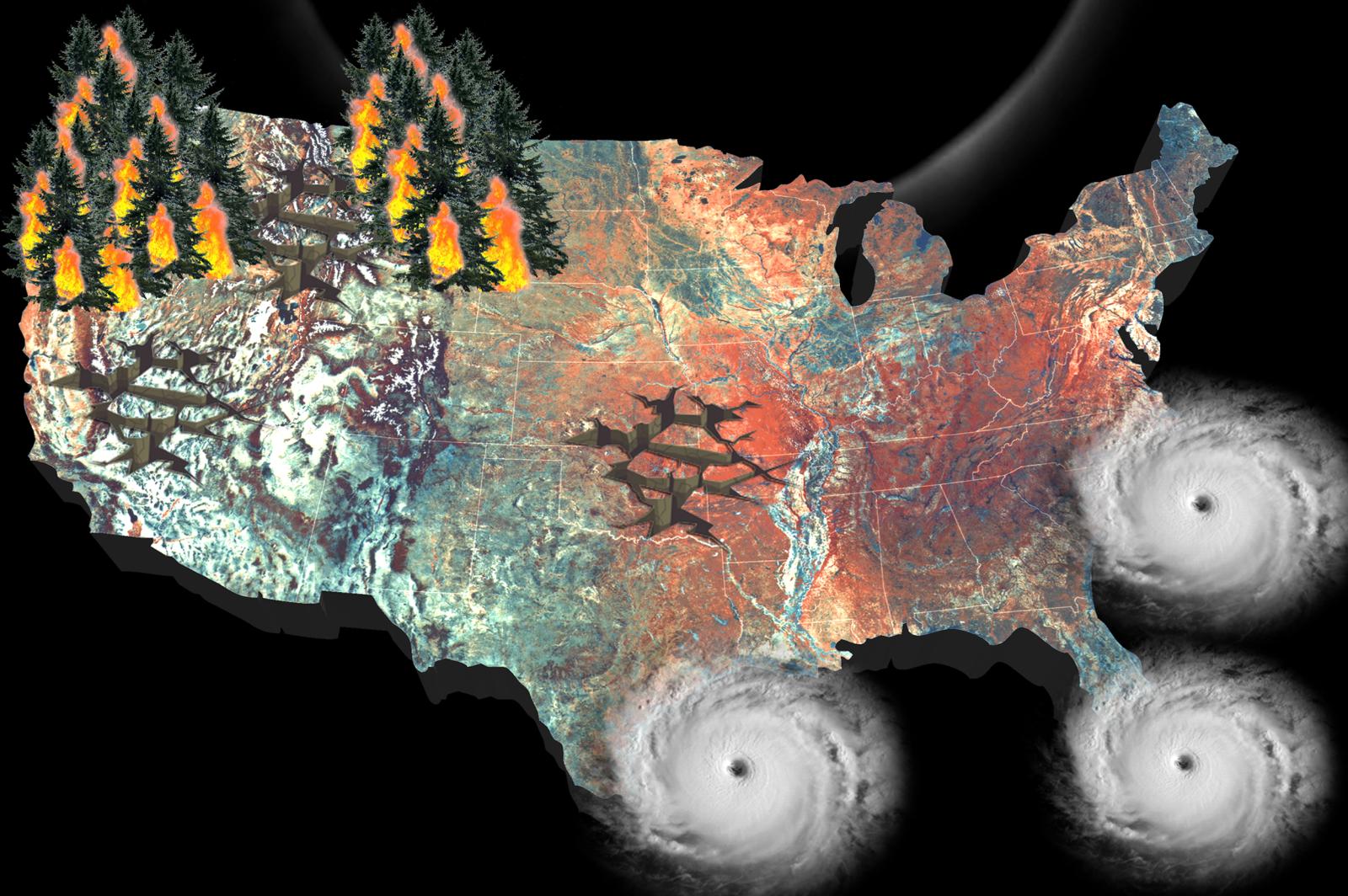


UPROAR



Recent surge of weather related events, to read more about the in-depth coverage of natural phenomena, see pages 8-12.

Tackling the Final Season

Eight seniors step as mentors to the underclassmen

By Brittany Godtel

Sometimes life isn't always what it's cracked up to be--at least that is what this year's eight returning senior football players have learned. The seniors include Ty Schweer, Nick Slater, Colt Rademacher, Ryan Haack, Austin Wilson, William King, Daymian Hayes and Hunter Rempe. For the past three years, these seniors haven't had the best support or experiences from their fans or their upperclassmen as teammates. When they came in as freshmen, they felt a strength and determination that they would play for enjoyment and to bond with their teammates. During the last few years, there has been more negative feedback as the Sandy Creek football team has won few games.

"In the past few years we haven't had the best leadership that we could have, but stepping into this season, we as seniors decided that we needed to step

up and really give good leadership skills to be good role models," said senior co-captain Ty Schweer. "We hope to help the underclassmen have

We hope to help the underclassmen have success in the future seasons - Ty Schweer

success in the future seasons." As returning seniors, these eight boys tried to come up with a plan not only to get more positive feedback from their fans, classmates, coaches, and the staff, but also to set a good example for all the underclassmen. These seniors stepped up to the plate and decided that no matter what, they would be determined to still be there for one

another and not let each other down.

"Although we haven't had much success in the season, we try to still work hard at practice knowing that if we do, a win will come," said senior tight end Austin Wilson.

Injuries can be another abrupt situation that is hard to adjust to, and this year's football team doesn't get the credit they deserve for having three or more teammates out per game and having to adjust week after week. Football isn't just about tackling and touchdowns--these seniors made it a point to show the underclassmen that football involves learning to become a part of a family and being there for all your teammates, whoever they are, whenever they need you.

With the season coming to the end, the seniors are not only proud of themselves for doing what some upperclassmen in the past haven't but also proud of the underclassmen this year for supporting them just as much. As the final chapter draws to a close for these seniors, they hope to leave behind the legacy of being a part of a family here at Sandy Creek.

"Coming in as a senior this year, the other seniors and I realized we needed to give support to the underclassmen that we didn't always get ourselves," said senior co-captain Nick Slater.



