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The Brand

December 20, 2019 • Lowry High School • Winnemucca, NV



The generational gap in America

Since basically forever, older generations have not gotten along with younger generations very easily. Have you ever tried talking to your grandparents about politics? Yeah, we didn't think so. Seemingly, our modern generational gap is larger than depicted in years past; perhaps from such advances in technology and worldly events seen and not seen by certain generations. Why does Gen-Z have such a different outlook on the world than generations before?

A generation gap as defined by investopedia.com is a "chasm that separates the thoughts expressed by members of two different generations. More specifically, a generation gap can be used to describe the differences in actions, beliefs, and tastes exhibited by members of younger generations, versus older ones."

Today's gaps range between the Baby Boomers (54-72 years old), Generation X (38-53 years old), Millennials (22-37) and Generation Z (0-21 years old). To answer your question, yes, you are Gen Z even though you had the same childhood as some of the 90's babies. No, not all of us are the Tide-Pod eaters, not all of us are arrogant and ungrateful, and not all of us are obsessed with social media, Jake Paul, and listen to rap music (this is a broad assumption, please don't yell at us for getting it wrong, we might cry).

TECHNOLOGY

As far as technology goes, a lot has changed since the Boomers were born. Baby Boomer Ms. Pamela Bidart thinks that their generation was filled with a lot of change when you think about no television and no space travel. According to wmfc.org, some inventions we can credit the Boomers with are the

microwave, lithium-ion batteries, artificial hearts, and the internet. Xers can be held accountable for flip phones, video games, and electric cars (yes, Tesla Motors). And of course, without the Millennials, we wouldn't have social media.

Typically, since forever, older generations have disapproved of modern technology and kids always using it. A study at Lancaster University recently proved that resistance toward modern technology isn't due to accessibility issues like previously believed. Some believe it's time-consuming and hold worry about security issues. Or perhaps, it's due to a strong sense of social responsibility to disapprove of the younger generations, no matter what.

Zer Justin Horton, Lowry junior, believes older generations dislike modern technology because it symbolizes change.

"People don't really like change," said Horton. "It's kinda like how past generations didn't like 'punks' and people rebelling because they had always been taught to be so conformist."

Boomer Mrs. Pamela Bidart, Lowry's librarian, has mixed feelings about technology.

"I think social media has a really good place but I think we are doing a poor job teaching our kids how to act responsibly," said Bidart.

With having the technology now that Bidart didn't have when she was a kid, she sees that it is harder to not let your past define you.

"We all made mistakes when I was growing up but they weren't blasted around the world...it didn't follow you," said Bidart.

Xer Mrs. Alexis Mattson believes technology has made younger generations more sensitive.

"I think the focus issue is you guys (Gen Z) are handed things instead of earning

it. Kind of like we played games on a board, and if you lost you lost. Now you guys get upset if you don't have that instant gratification," said Mattson.

Millennial Mr. Sean Whelan is constantly intrigued by technology and the way it is ever-changing.

"I think it's a really cool aspect of our society," said Whelan. "We can connect to people across the world and learn in new, different ways. It can become a problem though; when people are addicted to screens or they use them so much that their eyes hurt."

Millennial Holly Meyer thinks older generations are cautious of social media because it is foreign and unknown to them.

"Since they're not born with it and not used to it, I think maybe it's uncomfortable for them to use it," said Meyer.

Even Gen Z is wary of technological advances.

Zer Brooks Carroll, Lowry senior, believes there are both positive and negative aspects to modern technology, and older generations don't take into consideration how helpful technology is to them as well.

"It has helped exponentially with medical breakthroughs, and it just helps make things a little more convenient for people today, but personal information can get around so easily," said Carroll. "I think older generations aren't fans of modern technology because it's making younger generations 'lazy' and 'softies'."

Gen Z has yet to contribute to society, as most of us aren't even in our 20's yet. But with that said, we take advantage of all the technology available to



Mrs. Pam Bidart./Courtesy • Winnada



Mrs. Holly Meyer./Courtesy • Winnada



Brooks Carroll./Courtesy • Winnada



Lowry High students give back during holidays

Lowry High School is home to some of the best athletes and people. During the holidays, a lot of sports teams and clubs, as well as classes, do their part to give back to the community that shaped them into who they are.

FFA took their turn in giving back to their community, on November 17 they went out of their way to provide for the less fortunate. FFA provided casserole, salad, bread, and green beans so that those without much could have a warm meal.

FFA President Alison Aitken explained what giving back to the community means to her.

"Giving back to the community means a lot to me and my fellow FFA members," Aitken said. "Giving back gives us a chance to step back and appreciate what we have. Seeing so many people in need in our very own community helps bring me perspective when I go to the soup kitchen with problems on my mind and see all these people in actual need my problems seem trivial."

The dance team also went out of their way to help our community in need. They prepared food there at the Winnemucca Soup Kitchen and handed it out. Beyanka Sigala explained what providing what others

do for her.

"We wanted to help out the community and give us more of a perspective on life and how lucky we are to have the things we have," said Sigala.

Honor Society will also be providing for the community and to many others. Honor Society hosted the local blood drive on December 4. Honor Society has held this every year and has had great success in giving.

NHS advisor Adam Sorenson is one of the advisors for the society, he talked about how helping people save lives makes him feel.

"Giving blood is one of the most important things people can do to save lives," said Sorenson. "Hospitals all over the country are in need of blood. It only takes 20 minutes and you can save a few people's lives with your donation. That is why I donate whenever I can. I wasn't able to last year because I had a cold, so I am very happy I was able to donate this year."

The leadership class is also getting into the giving spirit. Leadership sponsors a competition between all the fourth-period classes to see who can bring the most canned foods in.

Student body president Makayla Leveille explained what giving back means to her and what giving back does for the students that walk Lowry's halls.

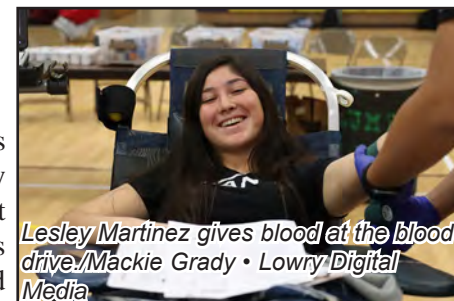
"Giving back is important to me because if I feel that if I can share skills I have learned or help others out when they need it, I can make someone's day better and help them be successful, just as others have done for me," explained Leveille. "Giving back betters the school because you can start a chain reaction, if you help out someone, then they can be inspired to help another and so on, which is such a beautiful thing."

The three Academic Success classes taught by Mr. Larry Renteria, Mr. Scott Santos, and Mrs. Alexis Mattson joined forces with leadership. To provide

for those less fortunate. They created about 50 care bags that included necessities to help those in need around the community.

Santos explained what giving back did for the classes and a little about what they did.

"Lowry's Academic Success students had the opportunity to assist Lowry's Leadership students in producing gift packages for less fortunate individuals within our community," said Santos. "As opposed to serving the purpose of the academic achievement of Lowry's Academic Success students, this activity served as an opportunity for our students to acknowledge that some things in life are more important than personal or even academic achievement. The significant impact that these gift packages will have on our community members that will be receiving them will prove much more valuable than the opportunity cost of time spent on personal advancement or academic achievement. Our students should be proud of their investment, and know that they have had a positive impact on their community."



Four years later Angel Tree continues to provide for those in need

Four years ago the Junior class officers Ren Mattson, Mardi Johnson, and Tanner Havens decided that they were going to give back to the youth in need. They started an angel tree, what the angel tree does is provide kids in need with Christmas presents. Anyone can just go down pick a tag off and buy what is listed on the tree.

Mrs. Mattson has her hands full with her classes but she still finds the time to give back and explain what that means for her.

"It makes you feel good I have what I need, my kids have what they need and what they want and sometimes it just makes you feel good to give back," said Mattson.

This year Mrs. Mattson partnered with FCAA, they are a non-profit agency that

provides for kids all year long. This year FCAA will be providing all the toys, while the tree provides shoes and clothes that are in need.

"FCAA they are the agency that helps the community that's non-profit that helps families in need throughout the year," explained Mattson.

The process to get the toys and clothes/shoes to the children in need is time-consuming. A lot goes into making sure everything's anonymous, all the kids get what they need.

"So for families in need usually what I've done is send out emails to other teachers at the school and the teachers throughout the entire district, then they submit names of students that they know are in need," explained Mattson. "Those students are then brought in to the counselor's office and there's information so the counselor

gets information about them and their families. Those forms are submitted to me and I anonymously make sure I make sure that they stay anonymous and then I just give each kid a member or each person from the family a number and that number is put onto the tree with the wish list."

Everyone in town is getting in on the spirit of giving, normally in the past, Mattson would deliver the gifts to the different schools but this year Winnemucca's local mining company has sponsored an early Christmas dinner.

"In the past, we took the gifts to the schools, but this year Newmont donated a dinner. That's where the families will receive gifts and have a warm meal on December 14. If they don't make it we take them to the schools" said Mattson.

The Angel Tree is a great way to give back without getting anything in return.



Junior class advisor Alexis Mattson with junior class officers Lauren Fentress, Anjolie Karrer, and Téa Novi posing in front of the Angel Tree. Araceli Galarza • Lowry Digital Media

GENERATIONS from page 1

us. We have access to the entire internet in the palm of our hands, we keep little robots in our house to vacuum or turn off the lights, even watches that can track sleeping patterns. The future is in technology.

POLITICS

Politically, our generational gap seems to keep on growing. Typically, as you become older, you tend to become more conservative; but our Boomers were born during a period of patriotism and control, which



Mr. Sean Whelan./Courtesy • Winnada

inadvertently contributes to their relatively Republican ideals. According to people-press.org “Millennials remain the most liberal and Democratic of the adult generations... In addition, far more Millennials than those in older generational cohorts favor the Democratic candidate in November’s midterm congressional elections.”

In regards to current president Donald Trump, just over a quarter of Millennials approved of his performance for his first year in office. For Gen X, that number jumps to just over a third, and around 44 percent of Boomers approved of the way Trump was handling the presidency. Approval of former president Barack Obama was outstandingly higher for Millennials weighing in at 64 percent, and about 48 percent for Boomers.

In our rural community, the tendency to lean conservative is high, but it seems as though more Gen Zers in Winnemucca lean to the liberal side.

Zer Carroll considers herself a democrat and has a constant uncertainty of President Trump.

“I have always been in disagreement of Trump’s presidency because of how ignorant and stuck up he has come off to the public,” said Carroll. “His close-mindedness has always rubbed me the wrong way, especially because I view everyone as equals, and he wishes to rid America of nearly 20 percent of its citizens.”

Horton believes that in regards to recent presidents, Trump hasn’t done the best job.

“He’s not that good compared to recent, but he’s not the worst... by far,” said Horton.

ECONOMY

The Boomers, specifically the first two-thirds, were born right after the war. They did not experience the Great Depression like their parents. Bruce Gibney, author of “A Generation of Sociopaths: How the Baby Boomers Betrayed America”, states that the Boomers did not endure “any deprivation at all.” Gibney also states the Boomers have committed “generational plunder” by devastating the nation’s economy, financing two wars with deficits, and on multiple occasions, cutting their own taxes. Their financial reforms worked but didn’t go far enough. Baby Boomers have dominated the economy for more than a quarter of a century, but where does that leave the rest of us?

According to fowmedia.com, Gen X is the first generation to not do better than their parents economically. During the Great Recession of 2007-2010, Xers home equity fell over 40% according to the Pew Research Center. With their emphasis on self-sufficiency, they overcame it, and are actively trying to get the economy back on track.

Because of the Great Recession, people are not retiring at age 55 as they used to. Though most Boomers are retired or close to, this prolonged retirement age may be Gen X’s chance to rebuild our economy from the ground up. Bizjournals.com states that Xers have “the knowledge and skills to bridge the generational gap between two larger age groups, and ultimately can help steer a newly-recovered economy into the future.”



