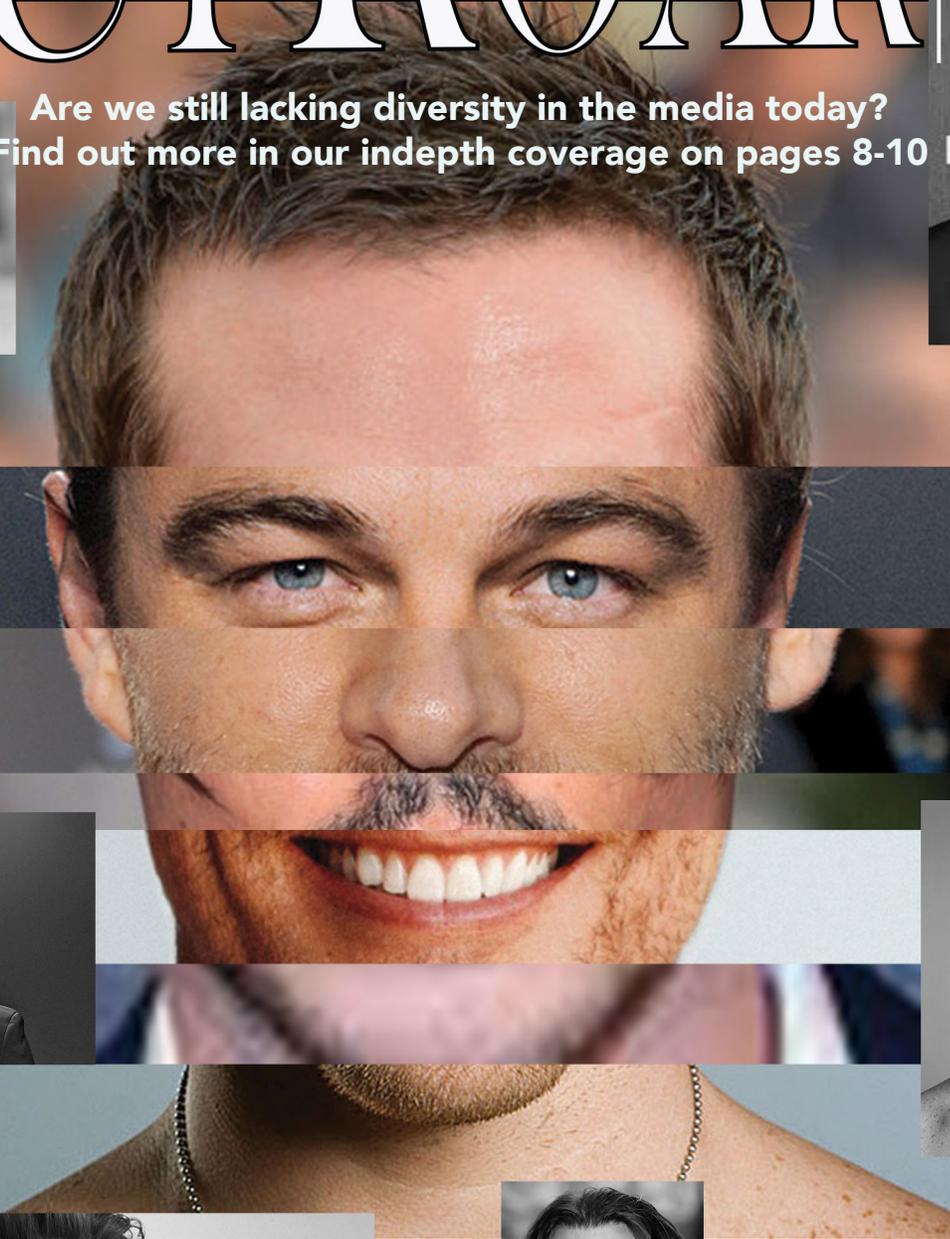
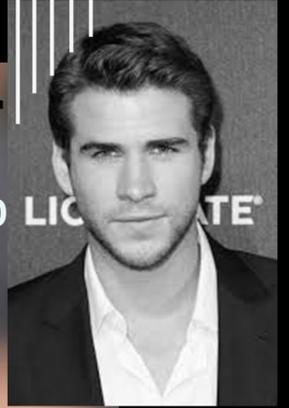


# UPROAR

Are we still lacking diversity in the media today?  
Find out more in our indepth coverage on pages 8-10



# Schedule change for success

South Central Unified School District #5 creates career based schedule for students

by Maci Maldonado

In an effort to expand its current pathway programs, South Central Unified School District #5 is transitioning to a modified block schedule in both Sandy Creek and Lawrence/Nelson High Schools.

While the new schedule is partially based of the current middle school model, which has been hugely successful; the high school is taking the idea of a block schedule further, trying to create a new form of education that other schools in the state will model after. The schedule is tailored to allow underclassmen to take core classes on Monday, Wednesday, Friday and electives and pathway classes on Tuesdays and Thursdays. The upperclassmen will have core classes on Tuesdays and Thursdays with electives and pathway classes on Mondays and Wednesdays, leaving Fridays open for students to work with their business partners or job shadow. Both the underclassmen and upperclassmen will have classes split into 90 minute blocks, so that they may have more time for project based assignments.

Lawrence/Nelson High School will continue to travel to Sandy Creek on Monday and Wednesday for the whole day, if they choose, to take pathway and elective courses. This will give the Lawrence/Nelson students the opportunity to take more college courses if they would like or travel back to Nelson for the remainder of the day. Shuttles will run between both schools throughout the day to accommodate student needs.

One of the driving reasons for the dramatic change is the new mentoring program where students will have opportunities to test out occupations they are interested in studying.

Currently, the district offers college classes in various career fields through the pathway system, but beginning in January, all student classes will be tailored to enhance pathways. Additionally, all upperclassmen will have free time on Friday's to travel to join a professional in the career field they are interested in. Students will work closely with their assigned mentor to gain real-world workplace experience in their chosen field of study. The district hopes these unprecedented opportunities will provide students with a better understanding of what their future jobs could consist of.

"Connections while mentoring will curve students' interest and lead them into their careers, or it may make them realize that a certain career might not be for them. We want students to have as much information as they can. Connecting to local experts will help retain more information and give them lots of connections for the future," said Sandy Creek secondary principal Mr. Jason Searle.

The district hopes that gaining real-world experience will make student learning more meaningful and help students to maintain engagement in all of their courses.

"I think working with the business partners will help me take information from the book in our pathway classes to real life experiences," said Lawrence/Nelson senior Gavyn Buschkoetter

While the plan is promising, all of the obstacles that need to be overcome to make this new schedule successful have many students, staff and community members wondering why the district is working so hard to fix something that isn't broken. One of the main reasons for the change is the district's belief that students will have more flexibility with their schedules, so they may take more of the college classes that are available. While many people are excited for the

change, viewing it as progressive, others are wondering if the path that the district is taking with the schedules will truly benefit students, citing the seemingly rushed mid year implementation that is resulting in the cancellation of the last 2 days of the semester to train teachers, as a major concern.

"A teacher inservice will be held where we will show teachers how to use basecamp, contact mentors and how to use their 90 minute class periods to benefit students," said Mrs. Connie Porter

With the schedules being directed towards pathway classes and career ready skills, some are also concerned that students will miss out on college-ready curriculum that is needed to succeed in college. However, district administration are confident that students will be well prepared for their futures, whether it be in the career field or in college. Freshmen and Sophomores will combine for English and Social Studies classes as content in core classes will change to meet the criteria of the pathways, placing the focus on career based skills students will need to succeed in their future jobs.