Photo Illustration by Chase Davis

Striving for State

By Kyara Fike

Under the direction of new head coach Ms. Josey Nunnenkamp, the Sandy Creek Cougars are in the thick of volleyball season. With their eyes on the prize, the team is working hard at practice and are driven by their goal of making an appearance at the Bob Devaney Center in Lincoln. Going to state is something every team dreams of but only few achieve.

Among the Cougars are six seniors: Kambria Chohon, Jordan Woodbury, Kenzie Turman, Alexia Schiermeyer, Makenzie Svoboda and Coree Lipovsky.

"My expectations are pretty high this season, mostly because I know the we have the potential to go very far," said Lipovsky. "Every single girl on the floor deserves the chance to get to play in Lincoln. They work incredibly hard on the court and in the classroom to be the best that they can be. I think the key to our success is to continue working hard and keeping the overall goal in mind."

One of the Cougars' toughest losses

was to the Ord Chanticleers. The Cougars matched up with them on Tuesday, Sept. 19. After a hard-fought game, the Cougars ended up losing in three sets. The Chanticleers took the first set 35-33. The Cougars fought back and won the second set 25-23. The third set was up for grabs. The Chanticleers pulled off the win, with a 27-25 win in the third set, leaving the Cougars with a heartbreaking loss.

Before arriving at Sandy Creek, Nunnenkamp was teaching and coaching at Central City. Her experience playing in college at Fort Hays University and working as an assistant coach at Central City led her to snatch up a kindergarten teaching job and head coaching position here at Sandy Creek. "I'm looking forward to some home games, and more opportunities to showcase what we can do, and where we'll be at the end of the season," said Nunnenkamp. "One of our main focuses this year is to stick to our senior quote, 'Coming together

is a beginning, keeping together is progress, working together is success.' Every practice we come in and work on specific things that we struggled with during a game or need to improve on to prepare us for our upcoming opponents. At some points we start slow. We've worked on starting stronger and keeping the momentum throughout the whole game."

The Cougars are on the prowl, looking to improve their 11-6 record. With only three home games remaining this season, they will face Deshler, Superior and St. Cecilia at home. They will also travel to Fillmore Central before the SNC tournament. Last year the Cougars received runner-up at the SNC tournament, but are ready to battle it out for the gold. Following the SNC tournament, the Cougars will have a triangular and one last regular season game before sub-districts begin.

The Team that Felt like Running

By Faith Mueller

A cool wind blows through the golf course. The grass is freshly cut and the scent lingers in the air. The anticipation and the excitement is palpable as soon as you cross over the threshold onto the course. This is cross country. It is a team sport that requires immense individual efforts and a love for running.

According to Coach Randi Fox, these efforts are being put forth.

"I feel the team is competing well," said Fox. "The kids continue to get faster as the meets move along."

A love for running has influenced many of these students to participate in cross country. Senior Charlotte Okraska, who has been in varsity cross country all through her high school career, is one of these students.

"I like to run cross country," said Okraska. "It gets me outside, and it gets me active."

Before the meets even starts, Fox will talk to her runners about getting out fast and wish them good luck. She likes to let the students pump themselves up.

"This is truly an individual sport," said Fox. For instance, Okraska likes to do stretches so it hurts less when it is over. Senior Jayln Shafer walks the course to familiarize herself with it.

Fox said she is very proud of her boys and girls and very pleased with the number of students out this year. She has eight girls and 12 boys running and is excited for future seasons, when she hopes these numbers will grow. Fox said she is

also very happy with how the team has come together as one. She said that forming a team from two schools can be difficult but she has had "so much fun with this group of kids. It's great seeing the Lawrence Nelson and Sandy Creek kids getting along."

This spirit of unity is very encouraging and you can see it at meets as the teammates cheer and scream when one of their own crosses the line.

As the cross country season comes to a close, Shafer reflected on her season.

"I like my team a lot," she said. "I have made a lot of good memories with them throughout the years."

Cross country has not only made the students better at running, but it has also prepared them for the real world by teaching patience and endurance.

The Issue on Current Currency

By Maggie Rieckman

Close your eyes and picture a one-dollar bill. How does it feel in your hands? Can you imagine the smell? What is printed on the dollar bill? Who is printed on the dollar bill? You see this person every day, maybe several times a day. The face is engraved in your mind. Shouldn't a face so present in our everyday culture belong to an honorable individual? That doesn't seem like the case with American currency. At least three historical figures featured on American coins and bills owned slaves in their lifetime. Another interesting fact is that 100 percent of these people are male. Also, 100 percent of these males are white. Money is used for everything; it represents our country. Are these faces the faces we want to see every time we look inside our wallet? I know I don't want to. Before Barack Obama's presidential term was up, his Treasury secretary, Jack Lew, proposed to give Harriet Tubman the honor of being printed on the \$20 bill. The face of the seventh U.S. president, Andrew Jackson, currently occupies the bill. As a matter of fact, he is one of the men who owned slaves. How appropriate

and ironic would that be if Harriet Tubman took his spot? The slave owner is replaced by the woman who was the mastermind behind the underground railroad and helped lead 100,000 slaves to freedom.

However, Steve Mnuchin, the Treasury secretary under Donald Trump, has avoided mentioning whether or not the change is on his department's agenda. Mnuchin is primarily focused on security and tweaking currency to fight counterfeiting. I think battling racism and sexism deserve to be included in his plans too.

During his campaign, Trump was asked about the issue, and he proclaimed that Harriet Tubman was "fantastic" and proposed the return of the \$2 bill, a futile form of currency, for her to be featured

on. That's nice; let's oppress this iconic African American female hero more by putting her face on a bill that nobody uses. In addition, President Trump seems to be a member of the Andrew Jackson

Fan Club by the sound of a tweet he made in March. The message spoke about building on Jackson's legacy and honoring

his memory. He wants to build on the legacy of the president who initiated the "Trail of Tears." In this event, 16,000 Cherokees were forced out of their homeland to march for two miserable months to their relocation site. Four thousand of them didn't survive the journey. Also, there's the whole owning hundreds of slaves thing.

