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America: Two sides of the same coin

By Araceli Galarza and Chris Gildone

Conflict is human nature. Everyone seems to forget about this once troubling, but necessary conversations come up. The difference in opinion can lead to great discussions or a great divide. Politics, religious beliefs, and how one was all raised all contribute to the character and contribute to the contrasting differences in opinion.

Recently the country has faced quite a lot, a global pandemic, an election year, and much more. Contrasting opinions have furthered the amount of division in the United States. The division has been much



Dylan Lutzow. /Courtesy • Winnada

worse than one has seen in quite a few years.

According to Scott Barry Kaufman, a writer for Scientific American, one needs to look towards psychology to answer it based on human personalities' different dimensions.

Opinions are what make us

human, but they also help divide us as well. Senior Anthony Peterson believes that respect is what will lessen the divide.

"What would lessen the divide of the country would be respected," said Peterson. "If everyone were to respect each other's opinions, then we wouldn't have so much controversy."

As high schoolers, we are taught to look towards adults for answers. But where do we go when adults seem only to have the wrong ones? This issue is unique because it mainly focuses on these high schoolers' voices talking about real-life problems like the division that we see in the United States today. While there is some adult input, most of it is from the kids who live through it, the kids who will become the next generation's voices.

RURAL VS. CITY

It's a time-old debate, it's city kids vs country. Is that where the line gets drawn? It's easy to forget that some city kids came from small towns and know a great deal about how small towns work. Recently with the country as divided as it is it's been very clear that these two sides are further from seeing eye to eye than in the past.

"Rural and urban community divides play a vital role in the opinions that people form," said Dylan Lutzow. "Opinions on politics, religion and other trending topics in the country are formed based on the living of each community and how these topics will

affect them and their lifestyles."

Bigger cities are often only looking out for interests that have to do with them. This is where the miscommunication stems from. Conversations are bound to happen. It's needed it is the only way that change will happen but when the communication turns to fight that what divides us seems all that bigger.

"Not necessarily a divide but I have seen a difference in opinions in rural communities they seem to be more on the republican side and larger more urban communities are more democratic," said Garcia. "I think it's because they have different communities. smaller communities have more beliefs in gun rights and participate in hunting more often and since urban communities recognize that they need to change the way the city runs things for a better future."

POLITICS

Around election time, the United States often gets broken up into red and blue, but this year the division has been significantly greater.

Earlier this year, when president Joe Biden was elected, there was a lot of controversy over his election. Many who supported his opponent Donald Trump said immense amounts of

voter fraud caused Trump's loss.

According to nytimes.com, "That rift feels even

harder to mend after the 2020 election, as Mr. Trump stoked conspiracy theories questioning the legitimacy of Mr. Biden's win".

The country has seen its fair share of radicals that contribute to the miscommunication and divide.

Colton Vincent, a senior at Lowry, blames the sensitivity of every party. He says to better the divide; one has to only worry about not hurting anyone. He believes that everyone should express their opinion free from the judgment of others.

"It's divided between republicans and democrats because of all the movements and riots," said Vincent. "I think things will calm down once the election year is over. I think people should be able to do what they want and what makes them happy as long as it doesn't affect others. If people calm down and stop being so offensive and defensive about everything, I think it would help."

Many believe that the differ-



Top: Ron Espinola • The Brand. Bottom: Courtesy • RyAnne Fultz from flickr

ence between the two parties has been the driving factor for the country's division. Braden Hammargren, a sophomore at the school, explained how politics is what's dividing the states and the outrage that many have.

"Politics is what divides us, No one listens to each other, and no one is willing to make any compromises," said Braden Hammargren. "Everyone just ignores everything and chooses to continue to listen to their side only. If people knew how to compromise, it would help lessen the divide between the two parties. Arguing never solves anything, and it just creates more problems. If everyone got along, we would have fewer problems and solve more."

This is a common occurrence. Many believe that the biggest driving factor in the United States is the politics of the country. The different parties and the radicals that come from both.

"I do think the country is divided," said Peterson. "The biggest factor in this is political beliefs, especially this year with the election. Some people don't respect others' opinions, and it creates conflict."

HOW TO HANDLE THE CORONAVIRUS PANDEMIC

It seems like no matter how long the virus stays around. There's always some problem. The country has been pretty divided between how the govern-

ment should have handled the virus with the anti-maskers and the ones who chose to wear a mask. Shutdown vs open vaccine vs not.

Many blame the media for the exaggeration of the virus that has caused fear in the hearts of some Americans.

"I think the virus could have



Jeremy Walker./ Courtesy • Winnada

been handled with informative facts and news sources that don't put out "scary" headlines," said Anthony Peterson

Then there's those who believe if the people of the country had followed the stay-at-home orders in the beginning that as a country, we could've moved forward. Adam Sorenson, a math teacher at Lowry, believes that if the country had listened to scientists, we could've been at a better point than we are.

"If people would've worn their masks from the beginning and followed stay-at-home orders from the start, I feel like we could've been out of this a while ago," said Sorenson. "There was no divide in other countries, and other countries were opening up. it would've been better if every-

America: Two sides of the same coin

one listened to the science instead of making stuff up for their own benefit.”

What everyone can agree on and something that unites the country just a bit is that the handling of the virus has divided the country.

“I do think that the handling of the coronavirus has divided the country because it has restricted people from doing what they love, such as sports, traveling, and social contact,” said senior Anthony Peterson. “People are not getting the regular exposure to people, and it puts people in a different social standpoint.”

CULTURE



Braden Hammargren. /Courtesy • Winnada

Culture has many different definitions, one that is most fitting is “the customs, arts, social institutions, and achievements of a particular nation, people, or other social groups.” This is a good way to describe the United States.

Not everything divides the country. Sometimes the nature

of the human conflict is lessened when one starts to compare all the great things that the country has to offer.

The United States is one huge melting pot of different cultures. There are millions of people here who all have different stories that share one thing in common. The place they call home. Jovanie Bernal, a senior, said the amount of diversity in cultures helps lessen the divide.

“I don’t think that cultures have contributed to the divide just due to the fact that we as human beings enjoy unique and exciting food, music, art,” said Bernal. “This is something that everyone has in common. Without the variety of cultures, the country wouldn’t be the same. In fact, it would destroy the whole country due to the fact that the country works the way it does because of the different cultures.”

Bernal isn’t the only one who believes this. Alyssa Garcia, a junior at Lowry, has the same thoughts. She believes that the difference in cultures makes common ground. This is especially important today.

“I think that the variety of cultures in the US lessens the divide,” said Garcia. “There



A gallows hangs near the United States Capitol during the 2021 storming of the United States Capitol on January 6, 2021. /Courtesy • Tyler Merbler from Wikimedia

are many people who are willing to back those in other cultures. Because Americans see

so many different cultures that don’t pertain to them, they are able to come together and love

each other regardless of the differences.”

Part of the wonder of traveling comes from the “culture shock.” This is something that can be experienced here in the United States. The United States offers the feeling of culture shock within many different cities. One can try Asian, Mexican, and millions of different kinds of food without needing to travel very far. Something that is unique to the United States.

SO HOW ARE WE UNITED?

The world is full of evil. It is easy to forget that we are the United States for a reason. There are millions of cultures in the United States that all contribute to the great country that we all share. Regardless of political views regardless of religious views or any contrasting views, the country remains.

tion,” said Garcia. “Having freedom brings the country together. Everyone in America can relate to each other when it comes to loving the freedom we are given.”

You can ask numerous questions about the different things that make America different. You’ll get answers that vary but eventually, you’ll notice a trend that’s where the core beliefs of being American will start to show.

Freedom is a common term that usually is used when describing the country. It is what unites us and sets us apart from other countries. Along with this freedom comes the freedom to act. When tragedies hit the country many rally together in order to help one another out. Jeremy Walker, a senior, describes this exact scenario.

“I believe what unites our country is the tragedies we have been through this past year and currently,” said Walker. We have been united during the pandemic that has affected us these last

“America is known for freedom which is why Americans love this na-



Alyssa Garcia, /Courtesy • Winnada

12 months. The losses of lives and normality have brought us closer together through technology and any means of communication. We are also suffering from natural disasters currently in our nation and that has united us in support of each other.”



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-One Sip & You'll Flip!-

How would a seven day fast from social media affect society?

