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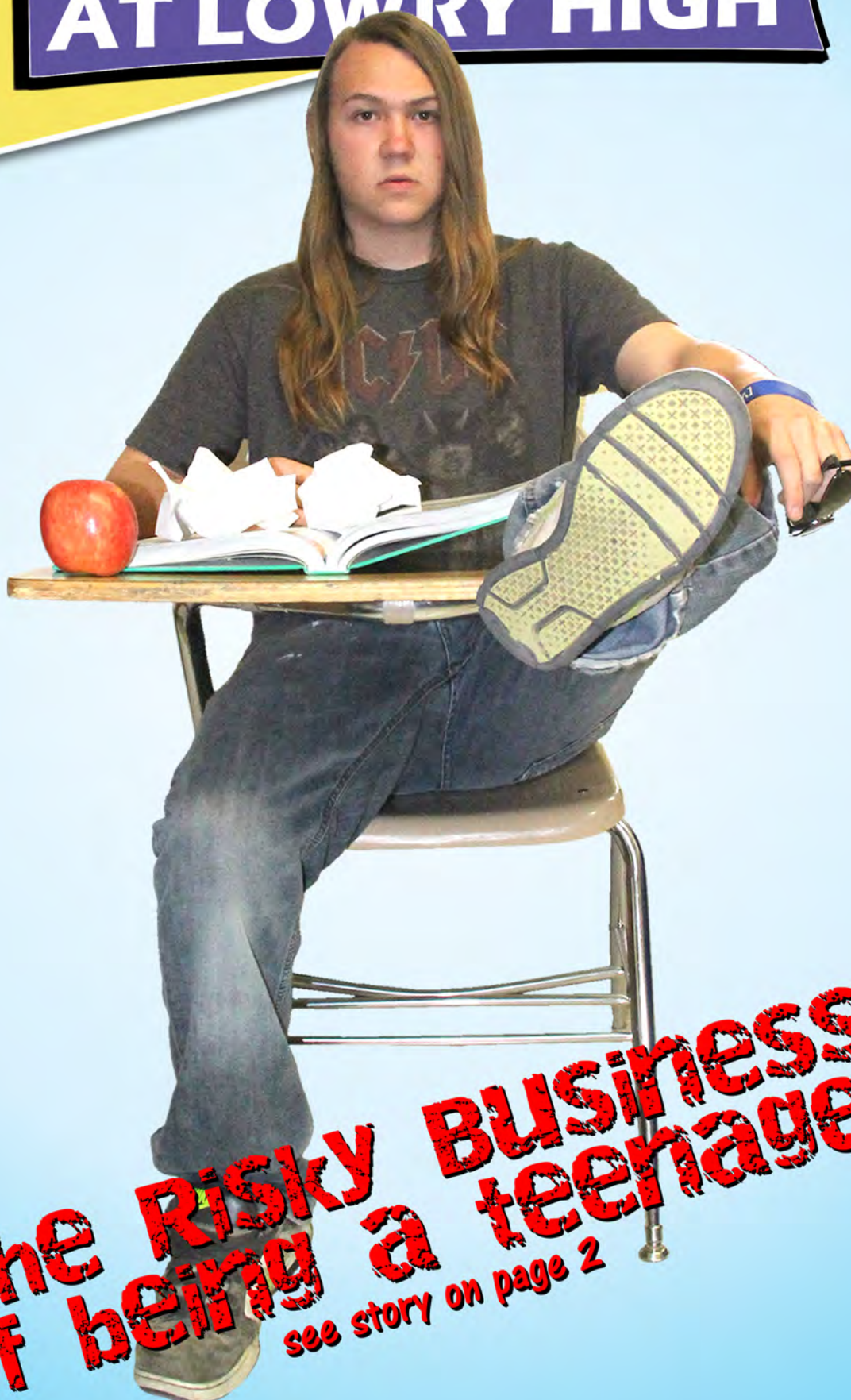


class rings  
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# The Brand

April 17, 2013 • Lowry High School • Winnemucca, NV

## FAST TIMES AT LOWRY HIGH



The Risky Business  
of being a teenager  
see story on page 2





# Risky Business

By Wyatt Lester & Rylee Mathis

Have you ever heard those stories of rebellious teens around you who break laws, neglect the rules, or do things that are dangerous to their well being and life? Well it's becoming more common than it was many years ago. It's as if the kids today have started a full-on rebellion and plan on setting the rules themselves. We need to communicate these actions and behaviors in order to fully understand why teens are participating in them. One of the most popular rebellions among teens is alcohol use.

A sophomore said that she drinks alcohol to feel better about herself and to relieve stress. She continued to say that the feeling of rebelliousness excites her; it makes her feel good to know that she's doing what she wants and that it defies other people. This sophomore also smokes marijuana on a semi-regular basis. She said she smokes for the same reasons she drinks: it gives her more confidence.

A junior said that he drinks just to have a great time; he claimed a good time is better with alcohol. Although we know this isn't always the case; we hear a lot of stories in the news about teens who went out drinking and decide to drive or set something on fire or destroy public property. There's a reason you're not supposed to drink alcohol until you're 21: you're brain isn't fully developed until then, and drinking while you're still an adolescent can interfere with brain development as well.

“We did it because it's ‘the next step’ in a relationship.”  
~Anonymous

Other students said that they did certain drugs just to try it. It could have been because they wanted to look cool in front of their friends, they were feeling depressed and needed a distraction, they genuinely wanted a

new experience, or they just wanted to rebel. But we may never truly know their true intentions.

Health and P.E. teacher Mrs. Heather Patterson said teens need to think beyond ‘right now’. The activity may seem fun at first but in the long

“I smoke for the same reason I drink: it gives me more confidence.”  
~Anonymous

run it could affect your friends, family, and your future. She continued to say that when you start doing these risky things, it becomes a snowball effect. You do one drug or drink alcohol once and it gets worse from there. It continues and has a ripple effect on your life.

Sex. One of the biggest things on a teen's mind. Whether adults like it or not, teens are having sex. Parents are uncomfortable talking about it with their kids because they think it makes them want to do it more but it's actually the opposite.

One student said that she does those kind of activities because boys make her feel wanted but they're really just pretending to get what they want. Then, when she gives in, they leave her feeling used and alone. This happens a lot to boys and girls alike. They think the physical connection

will bring you closer with the other person emotionally when really all the other person wanted was sex. The same girl said that the problem is that boys can't ‘commit.’ But in reality, they shouldn't have to.

That doesn't necessarily mean a guy should get whatever he wants from a girl without a relationship, but this is high school; boys aren't looking for their soul mates just yet.

Another student said she's had sex

just to hold on to her boyfriend. A lot of girls think that “giving it up” to a guy will keep him around. They're wrong. Sure he'll be happy with you for a few more days, if that, but if he's unhappy with the rest of the relationship, he's still going to leave.

“We did it because it's ‘the next step’ in a relationship,” said a Lowry Senior. He continued to say that boys don't really have reasons for having sex, it just happens sometimes.

Some couples are having sex to “prove their love” to each other. This seems like a good reason when you have tunnel vision, but they've got to remember that this is just high school and that love probably won't last forever. It's also sad that teens think that to love someone you have to do that kind of stuff with them.

A good majority of teens are doing “it” even though they have no knowledge of the subject. That's the definition of Risky Business. With all the diseases, emotions, and down falls (like pregnancy) involved with sex, and considering the age of losing virginities



is getting lower and lower, this generation can't afford not to know the details of the subject.

Parents assume that their kids are getting all the information they need from the Health class they have taken or are taking, but that's not always the case. Even though Lowry's Health course is informational, the students aren't always listening or they may not understand. Even if they do, they still might need someone to talk to them about the benefits of waiting to have sex or simply not doing it until marriage.

Another risky thing that teens do is texting and driving. Whether you've been driving for 2 months or 2 years, it's dangerous for anyone to look away from the road and stop paying attention for even a short period of time.

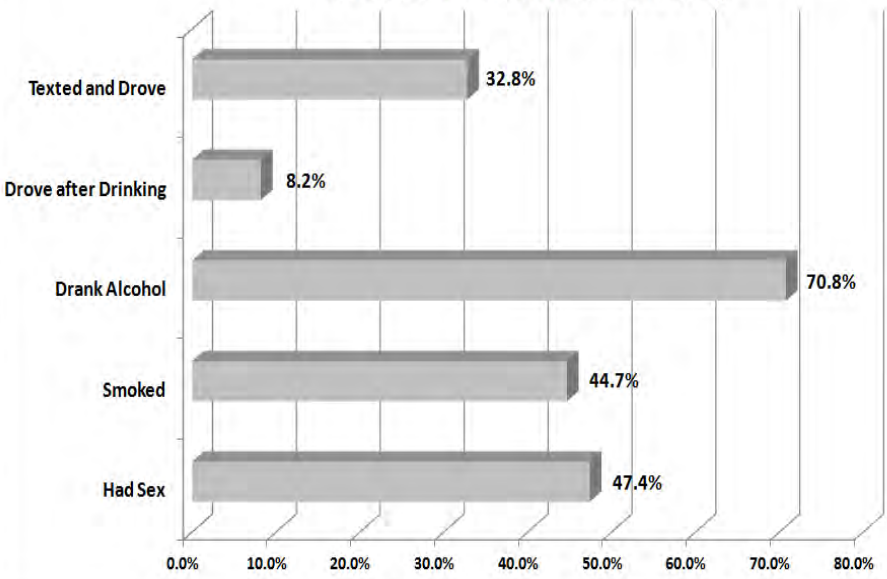
To avoid this problem, some teens talk on the phone instead. This is just

see RISKY page 4



Mrs. Heather Patterson./  
Courtesy • Winnada

The 2011 Youth Risk Behavior Surveillance System (YRBSS) by the Centers for Disease Control  
% of HS students who have ever done the following



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# New class officers share their plans

By LETICIA GOMEZ

It was a long couple of weeks of campaigning, but we finally made a decision as to who we thought would be best at running our classes and our student body. The new presidents for each class are Kaity Sample for freshmen, Kylie Hilbish for sophomores, Brycen Prokasky for juniors,



Kylie Hilbish./Courtesy • Winnada

Maeve Donovan for seniors, and Taylor LaTray for student body president.

All the presidents have a new plan for their classes next year and they were all kind enough to share them with “The Brand”.

Upcoming freshman Kaity Sample said her plan for her freshman class is to make their first year at Lowry not only enjoyable but memorable. She wants to try and accomplish many things as the president. She will be making an effort

to plan things to bring her class closer together and make changes to help make her peers want to come to school.

Sample also has many great and fun ideas for fundraising and charity events but she can’t promise all her ideas will actually become more than an idea but she will try her hardest. Also to get her classmates participating, Sample will make sure there is plenty of advertising and she will ensure that most events planned will accommodate with most everyone’s schedules. Sample will also have an ear out to try and take in any suggestions from her freshman class. She hopes she will be a fantastic president and make 2013/2014 the best she can.

Sophomore president Kylie Hilbish’s plan was short and sweet.

She said, “My plans are, to get our class more involved in things we do such as gym and hallway decorating, fundraisers and other things along that

“I want to make our sophomore year fun and memorable.”  
~Kylie Hilbish

line. I want our class to come together as a whole, but everybody’s participation counts. Also, I have some great ideas for fundraisers for our class next year. I want to make our sophomore year fun and memorable.”