"I do think that it will work with students who want to go on to get their bachelors or associates degree, and the mentors will help tremendously with choosing the path you want to take because there are so many different careers," said Sandy Creek secondary principal Mr. Jason Searle.

The district forging a new path with this scheduling and pathway system in the hopes that it will engage all students and help better prepare them for life after high school. Time will tell if a progressive new system like this one will catch on, making South Central Unified School District #5 a progressive leader and model for all Nebraska schools.

"I think that we are working to develop a new style of education that will better meet the needs of the students in our area. Once we work all the kinks out, we could serve as a model for other schools," said English teacher Mrs. Collinson.



# New scheduling = more stress

Students have concern about the change

by McKensi Uecker

At the beginning of next semester, Sandy Creek High School will change from it's traditional class schedule to a new style of block scheduling. While it might be a more "modern" and "efficient" schedule, we as students are not excited for this change. The new block scheduling is increasing our stress levels due to the fact that many of our schedules are undergoing dramatic changes at the semester, and we aren't able to take the classes that we are were enrolled in during the first semester.

"Because of the new scheduling I've had to drop classes and now I have to take classes that I really don't want to take. I had to drop my agriculture class, and I'm going to have to take accounting. I

know a lot of students have been having scheduling issues and it's really frustrating," said senior staffer Katrina Anderson.

Another change that has spiked stress for us is that we will all have our core classes on the same day. This means that there will be no breaks in the day for students who are taking many difficult classes. Many of us count on having our difficult, more taxing classes split up by a subject that we enjoy, but this is no longer the case. This unbalance in the day-to-day curriculum is just going to put more pressure on us.

"I'm taking a lot of difficult classes this year, and it's going to be really stressful to have all of them on the same day. I really liked having a break between my calculus and physics classes, and now I won't. It's going to be a lot more stressful," said senior editor Lauren Shackelford.

While block scheduling might be a big change for Sandy Creek students, it's not actually the problem. The problem is that the administration has decided to implement these changes at such a poor time in the year. Instead of waiting until the beginning of next school year and having time to plan everything, students are having to take days off school so the faculty can "get on the same page." There is no issue with block scheduling, but Sandy Creek is going about it in all the wrong ways, and we are the ones who will deal with the repercussions.

Period 5  
2:15-3:38

Period 4  
12:21-2:15

Period 3  
10:57-12:21

Period 2  
9:33-10:57

Focus  
9:10-9:33

Period 1  
8:20-9:10

**Blocks to Success**  
Sandy Creek's new Block Scheduling

Photo Illustration by Molly Dane

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Infographic by Chase Perry

# Standing up to cancer

## Sandy Creek raises money for a good cause

by Audrey Fischer

Over 12 million people are diagnosed with cancer each year, out of those 12 million people, about 8 million die from the disease because researchers lack funds to develop improved treatments. Throughout the years, the Sandy Creek Lady Cougar volleyball teams have worked very hard to raise money for this very cause. This year, and many years in the past, the team has raised money for a local cancer treatment center, bringing awareness to the cause and local patients fighting for their lives.

Coach Levi Gorsuch states that the month of October is and will continue to

be devoted to cancer awareness, and all of the games played in October will be dedicated to this cause. Sandy Creek and Fillmore Central teamed up to raise funds for the Morrison Cancer Center located in Hastings, Nebraska. They worked together to come up with a t-shirt design to support cancer awareness. After creating the shirts, the Cougars and the Fillies worked to sell the shirts online and at their match

on October 6th. Together the teams raised five hundred dollars, all of which was donated to the Morrison Cancer Center, a comprehensive, advanced medical and radiation oncology service at Mary Lanning Memorial Hospital in Hastings.

"I was really happy that two schools that constantly compete against each other in many different activities could come together to raise money for such a great cause. We might be rivals on the court, but off of the court we built a strong community that was based on helping others in need," says senior, right side hitter, Addison Kuta.



Photo taken by Sandy Creek Journalism



Infographic by Jayln Shaffer

# Are teens sabotaging their bodies?

## Performance enhancing drug use rising among high school athletes

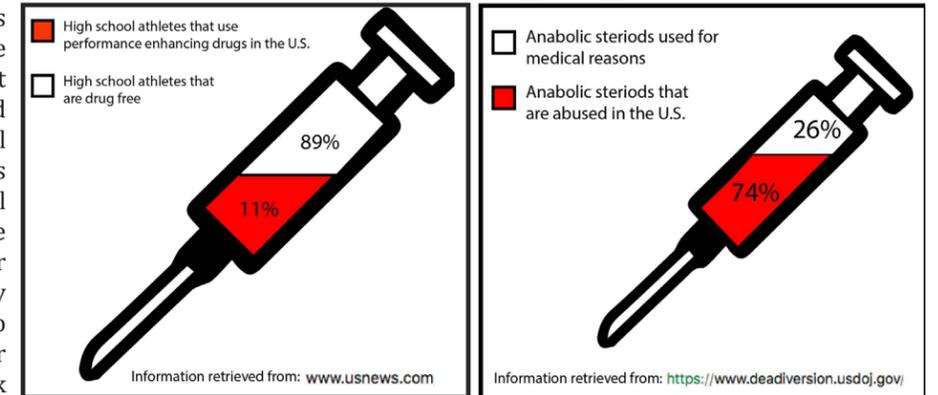
by Brianna Sorgen

It is no secret that professional athletes are often pressured to use performance enhancing drugs, but people forget about the everyday pressures involved with high school sports. Students feel pressure from their parents and coaches while playing sports. High school athletes feel inadequate when they are constantly judged by their parents or threatened to be kicked off the team by their coaches. They look for a way to cope with their insecurities about their body and performance. Many don't think that using enhancement drugs can affect them negatively. Especially since they are used to seeing their role models in the big leagues getting away with taking drugs while enjoying successful careers.

"Young people are seeking out and using performance-enhancing substances like synthetic HGH - and supplements purporting to contain HGH - hoping to improve athletic performance or body appearance without really knowing what substances they are putting into their bodies," said Steve Pasierb, President and CEO of the Partnership for Drug-Free Kids.

Not only do students take steroids to

### Performance Enhancing Drugs in the U.S.



Infographic by Jordan Kempf

enhance their abilities, they use them to improve their looks. Athletes are just as insecure about their body as the next person, but instead of taking the time to diet or workout, they choose to take the quick route, using enhancing drugs to get the look they want. These drugs work by helping to build muscle faster. Muscle is built by ripping and rebuilding to make it stronger than it was before. Steroids help speed this process up by causing the athlete to get bigger, faster.

"If students take pride in their integrity, they should think about all the negative side effects that come with taking steroids and the consequences as well," says senior three-sport athlete Jaeden Traudt.

