

The Brand

March 10, 2023 • Lowry High School • Winnemucca, NV



After losing to the Fernley Vaqueros twice in the regular season and once in Regionals, the Lady Bucks met face-to-face with them in the state championship game and they pulled out a win 58-53.

“It felt so amazing to win state and I was so happy I got to play with the best girls for my last year,” said Sydnee Pettis. “It was one of the best feelings I’ve had in my high school career and it will be something I will never forget.”

Throughout the season all the girls created strong bonds after facing so many difficulties together.

“I think that the relationship that the

girls have with each other was special, like I said they were a true family, there was no drama, they all loved each other they came to practice every day they worked hard, they stuck up for each other and they just really stayed together,” said Cabatbat.

Having only lost when playing the Fernley High Schools Vaqueros, it was a great triumph for them to not let the losses get to them and to keep their morale and energy up until the last buzzer.

“The best part of the game was the last eleven seconds of the game,” said Bryce Brinkerhoff “As soon as I saw the eleven seconds I knew we had the

win which was the best high school experience I have had.”

Their first game against Fernley was on the Vaqueros’ home turf, and they lost (75-68). However, by the next game, they had to bring up sophomore Khlloe Shorey and junior Katlyn Gomez from the JV team because several people on varsity were injured.

“The biggest obstacle was of course throughout the season only having ten players, sicknesses and injuries just really limited our numbers, so there were many practices that we were not

See BACK-2-BACK on page 4



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6-7 HONOR BAND AND CHOIR

What if School Started at 9:45?..... 10

Based on research from Nationwide Children's hospital, the average high school student goes to sleep on weekdays at 11:00 p.m. and wakes up at 6:00 a.m

Appreciate our Siblings More? 11

Everything feels different after your sibling no longer is living with you.

Artist of the Issue 25

Senior Gillian Finn is this issue's Artist of the Issue. Nominated by Ms. Julia Topholm for her creativity and skills.

Performer of the Issue..... 26

Consilla Brown is a senior and has been doing percussion in the Lowry band all four years.

Whatever Happened to?..... 27

Whatever happened to things such as silly bands, Backyardigans, or pillow pets? Well, let's jump back in time and find out.

Drama Back in Action 37-38

Lowry High's drama and stagecraft worked very hard to create a play titled "My Name is Rumpelstiltskin", and the play was definitely a success.



4-5



32

Who knows you



28-29
Winterfest Recap



31

Career Profile



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Managing Editor
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Assisant Editors
Juliana Blatzheim
Lainey Novacek

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Ron Espinola

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Savannah Stoker shoots a 3-pointer. /Courtesy • Lisa Scott

BACK-2-BACK

By Kailey Franklin, Alexis Galarza and Danielle Scott

able to go full court because we didn't have 10 players, so that was a huge battle that we fought all year," said Cabatbat.

Despite all the obstacles, the girls were still able to provide a game for fans that was full of excitement and anticipation.

"It was a very intense game," said fan Amanda Franklin. "I have watched many games this season and being able to see the girls work so hard to reach their end goal was amazing. It was the most exciting game I have ever watched it felt like the crowd was on fire and emotions were flying through the air."

Mrs. Lisa Scott was also one of the many fans who followed the girls on the road to state.

"The girls always left everything on the floor, their teamwork, effort and enthusiasm for the game made them super fun to watch," Ms. Scott.

The girls had a tough season with many injuries and illnesses. They continued to work hard at practice and improve their skills to be able to shut Fernley down in the state tournament. Belen Barocio was one of the players to face an injury; she stressed her meniscus.

"The hardest part of playing with an injury was having to sit on the bench and see all my teammates play so well," said Barocio.

The girls defeated the Spring Creek Spartans the year before in Las Vegas for the state final and are now back-to-back champions for the first time in Lowry varsity girl's basketball history.

"Winning the state championship this year again felt like deja vu from last year, all the excitement and smiles on everyone's faces was the exact same," said back-to-back state champion Kailey Franklin.

Coach Cabatbat made her return to coaching this year after taking eight years off of coaching. She coached with her Dad Vince Mendiola, and assistant coaches Debbie Connors and Alyssa Jones.

"The coolest part was getting to do it with coach Cabatbat both times," said Jones. "I'm really grateful to be a part of an amazing coaching staff and assist coach Cabatbat."

Alyssa Jones played on coach Cabatbat's team when they won a state title in 2014 at Lawlor events center as well.

"It was a really cool experience," said Jones. "It kind of felt like a full circle moment in my basketball career. Not many people get to win a state championship as a player and even fewer get to do it as a coach so I feel pretty



Players Kailey Franklin and Mia Hernandez run for emotional hugs after winning the state championship. /Courtesy • Lisa Scott



Autum Sanchez goes by a Fernley player. /Danielle Scott • The Brand

lucky to have been able to do both."

With many changes on the court and in who could play, the Lady Bucks had to constantly find their footing and managed to stay strong and improve no matter the obstacle. They

created new plays and new defenses in order to strike Fernley when they met again at the state game.

The Varsity girls were always on top of their game, in control of the court, and ready to bring the energy as soon as the ball dropped from tip-off.

Though it will be the seniors' last year at Lowry, they are an important part of the Lady Bucks' success and the confidence of the varsity girls for years to come.

"I'm going to miss seeing my teammates every day, I grew up playing basketball with them," said Kai-



Bryce Brinkerhoff stays low to guard an opposing player. /Courtesy • Lisa Scott

ley Franklin. "I'm also going to miss playing with a home crowd."

"The most memorable part that I would have to say is watching Bryce

do her pitch-perfect dance/ song every time before we played," said Hernandez. "And of course winning state again back-to-back."

The girls were able to have such a successful season due to their character and personalities. They continued to work hard despite the many challenges that were brought forth.

"The girls always left everything on the floor, their teamwork, effort and enthusiasm for the game made them super fun to watch," said Ms. Lisa Scott.



Britian Backus goes up for a layup against two Vaqueros. / Courtesy • Lisa Scott



Kailey Franklin puts up a shot against Elko. /Danielle Scott • The Brand

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Choir and Honor Band work their way to top

By Itzel Reyes and Yocelyn Perez



Honor Band joins together before the performance. / Courtesy • Dave Munk • The Brand

This year, choir students had a fantastic opportunity, and made their way to the National Music Educators Association all-state choir. They went all the way to Las Vegas for this memorable trip, but they couldn't have gone if they hadn't worked as hard as they had.

"This group wanted to come in on Martin Luther King day, their day off, and we had a big long rehearsal that day," said music teacher Mr. David Munk. "They are a very dedicated group of kids."

All that extra work and practice the students

had put in, helped them be on top of the game, and be able to do their best work while at the event with tons of other musicians.

"Just knowing the music before you go, is really beneficial," said Tanner Hatch. "It puts you ahead of 90% of all the other people there."

With all that work, comes lots of experience, and soon after comes the experience and memories with it. It was or is many of these students' first time at the NMEA all-state, and it left many of them wondering how it would go, and even how the other musicians there



Honor Band students pose for a picture. /Yocelyn Perez • The Brand



The choir poses for a funny picture before their show./ Courtesy • David Munk

would work with so many new faces.

"I expected people to be cocky, and they were actually all really supportive," said Hannah Simpson. "It was like we are all a big family."

The fantastic success that came from the NMEA all-state event gave our choir students a wonderful experience for them to take with them through the rest of their youth careers as choir students and musicians.

While the choir was at the NMEA all-state, the honor band was preparing, and about to leave for their big trip to Elko to perform at a performing arts center. It couldn't have been as simple as just going, students had to work hard to simply get into the class, which soon led up to their amazing opportunity and experience of performing in Elko.

Honor Band is a unique musical selection from several different school districts. In the honor band, students must be suggested or nominated

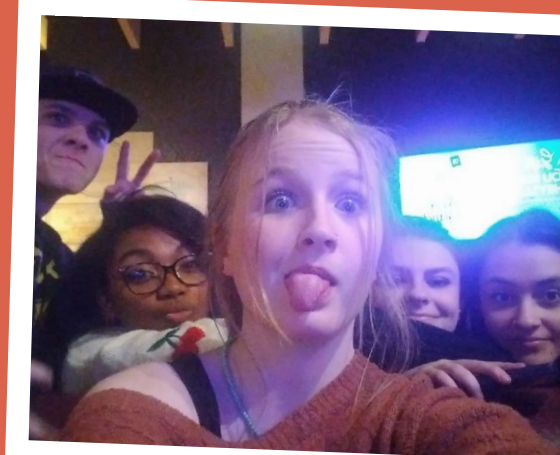
to be included. Although nomination is required to get into the honor band, getting chair placement is done through audition. Martin Doctor was one of the few nominated to join the honor band.

"It's kind of like a magical experience being able to play in that big of a band and everyone coming together," said Dockter. "There's just so many things that are so great about it."

Overall, this is a two-day event in which a guest conductor is brought in to rehearse the students and on the second evening a concert is put on. This year's guest was from Snow College Utah, Dr. David Fulmer. During this time, the selected students traveled to a performing arts center which took place in Elko this year.

Victoria Salgado is another student who was able to be a part of the honor band.

"I like being able to meet new people in the different regions, I find it really cool," said Salgado.



Honors Choir takes a selfie to kill time. / Courtesy • Ashley Ruiz

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With Friends

Which decade of music would make the best comeback?

By Jovi Anderson

Music is a very important part of many people's lives. It can unite people, be there for you in ways friends and family can't, and so much more.

Personally, I believe that 40-50s music would make the best comeback. It is the origin of many types of music such as swing, big band, jazz, Latin, rock and roll, doo-wop, pop, swing, rhythm and blues, blues, country music, rockabilly, and jazz. It was a time when music was being explored more and when many diverse genres came to be.

But, music has changed throughout the years, whether for better or worse. This led me to the question: If a decade of music made a comeback, which would be the strongest or most popular? In order to answer this question, a couple of people were asked what they thought.

There are many different genres of music, which causes everyone to have different preferences.

Isabel Upton likes the 90s

because of the popular music.

"It was one of the last eras when music was actually good and creative," said Upton. "Now there are lots of repetitive and meaningless songs."

Music can remind people of joyful moments in their lives or people they love, too. It can relate one person to another and create a bond between them. Music can help people feel closer together no matter how far apart they are.

"80's because it reminds me of my dad," said Clementine Garreau, an exchange student from France.

For me, 40s country played a big part in connecting with my great-grandpa and continues to remind me of him. 50s blues and jazz is also a big part of my childhood and is a very sentimental and nostalgic thing for me and my sister.

Music can be appreciated based on sentimental values, such as remembering family or the nostalgia



Sharon Corr performs at the State Theatre in Sydney, Australia on January 26, 2012, on Australia Day. /Courtesy • Eva Rinaldi via flickr

you feel when you hear something that reminds you of your childhood.

"I think the 90s because that's what I grew up listening to," said Georgia White.

Although music can have positive impacts on people's lives, that doesn't mean that people don't dislike some of the earlier or the newer music.

According to Pretishma Subedi the message in music has changed over time.

"I like 80's or 90's romance because they sing about love not just sleeping with people the way music today does," said Subedi.

Overall, music is a way to bring people together, remind those of joyful moments in their lives, and is capable of meaning so much to someone. Music can be a way for those to express themselves or relieve strong emotions, and it can be there for you and understand you in ways you might feel other people can't. Music is a significant part of society, whether that means older or newer songs.