Knowing whom Trump idolizes finally makes me realize why he is the way he is. I wouldn't be surprised if he tried to put his face right next to Andrew Jackson's on the \$20 bill. Or maybe he'll create a new bill to paste his bust on. Not a big one, just a small bill of one million dollars.

The issue of lack of diverse representation on American currency is just one of the many important issues that need to continue to be talked about. Sharing our thoughts is our right. Let's exercise that right, especially as young students. Let's talk peacefully about controversial issues and respect each other. Let's not be quiet; let's be loud.

"Close your eyes and picture a one dollar bill."



Comic by Kaylee Yost.

End the Epidemic

Dr. Mark and Joni Adler speak to the students about their teenage son's suicide.

By Maggie Rieckman

On Thursday, Aug. 31, middle school and high school students gathered in the high school gym for the Reid Adler Program, which focused on preventing bullying and teenage suicide.

Dr. Mark Adler, the superintendent of Ralston Public Schools in Omaha, and his wife, Joni, spoke about their late son, Reid, whom they found dead on Jan. 7, 2016. He had committed suicide after being blackmailed for about a year by a girl to whom he sent an inappropriate photo of himself.

The event was a huge shock to everybody because Reid was a seemingly happy boy who excelled in academics and sports. Dr. Adler said of his son's personality, "He was just one of those guys that wanted to share life with others."

On that winter morning, Mrs. Adler went down to the basement to wake Reid up and found him dead. "I heard this scream that I'll never forget as long as I live," said Dr. Adler. He

hoped that would find something he could fix, but he found the opposite.

Tears filled some of the students' eyes as the Adlers continued their story. Senior Corey Lipovsky was particularly touched by the assembly: "They were so vulnerable talking to us. It was so real. You only hear about these things happening, but it actually happened to them."

Not only did Dr. and Mrs. Adler lose their son, their daughters lost a brother. The loss has also left a gaping hole in the school and community; Reid had many friends and a girlfriend. Some people say that suicide is like an explosion; whatever exploded is destroyed, and anything around the explosion is harmed. Mrs. Adler said, "Suicide is not the end of pain, it is a transfer to someone else--a transfer to the people who love you."

Rather than forget what happened, Dr. and Mrs. Adler have spoken to students all over the state about

how to prevent suicide. Mrs. Adler said, "I've had so many parents say to me, 'I can't even imagine.' And I hope you never have to."

To teach people how to end the suicide epidemic, the Adlers encourage their audiences to use their cellphones correctly, be kind, display leadership, give support and practice forgiveness. In addition, they urged the students to pay attention and recognize when somebody needs help. "We want you to know what to do when someone is feeling bad," said Dr. Adler.

They also pleaded that anyone feeling depressed and/or suicidal should ask for help from friends, counselors or family. Mrs. Adler pointed out that someone cannot be helped if nobody knows what is going on.

If you seek confidential support for suicide prevention, call or text the National Suicide Hotline at 1-800-273-8255, available 24/7.

Respecting Others

By Maci Maldonado

Respecting others is something that every person should do but few actually do. Here at Sandy Creek respect is lacking in so many areas: the classrooms, the hallways and the lunchroom. It is so frustrating that the actions of a few people in this school ruin everything for everybody else. It is not that difficult to have common sense and common courtesy.

Obviously the people in this school can't comprehend that, though, because they can't even handle taking their gum off of lunch trays. Let me repeat that: gum off of lunch trays. Linda has told everybody countless times that if they kept doing it we were going to have to switch to plastic trays, which everybody hates. This is a prime example of losing privileges because of the lack of respect. I think that the people that are disrespectful

are the ones that should be punished, not everybody. We are ages 14-18 in this high school, which is far past an acceptable age to take responsibility for oneself. We are young adults and it's time that we start acting like it.

In the classrooms it is not only disrespecting the teachers that is a problem, it is disrespecting each other. Walking all over people for fun is not something that is cool, which too many people that go to school here like to think. I always hear people being rude to each other or being rude to the people that choose to work here to try and better our lives by giving us an education. It's not right. It isn't difficult to be a good person.

Since I am a senior, I have been walking these hallways for four years now, and it has just gotten worse each year. You are supposed to walk on the right side of the hallway in the direction you are going. Is it really that hard? I see people

tripping and running into each other all day because they are either too distracted on their phones to pay attention or they just don't care. The hectic ways of our hallways are not safe and it is disrespectful to the people who are trying to get to class smoothly and in one piece.

No high school is perfect--I mean it's high school, what do you expect?--but respecting each other and our surroundings is something everybody can do and should be expected to do. Upperclassman need to raise the bar for the underclassman. We need to show them the right way to act in school. They need to be shown that being disrespectful isn't OK and it will have consequences. Not just the underclassman need to be taught this. There are multiple people in my class that still haven't figured it out, but eventually I hope that they do so and become decent human beings.

The Effect of Fast Food

by Devoney Keeler

McDonald's began in San Bernardino, Calif., in 1940 as just a little hamburger stand. It was invented by the two McDonald twins. During the beginning of McDonald's, it was actually called McDonald Bar-B-Que. They closed it down but reopened it again in 1948. About 10 years later, a man named Ray Kroc bought the name rights, and McDonald's eventually became his. It is now the largest fast-food chain in the world, serves more than 75 hamburgers per second and serves over 70 million customers each day. But is this too much?

What do you know about the food you're consuming? Do you know the effect it'll have on you? McDonald's is known to cause high cholesterol and high blood pressure. Sixty-two percent of the standard American diet is from processed food, 25 percent is from animal products and 5 percent comes from fruit and vegetables. Fast food is the reason why our health care costs are taking a devastating toll on just about everyone.

Fast food is basically killing us slowly if you look at the facts. Because fast food doesn't have the nutrients that we need, it's physically and mentally draining us out of our energy

for the day. It takes so much out of us that all we want to do is sleep or just sit and watch television. Your blood sugars will drop, and your energy will drop, making you angry and tired. It also is the main cause of obesity. If you eat too much, it will make you gain weight, which leads to more health problems. Obesity causes diabetes, heart disease and arthritis. Heart attacks are sometimes likely to happen too.