By Hadley Hatch

When you think about a seven-day vacation, that seems pretty short to most. Really a seven day vacation or fast from social media shouldn't be that bad. Society is addicted to social media. How would society be affected by a seven-day fast? This is a question that not many think to ask. Would this be beneficial or would it mean ruin for all?

someone views social networking sites as an important coping mechanism to relieve stress, loneliness, or depression," said Lena Hilliard on the addiction center site.

Some common withdrawals for addictions include highs and lows of emotions commonly known as the emotional rollercoaster; other withdrawals include depression, anxiety,

stead of electronically, to talk to and interact with people. Some examples of this include doing housework, going to the park with some friends, going on a relaxing hike, and many more.

Did you know that almost 30% of children who spend three or more hours on social media exhibit signs of poor mental health? Social media



Courtesy • Gerd Altmann from Pixabay

Let's look at the facts, a study on addiction by addictioncenter.com says that an addiction is something that the brain craves. Many people crave social media on a weekly, daily, or even hourly basis. If social media is determined to be an addiction then you may have withdrawals when coming off of it.

For some people, social media may become an issue and even may become problematic to your mental health.

"Social media use becomes problematic when

and physical and emotional distress.

You may ask why would I want to take a fast from social media and what benefits could even be presented from this. Benefits include many things, starting with a lower dependence for your addiction. Once you have a lower dependence you can open yourself up to new possibilities and productivity in your school, home, or work life. You may even be able to allow yourself to have more time to physically, in-

can also have an effect on children's brains and developing social skills. When a person is posting on social media and gets positive feedback of some kind, a chemical in the brain called dopamine is released. This chemical causes you to crave social media the more the chemical is released. Dopamine is what makes social media addicting.

Seven days is not long. Everyone who is willing can do it. A fast can be done, it can be good for your health and it can help your well being.

Should animals be kept in zoos?

By Alexis Galarza

A

re zoos suitable for the animals or completely wrong? The idea is a controversial topic because

most argue that zoos are keeping the animals in a safe environment, rather than being in danger in the wild. However, it seems that the bad outweighs the good in most cases.

One of the main reasons zoos are not ideal for animals is that the animals themselves are not given good enough habitats. Through zoos put on the front that the animals are well taken care of in their "natural habitat," it is not always the case. Because of the habitat they are placed in, they cannot adapt to their actual natural environment well enough to survive if they were to be released into the wild. National Geographic has shown studies that reintroduced animals have a higher mortality rate because they are poorly adapted to everything new around them and do not have the skills to survive in the wild. In the study, only 33 percent

of reintroduced animals survived.

In zoos, animals can be placed in the wrong environment which then places an unneeded amount of stress on the animals. In captivity, the animals cannot fulfill their behavioral needs.

According to The Dodo, a website dedicated to animals, "Their climate and diet, the size and characteristics of their enclosure, or the fact that they have to rely on humans for their every need can cause an animal to feel stressed and perform stereotypic behaviors."

In other words, saying that the animals mainly rely on humans, and many other factors come into play in animals' mental health. National Center for Biotechnology Information studies have shown that physical stress can often lead to psychological pressure with all the stress adding up.

Most may argue that zoos do more good for the animals and keep them safe and protected against poachers. The profit coming from some zoos also goes to help endangered animals in the world.

However, even in the best possible scenarios and circumstances, it is still impossible for zoos to give all the necessities an animal requires. There have been some cases where zoos fail to provide simple care for the animals and do more harm than they are doing good. For example, South Lakes Safari Zoo in Cumbria has lost nearly 500 different animals in just a span of three years. From various causes, that ranged from malnourishment to hyperthermia in the year 2017 according to People for the Ethical Treatment of Animals (PETA). Research done by Bristol University also showed how more than three-quarters of British zoos failed to meet the minimum animal welfare standards. Clearly demonstrating how some zoos fail to show the animals the care they need and are often neglected.

It's important to keep in mind that there are many other reasons zoos should no longer run, however, these are just some of the main reasons. Zoos are commonly caught in the action doing the animals more harm than good.



Lion looking out of a cage./ Courtesy • Dimitri Bardadium from Pixabay

Who's playing if its not soccer season?

By Araceli Galarza

COVID has caused quite a stir. No one has been sure what life would be like. Due to this sports got pushed back, this is great but it can cause some difficulties for those who are used to playing in warmer weather.

Alex Ruiz a senior explains some of the difficulties that are caused by the weather. He also explains that with new faces it's difficult to find where everyone fits in.

"The weather is definitely the hardest part," said Ruiz. "There's a lot more wind than usual and the snow interrupts our practices at times. We have a lot of new guys playing varsity this year. Mainly everyone has been moved around to different positions, to see what is working best for the team."

The Varsity Boys tackled Elko and after a good game ended up losing 2-0. Ruiz says it was just the luck of the draw and explains some of the problems that the boys ran into.

"Last game was against Elko," said Ruiz. "Score 2-0, they had one good shot and their second goal was a penalty shot it. I think that overall we played really good that game. Our passes were really good and effective. It was just that no one could score. We had many opportunities to shoot on the goal but the ball just didn't fall in."

Bad luck and weather aren't the only problems that the boys have to worry about. With COVID there are a lot of other things to

make sure of according to junior Johan Silva.

"One of the most difficult parts of our practices is being able to communicate with each other when we do drills or scrimmage against each other," said Silva. "I have also needed to adapt to the new rules. I needed to adapt to COVID restrictions was to always carry a mask wherever I go like to practices or games."

Silva inspires to play professionally a dream that many on the team share. He has been putting in extra work during practices with



Christian Cuevas leaves an opponent behind. /Ron Espinola • The Brand



Omar Castaneda fights for control over the ball. /Ron Espinola • The Brand



Luis Solis dribbles up field. /Ron Espinola • The Brand

the drills as well as away from school.

"My personal goal is to go to a college that will give me an opportunity to play soccer and then later on become a professional soccer player," said Silva. "I'm working to achieve this by getting good grades and I started to workout so

I could get the best shape I ever been to achieve my goal. During practice, I also focus on my favorite technique. I like defending because that is one of the best things that I'm good at and I want to improve upon more."

As a team, Christian Cuevas is proud. He has been named one of the three varsity captains. Being a captain isn't always easy. Christian is always aware of what's going on in order to help better lead the team. He's proud that the team can look up to him.

"As captain, I make sure everybody is doing their job, help them understand what they should do in certain situations, and just take control," said Cuevas. "I was super excited when I was chosen to be the captain of the team, you are one of the people the team looks up to and trusts the most, so it was definitely an honor to be one of the captains of the varsity team."

Cuevas, along with the rest of the team, is thankful for even a small season despite feeling like he missed out. He has overcome the difficulties and has continued moving forward.

"I do feel like I missed out, however being able to play this short season still has been fun and it's better than nothing," said Cuevas. "Adjusting to these restrictions was very tough in the beginning because there wasn't a whole lot we could do but now it's gotten easier."

The boys will play again in Fernley on March 19.

COVID-19 works hard but varsity soccer works harder

By Araceli Galarza

Coronavirus impacted many things and sports was one of those things. Luckily soccer is still a go with the downfall in cases the Lady Bucks have been able to play. This year for varsity soccer the girls have been very excited for the rush that comes with the game. Jordan Hornbarger, a senior on varsity is excited to push herself and to see the team push themselves.

"My expectations for this season are overall good. I think we will do well and be able to push ourselves more considering the circumstances," said Hornbarger.

Hornbarger is proud of her individual strength as well as her teams. She says that they have a good bond that allows them to play well together.

"Our team's biggest strength is being comfortable with each other and getting along well, we are all able to confidently ask for help and give each other input on the things we are struggling with," said Hornbarger.

However, in order to play the game, there had to be some compromise with COVID-19 restrictions. Bailee Brinkerhoff is deciding to make the best of what she can. She sees some difficulties but is pushing past them to have a good season.

"Some things that will be different from normal years are that we are limited to the number of people that will be attending our game and also we will have masks on the sideline," said Brinkerhoff. "We are going to make the best out of what we have"

The girls will also be having a much shorter season than they would have normally.



Mackenzie Swensen dribbles up the field. /Ron Espinola • The Brand



Ella Peterson tries to outrace a Spring Creek player to the ball. /Ron Espinola • The Brand

"Things will be different this year because we have a shorter season, we will have to push ourselves and work harder in a shorter amount of time than we would have to from previous years," said Hornbarger.

