

The Crown Prints

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Aquinas Catholic
3420 MN Rd
David City, NE
68632



Class of 2017 graduates 38 students

On May 21, 2017 at 4:30 pm, thirty-eight Aquinas seniors will graduate. This is the fifty-sixth graduating class of Aquinas Catholic Schools. Following is a list of the graduates and their future plans. Students marked with an “*” are National Honor Society members and students marked with a “+” are members of the four year honor roll.

Michelle Christine Brezina*+ Wayne State College, Business Administration. **Lauren Leigh Campbell***+ Clarkson College, Nursing. **Anne Marie Cech*** Southeast Community College, Academic Transfer. **Branden William Daro***+ Wayne State College, Pre-Medicine and Biology.

Elizabeth Anita DeWispelare*+ Benedictine College, Secondary Education. **Trevor Joseph Dozler** Northeast Community College, Criminal Justice. **Benjamin Charles Duke*** University of Nebraska, Omaha, Electrical Engineering.

Anthony Charles Eickmeier*~ Wayne State College, Pre-Physician Assistant and Biology. **Kaitlyn Sue Eller***+ University of Mary, Elementary Education. **Connor Charles Emswiler**~ Southeast Community College, Milford, HVAC.

Corbin John Hilger Southeast Community College, Milford, ElectroMechanics. **Rachel Jean Hoeft*** Southeast Community College, Dental Assistant. **Nolan Henry Jakub** University of Nebraska, Lincoln, Mechanical Engineering. Nebraska Air National Guard.

Isaiah Scott Douglies Jones United States Marine Corps. **Cambria Joy Klement** Northeast Community College, Nursing. **Mitchell Joseph Kment** Southeast Community College, Electromechanical Technology.

Madison Elizabeth Kozisek Northwest Missouri State University, Dental Hygiene. **Abigail Rose Lyons***+ Concordia University, Chemistry. **Nicholas Sterling Mackey** Wayne State College, Exercise Science.

Hannah Soo-Yun Mastera* University of Nebraska, Lincoln, Psychology. **Chloe Celeste Miller***+

Central Community College, Engineering. **Grace Veronica Moravec***+Nebraska Wesleyan University, Biology and Pre-health.

Fadhili Moses Mwikiza Central Community College, Information Technology. **Cora Anne Naiberk***+ University of South Dakota, Health Sciences and Pre-Occupational Therapy. **Lane Dean Napier** Concordia University, Business Administration.

Austin Christopher Polivka Northeast Community College, Agribusiness. **Kara Jean Reisdorff** Work-Based Learning, Center 7. **William Martin Reiter***+Chadron State College, Exercise Science and Nutrition.

Rebeca Anita Rerucha*Southeast Community College, Academic Transfer Elementary Education. **Emma Marie Romshuk** Metropolitan Community College, Photography. **Grant Anthony Romshuk** Nebraska College of Technical Agriculture, Agribusiness .

Nicholas Matei Shonka Northeast Community College, Electrical Utilities Nebraska National Guard. **Samuel James Sisco**Southeast Community College, Aca-

demic Transfer, English Literature. **Amanda Lynn Stuhr**Wayne State College, Music Education.

Brandon Thomas Svoboda* University of Nebraska-Lincoln, Political Science. **Travis Anthony Topil** Chadron State College, Fisheries and Wildlife. **Victoria Eileen Whitmore***+ University of Notre Dame, Biological Sciences. **Jackson Herman Witter** University of Nebraska, Lincoln, Marketing. Nebraska Air National Guard.

The Class of 2017 chose “*You will have trouble in this world but take courage for I have conquered the world,*” John 16:33 for their class verse.

The class motto is “What lies before us and what lies behind us are small matters compared to what lies within us. And when we bring what is within out into the world, miracles happen.”-Henry David Thoreau.

Valedictorian Branden Daro will give the valedictory address at the commencement. Salutatorian Victoria Whitmore will lead the opening prayer, and 2017 Cardinal Newman award winner Grace Moravec will lead the closing prayer.



Seniors Grace Moravec, Lizzie DeWispelare, Fadhili Mwikiza and Hannah Mastera try on their caps and gowns before the commencement ceremony which will be held on May 21. The faculty will sponsor a private senior reception before the public Baccalaureate Mass on May 17 at 7:30 pm. Photo courtesy of T. Pokorny.