So how do we fix this, and the health of the world? I personally think that one reason why we eat so much as fast-food restaurants is because it's easy and it's cheap. Does that mean that we care about the calories and food intake that we have? Not really. I feel that it's more of a self-control thing. I feel that we spend so much money on fast food when we could be spending it on foods that make us healthier and better for us. Fruits and vegetables are loaded with vitamins, fiber, minerals and antioxidants, which have also been shown to protect against heart disease and many types of cancer. These two food groups are also the only ones that you don't have to worry about. You can eat a large portion of each of these without

worrying so much about weight gain because they contain so few calories. Yes, healthy foods are more expensive than most foods, which is a problem. It's also why so many people choose fast food over healthy food. I believe that this is a huge problem and it needs to be changed.

So if fast-food restaurants are so successful, then how can we add fruits and vegetables to our diets? Why not make a healthy fast-food restaurant? Having a fast-food restaurant with fruits and vegetables that you can buy on the spot and when you're in a hurry is a great idea in my book. If you're on your way to work and don't have time to eat, you can go through a restaurant and buy a couple of fruits or smoothies and be on your way. It's an easy and fast way to get your nutrients and an even cheaper way to do it.

I hope that reading this has made you think about what you're doing to your body every time you eat fast food. Eating it every once in a while won't kill you. Just make sure that you're also getting the nutrients that you need to stay healthy. Remember, it all starts with you to make a difference in your eating habits.

The Pledge of Allegiance

by Genesis Ramirez

Every day at 3 o'clock-ish, we stand up and do the Pledge of Allegiance. Of course, it's supposed to stand for our love of the United States and show how patriotic we really are. But doing it every day, and at this point in the day, it feels more like a chore.

Kids are no longer inspired to show gratitude for this country, and no one really thinks of our troops fighting in foreign countries. They sigh, maybe grunt a little, and then proceed to mumble for the next minute. The phrases blur and are no longer a cohesive set of words.

As of 2012 it is mandated by the state for schools to do the Pledge of Allegiance. This means that children all over Nebraska are expected to pledge to something

they don't fully understand.

Pledging allegiance is something that adults are legally able to do and children are not, so why is it acceptable for children to pledge allegiance every day? And why is it legally required?

We've been doing the pledge for as long as I can remember, and I honestly don't even remember learning it. As a kid, I just did it without really knowing what it meant because it was the norm. It wasn't until sixth grade that I really thought about a deeper meaning to this thing that I've been doing for years.

The pledge is supposed to be optional but it doesn't feel optional. The state board of education ruled that "Pupil participation in the recitation of the Pledge of Allegiance shall be voluntary." However, teachers

often forget that it is optional and urge students to stand. Some even scold students when they don't participate. We need to learn to respect the wishes of those who do not choose to participate and have no judgment against them.

Maybe it would be a little better to start of the day with the pledge because then people's minds will be unoccupied enough for them to think about something other than school. The end of the day, especially before study hall, is an awful time to do the pledge. The only thing on my mind is the work that I need to get done in the next 30 minutes, and I feel bad about it. We should take this time to think about how grateful we are to this country. Even worse, though, I find comfort in knowing I'm not the only one who feels that way.

Enscape

by Maggie Rieckman

On Aug. 31, in the midst of construction on the new Sandy Creek building, architect Ryan Hier and project coordinator Jon Wiles brought a 3D Enscape system to the school. It displayed a virtual replica of what the new building, planned to be completed in the fall of 2018, is going to look like.

The whole system including the headset, computer and stands cost around \$1,500. The architects decided to bring the system out to Sandy Creek to allow some of the students and staff to use the system with the assistance of Wiles. "This is the first time we've brought this system outside of the office," said Hier. The system enabled participants to see what the future building will look like, even letting them look through rooms and the upper

levels of the building. "I looked into what is going to be my new office and the architects made my desk pink just to mess with me," said middle school and high school principal Jason Searl.

By offering a three-dimensional glimpse into the future of Sandy Creek, the Enscape system helped participants more fully understand the changes that will take place. "If you put a set of blueprints in front of a staff member or student and say, 'This is the design for your school,' it is hard for them to wrap their head around that. If they are able to virtually walk through the space, the design is communicated a lot easier. You understand how the space will feel almost immediately," said Wiles.

"I looked into what is going to be my new office and the architects made my desk pink just to mess with me" - principal Jason Searle