Brinkerhoff is expecting to have a good season and work hard with her team as well as individually to achieve her goals.

"My expectations for this sea-



Abigail Magaña blocks a shot against Spring Creek. /Ron Espinola • The Brand

son is to work on all of our weak areas on the soccer field after this first game we will have a better idea of what we need to do as a team," said Bailee Brinkerhoff.

Lesley Martinez, a senior, explains that being vocal is a vital part of her work ethic. She works hard and is vocal about what's going on during the game that in turn helps the team.

"I would say my biggest individual strength is my ability to communicate well with others," said Martinez. "This benefits my team because I'm very vocal on the field and it encourages the team as a whole to communicate."

The Lady Bucks are 0-3-1 on the season, losing their last game at Dayton 1-0. They will be playing against Elko on April 2.

Girls Golf shooting for the top of the league



Piper Nichols sinks a putt. /Ron Espinola • The Brand



Kaitlyn Hales hits an approach shot from the fairway. / Ron Espinola • The Brand

By Chris Gildone

The girl's golf team has been cleared to play and is well into their season. So far the girls have enjoyed a lot of success winning the first two tournaments of the season.

With their first tournament at home, the girls came in first on Friday, March 5, and on Tuesday, March 9 came in third on Fernley.

Kaitlyn Hales is a senior at Lowry. She has been golfing since her freshman year. She wasn't happy with her performance at the first tournament but has been working on her mistakes and improving.

"I got pointers for my coach on what I was doing wrong with my chipping and putting so I took into account what she told me to fix and it worked," said Hales.



Angelina Martinez recovers after her ball landed near a water hazard. / Ron Espinola • The Brand

Just like any other sport or activity at this time the girls have to carry out the set protocols to keep everyone safe. One big change this year is they do not hand out awards to the top three teams or top three individuals at the end of the tournament. In addition, teams from California are not competing in Nevada while some teams can't travel east.

"When we're crowded we have to wear masks but since it's outside and already distanced, we don't have to wear masks but we just socially distance," said Hales. "We have to leave as soon as our team gets done."

Another golfer on the team is Piper Nichols, a freshman at Lowry High School she is having a very good season and is leading the team in stats and getting second at home and third in Fernley. She thinks they are doing good.

"We have started off this season strong and I feel like the team is doing very well," said Nichols

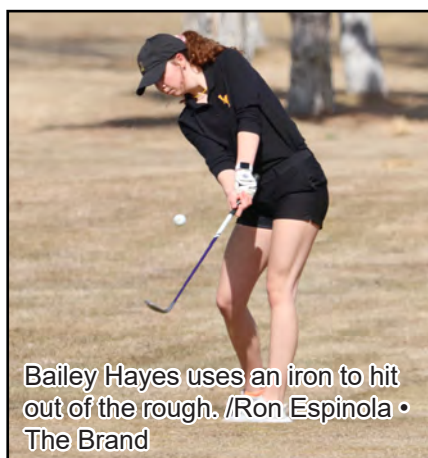
The girl's golf team gets along well. Hales mentioned how close they were as a team compared to other years and Nichols agrees that they are close.

"The team gets along really well," said Nichols. "There is no tension between any of us, some days we all go get hot chocolate or ice cream after practice and it's always really fun when we are with each other."

As there is a lot of travel for golf being able to play well on different courses is an advantage.

"For me when you play away because there's less pressure," said Kaitlyn Hales. "If it's a home course people think you're going to do better with more pressure on you to do better. It's easier to play on the away courses because there's less pressure on you to do your best."

The Lady Bucks will be back in action on Tuesday, March 23 in Fallon.



Bailey Hayes uses an iron to hit out of the rough. /Ron Espinola • The Brand

The future of Lady Bucks volleyball

By Alexis Galarza

Volleyball has officially started. The volleyball girls have been participating in open gyms since the summer and have finally had a chance to show their skills.

"I am most excited to be able to just play and have a season," said Cambria Tissue.

While some are excited just to play, others like Bree Dunckhorst are excited for the new level of competition, and how fast-paced the game is.

This past weekend on the 12, the JV girls lost to the Dayton Dust Devils. They only won one 1-2 sets. Resulting in an overall loss of the match.

This year, many of the younger players were moved up to JV including Maddison McClure.

"I am looking forward to practicing at a higher level, and getting to know new people," said McClure.

McClure is a freshman, playing as a setter. As a setter McClure is responsible for setting the second ball out to a hitter for a kill.

This year COVID definitely impacted a lot of things in the sports world. What players are normally used to have drastically changed, one of those things being the cheering crowd in the stands.

"I am nervous this season because it's going to be different not having a huge crowd to watch, and we never know if we'll get shut down again," said Dunckhorst.

During this volleyball season, players' temperatures are checked every day at practice. In order to keep everyone safe masks are required during practice, and during

games.

"COVID didn't change much, but we have to be spaced out as much as we can," said Dunckhorst.

This year's JV team works very well together and can easily navigate out of hardships games might present.

"I like being able to work with my teammates as a whole team, and not just individual players," said McClure. "Everyone works really hard to make sure everyone's voice is heard, and that we are all cheering for each other."

The Lowry JV volleyball girls will be seen playing next at Churchill County High School.



Savannah Stoker and Cambria Tissue go up to block. /Ron Espinola • The Brand



Savannah Stoker prepares to spike the ball. /Ron Espinola • The Brand



Alex Barocio is ready to pass the ball. /Ron Espinola • The Brand



Kelley Zhelayev saves the ball. /Ron Espinola • The Brand

JV football rising to be extraordinary

By Alexis Galarza
COVID has definitely changed a lot of things, but having to play football in the snow is something that we never saw coming.

Starting football in February when it is still typically cold has not been the easiest thing. But players like Jacob Woolsey are still excited to play despite the challenges.

"I am most excited for just having the opportunity to play since we all expected not to be having any type of season," said Woolsey.

The Lowry JV football team recently lost their home game against Elko

by a score of 33-0.

Woolsey has been playing football since he was in second grade, making this his eighth football season.

Practices this year have looked quite different in contrast to past years. At the beginning of open gyms, players were asked to wear masks. While also having to keep as much distance as possible.

Dempsey Jenkins, a freshman on JV also is very excited for the seasons and is grateful for being able to get tested every week

"I am most excited to

just play and get out of the house," said Jenkins. He is looking forward to traveling to games even if they can't stay overnight."

Mr. Adam Sorenson an assistant coach for the team says he is excited that they even get a season

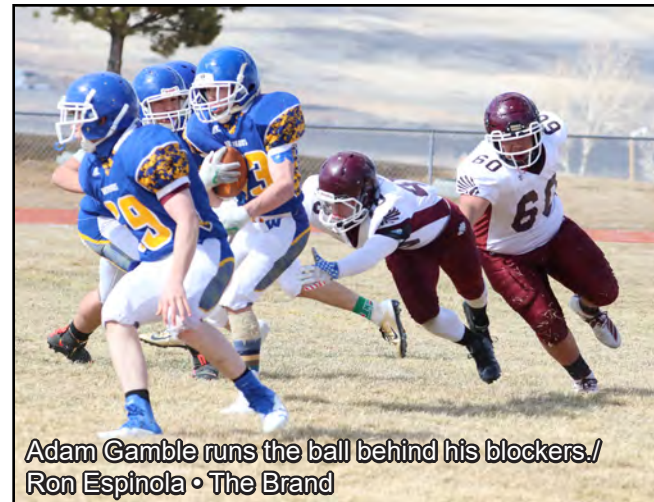
at all.

"We're all just working our best to prepare for games with the time we have," said Sorenson.

The JV football team will be seen playing next, here at Lowry against Fernley on March 20.



Vankuiken breaks away from an Elko tackler./Ron Espinola • The Brand



Adam Gamble runs the ball behind his blockers./Ron Espinola • The Brand



The Elko running back is brought down a group of Lowry tacklers. /Ron Espinola • The Brand

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Work hard, play harder. JV boy's soccer

By Alexis Galarza

The boys on the JV soccer team have been working hard during practices to strive for wins.

This weekend the boy's JV soccer team traveled to Elko. They ended up losing 4-1.

Although the boys have not won a game yet, their work ethic shines through.