Mrs. Alexis Mattson./Courtesy • Winnada

CNBC news source stated that Millennials are the most educated generation in history. Though they have been plagued with higher student debt, stagnant wages and poor job prospects, their median adjusted household income is \$85,000 a year, which is more than any other generation had in the last century. CNBC also stated

that Millennials “bring with them new perspectives on financial goals and investment advice.”

Joseph Sternberg stated that Millennials are more conservative with spending, probably due to the Great Recession in which they couldn’t afford house payments and were drowning in student debt. They’re also far less likely to invest in stocks in the way that generations before them did. The nation’s debt is more than \$22 trillion, and that debt is going to fall onto future taxpayers.

Horton believes the younger generations are not doomed to financial instability due to previous generations.

“We’ve always had a national debt. It’s probably going to keep growing and inflation is going to rise... I think what we’ll really see is the dollar becoming less valuable worldwide.”

Meyer doesn’t believe that her generation, as well as Gen Z, is doomed because of the Boomer’s ignorance toward climate change.

“I think there’s always hope,” said Meyer. “Looking forward, we need to address those things, but I think there’s hope. No matter what.”

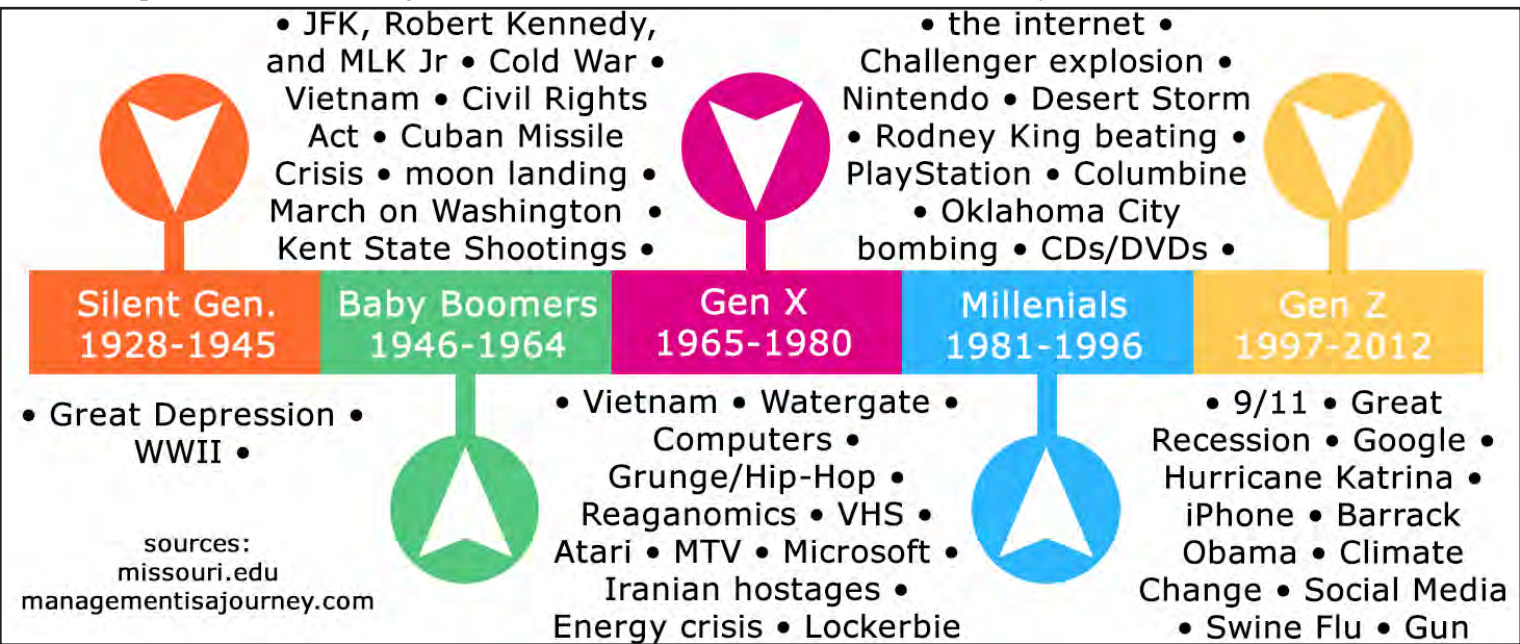
THE GAP OVERALL

In the end, older generations have always accused the younger generations of taking advantage of the technology available and disapproving of its use. Every one of them has their reasons for disapproving of our choices, though those choices are what individualize our generation from theirs.

Technology is a big part of our lives, but we’d really be just fine without it. We’re not as glued to our phones as you think we are. We still go exploring and drive around listening to music; we read books and create things with our hands; we still have a life outside of social media. And if one thing can be said about Gen Z, it’s that we enjoy other people’s presence.

The New York Times recently published its second Gen Z photo contest. Teenagers took pictures that they felt described our generation and wrote something explaining their choice of composition. A runner up named Willa Zoe Dorgan captured two pictures of a young couple at a party. They weren’t on their phones; merely just enjoying each other’s company.

At the end of her excerpt, Dorgan stated: “In the middle of a crowded room, surrounded by people, technology, and distraction after distraction, our generation makes the most effort to simply be with each other.”





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



Eddie Leon adopts DeAndre Solis as support human

With noticeable increase of support animals being of almost any species, a man named Eddie Leon has decided to adopt a human, but not just any human; he adopted DeAndre Solis.

Solis has always had the habit of making everyone happy, but in particular Eddie Leon.

"Because he knows how to make people happy," said Leon.

When Leon is feeling blue, Solis forces Leon to take him on a walk.

"When I am feeling down or lonely DeAndre is always there for me," said Leon. "Sometimes we just go for a walk in the park and he chases squirrels and birds."

But Leon knew that having a support human would most likely be very expensive, so they came to terms of just loving each other, and their presence.

"He loves me so I don't have to pay. I just give him breath mints for treats," said Leon.

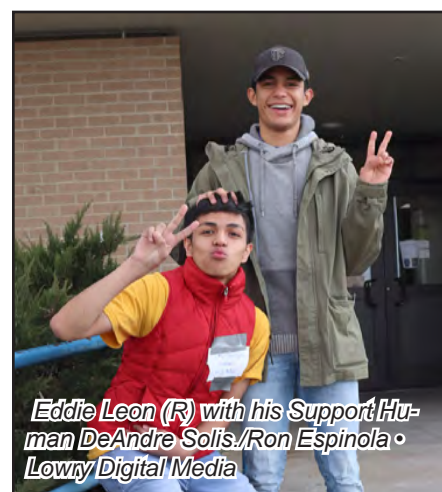
DeAndre was ecstatic because he knew that Eddie was looking for a sup-

port human. They are the perfect match for each other.

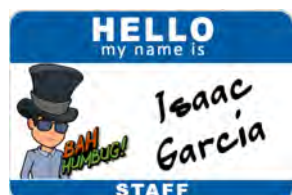
"I always make sure he is OK and he is always happy and to turn that frown upside down," said Solis.

Having each other has changed their lives, and they will never regret it. Sometimes people just need another person to be there for them instead of an animal.

"Whenever he needs someone I am always there to comfort him to make him feel like he's not alone," said Solis. "We pet each other mostly."



Eddie Leon (R) with his Support Human DeAndre Solis/Ron Espinola • Lowry Digital Media



Frustrated shopper can only find jeans without rips

Torn jeans are a staple in modern fashion and crucial to the look of many "hip" youngsters. So imagine one frustrated shopper surprise when at the store all he could find were jeans that were - get this - fully intact. No thanks.

The shopper, teenager Isidro Barton, was walking through the store looking for torn jeans, but much to his chagrin, no such jeans were in view. Barton supposedly walked around the store for 45 minutes. To the youth of America, this is basically an eternity.



The pants Isidro Barton was looking for./Courtesy • Ozzy Delaney via flickr

"So like I was just like looking for some torn jeans to go with this sick Supreme jacket I got, but like I couldn't find any. How are people gonna know I'm cool if my jeans aren't torn?" said Barton. "I looked for like for a super

long time. This has never happened to me before and I felt personally attacked."

Barton became very "triggered" by the incident. He is considering suing the store for mental anguish unless improvements are made.

The store owner, Natalia Cannon, was reportedly confused by the incident.

"The customer walked in the store reeking of Axe Body Spray then after a little less than an hour later, he started to get visibly angry so I asked what was wrong," stated Cannon. "Then he pulled out his phone and said he was videotaping me and not to touch him, then he just ran out of the store making a big scene."

For Cannon this is an isolated case of a disgruntled customer.

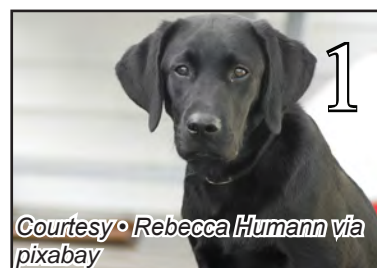
"Of course I'm not gonna sell those weird jeans," said Cannon. "He's the first person to ever make a big deal about pants in this store."

Cannon is frustrated with the issue as well.

"Just go to Hot Topic," said Cannon. "Who knew pants shopping could cause such an ordeal, I mean it seems weird, but that's what comes from boomers and Gen X colliding."

FAKE NEWS QUIZ

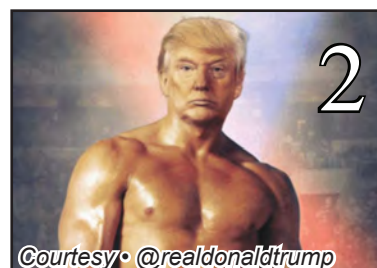
BY STAFF



Courtesy • Rebecca Humann via pixabay

1. A Florida dog was stopped by police after driving a car for an hour.

A. Fake
B. Real



Courtesy • @realdonaldtrump

2. President Trump tweeted a picture of his head on Rocky's body.

A. Fake
B. Real



Courtesy • house.gov

3. Adam Schiff is under investigation for treason because of statements made during the impeachment hearings.

A. Fake
B. Real

Answers: 1. B 2. B 3. A

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The year in news

Can you believe it's almost been another year?

Maybe your 2019 resolutions didn't go anywhere, but the world of news sure did. From dangerous crazes to weather, fires, politics, entertainment, sports, and medicine, this year we've been progressing in every direction imaginable.

As a high schooler, vaping seems to be among the most pervasive of topics, and it's not going without consequence. The first vaping-related death was reported on August 23. Now the death toll stands at 33. Researchers are discovering that vaping causes serious lung disease and injury, contributing to 1,479 cases of lung disease just in the six months between April and October. On September 12, the CDC announced its disapproval of THC related products such as e-cigarettes, and the nation responded. This year, states such as Rhode Island, Washington, Oregon, and Montana have moved to abolish the sale of flavored e-cigarette products, while Michigan, Massachusetts, and the city of San Francisco have banned e-cig sales altogether. On September 13, President Trump announced that the Federal Government would be working to remove such products from the market.

The 2018-2019 winter was chart-topping in the United States. According to NORAD, this was the wettest on record, with total precipitation reaching 9.01 inches (2.22 inches above average).

American winter in 2019 also endured extreme cold

temperatures, with more than half of the United States below freezing on January 28. By then, 21 people had already been killed by the cold. The wet weather extended well into spring, launching the country into an era of blockbuster flooding. States along the Missouri River experienced \$2.9 billion in property damage and flooding in more than a million acres of farmland. In the deep south, some regions saw over a foot of rainfall in June. Florida, Georgia, North Carolina, South Carolina, and Virginia all declared states of emergency in preparation for Hurricane Dorian in late August.

Despite a seeming excess of water, the world was plagued by something a little warmer. As of November 3, 2019 wildfires in California had burned 250,349 acres of land. Most were noted to have been caused by lightning strikes. Debates flamed over controversial power shut-offs intended to minimize fire risk. On December 1, 2,240,000 acres were reported to have burned, and the more than 40,000 fires contributing to this number continues to spread. Blame came and went to and from everywhere until someone eventually decided American actor Leonardo DiCaprio could be the only culprit. Yet another fire made ashes of the historic Notre Dame Cathedral in Paris, France.