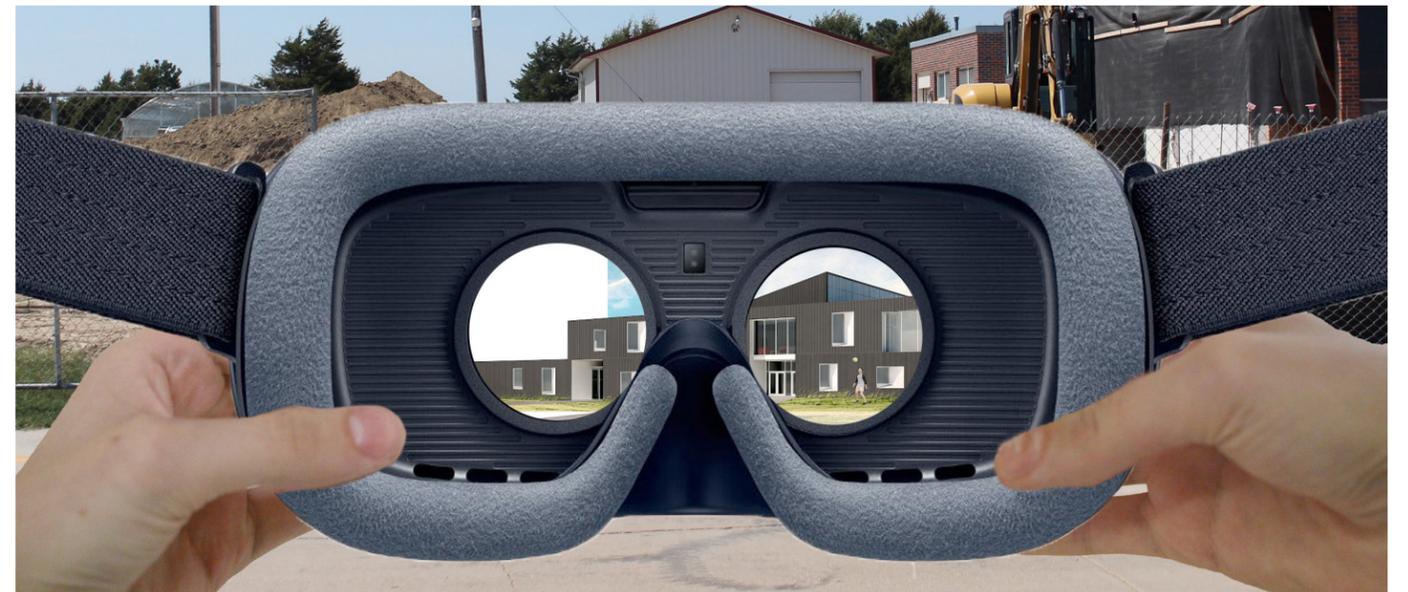


Photo Illustration by Joseph Ackerman



NATURAL PHENOMENA

WILD FIRE

A LARGE, DESTRUCTIVE FIRE THAT SPREADS QUICKLY OVER WOODLAND OR BRUSH

EARTHQUAKE

A SUDDEN AND VIOLENT SHAKING OF THE GROUND, SOMETIMES CAUSING GREAT DESTRUCTION

HURRICANE

A STORM WITH A VIOLENT WIND, IN PARTICULAR A TROPICAL CYCLONE IN THE CARIBBEAN

ECLIPSE

A COMPLETE OR PARTIAL HIDING OF THE SUN CAUSED BY THE MOON'S PASSING BETWEEN THE SUN AND THE EARTH

Mother Nature's Fury

Severe weather takes its toll

By Samantha Galaway

Nearing the end of summer was a series of severe weather and natural disasters that rocked the nation. Severe weather is a natural occurrence taken to the extreme.

This series of events started with a spark in Montana that caused miles upon miles of trees, land and homes to be burned to the ground. The fires spread from Montana to Idaho, Utah and Oregon. These fires put all of these states into disaster mode. Many people lost their homes, belongings and, for some, their lives. Wildfires are not a rare occurrence in Montana, but 2017 turned out to be different.

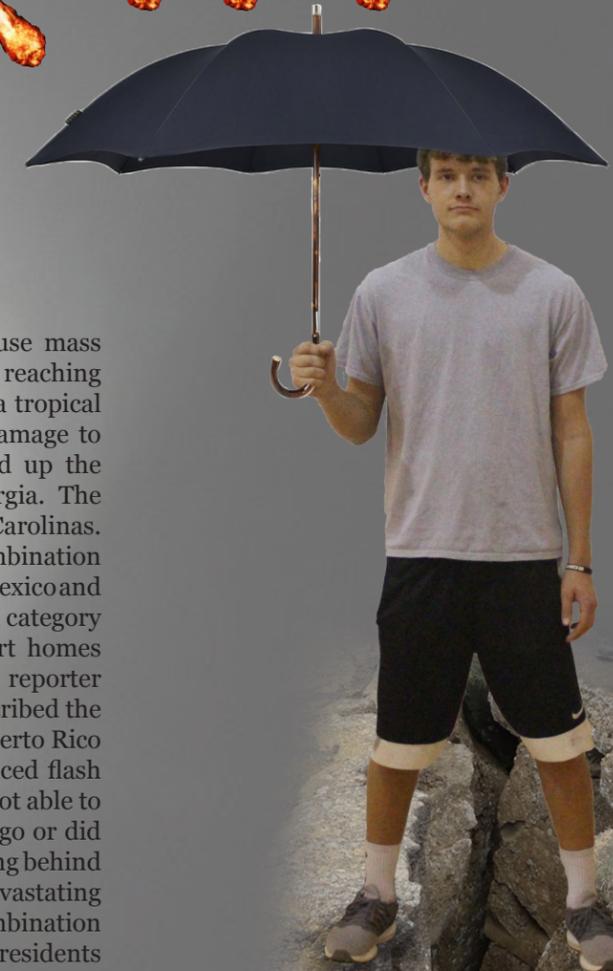
Moving down the timeline, one of the largest and most costly hurricanes in U.S. history wreaked havoc in the Lone Star state from late August to early September. The category 4 hurricane, with 130 mph winds, brought an average of 50 inches of rain, causing flash flooding in parts of Arkansas, Kentucky and Tennessee. Hurricane Harvey broke flood records in southeast Texas. The hurricane caused entire cities to evacuate, forcing 32,000 people to leave their possessions and childhood homes behind. Harvey leveled blocks of houses for miles. Some people were not able to evacuate, causing fatalities, because of emergency services being unable to reach them in the poor condition of the cities. Harvey rescue and rebuilding efforts in total could add up to \$180 billion.

Arriving shortly after the Hurricane Harvey catastrophe was Hurricane Irma. Hurricane Irma began as a tropical storm off the coast of Africa. Building as it traveled across the Atlantic Ocean, it struck the barely prepared Caribbean as a category 4 hurricane. With nowhere to go, the Caribbean residents were forced

to endure the hurricane. Irma went on to cause mass amounts of destruction and turmoil. Before reaching southeast Florida, the hurricane had dulled to a tropical storm (which still caused flooding and wind damage to many people's property). The storm continued up the coast until finally dwindling down after Georgia. The rain, on the other hand, carried on until the Carolinas.