"The team is good at not giving up," said Ashton Mullis.

Mullis is a freshman who plays as a forward. As a forward Mullis is responsible for shooting the ball into the goal and making it past the opposing team's defense.

With this season being cut so short, the JV boy's soccer team did not have a lot of time to prepare. However, they are getting more in the loop with the more games they play.

"Practices become more consistent as we play more games, and it gets easier to work as a team," said Mullis.

Practices don't function very differently, but the players and coaches now have to wear masks for the safety of the players.

"We still practice the same way we used to but now we have to

wear masks, and our parents can't come to away games," said Eric Bergenheier. Bergenheier is currently a sophomore and the goalkeeper for the JV team.

Bergenheier uses his practice time as a way to improve the skills he personally needs to work on.

"Practices make me a better player because the more skills a player has the more they can do," said Bergenheier.

Danny Castaneda also believes that practice is the best way to prepare for games, and is how the team can improve the most. Castaneda is a freshman playing as a

In soccer practice, Bergenheier likes having his teammates shoot at him so he can practice positioning himself in the correct spot in order to stop the goal from happening.

A goal both Bergenheier and Mullis have in common is wanting to better themselves as players. Whilst Bergenheier is trying to improve his

goalkeeping skills, Mullis is trying to better himself so he can accomplish his goal of making varsity next year.

This season Castaneda wants more than just to win games.

"I am looking forward to more than just winning games like everyone else in the league," said Castaneda. "I am also looking forward to making myself a better player than I was in my past years of playing soccer."

Castaneda's position in soccer is as a right winger. In soccer, right wingers are good at playing defense and scoring.

Catch the boys soccer JV team playing next at Fernley High School on March 26.



Gabriel Mendoza sends the ball down the field. /Ron Espinola • The Brand



Adrian Wirthlin fights through an opponent to control the ball. /Ron Espinola • The Brand



Eric Bergenheier saves a shot against Fernley./Ron Espinola • The Brand

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Varsity football wins first two games

By Alexis Galarza



The Bucks defense stops Elko short. /Ron Espinola • The Brand

Varsity football has returned, and players are more grateful and excited than ever before. Their season had been pending for a long time, but now they're up and running.

The varsity football players recently played at Dayton this Saturday. The Buckaroos pulled through with a win 63-27, giving them a 2-0 record on the young season.

Games this year look a little different due to not being able to stay overnight. Most games are on the weekends or through Saturday.

"Playing at 3 p.m. on a Saturday will be different," said Fabian Ochoa. "You don't have to sit in class thinking about the game all day long or skipping class to travel. It will also be different without a big student section and with-

out my siblings watching from the stands." This year Fabian is a senior playing as a wide receiver and a defensive back.

All the players are grateful just to be having a season,



Anthony Gildone catches a pass from Caden Ricci. /Ron Espinola • The Brand

even if it's a short one. After being left in the dark for a while about their season, they have finally got to the light at the end of the tunnel.

"I see us doing very well this season," said Sam Roth. "Not being able to play sports for a long time has made us all very excited to compete." Roth is a senior here at Lowry High School playing as a wide receiver and a defensive back.

Varsity football this year is a mix of seniors, juniors, and a handful of sophomores.

"We have speed and strength on both sides of the ball. Also having a good mix



Anthony Peterson tries to get away from an Elko tackler. /Ron Espinola • The Brand

of older and younger players allows us to work well as a team," said Roth.

Football players seem to be

"We have too many weapons to stop for any defense."

~Anthony Gildone

playing their hearts out every game; the season is happening but there is always the chance the game will be canceled last minute. New protocols are also being put in place to ensure players' safety.

"I think because of the few games we have we'll play every game like it's our last. Also taking safety precautions like getting tested weekly is a big change," said Roth.

Coach Taua Cababat's main goal of the season is to improve his players and continue to keep

winning games the way they are now. Cabatbat and his players have gone through some changes with COVID.

"Practices have looked different because we don't have that much time to pre-

pare, and we have to move at a faster pace than what we would be in a normal

season," said Cabatbat.

Anthony Gildone, a senior, looks forward to helping out the younger players in hopes they will adapt better at playing at a higher level.

"My expectations for this season are to go undefeated and help the younger guys grow so they can compete next year," said Anthony Gildone.

Both Cabatbat and Gildone think their team is ready to compete next weekend against Fernley here at home.

"Our team strengths this year are our offensive game. We have some



Giovanni Sapien breaks the first of several tackles on his way to a touchdown. /Ron Espinola • The Brand

solid offensive players and I don't think any team could shut down the pass and run game. We have too many weapons to stop for any defense," said Anthony Gildone.

The varsity football players will be playing next here at Lowry against the Fernley Vaqueros on March 20.



Caden Ricci receives the snap. /Ron Espinola • The Brand



Seth Whitted fights his way through a block. /Ron Espinola • The Brand



The Lowry defense stops Elko. /Ron Espinola • The Brand



Frosh volleyball; Learning the Lowry way

The team huddled up between sets./Ron Espinola • The Brand

By Chris Gildone

The freshman girls were able to have a season this year despite the current situation we are in. They have had a good start with their first game.

The girls' first home game of the 2021 season was on Friday the fifth against Spring Creek Spartans they won 2-1. The scores were 25-16 Spartans, 23-25 Buckaroos, and the final set 13-15 giving the Lady Bucks the win. Friday, March 9 the Lady Bucks lost against Dayton.

To keep everyone safe from the fast-spreading virus the team is taking extra precautions to guarantee that the players and coaches are COVID free.

Ms. Cassandra Jenkins, an art

teacher at Lowry is the head coach of the freshman girl's team.

"To ensure the safety of both coaches and players, we are following the NIAA protocol as best as we can," said Jenkins.

Social distancing is required whenever possible, masks are worn, and hands and volleyballs are sanitized. This will be an unusual season and is also much shorter than a regular one, but it still has its benefits.

"The little bit of time we are getting with them on the court is beneficial for growth for our next full season," said Jenkins.

Jenkins felt that their season has been going very well and they have been playing hard. On

Thursday, March 11 Lowry won another home match against Elko in the third set.

"Overall I was impressed with all of the girl's performances in the games," said Jenkins.

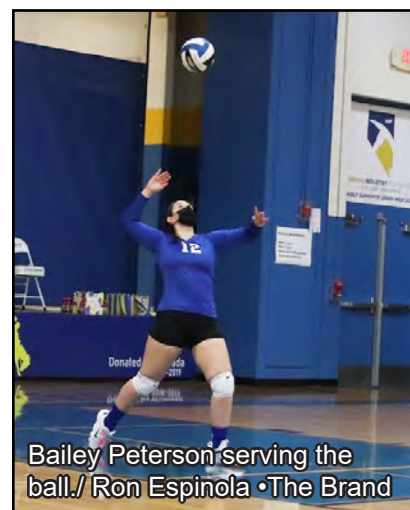
Hayden Case is a freshman at Lowry and has played very well this season at setter and opposite.

"I would say that Hayden Case did a great job setting from the back row and hitting and blocking when she was playing on the front right side position," said Jenkins. "As well, she did a great job serving with consistency, which is always a vital part of winning games."

Case thinks that she and the rest of the team have been able to learn a lot this season, but they still need to keep working hard and getting better.

"I think that I'm learning how to move across the court better and how to read the ball," said Case.

On March 19 the Lady Bucks played against Churchill County, results were unavailable. You can see them back in action on March 20 in Spring Creek.



Bailey Peterson serving the ball./ Ron Espinola • The Brand



Angeleena Burke jumping to spike the ball./ Ron Espinola • The Brand



The Cross Country team running warmup laps./Ron Espinola • The Brand

Beating Covid to the finish line

By Araceli Galarza

Running cross country isn't easy, one goes through many challenges in order to come out on top. This year with COVID is no different but just as if not harder. Lowry's cross country team has still managed to pull out.

"The only thing that's different this season is that without postseason competitions, it takes some of the pressure off and we can focus more

on athletic development," said coaches Kitty Norcutt and Kristin Flanders.

At the team's last meet in Dayton, the hard work paid off. The girls placed well individually. Jovi Kuskie got 1st, Ryleigh Rabee got 3rd. Jeremy Walker placed 3rd with the rest of the boys following behind.