Student athletes overlook the potentially life-threatening side effects that accompany steroids. Some side effects include, acne, high blood pressure and increased growth of body hair. Steroids also have different effects on a body

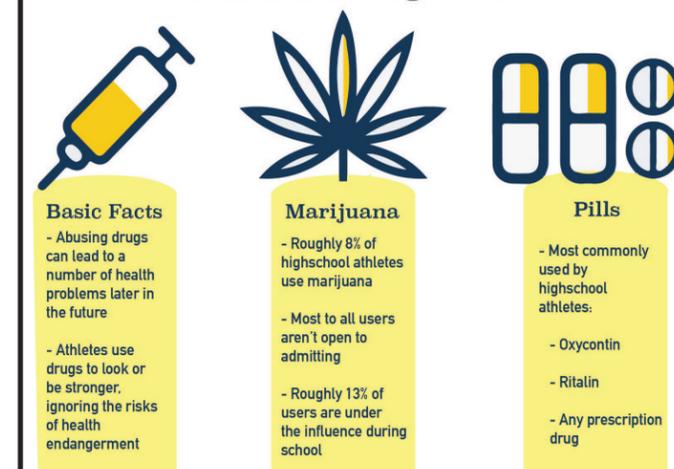
based on gender. Some side effects for men include, development of breasts, infertility and testicular shrinkage, while women can experience voice deepening, engorged clitoris and reduced breast size. Student athletes turn to performance enhancing drugs to fix their insecurities, only to discover that the side effects can be worse.

"These are not products that assure safety and efficiency. Prescription and over-the-counter medicines must go through rigorous testing to be proven safe before being sold to the public, but supplement products appear on store shelves without regulation from the Food and Drug Administration and must actually be proven unsafe before being removed from sale," said Pasierb.

To fight this problem, many schools encourage parents and coaches to take responsibility for the problem and discuss the positive and negative effects of performance enhancing drugs with their athletes. Discussing drugs helps give students a better understanding of the drug, allowing students to recognize that the perks of performance enhancers don't come without consequences.

Steroids should be used only for health purposes, not for performance enhancing purposes," said basketball coach Russ Ninemire.

### Athletes and Drug Abuse



Infographic by Samantha Stapleman

# Kolt's Korner

## Treat yo' self

by Kolt Illingworth

Self respect. Meaning to have pride and confidence in oneself; a feeling that one is behaving with honor and dignity. Without self respect, we will fall to our insecurities and strive to be something we're not. Developing the confidence to improve ourselves can be hard, yet we need to understand that self respect comes from within, and not from an egoistic feeling of superiority.

When the social pressures of parents, society and friends hit, you can feel like you have to be a different person. When we think about who we are, it has to come from within; our beliefs and values are what make us unique. We all have a unique style, some are fun and others are quirky, but it's how we as people choose to express ourselves. If other people cannot respect that, that's on them; don't ever let it affect you. It's important to respect your own decisions and be yourself.

Along with that, it doesn't always have to be what you wear and the things you say. Having negative people around you can lower your expectations of yourself as well. Too often we see our friends struggling to make a toxic relationship work. For instance, say one of your best friends is dating someone who just isn't right. Slowly, but surely, they'll start believing everything that bad influence says is true. You, as a person, should know who is good for you. All too often I see a toxic relationship that is hurtful to just one of the two in the relationship.

We need to take care of ourselves before anyone else, as they say, put your air mask on before helping anyone else. We need to be mentally and emotionally strong enough before we throw ourselves out there. When we lack self respect we often don't know what we deserve. Most generally we will take what we can get. Which is wrong, we should know better than to fall victim to an illusion that we made for ourselves. Our morals need to be set in stone so we know what we



Photo Illustration by Kenzie Turman

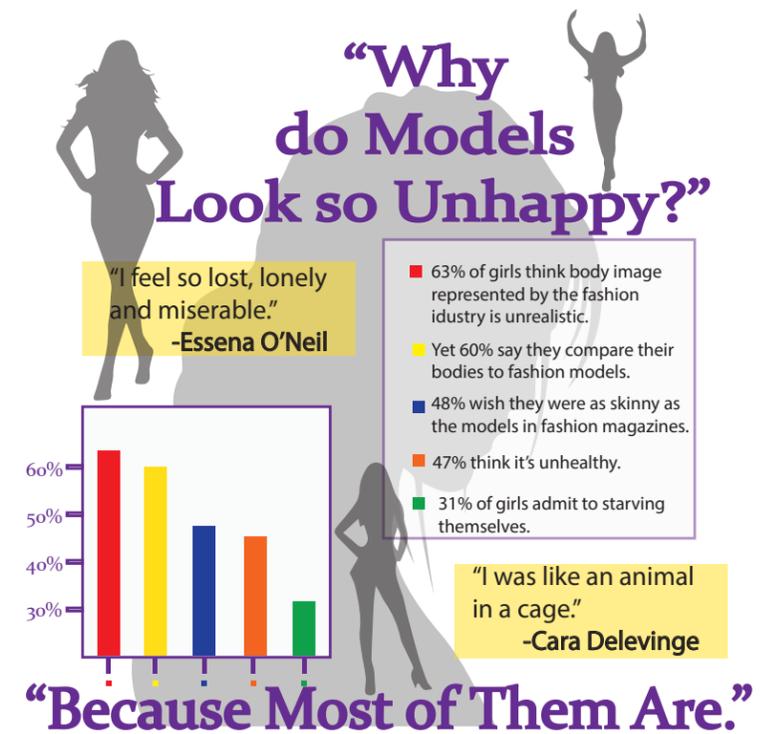
deserve and don't settle for anything less. Being in a toxic relationship can take a toll on you; honestly, if you're not feeling it and you're being put down, save yourself and get out.

As we grow as individuals, we need to take care of ourselves. When we're in a bad place it's easy to blame ourselves and place the guilt on our shoulders. We should recognize what we deserve, and should never settle for anything less. When we take the time to develop the self respect that we deserve, we can truly be happy with ourselves.

# Anything but beautiful

## Modeling industries have a dark side

by McKensi Uecker



Looking past the glossy magazine covers, beautiful faces and fake smiles, it becomes quite apparent that the modeling industry has a dark side. Not only is modeling a dangerous career choice, but it is has an extremely negative influence on many adolescents, leading to spiked rates in unhealthy eating disorders and depression. Many people I know are trying too hard to look like the models on TV, and it's taking a toll on their physical and emotional well being.

Modeling is unhealthy for many individuals as they try to reach “perfection” by any means. Malnutrition and anxiety plague the lives of some of the most beautiful people in the world. Not only that, but models are taken advantage of financially. Unless they are one of the more elite “top models” in the industry, it can be very difficult for them to find good paying work. Even when aspiring models are able to find jobs, their agencies rob them and can take up to 20% commission amongst many other expenses. Many models struggle to pay rent while their agencies are rolling in the cash that they steal from their employees.

In a recent CNN interview, former agency executive Carolyn Kramer said, “When you're a supermodel like

Gisele or Christy Turlington you're treated like royalty, but 99% of models are treated like garbage.”

While the industry mistreats many models, it doesn't only negatively impact its participants, it affects people everywhere. Everyday in my high school, I hear people saying, “I wish I was taller” or “I wish I was thinner.” They are saying these demeaning things because society has taught us that we have to look a certain way to be pretty. To feel good about themselves, women think that they have to have no body fat, but that is not the reality of beauty. Newsflash, the people on the magazine covers don't look “perfect” without major editing, so people shouldn't pressure themselves to look like that.