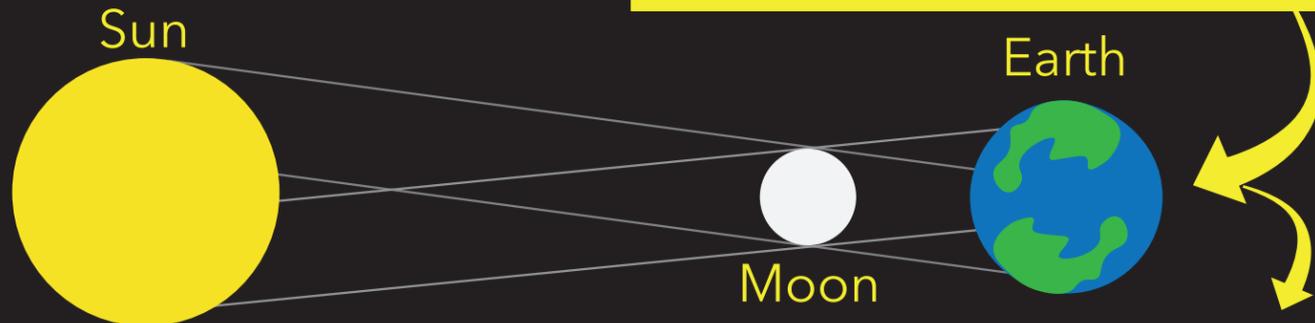
Lastly, and probably most devastating, the combination of tropical storms and earthquakes took a toll on Mexico and Puerto Rico. Hurricane Maria made landfall as a category 4 with 155 mph winds. These winds tore apart homes and brought "Harvey-level flooding," said CNN reporter Chandrika Narayan. Citizens of the country described the scene as "apocalyptic." Maria moved on from Puerto Rico to Mexico as a tropical storm. Mexico experienced flash flooding and strong winds. Many citizens were not able to evacuate because they didn't have anywhere to go or did not want to leave their possessions behind. Coming behind the tropical storm was an earthquake with a "devastating magnitude of 7.1," according to Slate. The combination of earthquake and flooding trapped several residents in their homes and many lost their lives. The death toll skyrocketed to the 200s because of the earthquake.

We in Nebraska have been fortunate to avoid the devastation caused by these severe weather events. Those interested in donating money to help those affected should visit websites for the Red Cross and other charitable organizations.



TOTAL SOLAR ECLIPSE

When the moon passes between the sun and Earth and casts its shadow on Earth



A total solar eclipse can last as long as 7 and a half minutes

During a total solar eclipse, some animals tend to act confused or prepare for sleep

On average, there are no less than 2 and no more than 5 solar eclipses per year

Phases of the eclipse



Total Eclipse of Our Hearts

By Maggie Rieckman

Teachers stood by as students from ages 5 to 18 sat with their friends on the lush grass of the football field. Both Sandy Creek and Lawrence-Nelson students and staff were present. As the event everybody had been waiting for drew nearer, they all looked up in awe, their eyes protected by cardboard-framed safety shades.

Thirty seconds until totality and the sun looked like a shiny fingernail clipping. Excited whispers were exchanged among groups. Slowly, the sky began to grow dark, and the sliver of light behind the moon became barely visible. The voice of Mr. Darrell Pernicek, a science teacher at Sandy Creek and the individual behind the day's festivities, soon announced from the speakers: "Three..two...one...totality!"

The protective glasses were no longer needed, so the students gazed at the moon-covered sun with unencumbered eyes. Gasps, oohs and ahhs were heard from the crowd. Then, applause sounded. Everyone shouted and put their hands together for this natural phenomenon. "I thought it was going to be really cool, but I was afraid that everybody else wouldn't appreciate it," said Pernicek. "When the crowd started cheering and clapping, I thought, 'It's not just me.'"

The first day of school on Aug. 21, 2017, was maybe the most unforgettable for staff and students thus far. It's not every year that you get to witness a total solar eclipse on the same day you start a new school year. It's not every year that you get to witness a total solar eclipse, period. As a matter of fact, the next time Sandy Creek will lie in the zone of totality is May 26, 2245. The students learned this fact and other information during an assembly conducted by Pernicek.

While speaking to the elementary, middle school and high school students of Sandy Creek, Pernicek said, "I have been looking forward to

this longer than you've been alive." He first found out about the total solar eclipse while showing an educational video in earth science about 17 years ago. Looking at the map, he realized that south-central Nebraska fell inside the zone of totality.

To be in the zone of totality means being in the moon's umbra, or complete shadow. By the time it reaches the Earth, it covers a diameter of only 70 miles. If that's hard to visualize, note that the Earth's circumference is 25,000 miles. Also, the reason the zone of totality looked like a line across the U.S. is that the dot from the moon's umbra moves across the Earth as it revolves.

Having a new moon and being on the daylight side of the Earth are a couple of other conditions that need to be met for an eclipse to occur in an

area. In addition, the moon's orbit is tilted compared to the Earth's: about five degrees. This is virtually nothing; however, it has a large effect on potential eclipses since the moon is about a quarter of a million miles away. It is a rare event when the moon, sun and Earth are all on the same plane during a new moon.

Furthermore, the weather is another vital factor for a visible total solar eclipse. The forecast on Aug. 21 was, however, concerning; that morning, the sky was completely overcast. Fortunately, the clouds swallowed their pride and moved away during the celestial event. Pernicek said, "The timing was magnificent."

Following totality, the sun came back, and "Here Comes the Sun" by the Beatles resonated on the football field. Jeremy Borer, the media specialist, was responsible for the playlist during the event. "Mr. Pernicek asked me

really nicely the Friday before," said Borer. Other songs included on the track were "Total Eclipse of the Heart" by Bonnie Tyler, "Eclipse" by Pink Floyd and "The Sound of Silence" by Simon and Garfunkel. Borer was in charge of not only the playlist, but all of the technological duties on the day of the event. "I just did whatever Mr. Pernicek told me to do, but not in a bad way," said Borer. "He did all of the work; I just took care of the technical stuff." Another job that Borer took care of was displaying Pernicek's presentation on the video board.

Along with the video, Pernicek included a few props in his presentation. Taped on the north side of the bleachers was a 35-foot-long poster with lines representing the tilt of the moon's orbit compared to the ecliptic plane. "It took way too long to

draw, and I can't bear to throw it away," said Pernicek. Other props he utilized in the presentation were a bat and a softball. A couple of volunteers from the audience participated in a rigged game of softball where the pitcher purposely threw the ball out of the strike zone. The ball was supposed to represent the moon throwing its shadow to Earth and the strike zone represented the chance of a total solar eclipse taking place.