Junior president Brycen Prokasky said that there are only two things that he can share because the rest is classified between him and the other junior officers. Prokasky wants to raise enough money so that his class can



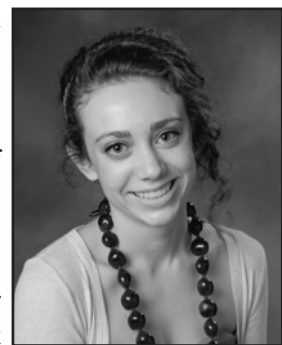
Brycen Prokasky./Courtesy • Winnada

have a nice prom, not a prom out in the parking lot with. Secondly he feels like he has to do something to get his class more involved and he thinks that it starts with a

much needed make over. And that was all Prokasky could share of his many plans for his classes junior year.

Senior president Maeve Donovan has quite a few plans for her class’s last year at Lowry High. She said that her main plan, as of right now, is to use one of the senior lockers as a “help” locker. It’ll be used so that the students can actually share their ideas and have a voice.

Student body president Taylor LaTray said, “I plan to get the Leadership students together over the summer to fundraise and with that money we will buy different thing to enable our assemblies to be more fun. An idea box will be set up in Lowry next year as well so I know what the students want to see, it’s going to be super dandy.”



Maeve Donovan./Courtesy • Winnada



# Obama campaign promise fact check

By MARCOS DURAN-SALDECO

Many people ask, and even more want to know “Did President Obama keep his promises he made during his campaign and the State of the Union?” According to Politifact.com, and FactCheck.org, he kept most of his promises; some of his promises concerned Immigration, Gun Control, the Economy, the Foreclosure Prevention Fund, preventing Cyber Corporate Espionage, to allow for Americans to purchase imported prescription drugs, and the Hurricane Sandy Aid. Mrs. Laura Mercado gave her opinions on whether the President kept, broke, or will keep his promises.



California has the nation’s only program to confiscate guns from people who bought them legally but later became disqualified. / Wally Skaliy • MCT

On immigration, President Obama recently suggested an immigration reform which is likely to be passed by congress. That’s one promise kept. Mercado said, “This promise has the best chance of being kept. Both parties agree that something has to be done about this, and the President is working with Congress to pass a bill.”

As for Gun Control, he is currently working non-stop to achieve this and has the majority of the public’s support, because of the many recent mass shootings, starting with the Batman Shooting in Colorado. This promise is in the works and is very likely to be kept.

“This will be the hardest promise to be passed,

if it even makes it. The Republicans in congress threatened to filibuster any bill the President tried to pass.” said Mercado.

Lowering the deficit was another promise made by the President. During his first term, the President did a fair job on it, making it decrease slowly but steadily with a couple of bumps. So far, it is still too soon to say if he helped or hurt it. This is a promise that is in a compromise.

“This is a long term problem, so it requires a long term solution. I don’t think one president will be able to do it. If anything, the country really needs to go on a budget,” said Mercado.

The Foreclosure Prevention Fund was one of the President’s broken promises. He promised it during his 2008 campaign, and his administration almost completely ignored it. He promised to keep it this election, but I think this promise doesn’t have a remedy. Since Nevada has one of the highest foreclosure rates in the nation, this is really important to us.

“This is huge in Nevada, and I think, if both parties really worked on it, then it might make it,” said Mercado.

As for the prevention of Corporate Cyber Espionage, he funded the FBI to enforce this, and he recently signed a bill to assist them. This is a promise kept.

Another promise made by President Obama was to allow Americans to

purchase imported prescription drugs as long as they were safe to use. These were blank words spoken by the president, which quickly blended into the background the rest of the 2008 campaign. This is an irretrievable promise.

Finally, is the Hurricane Sandy Aid. After Hurricane Sandy struck, President Obama visited the affected areas, and promised to help the people that were affected in every way he could. So far, many people have been helped, but more still need help. This promise is in the works.

These are some of the biggest promises made by the President. If you want to see more, visit [www.politifact.com/truth-ometer/promises/obameter/](http://www.politifact.com/truth-ometer/promises/obameter/).



President Barack Obama speaks during an event in Washington, DC. / Olivier Douliery • MCT

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## Who's ready for summer? We are!

By Katie Hillyer

For Valentine's Day me and my friends in Mrs. Peters' class had a raffle to raise money for Life Skills Club. Me, Mark, Miss Liz and Miss Karla sold tickets for several days in the glass hallway before school. We were selling tickets for a giant, stuffed gorilla. We gave boxes of Sweethearts to everyone that bought tickets. On Valentine Day I read the winners name in the announcements. That winner was Cole Erqueoga. Life Skills raised \$137 with the gorilla. We Don't Monkey Around!

Is everyone ready for summer? I sure am! I am so ready to go outside

without a coat! I decided to ask my classmates and our aides what they are most looking forward to now that it is warming up. Miss Karla said NO MORE SNOW!! Aaron said he is looking forward to it just being summer. With a big grin Juan said drinking Kool-Aid. Miss Gloria said wearing flip-flops and dresses and Francisco is ready to go running and both he and Johaunna are ready for swimming. Michael is looking forward to mowing the lawn. Andrew and Eric both are happy to be running in track practice and at track meets. One of our third period TAs, Dominique, said going to

the lake. Trey, our other TA in third said wearing warm weather clothing. I told him that he already wears that kind of clothing and he said it is more fun to wear them in the summer. Angel can't wait go on picnics with her sisters and hang out with them. Mrs. Shelley said that she is ready to go camping and Mark is so ready for spring break. Mrs. Peters said it is time to wear sandals and she is ready to be outside. Miss Susie is excited about going to see her grandchildren in Denver, Colorado. And Miss Liz said she is ready to do yard work and get into her garden. What are you all



Members of the Life Skills Club./Courtesy • Life Skills Club

looking forward to? I think that we are all ready to be out and about and feel warmed up after a long, cold winter. Happy Spring to all of you!!

## Yearbook inducted into "Gallery of Excellence"

By Rylee Mathis

On March 19, the Walsworth Yearbook representative paid the yearbook staff a visit. They were happily informed that they've been inducted into the Gallery of Excellence by the headquarters of Walsworth. Only the top yearbooks in the country receive this kind of recognition.

"It's nice that all the students are being recognized for their hard

work," said Mrs. Lisa Scott.

As part of this, Lowry's yearbook will be used as an example and displayed at regional, state and national conventions and workshops. Other yearbook staffs will be able to see the hard work and dedication the students put into our yearbook. Lowry will become an inspiration to schools around the country; they will receive the recognition they deserve.

"It's a really great honor for all of us," said yearbook staff member Sarah Gillespie.



Sarah Gillespie./Courtesy • Winnada



Staff members of Winnada./ Courtesy • Winnada

## Risky

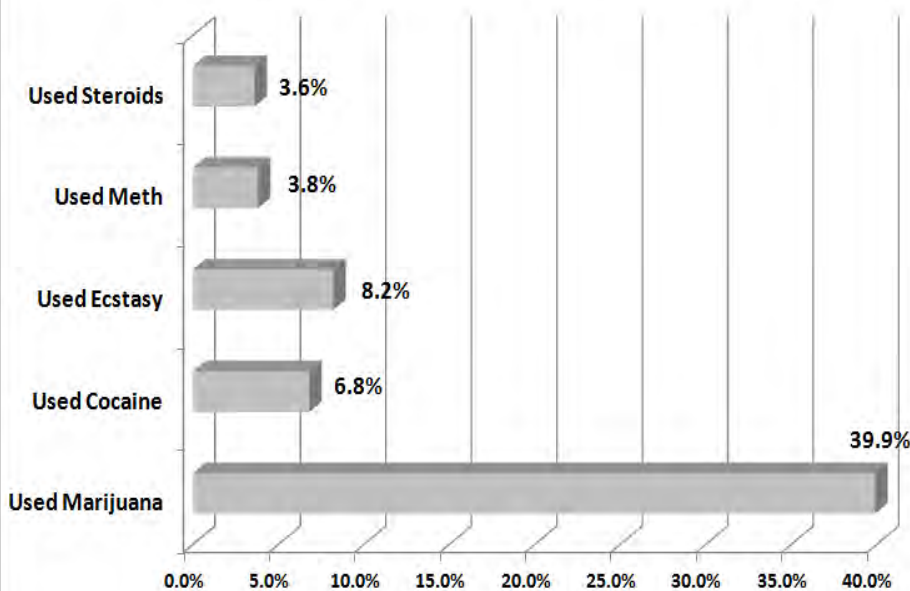
as bad. Talking while driving was made illegal for a reason; it takes your focus off of driving. The conversation may seem important but the lives of the people around you are more important.

Authority figures always tell teens to pull over to make a call or text. No one, let alone a teen, is going to waste their time doing that unless they truly have no where specific to be at the time. Bringing a passenger or passengers is another way to avoid having to use your phone while you're

on the road. While this is probably the best solution, not everyone is going to have another person who wants to go everywhere with them at all times.

A more efficient solution is buying a Bluetooth. This is an easier way to focus on driving while you're talking. You're not worried about how to hold your phone and still keep a hold of the wheel or how loud your speakerphone volume might be. Bluetooth headsets range from 15 dollars and up depending on the quality, but they're worth it; saving a life is worth it.

The 2011 Youth Risk Behavior Surveillance System (YRBSS) by the Centers for Disease Control % of HS students who have ever done the following



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## Nevada warming up to the idea of same-sex marriage

By RYLEE MATHIS

Americans are being unfair about same-sex Gay marriage won't even have a chance at becoming legalized in Nevada until 2017. Many voters in Nevada have recently showed that they support same-sex marriage, but the law would have to be approved this year, again in 2015 before going to voters in 2016. Only in nine states is same-sex marriage legal; Connecticut, Iowa, Maine, Maryland, Massachusetts, New Hampshire, New York, Washington, and Vermont. As many as 25 states are against same-sex marriage completely.

This is completely unjust. Gay couples should be able to decide whether or not they should get married. Furthermore, if a same-sex couple gets married and then moves to another state, I think that state should have to recognize their marriage. Unfortunately

ly because of DOMA (The Defense of Marriage Act) this isn't the case.

Personally, I love gay people. I'm hoping to have gay children. I think homosexuals are delightful because they're always so chipper and friendly (most of the ones I've met anyway); I'd love to have more gay friends. No matter what their gender, sexual preference, weight, hair color, ethnicity, etc. a person is a person. We should all have the same rights. Granted some rights are taken away from minors because we're not skilled decision makers until our brains are fully developed, but things like that make sense. It's senseless to tell a person they can't marry the person they love just because "the 'Bible' says Adam and Eve not Adam and Steve." Not everyone takes the biblical standpoint, but it is very popular.

Some people claim to be okay

with homosexuality but are just saying that to seem less intolerant. They say things like, "I'm okay with it; I just don't want to see it." Completely contradictory. When you 'accept' something, you accept all of it, no exclusions. Telling a gay friend that you don't want to see them 'being gay' is like telling someone you don't want to see their personality. It's time to change your views about this, people. Whether you like it or not, homosexuals exist; they're just as important as the rest of us and should be treated so.