Many people think that only women feel pressure to look a certain way, but it affects people of all genders and all ages. Men feel just as much pressure as to look a certain way. They are expected to be buff, over 6 feet tall and have flawless skin. But in fact, the models themselves don't even look like they do in magazines. The amount of Photoshop involved in advertisements is unbelievable, and it results in unrealistic expectations not only among the public, but within the modeling industry too.

It's important to remember that everyone is different and that's okay, life isn't about trying to achieve perfection, it's about loving who you are. As long as you're living a healthy lifestyle, you don't need to be thinner. You don't need to be taller. You just need to learn to love yourself and stop hurting yourself trying to reach perfection, because perfection isn't attainable. Perfection doesn't exist, so just be yourself.

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# (Un)equal roles in media

Diversity in the media has improved through the years but is still lacking in many ways

by Kyra Sorensen

It seems that the news today is filled with stories of inequality, whether it be the pay gap between men and women or the whitewashing of Hollywood; the lack of diversity in the media is plaguing America and making headlines across the country. In the 21st century, a simple turn of the page or click of the remote demonstrates that modern media, while better than it was in decades past, lacks diversity and fails to represent the nation legitimately.

"Today's media is better than it was 20 plus years ago, however it still doesn't equally disperse the roles on television; I should be able to turn on the TV and see someone just like me in a lead role" said senior Molly Dane.

Turning on the TV reveals a problem that is streaming into homes across the nation, sexism. According to theguardian.com, twice the amount of men are on TV compared to women. To make matters worse, male actors make more money than female actors in lead roles.

"Hollywood's best-compensated actresses made just 40 cents for every dollar that the best-compensated

men made," said Betsy Woodruff in an article for Slate.

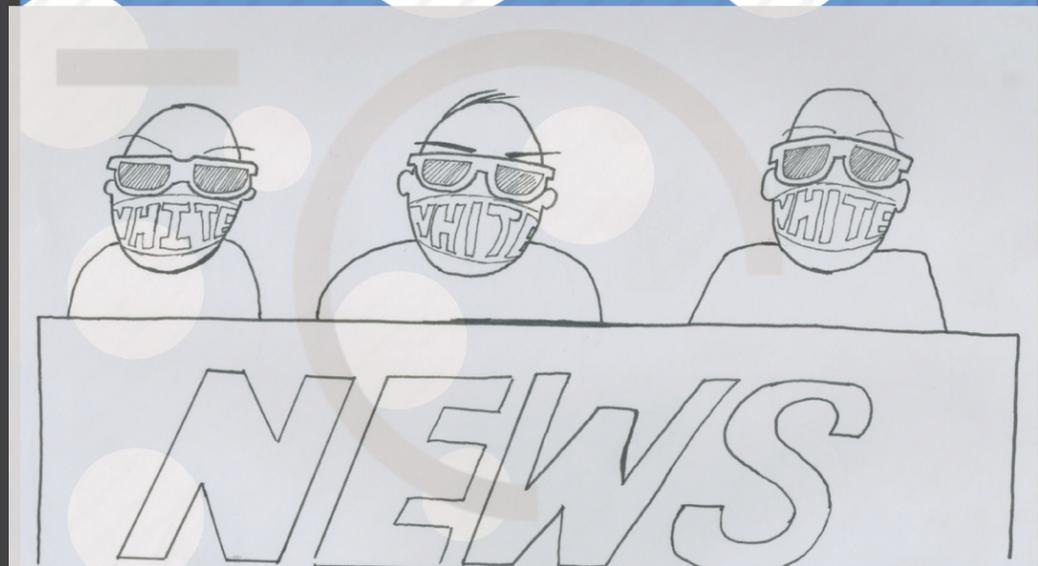
This inequality doesn't stop with scripted dramas and comedies, it seeps onto the news desk as well. Nightly news shows have traditionally been hosted by male anchors, allowing women to participate in smaller, less important roles. It would seem that the nation prefers to hear devastating news and be comforted by a male figure. While anchors like Katie Couric and Diane Sawyer have done short nightly news on the National stage, their terms were short and widely considered, failures.

Both women were replaced by male counterparts. While it's unlikely to find a female anchor, it's less likely to find ethnic diversity behind the news desk, especially at the National level. Boasting diverse ancestry, Lester Holt, current anchor of NBC News, is a successful exception to the rule.

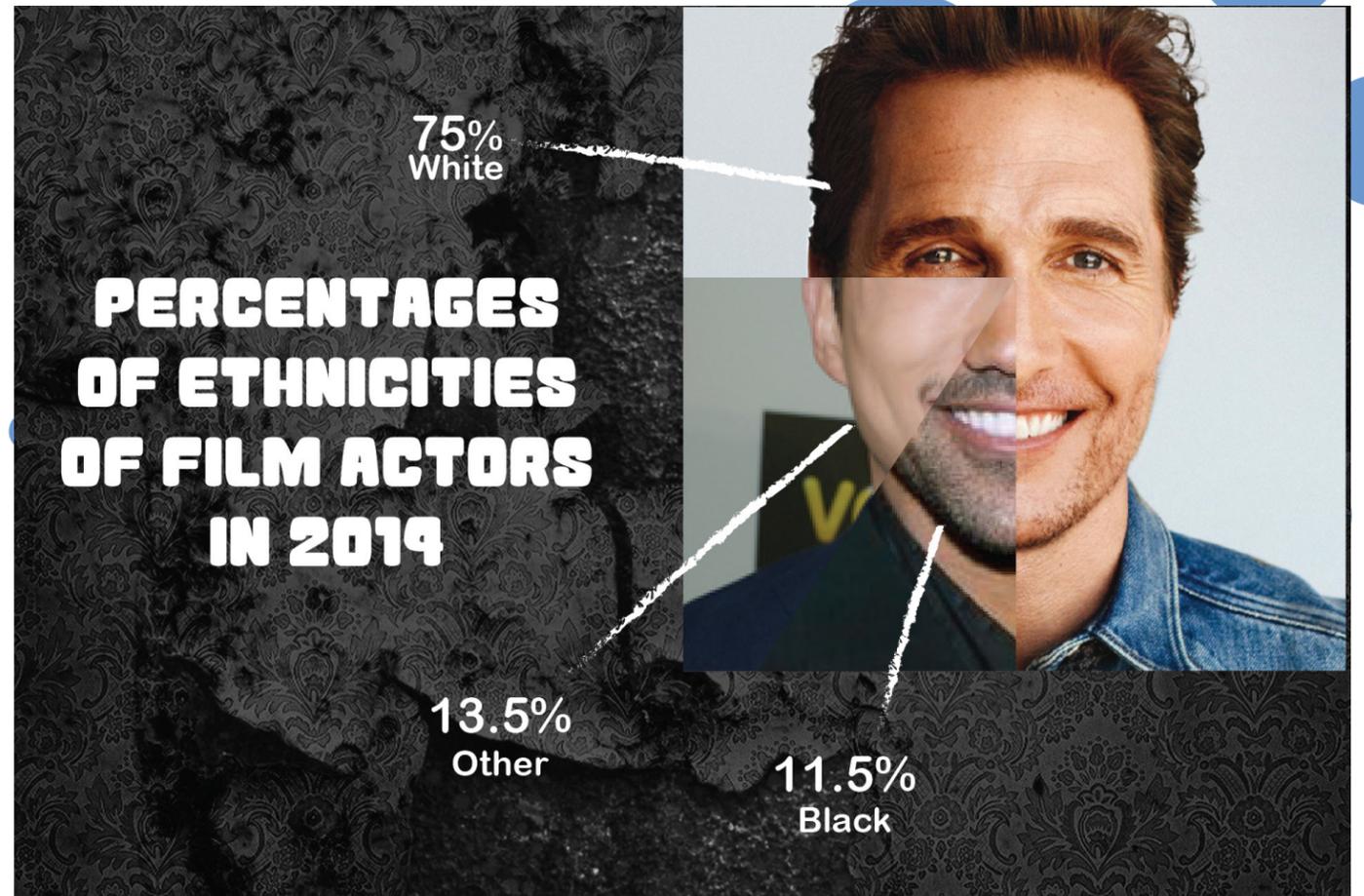
"The news media is not only failing to serve the communities, but the country at large when they fail to reflect what's going on in communities of color," said, the late, Dori J. Maynard, former President of the Robert C. Maynard Institute for Journalism Education.