Jane's Addiction plays at The Boulevard Pool at The Cosmopolitan of Las Vegas on September 7, 2012. /Courtesy • The Cosmopolitan of Las Vegas via flickr

Technology is ruining purpose of childhood

By Juliana Blatzhim

What motivation does a child have to pick up a hobby or make a new friend when they can find any type of entertainment on the internet? Adolescents is being torn apart day by day due to the effects of modern culture. Technology makes so many things possible; however, it also prevents users from living a true life with fulfilling experiences.

It is important that children get out into the real world and make mistakes. People need to make mistakes in order to learn and improve, and this is difficult to experience through a screen. Making a mistake as a child is expected because children have not had that experience yet, so of course they are bound to make mistakes. As an adult, you are expected to have that experience. If children never make mistakes in real life, they will struggle as adults.

Children that use technology also may have less of a sense of privacy. Online, it can be difficult to realize the amount of information about yourself you are putting out there. The low privacy online could carry into real life. If children do not learn the importance of privacy, they may release information that could put themselves in danger.

Technology prevents children from being social. An article on the effects of technology on children by National University explains why this is an issue: "In general, technology use can cause social and behavioral problems in children because it minimizes the amount of time kids spend interacting with others."

If children don't learn how to interact with other people at a young age, they will be at a great disadvantage for the rest of their lives. Although children may now be able to create friends online, is that a true human connection? Are children the same person in real life as through social media platforms?

Social media greatly influences children to pursue standardized identities. Children's brains are much more absorbent of information because they are new to most things in life. With everybody on the internet telling them what's socially acceptable and what's not, they are certain to fall into the trail of assimilation.

The widespread use of social media eliminates a lot of originality and creativity from young minds, resulting in a collection of cookie cutter lives. This is incredibly disheartening as childhood is a time



A child using a phone at a young age. / Courtesy • Pixabay

of freedom, a time to experiment and to find yourself. Social media makes it more difficult to do this because of the fear of judgment. It's saddening to see this, even in yourself, knowing how fake social media can be.

The unreasonable standards on social media for appearance may cause insecurities that probably would not be as prominent without social media. According to a study on insecurities written by Kimberly Wang, girls who grew up with social media remember insecurities starting at nine to ten years old. Wang states, "the younger the generation bracket, the earlier the insecurities [began]."

Social media will not only affect children in their younger years, but also as they grow into teenagers. An article by National University explains the effect that social media has on teenagers in particular: "Teens are seeing curated content, a digital highlight reel, which can lead to distress due to teens comparing themselves to their peers." Social media plays such a big role in all children and teenage lives, it is crushing to see the effect it has.

Life experiences may also be portrayed differently through social media. A photo may portray an event completely different than how it actually happened. This can cause people to compare their lives to those on the internet, which are definitely idealized because of the aesthetics that a photo may create. A few photos can not capture an entire event, or an entire person's life, so it's best to avoid comparison. The best thing to do is find inspiration through social media rather than envy.

What if school started at 9:55?

By Lainey Novacek



Diego Reyes sleeps during class because of his lack of sleep. /Ron Espinola • The Brand

Based on research from Nationwide Children's hospital, the average high school student goes to sleep on weekdays at 11:00 p.m. and wakes up at 6:00 a.m. This means the average teen is only getting seven hours of sleep instead of the recommended nine and a half hours of sleep. This means they are getting two fewer hours of sleep every school day.

As a high school student, I can vouch for this. On average, I fall asleep around 11:00 p.m., I wake up at 6:30 a.m., and I leave my house at 7:20 a.m. Once school is out I practice for the sports I play which last until 5-7 p.m. I get home, do my homework, get ready for bed, and (if I am lucky) I am in bed by 10:00 p.m.

Based on the research from Nationwide Children's, during the weekend, the average high school student sleeps for 8-11 hours. This is because they are trying to gain more time to sleep because of the lack of sleep they get during school days. During school, we are awake and well after 9:00 a.m., so why not start at that time?

The lack of sleep can also affect the way the teenage brain functions. Based on research done by Stanford Medicine, over 87% of high school students get less than the recommended 8 to 10 hours of sleep. This lack of sleep can lead to health problems and less academic success. (Richter) A lack of sleep also leads to the brain not retaining any

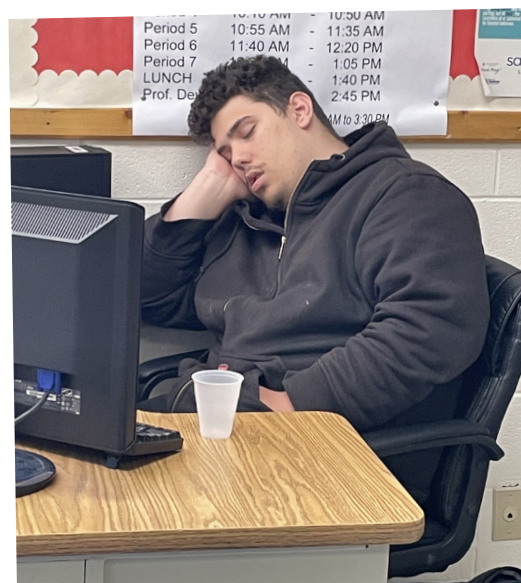
information. This can cause students to have lower grades because they can not remember what they learned from the past because of the lack of sleep.

The article, To Keep Teenagers Alert, Schools Let Them Sleep In, written by Jan Haffman, tells the story of a high school student, Jilly Dos Santos.

The article states, "Jilly Dos Santos did try to get to school on time. She set three successive alarms on her phone. Skipped breakfast. Hastily applied makeup while her fuming father drove. But last year she rarely made it into the frantic scrum at the doors of Rock Bridge High School here by the first bell, at 7:50 a.m."

This is a normal case that happens to many students. It is hard for a teen to get up when they do not have the recommended amount of sleep and then they are just expected to go to school and not be tired and have their minds working correctly.

The school district should see that allowing the school to start later would be beneficial to many growing teenagers. It would allow people's brains to "wake up" and start functioning and with extra sleep, their brains will be able to retain information better than before causing their grades to increase because of better memory.



Kenneth Reece sleeping during class because he did not get enough sleep. / Courtesy • Ken Whittaker

We should appreciate our siblings more

By Yocelyn Perez



Damian Barajas annoys his older sister, Ms. Diana Mejia. /Yoci Perez • The Brand

When kids are young, we tend to overlook the big picture. When siblings are mentioned to kids and teens nowadays, the most common response you'll get is something along the lines of "I hate them" or "I wish I never had a sibling". I know this response all too well because of the fact that I used to be one of those people. But I now have a different perspective as time passed.

Everything feels different after your sibling no longer is living with you. It doesn't hit you as hard when they first leave, it's paradise in the beginning. You're more excited over the fact that you may not have to share a bedroom or hear their annoying voice anymore. You're finally able to do all those things you weren't able to before because of the fear of them ruining it. It's all perfect, maybe a little too perfect. But this is what you wanted.

Time will pass and you will finally be able to have a meal at the dinner table in peace. No screaming, no arguing, no kicking you under the table but sweet peace. You begin to notice your plate is still half full. Why is it half full? Then you realize that you grew accustomed to them "secretly" snatching food from you and they're no longer there to take it. Next thing you know, days are passing and you start to catch yourself thinking about their annoying little habits that used to drive you insane; maybe those habits weren't so annoying after all? You'll try to deny the fact that deep down, you wish they would barge into your room and not leave until you force them to. But this is what you wanted, isn't it?

Weeks are passing and the day you can't

wait to go home and rant about your day, they're no longer there waiting for you to come home. I guess you could tell your parents about the news, but they wouldn't really react in the way your sibling would from that point on, you will realize how quiet the house has become, it's so quiet that you can practically hear your every move. All the chores that you both agreed to do were now piled up and became your responsibility to keep up with. Next time you feel like playing a game, you have to remember you are on your own because you already know your parents will be too tired to join you or let alone watch. This isn't anything you expected it to be. You'll wish you could go back in time and argue over what TV channel you should watch and whether they stole your charger. OR when you didn't need an excuse to leave the house and get ice cream in the dead of night. You'll wish you could go back and have someone to stick up for you when you got in trouble at home. You'll finally open your eyes and realize that the person who was your safe place is no longer there to accompany you. You'll finally understand that everything they've done wasn't to torment you or make you miserable, it was all because they loved you.

So as we get older and our bonds will be split apart due to us growing up, may we appreciate our siblings more. Without them, we wouldn't be where we are today. Hopefully, you will try and cherish these moments as things won't be like this forever.



Mariana Ruiz-Jamie gets carried by her younger brother Alex Ruiz-Jamie. /Yoci Perez • The Brand

Winter Sports Recap



Audry Mason dribbles the ball up the court. /Ron Espinola • The Brand

FRESHMAN GIRL'S BASKETBALL TEAM WORKS TOGETHER AND IMPROVES THROUGH SEASON

BY OLIVIA ESPINOLA

With all the downfalls from last year's team, this year's team stepped up and took the lead. Girl's freshman basketball team's coach Larry Renteria helped the girls skills and helped build relationships with each other.

"Although we ended with a loss, I believe the season was successful," said Renteria. "I learned a lot from the girls, and they learned a lot from me and each other."

Everyone improved together and helped each other to stay out of their heads and worked

on to know each other better as well.

"The whole team knows each other very well, so we get along and had fun," said Maria Palacios Juarez.

The team focused on each other and knew each other enough to notice when one another is upset or down.

"We did need to work on not getting in our heads when we mess up and not getting too hard on ourselves," said Isabel Upton.

The freshman girl's basketball team really appreciated Renteria for helping and pushing them forward toward their goals.

"Renteria was a good coach I liked how he pushed us instead



Ava Frey shoots over a Greenwave player. /Lainey Novacek • The Brand



Maria Palacios Juarez gets by an opponent to shoot the ball. /Ron Espinola • The Brand

of having free days," said Upton.

The girls and coach all had a fun and enjoyable season.

"We all got to improve thanks to Renteria, it was a very fulfilling and enjoyable season," said Palacios Juarez.

JV LADY BUCKS CARRY ON THROUGH A CHALLENGING SEASON

BY KAILEY FRANKLIN

The JV girl's basketball team had worked hard this season. They lost more games than they had hoped, but they learned a lot along the way. They began their season with a tournament in Reno where they began working together. They continued to build on that throughout the season. Junior, Katlyn Gomez led the team through practices and



Mattie DeLong dribbles the ball while looking for a pass. /Alexis Galarza • The Brand

games.

"To be able to lead my team this year really gave me a good opportunity to not only be a role model to my younger teammates but to learn how to play with new people," said Gomez. "I feel like I was able to help my fellow teammates on and off the court."

The girls practiced every day and traveled to many games. They took all the opportunities to learn something new. Not only did the girls learn from this season, but their coach McKenzie Harrigan also learned plenty of things along the way.

"This season has been full of



/Ron Espinola • The Brand

challenges with a lot of growth and basketball development," said Harrigan. "I was able to coach and get to know 12 amazing ladies the last three months, all 12 bought in and worked hard as a team from beginning to end."

As the season ends, each player is more confident in their skills and is preparing to play at a higher level.

"Playing on JV allowed me to better my skills against tougher teams and helped me learn to be collected in tough situations," said Khloe Shorey. "I learned a lot of tricks that helped me improve my game and how to work with my team in different situations which is something very important."