It's unfair that two people who don't like each other or who cheat get to be married but two people who genuinely love and treat each other well don't. Gay marriage should be legalized in every state. Everyone deserves equal rights and everyone deserves to commit to someone they love for the rest of their life.



## Leaving college early

By JUSTIN ALBRIGHT

College sports, the source of the greatest sporting events in the nation. From bowl games to March Madness, the atmosphere of these games, and the will of the players wanting to earn their school a National Championship, is second to none.

Yet, the integrity of college basketball is diminishing each year. Every year, schools try their hardest to recruit the best players in the nation to come to their schools, in hopes of making their teams the best they can possibly be.

Kentucky is the perfect example, every year Coach Calipari and the Wildcats get an influx of talented freshmen, and every year, all of these freshmen leave college after their freshmen year to pursue their dreams of becoming a professional basketball player. Last year, Kentucky was the national champion, and this year, after losing five freshmen to the NBA draft, Kentucky lost to Robert Morris in the first round of the NIT. For those of you who don't understand why that is bad, let me tell you.

There has only been one school in the illustrious history of college basketball to lose in the first round of the NIT tournament the year after winning the national championship, the other was Jim Valvano's 1984 NC State team NCAA national championship team.

There are nine freshmen projected to go into this year's draft, so who can blame these athletes for skipping school and going to pursue their ultimate dream of playing professional basketball? Yet how many of these athletes actually find success in the NBA? You never know what may happen in your career, at any given point in time, you can suffer a career-ending injury.

If by chance you get an injury, what are you going to fall back on? Sports are only temporary, education is forever. A prime example of this is South Carolina's running back Marcus Lattimore. Lattimore was a first round pick before he blew out his leg in a game this year, now most teams are shying away from him, due to his gruesome injury.

Businesses all over the world won't care if you were a professional athlete, if you don't have a solid education with a college degree; you're not going to get hired. College is supposed to be a time where you decide what you want to do with your life, so you can make a living for yourself, and your family, not a gateway to the pros.



## How golden were the 'Golden days'?

By MICKEY DONOVAN

At first sight you may think this is just another teenager complaining about how his parents are strict and they won't let them go out and do illegal and stupid things. But it's not. Recently, I overheard my family talking about how kids these days didn't have as much fun as they did in their "Golden days". The truth about parents is that while they are reminiscing about their past, they are not giving us any time to make those memories. One day while I was grounded, I caught my parents in the midst of talking about their high school memories. Right after that, I kindly went and asked if I could go hang out with a friend. Immediately after they had talked about their amazing friends and fun times in their own high school career, they still

said no. Think about it, we obviously just can't walk out of our house whenever we want, well at least I can't, they make the time when we can leave and when we have to come back.

Another ridiculous thing that parents do is always complain about how pathetic this generation is with our phones. Truthfully, my dad is on his phone more than I am. But, it is mostly work related things. Phones are stupid and phones are amazing. Sometimes they are just these stupid little objects that control our lives but on the other hand, phones can be very handy and useful. Yes, there are some people who say that if they don't have their phones they will die, but in all honestly if there wasn't cell phones we would all be fine. It wouldn't be as easy to communicate with each other but we could manage.



## Cussing in the 21st Century

By CARLY BELL

When we were young our parents or guardians taught us not to cuss because it was offensive and rude. Do you think if people stopped teaching others it was bad to cuss that those words would still mean what they do? What if you replaced every bad word with couch? Would couch be a bad word then? "Go to couch!" If there were no "bad words" then would our parents, or grandparents, think that this generation was less rude and or useless?

If you can take away the meaning of a bad word, it's just another word. We need to stop implying that words are

mean, stop making them offensive, and making them worse than what they are.

Hopefully in the near future there will be no bad words because we stop teaching our kids that they mean rude things.

I don't know if I enjoy cussing, or not. I went from never cussing, to swearing every day. Boys say when girls swear it isn't attractive because it lessens their appeal, and makes them sound too rough.

Also, in this crazy world, our generation makes words up, or change the meaning of words, such as sick and dope. We also make up acronyms. IDK, GTH, LMAO, etc. The way we text, has impacted the way

we talk and think. Kids think that it's okay to cuss if it's in an acronym.

It is scientifically proven that cursing can release stress, and blow off some steam. Your working outside and all of a sudden a bar falls on your fingers and your nails are bleeding and you scream out "couch". Saying this will let off steam and take some of the pain away.

Using profanity casually just lowers opinions of our generation.

So my question is how come it's ok for guys to cuss and not girls? The nation we live in is still very sexist. It really angers me. So much to the point where I want to cuss.



## 20 Reasons Why

By LETICIA GOMEZ

20 reasons why I don't care about stupid people or their stupid issues:

1. It takes a lot of energy to care for idiotic people and issues.
2. I don't have that kind of energy, but even if I did I still wouldn't care.
3. I feel like if I care about the stupid things I won't be happy.
4. My happiness is my number one priority.
5. I'm too mean to care about anyone else other than myself or my friends.
6. I don't care about the child-

ish people with stupid issues.

7. I don't care because I'll probably lose brain cells just listening to the idiots talk and let's face it I don't have many to spare.
8. I won't benefit from caring about the childish people or their issues.
9. I don't have the patience or time of day to sit and listen to foolish people's personal stupid problems.
10. I hate the world!
11. Stupid people make me really angry.
12. I don't like to be angry because I tend to say rude things and then I get punished.

13. I don't like to be punished. So if I don't care I don't get punished.
14. If I don't get punished then I'm happy and again my happiness is my number one priority.
15. Life's too short to care about pathetic people and the issues they tend to come with. Its time consuming.
16. I have more important things to care about like food and sleep. I love to sleep and eat!
17. It's way easier on my part if I just don't care.

18. Unless you're my friend your issues don't matter to me.
19. I would probably make a foolish person mad if I cared about their issues because their issues would be so pathetic that I would laugh in their face. Although I do enjoy a good chuckle at least 10-20 times every day but I don't care so.
20. Foolish people have other foolish people to talk to; they shouldn't waste their time trying to get me to care because it will probably NEVER happen, ever. This is also extremely time consuming.





## Lessons learned

By JOSH SHAVER

There are a lot of things I've learned in life. Life is full of learning experiences. People make bad decisions, it's just part of human nature. You either learn from them or you don't.

I know a few people who have made some pretty bad choices in their lives but now are on the right path and on the road to recovery. I have made some really bad choices recently, but am on the right path now and have truly learned from my mistakes.

The people who don't learn from their mistakes always end up making those same mistakes again and end up right where they were before.

Everyone deserves a second

chance. I know second chances can be difficult to give, but sometimes it can be the best thing for the person to be given a second chance and another chance to prove themselves. Being given a second chance means you can't mess up again or disappoint anyone who has given you that chance.

"It depends on what the person did to be given a second chance. If it's not something too drastic you should be given a second chance. We are only human, we all make mistakes at some point in our lives," said Marc Esquivel.

This is a small town we live in and when someone makes a mistake people blow it out of propor-

tion. When people make mistakes here everyone knows about it by the first few hours and some people just can't let it go.

"You know people can have there opinions. You can't change people. A bad mistake doesn't make you a bad person and as long as you know that, opinions shouldn't matter," said Esquivel, "Wolves don't lose sleep over the opinion of sheep."

People should get second chances and another shot at making something right. Everyone makes mistakes, some more drastic than others.

Making a mistake doesn't make a person bad, it helps determine what the person will become and where they will go from their mistake.



## What pushes my buttons

By RYLEE MATHIS

We all have those little things that push our buttons and grind our gears. These are just a few of mine.

You know what really pushes my buttons? When people walk slowly down the hallways. Or when they just stop in the middle with a cluster of friends like it's no big deal. I have to get to class guys, time to skedaddle.

It pushes my buttons when guys smell icky. Especially when their B.O. is left behind in the classroom they were just in. Now I have to sit in there and suffer through that? Girl, please.

Rude teachers push my buttons.

You know who you are.

My metaphorical buttons are really pressed when I spend hours on my appearance and I still don't look good, but other girls just roll out of bed and look gorgeous. Boo that.

Boring text conversations really grind my gears. I genuinely wanted to talk to you, but you ruined that with your awful spelling, horrible grammar, and one-word answers.

When I can't figure out what slang words mean. For the longest time I didn't know what the whole 'Swerve' thing was about. My brother had to look it up for me on Urban Dictionary. Useless slang word if you ask

me.

Nicki Minaj. Nuff said.

Another thing that pushes my buttons is when two people claim to be in love after like a week. Then they break up a couple days later. I'm like, welcome to reality kiddos.

It really grinds my gears that the English language has gone so far down hill. Instead of being woeful or miserable we're just sad. Instead of being ecstatic or joyous, we're just happy. Time to step it up guys. The English language is beautiful and if you want to sweep a girl off her feet or confuse a boy beyond belief you've got to use big, imaginative words.



## Real men read

By JESSIE SCHIRRICK

I make it a priority to keep a book in hand, as I have found that it balances me intellectually between all the media and technology of modern time. I have also noticed, in my experience of reading recreationally, that my understanding of complex vocabulary has broadened exponentially.

The problem is, that although I enjoy reading on my own, recent statistics have proved that most other people my age don't. Pleasure reading dropped 23 percent in 2008, in comparison with 2003 from 65 minutes a week to 50 minutes a week, according to a survey administered by the "Washington

Post." A study conducted last January by the Kaiser Family Foundation reported a much more drastic decrease in recreational reading from 45 minutes to 30 minutes.

Others argue, that they are reading just as much, but in other ways than the traditional, cover-to-cover book format.

"They could be reading on the cell phone, in games, on the Web, on the computer. It doesn't mean they're not reading, but they're not reading using the printed page," said Sandra Hofferth, of University of Maryland. Nces.ed.gov/nationsreportcard/reading/

Society should take advantage of the technology available to us,

because it actually makes obtaining books much more convenient (i.e. iBooks, Kindles, Nooks, etc.)

My peers have generalized books as being boring and outlandish, much like the classic novels they are assigned to read in school. However, there are many book series revolved around the lives of teens and common issues young people experience. Ellen Hopkins, a popular young adult author has written many books with the purpose of getting teens interested in reading.

Reading is unquestionably beneficial to anyone who is willing to take the time to do it. It opens the doors of intelligence and creates a brighter path for the future of America.



## Do's and Don'ts

By WYATT LESTER

Don't get arrested.

Do try to escape from jail if you do get arrested.

Don't eat cake if it's past its expiration date, you could die dude.

Do eat mandarin oranges. They're dope as rope.

Don't eat cherries. Cherries are gross.

Do donate to various charities.

Don't give money to homeless people.

They eat the money. That's a felony.

Do try to eat food that isn't secretly poisoned. Have your squire take a bite before beginning your feast.

Don't take up a whole bus seat. Unless you wear a large pants size.

Do kick annoying people in the shins. Sooner or later they'll have problems walking.

Don't kick kids. They have momma bears.

Do try to walk on the moon.

Don't be racist.

Do go crazy at least once daily.

Don't lick the sidewalk.

Do lick a lollipop though. That's meant for licking.

Don't try to run people over. Unless you have a rhino bar on the front.

Do take at least 7 vitamins daily. You could try to be like Lance Armstrong. Get crazy fit to ride a bike! Then obtain a fine skill in lying to the world for an extensive period of time.

Do the Ginger Snap.