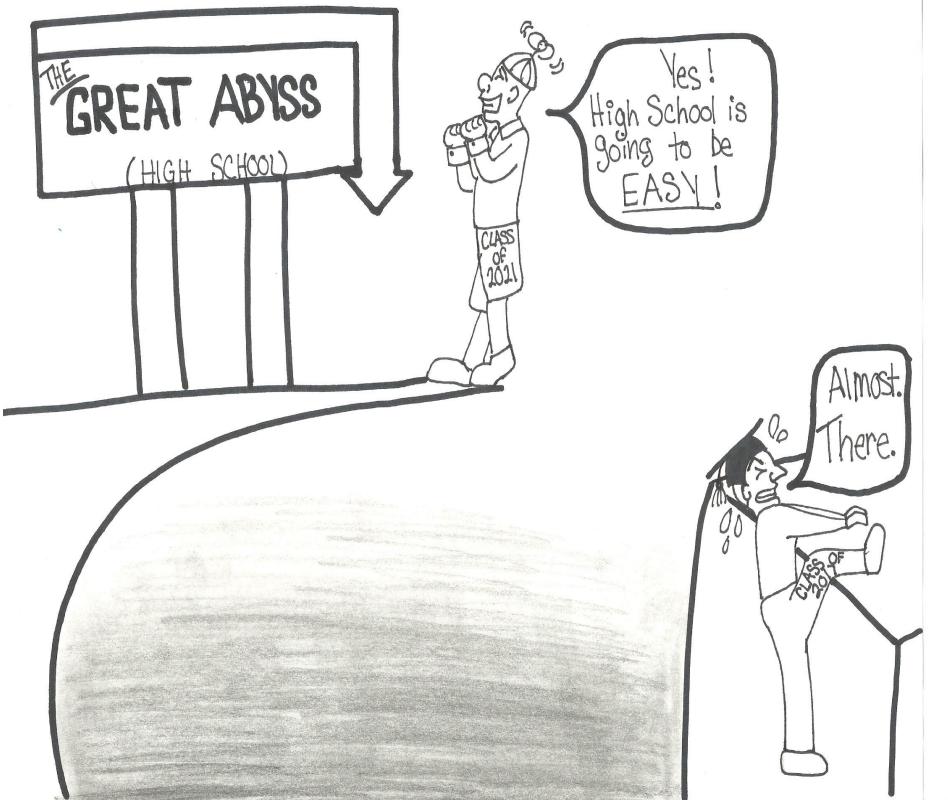
Seniors attend last retreat



The seniors attend their last retreat at the Benedictine Retreat House in Schuyler. The theme for the retreat was "preparing for college, and how to stay strong in your faith during college" according to religion and English teacher Sr. Ann Marie Zierke. Senior religion teacher and Aquinas chaplain Fr. Ben Holdren, business and accounting teacher Mr. Tony Smith, middle school science teacher Sr. Karen Marie Wilson and Sr. Ann Marie lead the retreat by giving talks and chaperoning. English and reading teacher and senior class moderator Mrs. Teresa Pokorny organized the retreat but was unable to attend. Other speakers at the retreat included Aquinas alumni Connor Kranda ('16) and Emily Byers ('16) who gave talks of their experience in college. Fellowship Of Catholic University Students (FOCUS) missionary Mr. Josh Fatzinger also presented his vocation story. Photo courtesy of T. Pokorny.

Journey through the great abyss

by Sarah Juranek



A growl...or a roar. Senior monarchs sound off...

What is your best memory at Aquinas?



Kaitlyn Eller

"When we were sitting in psychology and sociology class and all of the sudden, somebody in an inflatable T-rex costume came in the door. Then, there was a dinosaur hunt after."



Trevor Dozler

"This year's prom. I'm groovy."



Fadhili Mwikiza

"Making new friends, going out for football and track, and being prom king."



Nolan Jakub

"Playing in the talent show, especially when we got an encore. Watching my classmates head bang was pretty entertaining."



Michelle Brezina

"Drama practice. The night at one act practice when they went all out and started making money angels on the floor."



Catholic apps can keep the spirit alive

By Ryan Nemeć

Over the summer one can lose track of his faith. Religious application resources can help the faithful stay close to God during this time.

According to catholicapps.com some of the best applications, better known as "apps," are "The Bible App", "Three Minute Catechism", and "The Mega Catholic App". English teacher Sr. Ann Marie Zierke feels that "Ibreviary" is a good app because it has Divine Office and other prayers, and additionally thinks that a rosary app could also be helpful in the car. Catholicapps.com gives lists of many good apps depending on what one would want to use.

Young people benefit the most in the use of new religious apps. "These apps will benefit people who are on their phone a lot, especially teenagers," Sr. Ann Marie said. People who use their phone or tablet a lot are more likely to use these apps.

Religious apps on electronic devices can have many good purposes. "These apps could be helpful to remind you of your faith when teachers aren't around," Sr. Ann Marie said.