Practices have needed to change which has caused some shift but overall the runners are adapting. Kuskie explains

the different schedule changes that have occurred.

"Practices have changed mostly by having to always run from the school whereas during a normal season we would usually be able to drive to different places to run," said Kuskie. "They've also been different because we race on Tuesdays instead of Saturdays, so our overall weekly workout schedules have changed a lot."

It's easy to lose focus and to become unmotivated. It's no different when you're running. Walker has been running for some time. In order to keep up his motivation, he looks towards those cheering him on.

"Some things that inspire me to run are my coaches, parents, and family," said Walker. "Their encouragement inspires me to work hard every day and do my best."

It's difficult to have the right mindset for running. Walker emphasizes having a good mindset.

"Some advice I have for future runners is to always keep a positive mindset and work hard,

even on your bad days," said Walker. "Training and doing those races are some things that will teach you that you can do anything."

Rabee agrees that the mental aspect of running is the most difficult.

"The hardest aspect of running cross country is definitely the mental part," said Rabee. "My brain automatically gets negative and you have to focus on staying positive or else it really shows in your running. Seeing really steep hills in your race can make you nervous and negative but you just have to stay positive and push through to the top."

Overall there are many things that the runners are proud of. Some are meet scores other are goals that they have been trying to achieve.

"This season I'm really looking forward to improving personally and reaching my goal of beating Elko's top runner," said Rabee. "I'm also super excited since we're going to be able to have regionals this year and I am definitely training hard for that since it's coming up on April 10th."

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By Alexis Galarza

Although this year has brought many uncertainties in the sports world, Shanae Smith has kept her head up and continued to strive for greatness.

Smith plays for the varsity basketball, and volleyball team. However, due to

strives to continue is her parents.



Athlete of the Issue: Shanae Smith

COVID, she was not given the chance to play any varsity basketball games her senior year.

Despite not being able to play basketball her senior year, Smith continued to attend all open gyms and put all her effort into them.

The Lady Bucks Basketball team contains special meaning to Smith.

"In one word I would describe Lowry basketball and volleyball as a family because we are all close," said Smith.

Smith has been playing basketball since she was in kindergarten, and has been playing volleyball since her 7th-grade year in junior high.

One of the biggest influences

"My parents are my strongest influence and push me to do better," said Smith. They are always there for me and want me to be the best I can" said Smith.

Smith's love for her two sports came naturally to her.

"I started playing basketball and volleyball because it was just fun and then it became a hobby of mine that I fell in love with," explained Smith.

With COVID impacting the sports world so drastically, Smith had lots of time to prepare during her off-season.

"During my off-season, I like to practice both sports to prepare for when the sports sea-



Although COVID did bring lots of time to prepare, it also ended up completely altering what should have been her senior year season. Due to COVID regulations, the Lady Bucks basketball season was canceled for the safety of the players.

"COVID definitely impacted both sports in a negative way because they canceled basketball, and our volleyball season is only six weeks," explained Smith.

Besides having her senior basketball season canceled, Smith is still grateful for the time she gets to play volleyball.

Life outside sports is pretty normal for Smith. She works at a local Mexican restaurant called Dos Amigos and enjoys spending her free time with her family and friends.

son starts," said Smith.



By Araceli Galarza

Athlete of the Issue: Anthony Hemp

Lowry has been home to great athletes, for the class of 2021 this is only the beginning. Anthony Hemp was named as just one of the athletes that will be honored for this issue. He has had his hand full playing and experimenting with different sports since his freshman year. He chose to stick with just two, however.

"I play basketball and baseball." Said Hemp. "My freshman year I played football and I made JV and then decided not to play after that."

Hemp has quite a few years under his belt playing sports. Since he was 5 years old he has experienced a fast pace

sports such as travel teams and many others that the community offers.

"I started playing at about 5-years-old and I was on Jeff Dawson's travel team and we were the Bobcats." Said Hemp. "Youth baseball was the first sport because I didn't play but I was just like the ball boy and the waterboy."

Hemp now only plays basketball and baseball. This was occurring during his younger years as well. He played baseball as a child more often than the rest.

"Most definitely baseball," said Hemp. "We traveled quite a bit with the Badgers and we play a lot of baseball in the summers and then would go to Reno every weekend to play in those Bald Eagle tournaments up there."

His mother Monica Hemp is very proud of her son. She enjoyed watching him since he was young.

"I'm so proud of Anthony," said Hemp. "Since he was young you could tell he had a true passion for baseball and I'm so happy to see him continuing during high school even though all the COVID drama. I love that kid. I know he's going to keep excelling."

Hemp has played his fair share of sports but baseball is his favorite sport. His love for baseball stems from a family love as well.

"Definitely baseball still," said Hemp "It's always been my favorite. I just did it when I was a young kid and I've always had a drive to play baseball. I've always wanted to play with the older kids and be with all the kids and the other teams and so it just drove me to play baseball. My dad played baseball, my grandfather played baseball; so I wanted to prove myself to them that I could be better than them just to prove myself to everyone that I could make varsity as a freshman and truly show myself."

His family has a lot of influence on his love of baseball. His father's inspiring championship win has always been something that he remembers and looks up to.





By Chris Gildone

Athlete of the Issue: Kole Mattson

Kole Mattson is a senior at dis- Lowry, he plays football and he wrestles standing at a staggering six foot eight, weighing in at two hundred-seventy pounds. He works very hard and earned Athlete of the Issue because of dedication in two sports and how good of a student he is.

He is on varsity for wrestling and football. He starts as an offensive and defensive tackle, along with being a 2020 Cody Louk 3A Zone champion. He also has announced that he got a scholarship to play football at the college of Idaho. He explains that he has had help the whole way through.

"The person that motivates me is Mr. [John] Brooks, if it wasn't for him "kicking me in the butt" then I wouldn't have gotten to where I am today," said Mattson.

Kole is a role model to younger athletes, showing them how to work hard and dedicate themselves to their sport, or several sports. But who is his role model?

"My role model is my father because he's the man who has shown me what a real work ethic is and what a little bit of effort and

cipline can do," Mattson said.

Just like any other athlete, Mattson had a reason to start playing sports and he has a reason to continue playing.

"I started because my parents wanted me to play," said Mattson. "I still play because it gives me a sense of pride to see where I started as an athlete to where I am today."

Kole could help younger athletes understand the importance of hard work and what it takes to be a college athlete.

"If I had one thing to tell someone starting off it would be to never give up until the final buzzer goes out and you only get out of

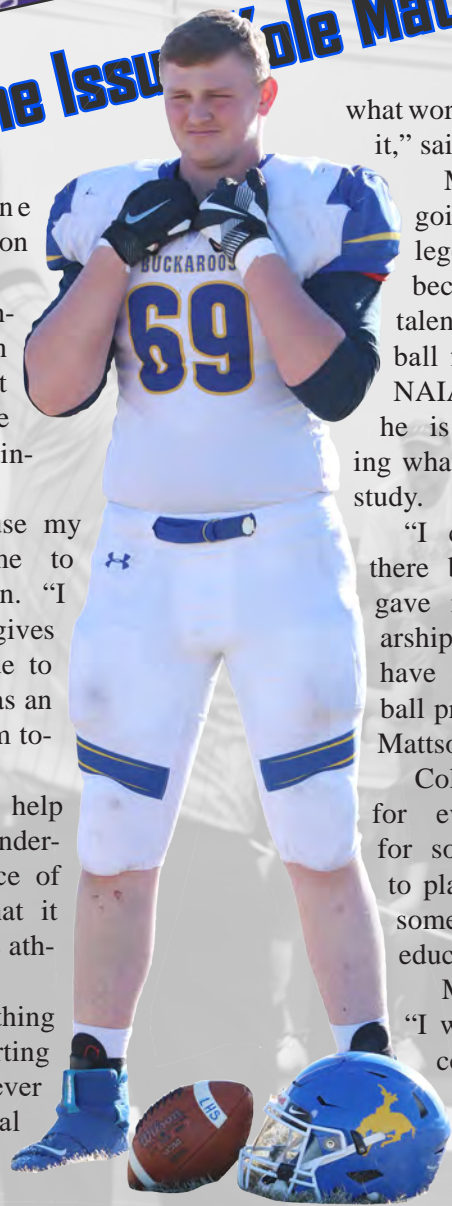
it from what work you put into it," said Mattson.