Print media on the other hand has made some substantial improvements. Specifically in novels, which have come farther than the TV industry as they are starting to feature a more diverse cast of characters. It's important for diverse readers to be able to relate to the people they see in media.

Recent publications, particularly those for adolescents are filled with characters of different ethnicities, from different backgrounds, on different levels of the gender or sexuality spectrum and even those who suffer from physical or emotional handicaps. An example of this new publishing trend is Kids of Appetite by Denis Arnold, the story of a boy who was born



Editorial Cartoon by Gavin Keeler



Infographic by Barbara Rodriguez

without the use of most of the muscles in his face. Even though the story isn't about an average boy, the story of grief and love's unbreakable bond between father and son is captivating audiences.

"An aspect of the book that made it so special was the main character having a rare disorder. It not only educated me, but made me more understanding of people like him," said junior Maggie Rieckman who read Kids of Appetite.

The models in print ads found in magazines, that make their way into television commercials, are also more diverse, to the point where some modeling agencies are exclusively hiring models who have visible handicaps. It is becoming more common to open up a magazine to find a model with a skin pigmentation issue or missing limb, even seeing models with Down's

Syndrome is becoming commonplace.

According to the Fashion Spot, just under 25% of models on 2016 Fall runways were diverse and a 6.5% increase from last year.

"I think it's cool that models are starting to look like real people. I don't want to look at an ad for jeans where the model is stick thin and looks nothing like me. I want to know how someone like me will look in those jeans," said junior Makenzie Svoboda.

Although there are improvements being made across media platforms, many issues are still present. For example, last year's actors and actresses boycotted the Oscars due to the lack of diversity in nominees. Not only that, but there was not a single female director nominated for an Oscar last year, a common stat.

"Just 3.4 percent of film directors were

female, and only 7 percent of films had a cast whose balance of race and ethnicity reflected the country's diversity. In broadcast TV, 17 percent of directors were female and 19 percent of programs were ethnically balanced," according to NPR.

While the TV industry is farther behind when it comes to incorporating diversity, print media is beginning to feature a more diverse cast of characters. It is important for everyone to be able to relate to the people they see in media, it is also important for those producing these works to reflect the community.

"Even though there's been several examples of diversity in the media, I think that there is still a lot of progress to be made with including all of different groups of people," said junior Genesis Ramirez.

# Role "models" on the runway

Diversity is taking the fashion world by storm

by Maggie Rieckman

When the word "model" comes to mind, one usually thinks of skinny, tall girls photoshopped to perfection. Lately, the modeling industry has been undergoing a dramatic reform. Many male and female models who break the "traditional" expectations are changing the definition of beauty.

Diversification that appears on the runway can range from transgender models to models with skin conditions. Disabled people are also appearing a lot on the runway recently.

"It's obvious I don't have the typical cookie-cutter model look, so I want to show people that you don't need to be "perfect" to be beautiful. Uniqueness is what makes us beautiful" said, Rebekah Marine, a model who was born without her right forearm, said in an interview with the associated press (AP).

Marine started modeling four years ago and has earned the title of the "Bionic Model" because she wears an innovative prosthesis that moves exactly like a hand would. For three seasons, Marine has modeled for FTL Moda.

FTL Moda is a multi-purpose fashion firm and has featured models from all over the world with and without disabilities in their collections at New York Fashion Week. The Italian label has stood out at New York Fashion Week since its creation in 2006 for consistently taking a nontraditional approach to their fashion shows.

Included in their shows are amputee models, models in wheelchairs, models on crutches, models with burn scars and models with down's syndrome. The founder of FTL Moda, Ilaria Niccolini, started the company simply to showcase fashion, but she felt obligated to do more as it grew. She decided to showcase different kinds of models as well.

"We have been working to include

diversity at the highest level," said Niccolini in an AP interview.

Madeline Stuart, an Australian 19-year-old model with down's syndrome, started modeling about a year and a half

ago. After getting offers from several different firms, Stuart decided to go with FTL Moda because of how they promote diversity on the runway.

"Madeline does modeling because that's her platform and can raise awareness, so people don't feel isolated. It's for everyone who's ever been bullied at school because they look different. They look at Madeline now and it gives them hope," said Rosanne Stuart, Stuart's mother and spokesperson, in an interview with the AP.

Diverse models like Madeline are not only runway models, but role models to children with disabilities.

"I have a lot of followers, on my fan pages, that are children looking at me and saying, I have someone like me. When I was growing up, I didn't have that at all. I think people need that," said Shaholly Ayers, a congenital amputee model with FTL Moda, in an interview with the AP.

Models with disabilities are inspiring kids, and that is what they needed in their younger years. Despite being discouraged and rejected

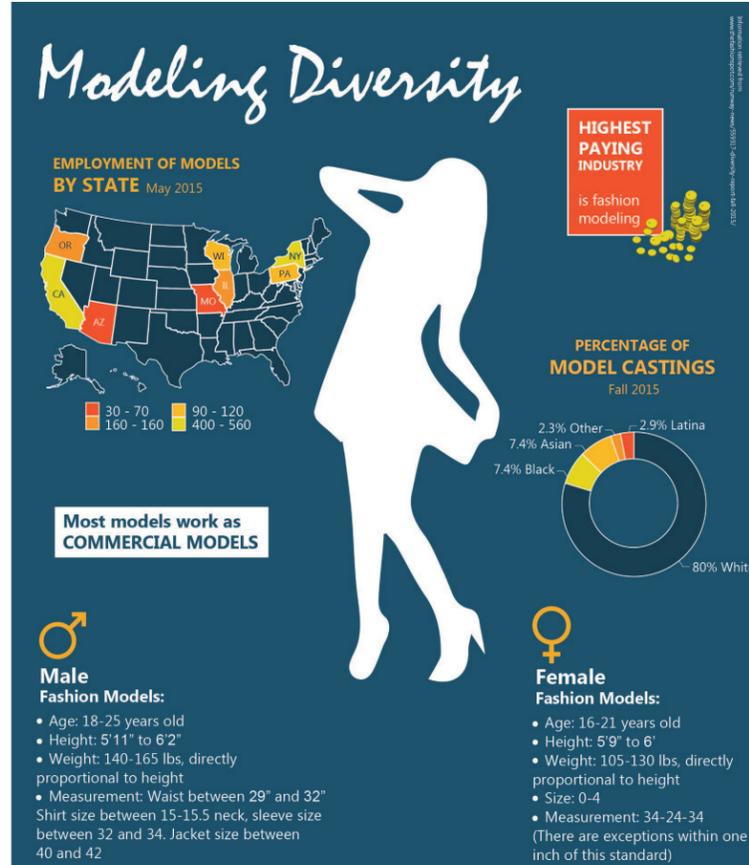
countless times, these diverse men and women broke into the fashion industry and are now the frontrunners of a revolution in our society.