Don't do the Harlem Shake. It's been done a thousand times already.

Do the Ginger Snap

Don't be a non ginger. Your life is unoriginal.

Do be a ginger. We. Are. Awesome.

Don't join the Nazi party.

Do obtain superpowers.

Don't try to create them. Everybody hates a cheater.

Do eat chimichangas. That stuff is dope as rope.

Don't try to look for a synonym for "Burrito" on Microsoft Word. I tried. There is absolutely no synonym. Not even "Taco" was on there.

Do watch all the "Star Wars" movies, you'll become more whole as a person.

Don't listen to country.

Do tell how me many people that last

"Don't" upsets. Freedom of speech.

Don't eat cookies. Instead eat the dough like an animal eating raw meat. But sugar meat...

Do hunt for Sasquatch... He's out there...

Do swim team. It's an amazing sport.

Don't dis on the outfits. We wear man Speedos. Knee to thigh.

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## Lowry grads, Davey and Jamie Walton, continue in athletics in a different way

By JUSTIN ALBRIGHT

The colors green and gold might you think of Battle Mountain or Manogue but for two former Lowry athletes they mean only one thing; Ducks.

Jamie (2009) and Davey Walton (2007) serve as the managers for the University of Oregon baseball and the reigning Pac-12 tournament champion, and men's NCAA Tournament basket-



Davey Walton (Left) is hugged by an Oregon basketball player as the team managers are recognized before a game. / Courtesy • Jamie Walton

ball teams respectively. Both teams were ranked in the top 20 in the nation this year.

"I'm really excited for them, both of them come from a small town and they've enjoyed sports most their lives. The reality here in Winnemucca is that we don't have many D-1 athletes and both of these guys were able to go to a place where they got to see the D-1 experience," said a proud father, Don Walton.

Jamie's initial plans were to actually try out for the baseball team, but due to five ankle surgeries, the operations guy, Luke, requested Jamie to go see his boss, who gave Jamie the manager position. Jamie loves it, and feels like he's doing the next best thing.

"Being a manager has helped me shape what I want to pursue in my career, which is to work on the business side of baseball and/or player development," said Jaime.

Davey on the other hand, started talking to the head basketball coach, Dana Altman, at the Century Club where the



Jamie Walton with an umpire prior to a Duck baseball game. / Courtesy • Jamie Walton

two brothers worked in the summer. Coach Altman told Davey to stop by the next day, and out of 30 applicants, and Altman selected Davey to be the team manager.

Both brothers get the hook-ups that all of the regular college athletes get, such as; shoes, shirts and polos. The brothers don't have to return any of the gear and they also get the perks athletes get. The brothers are able to get free tutors, and

are able to use the academic center on campus. Jamie is also on a partial scholarship, and Davey has a full-ride scholarship for this year.

On a daily basis the brothers get to interact with the coaches to find out the daily plan, so they can set everything up. They have to get there earlier than the athletes, just so they can hand out the laundry from the day before, and break down all of the practice plans.

"I'm busy all year round, and during the season I usually work a 40-60 hour week with games and getting everything ready for the athletes," said Jamie.

The brothers agreed that the highlights of managing would be the perks, and all the people you get to interact with. The brothers are all included as staff and players have a lot of respect for the brothers, since they usually have to do all the grunt work.

It just goes to show, that even when you may graduate high school, your sporting career can still continue, in more ways than one.



## BENCHWARMERS

By BRODY GOUCHER

In every team sport you have to have players that don't play as much as the "starters" because they aren't as talented as them, but are still just as big a part of a team as them.

In football, the starting eleven usually stay on the field unless they are winning or losing by a ton of points. I think that a athlete that sits the bench and does not get a starting spot should not accuse a coach of playing favorites, but simply practice on his or her own time to get better. Starters earn their spots on the field or court, they don't just walk out and expect to be a starter.

When an athlete joins a sport and has not practiced at all and still makes the team, his expectations should not be high because he did not earn his spot

and obviously did not care about getting a starting spot if they did not put in the work.

A lot of the time coaches have to put up with parents nagging them to give their son or daughter more playing time, and that's not fair to the coach when most of the time they make the best decision on who can give the team the best chance of winning.

While benching someone is a tough part of being a coach, cutting is much worse.

"Cutting kids is definitely the hardest part, it really sucks and makes you feel bad," said coach Grant Beatty.

The next decision a coach has to make is when to sub one of his bench players in and that is also hard at times because the player that comes out often feels

he did not do anything to deserve to be taken out.

"At the beginning of the season I sub randomly, but once I get a feel for guys, then I try and stay consistent because I feel like the players need to have that in order to be comfortable on the floor. I sub guys when they get lazy on D or stop boxing out. The best time to put a player in is when the guy on the floor playing his position is tired," said Beatty.

There are many tough aspects of being a bench player such as not getting enough playing time and having to sit out in a close late game and feeling helpless.

"The toughest part for a bench player is coming into game cold and trying to find a rhythm," said Beatty.

University of Nevada, Reno

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## Athlete of the Issue: Lexie Coleman

By WESTON IRONS

Lexie is a student athlete who participates in Lowry's varsity softball program and excels in all of what she does in and out of school. This year she is a junior. Her skills and accolades have made her this issue's pick for Athlete of the Issue.

Lexie has been playing softball for nearly ten years. Softball is her favorite sport and the only one she plays. Over the years from all of her practicing she has developed into a very good softball player.

"I've been playing softball since I was seven. I played other sports off and on but softball is really the only

sport I played and enjoyed," said Coleman

Lexie's parents serve as big inspirations to her. Although her mom was never into sports when she was in high school her dad was. Her dad played many sports and coached softball for many years.

"I met a lot of my best friends through softball."  
~Lexie Coleman.

"My mom wasn't big into sports but my dad was and he coached softball for a long time and coached me in it. I met a lot of my best friends through softball," said Coleman.

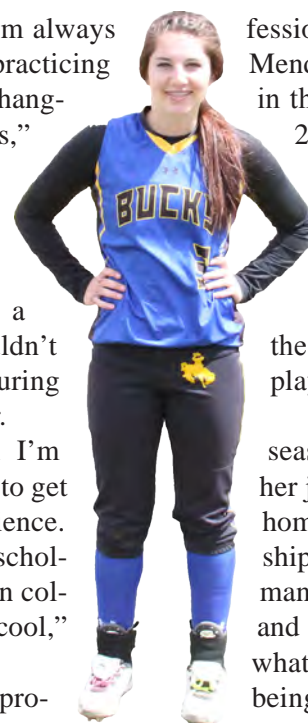
Lexie's life is revolved around sports and it is usually what she is doing in free time as well.

"In my free time, I'm always playing sports and practicing and when I'm not I'm hanging out with my friends," said Coleman.

Once Lexie graduates from high school she has plans to go to college in order to be a veterinarian. She wouldn't mind playing softball during her college years either.

"After high school I'm hoping to go to college to get a degree in animal science. And also if I could a scholarship to play softball in college, that would be cool," said Coleman.

Lexie looks up to pro-



fessional softball player Jessica Mendoza. Jessica Mendoza played in the outfield for the USA in the 2004 Olympic Games. With her great hitting, she led the USA to the finals but unfortunately lost to Japan.

"I am a big fan of Jessica Mendoza. She played for the USA and was a really good player," said Coleman.

Coleman still has two softball seasons left with Lowry as this is her junior year and hopes to bring home a softball state championship to Lowry this year. Coleman's incredible athletic ability and also her academic ability is what has given her the honor of being the Athlete of the Issue.



## Lady Bucks sharpen skills heading into playoffs

By JUSTIN ALBRIGHT

On Saturday, April 13, 2013, the Lady Bucks hosted a double header against the Wolverines of West Wendover. The Bucks used dominant pitching and hitting to sweep the two games with ease, 16-1, and 26-0.

The Bucks had dominant outings from their defense and their offense, and when that happens, they're tough to beat.

"Starting strong defensively really helps, and then backing it up with our offense. All three phases of the game, pitching, hitting and defense were all on today. It's good when all three phases are working together," said coach Ty Lucas.

Coming into the season, the Bucks didn't know what to expect after losing the majority of their team to graduation. The only thing that was for certain from this young group of athletes was that improvements would be made on a daily basis.

"At the beginning of the year, our ultimate goal was to make the state tournament again. The small term goals were to take a young team, and improve each week, so that at the

final part of the season we can be playing like we should be," said Lucas.

The Bucks didn't do too well coming out of the gate, but with every week, they've made a diehard effort to improve on their skills in practice every day.

"We've made a lot of improvement since our first game and we are still working hard to get better," said sophomore, and starting first basemen, Alyssa Dendary.

As the season comes to a close, the Bucks are trying to make a good, strong effort into sharpening all of their skills, and making sure that they're ready for what lies ahead.

"We just need to take one game at a time, keep improving and ultimately we hope to be the best team peaking at the start of playoffs," said Lucas.

The Bucks still have eight more games on the schedule, but the goals are to keep getting ready for the playoffs.

"Tough practices and keeping up the intensity in those practices are the main goals. If we keep working hard in practice, it should translate over to the games," said Lucas.



TOP: Jordan Mecham delivers a pitch.

LEFT: Alyssa Dendary records an out

on a tough play at first base. RIGHT: Carli Evatz reaches first base safely./ Justin Albright • The Brand



## LOWRY HOSTS FIRST TRACK MEET OF SEASON

By JOLYN GARCIA

Last Thursday the Buckaroos gathered at the Lowry track to help, compete, or just watch the first home meet of the season. This home meet was smaller than usual because of the fact that it was a JV meet. A smaller meet gives Lowry track members a better chance at beating other schools and athletes.

Sophomore Dani Ricker took first place for the 100 meter hurdles. Both the Lowry girls and boys 4x2 and 4x1 relay teams took first place on Thursday.

This year the sprinting section at Lowry is noticeably smaller than years previous.

"It is a lot smaller. There are barely any guys," said

sophomore Kelvin Meza, "This puts more stress on single athletes, but it also helps the faster people."

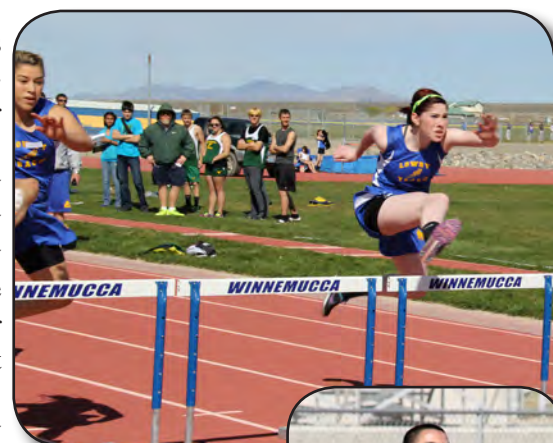
On Saturday the varsity track team headed to Fernley for a meet. There were many different schools attending the meet; including some smaller schools that Lowry did not compete against last year.

"We [the Lowry relay team] did alright on Saturday," commented Meza. "The wind was bad and messed with everyone's events."