JV BOYS SWEEP THE COURTS THIS SEASON

BY ALLISON GREEN

This year the boy's basketball team grew and succeeded throughout the season. Learning from a new coach helped put the game into perspective for all of them. The whole team put in a great effort during the games and worked well together ac-



Anthony Guzman attempts a layup. /Danielle Scott • The Brand



Lance Brinegar drives past his opponent. /Danielle Scott • The Brand

ording to coach Grant Beatty.

"I enjoy seeing kids grow and develop as players and as people throughout the season," said Beatty. "I enjoy the progress that the kids and team make as the season goes on."

Toward the end of the season, Beatty was thrilled to have worked with such an amazing group of athletes.

Post, Conner Nelson viewed the season as an opportunity to work harder and gain more knowledge and skills for the sport. Nelson as well as his team experienced the tough times of the games lost but came back no matter how hard it got.

"The season was good. A lot of ups and downs for sure, but when it mattered the most the team came together and we won basketball games," said Nelson. "It's a lot easier to win games when you have the five players working together instead of as individuals."

According to another player, Angus Boyles, he and the team powered through and worked

see Winter Sports Recap on page 14

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Winter Sports Recap



Austin White attempts a fast break. / Danielle Scott • The Brand

together to build a winning team to represent the school.

"It was a good season," said Boyles. "We had a slump in the middle but once we got over it and worked as a team it all came together. My favorite moment during the season was when we hit a buzzer-beater to go into overtime with Fernley."

FRESHMAN BOYS HAVE A TRUE LEARNING EXPERIENCE THIS SEASON
BY KEIRA GARNER

With the winter season being over, the basketball season is coming to an end. The freshman boy's basketball team has learned new skills that they will take with them into the future with them as they go. The boys had to work through both the wins and their losses.

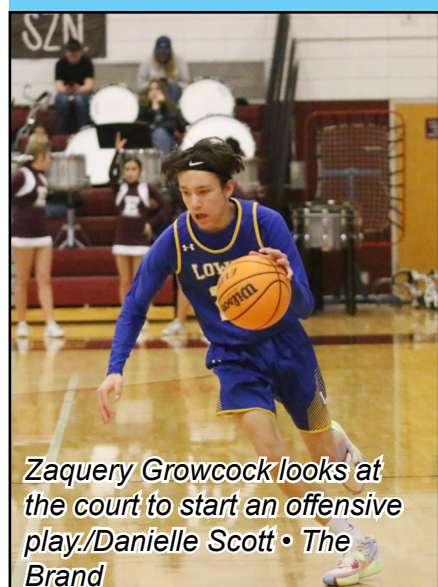
"Our team did good this year but we did have some tough losses," said Montana Elm. "We worked through it and be stronger for the next game."

The boys also were able to make some very fond memories together. The bonds that had been established from a young age just grew when they were

on a team together. New bonds were also made during the season.

"My favorite memory is Brent getting his first dunk," said Coby Thacker. "We were all so excited for him."

The boys showed the court that even after their losses they could still win. They had a total of four wins this season and they all happened right after a loss. The boys never took their losses to heart and found ways to move on and become better.



Zaquery Growcock looks at the court to start an offensive play. / Danielle Scott • The Brand

VARSITY BOYS BASKETBALL FIGHTS THROUGH THE SEASON
BY KIANNA HEAD

Throughout the 2022-2023 basketball season, the varsity boys have worked hard and come a long way from where they started. Despite the losses, they stayed dedicated and continued to work hard to grow as individual players and learn as a team. Their coach Nathan Green was able to lead them through losses, wins, and everything in between.

"Overall the season went extremely well," Green said, "The entire team was dedicated and committed to putting in the work that was necessary to have a successful season."

The endless work that they put into their sport and their team paid off, making them the fourth-ranked team and taking them to the playoffs. However, there were still some struggles in the season but they learned from their mistakes and made themselves better.

"The lowlights would be losing tough close games, but you need to go through some tough times during a season to prepare for games in the playoffs,"

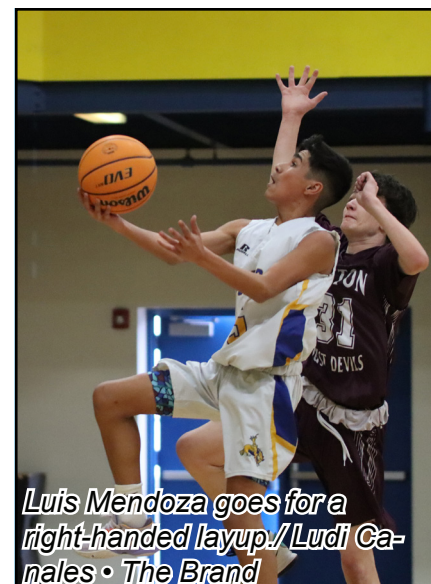


Brent Kenison jumps for the ball in the beginning of the game. / Staff • The Brand

Green said.

In the playoffs, the boys fought their hardest the entire game and ended their season with a loss to North Valleys with a score of 67-53. Although they were upset about not making it

Winter Sports Recap



Luis Mendoza goes for a right-handed layup. / Ludi Canales • The Brand

to state, they were proud of how far they made it as a team.

"Sometimes our team did not get along very well and it affected whether we won or lost," said junior Dempsey Jenkin. "Even when we got mad at each other and dealt with problems as a team, we always came back and played well together when we did."

While the team did not get the greatest start, they worked around their issues on and off the court and made for a good season.

"We definitely had some great highlights," said Matthew Casalez. "We made it to regionals and ended up really figuring it out towards the end of the

season."

WRESTLING FINISHES 3RD AT STATE;
HARBER WINS TITLE AT 157

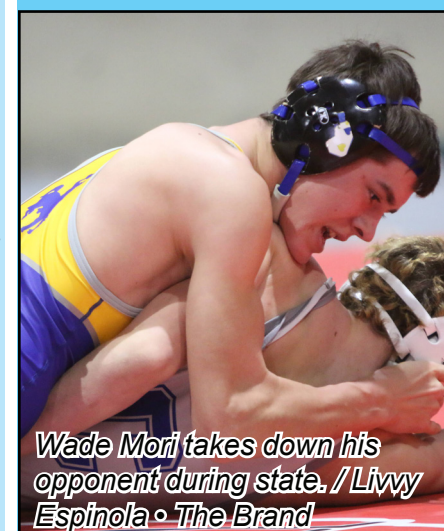
BY ALEXIS GALARZA

This year the wrestling team had a great season. The state tournament was held in Winnemucca, Nevada where Jhett Harber became a state champion in his hometown. However, becoming a state champion is not an easy task.

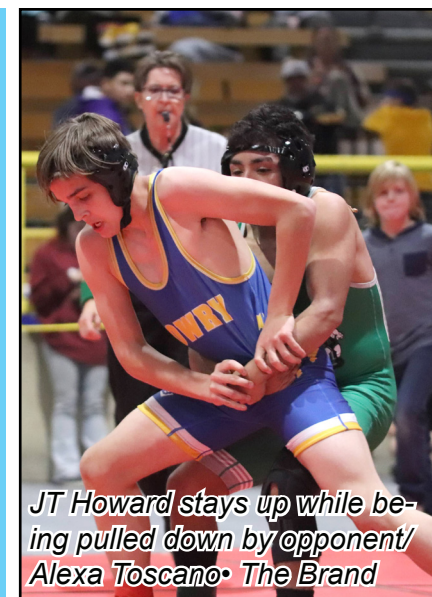
"Lots of practice [what kind of preparation did you go through], said Harber. "You have to try to improve every chance you get."

After having a rough season last year Harber is thrilled to win.

"From not placing last year to winning it this year feels amazing, I couldn't describe a better feeling," said Harber.



Wade Mori takes down his opponent during state. / Livvy Espinola • The Brand



JT Howard stays up while being pulled down by opponent. / Alexa Toscano • The Brand

For others like Brayden Mezenen-Dennis wrestling is more mental than physical.

"Coming into the season as a new inexperienced wrestler and losing over and over is difficult, mentally," said Mezenen-Dennis. "But near the second half of the season and seeing improvement from the last tournament was so rewarding I started to enjoy wrestling near the post-season."

As a first-year wrestler, Dennis qualified for the state tournament due to his perseverance and tough mental capacity.

"Wrestling taught me the only way to succeed is to fail over and over again," said Mezenen-Dennis.

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SPRING SPORTS PREVIEW

Varsity Softball is Starting and Players are Ready By Destiny Medicine Cloud

Varsity softball season is starting and the girls are so excited to be back. The girls have started open gyms to prepare for the season and can not wait to get on the field.

This year the coach Austin Mayo is coaching the girls again and is expecting the girls to be excellent.

"Lowry Softball has a long history of excellence and I expect this year to be no different," said coach Mayo. "We expect to compete for a top seed in the playoffs and ultimately, a state championship."

All the girls are wanting to grow and improve this year so they can make it to state this year. Bailey Peterson is a junior and is hoping to grow her confidence and make sure to ask lots of questions this year so

she can be the best player for her team so can make it to state this year.

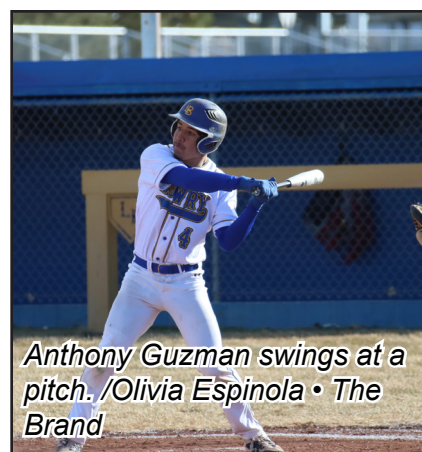
"I'm hoping to definitely improve on my confidence and learn to ask questions and ask for help," said Peterson. "We all have our own specialties and I'm really excited to see how games go when we all put them together. I'm hoping to win a state championship with these girls and the seniors before they leave."

Sophomore Crisslyn Rodriguez wants to improve this year and accomplish many things by the end of the year.

"With the season starting I feel super excited," said Rodriguez. "I hope to improve on my hitting and communicating more. I'm excited to bond with a new team and be with my amazing team and coaches."

The varsity boys are starting the upcoming season with a fresh start with many new players. Returning player Anthony Guzman is expecting the new season to be a battle each game because of the very few returning players. Guzman believes there is potential for the team.

"There's a lot of players from last year and a couple of freshmen.



Anthony Guzman swings at a pitch. /Olivia Espinola • The Brand

I think we will start to get going in the middle of the season more than the beginning," said Guzman.

The seniors this year will be leading the team toward success. The seniors are Jordan Bills, Erick Bergenhier, and Omar Gomez. As a team, they are planning to work together to get the best outcome possible.

"I am expecting us to get better, to put in the work, and hopefully make it to the playoffs," said Bills.

Coach Jamie Walton is looking forward to having a great season with this group of boys. Walton ap-



/Ron Espinola • The Brand

Varsity Baseball is Off to a Great Season By Otila Castaneda



Bree Dunckhorst pitches against Sparks. /Ron Espinola • The Brand

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Erick Valencia pitches for varsity. /Alexis Galarza • The Brand

preciates the work the players have put in.

"Our returners will pave the way for guys that got the call up to varsity and also a couple of newcomers," said Walton. "We've appreciated the hard work and effort that we've seen across the board and are looking forward to putting those dynamics on the field to compete in our conference."