Religious apps like this also make praying easier. Junior Jacob Kadlec said "These apps are more convenient than having a book with you." With apps students can have almost any religious resource at their fingertips.

Like many electronic resources one could find disadvantages. "There is something about holding an actual book in your hand that you don't get with a phone or tablet," Sr. Ann Marie said.

With so many apps available, it can be hard to pick the right ones. "If I was to design an app I would want it to have inspirational quotes and bible verses, scripture readings, and catholic videos," Sr. Ann Marie said. According to Kadlec it is also good to have many different prayers on a religious app.

Freshman Shyler Jones buys a set of baby socks from Teens for Life member sophomore Katie Brezina. The Teens for Life group sold the socks in the mornings before school. Photo by J. Brown

Aquinas students "sock it" to Planned Parenthood

By Ryan Nemeć

Why do you have a baby sock pinned to your book bag? In late April Congress made a monumental decision on the federal funding of Planned Parenthood. In anticipation, pro-lifers across America joined together to make a statement about the subject.

Aquinas Teens for Life members collected and sold baby socks to be sent to Congress before they voted on the issue. Teens for Life moderator Mark Masur said "The main organizers of the event [were] the Students for Life out of Washington D.C." Many schools and pro-life groups sent their sold socks to the Students for Life in Washington D.C. to be delivered to Congress when all are collected.

The socks delivered to Congress represent the large number of abortions that take place every year through Planned Parenthood establishments across America. "The Students for Life are trying to collect 323,999 socks because that is the number of abortions Planned Parenthood committed this year by their own record," Masur said.

Aquinas Prolife students purchased a pair of baby socks several mornings before school. One sock would be sent to Washington D.C., and the other sock was to be displayed in some way by the student. According to sophomore Katie Brezina many students pinned the second sock on their book bag.

The overall goal of the project is to raise awareness and help convince congressmen of the pro-life cause. "Our prayers and the sheer volume of socks will stagger [Con-

gress] into the realization of the number of lives ended by Planned Parenthood," Masur said. The hope is this number of baby socks and how many people care could sway a congressman's choice if he is on the fence about the issue.

The decision on funding Planned Parenthood brings up the issue of private businesses receiving government funding. "I think this project is worthwhile because it arouses our awareness of what Planned Parenthood really does, and that they do it with our taxpaying money," Masur said. While this is an abortion issue, this decision also sets precedence for other cases and laws that involve the federal funding of private businesses.

Along with raising awareness, the Sock it 2 'Em project was fun to the students who participated. Sophomore Emily Dalton said "My favorite part was being part of the whole movement across America, and knowing that we are not alone," Brezina also enjoyed seeing all of the socks sold in the project being displayed on people's coats and book bags.

This project also came with a few challenges. "It was hard getting all of the socks sold because of the number we had," Brezina said. Teens for Life sold eighty-six socks throughout the project.

This year there were fifty students in the Teens for Life group. "It is good to get involved in activities Teens for Life puts on," Brezina said. According to Dalton the 7:20 Mass before school every Tuesday is offered for the unborn and an end to abortion.





No “lumpy” nights for Aquinas thespians

By Brandon Timoney

YOU SWAM THE MOAT? The Aquinas drama department produced this year's annual musical, Once Upon a Mattress, with the result of standing ovations from the audiences.

Once Upon a Mattress is written by Dean Fuller, Jay Thompson, and Marshall Barer. The musical is based on the children's story "The Princess and the Pea." The musical is about a kingdom ruled by a strict queen and a mute king, with a prince in need of a princess to marry. After a search for the perfect princess for Prince Dauntless, pretty prospect Princess Winnifred arrives to impress the queen's subjects, as well as the queen herself.

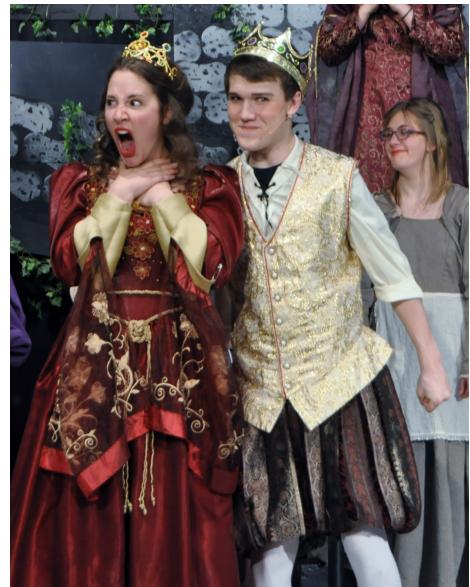
The show had several scenes to create the illusion of a castle and its courtyard. Aquinas drama director Mrs. Ann Heermann felt that the easiest part of the show was building the set.