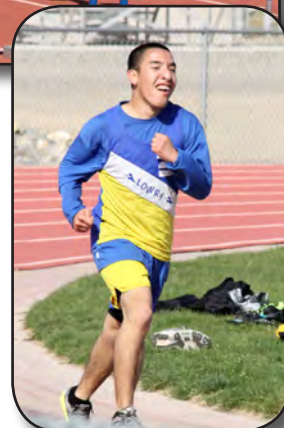
Despite the smaller track team, Lowry is still among the schools that have the best throwers, pole vaulters, jumpers, and sprinters. This Saturday the Lowry track team will be traveling to Dayton.



LEFT: Kelvin Meza starts the 100 meters strong. TOP: Dusty Hamilton practices the pole vault. RIGHT: Felipe Moreno throws the shot at Thursday's home meet. / Jolyn Garcia • The Brand



TOP: Dani Ricker (R) jumping a hurdle against teammate Monique Rodriguez (L). RIGHT: Juan Castro finishes his mile. / Jolyn Garcia • The Brand







## Athlete of the Issue: Tyler Brumm

By JOLYN GARCIA

The end of this baseball season also marks the end of a great athlete's career. Senior Tyler Brumm, who plays basketball and baseball, says he will not be involved in sports at the college level. Brumm hopes to attend the University of Utah to study medicine.

Entering the world of sports at a young age, Brumm has been an athlete for as long as he can remember.

"It was my choice to get into sports and my par-

ents have both played sports all of their lives, so they encouraged me to get into it," said Brumm.

Brumm has been on the varsity baseball team for three years, playing on the JV team as a freshman. As for his basketball career, he has been on

varsity team for his junior and senior year, played on JV as a sophomore, and was on the freshman boys basketball team. Not only does Brumm participate in Lowry athletics but he is also an active member of National Honor Society and is involved in Letterman's Club.

"That bond you get between teammates, is something special; It's different from anything else."

~Tyler Brumm

It is no surprise that Brumm's role models are his parents and an individual who was very much a part of college basketball.

"It's a really old coach, his name is Jimmy Valvano. He was an inspirational guy, so he's kind of a role model too. He took a team from nothing to a national championship team and he

had cancer throughout a lot of the process so it was a battle for him and the team," said Brumm.

Brumm will miss the world of being an athlete, but there is one thing he will miss the most.

"That bond that you get between teammates is something special; it's different from anything else," commented Brumm.

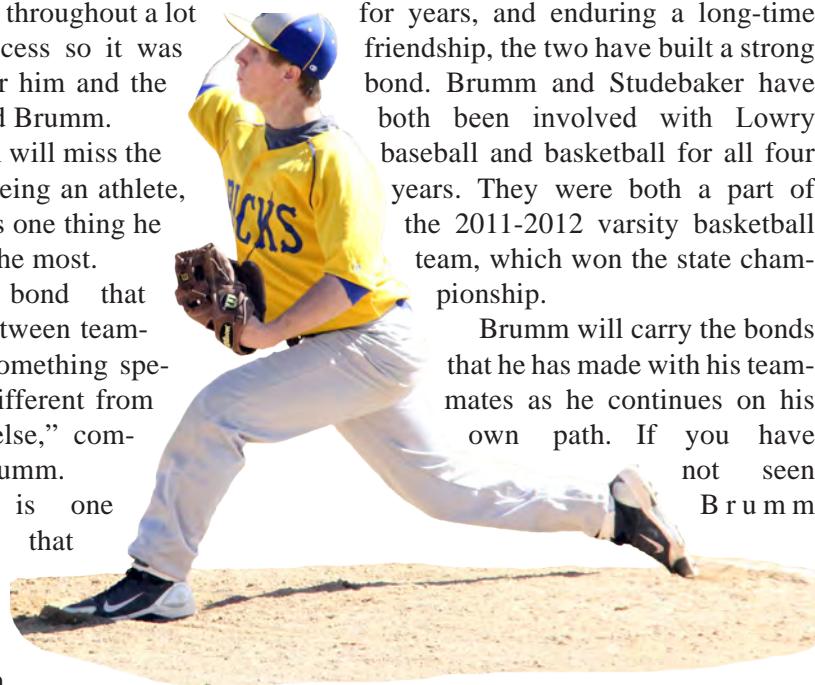
There is one teammate that Brumm will miss the most.

"I'm going to have to say Jesse Studebaker. I've played with him every year on almost every team."

After playing the same sports

for years, and enduring a long-time friendship, the two have built a strong bond. Brumm and Studebaker have both been involved with Lowry baseball and basketball for all four years. They were both a part of the 2011-2012 varsity basketball team, which won the state championship.

Brumm will carry the bonds that he has made with his teammates as he continues on his own path. If you have not seen Brumm



## THE NBA PLAYOFFS ARE HERE...ALMOST

By JOSH SHAVER

As the NBA season is coming to an end, who will break away from the pack and prove themselves the best in the league? So far this year the Miami Heat have proven that they will be in contention again for another championship.

In the Eastern Conference the Miami Heat, New York Knicks, Indiana Pacers, Brooklyn Nets, Chicago Bulls, Atlanta Hawks, Boston Celtics, and the Milwaukee Bucks have all secured a playoff spot. The Knicks are the hot team going into the playoffs right now riding a 12 game win streak. The Bucks are in the playoffs for the first time in many years. The Chicago Bulls will hopefully have their franchise point guard Derrick Rose back for the playoffs. Rose has sat out all season after having surgery on his ACL. The Brooklyn Nets also made the playoffs for the first time in many years.

In the Western Conference, the Oklahoma City Thunder, San Antonio Spurs, Denver Nuggets, Los Angeles Clippers, Memphis Grizzlies, Golden State Warriors, and the last spot is going to come down to the last week as the Lakers and Jazz are battling for it. The Thunder is hoping to redeem themselves from losing in the championship last year to the Heat. The Los Angeles Clippers, also known as "Lob City", have had a really good year as well they have potential to make a run at a world championship.

My prediction is that the Heat will win the championship yet again. They will defeat the Thunder in six games.



## Varsity baseball hosts Elko Friday with first place on the line

By LETICIA GOMEZ

The baseball season started out with its typical cold weather and the varsity baseball team began its season the same way...cold. In its opening tournament in Reno the team dropped all five games to 4A competition. Since that time, however, as the weather has warmed up so has the team.

"We have progressed a lot this season. We had a rough start. But ever since we had the three pillars speech from our manager Alec Mayo we really turned our season around," said Dusty Bryan.

After the first tournament Lowry went on a 10-game winning streak that included wins over all of the 4A Division 1 teams in the Lahontan and Mt. Rose Leagues.

Recently they played in Spring Creek and took 2 of 3 games.

"Even when the odds were stacked against us our team adapted and overcame the circumstances. It takes a lot of heart to do that," said Calvin Connors and Alec Mayo.

Lowry lost the first game to the Spartans 13-3. However, the Bucks swept Saturday's doubleheader 14-13 and 8-2 with Brandon Okuma and Jesse Studebaker earning the wins.

The sweep locked up a playoff spot for Lowry.

On April 19-20 the Bucks will host the Elko Indians for



Aaron Nelson pitches against White Pine./ Courtesy • Rhona Le-cumberry



Troy Hardy gets a hit against Pershing County./ Jolyn Garcia • The Brand



Tytin Johnson pitches against Pershing County./ Jolyn Garcia • The Brand

three games. Elko is undefeated in league while Lowry has only one loss. As these will be the last league games for the Bucks their playoff seeding depends upon the home series. Elko, meanwhile, will have to play Spring Creek on the final week of the season.

"Right now we're focused on the first game on Friday. We know we are in the playoffs, and now each win means improved seeding and potentially hosting the first round of playoffs," said coach Ron Espinola.

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## RODEO IN ACTION ON FRIDAY

By MARCOS DURAN-SALCEDO

The Rodeo team is back, with many new faces in the team. They have been working hard, and are all looking for a great season.

Maclyn Crnkovich only has good things to say about it.

"So far, it's been a good year. We've had lots of fun, and we always have a great time. Our advisor, Glenn

Montero, is great, fun, and always helpful," said Crnkovich.

As for the team in general, Crnkovich has no complaints.

"We work great as a team, and try to help each other out. We're a great team, and more people should come and support," said Crnkovich.

The team's next rodeo is on Friday, April 19.





## JV baseball riding nine game streak

By MARCOS DURAN-SALCEDO

It's halfway through the season and the JV Bucks are looking better than ever. They have won most of their games and look forward to finishing the season strong, since their record is 13-3-1.

"Its been a great season so far," said team member Kyle Schultz. "Our team is pretty good, and I don't think we need to improve on anything. At the rate we're going, we're going to end the season strong."

Trey Marriott has a similar tone to Schultz, but thinks there is room for improvement.

"We are a good team, but we need

to improve on defense." said Marriott. "If we fix that, and concentrate on making less errors, we will end the season great."



Mickey Donovan slides safely into third base./ Courtesy • Katie Donovan

ting makes up for it. Elko's a fitting end to the league season.

If we play as we've been playing, we'll stand a good chance of making it."

The team is playing long-time rival, Elko, on April 19 and 20. Assistant coach Don Walton said, "I've been coaching for 10 years, and this is one of the best teams I've seen. We could improve on defense, but our hit-



## JV looks to continue improvement

By JOLYN GARCIA

Well into the season, the JV softball team has a record of nine wins and six losses. The team has improved on many aspects of their playing, including fielding and batting.

"We have improved a lot... but there is always room to improve," said freshman Caitlynn Cooper.

Approaching the end of the season, the Lady Bucks have yet to face off against the Elko Indians. Despite this fact, the girls are still confident that they will be victorious.

"I'm confident. We ten-runned a team that ten-runned Elko, so I hope it's a good game," stated Cooper.

Returning JV player, Megan Lombardi, is also optimistic about the game against the Indians.

"I feel like it will be a good game. If we start off up, we will be able to stay up, by scoring early and often," said Lombardi.

The JV softball team will play against the Elko Indians in Elko on April 19 at 4 p.m. and April 20 a doubleheader beginning at 11 a.m.



The JV softball team./ Courtesy • Winnada



## MLB Postseason predictions

By Mickey Donovan

As the 2013 MLB season begins, many questions are being asked about the teams this season. Who is going to make it to the post season and who isn't. I am here to tell you who the top contenders are for the World Series title.

Although the Giants are hands down the best team; I'm not writing this to pick favorites. During the off season many different trades and deals were made and basically no teams were left the same.

National League West: I hate the Dodgers, but the Dodgers picked up many players that will help them later in the season. Although the Dodgers picked up star-shortstop Hanley Ramirez, he is not playing due to injuries. Considering the fact that the Dodgers gave up only Nate Eovaldi and Scott McGough for Ramirez and reliever Randy Choate, the Dodgers got away with good deals this year. The Dodgers will win the NL West. The Dodgers picked up a lot of new great players such as, Adrian Gonzalez, Josh Beckett, and Carl Crawford.

National League Central: With stars such as Joey Votto and Shin Soo Choo paving the way for them. The Cincinnati Reds will rise to the top. Although last season the Reds had their season ended by the Giants in the National League Division series, they will come back strong this year and win the division.

National League East: The Washington Nationals did not have their best season last year due to injuries and lack of pitching. But this year with the addition of Steven Strasburg having little or no restrictions on how many innings he can pitch, Strasburg will definitely contribute to the victory of the NL East, along with the star Bryce Harper.