Another fact provided in the presentation is that total solar eclipses occur on an average of once every 18 months in many other places on the Earth. Hopping on a plane or boat might be necessary to see one, though. It also must be taken into account that the zone of totality sometimes falls on an ocean, on mountains or in the arctic, antarctic and deserts. So, being there at the right time and place is almost coincidental.

Miley is Younger Now

Cyrus returns to her roots in her new album

By Maggie Rieckman

For her entire music career, former Disney star Miley Cyrus has been in the limelight. Growing up on center stage means being criticized on anything and everything. Cyrus has mastered the art of not caring. She sings, wears and does whatever she wants at anytime she wants. It hasn't always been like this, though; for a long time, she was trapped in the box that is Hannah Montana.

As most everyone knows, Cyrus's fame catapulted during her Hannah Montana years on Disney when she innocently sang about being a famous teenager and boys with hits like "Best of Both Worlds" and "He Could Be the One."

Near the end of her Disney years, Cyrus came out with two of her most well-known songs: "Party in the USA," an irresistible anthem, and "The Climb," an inspirational ballad.

Then "Can't Be Tamed" sprung from her teeny-bopper persona and established an edgy style. After a hiatus of a couple of years, the "Bangerz" era was born, beginning with Cyrus's chopped blonde hair and PG-13

twerking. The new R&B album of 2013 gained popularity with literal head bangers like "4x4" and angsty pop rock songs like "FU." Some people saw the "new Miley" as Hannah Montana's evil twin who should be censored. Others saw a fiercely independent young woman escaping the long blonde wig and finding herself.



One year after "Bangerz" won two different awards for best album, "Miley Cyrus and Her Dead Petz" released in 2015, and honestly, it was really weird. After first listening to explicit and bizarre songs

on the album such as "Milky Milky Milk" and "Tangerine," it was hard for me to like it. Then, after hearing oddly sad and touching tracks like "Pablo the Blowfish," "Karen Don't Be Sad," and "1 Sun," my opinions changed. It took a little bit of time for me to appreciate the genius behind "Miley Cyrus & Her Dead Petz."

In May of this year, Cyrus dropped

the single "Malibu," which quickly became a breezy song of the summer. The sneak peek to her upcoming album signified a fresh start symbolizing her rekindled love with her former ex-boyfriend, Liam Hemsworth. The simple soft pop song showed us a Miley returning to her roots. The official music video for "Malibu" features Cyrus lying in wildflowers, skipping through tall grass and dancing on a beach. We haven't seen this side of her since 2009 when she starred in "Hannah Montana: The Movie."

On September 29, Miley Cyrus's new album "Younger Now," with singles "Malibu" and "Inspired," was released everywhere. According to Douglas Greenwood of highsnobiety.com, "Younger Now" marks the moment she reclaims and embraces the wistful, warm naivety she lost out on somewhere along the way."

In the first track, which is the title song, Cyrus sings, "Feels like I just woke up, like all this time I've been asleep. Even though it's not who I am, I am not afraid of what I used to be." It's clear that we have entered a new phase of Miley--a reinvention inspired

by her origins of country music.

One of my favorite things about the album is that Cyrus's unique southern twang is present, especially in "Rainbowland," a track including her legendary godmother, Dolly Parton. Though the album sadly lacks "Bangerz," it does include some folk

rock, foot-tapping songs like "Week without You," "Thinkin'," and "Loved Someone."

"The more these songs toy with folk and country conventions, the better they get," said Craig Jenkins of culture.com. For example, "Missed You So Much" and "She's Not Him" channel a relaxed rustic vibe that show Cyrus's much different take on country music than the cookie-cutter female artists like Carrie Underwood and Miranda Lambert. Then, "I Would Die for You" and "Inspired" tone it down even more to take on a more melancholy identity. This is especially true of the latter, because it touches on social issues and the sad condition of the Earth. The mood grows more hopeful as she croons, "We are meant for more."

Another song in the album that has political elements (and my personal favorite) is "Bad Mood." As Kitty Empire writes in her review

of "Younger Now," the track "sulks seductively" with an exquisite layering of Cyrus's long notes and a steady and satisfying drumbeat. She sings, "You acting like you ain't got the news," "the glass ceiling's

about to break," and "you know it's gone on way too long." It sounds to me like

she's talking about the presidential election and some people's lack of reaction to it. It's good to know that even if Cyrus tones down her music to a few simple guitar chords and her voice, she'll always have something impactful to say.

Though I would have liked a few songs with a lot of bass and rebel calls from 2013 Miley, I'm very happy with "Younger Now." It's different than anything I've ever heard, and that's a success in my book. Who wants to hear the same thing over and over again? Listening to the country and pop music of today, I can't distinguish one artist from another just because of how similar the styles and sounds are. Cyrus has combined the two and created something of her own. I love that no matter how much Miley Cyrus changes, she'll always be an original goofball, skipping sillily down an unbeaten path.

Feels like I just woke up, like all this time I've been asleep

Game of Thrones Review

By Maci Maldonado

It is 2017, and unfortunately, we still live in a man's world. No matter how many successful women are out in the world, men still dominate our society. This is the reason that when I see a TV show where women are more relevant than men, I love it. "Game of Thrones" is an example of a TV show like this.

"Game of Thrones" is a series on HBO about kings and queens battling for power over kingdoms. It is a show meant for a more mature audience, and it has a specific character that I admire more than any other woman I have ever seen on a TV show. Her name is Daenerys Targaryen. Daenerys' family had ruled the kingdoms until her father was overthrown and killed when she was just a baby. She grew up with an abusive and crazy older brother who was set on reclaiming their homeland.

She is fierce and headstrong, and she doesn't rely on any men. She relies on herself. Daenerys wasn't always that way, though. In the first season, she was a meek and submissive character who went along with whatever people told her to do. That quickly changed when Daenerys realized she has the ability to stand up for and get what she wants. She abolished slavery and made slave masters beg for mercy. She also hatched dragons that had not been seen in thousands of years. People that don't have faith in anything have faith in her. Daenerys makes the impossible happen because she is truly an extraordinary character. As this show continues, I would love to see her overcome more obstacles she is presented with and be the queen that she is destined to be.