JV Baseball Begins Their Season By Juliana Blatzheim

The JV baseball season has just begun, and the team has an exciting season ahead of them. It has been a rough start for the team because of the colder weather. Being an outside sport, it's important that the team is able to actually practice outside.

"We do have a lot of learning to do," said coach Brent Riemersma. "We can't wait until the snow and cold weather clear so we can really get after it outside."

Although it has been a bit of a difficult beginning, coach Riemersma believes that the team will be able to gain some momentum throughout the season.

"I feel that by the end of the season, we will have a tight-knit ball club that will give us a chance to compete and win against any team we face," said Riemersma.

Players are also



Amador Guzman catches a pop-up. /Luz Magaña • The Brand

eager to get into the season and start playing. Freshman Amador Guzman is expecting the games to unite the team.

"I'm looking forward to working with the team and just competing," said Guzman. "Wins always bring the team together."

While Guzman is excited to start working with the team, Jeb Sagers, another new player to the team, is looking forward to playing.

"I'm just excited to play and get the season started," said Sagers. "The season is going to slay."

The JV baseball team is made up of the following players: Jayce Casalez, Matthew Casalez, Robert Depaoli, Kaleb Desjardins, Taevyan Grau, Amador Guzman, Maddex Hislop, Logan Jonas, Kaleb Koons, Gabriel Lange, Brennan Long, Bryce Niblack, Conner Peterson, Logan Pointon, Jeb Sagers, Jace Sartor and Donovan Walker.

JV Girls Ready to Dominate on the Field By Audry Mason

The upcoming JV softball team is looking forward to having a successful season with a variety of new players. All of the girls have improved over the off-season to show second-year coach Ron Espinola they deserve a spot on the team.

"I'm excited about this season, just going to open gyms and practicing with the girls was super fun," said Vanessa Lott. "Even though the season has just started, I am confident that all of us girls will get



Ludi Canales delivers a pitch in the JV team's opening tournament at Lovelock. /Ron Espinola • The Brand

along very well".

This year's JV softball team has lost and gained talented players. The team has lost Crisslyn Rodriguez and Presley Hayes to the varsity team. Returning players are Olivia Espinola, Allison Green, Makenna Garcia, and Liliana Aguilar. These girls hope to improve their skills so that they can make the varsity team during their junior year.

"I hope to improve over the sea-

see Spring Sports Previews page 18



Makenna Garcia slides into home against Battle Mt. /Ludi Canales • The Brand

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son so that I am ready for varsity next year,” said Olivia Espinola. “I have played with some of the girls in the past, and I think the new players will be a good improvement to the team.”

New athletes for the team are Georgia White, Isabel Upton, Kyra Schiermeister, Brenna Schiermeister, Karyn Morton, Vanessa Lott, Ludivynne Canales, Kira Wiley, Elisabeth George, and Fallon Fowler.

The team has a variety of new and returning players, which will hopefully give the team a better outlook for the season.

“It’s always interesting to see how athletes mix together to form a team and how it changes throughout the season as they get to know each other,” said coach Espinola.



Devin Dummar gets into the blocks ready to take off. /The Brand • Olivia Espinola

weather, the coaches were excited to see new faces on the track.

Coach Tyrell Lucas, who coaches sprinters, hurdlers, and jumpers, is looking forward to the season.

“I’m looking forward to having a lot of athletes coming out this year,” said Lucas.

There is a variety of activities in track that attracts different athletes. It’s exciting to see a large group of students interested in joining the sport.

For people that have never run track, it can be a good experience that pushes them to their limits. Track is about pushing your body to keep going.

It’s sprinter Anthony Martinez’s first year participating in track, and he is looking forward to the season through his nerves.

“It’s my first year for track and I’m nervous, but it’s going to be good,” said Martinez. “I’m looking forward to speed and trying to get faster, working on my running.”

While some are trying track for the first time, others have experi-

ence. Sprinter Angelica Leon Garcia suggested that people that are new to track should focus on learning from mistakes.

“Don’t be scared of failure,” said Leon Garcia. “Failure is really the key to being better.”

Thrower Morelia Magaña also focused on mindset in order to succeed in track. Magaña is looking forward to the season and she is hoping it will kick-start her for the future.

“I feel as if my first year will increase my mentality for my upcoming meets,” said Magaña.

BOY’S GOLF HOPES TO GET ON THE COURSE

SOON

By ITZEL REYES

As spring approached, and the weather slowly (and hopefully) got warmer, it was time for our spring sports to begin. Boy’s golf had its chance to get started and make this year one of its best. Coaches and players seemed to agree that they would make this boy’s golf season one to remember.

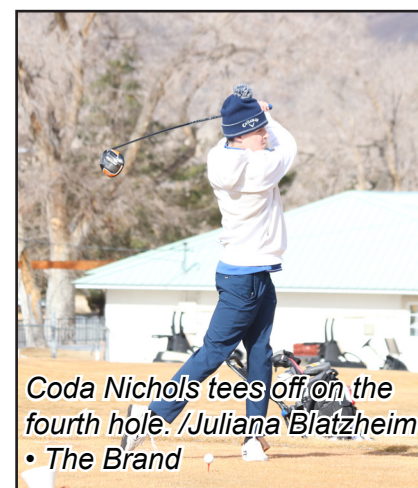
“Once we get some warmer weather it will be much better,” said coach Andrew Meyer. “We have an amazing set of boys with a lot of potential, and I am excited to help them grow.”

Having the hopes high gave the athletes that push of encouragement that they needed to truly make this season their best. Wade Mori, has been in golf since his freshman

SPRING SPORTS PREVIEW

year. He was excited to see a few new faces as he knows how much of a positive experience golf is for many people.

“I joined golf because some of my buddies were doing it and it seemed like fun,” said Mori. “Starting during my freshman year helped me meet so many new people and build friendships with play-



Coda Nichols tees off on the fourth hole. /Juliana Blatzheim • The Brand

ers that are now some of my closest friends.”

The players were excited to show off what they had learned. Kruser Wilkinson was excited to start his golfing career this year.

“I am honestly excited to be on



Wade Mori hits from the fairway. /Juliana Blatzheim • The Brand

SWIMMING, THE ONLY SPRING SPORT WHERE

GETTING WET IS A GOOD THING

By RON ESPINOLA

Unlike the other spring sports swimming has been able to get started in spite of the unusual weather. The team is returning some experienced swimmers but also includes some athletes with little experience.

“This season we have a wide variety of swimmers from very experienced to no experience,” said coach McKenzie Rupp. “Our team may be small in size which will provide us with a greater challenge when competing at the team level, but we are excited to witness all the individual successes.”

For coach Rupp swimming is more than about your times in the water.

“We are taking a specific focus



Mackenzie Rupp addresses her team. /Kailey Franklin • The Brand

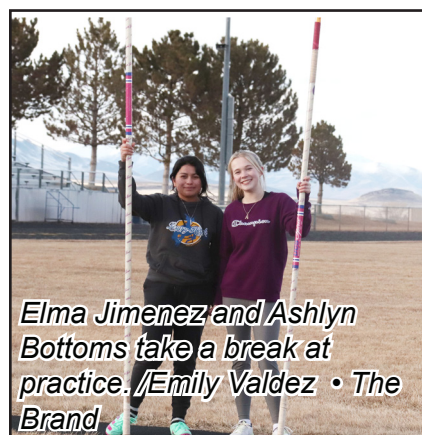
on cross-training this season providing our swimmers with the opportunity to grow stronger in and out of the water,” said Rupp. “We believe these efforts will positively impact their swimming success as well as implement good habits for a healthy lifestyle at a young age. We look forward to a fun and successful season.”

Garrett Jensen is a returning athlete and knows the competition is good but the team must push themselves.

“We may not win over the competition, but we will always win at surpassing ourselves,” said Garrett Jensen.



Tanner Hatch at swim practice. /Kailey Franklin • The Brand



Elma Jimenez and Ashlyn Bottoms take a break at practice. /Emily Valdez • The Brand

TRACK SEASON IS BACK AT IT AGAIN

By ELIZABETH CARRILLO

Track is a challenging sport that requires focus and determination. In spite of the challenges and the

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Athlete of the Issue: Mia Hernandez

By Alexis Galarza

This issue's Athlete of the Issue was awarded to three-sport athlete Mia Hernandez. Hernandez's love for sprouted from the early age of five, when she was first introduced to basketball. She also participates in track and field, and soccer. Out of the three basketball holds a special place in Hernandez's heart.

"It's just been something I've been doing since I was in third grade and I've been playing it until now and it's just been my favorite thing," said Hernandez.

Hernandez became a two-time state champion playing recovering from a torn meniscus. Hernandez did not let this set her back.

"Mia

is an amazingly driven young lady and talented athlete," said soccer coach Entwistle. "Mia tore her meniscus minutes into the first game of our fall soccer season and worked relentlessly to return ahead of schedule."

Hernandez pushed through physical therapy and new medications because she desperately wanted to finish her senior season.

"I did do physical therapy to help but knowing it was my last year nothing was going to stop me," said Hernandez.

Her main inspiration to keep going despite these injuries is her grandpa.

"He loved basketball, he went D1 playing it and he had just been my biggest supporter and inspiration," said Hernandez.

With inspiration from her grandfather, Hernandez became a team leader on the lady bucks basketball team.

"She might not have led the team in points or rebounding, but she played a huge role in our overall success this year," said basketball coach Chelsea Cababat. "She made big plays on the defensive end that helped us win a state championship."

Hernandez is highlighted multiple times for being a great defender, even after suffering from her injury, with perseverance she gained her position back.

"Mia came back from her injury better than

Mia Hernandez shoots a layup /Danielle Scott • The Brand

ever, earned her starting position back, and became a confident shut-down defender," said Entwistle.

In order to become a state champion for basketball, defense is one of the most important aspects of the game. Not only does Hernandez excel in defense in soccer, but she also shows her defensive power in basketball as well.

"Mia also played fantastic defense throughout the season, always having to guard one of the other team's best players," said Cababat.

Along with basketball and soccer, Hernandez also participates in track and field. In track and field, she runs the 200-meter and pole vaults.

Despite being involved in many varsity sports, Hernandez's quality to keep going despite any challenge comes from her grandfather.

"He is my hero, he's been fighting stage 4 colon cancer since I was in the fourth grade and he's shown me to never give up and stop fighting and nothing that life gives you can take you down," said Hernandez.



Mia Hernandez in a soccer game against Fernley. /Ron Espinola • The Brand.



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Athlete of the Issue: Jada Matheny

By Danielle Scott

When coaches and teachers tell you about Jada Matheny, they always say that she seems very quiet but when it comes to showing off her skill on the court, in the classroom, and in her everyday life she always leaves her mark. People always remember her kindness and the energy she brings every day.

"I love coaching Jada, she's very coachable," said softball coach Austin Mayo. "She listens, she always tries to make changes and she always brings a positive attitude."

Matheny

myself and see what I can do."

Matheny listens with her full attention and pays respect to everything that can make her a better player and a better person no matter how small the impact may be.

"The more and more she saw the field, the more and more confident she got, and with her confidence came the skills she already had," said Mayo. "She was more willing to take chances to take risks, and overall that just helps her be a better player."

Choosing to face challenges rather than back down is part of what makes Matheny resilient and quick thinking. She does not turn her back when the difficulty is greater, she faces it head-on and with a smile.

"I've learned how to be a team player and I've learned about myself too, like what my strengths and weaknesses are," said Matheny.