Mattson is going to the college of Idaho because of his talent on the football field, it is an NAIA school and he is still deciding what he wants to study.

"I chose to go there because they gave me a scholarship, and they have a great football program," said Mattson.

College isn't for everyone but for some they go to play sports and some go to get an education.

Mattson said, "I want to go to college because I love to play football."



By Araceli Galarza

Athlete of the Issue: Bailee Brinkerhoff

Bailee Brinkerhoff is a valued member of two teams, basketball, and soccer, which she has played throughout her entire high school experience.

"Playing each sport has influenced my life, and has given me a great opportunity," said Brinkerhoff.

Growing up Brinkerhoff played many sports, she has always aspired to play in highschool basketball which was her favorite sport. Bailee only plays the wing, she is in charge of passing the ball and shooting.

"My favorite sport was basketball," said Brinkerhoff. "I always looked forward to seeing my friends and I always wanted to play basketball on the Lowry team as well as be a part of the team."

In soccer, Bailee

plays multiple positions such as forward, defense, and midfielder. She has many great skills in each sport. She says that her greatest skill is her versatility. She is able to move back and forth which has allowed her to become a better team player. She values teamwork the most.

"My greatest skill is being a team player," said Brinkerhoff. "Other players have influenced me by pushing me to be a better person. As a team, you are able to work together and put everyone's skills as one and good teamwork will get you places" said Brinkerhoff.

Brinkerhoff is inspired by family. Her parents push her and make sure she is giving it her all.

"The people that inspire me the most are my mom

and dad," said Brinkerhoff. "They are always hard working and always working for what they love most in life. I want to be like them later in life. They push me to want to succeed and do better."

Brinkerhoff is also a source of inspiration especially for her younger sister Bryce who also plays soccer and basketball.

"My sister is the best," said Brinkerhoff. "I'm so proud of her, she's always putting in extra work so she can do her best. She's always pushing me to do better and to up my game too. She will yell at me when I need to put in more effort. I'm so proud of her."

Brinkerhoff loves the close bonds that she has been able to form due to sports. She says that she knows she has made lifelong friendships.

"The best part about playing high school sports is being with the team," said Brinkerhoff. "There is much more to a sport than just playing the game. You make lifelong friends through high school sports."



What's in store for varsity volleyball?

By Araceli Galarza

With the pandemic, no one was sure that sports would even be a possibility. Thankfully with lowering cases and social restrictions, those who love the sport get to enjoy it for a bit longer. Shanae Smith, a senior on varsity, has a few things she's looking forward to and expects.

"My expectations for the season are to play as a team and to win as much as possible," said Smith.

This weekend the varsity girls traveled to Dayton and ended with a loss. They lost their first two sets 18-25 and 22-25 with the third resulting in a loss as well with 13-25.

Personal growth on a team is just as crucial as overall performance. Kayleen Urain, a part of those who will graduate this year, has worked hard to stay positive and finds comfort in that and other things.

"Individually, I feel these past few games I have worked to stay positive as the scoreboard has not been in our best favor," said Urain. "Although we all have our bad games, I focus on pushing myself to put hands on any ball I can. This year as a senior, we have been cut short a lot, so I work hard to make the best of it and push myself and my teammates to do their best."

The team has also experienced new growth in different ways. The season will be cut to a short six weeks; this means that the teams will not compete for any regional or state titles. This comes as a devastating blow to those who have been working

towards this.

The length of the season is not the only change that the varsity girls are seeing. The girls are adapting to the new practice styles that come with COVID but bonding with their new team members.

"Practices have been different this year because we now have to social distance all while trying to play and come together as a team," said senior Alexis Gomez. "We do have to wear masks and sanitize more often, and it takes some time out of practice."

Urain has also found some difficulty along the way with the covid restrictions. However, Urain also acknowledged that the different way of doing things has led to more communication between them.

"Being that we have new standards, practices have definitely been adjusted in many ways," said Urain. "Having to stay distanced from my teammates is hard, and wearing a mask in the gym constantly definitely is a struggle, although we have learned to adjust. Although it may be inconvenient, I feel this also has been positive because it has pushed us to communicate and respond to each other more as a team."

According to Reece Kalkoske the biggest challenge has been staying positive and out of their heads during the games.

"I would say that girls need to let mistakes go



Alexis Olson hits the ball. /Ron Espinola • The Brand

and not take it to heart because that is the biggest problem our team is having right now," said Kalkoske. "I feel that one thing girls should know is that being a team is a big deal and working together helps get the team more excited and play better."

Mental toughness is a focus during practice even with the COVID protocols

"During practices, we have just allowed more breaks and made sure to keep things as normal as possible with all the safety precautions," said Skylar Estes, the head varsity coach.



Josie Ellifritz bumps the ball. /Ron Espinola • The Brand

Girl's soccer adjusts to unusual season

By Araceli Galarza

While the varsity soccer girls work on their game, the JV girls are working just as hard. For a while many weren't sure that there would even be a season and now that there is one the girls are in full swing.

Amy Adair junior is excited to be back on the field with her team and to bond.

"This season I'm most excited to really just play the game of soccer and bond with my teammates," Said Adair. "The season has been on hold for a while and I'm really excited to play with everyone else."

Due to COVID-19 the season had to be postponed. This means that the soccer girls have to play in weather that they aren't used to. This can prove difficult for the girls during practices.

"The most difficult part of practice is probably the weather," said Adair. "It's a lot colder since the season started so late. Especially when it's windy it can be super cold. Practices haven't really changed that much from last year. We do have to wear masks when we are inside but don't have to when we are outside but we do have to social distance."

Individually the players all have their strong points but together as

a team, it is important to use those skills in a team setting as well. Bryce Brinkerhoff enjoys the team aspect of soccer.

"Something I individually do really well is working with my team," said Brinkerhoff. "I try to get everyone involved during the games and practices to make us better as a whole. Something my team does really well is enjoying the game while also taking it seriously. We make the best of it even though it's been a rough start."

Brinkerhoff misses when COVID wasn't around and she could be more hands-on with her team.

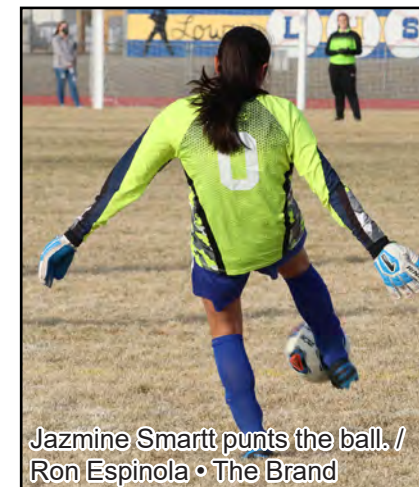
"The most difficult part about practices would be, not being able to practice playing with each other," said Brinkerhoff. "Our team is pretty small, not allowing us to scrimmage as much. It just makes it hard to get the practice of a real game."

Katlynn Gomez is excited about making new friends and getting to play the game she loves. She is excited to mentally prepare to play.

"I am looking forward to gaining new friendships and learning new things from my teammates," said Gomez. "I

think practice makes me a stronger player because it helps me mentally prepare for things in the game and have muscle memory when controlling the ball."

The girls will play in Fernley on March 26.