When it comes to the political landscape, no one's lit as many fires this year as President Trump. The federal government entered 2019 in the midst of its longest shutdown in United States History (35 days). Trump used the shut down as a wedge to gain funding for the



wall he plans to build on the Mexico border and eventually got \$6.1 billion from various military branches.

On the nuclear end of world politics, Trump made history on June 30 as the first sitting U.S. president to visit North Korea. This was the second meeting between Trump and North Korean dictator Kim Jong-un, the goal of which was to resolve nuclear missile conflict, following months of reported missile test launches. Iran announced on June 17 that they would be violating the terms of the Iran Nuclear Deal negotiated nearly 4 years prior. Iran announced on June 17 that they would be violating the terms of the Iran Nuclear Deal negotiated nearly 4 years prior. On October 26, it was announced that ISIS leader Abu Bakr Al-Baghdadi was killed in a raid.

2019 also brought many medicinal advances. In July, researchers were able to successfully remove all traces of HIV from mice. On May 31, researchers also discovered a genetically modified fungus that killed 99% of Malaria transmitting Mosquitoes in trials.

The remainder of this article will be posted online.



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DO GPA AND ACT SCORES DETERMINE YOUR INTELLIGENCE?

Many people and test scores smart you are, the case. Sure, it idea of what your are and what



think your GPA determine how but that's not gives colleges an strong subjects you're capable of

doing. If you don't score well on a test, it should indicate that students have a desire for improvement and academic drive and want to retake the test to improve their score and GPA as well.

I believe the score you get on a test determines your level of preparation. If you study for a test, days in advance, you are most likely to do well on it. If you don't study at all, you are most likely not going to do as well because you won't know the material. It is possible to improve your ACT score through prep but they don't always measure your intelligence. Standardized testing shows your ability to take tests, not your intelligence or how ready you are for college. If you can take a test very fast then there are two options; one you either know all the material and the test came easy to you or two you guessed your way through the test to just get it over with.

It is also possible that two students with equal intelligence, but different high school educations, may both take the ACT and end up with vastly different scores. The type of education you get on the subjects you will be tested on can also make a difference in your score.

Research from ACT General PrepScholar shows that "your scores aren't always the most accurate measurement of your career potential. They don't tell you anything about your ability to manage other people or complete long term projects reliably. ACT scores provide a rough baseline measurement of your knowledge of math, language, and logic. They can't measure how well you'll use these basic skills on a larger scale in more complex scenarios, and they can't measure your interpersonal strengths." This means that it's hard to determine someone's ability to work with people based on their math scores or even English.

If you have a low GPA but a high ACT score, this is telling you that you're probably capable of doing better in school. It also means that if you put in more effort into studying or whatever it may be, you would be able to earn higher grades. It also shows that you have the potential to succeed in college if you adopt better study habits. It is also possible that you are very smart and do well on assignments, but aren't a good test taker, so it is important you take your grades seriously because your test grades can either make or break you so although you aren't a good test taker you should still try your best cause when it comes to finals and exams, that grade will either hurt or help you.

NOT SO HAPPY HOLIDAYS

It's beginning to look a lot like Christmas, and it has been since September. Walmart's holiday festivities began before any sane person was even thinking of Halloween, and lately, all we hear is griping about that one house on the corner of Main and Cedar that's been gleaming with blinding yuletide gaiety since Labor Day weekend. As the countdown on the advent calendar shrinks, extravagant Christmas decor invades our lives like an infectious disease, and once again, the old cliché debates begin. We can't even enjoy the most wonderful time of the year. How could we when we can't see it over the volume of the arguing? Why does it matter what holiday we celebrate, or even when we choose to do so? Christmas is Christmas. Why can't it just be that simple?

There are as many determined "appropriate times" to decorate for Christmas as there are flavors of holiday Oreos, but I've got a better answer: who cares? Seriously, why do we care when other people decide to decorate? How many of us can honestly say we don't smile at the idea of Christmas, even if it is mid-August? It's really simple; Christmas makes people happy. That's it. People smile when those lights and inflatable snowmen begin to take over our lawns when those green plastic imposters we call trees shine in our living rooms when we impale and abuse sheets of sugary



dough into what shapes we somehow think resemble people. So tell me, what's really so bad about prolonging the holiday season just a little longer? What's really so bad about spreading the smiles just a little further? From where I'm standing, it's all looking pretty good.

We could talk all day about other religions, other holidays that Christmas completely overshadows. There's Hanukkah, Kwanzaa, Winter Solstice, Los Pasados, Diwali, Chinese New Year, the list goes on. Several of these holidays boast contrary religious associations to Christmas, and that's where the offense comes in. "Merry Christmas" is a phrase of well-wishing, but anymore it's like contraband. We can't just go around tossing it about no matter how honest our intentions. How sad is that? Honestly, when else do we actually go around wishing each other happiness, of all things? For two weeks to two months of the year, we can't even enjoy that.

Christmas is joy. It's togetherness and giving. Sure, Christmas is also receiving, but isn't that the most beautiful part of the whole holiday? We have the potential to make someone's whole day with as little as two words, or even saying nothing at all and letting our decorative spirit do the talking, yet all we seem to know how to do is fight about it. When does it end?

IS DISNEY+ REALLY WORTH BUYING?

On November 12, 2019, Disney+ was launched and it followed popularity in all age groups. It includes content from Disney, Marvel, Pixar, Star Wars and National Geographic. Carrying a monthly price of \$6.99, an annual price of \$69.99, or a \$12.99 monthly bundle including ESPN and Hulu.

On Disney Plus, you can stream a wide assortment from Disney including movies, shorts, originals, and classics. At the moment, it allows up to four devices at once. Content like "The Simpsons", "Star Wars", "Avatar" and is included.

With Disney Plus coming out, it is a competition with Netflix. Or so it seems, Netflix announced a collaboration with Nickelodeon. They will be doing a joint venture with them to produce spin-offs and



provide some of the most iconic TV shows like "Drake and Josh" as well as "iCarly". Some benefits that come with Disney+ is you get access to all the old movies, new movies, and some original series, you also get access to Hulu and

ESPN with Hulu, ESPN, and Disney+ all for the whooping price of 12.99 which is the same cost of the standard package with Netflix. Not to mention Hulu is also partnered with Spotify so you could be listening to free music as well.

Overall Disney + is a great thing to get if you adore anything and everything Disney has made. You really are getting a good deal bundling with Hulu. With the release of Disney+, it's like taking a dive into your childhood and it is incredible, buy it and you won't regret it.

The Brand-Lowry Digital Media

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OK, BOOMER

Recently on social media, there has been an uprising of Millennials and Gen-Z using the alleged slur 'ok boomer'. The phrase even made an appearance in a parliamentary debate in New Zealand. Sure, maybe we're targeting the boomers and making a meme out of them, but they could've just not ruined the climate leading our generations into impending doom.

The trend started because of an older man posting a video online saying Gen-Z has Peter Pan syndrome, and we need to grow up. "ok boomer" was created to criticize and retaliate against this old man, as well as the rest of the boomers who have shaped today's society.

The phrase is now a comeback Millennials and Gen-Z use when Boomers disregard or mock an issue that we care about. It's also used against Gen-X because we youngsters have no perception of age. We finally figured out that nothing hurts them more than being dismissed in the way they dismiss everyone

younger.

Bob Lonsberry, a conservative talk-show host, columnist, and author tweeted about the "ageist slur", saying "'Boomer' is the n-word of ageism. Being hip and flip does not make bigotry ok, nor is derisive epithet please don't include definitions acceptable because it is new." Fastcompany.com states this is "ironic" coming from a man whose political views have gotten him sued, suspended, and protested on multiple occasions.

Dictionary.com even went as far as to tweet "Boomer is an informal noun referring to a person born during a baby boom, especially one born in the U.S. between 1946 and 1965. The n-word is one of the most offensive words in the English language."

Obviously, there were loads of backlash. If you search Lonsberry on twitter (@BobLonsberry), you could scroll for hours and still see replies to his tweet,



most calling Lonsberry a boomer. Name a better way to handle this.

Some Gen Zers have taken the trend so far, they're profiting off of it. 19-year-old Shannon O'Connor is behind the "ok boomer" merch in the style of the 'thank you' shopping bags. After promoting it on TikTok, she has received more than \$10,000 in orders.

18-year-old college student Nina Kasman has also been selling boomer merch like stickers, posters, water bottles, and even notebooks. Kasman told The New York Times that she personally cannot do much to restore the environment, reduce the price of tuition (which is what her merch is paying for) or "undo political corruption," in regards to why she is participating in the "ok boomer" trend.

Obviously, the saying resonates with a lot of people.

On behalf of Gen-Z, I would just like to say that the world is changing fast.

The boomers' decisions are affecting our generation. Yeah, some of us ripped the holes in our jeans, but some of you ripped holes in the ozone. Millennials may have "killed" department stores but you guys killed the polar bears. The Earth is literally dying right in front of us because somebody keeps burning fossil fuels, and we will be the first of many to have a lower quality of life. 50 percent of our monthly income will go toward rent and none of us will be able to afford health insurance. Not to mention, you can't even log into a computer without getting three viruses and sending money to a scammer in Nigeria; but you're willing to pay hundreds so someone younger than you can fix your computer. In 2017, the average student loan debt was \$37,000. College tuition rates continue to sky-rocket, but inflation is much lower in comparison. You guys went to college for like 20 bucks, so remind me who's profiting off this. And you think we're lazy, entitled and self-serving? Ok, boomer.

MENTAL HEALTH CRISIS

The mitochondria is the powerhouse of the cell, and the brain is the powerhouse of the body. So why do we just overlook it? Mental health is constantly downplayed, people, especially older generations are always making it seem like our problems shouldn't be problems. Yeah, okay, boomer. Just because we don't have a house payment doesn't mean we don't have real problems.

A study about depression in teens done in the United Kingdom revealed upsetting but very real results. The study showed that depression had increased from 5 to 15 percent between the years 2005 and 2015. The sad reality is that no one is doing anything about it. Depression is a real thing it's not just someone refusing to go outside or to participate. Depression affects everything from the way you act the way you think and feel about yourself.

This new age of technology doesn't help the growing issues either. When you're scrolling through Instagram it's easy to start feeling bad about yourself. No one is ever posting about their problems. All you see are trips to exotic places, size 00 Instagram models, and people with the perfect houses. It becomes easier to notice everything about yourself that you don't like. There's more emphasis on what you're doing, what you're going to do and what you've already done. You see people your age rich and successful and feel like you're falling behind. That's not the reality however and most people



don't realize it.

It's getting increasingly harder to notice when you're going down a rabbit hole, everyone feels bad about themselves from time to time but feeling like there is no other

option besides ending your life is not. Worry and stress are part of life but that doesn't mean that you need to neglect these aspects and feelings of your life either. Mental health might not be as evident as physical health but it is just as important. It is not selfish nor self-indulgent to want or to take care of yourself. Take care of yourself in all aspects, spiritually and mentally not just physically.

Not only is there a spike in depression but anxiety as well. An article published in the Washingtonpost sheds incredible light on the rising mental health problems. Jelena Kecmanovic is a clinical psychologist who has been researching this. In the article, she published she talks about GAD (generalized anxiety disorder). This is when someone's anxiety goes past the normal. She explains that many people are too scared to come forward when they feel more anxious than normal because they've been told to worry is just a part of life. This is said a lot about mental health, anxiety, and depression are just a few of the things that people have to deal with, and because society has put such an emphasis on sadness and worry being apart of life no one feels the need to do anything, and that's the problem.

THINGS TO KNOW ABOUT HIGH SCHOOL

High school is an important part of our lives. You spend most of your teenage years here and the experiences that we go through

shape us into who we are. Here are some things that you should know about high school.

The world of technology has affected our lives dramatically. The new era of school has been moving along with it. Most of your teachers are going paperless. Google Docs is going to be your best friend. The program saves every time you make a change or add something to the document so you never have to worry about losing your work.

