)625-1001