Sports play a big role in her life, however, Matheny still values what her hobbies, family, friends, and experiences have to play in her life, and who she has grown into.

"I love to read and I've actually started to learn how to crochet recently, I love watching TV it's one of my favorite things, and I like baking," said Matheny.

Most people can only focus on one or two different hobbies, however, Matheny is constantly willing to challenge her skills and her abilities to branch out into different

sports and activities.

"I feel like I just have a lot of free time so I was trying to find things I could occupy myself with," said Matheny. "I started reading and I loved that and then I tried baking and I like that because It challenged me."

Matheny has become a remarkable athlete, student, friend, and worker, all of which will direct her on her new path after high school. She is very excited to pursue the next chapter of her life.

"I'm planning on going to Boise State University and I want to get a bachelor's degree in elementary education," said Matheny.



Jada Matheny spots for a ball the opposing team just hit with her glove at the ready. /Ron Espinola • The Brand

has been playing softball and volleyball for years and she has been on varsity since junior year. She also excels in all of her classes and anything that she puts her mind to. In addition to hobbies she picks up in her free time, Matheny works with her family at their small business, Shoreline.

"I started playing volleyball and softball because I just enjoyed playing with all the girls I grew up with," said Matheny. "I like to challenge myself, so it was a nice way to push



Jada Matheny sets up her serve with a great toss. /Ron Espinola • The Brand

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Athlete of the Issue: Coda Nichols

By Alexa Toscano

Coda Nichols is a senior at Lowry, he excels in many sports such as football, golf, and baseball. However, he has been a wrestler for a total of fourteen years. He is a hard worker who not only trains physically but mentally as well.

Nichols turns to practice to better himself. When it comes to competing in tournaments, he listens to his coaches, John Brooks and Brant Corak; takes their criticism, and performs ten times harder. The euphoria of knowing that each week he needs to go against someone makes him perform higher, not only when it comes to competing but at practice as well.

"Coda is a state champion because he truly believed in the Lowry wrestling program," said coach John Brooks. "He started in the Buckaroo Wrestling Club and continued wrestling all the way through junior high and high school. Although he was usually much smaller than his opponents, he didn't look for excuses. He knew that if he continued to work, it would pay off. He is a better man on and off the mat as a result."

Wrestling is known for being a mental sport.

"In order to mentally prepare I turn to my music and my teammates," said Nichols. "They both help me keep my mind off wrestling for a little bit."

Although many struggle mentally when it comes to matches, he has developed a system to help him. When people ask Nichols if they should join wrestling he advises them to go for it, but to make sure they are prepared; not only physically but mentally.

Nichols enjoyed his last season; he wrestled every match as if it was his last. This year he didn't set many goals for himself, but the one he did make and complete was never regretting a match or practice because he knew he couldn't wrestle another year.

"Coda has been a pleasure to coach," said Corak. "I have watched him wrestle since he

Coda Nichols eagerly waits for his match to start. /Livvy Espinola • The Brand

was 4 or 5 years old. He has dedicated himself to the sport and it paid off in a big way with a state title in 2022. This is the dream of every high school wrestler."

Nichols has persevered throughout his four years of wrestling and became an inspiration to others.

"Coda became a leader in our wrestling room and took younger athletes under his wing, always eager to see them have as much success as himself," said Corak. "He will truly be missed as he moves on to the world outside of Lowry High School."

This year's state was held right here in our backyard.

"State was fun and memorable for sure," said Nichols. "It wasn't quite the outcome I wanted but it was all around a good experience considering it was set here in our hometown."

A hardship this season for him was that he placed 2nd at state because of how close he was to another title.

"When placing second I feel like it's close but no cookie," said Nichols.



Coda Nichols competes against Fernley at the senior night dual. /Livvy Espinola • The Brand.

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Athlete of the Issue: Ivan Roa

By Alexis Galarza

Not only is Ivan Roa a star in the classroom he is also a star on the course. His dedication to his sports and his character is more radiant than the shoes on his feet. This need for running sprouted in his early years of junior high school.

"I only ever do running sports so cross country and track and field are the ones I've done throughout high school," said Roa. "I've been running in track since my seventh-grade year at the junior high."

However, Roa has now decided to stop running track and field and put all his effort into running cross country. Roa has been on the cross-country team since his sophomore year of

high school.

Roa was coached by the same coaches in both track and field and cross country but the freedom of cross country stuck to Roa more than track and field.

"My favorite sport was cross country because I enjoyed the free running outdoors and all the great views while not being constrained to a circle track," said Roa.

Although the freedom of cross-country comes at a cost. Roa has to take into account everything he is eating and ways to stay full of nutrients. He also has to plan practice times outside of cross-country practice to continue to improve.

"On my own time I have to keep track of how much I eat and how healthy it is, I have to make sure I get enough sleep to keep myself functioning," said Roa.

Roa even plans what he is going to eat the day before and the day of meets to maximize his success.

"On big meets especially I do all of this [eat enough and drink six water bottles a day] and have a meal high on carbs for the next day like spaghetti or something similar," said Roa.

Not only does Roa prepare physically, but he also prepares mentally before a big meet.

"Then I have to run the race in my head before we even get there since I have to picture

myself winning and exactly how I run the whole race to run my best," said Roa.

Roa's work ethic and dedication stem from his hero, his dad.

"My dad inspires me the most since he can work constantly without complaint," said Roa. "As far as I can remember he goes to work at 6 a.m. every day and comes back home at 10 p.m. and does this every day including weekends."

Roa's father taught him to keep pushing through whatever without complaining. Roa hopes to grow as an individual that is similar to his father's character.

Running cross country is not something one can just jump into, mental and physical preparation are big aspects of the sport. Throughout the years Roa has developed strategies to keep his strong discipline intact and to overcome the challenges of cross country.

"I have to overcome countless challenges every season whether they were mental or physical there was always something," said Roa. "Even the recovery days were a struggle and I had to refine my mental state every day before practice and constantly throughout the day so I wouldn't quit."



Ivan Roa pushes hard to finish the race. / Ron Espinola • The Brand



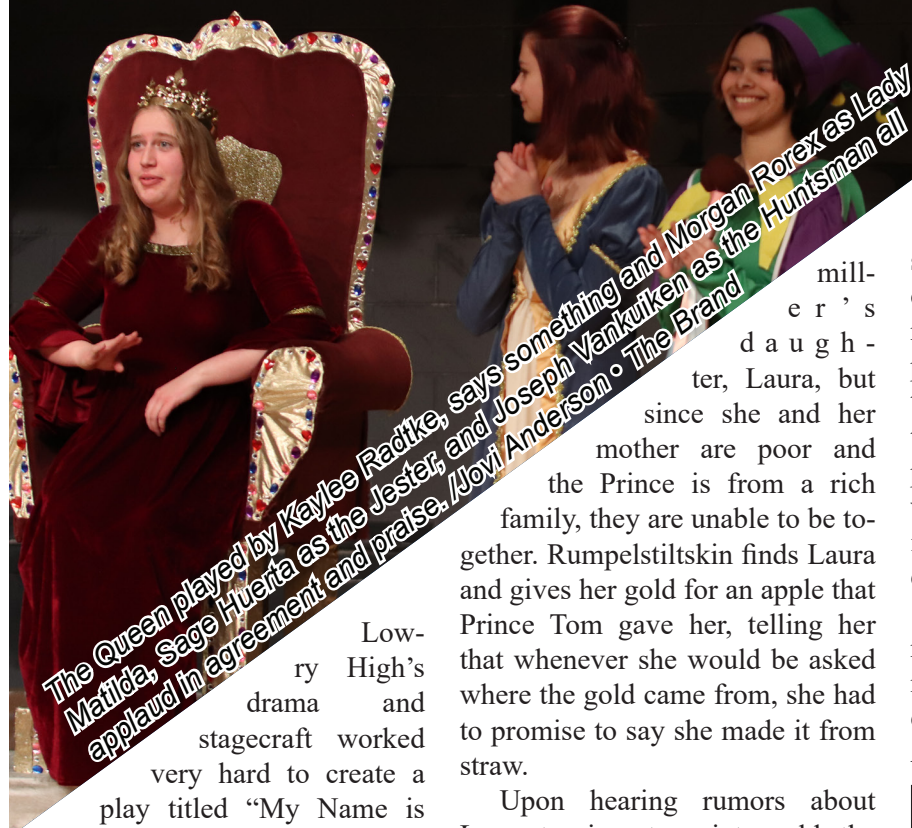
Ivan Roa at an away meet looking towards the course. / Courtesy • Larry Renteria

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Now playing: My name is Rumpelstiltskin

By Jovi Anderson



Lowry High's drama and stagecraft worked very hard to create a play titled "My Name is Rumpelstiltskin", and the play was definitely a success. "My Name is Rumpelstiltskin" is a play about a small wizard who wants to become the most powerful wizard in the land. In order to become this all-powerful wizard, Rumpelstiltskin talked to a witch and she instructed that he must have the firstborn of a royal family. If he fails, she will take him and he will not become an all-powerful wizard. Rumpelstiltskin watches as Prince Tom falls in love with the

"I like playing the antagonist because it's easier for people to hate you than for people to like you in a play," said Radtke. When Laura has her firstborn son a year later, Rumpelstiltskin comes to get the child and Laura refuses to give her son away. Rumpelstiltskin gives her three attempts to guess his name, and on the third try, she guesses correctly. Rumpelstiltskin then gets taken by the witch to whom he made the promise, and Laura and Tom live happily ever after with their son.

The play was presented to both regular audiences as well as elementary schools in town. This was exciting and different for the actors. Actor Sasha Contreras particularly

enjoyed the younger audiences. "My favorite part of the play was interacting with the children," said Contreras. "Always love to see their reactions." Although stagecraft didn't have much time to build the set, they were still able to accomplish nice pieces that held up. "Our sets and props were fantastic and held up through the whole week thanks to Stagecraft's hard work," said Ms. Kelly Bales.

Not only does stagecraft have to build the sets, but they also have to run through all the lines in the play to imagine what kind of props will be needed. "A lot of preparation goes into producing a play," said stagecraft member Sofia Mayorga. "First we always have to read through the script and then we can envision what type of props are needed."

Stagecraft works just as hard as the actors when it comes to performing the play a total of 15 times. "It was extremely exhausting to perform the play 15 times, but it was fulfilling too," said Mayorga. Lead actors also grew tired after performing the play. Lead actor Jacob Woolsey was tired after performing so often but takes into special consid-



eration the benefits of performing it 15 times.

"It was pretty tiring but it was fun because each time you performed you grew more confident," said Woolsey. "As we performed it more each time we added in our own lines and you were less nervous each time."

Drama and stagecraft director Ms. Kelly Bales also noted the growing confidence in the actors as they worked through the play.

"It was wonderful to see how much my actors have grown since the play in the fall," said Bales. "They became very comfortable with their characters and were able to add some improv and nuances which made the play even better."

Bales was extremely pleased with the results of the play and very proud of all the hard work the class put in.

"They are an incredible group of students, and I'm extremely proud to be their director," said Bales.

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Performer of the Issue: Consilia Brown

By Zayra Villa and Juliana Blatzheim

Consilia Brown has been chosen as Performer of the Issue by Mr. David Munk, the band and choir teacher. Brown is a senior and has been doing percussion in the Lowry band all four years. Percussion includes instruments such as drums, xylophone, keyboard, marimba and cymbals.