"I think it's so cool to be at the front of the line of this change, and being able to open the door and inspire others to open their minds to different models," said Marine in an interview with Time.

Living in a culture where certain standards determine what is "pretty" and "ugly," FTL Moda is encouraging people to appreciate all kinds of beauty by featuring it in all different forms.

The firm is now setting an example for the entire fashion industry, and it's use of inclusion, instead of exclusion is rubbing off on other companies. And to think, it all started with a business owner seeing the potential to make the world a better place.

In an AP interview, Niccolini said, "I think, especially now, with social media, we see more and more often stereotyped images. And instead, there's so much to see and discover. I think that's what inspires me, to be able to give voice and give a stage to whoever deserves it."



Infographic by Sam Janda

# Concussions' impact in high school sports

Student athletes try to avoid time on the bench

By: Katrina Anderson

High school sports are a large part of daily life for most students, whether they're on the court or in the stands. Everybody knows that getting injured in contact sports is a possibility, but most people believe that it won't happen to them or it's not a big deal. This ideal is especially prevalent among teenagers, who believe themselves to be "invincible."

"Some students purposefully bomb the concussion test at the beginning of the season so that when they get an actual concussion, it doesn't show up on the tests. It isn't safe, but people do it," said senior football and basketball player, Nate Hays.

One of the most common injuries in high school sports is the concussion. Symptoms that athletes can experience from concussions are headaches, dizziness, nausea and even memory loss. Not only are concussions a major problem, the fact that teenagers continue to play with concussions is also an issue. If athletes continue to participate in sports while they have a concussion, it doubles the recovery time and damaged short-term mental functions. It also increases the chance that the athlete will have some form of brain damage.

According to Mayo Clinic, "A concussion is a traumatic brain injury that alters the way your brain functions."

High school football is blamed for the majority of concussions among teenage athletes, and for good reason, but it's not the only cause. Studies are showing that soccer is quickly becoming as much of a problem concerning concussions.

According to The Washington Post, "recent studies of high school and collegiate athletes have shown that girls and women suffer from concussions at higher rates than boys and men in similar sports — often significantly higher."

Nobody knows the reason why women suffer from more concussions than men, but they suspect that it has something

to do with hormones. Some researchers believe that this is simply because women are more likely to report concussions than men, but there is no basis for this hypothesis. In addition to women having more concussions than men, their concussions also take longer to heal.

"When I got my concussion in track last spring, I didn't hit my head very hard, but I wasn't allowed to participate for a surprising amount of time. I failed the concussion test three times before I was cleared," said senior cross country and track runner, McKensi Uecker.

To help combat concussion, high schools have a mandatory concussion test for athletes at the beginning of the sports season. Athletes who have concussions are also required to take another concussion test, after their doctor has cleared them to play, before the school will allow them to play. Concussion tests include tests of your vision, hearing, strength, balance, coordination and reflexes. Doctors will also test your cognitive abilities with tests that measure your memory, concentration and recollection of memories. For some people, brain imaging or overnight observation may be necessary for those who are displaying severe symptoms.

According to The New York Times, "An athlete who falls or collides with

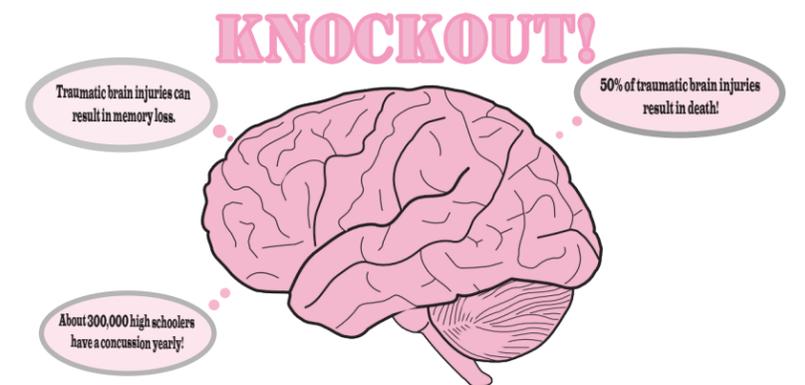


Photo Illustration by Caitlyn Schumm

something during play or seems dazed, dizzy, loses consciousness or complains of head pain should be tested for a concussion, which occurs when the brain is physically jostled within the skull."

Unfortunately, it's not always easy to tell when athletes have a concussion if they don't admit to having one. It's becoming more and more common for athletes to hide injuries because they don't want to be on the bench for any amount of time or be seen as weak. High school athletes are guilty of acting like this just like any other athlete, but also tend to think that they are incapable of being hurt. This only increases the chances of teenage athletes receiving serious injury.

"I think that athletes don't report concussions because the process is too time consuming to go through, especially because games are on Friday and they can't get tested until Saturday morning or Monday at the earliest. Due to this, students can't be cleared quickly and would miss at least one game. "We always want to make sure our athletes are healthy and being as safe as possible, but that can be hard to do when they aren't honest about their symptoms," said Mr. Jared Blackwell, assistant high school basketball coach.



(Information retrieved from prevacus.com, www.swata.org, and www.cdc.gov)

Infographic by Joseph Ackerman

# Tackling the first season

High school welcomes new wrestling coach

by Brittany Godtel

Sandy Creek High School welcomed not only a new face to the teaching staff, but also one to the wrestling mat. Coach Ryan Bauer has joined the staff in his first year of teaching and coaching. He teaches high school nutrition and health, middle school physical education and elementary physical education along with his coaching duties. He joined the staff with his wife, Mrs. Ashlee Bauer, who is in her first year of teaching preschool. "It has always been my wife and



Photo taken by Sandy Creek Journalism

my goal to teach at the same school, we feel super blessed to have had this opportunity begin so soon into both of our teaching careers," said Bauer.

Over the past five years, wrestling coaches have come and gone, non lasting more than a season or two. However, the school hopes to have found the perfect fit with Bauer who has a long history with wrestling and high hopes for his first season.

"I am excited to have Bauer as our coach this year, as a team we have put in a lot of time on the mat this summer and early in this season. We have learned a lot from him already, and I'm excited to see what he has in store for us this season," said

sophomore wrestler Chase DeVries.

Bauer plans to find success by training his 11 wrestlers to be smart on and off the mat. His ultimate goal is for wrestlers to give their all in each practice, during every match and on each move. He feels that if they do their best, they can leave the mat with pride in their effort and heads held high. With this mantra, he hopes to give each member of his team a shot at earning a medal this year in the state competitions.

"I think that Bauer plans on having a successful season by pushing us to the best that we can be and building our knowledge in the sport; it's been great working with him," said sophomore wrestler Jakob Spitz.

Bauer has more experience than the average coaching applicant despite the fact that he is a novice coach. His dad, Marc Bauer, was the head coach at the University of Kearney (UNK) where he led the Lopers for 16 years, retiring in the 2015-2016 season. Growing up with a world-class wrestling coach as a father helped mold Bauer into coach he is today.