Many tend to slack off in the beginning but you're digging yourself a hole you can't get out of. It is much harder to raise your grades at the end. Just like slacking off at the beginning of every quarter, slacking off at the beginning of high school isn't really smart. If you fail a class while you're a freshman or sophomore, you're going to spend your senior year trying to get the credit in order to graduate. Sometimes those classes stop seniors from walking with



their class because they weren't able to get their credit to graduate. Your junior year and senior year you will most likely have the option

to take college classes. Don't be afraid to take those classes they're a bit challenging and stressful but it will be worth it in the end.

Extracurricular activities are fun and beneficial. Participating in sports is probably the best part of high school. It not only lets you get out of class but in order to play sports you have to maintain good grades. If you participate in a sport your team basically becomes family, you do everything together. There are also clubs that you can join or make. These clubs will help you get more involved with your school and it would give you a chance to show everyone else your talents.

Although high school can sound scary at times it is truly an essential part of growing up. It is like the "welcome" to the real world. Nothing prepares you more for the real world than creating good education habits from the time you are in high school.



Varsity boys basketball is ready for redemption



Anthony Hemp drives to the hoop past JJ Backus (14) and Ron Espinola. Lowry Digital Media



Preston Snow is guarded by Mason Ellingford (25) and Ron Espinola. Lowry Digital Media



Kobe Stoker (5) gets his shot blocked by Anthony Gildone (13) and Klay Garner. Lowry Digital Media



Chance Huitt (31) dribbles by Michael Casalez and Ron Espinola. Lowry Digital Media

Last year's varsity boys basketball team had a record of 17-9. Last year's team made it to the playoffs and had a tough 72-68 overtime loss to Fallon.

The Bucks opened their season at a tournament in Elko and came out with one win. The team won against Hug 66-54. They lost against Reno 69-37 and Hunter (UT) 70-53 the day before.

"The team still has a long way to improve and become the team we know we can be," said Kobe Stoker. "But it's the first three games of the season. We are figuring each other out and trying to jell as a team. We just need to keep improving every practice and every

game."

Head coach Chad Peters is looking forward where the team can progress.

"See where we end up in February and the best part about this team this year is we work really really hard," said Peters. "If we can just get a little bit smarter and make better decisions on the floor I think the skies the limit for us."

This year's team lost four seniors but, Peters sees a lot of potential in his new players and returning players on his team.

"I'm really excited to see how the younger kids develop over the next couple months. Kobe Stoker is a four-year

starter on the varsity and JJ Backus is our returning point guard," said Peters. "We have a bunch of seniors with a lot of playing time from last year so we should be fairly experienced. I'm really excited about our junior class we have a lot of big strong athletes in that class."

The team has experience with seven returners and is loaded with guards.

"But we only have two posts and the rest are shooting guards and point guards which means are offense and defense will change a little," said Stoker. "But other then that we have all played with each other before and we are working are butts off to be the team to beat this year,"

Peters has been coaching basketball for 26 years and loves to see Lowry's teams evolve and flourish.

Peters said, "It's my 18th at Lowry High school every year I love coming back and just seeing how the kids can develop and become better."

One of the new players is Robert Rangel who moved back to Winnemucca from Odessa, Texas where sports are more of a job than a pastime.

"We're focused on playing better defense. Our big thing this year is communication with each other," said Rangel. "We have a lot of guards which can be good because it creates flexibility."



Wrestling starts season off strong with tournament in Vegas

The wrestling team started their season off traveling to a tournament in Las Vegas the first weekend in December.

With determination to place at every tournament, Caden Ricci makes sure he practices hard to accomplish this goal of his.

"I've been working on being faster

with everything I do," said Ricci. "My goal is to place in every tournament. During practice, I've been working super hard with the best wrestlers there." Ricci

This season the team is very young but they all have goals they strive to achieve.

"So far we've been working on learning the skills and basics of wrestling," said Jacinto. "Adding things and improving since Lowry is a young team. My goal is definitely to finish the year and have a better season and record than last year. Being a sophomore, coaches expect more which is understandable. We do a lot of live wrestling to make sure that we are prepared for our first match. We also try to improve our weaknesses on our own."

Senior Taylor Corak hopes to see improvement in himself from the amount of effort being put in each practice and motivation from the coaches.

"My goals this year are to place at some big tournaments, win the smaller ones, and win state," said Corak. "This year we have a young team, but we are sticking to Lowry wrestling tradition. Competing is

everything in our practice room as well as the runs. The coaches do a good job at engaging competition into our wrestlers' heads, so I think that's what gets us mentally and physically prepared for a match."

Senior Cade Bell is working towards the end of the season to try and win state.

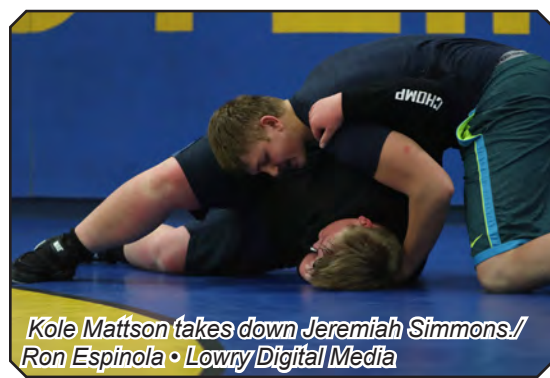
"I've been working on my bottom work. My goal is to win state. Not much is different from last year. I have just been working hard and getting all I can out of it," said Cade Bell.

At the tournament, the varsity team went 2-3. They beat Green Valley 60-24. They came up short against Cibola, AZ going 63-12 and 43-30 against Brighton, UT. Their next dual was a loss against Cimmaron 40-32. The final match was a success beating Basic Academy 42-37.

Both the JV and Varsity teams host their annual Cody Louk tournament December 20 and 21 at the Events Center.s

Roster: Eduardo Aguilar, Brenton Baker, Cade Bell, Salvador Contreras, Taylor Corak, Rodger Facey, Brett Ferraro, Damon Fetty,

Dylan Frost, Shaun Gilliland, Dylan Gilson, Jonathan Green, Braden Ham-margren, Jesse Hawkins, Angel Huerto, David Hunter, Bonifacio Jacinto, Juan Lopez Barajas, Emilio Magana, Shane Mattson, Wade Mori, Isaac Mori, Felix Munoz, Coda Nichols, Anthony Peterson, Caden Ricci, Jeremiah Simmons, Hunter Smith, coached by John Brooks and Brant Corak.



Kole Mattson takes down Jeremiah Simmons. Ron Espinola • Lowry Digital Media



Wade Morri tries to keep opponent down on the mat. Ron Espinola • Lowry Digital Media



Jesse Hawkins tries to take down opponent during practice. Ron Espinola • Lowry Digital Media



Coach John Brooks demonstrates a drill. Ron Espinola • Lowry Digital Media



New look Lady Bucks ready for the season

Another year another season, this year's varsity coach Melanie Thurmond has been implementing new techniques to prepare the new girls on varsity and to further the skills of returning members.

Macy DeLong, a new varsity player, shares her feelings about the new season and the changes from JV to Varsity.

"It's overwhelming but it's a good experience," said Macy Delong. "Var-

sity is a big change from JV. It is a lot more intense and a lot more learning to it. Everyone is working better and harder together so we can win our games. We are all about winning our games so we can make it to zone and state.

Along with JV players moving up, multiple sophomores made the leap from freshman basketball to varsity, which would be a difficult feat for anyone. Emika Viscarra, a sophomore player explains the jump from freshman team to varsity and the difficult challenges and experiences that come with.

"It's a big change. Freshman practices were easy and fun," said Emika Viscarra. "Now since

I'm on varsity I have to take stuff more serious but also have fun. We just have more challenging drills and I still have a lot to learn since it's my first year on varsity and second year playing high school basketball."

Carly Capellen one of the two returning seniors from last year explained what differences she's noticed on the team.

"We have a lot more height this year and we are a younger team compared to most. We are all playing with new people and it will create a lot of new opportunities," explained Capellen.

On December 6 the varsity girls traveled to Reno for their first games of the season. On Friday night they played against Galena and brought home a win 52-33, on Saturday they played Bishop Manogue and lost 62-43. However, they finished strong and triumphed over Spanish Springs 59-22.

During the Bishop Manogue game on Friday, McKenzie Peterson a sopho-



Emily Backus dribbles around Hannah Whitted./Ron Espinola • Lowry Digital Media



Bailee Brinkerhoff blocks Carly Capellen./Ron Espinola • Lowry Digital Media

more on the team was named player of the game by coaches. "McKenzie was our leading scorer and helped give us a "big" presence on the inside," said coach Thurmond.

Capellen stated the girls are working hard to prepare for upcoming games.

"We are scouting other teams and seeing what offense and defense they run so we can be ready for anything that happens in the game," said Capellen.



Lexi Gomez dribbles the ball./Ron Espinola • Lowry Digital Media



McKenzie Peterson goes up for a rebound with Carly Capellen./Ron Espinola • Lowry Digital Media



JV girls basketball starts season with 2-1 record in tournament

JV girls basketball is starting out their season on a high note. On December 5, 6, and 7, the team attended their first tournament, where they lost to Douglas, but beat Spanish Springs

and Bishop Manogue.

"Our team is 2-1 right now against schools in a higher division, which is very good," said freshman Kaylee Franklin.

Over the weekend, the team learned where their power lies.

"Our team's strengths are working hard until the very last buzzer goes off," said Franklin. "Our last two games were won in the last quarter."

The girls are prepared to launch into the rest of their season.

"For only three weeks of practice before our game, we all played really well and I think we are going to definitely be some good competition to the other schools," said junior Alexxus Robinson.

Just like every team, JV girls basketball has their share of struggles.

"Our weakness is shooting by far," said Robinson. "If we made



Alexis Olson tries dribble by around Kaytee Delaney./Ron Espinola • Lowry Digital Media

all the shots we took we would definitely have a lot higher scores."

Basketball is a fast-paced game, but the team starting to learn the value of taking the speed down a notch, allowing themselves time to set up plays.

"We start running the ball way too fast, which makes us mess up," said Franklin. "We need to work on slowing it down and taking care of it."

Despite this, the girls have their minds set on improvement and are optimistic about what the season will bring.

"We all try really hard and give our all so I think as the season goes we will get more competitive," said Robinson. "I'm looking forward to all the fun times we're going to have whether we win or lose."

Roster: Megan Cook, Kaylee Franklin, Mia Hernandez, Peyton Jo Cassinelli, Kaytee Delaney, Alyssia Garcia, Jacquia Jackson, Cadance Mercado, Brookelynn Miller, Alexis Olson, Alyssa Perez, Alexxus Robinson, Coach Lynnsey Johnson.



Kaytee Delaney (R) guards Brookelynn Miller (L)/Ron Espinola • Lowry Digital Media



Kaylee Franklin dribbles the ball./Ron Espinola • Lowry Digital Media



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Mia Hernandez (1) shoots the ball./Ron Espinola • Lowry Digital Media



ATHLETE OF THE ISSUE: KELCEY COOPER

Cooper has been playing soccer and softball ever since she was four years old and she still, with perseverance and dedication, has continued to play these two sports through high school. Cooper has been very grateful to have her supportive family; especially her mom and her older sister.

“They’re really supportive they go to every game; they cheer for me,” said Cooper.

Cooper's older sister Caitlynn Dennis was a student at Lowry. Cooper's sister was involved in sports at Lowry. She played soccer, basketball, and softball. Cooper stated she always watched Dennis when they were younger.

Both of Cooper's parents were involved in sports while in high school too.

“My mom played soccer and softball and my dad played football,” said Cooper.

Cooper has not only played just softball and soccer she has also previously played basketball and volleyball.

“I played basketball freshman and sophomore year and I played volleyball my junior year,” said Cooper.

Kelcey has many reasons as to why she enjoys playing soccer but, she especially likes how intense and exhilarating the sport is.

Cooper stated “I like making goals and it’s really

fast and fun. I like being active I also like being able to play with my friends.”

Kelcey also had many reasons as to why softball is her favorite sport but, mainly because it’s more of a mild sport and is a nice break from the intensity of soccer.

“I like softball because it’s a lot more calm and less conditioning,” said Cooper. “I like hitting. It’s exciting and it’s fun to hit home runs. I like winning and you need to hit to win.”