Brown's inspiration for music comes from her early experience with music through her mother, a belly dancer. The music that is used in these dances is percussion driven, and as she was surrounded by percussion instruments brought by a family friend, the music grew into Brown's life. Additionally, Brown enjoys jazz and rock, which has also inspired her passion for percussion.

Throughout Brown's four years in band, she has been a part of lots of different band activities.

"I've been involved in pep band since sophomore year," said Brown. "Then we also do like concerts. We've done many band trips such as honor band and state."

As it is Brown's last year in band, there are certainly things to be missed.

"I'm definitely gonna miss the memories and like my friends and all of that because I've met like really amazing people through it," said Brown. "But I also really like performing itself, it's kind of like an adrenaline rush."

Although Brown tends to be reserved, performing music with her friends has been a way for her to express herself.

"You're performing something so it's kind of coming out of you, you know?" said Brown.

"And there are people that I know personally so I'm more comfortable performing with them so I'm more able to like put myself out more in that sense."



Brown playing at a football game. / Kianna Head • The Brand

Brown is interested in a career in music, but that could be difficult to accomplish.

"I've thought about doing it for schooling but it's just really expensive so I'll probably have to wait a few years but I was thinking about maybe teaching it, like drumming for little kids or something as a side thing," said Brown.



Brown performing at a pep assembly. / Ron Espinola • The Brand

Other than music, Brown is interested in traditional art, gardening, cooking, fashion, and fitness. With so many interests, she finds it

difficult to pick a career, and wishes she had figured it out sooner.

"It's always been like hard for me to figure out because I have too many interests, so it's hard for me to like pinpoint a certain thing that I wanna really focus on," said Brown.

Although Brown is not set on a career, music will certainly continue to play a role in her life, as she has done band for so many years. Throughout her four years at Lowry, Brown has had three different band teachers, which has been a bit of an adjustment.

"It's kind of hard to like adapt to that and to learn like how they want us to play because every teacher is different you know?" said Brown. "A lot of them like didn't like each other's styles either so it was hard to get out of like old ways of doing things to their ways, so that part of it was hard."

Brown has had Mr. David Munk for her junior and senior years, which has allowed her to really expand and grow into his style further.

Mr. David Munk chose Consilia Brown as the Performer of the Issue because she is a senior and soon will graduate. Consilia has always been dedicated in this class, made the best out of everything, and enjoyed the band.

"She's always been there, she's always been steady, sets a good example, works hard, and has done a good job," said Munk.

Music clearly plays a big role in Brown's life, and her drive and talent in percussion has made her an obvious choice for performer of the issue.

Artist of the Issue: Gillian Finn by Emily Valdez

Senior Gillian Finn is this issue's Artist of the Issue. Nominated by Ms. Julia Topholm for her creativity and skills.

"Gillian has an amazing grasp of art mediums and an immensely creative mind," said Topholm. "Her artwork always has a personal connection to her life and it is impressive how she makes those connections come to life in her pieces."

Finn was taken aback, yet proud about her new title.

"Being Artist of the Issue is kind of shocking to me honestly but I am also really proud and excited," said Finn.

Finn's motivation for art sprouts from its therapeutic ways.

"Being motivated to do art comes easily to me because art is something I can get lost in," said Finn. "I'm not focused on anything that stresses me out, I'm just drawing and painting. It helps that I have had a really great teacher for the last three years who is always building my confidence in myself and my art."



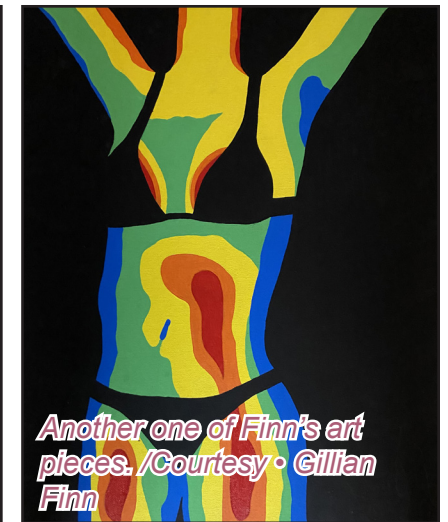
Gillian Finn. / Win-nada

Finn's favorite medium is acrylic painting and her favorite piece of art is the koi fish painting she did her junior year.

Finn's favorite experience from her years of art classes have been the strong bonds she has made with her classmates.



Finn's koi fish painting. / Courtesy • Gillian Finn



Another one of Finn's art pieces. / Courtesy • Gillian Finn

"My favorite experience in my art classes so far is definitely the bonds you build with people and I say that because as you walk around the school doing murals for others you get to know that person so much more," said Finn.

Not only does Finn have an intense passion for art but she is also passionate about reading, writing, and French.

"Other than art I love to read and write," said Finn. "I always have a book with me. I also have a huge passion for France and the French language which is why I took French for three years."

Finn's plans for the future after high school have been a little difficult to deal with but overall Finn has made her decision.

"My plan after graduation is to go to school to be a psychologist," said Finn. "It has been really hard for me to pick psychology instead of art, however, I do plan on still taking college art classes while I get my degree in psychology and I might pursue an art degree while I'm at it."

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Winterfest Recap

By Ludi Canales and Juliana Blatzheim

This year's Winterfest theme was Wacky Week of Spirit. The students at LHS went all out dressing up their best to match the different dress-up days and themes.

To kick off Winterfest week, Lowry students had the opportunity to either come to school in their pajamas or in a mismatched outfit. Pajama day is a classic spirit day that could never get old. Lowry students went all out on Monday. Many would argue that PJ day is boring and basic however Lowry students prove them wrong.

"PJ day was super nice, I didn't have to wake up and get ready. I was able to just roll out of bed in my pajamas and start my day," said Jack DeLong.

Also, to start the Winterfest spirit week, Lowry Leadership, with the help of many, set up a fantastic pep assembly.

The assembly was full of fun

games, exciting moments, and tons of Lowry pride. Ending the first day of Winterfest week with an incredible assembly really helped students and staff get into the dress-up days, activities, and especially, showing off their Lowry Pride and making this Winterfest spirit week one of the best.

The assembly started with, of course, performances from the band, and the cheer and dance teams. Their amazing hard work and talent-filled our gym and halls with Lowry Spirit and continuous support, the students and staff pride and wish luck to Lowry sports teams.

"The opening assembly to Winterfest week was super fun, Braatz emphasized. I had a great time cheering with my friends and watching everyone participate in the assembly," said Maura Braatz.

The second spirit day of Winterfest week was twin day, everybody

tried their best to match with someone special to them. It went from wearing only the same shirt to even wearing the same exact outfits as each other, and a lot of people went out of their way to match with someone.

"Twinning with my friend Natalya was super fun and we got a lot of compliments from our other friends," said Kylee Wilkinson. "We looked exactly alike."

On Wednesday, February 1, students had a choice of wearing a bucket hat or a baseball cap to show school spirit. Many students showcased their pride by showing off their unique hats.

"I noticed there were a lot of students with red hats but they all had different designs," said Madysen Muñoz, noting the popular color choice of students.

This spirit day was quite popular, as many students own hats that they

wear daily. However, it was interesting to see the different design choices of students.

On Wednesday night, "Lowry's Got Talent" took place, sponsored by Drama and Stagecraft. Many students showed up to support and enjoy the fun, filling the auditorium. The acts performed well, and the drama class made it a show.

"The talents shown were very enjoyable," said Adelyn Quirate. "I had a good time."

After much deliberation from the panel of judges, the podium was decided. Joshua Burchette and Amaya Pederson took first place with a musical performance. Following them, in second place, was Noah Garner, who performed digital music that he composed himself.

Spirit Day 4 for Winterfest will knock you back with the nostalgia and freshness of the future that the day brought. Students and staff could dress up as their future selves or their past selves back in elementary school. People brought stuffed ani-

mals and blankets and tied their hair back in pigtails with frills to revive their look from elementary school.

"Being able to dress as an elementary kid again allowed me to express creativity with my colors and patterns," said Hayden Case. "I really liked dressing up as a little kid again because it just reminded me to always have fun and be carefree."

That night, the sophomore class hosted the 2023 dodgeball tournament that consisted of eight different teams. The Misfits took the win but before winning they had to face the varsity wrestling team. Members of the Misfits were Dempsey Jenkins, Txema Bengochea, Pete Bengochea, ReiCyan Grau, Anthony Guzman, Matthew Casalez, Rigo Esquivel, Kayd Garner, and Gabe Lange.

"I felt super excited when we won the dodge ball tournament," said Anthony Guzman. "We didn't have as many players as the other teams, and we were still able to come back. My team was incredible and we had everything we needed to win."

The Winterfest Royalty candidates included Emma Gray, Jada Matheny, and Ryleigh Raabe for Winterfest queen, and Deven Gomez, Jordan Bills, and Ruben Garcia for Winterfest king. When all three pairs were in the middle of the floor, they announced the winning king and queen candidates. After all the votes were tallied, the winners were Emma Grey and Jordan Bills.

"Watching my sister run for Winterfest queen made me happy. Even though she may not have won, I was so proud of her," said Kalli Raabe.

The "pie a teacher" raffle was popular among students. Everyone seemed to enjoy seeing their teachers get pied, including other teachers.

"I honestly thought this assembly was fun," said Madysen Muñoz, "You just had to partake in the activities to have any fun."

The Lowry leadership class also held a raffle for all of the Lowry students. This biggest prize was a \$100 cash prize which was won by freshman Joshua Burchette.



Yoselyn Diaz-Ruiz, Yukari Arechiga, and Elma Jimenez dress up for PJ day. /Alexa Toscano •The Brand



Alexander Lopez with Ava Marquis showing their spirit on hat day. /Juliana Blatzheim • The Brand



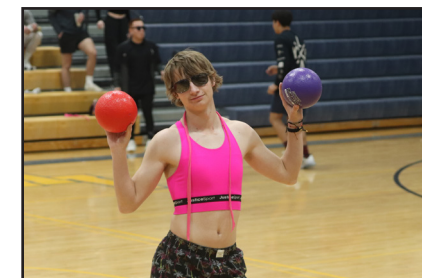
Joshua Bruchette and Amaya Pederson perform "Tequila". / Luz Magana • The Brand



Chelsey Guerrero Bueno and Roselynn Avila dress up as their childhood selves. /Emily Valdez • The Brand



Aiden Peters throws a pie at Mr. Grant Beatty during Friday's assembly. / Lainey Novacek • The Brand



Senior Kaid Sanchez competes in the dodgeball tournament. / Kailey Franklin • The Brand

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Social media is damaging our perception

By Itzel Reyes

Social Media has grown so much in recent years, and some might say it is one of their favorite things. Although it can be fun, having it be free to post on and share ideas can bring tons of negative stigma worldwide. Although there is plenty of positive stigmas as well, a lot of the time, they get overpowered by all of that other negativity.

As a kid in high school, so many people are affected negatively by content found on social media, and barely any realize how much it really is affecting them. Social media can be amusing and entertaining, but at the same time, it can make people think about or worry over things that they should not have to be bothered about.

For example, the way thousands of individuals see themselves has been affecting people worldwide. Social media has the capability to reach all audiences, and many things get interpreted

in the wrong way, causing other ideas to surface. For example, the internet's "beauty standard" has negatively spread, pushing many women and men of

issue that occurs.

There are times when social media can be enjoyable, or even helpful, however, there is so much space for the negativity that overpowers all of the positivity that should be there. Having all that space filled with negative ideas gives us more reason to leave social media. You don't necessarily have to quit social media, but most people have taken breaks from social media before. You'll know how refreshing it can be if you've done so too.