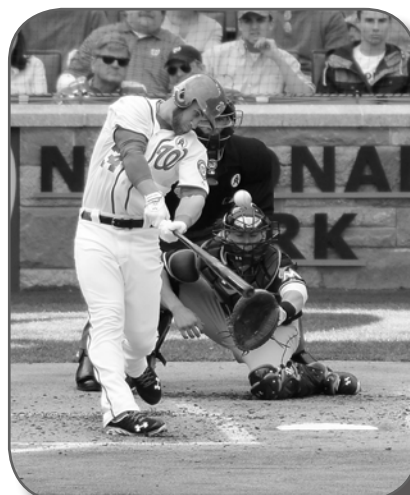
American League West: Last year the Angles were expecting a very successful season because they

picked up Albert Pujols. They did not have a successful season. Pujols had one of his worst seasons in his career. I have a feeling that Pujols will have get out of his slump and have a decent season and he will help them win the division. Mike Trout can not go unnoticed. Last year winning the Rookie of the Year award, he will only come back this year with more experience and skill. Not to mention Josh Hamilton contributing to the of the division.

American League Central: Headed into the 2013 season, the Tigers have high hopes of Justin Verlander and Miguel Cabrera guiding them to a successful season. Last year, the Tiger's pitching staff was ranked number three in the American League.

American League East: In Spring Training the New York Yankees lost some of their great players due to injuries. The Rays pitching staff is very talented this year. Because of that, the Rays will win the American League East. But right behind them are the powerful hitting Jays.

But the big question is, who is going to win it all? The two teams will be the Los Angeles Dodgers and the Los Angeles Angels. The Angels have a spectacular pitching staff but the Dodgers have a very solid offense. As they always say, "good pitching beats good hitting and vice versa". In that case, the Angels will win the 2013 World Series.



Washington Nationals left fielder Bryce Harper connects on his second solo home run of the game off of the Miami Marlins./ Chuck Myers • MCT



The Los Angeles Angels' Mike Trout strikes out swinging in the third inning against the Houston Astros./Rose Palmisano • Orange County Register/MCT



The San Francisco Giants' Brandon Crawford hits a home run against the Colorado Rockies./Josie Lepe • San Jose Mercury News/MCT



Los Angeles Dodgers starter Clayton Kershaw throws a strike in the first inning of the season opener against the San Francisco Giants./ Luis Sinco • Los Angeles Times/MCT



## SWIMMING UPDATE

By WESTON IRONS

A day before Spring Break began, varsity swimmers took off to Truckee in hope of winning the competition and all individuals looked to dominate the competition.

Lowry swimmers did exactly that as the boys won their competition and their girls did very well despite not winning their competition.

Lowry swimmers also gave their thoughts on how they think they did.

"I think the teams did really good. I didn't do as well as I hoped I would and it wasn't one of my best meets. I got second in the 100-meter breast stroke and I believe I took third in the 200-meter," said freshman Kelsea Perkinson.

Matthew Jock thought the team did well.

"I think the team did pretty good. I did amazing because you know, I'm Matthew Jock and I don't lose. In my heat, I took first in both the 50-meter and 100-meter," said very confident swimmer Jock.

Varsity swimmers travel to Reno on Saturday to in a face off against Bishop Manogue.



The swim team./ Courtesy • Winnada





## Prom is poppin'

By CARLY BELL

**D**ark lights, loud music, hot guys in tuxes, stunning beauties in long dresses, food, drinks, and a night nobody will forget. That sounds like the perfect recipe for a Lowry High Prom. So let's make that happen.

Prom is May 4; the theme is Black Tie Affair. Royalty this year will be different from previous years. We will be taking four people from the CLS class and four people from the rest of the school. We will have one prom king and one prom queen.

Since the theme is Black Tie Affair you don't have to dress according to the theme. Just dress how you want.

Throughout the year, the junior and senior classes have dominated in the decorations in all class competitions so

you can imagine what prom will look like: Magical.

"I'm going with Christian Anderson. From what I have seen of our previous decorations I suspect that the decorations will be rather nice," Stephanie Goss said.

The coordinators of prom this year are Maeve Donovan, Allison Barron, Carly Bell, LeeAnne Peters, and Lesley Molina. Many helpers have been there for the prom team. Also, we are keeping the cost low this year to about \$55 and the time is 8:00 P.M.

The weekend before prom, and the week of prom, people will be working in the Convention Center in order to get all the decorations finished. The decorations will take time to build and to put up.



Carly Bell, Eric Brooks and at the 2011 Prom./Ron Espinola • The Brand



## Why do athletes lie?

By TAYLOR LATRAY

**M**any colleges conduct their own studies, whether for entertainment or information and analysis. I decided to conduct my own investigation about the true weights and heights of athletes and why they lie about this information.

Isn't it more impressive if you're shorter or weigh less and perform above average than competing at a fake weight and height and performing just average?

To help conduct this investigation we used Lowry's own varsity and junior varsity baseball teams. I first had them fill in their information and then pulled each of them into the nurse's office to find out their true height and weight. While conducting this investigation the question also came up of why girls don't fill in their weight? This is the information we have obtained:

The varsity baseball team contains 17 athletes, (two are managers.) After taking the average amount of the differences between their roster weights and actual weights, I discovered that on average, the team added or subtracted an average of nine pounds. The most weight a person added was 48 pounds and the least was only off by one pound.

Why would these athletes change their weights? Each athlete adds or subtracts weight based on what would appear better. Perhaps its because this is their dream weight? Each athlete has a different reason for the weights they record themselves as but when it comes down to it, it's all about what looks better on paper.

"Our coaches tend to give their athletes more credit when it comes to weight and height because a 6'2" 235lb. lineman is a lot more intimidating than a 5'8" 150lb. lineman, although athletes obviously don't change their height and weight that drastically," said Marc Esquivel. "A girl's weight isn't nearly as important as a man's weight because guy's sports are more physical, however, a girl's height is more intimidating

when it comes to basketball and volleyball. It's just another way to psych out your opponent and get in their heads before the game."

I don't believe most athletes change their weight, but when they do it's because a taller more muscular guy looks better on the roster.

While conducting our investigation some athletes felt as if we should also mention why female athletes do not have to record their weight. It's not that female athletes refuse to record their weight, it's simply just not asked of them. It's also a simple known fact to not ask a woman her weight, although the majority of women I know have no problem in revealing their weight. But, we wouldn't want to compare the weight of a cheerleader to that of a wrestler. Men make themselves look better by revealing the weight and height of their choice on a roster, and women



## Getting attention on Facebook

By Jessie Schirrick

**F**acebook attention seekers, we all know who they are and what they do. They post their controversial opinions to stir up trouble and cause Facebook Fights. They write about local and national news before anybody else. They post countless selfies (edited to the max) with stupid quotes underneath to obtain likes from members of the opposite sex. Nowadays, we're lucky enough to have expanded our social media horizons to be able to participate in Twitter Wars and Instagram Wars. The main goal for them is to get the most likes, comments, favorites, etc.

While Facebook fights and Twitter Wars can hurt people's spirits and damage relationships, they are outrageously entertaining to observe. But, not so fun to partake in. If you dare enlist in a cyber war you are bound to offend somebody, even if you don't mean to.

As for the photo album containing 63 self portraits titled "Me:)," get rid of it. Nobody wants to see that. It's alright to be conceited, just keep it subtle. Quality photography on the other hand is actually

quite favorable.

As much as it pains me to admit, these attention seekers are extremely good at what they do. They have many friends/followers and are able to gain 30+ likes on almost anything they post. Supporters of attention seekers are almost as bad as attention seekers themselves. While I am guilty of this, I understand that the only way we can rid ourselves to these menaces of social networks is stop supporting them.

Brady Riley is an infamous Facebook celebrity.

"Getting a Like or a Retweet is like someone personally stitching closed an emotional wound left by a failed or non-existent relationship with a family member or a girl from the past," said Riley.

Riley also explained where he would be in life without social media.

"I can honestly say I would just sit in my dark room, curled in the fetal position, weeping and crying," said Riley.

So is Facebook just a childish play toy, or chicken soup for the loser's soul? You decide.



Rachel Sigurdson./Courtesy • Winnada

make the men look better, and perhaps themselves, by simply not revealing their weight.

"Girls aren't asked to put their weight; its not that we refuse to, they just don't ask us to. It's almost a courtesy thing. However, if I was asked to put my weight I would most likely subtract five pounds just because I can," said athlete Rachel Sigurdson.

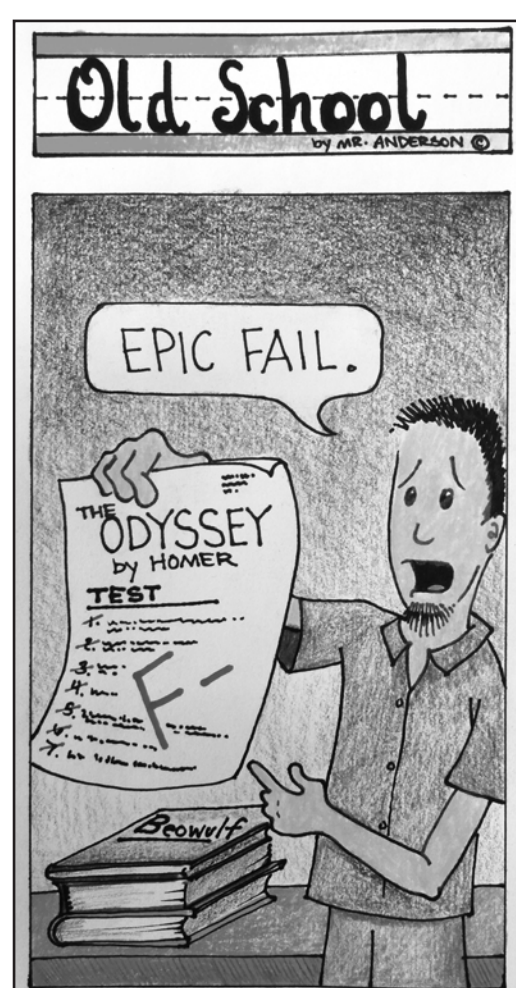
As for heights, the largest amount off was by two inches and the average was .75 off of the recorded height. One player actually shorted himself two inches while two others added two inches to their height. With all these statistics, two players actually refused to reveal both their weight and height and, therefore, it seems reasonable to believe they too told a little white lie to benefit themselves, but then again we'll never know.



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## Jessie's Journal

By Jessie Schirrick

I like my men how I like my pie, Key Lime.

Go ask Alice, When she's ten feet tall! Shout out to Hailey Hayes.

High school's pretty easy, I'm already passing three of my classes!

When I get sleepy I could probably tell the most jokes you've ever heard in your life.

You'll always be daddycated to your Mom.

Magnets are the symbol of peace.

If I wasn't me, I would be someone else.

Every time I see a fake puppy I wish so deeply in my heart that it was real.

I'm a really messy eater. I think it's genetic.

Where'd all the gumption go? You just don't see enough of it these days. You don't see little girls going to the store and demanding the right price for their loaf of bread.

FFA was a pretty fun time. Everybody should do FFA. You can do FFA anytime of year. That is why FFA is so much fun. I love FFA. You can do anything you want in FFA.

Your mom says hi.

I soiled my purse, and now it contains the air of a swamp. Can you believe it?