Kelcey's position in soccer is forward and this has been her position for as long as she can remember. In softball, Cooper's position is second base. She has been a second baseman ever since she started playing softball.

Cooper has been lucky enough to not only have her mom as a huge motivation and supportive light in her life, but she was also her coach for soccer.

Cooper said, “My favorite coach for soccer is my mom because she was my coach JV year so that was fun.”

Kelcey's choice for who her favorite coach was for softball was a more complex decision because of her love for the sport.

“My favorite coach for softball I’d say would probably be Lucas because he’s energetic and weird,” said Cooper.

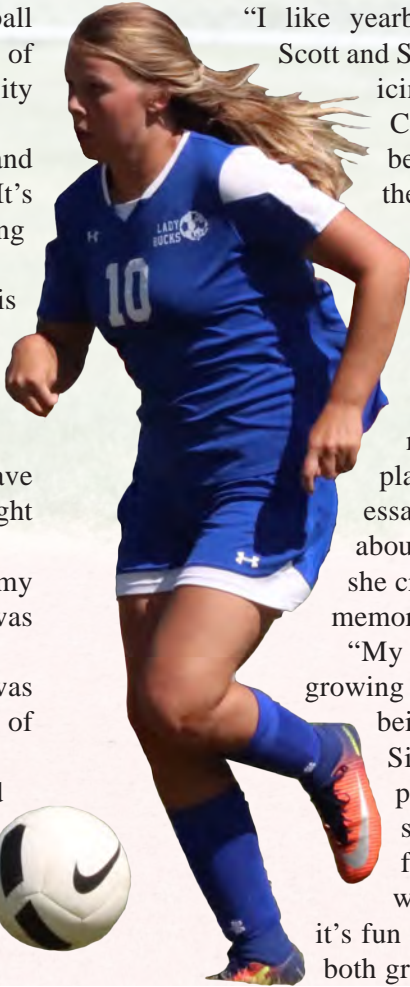
Cooper has loved going to Lowry because of all of the friends she has here and how she loves the people at Lowry in general. She also has

two favorite classes in particular that she has taken at Lowry.

“I like yearbook with Mrs. [Lisa] Scott and Sports Med [Sports Medicine] with Lucas,” said Cooper. “Yearbook is fun because we get to make the yearbook and control that and Sports Med [Sports Medicine] we get to go to and be at all the home games for Lowry.”

Cooper's favorite memory growing up playing sports is not necessarily what the memory is about it is more about who she created all of her favorite memories with.

“My favorite memories growing up playing sports was being able to play with Sierra Maestresjuan and play all sports with her,” said Cooper. “This is my favorite memory because we play now together and it’s fun to see how much we’ve both grown together.”



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ATHLETE OF THE ISSUE: KOBE STOKER

We tend to recognize athletes for their prowess, their skills and accomplishment, but being an athlete is about more than just talent or drive. Being an athlete is about love for the game, something Athlete of the Issue Kobe Stoker has plenty of.

"The reason why I love basketball and golf is because it's fun and competitive and I have such a passion for it," said Stoker.

His enthusiasm for the game is contagious.

"He is fun and a great teammate, but the best part about Kobe is his heart. He is an amazing young man, that puts everything and everyone else first. I'm going to miss having him around next year. He has made my job fun," said head coach Chad Peters.

Stoker has been around sports his whole life. Basketball and Golf were a huge part of his childhood. He started playing basketball when he was eight years old, and golf when he was seven. In his years of WYBA and hitting the greens with his dad and grandpa, Stoker's enthusiasm and drive only grew.

Stoker cites his family as being a large incentive in his athletic career.

"Basketball and golf have always been the main sports in my family and seeing my dad uncle and grandpa leave their mark playing sports at Lowry just makes me want to leave my mark at Lowry as well and show that hard work does pay off," said Stoker.

Stoker's family hasn't been his only inspiration. Stoker is immensely thankful to his role model Todd Milton. Milton coached Stoker on both his 7th and 8th grade teams, as well as in travel ball.

"He was my hero," said Stoker. "He taught me how to become a student of the game. He showed me how to never give up. Not only in basketball but in life too. He also has taught me to be a leader and to be humble."

Milton passed away in 2018, but his legacy lives on in the things athletes like Stoker learned from him.

"He was truly the greatest thing that has happened to me," said Stoker. "Not only did he teach me lessons in basketball but in life too, and I'll use those

lessons for the rest of my life."

Sports have always been praised for the life skills they teach, and Stoker takes away all he can.

"It also teaches you how to enjoy the good times, fight through the bad times, and work together with your teams," said Stoker.

For Athletes like Stoker, a game is never just a game. When an athlete becomes as passionate about their game as Stoker has, the game becomes a way of life.

"Sports have always been a part of me," said Stoker. "If I'm going through something in my life. I can always count on basketball or golf to help me clear my mind and look at the whole picture."

Throughout his athletic career, Stoker's dedication has brought him much accomplishment. Stoker has been on the varsity golf and basketball team since his freshman year and has gone to state for golf every season.

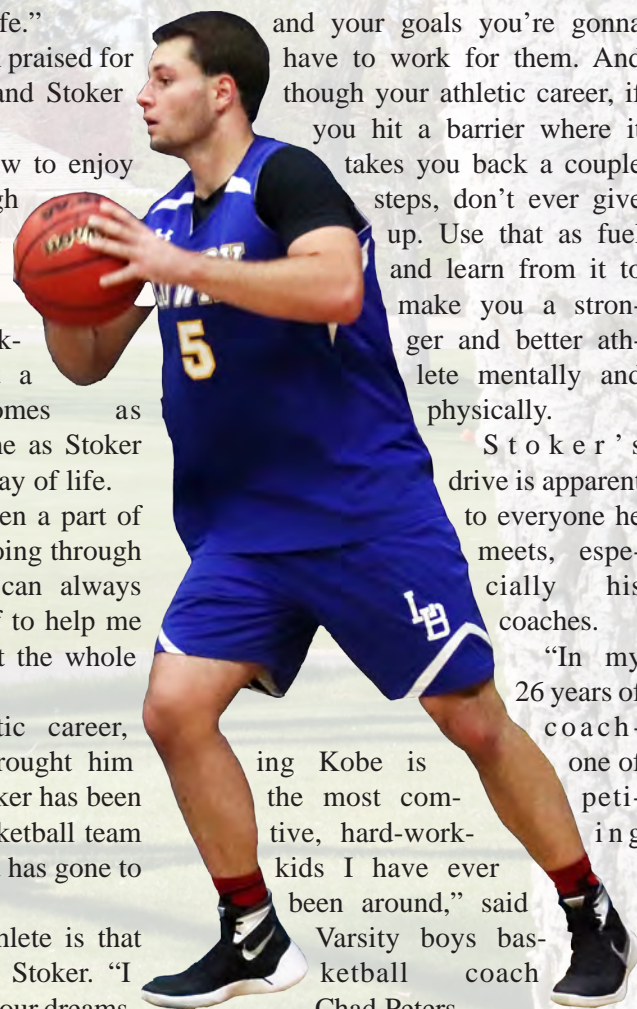
"My advice for any athlete is that hard work pays off," said Stoker. "I mean, if you want to reach your dreams

and your goals you're gonna have to work for them. And though your athletic career, if you hit a barrier where it takes you back a couple steps, don't ever give up. Use that as fuel and learn from it to make you a stronger and better athlete mentally and physically.

Stoker's drive is apparent to everyone he meets, especially his coaches.

"In my 26 years of coaching

ing Kobe is the most competitive, hard-working kids I have ever been around," said Varsity boys basketball coach Chad Peters.



JV boys basketball starts season off with tournament in Reno

The JV boys started their season off with a scrimmage loss on November 23 against Reno High.

Sophomore, Giovanni Sapien believes the team needs to work on their offense together.

"We need to work on our offense and getting it up to speed. Working on press breaker to get passed the tougher teams' defenses," said Sapien. "Our defense is really good but we need to work on getting to the rim and finishing. We can get our offense on lockdown and be able to move the ball faster than the other teams."

To make sure the team is prepared for every game, they have been working hard in practice.

"We need to communicate more so we know our roles," said Sakurada. "This year the game is a lot faster and the players are taller and more talented. We have been working on our full and half-court press. My goal for the season is to become more of a team and win as many games as we can. In practice, we need to assure we are ready for our games and go through all of our plays by doing a lot of drills."

Going from a freshman team to a JV team, the pace is faster and the team

needs to handle the ball with control in order to achieve their planned goals.

"I've been working on my game all around, nothing specific but to be better," said Gaitan. "My goals are to help the team be the top team in the league. Both defensively and offensively, we are trying to make our level of play better."

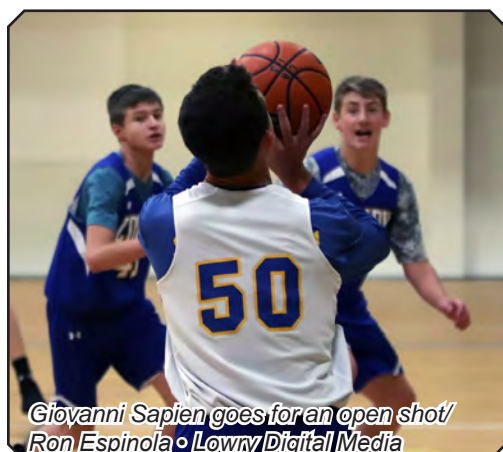
With new kids on the team, it takes time and patience to get everyone playing together.

"My goals for the season is to win every game and create good chemistry with some of the new teammates," said Fernandez. "The level of play

compared to last year is a little different, we are a little slower but I think we will get better as time goes on. In practice we try to play like it's a game that way we are ready for a game-like scenario."

The JV boys traveled to Reno for another tournament on December 4 going 2-1 in the tournament. The team beat Reno High by 25, Damonte Ranch by 8 and came up short by 3 against Spanish Springs in the championship game.

On December 19 and 20 they are back on the road to play Truckee and North Valleys.



Giovanni Sapien goes for an open shot/Ron Espinola • Lowry Digital Media



Call Peters looks for an open teammate/Ron Espinola • Lowry Digital Media



Ilysis Arriola looks to shoot/Ron Espinola • Lowry Digital Media



Logan Feticc goes for a layup/Ron Espinola • Lowry Digital Media



Frosh boys open season with two wins in Reno

So far, the freshman boys have participated in a tournament where they took a 44-40 loss to Spanish Springs, beat Spring Creek 49-9, and took a second win 59-37 against Fallon.

"We took 3rd overall at the Winter Invitational Tournament in Reno," said first-year coach Calvin Connors. "We lost to a great Spanish Springs team who ended up in the championship game."

They continue to work hard to prepare for upcoming games.

"So far we've been working on our press," said Justin Scott. "It's going to be

really fast-paced, and a lot of different offenses because we haven't had much time to work on them in practice."

Although the team isn't far into their season, they're off to a good start.

"We played Reno...and we did pretty well," said Scott. "We did have a couple of turnovers, but we were really able to beat them to the posts and on rebounds. We kept the pace up as we needed to and we ended up playing pretty well."

Just like every other team, the boys have certain aspects of their game that shine.

"Our defense is pretty good," said

Dante Cassinelli. "We've got really tall people so they don't score a whole lot."

The players are getting down to the real focus of the game: enjoying themselves.

"My favorite part is probably playing with my friends and being able to just compete with them and have fun," said Frank Davis.

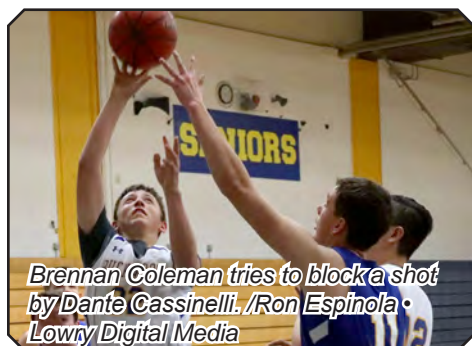
Connors has been happy with his team thus far,

"Everyone is positive and interacts well together off the court which makes for great cohesion on the court," said Connors. "They express this on the court

by communicating well on offense and defense. You can expect an energetic group of freshmen who play their hearts out every minute of each game."