"My dad taught me everything I know and was the biggest influence in my wrestling career, he has always been my "coach." He never pushed me super hard in wrestling because he never had to. I fell in love with the sport from a young age, and I was engrossed in it," said Bauer.

Growing up in a wrestling home persuaded Bauer to push himself and excel in his sport. Starting at age 3, Bauer trained to become a successful wrestler, competing all the way from elementary school to college. In the Bauer family, wrestling is a family sport, so when his younger brother, Scott, was old enough to wrestle, the two brothers would wrestle each other all the

time around the house. They even ended up wrestling the same weight class during Bauer's junior year of high school.

"Having grown up with a younger brother inspired me to become a good role model for him, but also gave me the opportunity to always learn new techniques involved within the sport from him as well," said Bauer.

Wrestling at Kearney High School with a team of 60 wrestlers, Bauer at wrestled at 103 lbs during his freshman, sophomore and junior years, making it to state his sophomore year. He moved up a weight class, wrestling at 112 lbs, during his senior year when he placed 4th at state.

"Wrestling in high school is a lot more competitive, complex, and emotional. Throughout the year every opponent gets tougher and better, which means the ultimate goal of qualifying for state becomes a little harder," said senior wrestler Gavyn Buschkoetter.

Bauer continued his career in his home town, joining his father's team by donning the blue and gold of the UNK Lopers. Moving from the high school to the collegiate level is challenging for anyone and being a full-time athlete adds a new dimension. One of the most dramatic changes for Bauer, however, was transitioning to a much smaller team, one half the size, averaging about 32.5 people. Each of his teammates entered the program as the best wrestler in their class at their school and competition soared. As a redshirt freshman, Bauer wrestled in the 125 weight class, moving up again to 133 his remaining 4 years of college. Aside from the practices and classes, Bauer also evolved friendships with his teammates and was known as a great role model for everyone else on the team.

# Getting a few extra bucks in high school

## Rodeo provides chance for rural highschoolers

by Makenzie Svoboda

Sitting on the back of a horse, settling into the box, the world seems to stand still. All the matters at this point is that calf waiting restlessly in the chute. Sweaty palms gripping the rope in one hand and the reins in the other, with the slightest

nod of the head, the chute is opened and the calf is off.

Senior Carie Murman has chosen to forgo traditional high school sports in favor of one with more powerful teammates and higher stakes, rodeo. As a sophomore, Murman competed

in one rodeo, running barrels. By her junior year, she was competing in barrels, poles and goat tie in numerous competitions. In the hope of making it to state finals, Murman will be competing in barrels, poles and breakaway

during her senior season.

"I'm having a pretty successful senior year and couldn't be any happier. As of now, I have points in both barrels and poles for state. I plan to work hard all throughout the winter to keep both me and my horse tuned

# ACT replaces NeSA testing for juniors

Standardized testing creates new waves

by Katrina Anderson

Nebraska juniors are used to taking the Nebraska State Accountability (NeSA) test in the spring, but soon that will be a thing of the past. On September 2, Nebraska lawmakers voted 46-1 to replace the NeSA with the American College Testing (ACT). The ACT is a standardized test that allows colleges to measure high school achievement and college readiness among students. There are four mandatory portions on the ACT: reading, math, science and English

language arts. Colleges require students to take either the ACT or the SAT (Scholastic Assessment Test). The ACT takes approximately three and a half hours including the writing portion, so students would lose half a day of school.

"I think it's better than taking the NeSA test and it's a good opportunity because you have to take the ACT for college anyhow," commented junior, Maci Maldonado.

The ACT is used to measure college readiness and high school achievement by testing students in core areas, which allows schools to gauge students level of education. It allows schools to track how well their students are doing in core areas along with seeing how ready for college their students are.

Director of assessment with the Nebraska Department of Education, Valerie Foy, said "The ACT would cost less and it better matches the academic content that

the state currently tests: math, science, writing and English language arts."

Nebraska law requires the state to cover the expenses so this is a good option for students in low income families.

Matthew Blomstedt, Commissioner of Education, said, "All juniors will now have access to a college admission test, as there will no longer be a registration fee."

On April 19, juniors will take the ACT at Sandy Creek for the first time. The test

about half a day. The juniors will take tests in English, math, reading, science and writing. Before the test begins, the proctors: Mr. Jason Searle, Mr. Darrell Pernicek and Mrs. Carissa Eberhardt will confiscate all electronics to prevent any cheating and disqualifications from occurring.

"Juniors should be more motivated to take the ACT because it affects their futures. The ACT measures your ability level in the areas that you have taken, core classes, and it is

also an indicator of how colleges will divvy out scholarships to the incoming freshmen class," said Searle.

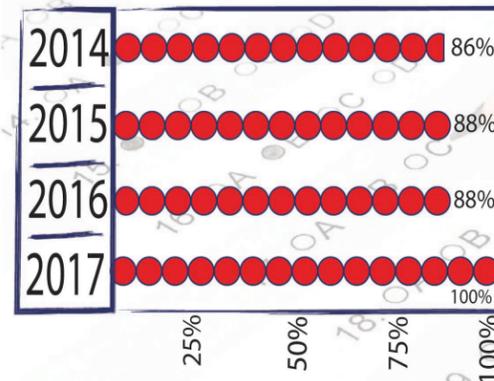
Although SC students will take the ACT on April 19, students are still able to take the ACT as many times as they want on their own, as long as they sign up and pay for the test. The SC test date will not interfere with the actual ACT test date in April.

"I think that is a great opportunity that the school is going to have us take the ACT, because we

won't have to pay for it, and then we will only have one day of testing rather than multiple days," said junior, Kyra Sorensen.

## You May Begin

Nebraska standardized test changed to ACT



Information retrieved from <http://www.act.org/content/dam/act/unsecured/documents/Natl-Scores-2014-Nebraska.pdf>

Infographic by Cassie Perry

will start around 8:30, and the juniors are required to have a photo I.D. and must bring their own calculator. The test will take place in the elementary gym and last

up, so we can continue to work hard in the spring. I hope to earn more points, so I can compete in the state finals in Hastings, next June for the first time," said Murman.

High school rodeo is much different than more traditional high school sports. There are no teams, districts or organized practices. The only partner Murman has to work with is her horse, Mac, and while Mac can be stubborn, the biggest battle of the season is fought in Murman's head.

"This last season has definitely been my best yet. I'm looking forward to the spring season and hoping to continue my success by placing at more rodeos and earning more points towards state. I have to put in a lot of time in the ring, both mentally and

physically, but I'm hopeful," said Murman.

High school rodeo runs like any other rodeo circuit. There are two seasons, Spring and Fall (April-June & August-September). Before competing, athletes must become members of the High School Rodeo Association, after that, it's all a matter of planning what events and competitions Murman will compete in and practicing with her horse in the ring.

"Even though it takes a lot of time, I think the High School Rodeo Association is a really great thing to be a part of because of all the opportunities it presents us high school kids with. It's definitely a good experience for us as it teaches us responsibility, work ethic, resourcefulness

and so much more," said Murman.

Murman and her family have put countless hours into training, traveling and helping Carie chase her goal of a state rodeo title. The Murmans travel extensively to allow Carie opportunities to compete in as many rodeos as possible.