I believe that more girls need to realize that they don't need the approval of other people and just go for what they want. It is essential that young women start seeing their potential and have faith in themselves and believe that they can make the world a better place in their image. Don't be a season one Sansa Stark; be a Daenerys Targaryen.

"Lights Out" Movie review

By Calie Schliep

October is the month for scary movies and dressing up in crazy costumes. Many kids line the street on the night of the 31st going door to door looking for candy. Adults frown upon high school students if they try to go around and get candy, so some of us go and watch scary movies at somebody's house. There are many different kind of scary movies: some have lots of jump scares, some are just plain disgusting and some are trying to be so scary they are just kind of dumb.

"Lights Out," which was directed by David F. Sandberg, is a jump-scare kind of scary movie. It all started out as a three-minute short film until Sandberg got the opportunity of

making it into a full movie. The "Lights Out" video was then added to it and made into the movie it is today. The official movie came out in 2016 and from there it has been a popular movie.

The movie starts out with Martin continuously not getting any sleep because he is up worrying all night about this creature that only appears in the dark. His mom is not doing anything about it because the creature is connected to her. Martin's sister, Rebecca, having the same situation happen in her past, tried to step in and help Martin get through it. Both of them come together to try to figure out what the creature is when the lights go out.

I personally liked this movie. It had a good story and it had about the right amount of jump scares added in it. It was also easy to get into right away and easy to follow along. The movie was kind of short, but being short is better than having the movie drag on and on and it just gets boring. If you have seen the movies "Don't Breathe," "The Conjuring" and "The Ring," they are similar to "Lights Out" and I think you would like it.

David F. Sandberg, the director, is a Swedish filmmaker. He is known for his no-budget horror films. Before he actually made the movie "Lights Out" he was in major debt and he said after the movie it changed his life in every

way imaginable. Sandberg has also directed the movies "Annabelle: Creation," "Closet Space" and "Attic Panic." In 2019 there is a movie called "Shazam!" that is going to come out and he is the one behind the scenes directing it.

Maria Bello and Emily Alyn Lind are the secondary main characters. Teresa Palmer and Gabriel Bateman are the main characters in the movie. Bello and Lind both actually play the role of the character Sophie. In the movie they have a short flashback of Sophie, Rebecca and Martin's mom, as a little girl, and that's where Lind comes in and

plays her part. Most of the movie, however, Sophie is played by Bello. Bello also plays a big part in the movies "Grown Ups" and "Coyote Ugly." Palmer plays the role of Rebecca, Martin's older sister, in "Lights Out." She has played roles in many movies but two of the main movies she has starred in are "Hacksaw Ridge" and "The Choice." The character, Martin, is played by Bateman. Bateman has only acted in four movies and that's including "Lights Out." His other movies include "Annabelle," "Benji" and "Checkmate."

On the Other Side of the World

An exchange student's thoughts on life in Nebraska

By Mariona

I am an exchange student in the United States, currently attending Sandy Creek High School in Fairfield, Nebraska. My adventure started on Aug. 5. The first day here was so exciting, but at the same time strange because all is new for me. Well, I've wanted to be an exchange student my whole life. I remember when I was little, I saw "High School Musical." This movie is what made me want to do this. Three years ago, my mother and I started searching companies like ICES or EF. It was so difficult to find a company cheaper and cost less than 20,000-40,000 euros. Last year, I found ICES, and it was the moment that my parents decided that I could start my next year in United States, live the high school experience and be part of a new family. Now I'm here, living the best experience ever!

Everything here is different than in Spain: the food, the people, the culture, the school. I will start with the food. The food here is more unhealthy than the food in Spain. For example, in my country I eat grilled vegetables, fish and meat, among others. But here, all of the food is grilled. The people here eat a lot of fast food; in Spain, we don't do this usually. I have to say that I love the waffles, mac and cheese, and the peanut butter. We have these foods in Spain but the taste is different. I'm scared because I don't want to get fat before I come back to Spain, but I want to try all the food here. One of the strangest things for me is that here,

when people eat, they don't use a knife, and it is hard to eat without it. Another strange thing is that all the people drink water with ice. Sometimes we drink water with ice, but not always. It is not normal to have the ice machine in the fridge. One day in the journalism class, the teacher brought cinnamon rolls with chili. My first reaction was "This is normal here? It seems like eating a donut with tomato sauce." At first, it was so weird for me because we don't eat this in Spain, but it was so good.

I will speak about the people in United States. The people here are so nice and always make you smile, but in Spain the people are friendlier, and you have your group of friends. You also have a good relationship with most of the people in your school. About the culture, the American people love their country a lot, and it's one of the principal things in their lives and at their school too. The sports here are an important part of the country's culture.

This year there are two exchange students: me from Spain and Bara from the Czech Republic. Our experiences are going to be some of the best in our lives. I'm so happy to be here, and I feel so lucky to have the best host family ever, the Fikes. We try to spend all the time together and try new food that I've never tried before, especially things unique to Nebraska--for example, go to a Husker game and eat at Runza. Every day, I'm meeting a lot of people and at the same time doing a lot of new stuff that we cannot

do in Spain. I could be at the turtle races, the demolition derby or the zoo in Omaha. I'm on the volleyball team and we practice every day of the week. I've never done this sport before but I'm trying to do the best I can. I'm living this experience with all my passion. I'll try basketball to learn how to play it and probably track.

Sometimes it's hard to be on the other side of the world and not see my family and all my friends. However, it's an experience that I can't do again, and I have to try to enjoy it with all my heart. If I can, I want to try to come to the United States and study in a college.

I think that it's good opportunity, and there are very good marketing colleges here. If you study here and you have a very good level in English, that's going to help you search for a job and find a very good one. The problem is that it is so expensive, and I'll need a scholarship because if you don't live here, you have to pay more. The colleges in Spain are cheaper than here, and you have to do exams when you finish the senior year to try to enter the college that you want. If you don't have the grades that you need to go to the college that you want, you can do all the exams a second time and try to get the grade.

I'll be going back to Spain after classes end in May, but I'm scared to say goodbye to all my friends here and my amazing host family. I hope that this year will be the best in my life and that I will remember this year forever.

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