Practices have been going well as the team learns new things.

"He's [Connors] really kept it organized and in the right shape," said Scott. "We do have a group that can tend to wander a lot, but he's kept us in great shape, making sure we do what we need to. Everything is always on point and on time, and we always get the things done that we need to within the time that we have."



Brennan Coleman tries to block a shot by Dante Cassinelli. /Ron Espinola • Lowry Digital Media



Kaid Sanchez pushes past Marcos Rodriguez for a basket. /Ron Espinola • Lowry Digital Media



Justin Scott blocks Dante Cassinelli. /Ron Espinola • Lowry Digital Media



Travis Urain makes a break down the court. /Ron Espinola • Lowry Digital Media



Lady Bucks learn from Elko tournament and look to future

Subjectively, the first year of high school sports either makes or breaks a player. It's a new team, new people, and a lot of changes. But with hard work and dedication, the freshman girls' basketball team has come far in just a few weeks.

Coach Larry Renteria believes the girls have lots of potential, they just need some fine-tuning.

"You set goals as a team to get better. To be better they just need to work on the basic skills," said Renteria. "We have a small team so we have to hustle and work hard, a good group of girls they get along well they are learning and then we will start to work on developing on offense and fine-tuning the defense."

In regards to goals, Ryleigh Rabee mentioned one that is very important to her and all of the team members.

"Our goal is to give it our all and be able to walk off the court proud, no matter the score," said Rabee.

Belen Barocio agrees with Renteria that the team needs some work.

"The team, in general, needs some improvement, but we are all working hard to be our best on the court," stated Barocio.

Their first game of the season was a little rough, but the girls are making strides to become more cohesive as a team.

"We were still trying to figure things out," said Rabee. "We worked our hardest and it showed. Our defense has been coming together but we need to work on offense and getting open."

Belen Barocio and Alex Barocio both believe the Elko tournament started out poorly, but the team put their heads together to pull out some wins.

"The tournament was rough but we pulled through and put our best effort in," said Belen.

"It was a rough start but we gathered ourselves later on and were able to find wins," said Alex.

To prepare for upcoming games, Rabee stated the girls are working hard on defense.

"Our main focus is defense since we've lost a lot of players," said Rabee. "We're learning to play their spots. I'm playing point guard now, which allows me to see the court in new ways and get more confident with the ball."

Alex Barocio is eager to see how her teammates grow as the season moves



Coach Larry Renteria (R) explains a drill while the players listen. /Ron Espinola • Lowry Digital Media

forward.

"I feel like we are all going to grow as individuals and as a team as the season progresses," said Alex.

All in all, coach Renteria is proud of the girls, and he knows how to individualize the coaching experience based on his players.

"I've been coaching for about four to five years, and every team is different. You adjust based on the player's strengths and weaknesses," said Renteria.



Leticia Aguilar shooting. /Ron Espinola • Lowry Digital Media



Belen Barocio shoots the ball. /Ron Espinola • Lowry Digital Media

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Fall Sports Recap



Lowry defenders tackle a Greenwave opponent./Octavio Ruiz • Lowry Digital Media

VARSITY FOOTBALL

Varsity Football ended their season with an overall record of 6-4 and a league record of 5-3 which placed them 4th in the 3A. Lowry made it to playoffs and lost to Spring Creek in the quarterfinals, 21-7. Lowry came off really good in the beginning, got a couple of good wins and even held a streak for a while but then slowly started struggling with injuries but they managed to push through.

JV FOOTBALL

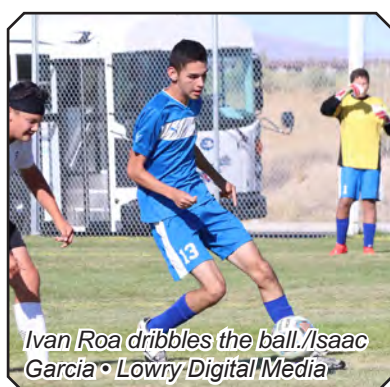


Lowry's quarterback looks for a pass./Isaac Garcia • Lowry Digital Media

JV Football ended their season with an overall record of 1-6. Lowry had a challenging season because they had 22 guys and they ended up finishing with 16 which is short in players but they continued to push through the season as best as they could, and they focused on preparing the players to play in the varsity level.



Lowry quarterback hands off the ball to a teammate./Bree Dunckhorst • Lowry Digital Media



Ivan Roa dribbles the ball./Isaac Garcia • Lowry Digital Media

FRESHMAN FOOTBALL

Freshman football ended their season with an overall record of 4-2-1. It was a good year for Lowry from start to finish. They only lost to Truckee and Fallon but they were good games and tied to Elko 0-0. The team managed to just keep growing both on offense and defense.

VARSITY BOYS SOCCER

Varsity boys soccer ended their season with an overall record of 11-10-2 and a league record of 9-7-2 and qualified for regionals as the fourth seed. The boys beat Truckee, South Tahoe, and North Valley for the first time in the program's history. They were beating undefeated Sparks 1-0 with 2 minutes to go until they tied Lowry. That tie

was the only thing preventing Sparks from having a perfect season. In the zone tournament, Lowry defeated South Tahoe for the second time that season before losing to eventual zone champions Sparks in the semi-finals.

JV BOYS SOCCER

JV boys soccer ended their season with an overall record of 5-12-2 and a league record of 3-10-1. Gerardo Maga-



Celso Ruiz challenges for possession./Ron Espinola • Lowry Digital Media



The JV Lady Bucks pose after their Pink Game./Clarissa Olson • Lowry Digital Media

na impressed as a goalkeeper especially during the game against Sparks he had stopped 30 shots on goal. The defense worked hard and took a lot of pressure off the team. It was a rough year for Lowry such as injuries and limited substitution options but they continued to make significant improvements.

JV GIRLS SOCCER

The Lowry JV girls soccer season has ended, With not lots of wins but the team did an amazing job with an Overall of 5-10-2, Teammate Leslie Alvarenga loved how the team kept great sportsmanship during the season.

"We worked really well with one another and we definitely had amazing players," said Rodriguez Serrano. which was pretty exhausting for us but in the end that ended up helping us during our games," said Alvarenga.

Jennifer Rodriguez Serrano liked the close bond the team had this season.

"We worked really well with one another and we definitely had amazing players," said Rodriguez Serrano.

VARSITY GIRLS SOCCER

Lowry varsity soccer season has come to an end, With an overall of 1-17-3. The girls had a tough season with wins and losses but they improved as a team and as players. They had a new coach along with some new players so they were just trying to figure out how to play each other. At the beginning of the season it was like they were playing an individual game but came together at the end.

FRESHMAN VOLLEYBALL

This season Lowry freshman volleyball had a good season, the team



Amanda Franklin bumps the ball up for a pass./Faith Holland • Lowry Digital Media



Megan Cook sets the ball up for McKenzie Peterson./Faith Holland • Lowry Digital Media

had very good sportsmanship during the season.

"We worked together by talking to each other on the court and trusting our team," said Liliana Chavez. The girls started growing a bond during this season.

"Not only did I love playing every game with them I really love knowing we improved as a team," said, Chavez.

Lorena Talavera Vazquez loved how the girls learned how to win as a team during the season. "We worked hard as a team and we got along no matter how hard it was for us," said Talavera Vazquez.

The team worked very hard this season only losing about four games but unfortunately losing their last game in the season.

JV VOLLEYBALL

This season JV volleyball had a rough season in terms of wins and losses.

SEE FALL SPORTS PAGE 14



Lowry girls set the ball for a pass./Faith Holland • Lowry Digital Media



Artist of the Issue: Araceli Rivas

Art teacher Ms. Julia Topholm has chosen Araceli Rivas as Artist of the Issue. Rivas has blossomed with the art that she has done in the last three years. She has an amazing technique that can be seen in her pieces. She can take a childhood photo and turn it into a beautiful painting that is both aesthetically pleasing and technically excellent and has her style.

Topholm stated that Rivas does amazing work and Topholm enjoys observing her creative flow.

Rivas always places a story behind her work, which leads the piece strongly. The story can be different for every person but there is always something personal that incorporates a deep connection to her life.

"Araceli is a senior this year, her style has developed beyond any of my expectations," said Topholm. "She is outstanding within the format of making portraits come to life on the canvas. You can look at any of Araceli's pieces and tell they are hers. Each art piece that Araceli does, continues to improve and impress."

Topholm has high hopes for Rivas.

"If she chose to go into some sort of artistic field or be a professional artist, as much as a hard road it would be, I think she could be successful," said Topholm.

When making her artwork, Araceli keeps artists that she loves and looks up to and political outlooks in mind.

"Whenever something messes up I try to incorporate it like Bob Ross. He says there are no accidents," said Rivas.

The things that inspire Araceli are her family and politics. She is driven by the emotions in politics and she puts that into her work. Since there are a lot of emotions behind politics, it gives her a way to express her personal beliefs within her art.

Araceli was inspired by the creativity she saw first hand from someone she admires and tries to imitate in the pieces she creates, her aunt. Araceli's aunt is the

sole reason she sought to undertake the challenging forms of art she creates.

"My aunt is a really good artist and I was like I want to be like that," said Rivas.

After seeing her aunt in action, she

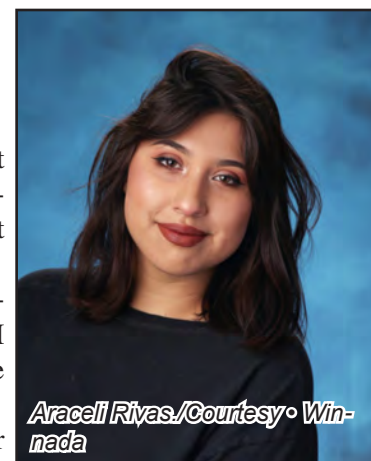
knew she would do anything to be an artist. Through perseverance and a, she got better. Her style quickly developed into what it is today. Using her aunt as inspiration, and according to Topholm with determination, Araceli has now grown further than anything Topholm would have expected.

Rivas mainly works with watercolors and acrylics, she feels they are easy to manage and manipulate. Araceli works with graphite as well but leans toward painting more. Art is a distraction for Araceli making it easier for her to deal with everyday life.

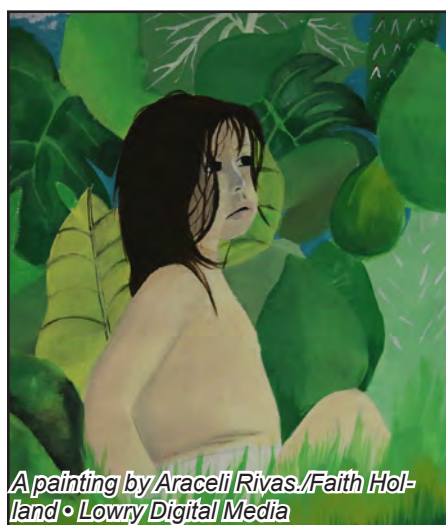
"It's like a distraction when I'm like high on emotions or whatever I draw to distract myself and good things happen out of that," said Rivas.

There are a couple of artists that Araceli pulls from and looks up to.

"Jean Michel Basquiat is number one, Andy Warhol, Francis Bacon, and Kat Von D, I don't like her as a person but I adore her art," said Rivas.



Araceli Rivas/Courtesy Winnada



A painting by Araceli Rivas/Faith Holland • Lowry Digital Media



A painting by Araceli Rivas/Faith Holland • Lowry Digital Media

Fall Sports from page 13

Megan Cook liked how the team got better during the season.

"It was okay we didn't have the best win-loss record but we made a lot of progress as a team," said Cook.

The team had outstanding sportsmanship and grew together as one during the season which helped them win some games which lead to the team growing a bond.

VARSITY VOLLEYBALL

Lowry varsity volleyball has ended this season with an overall record of 7-17. They continued to grow as players and as young women throughout the year. It was fun to watch how the girls improved from the start of the season to end. Lowry was able to beat Fallon which was a team that not many of the girls have not

achieved yet in their volleyball careers.