Jazmine Smartt punts the ball. / Ron Espinola • The Brand



Vanessa Pacheco clears the ball. /Ron Espinola • The Brand



Jennifer Serrano tries to steal the ball from Spring Creek. /Ron Espinola • The Brand



Bryce Brinkerhoff and Johanny Catalan attempt to get the ball from a Spartan attacker. /Ron Espinola • The Brand

What's entertaining us

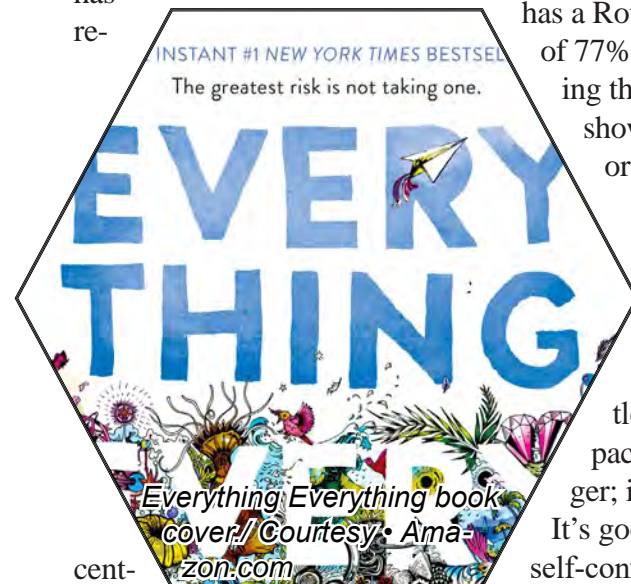


Naruto Uzumaki // Courtesy • Netflix

"Naruto"

By Araceli Galarza

Not necessarily a new show but easily one of the most entertaining ones to watch. "Naruto" has re-



cent-

By Alexis Galarza, Chris Gildone and Araceli Galarza



Roberto Lopez gets ready to powerclean // • Chris Gildone • The Brand

ly made a comeback since it's been added to

Netflix. Anime has a reputation for being associated with being weird but the storyline and the plot are enough to get over that fact. The show has a Rotten Tomatoes rating of 77%, it has a higher rating than most famous TV shows. Stream on Hulu or Amazon Prime.

The gym

By Chris Gildone

Whether you go to the gym to lose a little weight, get that six-pack, or just get stronger; it's a great activity. It's good for the body and self-confidence. It keeps kids

motivated and out of trouble. You'll find out your strengths and weaknesses, enjoy getting gains, and meet new people that work out too.

A Good Read

By Alexis Galarza

"Everything Everything" by Nicola Yoon is a take on the classic cliché high school romance, except it is completely different. One of the main characters, Maddy Whittier, has a very serious medical condition that enables her to ever leave the safety of her home. Until a boy, Olly moves in next door. Making her question if taking the risk is worth it.

Best of social media

By Chris Gildone



Ben Shapiro speaking with attendees at the 2019 Student Action // Courtesy • Gage Skidmore from Wikipedia

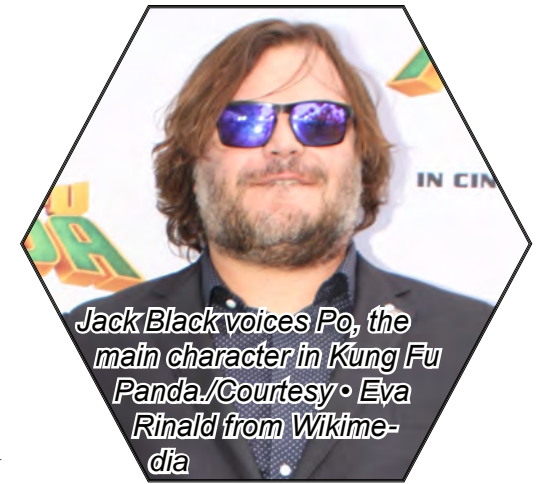
TikTok @jackblack

If you want someone funny to follow on Tik Tok go follow

Jack Black. Thomas Jacob Black is a comedian, actor, and musician. He stars in movies like "School of Rock" and "Nacho Libre". His videos are original and very comical. Like taking his shirt off and dancing in a mask and cape. He can use his great personality to easily lighten up your day.

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When you subscribe to Ben Shapiro. He uses common sense and



Jack Black voices Po, the main character in Kung Fu Panda // Courtesy • Eva Rinald from Wikimédia

evidence to prove his point. He is a very intelligent person and can report the news and make it interesting and a good watch.

Instagram @flowrestling

If you enjoy wrestling and watching it at college and professional levels you can find all of that on flowrestling. Like match highlights, athlete overviews, cool new moves, and match results it is a good follow. It is cool if you are a wrestler or just enjoy watching it and learning about the sport.

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Artist of the Issue: Madisyn Andrade

By Alexis Galarza



Madisyn Andrade standing in front of her Romeo and Juliet mural in the English hallway. /Alexis Galarza • The Brand

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Ms. Julia Topholm chose to recognize Madisyn Andrade as Artist of the Issue. Andrade is currently a junior as a first-year Advanced Art student.

Andrade has a very unique style in the work she does, however, she did not necessarily get her inspiration to begin art from one certain thing.

"I'm not sure that I could say I was ever "inspired" to begin art," said Andrade. "As soon as I could hold a pencil I have been drawing."

Art has always played a very big role in her life, and is a way she can communicate things she can't in words. Such as being able to tell stories and ideas in her drawings.

Although Ms. Topholm has many kind things to say about Andrade, her style seems to stick out the most.

"As an artist, she is self-driven with a unique style," said Topholm.

Andrade's favorite medium to use is a simple pencil and paper, along with the occasional colored pencil.

"The smooth feeling of the pencil on the paper and its ability to spread and shade has been my go to and where I do my best work," said Andrade.

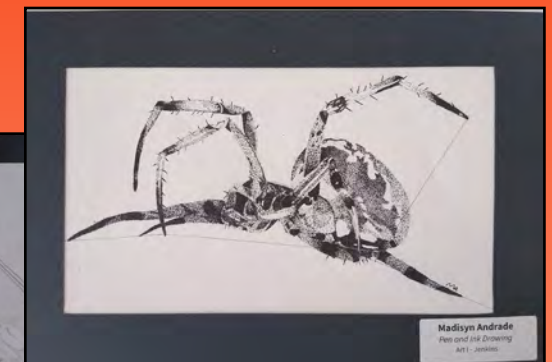
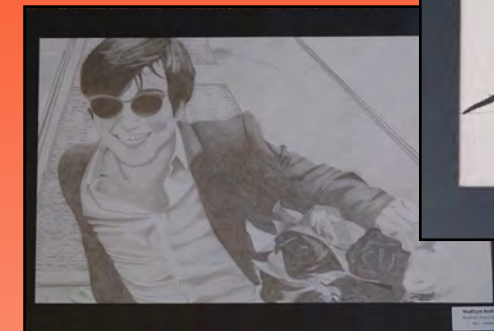
She also enjoys using colored pencils because the color can blend very easily, and is easy to work with.

Andrade has been taking art since her freshman year and plans on taking it her senior year as well.

"She has a genuine love of art and she takes on each project with an open and creative mindset," said Topholm.

Before when students were only going two days a week, it

Two examples of Madisyn Andrade's work. A pencil sketch (L) and a pen and ink drawing (R). /Courtesy
• Madisyn Andrade



was hard for Andrade to get all her art done and well.

"Only going to school in person for two days has been a challenge for art class," said Andrade. "When I'm in the classroom I feel more in my element."

Currently, Andrade is working on a mural. Being able to come five days a week will be a huge adjustment for her. She will now be able to complete more of it, and faster.

MINING INDUSTRY FOUNDATION

The Mining Foundation for Lowry High School is a non-profit organization made up of representatives of our mining community along with the businesses that support mining in our area. Each year this dedicated group of individuals work to sponsor our entire Academic Excellence Award ceremony, the foundation also provides scholarships for our students to mentor and tutor students at the Boys & Girls Club of Winnemucca. In addition, the foundation provides financial support to Lowry High School each year and also sponsors the annual staff recognition banquet that recognize our best teachers and support staff members. The entire foundation is dedicated to the creation of opportunities and to continued success of all Lowry High School students.