There have been numerous studies that show the relationship between social media and mental health issues. According to helpguide.org, "...multiple studies have shown a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self hard, and even suicidal thoughts."

Leaving, taking a break, or just limiting time on social media gives many people a pause from a lot of the negativity and strain it can bring with it and can be very beneficial for one's mental health.



Nataly Varela, Sierra Vankuiken, and Brie Garner look at their phones together in the hall./ Keira Garner • The Brand

all ages to feel like they have to be certain attributes or certain features just to fit in, or feel accepted. Without social media, this idea of a standard would not have spread the way it has. Although a lot of people do not realize how much social media can affect someone, it truly is an

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Career Profile: Lyndsee Jimenez

by Elizabeth Carrillo

Going to college and still trying to work is one of the most challenging experiences people will face. When you want your dream job, you will fight for whatever you want and not stop till you get it. It's not impossible, you just have to want it to go after it.

Lyndsee Jimenez went to work, and school, and completed it in two years; she fought for her dream and pushed through. She didn't stop until she got the license to do what she loved most.

"Going to school part-time took just two years of commuting, but in the end, I completed my hair design license," said Jimenez.

Jimenez came home permanently and joined Anne Sample and her team at Premier Salon

in 2006. Since she was a young girl, she watched her aunts in the environment that set the tone for her love. She made her dream come true and opened the salon of her dreams.

"Opening Allure back in 2011 was a childhood dream come true and I'm so grateful to have such a supportive family that has always encouraged my passion for entrepreneurship," said Jimenez.

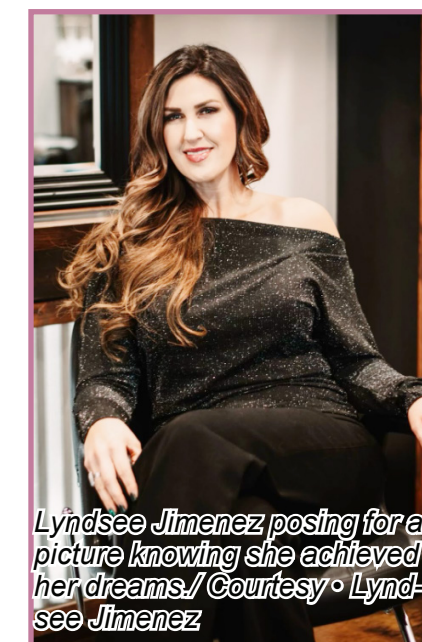
Being your boss must be a very stressful job, but Jimenez makes it all work. She's a very powerful strong independent woman that made her dream come true.

Her husband and kids are by far the best partners in this endeavor.

"I wouldn't be successful without the love and support of my family, friends, great clients, and amazing Al-

lure family," said Jimenez.

Jimenez works so hard each day making sure her clients have a smile on their faces when they get to see their new selves. After a long day of making people smile she comes home and receives smiles from her kids.



Lyndsee Jimenez posing for a picture knowing she achieved her dreams./ Courtesy • Lyndsee Jimenez



Lyndsee Jimenez takes pictures with her amazing staff./ Courtesy • Lyndsee Jimenez

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Who Knows You

By Danica Colman

Daniel Hinton

1. What's Samuel's favorite color? Red.
2. What's Samuel's favorite fruit? Apples.
3. What's Samuel's favorite fast-food restaurant? McDonald's.
4. Does Samuel like his older brother or little brother more? Older brother.



John Boyle

1. What's Samuel's favorite color? Blue.
2. What's Samuel's favorite fruit? Orange.
3. What's Samuel's favorite fast-food restaurant? Chick fil' A.
4. Does Samuel like his older brother or little brother more? Older brother.

5. If Samuel could visit any state which would he choose? Oregon.
6. What's Samuel's favorite state? Louisiana.
7. If Samuel could join any military branch what would it be? Marines.
8. What's Samuel's favorite video game? "Red Dead Redemption".
9. Would Samuel rather skydive or deep sea diving? Skydive.
10. Would Samuel rather go back in time or go to the future? Back in time.

5. If Samuel could visit any state which would he choose? Ohio.
6. What's Samuel's favorite state? Oregon.
7. If Samuel could join any military branch what would it be? Army.
8. What's Samuel's favorite video game? "Call of Duty Cold War".
9. Would Samuel rather skydive or deep sea diving? Skydive.
10. Would Samuel rather go back in time or go to the future? Back in time.

Answers: 1. Red. 2. Bananas. 3. Chick-fil-A. 4. Older brother. 5. Montana. 6. Oregon. 7. Marines. 8. "Call of Duty Black Ops". 9. Skydive. 10. Back in time.

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Lowry Voices: What is the biggest issue you've faced this year?

By Ally Green



Connor Peterson

"The biggest issue I've faced so far is having so much homework because of being away from sports; football and baseball."

Connor Peterson



Khloe Shorey

"I think it would be playing with two different basketball teams and trying to be in sync with them when it was very hard to do that and deal with other things going on in life."

Khloe Shorey



Nazareth Razo

"Having to deal with worrying about people too much."

Nazareth Razo



Emma Gray

"My biggest issue was trying to fit every memory I could into such a short amount of time when in reality every moment of every day was a memory I'll remember forever."

Emma Gray

Spring Do's and Don'ts

By Danica Colman

The spring season is finally approaching, so bust out your spring wardrobe. This season students are eager for spring, because it means it's closer to summer and the end of school (Let's go!!) So here are some tips on what you should and shouldn't do this spring.

Do: Put away the winter coats, and trade them in with the shorts and skirts.
Don't: Wear long sleeves,

and long pants... show off the cute outfits!

Do: Start beginning to work on your flower or vegetable garden.

Don't: Spend your savings on summer clothes... Yet.

Do: Put away your scarfs, mittens and boots and tuck them away behind the shelf.

Don't: Stay inside all day, it's beautiful outside.

Do: Use sunscreen, it's

bright outside.

Don't: Wear a snowsuit, you'll probably get heatstroke

Do: Go out and jump in muddy puddles, when it rains of course.

Don't: Be a hermit and stay in bed wallowing away.

Do: Take a moment and smell the beautiful scent of the pretty flowers.

Don't: Avoid friends... hang out with them, keep the bond.

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Buckaroo Roundup

with Sebastian Blue, Jeb Sagers, Gavin McLaughlin

By Ally Green

People: Sebastian Blue, Jeb Sagers, Gavin McLaughlin

SB: No. go to lunch?

JS: Nope. SB: I just kinda roam the halls.

GM: Yeah I work at Grocery Outlet. JS: I usually spend lunch in Scott's classroom.

What's your favorite subject in school?

SB: Probably art. What's your plan for after high school?

JS: Science. SB: Not sure yet.

GM: Probably physics, we sometimes do labs. JS: Just go to college

Do you play any high school sports?

SB: was gonna play baseball but I didn't this year.

JS: Baseball, I play 3rd.

GM: No not currently.

Who's your favorite teacher?

SB: Mr. Scott.

JS: Don't have one.

GM: Probably Mr. Lucas or Mr. Scott.

What is your favorite memory from high school?

SB: I don't really have one.

JS: Making the team for baseball is fun I guess, I made JV.

GM: I don't know.

What was your biggest regret in high school?

SB: I haven't really had one.

JS: Choosing to take business.

GM: Not turning in most of my work and almost failing.

What's your favorite music genre?

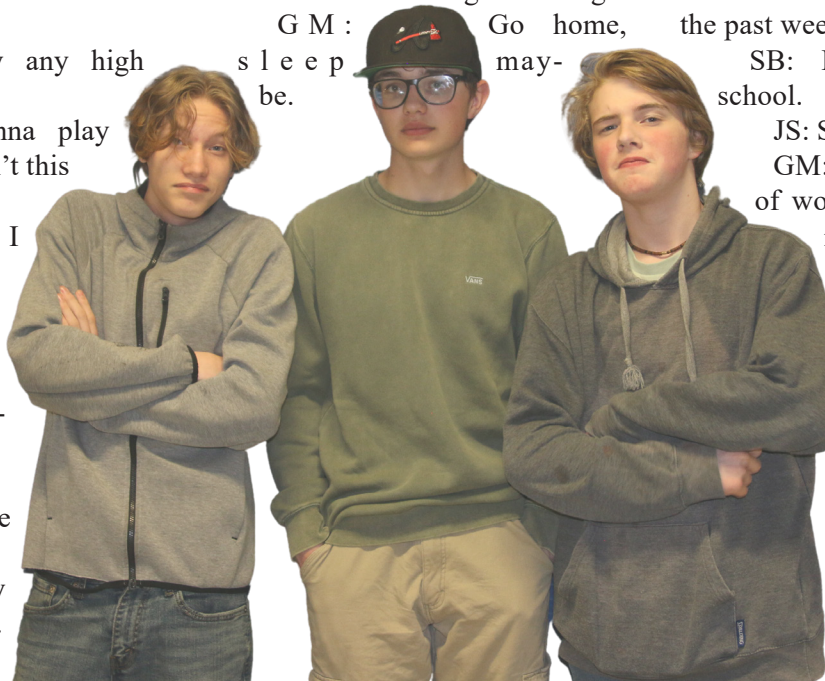
JB: Either punk or Classical music.

JS: Don't have one.

GM: I would say hip-hop, rap.

Do you have a job?

Where's your favorite place to



Lowry's newest Hall of Fame inductees

By Alexis Galarza

This year Lowry inducted four new members to the hall of fame. Each of the members has been involved in the Humboldt county community for years upon years. Within their time in Winnemucca, inductees have found a way to leave their mark on the community members of Humboldt county. On behalf of the athletic department, each inductee has a short biography on how they left an impact.

One of the inductees was Jim Salmi. He came to Winnemucca with his wife. Their plan was to make it a short stay. High school sweethearts, Charlene supported the family while Jim finished college at the University of Minnesota-Duluth. Initially, Salmi was hired as a PE teacher and assistant football and track coach. However, throughout his 39-year career in Humboldt County he also taught health and weight training classes; coached cross country, and boys and girls basketball; and, was a highly respected football and basketball referee. Sadly, Jim passed away in 2017 leaving behind his wife Charlene, two children Vickie and Jim, and four grandchildren.

Another inductee was Megan Duffurena. Magen Duffurena was a 2004 graduate of Lowry High School. She was one of Lowry's best athletes during her high school career. She won multiple state championships for a wide range of sports. She was also the 2004 Florence Murphy award winner as the Greater Nevada Female Athlete of the Year, and she was a Nevada state finalist for Wendy's High School Heisman award. Besides being an outstanding athlete, Magen was an outstanding student winning numerous academic all-state awards during her high school career. She was a member of the National Honor Society for four years and a Nevada Silver Scholar. After graduating from Lowry, Magen attended the College of Idaho. She built a successful career with the Forest Service, first in Fire and now in Fuels, and was featured In National Geographic's Explorer in 2019.

Another inductee was Dr. Raymond Hooft. Ray-

mond Hooft was a 1971 graduate of Lowry High School. He was one of Lowry's best athletes during his high school career. He only played on JV for one year in multiple sports and made varsity the rest of his three years at Lowry. Besides being an outstanding athlete, Raymond was a prominent student as a member of Block W for four years, National Honor Society in his senior year, and the student body president his senior year. Raymond played wide receiver at Boise State for four years. He graduated from the UNR medical school in 1981 doing his internship in Spokane, Washington.