CROSS COUNTRY MENS

Lowry has a great season this year for cross country. Many of the students had a great time for their season bests in the 5,000 meter. The men's cross country team consisted of Jeremy Walker, Cal Peters, Jesse Hawkins, Dylan Nee, Christopher McGuire, Tyler Morrison, Erick Prado, Tyler Carpenter, Christopher Esparza and Kalib Gordon. Jeremy Walker placed eleventh state this year for the 5000 meters with a time of 17:26.4 at the Lowry Invitational.

CROSS COUNTRY WOMENS

Lowry's women's cross country team ran fantastically this season. The team brought their best and it showed, two of Lowry's

Women's cross country placed at state. Jovi Kuskie placed 2nd in state for the 5000 meters and Adia Bengochea placed 20th in state for the 5000 meters. Both are very impressive feats Jovi had a time of 19:37.5 and Adia with a time of 21:10.8 at the Lowry Invitational. The rest of the team including Kinsey Albisu Leibfried, Makayla Leveille, Taylor Hawkins, and Ryleigh Raabe also did fantastic this season with impressive times of their own.

GIRLS GOLF

This year's Lowry girls golf team did great. The team this year consisted of Angelina Martinez, Bailey Hayes, and Kaitlyn Hales. The entire team made state this season. Angelina Martinez placed 10th at state. Bailey Hayes tied for 17th in state. Finally, Kaitlyn Hales tied for 20th.



Tyler Carpenter and Erick Prado running Cross Country/Courtesy Annie Drake



Bailey Hayes practicing for Girls Golf/Mackie Grady • Lowry Digital Media

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Performer of the Issue: Sarah Fernandez

Sarah Fernandez is from a small town but the support of her family has helped her set big goals.

Without the great support of her family she wouldn't be pursuing her acting career because she would have struggled with believing in herself.

"Definitely not, my parents and I actually had a conversation about something like this and just the support of everybody like my parents, Mrs. [Corrine] James, and the drama class," said Fernandez. "Knowing myself I would've overthought everything and think I wasn't good enough to do this but my mom was saying there are so many people that had these problems and thought they couldn't do it. So my mom is always pushing me to be the best I can and never give up, same with the rest of my friends, they're all supporting me through it all and it's really nice."

This support has helped her to be a better performer.

"My family is just always there for me, rooting for me you know telling me how I can improve and get better but also you know saying that I am able to do great things and they've never left my side," said Fernandez.

Sarah is planning on moving to Los Angeles, which obviously is different from Winnemucca, and can be a frightening experience and she knows it won't be easy.

"I'm probably going to start in the food service industry," said Fernandez. "I'm going to try to audition for movie roles but when I move if another opportunity comes then I'll do that but acting is the big thing. LA

is a scary place there's a lot of crime...and I'm moving without a set plan."

Sarah is going to do whatever roles she can get, she's trying to make her way up but if she can get a big role in a movie she's going to take advantage of it because that's her goal in the end.

"I'll go for you know whatever I can, if I end up getting a lead part for a movie that's fantastic and totally mind blowing but I'll most likely do smaller parts and stuff so I can just build my way up, but that would be amazing," said Fernandez. "You go into an audition and you just wow the casting director and you just totally score because I eventually want to become a pretty big part in a movie so having that as one of the first gigs that I get would just be crazy, so I mostly just plan on starting out as small parts but we'll see."

Mrs. James is both Sarah's teacher and role model because Mrs. James has so much passion and love for what she does like making sure everything is perfect which eventually led to Sarah seeing herself in Mrs. James.

"Ever since I've known her [James] when I was little she has just been such a light and I've just always looked up to her and she knows how to put on plays, she knows the perfect parts for each role that she casts," said Fernandez. "She just has so much passion for this I can see that and it just shows every day throughout her work."

Sarah is scared that her acting dream might not come true or that she isn't made to do it even though she

put all this time and effort into something that wasn't for her.

"The fact that acting might not be my thing. You know I'll go and try and I'll end up failing or maybe

it's something I'm not made to do," said Fernandez. "I guess just putting all the time and money and just all this effort into something that might not be for me even though it's what I've dreamed of my whole life. There's always that 'what if', what if it doesn't work out."

Sarah knows that accomplishing her dreams isn't impossible but knows it's going to take a lot of time and effort.

"It takes some skills and you have to work really hard for what you want as it's really hard to get into acting and still work hard and go to auditions you know all the time or whenever you can," said Fernandez. "Acting probably isn't as hard as trying to get into medical school but I don't think as many people realize acting is hard. I've been reading a lot and trying to figure out everything that I need to know as I go down there. I know it'll be hard but I don't really think about the negative stuff."

Araceli Galarza contributed to this story.



Sarah Fernandez in "High School Musical". /Octavio Ruiz • Lowry Digital Media

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Who knows you with Elizabeth Aguilar

Vanessa Pacheco

- 1. What is Elizabeth's biggest fear? Getting hit in the face with a ball.
- 2. What is Elizabeth's favorite class? Weights.
- 3. What is Elizabeth's favorite show? "Vampire Diaries".
- 4. What is Elizabeth's favorite sport? Soccer.
- 5. How long could Elizabeth go without a phone? Three days.
- 6. Where does Elizabeth want to travel to? Paris.
- 7. What is Elizabeth's favorite food? Untrustables.
- 8. What is Elizabeth's favorite movie? "Beetle Juice".
- 9. Who is Elizabeth's celebrity crush? Damon from "Vampire Diaries".
- 10. What instruments does Elizabeth play? The ukulele.



Litzi Silva

- 1. What is Elizabeth's biggest fear? Heights.
- 2. What is Elizabeth's favorite class? Art.
- 3. What is Elizabeth's favorite show? "Jane the Virgin."
- 4. What is Elizabeth's favorite sport? Soccer.
- 5. How long could Elizabeth go without a phone? She can't go without a phone.
- 6. Where does Elizabeth want to travel to? New Orleans.
- 7. What is Elizabeth's favorite food? McChickens.
- 8. What is Elizabeth's favorite movie? "The Grinch."
- 9. Who is Elizabeth's celebrity crush? Young Leo Decaprio.
- 10. What instruments does Elizabeth play? The ukulele.

ANSWERS 1. Heights. 2. Biology. 3. Grey's Anatomy. 4. Soccer. 5. An hour or two. 6. New Orleans or Puerto Rico. 7. Chinese food. 8. "Harry Potter". 9. Dave Franko. 10. Ukulele and piano.



9 things you don't need to know

- 1. "Jingle Bells" was actually written for Thanksgiving, not Christmas.
- 2. In the Netherlands, Sinterklaas, or Santa Claus, is from Spain, not the North Pole.
- 3. Some Japanese people celebrate Christmas by eating at KFC.
- 4. The "X" in xmas comes from the Greek letter "x" (pronounced "chi"), which translates to christ or christo.
- 5. Eggnog was first created by the settlers of Jamestown in 1607.
- 6. Tinsel, one of the Holiday season's cheapest decorations, used to be made of real silver.
- 7. Some zoos accept recycled Christmas trees to use as food for the animals.
- 8. The traditional colors of Christmas--red, green and gold-- stand for the blood of Christ, life and rebirth, and royalty and wealth.
- 9. Black Friday is not the busiest shopping day of the year. That credit goes to the Friday and Saturday before Christmas.



Santa Claus checking his list./Courtesy • Matti Mattila via flickr.com



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Three students become Certified Veterinarian Assistants

This October, Ashton Kalkoske, Allison Aitken, and Sierra Fears became Certified Veterinarian Assistants. They had to take on multiple tasks to become Certified Vet Assistants.

"We had to complete a course from Texas A&M (Agricultural and Mechanical) which took all year long while working at a vet clinic obtaining three hundred hours of hands-on experience," said Aitken. "Once we finished that we had to take a one hundred question test and pass it."

Kalkoske was an assistant to Doctor Katie Estill at Desert Trails Veterinary Service.

"I worked with all large and small animals and some exotic animals as well," said Kalkoske.

Becoming a veterinarian has always been a dream of Aitken's.

"I've wanted to be a vet since I was in elementary school," said Aitken. "My aunt Dr. Dory and grandpa Dr. Zimmerman are both vets and shadowing them has made me realize how much I enjoy working with animals."

While Kalkoske was an assistant to Doctor Estill, Aitken assisted Doctor Zimmerman and Doctor Dory at Zimmerman Veterinary Clinic.

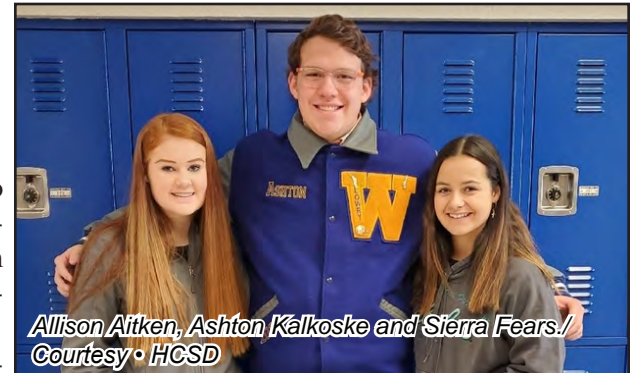
"I work with large and small animals. They can range from birds to horses,"

Aitken said.

Kalkoske's dedication to becoming a certified veterinarian assistant will help him achieve his goals for his future.

"I want to be a veterinarian and this will get me further into vet school and help me as I enter into school," said Kalkoske. "My freshman year I was in FFA and I did vet science and it sparked my interest in animals and I've always liked animals; it's fun for me to do this."

The hard work and dedication that these three students put into getting a headstart on pursuing their future goals



Allison Aitken, Ashton Kalkoske and Sierra Fears.
Courtesy: HCSD

have paid off.

"This is going to help me get into vet school in the future. It gives me an advantage over other students who haven't completed this course," said Aitken. "I want to become a vet in the future. I am attending the University of Idaho in the fall of 2020 and after I finish pre-vet there I plan on attending Washington State for vet school".



A LETTER TO SANTA

Dear Santa,

I know it's been a long for Christmas but in general.

time, about ten years to be exact but this year just so happens to be a hard one and I am in need.

First and foremost I'd appreciate an A in AP Biology. You and I both know that I deserve it, I just get a little confused at times. HOWEVER, that is no reason I shouldn't have an A.

Secondly, I really would love a good ACT score. No I don't mean good as in terms of Nevada standards I mean good like country standards. Let's just be honest Nevada's education system sucks, proven by reviewjournal.com where the article is celebrating Nevada no longer being last in education in the country but next to last, woohooo.

Now onto some harder stuff but completely reasonable wishes.

Do you know those kids? The ones down at the border. Separated from their families and forced to sleep alone in a strange place, not knowing the language and on cold cement floors. The ones that are being treated worse than those in prison. Yeah, they deserve better. I

want them to be reunited with their families and not just destroyed for humanity's own selfish reasoning. Santa, save the world please because in all honesty my ACT score nor my A in AP Biology are gonna matter if I no longer have the will to live in this tainted environment. If not at the very least spread awareness that makes people want to help the problem. Not be it.

Since you see us when we're sleeping and you know when we're awake I know that you've seen those sad little cartoons. The ones about the little Koala who doesn't have a home anymore and his mother was killed because his home was destroyed. How about that video that came out a few weeks ago about the mass murder of seals in Antarctica.

Yeah, this planet deserves better. There is no plan B so something else that I'd appreciate if you could help everyone see that climate change is an actual issue.

Now I know that these are no small feats, and yes I may be selfish, but Santa all I want is a world where I don't have to worry about never seeing a sea turtle again, or the earth being

Sincerely, Araceli Galarza





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Domonic Vanosdall to play in Blue-Grey All-American Bowl at AT&T Stadium

On December 16 linebacker Domonic Vanosdall will be traveling to Texas to participate in the Blue-Grey All-American Bowl. This is an event where young football athletes like Domonic register to receive national exposure and increase their chances to secure scholarships. These athletes will be tested on several of their skills which include bench max reps of 185, 40-yard dash and shuttle run time.