"It's very time consuming and during the season, I have no free time between school and rodeo; as soon as I get home on Friday, I have to get my chores done and load up the trailer to head down the road. Being in rodeo you have to be willing to give up your weekends, but when you enjoy it as much as I do, I wouldn't wanna be anywhere else," said Murman.

# Ugly, unusual and utterly unforgettable

Today on what not to wear, talking about ugly sweaters

By Makenzie Svoboda

Congratulations, it's finally December, in a week from now you will be invited to attend an ugly sweater party, if you haven't already. Everyone knows exactly what I'm talking about, those silly Christmas parties where everyone is advised to wear a sweater that is intentionally ugly, purchased from the deep, dark recesses of your mother's closet which was "beautiful" when originally purchased in 1989.

As these parties have become mainstream, so are ugly sweaters. You can purchase an ugly holiday sweater in almost any store and it's now acceptable to wear them for any occasion. As of now you're probably wondering where you can purchase one of these "ugly sweaters," the answer is EVERYWHERE. Most stores are hopping on the bandwagon to support the ugly sweater trend. Now you can easily search "ugly sweaters" on the google search bar mainstream stores like Target or Macy's

show up, selling sweaters that range from \$30 - \$130. When something so intentionally hideous becomes trendy, one has to ask themselves whether or not this fad has jumped the shark.

The ugly sweater trend is drastically taking a turn for the worst; it's got to go. Nationally, on average, we spent 5.5 million dollars on all the ugly sweaters shedding sequins in the back of our closets last year, and if walking through your local box store and seeing rack after rack of ugly sweaters isn't clue enough, you can bet that Americans will spend more than that this holiday season. Ugly sweaters are a waste of money. here is no point in spending money on an itchy, ugly thing that you can wear but once a year.

I'll admit, there is something slightly magical about donning one's tackiest sweater, with matching jingle bell earrings of course, sipping some hot cocoa and waiting for the fat man to arrive while enjoying those horribly predictable, cookie cutter films that are finished within a week or two, that is until the itching gets so bad you realize that beauty is pain. It's hard to feel festive when glittery pipe cleaners are stabbing you in the ribs, and you jingle so much you couldn't possibly sneak past your family to snag that last Christmas cookie.

Despite all the hardship from wearing an ugly sweater, the shedding sequins, the poky flair and the trail of glitter, somehow, the holiday wouldn't be the same without them. It seems that this tacky trend will continue to weave it's way into our hearts. Soon the ugly sweater will take over, becoming as synonymous with the holidays as Christmas trees and the Fat Man, everyone will remember to don their tackiest before leaving the house, including me.

Mr. Borer, Lauren Shackelford and Mrs. Eberhardt showing their Christmas spirit through their festive sweaters.



# New shop equipment for students

By Hannah Friend

In an effort to set up an Advanced Manufacturing Lab, the shop room recently welcomed the addition of brand new equipment, 4 manual metal lathes, 3 manual milling machines and 4 dual purpose welding machines. The approximate cost for the new manufacturing equipment is \$200,000 and another \$50,000 for the welding equipment. The school was able to acquire the equipment through funds from a grant.

Mrs. Porter, the high school guidance counselor, said, "This will be a great opportunity for the students, as

there are several openings and this knowledge can be extremely valuable to them in the future. These classes curb interest of students and will lead them into a high skilled job in a high demand job market with many openings."

As the district expands its pathway program to include more advanced manufacturing and welding programs. This new equipment will help the school become eligible to offer college credit for these courses and give students experience on machines they will encounter in the workplace.

"Tool and Die is an exciting field in today's manufacturing world with numerous job opportunities. Our new lab will give students a chance to explore this area as a possible career field," said Mr. Lue Graesser, high school industrial tech teacher.

The upgrade was needed to bring the school up to the industry standard, so students can train in these fields and use the same equipment they would use if they would choose this career. Next semester, the school will bring in a CCC Instructor to teach the Manual Mill and Manual Lathe classes. Mr. Graesser will be teaching the Welding course along with the rest of his classes, preparing students for promising careers.

"Graduates from 2 year colleges are certain to get a job, as openings are extremely plentiful. This holds true in the welding pathway also. Our new lab will enable beginning and advanced welders to improve their skills and explore this career as well. Our new multi function welders will handle both stick welding and wire welding procedures and would give the students a great look at the welding field," said Graesser.

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# Role "models" on the runway by: Maggie Rieckman

## Diversity is taking the fashion world by storm

When the word "model" comes to mind, one usually thinks of skinny, tall girls photoshopped to perfection. Lately, the modeling industry has been undergoing a dramatic reform. Many male and female models who break the "traditional" expectations are changing the definition of beauty.

Diversification that appears on the runway can range from trans gender models to models with skin conditions. Disabled people are also appearing a lot on the runway recently.

"It's obvious I don't have the typical cookie-cutter model look, so I want to show people that you don't need to be "perfect" to be beautiful. Uniqueness is what makes us beautiful" said, Rebekah Marine, a model who was born without her right forearm, said in an interview with the associated press (AP).

Marine started modeling four years ago and has earned the title of the "Bionic Model" because she wears an innovative prosthesis that moves exactly like a hand would. For three seasons, Marine has modeled for FTL Moda.

FTL Moda is a multi-purpose fashion firm and has featured models from all over the world with and without disabilities in their collections at New York Fashion Week. The Italian label has stood out at New York Fashion Week since its creation in 2006 for consistently taking a nontraditional approach to their fashion shows.

Included in their shows are amputee models, models in wheelchairs, models on crutches, models with burn scars and models with down's syndrome. The founder of FTL Moda, Ilaria Niccolini, started the company simply to showcase fashion, but she felt obligated to do more as it grew. She decided to showcase different kinds of models as well.

"We have been working to include diversity at the highest level," said Niccolini in an AP interview.

Madeline Stuart, an Australian 19-year-old model with down's syndrome, started modeling about a year and a half ago. After getting offers from several different firms, Stuart decided to go with

FTL Moda because of how they promote diversity on the runway.

"Madeline does modeling because that's her platform and can raise awareness, so people don't feel isolated. It's for everyone who's ever been bullied at school because they look different. They look at Madeline now and it gives them hope," said Rosanne Stuart, Stuart's mother and spokesperson, in an interview with the AP.

Diverse models like Madeline are not only runway models, but role models to children with disabilities.

"I have a lot of followers, on my fan pages, that are children looking at me and saying, I have someone like me. When I was growing up, I didn't have that at all. I think people need that," said Shaholly Ayers, a congenital amputee model with FTL Moda, in an interview with the AP.

Models with disabilities are inspiring kids, and that is what they needed in their younger years. Despite being discouraged and rejected countless times, these diverse men and women broke into the fashion industry and are now the front runners of a revolution in our society.

"I think it's so cool to be at the front of the line of this change, and being able to open the door and inspire others to open their minds to different models," said Marine in an interview with Time.

Living in a culture where certain standards determine what is "pretty" and "ugly," FTL Moda is encouraging people to appreciate all kinds of beauty by featuring it in all different forms.

The firm is now setting an example for the entire fashion industry, and it's use of inclusion, instead of exclusion is rubbing off on other companies. And to think, it all started with a business owner seeing the potential to make the world a better place.

In an AP interview, Niccolini said, "I think, especially now, with social media, we see more and more often stereotyped images. And instead, there's so much to see and discover. I think that's what inspires me, to be able to give voice and give a stage to whoever deserves it."

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