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abc

ACROSS

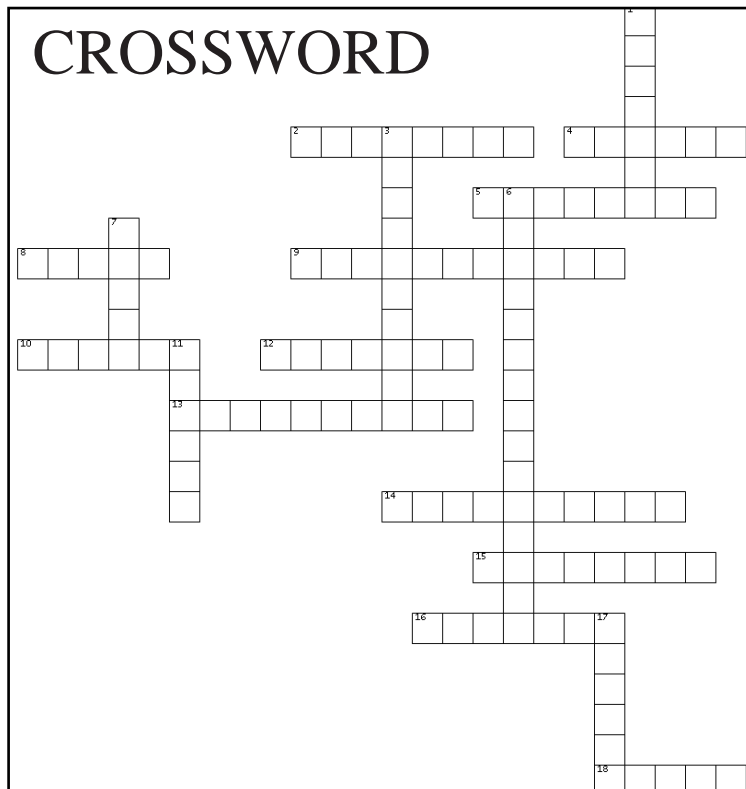
2. It is on most cakes.
4. Name of the retiring librarian.
5. A coffee shop near Khoury's
8. March 14 is know as this. (2 wds.)
9. Recently committed to play football at Cofl. (2 wds.)
10. The new Mexican restaurant in town.
12. The Easter Bunny orginited in this country.
13. The breakfast place on Winnemucca Blvd. (2 wds.)
14. Pat Hart is the name on the _____ court.
15. Name of the new Winnada adviser.
16. The older of the vice-principals.
18. Name of the retiring Winnada adviser.

DOWN

1. He will replace Mrs. Grady in Spanish next year and is currently a Biology teacher.
3. A new one was just installed on the football field.
6. Recently committed to play football at EOU. (2 wds.)
7. The principal.

11. He's been teaching English for over twenty years.
 17. Name of the new librarian.
- Use the clues to fill in the words. Words can go across or down. Letters are shared when the words intersect.

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Zoey Thies selected as Performer of the Issue

By Hadley Hatch

Zoey Thies was chosen to be a performer of the issue by Ms. Harlie Coney.

Zoey is a talented student who plays two instruments, the flute and piccolo, in two bands, the community band, and the high school band. Zoey has been playing since fifth grade, and she chooses the flute as her first instrument because,

"I couldn't get any noise to come out of the clarinet so I settled for the flute," said Thies.

Zoey started playing back in fifth grade and learned how hard it really is to play an instrument, but she was helped and mentored by her teachers Dave and Joan Munk.

"The people who taught me the most about band would probably be the Munks," said Thies. Even now in Zoey's high school years she still associates with the Munk's by playing in the community band.

"I do enjoy the community band, I, in general, enjoy every moment I can perform, especially now with COVID," said Thies.

Zoey loves to in general play

songs on her instrument but some songs she just loves to play,

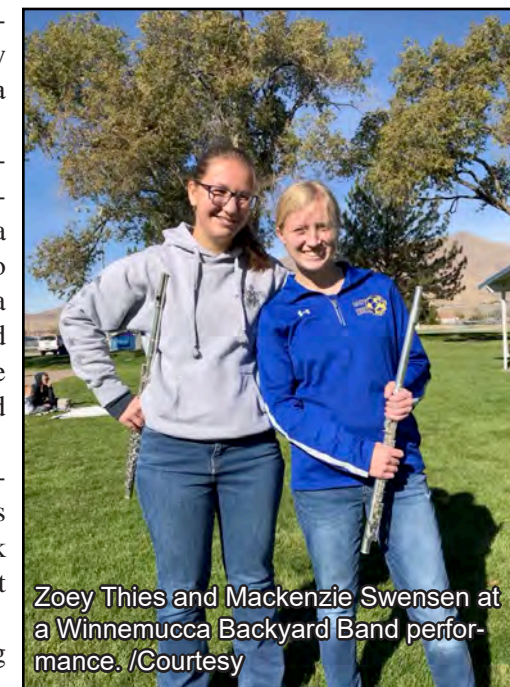
"Les Miserables' was a lot of fun especially with Mr. [Dave] Munk guest conducting us," said Theis. Zoey loves it when they finish a hard song.

"That moment at the concert when we finish our hardest song and everyone kinda glances at the person next to them and everyone shares a telepathic sigh of relief, and celebration of how proud we fell over that one song," said Thies.

To prepare for these concerts Zoey typically practices around three hours a week and even more the closer it gets to a concert.

"Zoey is always looking to improve her musical skills and knowledge," said Band Director Harlie Coney. "She takes every opportunity

available to become a better flute player and a better person. Her dedication is an inspiration to many."



Zoey Thies and Mackenzie Swensen at a Winnemucca Backyard Band performance. /Courtesy



Zoey Thies practicing at home. /Courtesy • Zoey Thies

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1991-92



1992-93



1993-94



1994-95



1995-96



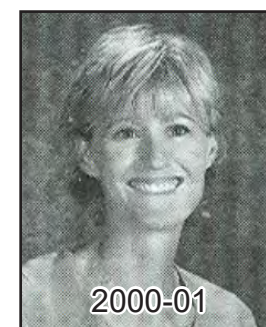
1996-97



1998-99



1999-00



2000-01



2001-02



2002-03



2003-04



2004-05



2006-07



2007-08



2008-09



2011-12



2012-13



2013-14



2014-15



2015-16



2016-17



2017-18



2018-19



2019-20



2020-21

Through
the years
with Mrs.
Doyle



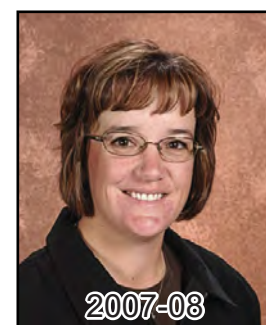
2004-05



2005-06



2006-07



2007-08



2008-09



2009-10



2010-11



2011-12



2012-13



2013-14



2014-15



2015-16



2016-17



2017-18



2018-19



2019-20



2020-21

Through
the years
with Mrs.
Scott

Activities Calendar

from nnvd1a.org




Activity	Date	Time		Location
Girls Golf	03-18-21	10:30AM	@	Dayton Valley CC
JV Boys Soccer	03-19-21	3:45PM	@	Lowry High
Varsity Boys Soccer	03-19-21	3:30PM	@	Lowry High
JV Girls Soccer	03-19-21	3:45PM	@	Churchill County High
Varsity Girls Soccer	03-19-21	2:00PM	@	Churchill County High
Freshman Volleyball	03-19-21	4:00PM	@	Churchill County High
JV Volleyball	03-19-21	5:00PM	@	Churchill County High
Varsity Volleyball	03-19-21	6:00PM	@	Churchill County High
JV Boys Soccer	03-20-21	10:00AM	@	Lowry High School
Varsity Boys Soccer	03-20-21	11:45AM	@	Lowry High School
JV Girls Soccer	03-20-21	10:00AM	@	Spring Creek High
Varsity Girls Soccer	03-20-21	11:45AM	@	Spring Creek High
Varsity Football	03-20-21	3:00PM	@	Lowry High School
Freshman Volleyball	03-20-21	10:00AM	@	Spring Creek High
JV Volleyball	03-20-21	11:00AM	@	Spring Creek High
Cross Country	03-23-21	2:00PM	@	Lowry High School
Girls Golf	03-23-21	TBD	@	Fallon Golf Course
JV Boys Soccer	03-26-21	3:45PM	@	Fernley High School
JV Girls Soccer	03-26-21	3:45PM	@	Lowry High School
Varsity Girls Soccer	03-26-21	2:00PM	@	Lowry High School

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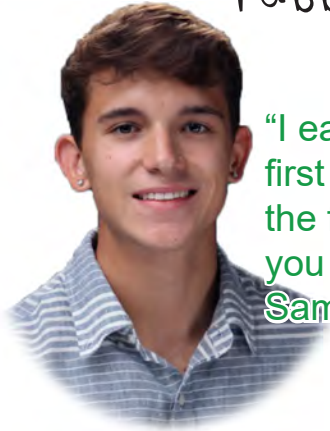
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Cheer and dance are
back



Lowry Voices: Lowry Voices: With a chocolate rabbit what part do you eat first? By Araceli Galarza



"I eat the ears first because it's the first thing you see."
Sam Roth



"I eat the ears first because it's more efficient."
Raquel Roederer



"I eat the face first because it's the most attractive."
Aaron Woolsey



"I eat the ears first because it's the best part."
Makayla Andrews



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