He did his family practice residency at the University of Illinois-Rockford and was voted the outstanding teaching resident his senior year. He was the director of the emergency room at Franciscan Medical Center in Rock Island, Illinois.

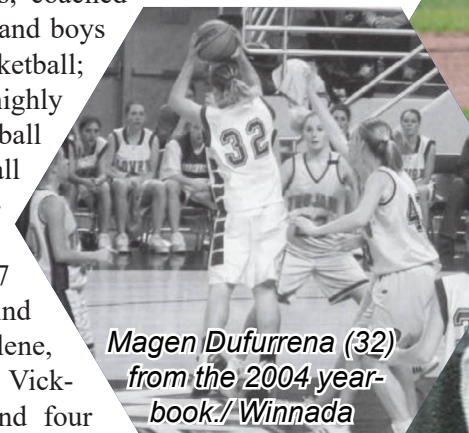
The final Inductee was Jace Billingsley. Jace Billingsley was a 2012 graduate of Lowry High School. He was one of northern Nevada's best athletes during his high school career.

He was a three-year letter winner in football and a four-year letter winner in wrestling and baseball. He

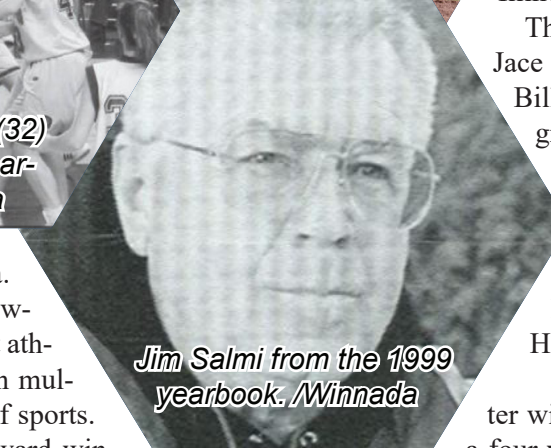
was a four-time state champion during his wrestling career. He also earned all-state honors in baseball in 2011. He was the Raymond Hooft award winner for being the best male athlete at Lowry in 2012. After high school, he attended Eastern Oregon University where he played football. He was 2nd team all-American in 2014 and was all-conference all four years. After he left EOU, Jace became the first Winnemucca athlete to play in the NFL as he played for the Detroit Lions. With his NFL career behind him, Jace returned to Winnemucca to live and work.



Jace Billingsley in 2012.
/Courtesy • Lorin Noble



Magen Duffurena (32)
from the 2004 yearbook./ Winnada



Jim Salmi from the 1999 yearbook. /Winnada

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By Macy Whitted

By Macy Whitted

In February 5 students competed at the Northeast Regional Welding Competition in Elko.

At the competition many of the skills USA team placed in the top five, the top four will advance to the state competition in April.

Presley Hayes, a sophomore, placed first at the competition. Zane Cano placed second as a sophomore, Anton Mendoza tied for third place as a junior, and Tesa Urita placed eighth as a junior.

"My favorite part about competing is the competition itself, I like doing something I'm good at and competing at it with others," said AJ Mendoza.

Mr. Andrew Meyer, the advisor, enjoys teaching Skills USA because there are so many things you can do. There is an endless amount of things you can be entered into the club for. SkillsUSA isn't just about high school competitions, it

holds the key to your future career.

"I have been the lead advisor SkillsUSA for 11 years, I love it because it got me where I am today," said Meyer. "I would not be a teacher if it weren't for Skills."

Junior, Tesa Urrutia is a part of the welding industry and wants to take it a step further and make it a future career. Urrutia thinks welding is the perfect fit for her.

"Skills USA helps me with taking my knowledge and furthering it for my future career," said Urrutia.

Sophomore Hunter Fears is a part of the carpentry topic, he enjoys it because it offers many hands-on projects and it helps him prepare for his upcoming career. Fears wishes to become a carpenter, he believes the job is a good fit for him.

"Skills USA is an organization that tests kids' skills, and sets them up for future careers," said Fears.



Presley Hayes with her medal and participation award after winning first place. / Courtesy • Andrew Meyer

Skills USA is about more than just competition. Most students use this as a hobby and plan to take it into a future career they are considering.

"I do SkillsUSA because that is what I plan on doing in the future, and I want to prepare myself," said AJ Mendoza.

Club members plan to take what they learned at Elko, and take it to state with them in April. The members who will be going to state for the welding competition are Presley Hayes, Zane Caro, and AJ Mendoza.

Are you more of a leader or a follower?

By Ludivynne Canales

Leadership is defined by Fred Fiedler, as the ability to influence others to achieve common goals. There are many kinds of leadership, such as political, organizational, religious, and personal. Leadership has been studied for years by psychologists and sociologists because it has such a significant impact on society. A leader must have confidence in themselves and their abilities which will allow them to teach and help other people around them.

Leadership helps people achieve their goals and objectives, which is why leadership is so important. Leadership is an essential part of any organization because, without it, no organization would be able to function properly. In addition, leadership can also be seen in the community because, without leadership, there would be chaos. Leadership plays an important role in our society. It greatly impacts society because use it helps people achieve their goals and dreams.

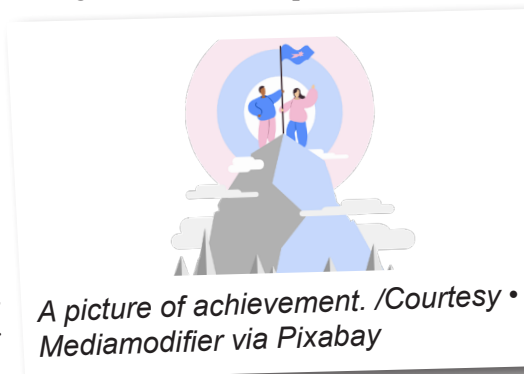
In an article by Leaderomics, it says, "You're not a leader just because you have people reporting to you. And you don't suddenly become a leader once you reach a certain pay grade. A true leader influences others to

be their best. Leadership is about social influence, not positional power."

A follower is a person who follows without being asked to do so. A follower is someone who does not have any independent opinion but instead follows another person's idea. A follower can be defined as a person who does not have any authority or power in their own right but instead has authority based on the fact that they follow someone else.

Being a follower is not always bad, there are times when it's good. For example, when you follow someone because you respect them and their opinion rather than just following because they have power over you or you feel pressured to do so. It can be harmful if you only follow someone for their money, fame, or just because you want to be like them.

Everyone should become their own leader. Leadership is not always about power; it can also be about persuasion, inspiration, or even just being a good example for others to follow. Being a leader is important because then you don't rely on others around you and you become more independent, which is a great skill to have while growing up.



A picture of achievement. /Courtesy • Mediamodifier via Pixabay

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Whatever Happened to the good ol' days? By Macy Whitted

Let's head back to the early 2000s when you would get home from school, eat your snack and watch cartoons. Those were the good ol' days when you had no worries and no homework to get done. Now, it's completely different. Whatever happened to things such as silly bands, Backyardigans, or pillow pets? Well, let's jump back in time and find out.

Nowadays it's very rare to find a kid who won't choose an electronic over a toy, but for us, it was the exact opposite.

"I always looked forward to coming home and playing with my hot wheels in front of the TV," said Rogelio Leon.

Leon did more than just play games and watch TV. He enjoyed going outside and spending time with his friends. It's sad that we don't see what we enjoyed as kids. Es-

pecially if you have younger siblings you tend to notice it more than others, most toys and TV shows stopped producing their products.

"Every day I would get home and immediately turn on Tom and Jerry," said Nathan Stetler.

It's a good thing that most of these shows we used to watch are still on air to this day because some young adults still catch themselves watching them.

These childhood nostalgic memories aren't just gone. Many things have been updated or even changed altogether. Most of the things we used to enjoy as little kids still exist and we can still buy them to carry them on for the next generation.

The good ol' days may be in the past but the memories will be held in a special place for life.



A young kid enjoying a day outside with a kite. / Courtesy • Pixabay

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Rudy Gonzalez, more than just a smile

By Lainey Novacek



Rudy and Marcos Rodriguez smile big for a picture. / Alexa Toscano • The Brand

Rudy starts his day extremely early so he can get here and help out the students who arrive at school early in the morning. He cares for everyone and wants to see everyone succeed in whatever they want to do.

"I wake up at 3:30 in the morning and get to the school around 4:45," said Rudy. "I then clean the main offices, and I unlock all of the doors for the kids who are here early."

Rudy stays at Lowry until 2:30 p.m. or even longer, depending on the mess, making sure everything is in order for the next day at school. Rudy

Gonzalez is the Lowry High School janitor and deserves to be recognized. He has done so much for this school and not many people see this. Without him, this school would be an absolute mess.

wants to make sure that the students, as well as the teachers, do well every day and that starts with clean surroundings.

Rudy is always here for the students at Lowry High and he makes everyone's days better just by being here.

"Rudy is like a breath of fresh air," said Madysson Muñoz, "whenever I need him, he always is there for me."

Rudy makes the students here happy because of how much he cares for them. Everyone who has had a conversation with Rudy always smiles because of his friendliness and kindness. Our principal, Mr. Parks,

enjoys having Rudy working at the school. "He has been a great addition to our school," said Parks. "He was a former Lowry graduate and he takes pride in his work."

Rudy is here for everyone at Lowry High whenever they need a smile.



Rudy fixing a machine to clean the floors. / Alexis Galarza • The Brand

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STUNNED PHOTOGRAPHY
by Kayla Simons

Lowry's Robotics Club turns heads with their outstanding success

By Audry Mason



/Courtesy • Scott Santos

The Robotics team has been a hit throughout this year. The team has participated in several competitions such as the VRC Battle in the Mucc. The event was successful thanks to Mr. Scott Santos and his club students.

The Robotics club allows students to reveal their interests to those who understand them.

"The Robotics club is a unique way for students to express their interests that others

do not relate to," said Kaycee Overton. "Mr. Santos has helped me improve tremendously in areas I'm weaker in, his help has also allowed me to compete at a higher level when we attend competitions."

There is more to Robotics than most people think. Students have the opportunity to learn extraordinary skills that they cannot learn in a basic classroom.

"Those skills include application of the

Engineering Design Process, 3D Modeling, and coding/programming," said Santos.

On February 25 the team competed at the Nevada High School VRC Championship in Las Vegas. The event was a positive experience even though the teams learned that the bar is set a bit higher in Southern Nevada.

Mia Preciado earned the event's Inspire Award. Mia displayed notable leadership skills, and diligence as her team worked to design and construct their robot for events this season. Mia spent lunch breaks and time after school preparing the robot and even worked late at night at home on the team's

Engineering Notebook. This award was given to one of 56 teams at this event. The Inspire Award is presented to a team that has inspired judges with their approach to the VEX Robotics program

Exploring the options robotics allows students to do is an extraordinary thing. Robotics benefits students in ways other classes cannot.

"Robotics Club has helped me expand my skills in and out of the club," said Caleb Sanders. "It helps me advance in other classes such as Auto Technology."



/Courtesy • Scott Santos

Advocates offer information, emotional support, help find resources, and can assist with completing needed paperwork. Advocates are available 24/7 to answer any questions. All services and participation are free and confidential.

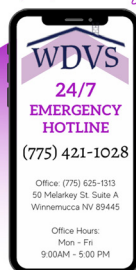
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