I love indie music. I think it's really unhateable. It makes me want to find the happiest, sunniest part of the desert and roll around in the dirt forever.

Don't grr Alex.

High school goes by pretty fast. I'm already almost halfway done.

Are words with the letter 'z' even real? Didn't think so.

I once worried about the capacity of different plots that could be used to entertain. Now I worry about my capacity to entertain. I am in a constant battle with myself over whether I should say some philosophy or whether I should just try and make some funny stuff to say. My brain just isn't what it used to be.

Life is like a giant maze but filled with water, and we're the water. That's what I think about Facebook too.

Why would you lose your car keys? Then you have to spend all day looking for them. So I don't know why you would even waste your time losing them in the first place.



## Spring Break here and gone

By Taylor LaTray

Returning from Spring break is one of the worst feelings a student can experience. After a week of either being lazy or being crazy a student must reverse their mind to get back on track for the final few weeks of the school year.

This year there were plenty of different Spring Break stories happening at Lowry.

"Hmmm, What didn't I do for Spring Break? I had a good time, that's for sure," said Waldie.

While Waldie had a good time in Winnemucca other students ventured outside of town and still had a blast.

"For Spring Break I accompanied my best friend to Vegas where we hit the strip for the weekend enjoying the warm weather and acting as any teenager would. It was a very eventful spring break and coming back to

Lowry was miserable, it was a taste of summer being dangled in front of me," said Carissa Lininger.

Junior Joseba Criswell spent his time in San Luis Obispo visiting Cal Poly as it is one of the colleges he is interested in.

"I went to visit the campus to see if I would like it," said Criswell.

Winnemucca comes to life during Spring Break, it's the first long break we get with semi-nice weather. Many different students of Lowry unite while others go on vacation. Considering we're all still in high school and live in a small town, crazy ain't so crazy.

On the brighter side of things there are only seven weeks left of school before summer and for our seniors before they're the lucky ducklings who are done with high school for good.



Carissa Lininger./ Courtesy • Winnada



## RARHOF: SOUNDGARDEN

By Wyatt Lester

This issue's pick for my rock and roll hall of fame is "Soundgarden". The group was created by front man Chris Cornell in 1984 out of Seattle, Washington with a sound that obtained the heavy chords of 80s bands like Motley Crüe, a loud aggressive stage presence, and an equalizing tender tone in Cornell's voice that has a pitch range to match Skid Row's Sebastian Bach. Its heavy 80s metal meets early 90s grunge with a dash of the excellent vocal work of a one man acapella. Ranging from their depressed ballads such as "Black Hole Sun" to their heavy hitting hits like "Outshined" the band can arrange any emotion you want to express through their music. The band holds a plethora of talent that includes singer and rhythm guitarist Chris Cornell, lead guitarist Kim Thayil, drummer Matt Cameron, and bassist Ben Shepherd who are all members from the early days till now.

The band's success includes two Grammys, six studio albums, VH1's #14 spot on the greatest hard rock bands of all time, and a good amount of cred-



Soundgarden performing at Lollapalooza in Chicago in 2010. Left to right: Chris Cornell, Matt Cameron, and Ben Shepherd./ musicisentropy • <http://www.flickr.com/photos/bandfan/4908666471/>

it for helping create the grunge era of music. The band had many killer tracks released over the years but some internal conflict and issues with how they should sound broke up the group. They all went on

to solo careers in 1997 and front man Chris Cornell went on to create another self made band named Audioslave. The bands success kept him occupied until 2010 when the band came back together to make their sixth studio album "King Animal" which had a music video on the album directed by Dave Grohl, a man who is known for his original music video ideas.

I want to highlight a song of theirs that is an absolute favorite of mine, coming from their album 'Superunknown' is "Black Hole Sun". A psychedelic song with melodic guitar hooks and chilled out lyrics as if the band has nothing better to do than sing a sarcastic song to make you feel questionable of everything you've ever known.

Soundgarden's best songs include "Black Hole Sun", "Outshined", "Spoonman", and a recent hit "Live to rise". They have a similar sound to Nirvana, Pearl Jam, and many psychedelic aspects of Led Zeppelin. It's filled with heavy lower stringed licks and a solid return for the band.

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## FRESHMAN 15 WITH BRANDON EASTMAN

By JUSTIN ALBRIGHT

**W**HERE ARE YOU GOING TO COLLEGE?  
I attend Upper Iowa University in Fayette, Iowa.

**WHAT IS YOUR MAJOR?**

My major is Exercise and Sports Studies with an emphasis in Sports Administration and a minor in Psychology.

**WHAT IS YOUR FAVORITE PART ABOUT COLLEGE SO FAR?**

My favorite part about college so far is the fact that I have been able to meet so many new people and that I have been forced to grow up and learn how to live on my own.

**WHY?**

It's good to get a sense of what life will be like out in the "real world" after I graduate.

**WHAT IS YOUR LEAST FAVORITE PART?**

My least favorite part about my college experience so far is the distance from home.

**WHY?**

I'm not able to go home for the weekend like a lot of my friends do, so that has been pretty difficult, but I've been able to manage this problem so far. It also helps that I have my brother and sister here with me.

**WHAT DO YOU MISS MOST ABOUT LOWRY?**

There are two things that I really miss about Lowry. I miss seeing all my friends everyday and I miss all the great moments that came along with the sports.

**ARE YOU A PART OF ANY CLUBS OR TEAMS?**

I am a manager for our volleyball team.

**IF SO, WHAT IS YOUR FAVORITE PART?**

My favorite part about being a manager for the volleyball team is the fact that I get to be around a sport that I love every single day with a great group of girls.

**WHAT ARE YOUR FUTURE PLANS?**

Well, considering that I am only a freshman I don't like to look too far into the future, but I plan on getting my Sports Administration degree and then going on to graduate school and eventually coaching at the collegiate level.

**ANY ADVICE FOR THIS YEARS GRADUATING CLASS?**

To this years graduating class I would say, "live life in the moment." By the end of your senior year, everyone is just

ready to get away and go to college. I just want to let you know, that no matter how much you may want to just leave and never come back, you WILL miss it.

**WHAT DO YOU MISS MOST ABOUT LIVING IN WINNEMUCCA?**

The thing that I miss most about living in Winnemucca is how everyone, for the most part, is so supportive of each other. I also miss home cooked meals.

**WHAT DO YOU MISS MOST ABOUT BEING IN "THE BRAND"?**

I could always count on going to class every day and laughing nonstop. It didn't matter if we had deadlines coming up or not; we always managed to have fun.



The Upper Iowa girls volleyball team; Eastman is pictured in the top left corner./Courtesy• upperiowathletics.com



## The new '3A'

By OMAR GUERRERO

**T**he new teams in 4A division 1A that have dropped down from 4A include Clark who is a good challenge to have in Lowry's division after they came in second at state this year.

Desert Pines is another team who is a challenge for Lowry boys basketball after beating Lowry in the State Semi-Finals and winning the State Championship.

Other teams like Cheyenne, Mojave, Sunrise Mountain, Faith Lutheran, Southeast Career Tech and Western are all good teams to have in 4A division 1A and all have a chance to win a State Championship but Lowry will be coming back next year looking to bring back a state title to Winnemucca. It's better to have new teams in our league rather than just play a Battle Mountain team twice a year who are really no competition to Lowry Boys Basketball and are pointless games to even be played.

"It is no different than when we play against White Pine, Lovelock or West Wendover. The ratio of size difference is about the same. So it would be like those guys having to compete with us for a state championship. In most sports it's fine but in boys basketball and track it's going to be very hard for smaller schools in the north to compete," Chad Peters said.

Desert Pines Julian Jacobs received a scholarship this year to play for USC next season.

Now that Lowry has all these new teams from the south to go up against it gives Lowry a bigger challenge to get a state title, along with all the other Lowry sports like football, golf, baseball, soccer, track and all of Lowry's other sports as well.



## WORDS OF WISDOM

By MICKEY DONOVAN

**S**uccess is not handed out to people. Hard work is the golden ticket to success. Everybody has a dream, and not everybody achieves it. The people that don't fulfill their dreams are the ones that are not willing to work. Success is not going to be handed to you on a silver platter, it is earned through hard work and dedication.

"Seek progress, not perfection..." from the book "Mind Gym". Instead of focusing on perfection and the final result, focus on the progress. Nobody is perfect, you can only do your best. Do everything you can to your best ability. Lowry baseball is not concerned about winning state, they are first concerned about making it to playoffs then to the semi's and then the state championship. Focus

on progression not the final result because the final result will only come with progression.

Everybody questions why certain people are so successful at something. They disregard it and assume that they were born with their talents. But it really comes down to who works the hardest. You can say that you went to the gym today, but, what did you do at the gym today? Did you push yourself to your limit and then some more? That is what makes people stand out of the rest. If you can't even make your bed in the morning how do you think you are going to do on your big test today? Work as hard as you possibly can, even with the little things in life.

Time. We all have time. But it is up to you to

use that limited amount of time that you have. Time can not be taken back. Successful people realize that they have a lot of time to accomplish a goal, and they must give it all they have and work as hard as they can to achieve that goal.

If you want to be successful and you have a dream but you have no interest in working hard to achieve that dream, there is no way you will be successful. If you fail, move on and learn from your mistakes. Think to yourself, if you get it right the first time, you won't have to go back and do it again. Give it your absolute all and give everything you have to get it right the first time. Whatever comes your way and knocks you down, get back up and keep going.



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ALEC MAYO

How do you feel about giraffes having a blue tongue?

I respect them for being rebels. Heck with the man.

If you could be any man in history, who would you be?

Bill Cosby, he is the greatest comedian of all time.

What are you wearing?

Ke\$ha t-shirt over a sweatshirt with black shorts.

What's your favorite food?

Sushi, it's delicious.

What's your opinion on Georgia?

Hate it! Why not?

What's your opinion on Alaska?

Love it, I have a brother that lives there and my girl Paylin lives there.

Do you like Dr. Phil? Why?

Yeah, he is a wise man.

Do you bite your nails?

What's a good way of stopping?

No, and cut their fingers off.



What's your idea on same sex marriage?

I'm for it, it's not my life, do what you want.

Who is your favorite teacher?

Mr. Carstensen, he is awesome and funny.

Are you going to prom?

Yeah, with Rachael Foster.

What's your opinion on Carly Bell? Why?

Hate her, do I have to have a reason why?

Do you have a type?

No, just a sense of humor and good looks.

What's your lucky number and why?

7, it makes an upside down L.

What would you do with Channing Tatum?

Wine and dine him, we will see what happens. ;)

Do you like Ronald Espinola?

No, the white devil stole all my land.

What do you think about before you fall asleep?

How stupid people are.

I have, and I put Tabasco on my fingers.

What's your idea on same sex marriage?

I don't believe in it.

Who's is your favorite teacher?

Mrs. James, her class is fun.

Are you going to prom?

Probably not.

What's your opinion on Carly Bell?

She's funny!

Do you have a type?

No, well, I like nice girls.

What's your lucky number and why?

14, that's my basketball number.

What would you do with Channing Tatum?

I don't know who he is.

Do you like Ronald Espinola?

I don't know him too well.

What do you think about before you fall asleep?

Going to sleep.

What's your idea on same sex marriage?

I don't mind it, show it.