Vanosdall said that he felt out of his comfort zone but he knows this would be a great opportunity to get scholarships as college coaches attend and watch the game. He has had a lifelong dream of playing in college and professionally.



Domonic Vanosdall in a game earlier this year. /Faith Holland • Lowry Digital Media

"I have been looking forward to playing for the Washington Redskins if I were to get into the NFL and the schools that I would be trying to apply for Boise State and Montana State University," said Vanosdall.

Vanosdall said that he hopes to go to college and get a chiropractic degree.

According to head football coach Taua Cabatbat, Domonic's work ethic separates him from his teammates and helps him succeed on the field.

"He always improved there wasn't one specific thing, his work ethic and his dedication to what he wants to do helped him improve not only as a person and as a teammate," said Cabatbat.

Coach Tyrell Lucas describes what are things Domonic improved on throughout the season and how his work ethic contributed to helping him be successful.

"He improved a lot on his technique," said Lucas. "So he has a good work ethic but he used his work ethic to actually learn his position better and to do things at a better consistent rate."

Note: At press time results from Vanosdall's game were not available.



Song dedications

"Perfectly Perfect" by

Second-Hand Serenade

From: Owen Lewis To: Tiffany Higley

"Tommie Village" by Toby Fox
From: Tiffany Higley To: Tyler Jacobson

"Wheels on the bus" by Little Baby Bum

From: Cynthia Magaña To: Karla Ruiz

"You've got a friend in me" by Huitt

Randy Newman
From: Stephen Goetz To: Mrs. Mattson

"I Have You" Long

by Sasan Egan
From: Cindy Jacobson To: Matthew Barrett

"My Main" by Mila J ft. Ty \$

From: Ashley Alpaugh To: Sonora Haye

"True Friend" by Hannah Montana

From: Lisa Scott To: Justin Scott

"I'm a Gummy Bear" by gummy + Shay

"Perfectly Perfect" by

From: Sharon Morfin To: Juan Lopez

"Summer at 7" by Russ

From: Omar Gomez To: Bree Dunckhorst

"My Main" by Mila J ft T \$

From: Lauryn Sanchez To: Jennifer Galarza

"Where you belong" by Kari Kimmel

From: Faith Holland To: Owen Lewis

From: Daniel Acevedo Hotz To: Alex

Femat

"Pop/Stars" by KDA

From: Keira Hilbish To: Chance

Huitt

From: Daniel Fernandez To: David

Martinez

"L-O-V-E" by Michael Bubl 

From: Olivia Hanninen To: Cody

Long

"Slow Danc-

ing in the Dark"

by Joji

From: Trinit

Gordon To: Kai-

tlyn Hales

"All to

Myself" by Dan

+ Shay



Cynthia Magaña / Courtesy Winnada



Olivia Hanninen / Courtesy Winnada

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Career Profile: Chef

There are many career opportunities just waiting for a new graduate to enter the world of adulthood. Yet there is one job that is not talked about frequently...Culinary Art. Culinary Art is just a fancy way of saying cooking. But, what is so important about culi-



(L-R) Jose Artiz Martin, Huerta./Alesha Houston • Lowry Digital Media

nary Art? Why is this a job, that should not only be respected but, pursued?

Culinary Art is a very essential job. If not for chefs there would be no fast food, and restaurants, school cafeterias etc. Cooking (as Culinary is formally known) is something that takes time, and patience. Some of the time may be used either in college or just learning and practicing this art. Yet the question still remains, where would you go? How long is the course for Culinary Art? If I don't go to college, will I ever be hired into that industry? Well, have no fear here are your answers.

With so many different opportunities with a Culinary Art degree you have the opportunity to either go to college or you may not. The head chef of The Winnemucca Inn, Anton Castillo (who has been cooking for 50 years), had attended Bé Arite in France, where Castillo is originally from. Castillo was paid

to go to school, and he was very happy where he went. But in French culinary schools you will start at the bottom, or are treated as a beginner.

"Pretty much in France, you start at the basic, you don't know how to cook, you don't really know anything," said Castillo.

Being in France and America aren't all that different. Castillo stated that when he came to America he didn't have a hard time finding a job, due to the fact that Mr. Castillo has a degree in Culinary Art. For others though, it may not be that simple.

Jose Artiz, a line cook at The Winnemucca Inn, has never been to college but finished high school. He has been working in the restaurant industry for 22 years. He enjoys being in the restaurant industry, but it hasn't always been all that easy either.

Due to the fact that Jose does not



Jose Artiz, Martin Huerta, and Silvester./Alesha Houston • Lowry Digital Media

have a college degree, which restaurants prefer to hire. Yet, restaurants still hire people who are looking to be in this industry, and not attend college. "No, that is to become more of a private chef," said Artiz

Not going to college has not affected Artiz, but he still recommends attending.

According to the Bureau of Labor Statistics the median pay for a chef or head cook was \$48,460 in 2018. Keep in mind this was for someone with a high school diploma and on the job training only. A person going into the field can expect good job opportunities as the field is growing faster than average.



All I want for Christmas...

Some people are just excruciating to shop for. They're picky or have allergies or just don't enjoy receiving presents. Whatever the reason may be, hopefully, this article can provide you with some ideas for those certain people.

If you're shopping for a teenager or someone in their early 20's, Apple AirPods have been a big hit. Unfortunately, these wireless earbuds cost around \$150 brand new. My recommendation is to buy them refurbished off of a site like Amazon or eBay, where they're closer to \$80.

If someone you know is going off to college or moving next fall, or you're looking to improve someone's cook-

ing skills, maybe a Crock-Pot would be an acceptable gift. Crock-Pots are easy to use, easy to clean up, and have little to no prep time for cooking meals. You basically just throw everything in the pot and it's ready in a few hours. Crock-Pots are only about \$35 on Amazon.

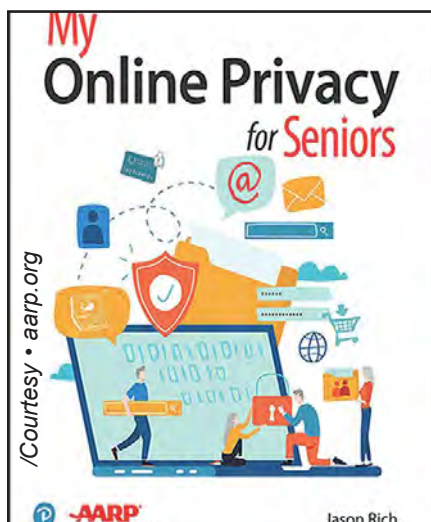
Little ones are a handful most of the time. Why not help out the parents by gifting them a subscription to Disney +? For \$69.99, you can entertain the little rascals and give their mom and dad some downtime. Also, subscribing for a year saves you money in the long run, rather than paying \$6.99 a month (which would be \$83.88 if you paid monthly for

a year).

For your favorite Boomer, I would recommend a book titled "My Online Privacy for Seniors" by Jason Rich (he is only 41 though, so your Boomer might not trust his judgment). Boomers always seem so be having problems online and getting scammed, so this book might be deemed a necessity to prevent that. On Amazon, the book is only about \$17, or \$13 for Kindle (if they know how to use one).

And lastly, for the person in your life who never seems to be able to keep plants alive, a succulent. Succulents are relatively easy to care for and

require little water, so it's okay to forget them for a week or so. At lulasgarden.com, you can have a succulent delivered to someone with a "happy holidays" message on the box for only \$25.



Attitudes

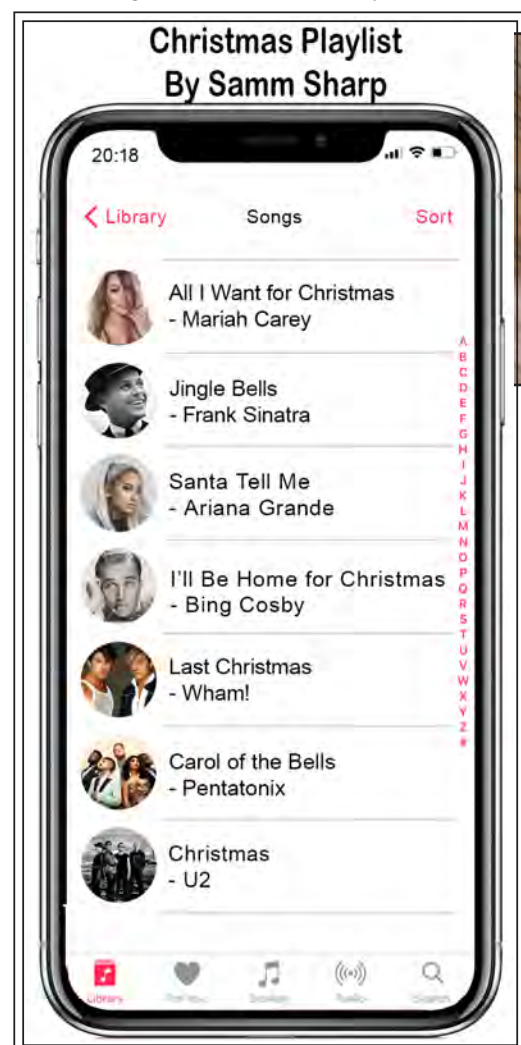
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Owner: Lori

Mindy Darla

Hair Pedicures & Nails

Debbie Stevie





BUCKAROO ROUND UP

Jeremiah Grasmick

Lily Chavez

Ryleigh Raabe

Q: What is one thing you always do during Christmas?

Jeremiah Grasmick: Usually decorate our house, we go out snowboarding after Christmas

Liliana Chavez: I hang up Christmas ornaments and decorate.

Ryleigh Raabe: Spend time with family and eat cookies.

Q: What is your favorite thing to do this time of year?

J: Go snowboarding.

L: Watch Christmas movies and hang out with family.

R: I just love being outside in the cold, I love snow.

Q: What is your favorite Christmas song?

J: "All I Want for Christmas."

L: "Deck the Halls."

R: "Jingle Bells."

Q: What is your favorite thing to eat during this time of year?

J: Cookies.

L: I like drinking eggnog.

R: Eggnog and cookies.

Q: What are your plans for this Christmas?

J: Hang out with family and have some fun.

L: Just hang out with family and open Christmas presents.

R: Spend time with family.

Q: What is your favorite Christmas movie?

J: "The Grinch."

L: I like "Elf."

R: "Elf"

Q: What is the best memory you have made during Christmas?



J: When I and my family went out snowboarding and had some fun.

L: Hanging out with my cousins that come over.

R: Probably all the time when my family around the state get to come, I like to see them.

Q: What decorations do you like to put up?

J: Christmas Lights.

L: Probably snowman and snowflakes.

R: Christmas trees and mistletoes.

Q: What do you usually do?

J: We usually have a big giant dinner before Christmas.

L: We usually eat Christmas dinner.

R: We look at Christmas lights, decorate together and watch movies together.

Q: What gift do you really want this year?

J: I don't care what I get as long as I get something.

L: I want a new phone, the iPhone 11.

R: KD12's

Predictions for the new year



Tik-Tok dies off.

Disney+ will have more users than Netflix

and Hulu combined.

Trump will be impeached and a democratic candidate will be elected.

Vaping will kill all of the millennials.

A new popular artist will appear in the music industry

Celtics and Lakers make it to the NBA finals.

Patriots will win the Super Bowl again.

On leap year, something bad will happen.

"The Bachelor" /Courtesy • Karen Arnold actually doesn't find love.

Ps5 will be released.

Colin Kaepernick will play in the NFL.

Winnemucca will grow even more.

Climate change will continue to get worse.

2020



Lowry Voices: What are your plans for Christmas Break?



"To be around family, to have family dinners, possibly going to Reno for the Polar Express."
~Annaie Lopez



"Eat food and sleep and that's a mood."
~Jeremiah Simmons



"I'm gonna go to Unionville and spend Christmas with my family without cell service. So we are forced to be with our family."
~Polaris Jimenez



"Hanging out with my friends and family."
~Austin Morfin

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Sunday: 5:00 am-1:00 pm

-One Sip & You'll Flip!-