Whose is your favorite teacher?

Mr. Beck, he was the most entertaining and I regret not having him all four years. And Mr. Anderson, because he would be mad if I didn't say him.

Are you going to prom?

It's up in the air.

What's your opinion on Carly Bell?

I'm glad there is going to be someone at Lowry High School who is as nuts as I am.

Do you have a type?

Men, sense of humor, and good hygiene.

What's your lucky number and why?

27, always, yolo.

What would you do with Channing Tatum?

What wouldn't I do.

Do you like Ronald Espinola?

Yeah Espy and I go way back.

What do you think about before you fall asleep?

The things I need to do the next day.



Advice: Ask Rylee

By Rylee Mathis

Jennifer W. asks, "Rylee, I fail a lot of tests, how can I prepare myself better for them?"

Jennifer, I feel you. I don't particularly believe in studying, but it really is important. It's not enough to just sit in class and listen to the teacher. Sometimes they don't cover everything you need

to know. Take some time and read over the material or practice memorizing it. That should help.

Keith L. asks, "Rylee, what can I do to make high school easier for myself?"

Well Keith, high school is hard for everyone and there's really no guide to making it better. You just have to keep your chin up and have a positive attitude. Most importantly you have to remember that it's only four years of your life and it's not going to matter when you get to where you're going.

Cameron F. asks, "Rylee, what do you do when something really embarrassing happens to you? How do I deal with those situations without making them worse?"

I'm generally an awkward person, Cameron, and I embarrass myself more often than not. But my reactions depend on the situation. I suppose the best thing you can do is try to laugh it off. Instead of letting other people laugh at you or make you feel embarrassed, laugh at yourself. You'll always feel silly when you think about it but no one has to know that.

Trina G. asks, "Rylee, I really want to make more friends, how do I stop being so shy?"

Well Trina, the main reason why people are shy and can't come out of their shell is because they're afraid of rejection. All you have to do is have faith in yourself that you won't be too awkward when it comes to talking to someone new. Usually people are pretty accepting of other people, so try to be accepting of them as well.



FRIEND-ZONED

By Carly Bell

Being friend zoned is a tough time. Yes I would know. I have been friend zoned so much, by so many people, seriously its problem. I am one of the prime examples of a girl getting friend zoned. For example, Justin Albright gets friend zoned, and he is the king of the curb: he friend zoned me. That just shows you how bad and how often I get kicked to the curb.

Like I said in one of my previous articles, "Being friends after a relationship is like keeping the dog after its dead, it just won't work." and usually it doesn't, because you either don't like them, or you will have lingering feelings for them. The exception to being friends after a breakup is, if the relationship was just like you were friends the whole time. Or time has passed and you gradually become friends again.

Being friend zoned in my mind is getting pushed to the curb before any feelings could possibly exist or have the courage to say something. When two friends start out really good, and one person slowly has feelings for another, the other partner needs to shut those feelings down before they come up. That is friend zoning.

Although I do get friend zoned.... frequently.... I also friend zone. I have probably friend zoned just as much as I have received... that's a lot... I honestly don't think friend zoning is bad all, I think a bunch of friendships, and good ones at that, stay so close is because of the friend zone. Everybody needs that girl and guy friendship, with tension at times and other times of being totally relaxed and burping like no other. Yes, yes, how repulsing, Get over it guys, girls do burp. Back to my story...

I also think friend zoning is done for the better. Because you don't just want to go from talking every day to not at all, and you think friendship will be the happy medium. It's not, give it time. But all in all I think this crazy cycle of friend zoning should keep happening because honestly it's a part of high school, and it's a part of growing up.

LANE JOHNSON

How do you feel about giraffes having a blue tongue?

I don't know how I feel about that.

If you could be any man in history, who would you be?

Steve Nash, he is good at basketball.

What are you wearing?

Clothes!

What's your favorite food?

Steak, it's meat, and I like it.

What's your opinion on Georgia?

What about it?

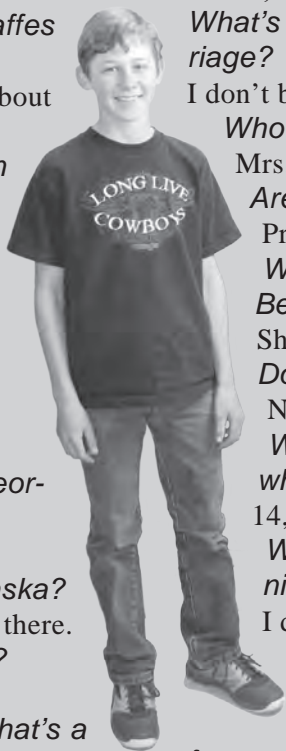
What's your opinion on Alaska?

It's cool, because its cold out there.

Do you like Dr. Phil? Why?

No, because he's stupid.

Do you bite your nails? What's a good way of stopping?



MADISON WALDIE

How do you feel about giraffes having a blue tongue?

They are consuming to much blue berries and washing them down with Kool-Aid and it's not healthy.

If you could be any man in history, who would you be?

Reagan, he was a good president and people looked up to him.

What are you wearing?

Jeans (miss me) Hole in the left knee. And rockin the senior class sweatshirt.

What's your favorite food?

Breakfast.

What's your opinion on Alaska?

I wanna go there, I want to go hunting with Sarah Paylen.

Do you like Dr. Phil? Why?

Yes, he has helped me with my emotional issues via TV show.

Do you bite your nails? What's a good way of stopping?

I do, my parents put nails in Tabasco.







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Student - Great Basin College



## LOWRY VOICES

By OMAR GUERRERO

*Who do you look up to?*

"Jimmy Hendrix, because he shreds on the guitar and has a sweet head of hair."

~ Jacob Welty

## Poetry Outloud winners announced

GUEST SUBMISSION

Lillian Moravec was Humboldt County's winner of Poetry Out Loud for 2013. In a competition held February 21 at Lowry High School, Lilly won with her dramatic recitations of "Cold Blooded Creatures" and "Luke Havergal." Moravec placed third last year behind senior Rachel French, who was this year's second place winner. First time competitor Miranda Lausch, a sophomore, placed third this year.

Moravec is a junior at Lowry High School who is headed for a career in Fine Arts. She is currently enrolled in two arts classes, along with her core classes. Her hobbies are dance, writing, and guitar playing. She has been involved in a variety of activities, in-

cluding Art Club, Key Club, and a local Dance Ensemble.

Poetry Out Loud is a national competition with money prizes at the school, state and national levels. The national champion wins a \$20,000 college scholarship. Poetry Out Loud meets every Wednesday at lunchtime in Vicki Meissner's classroom. The Lowry club has morphed into a performing arts club named "Psyche," which includes a motley group of creative writers, singers, dancers, and artists. The club held a poetry slam last November, thanks to the hospitality of Global Coffee. They are planning other events and fundraisers with an ultimate goal of attending a Shakespeare Festival in the summer of 2014.



Left to right: Third place was sophomore Miranda Lausch; Second place was senior Rachel French; First place junior Lillian Moravec./Courtesy • Corrine James

## How was your lunch?

By The Brand Staff

Considering Lowry only gives us 45 minutes to eat lunch we are not able to go to all the places that we would like to. We have no time to go out and eat somewhere where we can take as much time as needed.

Instead were constantly in a rush. Here are a couple places to eat lunch that may benefit you.

If you don't feel like driving, or you are just unable

to drive, stay at school and enjoy the menu here or bring a sack lunch. If you want to go out, but don't want to go very far, Up-Town Market, Khoury's, or Maverick is the right place for you.

"I stay at the school because I just like to stay here," said Junior Alex Roark.

Some students also don't have cash flowing out of their back pockets so the cheapest places in our small town tend to be Khoury's, Taco Time, gas stations or any local fast food dollar menu. Taco Bell will be coming to Winnemucca soon so there will be a new place to enjoy your lunch.

Winnemucca isn't just full of fatty fast food places either, we have subway and every restaurant in town will have salad on the menu.

Junior Drake Kavanaugh is among the many students who enjoys his lunch from the Lowry High kitchen.

I eat in the lunchroom. I don't have a car so I can't go anywhere. If I did

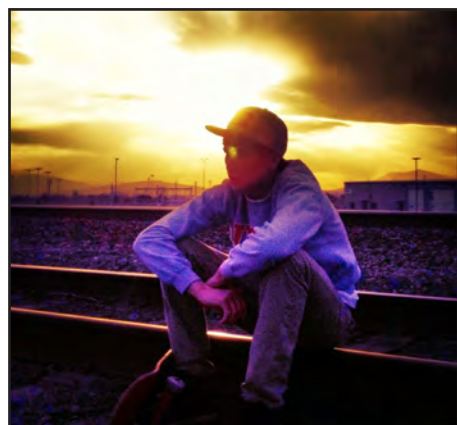


Drake Kavanaugh./Courtesy • Winnada

## Photo of the issue

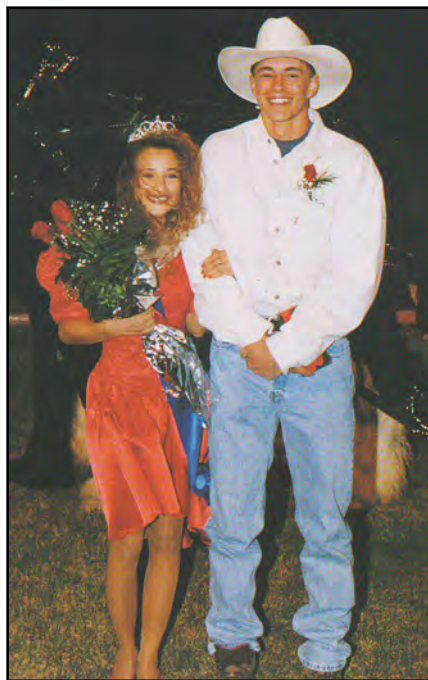
By TAYLOR LATRAY

"The Brand" staff has put their heads together to decide on a photo of the issue. A photo of the issue is one found on a site such as Facebook, Twitter, or Instagram. If one thinks this photo is worthy their will be a vote between the reporters and editors for "The Brand". Winning this issue is Eric Brooks. Justin Albright discovered Brook's photo on Facebook and it was obvious it was guaranteed to be the next photo of the issue. Eric continually posts inspiring and motivating pictures often having to do with his love for music.



## Lowry Then and Now

By Weston Irons



Homecoming King and Queen, Jody Marvel and Carrie Crawford were the Homecoming Royalty in 1995-1996 school year./Courtesy • Winnada



Homecoming King and Queen, Michal Arenas and Whitney Waller were crowned Homecoming Royalty for 2012./Jolyn Garcia • The Brand



A student's favorite place to eat, Uptown Market./Justin Albright • The Brand

have a car I would go to Subway."

However, fast food restaurants are not always that fast and are continually the causes of tardies.

If you choose to go home there's plenty of advantages to that as well, and that's what people usually choose to do.

Lunch is really the only time during a school day where people don't have to focus on a book on our desk or a computer in front of your face, so you should enjoy your lunch.

"Tiger Woods, because he is dating Lindsey Vonn." ~ Pete Chavez

"Allen Iverson, because he ain't about that practice." ~ Kyle Tarr

"Kyle because he's above me. Also Hugh Hefner because he knows how to live." ~ Chris Tyree