To create the different areas of the large castle, the set had a rotating stage for the different scenes. A unique feature of the set was the twelve foot high bed Princess Win-

nifred would sleep on as a test for her worthiness. Mrs. Mary Beth Roh created the mattresses Winnifred slept on and hid the pea that would disrupt her peaceful night.

Senior Michelle Brezina served as assistant director to Heermann for the production, as well as several other past productions. "It was my idea to be assistant director. I went and asked Mrs. Heermann at the beginning of junior year if she would like [an assistant director] and I have had the position for six shows."

The thespians produced three showings of the musical with two dinner theaters, catered by Northside, Inc., one for the Saturday night show and one for the Sunday matinee. Sophomore Suzanne Oborny was the main choreographer for the dance scenes. Mrs. Nancy Humlicek played the piano in the orchestra along with Mrs. Helen Ostdiek on the flute, sophomores Hayden Schwang on percussion, Kael Jakub on bassoon, and Emily Dalton on clarinet. Thirty-five cast members were a part of the show.



Prince Dauntless, played by junior Will Yindrick, develops a mischievous idea after his mother, the queen, played by senior Lizzie DeWispelare loses her ability to speak. Yindrick earned best actor for his portrayal of Prince Dauntless at the annual high school awards night held on May 8th. Photo by Madelaine Comte

Mini-courses entertain

By Brooklyn Stara

The annual middle-school mini courses once again gave students a chance to learn new skills. Courses ranged from rosary making to robotics.

Giving the middle school students a day filled with fun ways to discover new hobbies is the goal of mini courses according to the day's organizer middle school principal Miss Carm Fiala. "It's just supposed to be a fun. I hope they'll take away some learning, a new hobby or something to add to their life," Fiala said.

According to Fiala mini courses have been an annual event for over thirty years. Fiala organizes the activities and contacts the different instructors.

In the first years of mini courses the activities took place during the last day of winter exams for the high school students. Over the years mini courses have been moved to early spring due to limited space and because of the hope of nicer weather.

Sixth grader Mackenzie Kobza enjoyed her first year of mini courses because the

activities taught the students different life skills, and she felt the day was organized. "I feel like [mini courses] went really well because the teachers and everyone had everything in order, and they all knew where to go," Kobza said.

Seventh grader Christopher Nickolite participated in mini courses for the second time this year, and he enjoyed them because he was able to do different courses compared to last year. Like Kobza, Nickolite enjoyed working with other grade levels. "I got to interact with a lot of people in Aquinas Middle School that I have not had a chance to interact with during my time at Aquinas," Nickolite said.

Eighth grader Madisen Jelinek enjoyed her last year of mini courses because the students are able to have fun and learn different skills. Her favorite presenters were Mrs. Miriam Chermok and Sr. Ann Marie Zierke who taught rosary making. They were her favorite because they "explained it well and helped us," Jelinek said.

CrownPrints

The *Crown Prints* is published six times a year to inform, educate, and entertain the Aquinas community. We urge letters to the editor. Letters should be given to Ms. Jean A. Brown in Room 16. Letters must be signed; however, anonymity, if requested, will be granted if deemed necessary.

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Speech sends competitors to state

By Hayden Schawang

Public speaking is a repetitive practice meant to produce skills in oratory. Many fear public speaking, but in actuality, public speaking is a valuable skill to learn... and it can be very humorous.

All competitive speaking falls into two categories: interpretational and presentational. According to Aquinas head speech coach Mr. Matthew Grady, "The difference between an interpretational and presentational event is that presentational events require a speaker to connect with audiences, not by creating a character, but by using their own gifts of an acting nature to persuade, inform, or delight audiences with their perspective on a topic."

Interpretational event requirements are quite different. "An interpretation event requires a speaker to perform their view from a character, like a character in a play. Unlike most actors in plays however, an interpreter becomes all of the characters," Grady said.

Two types of presentational speeches allow visual aids to be used: entertainment, and informative speaking. Junior Nathan Uhrmacher's entertainment speech on "repetition" earned a trip to the state tournament this past month. According to speech team captain and informative speaker Abby Lyons, "An informative speech has to be something the audience can relate to,



The spring season brings chances to show off the performance activities. LEFT: Junior Nathan Uhrmacher performs his entertainment speech on "Repetition" to the dinner theater audience at the spring musical. Uhrmacher placed fourteenth at the state meet after placing third at the district meet performing this speech. Photo by J.Brown RIGHT: Junior Caleb Brezina plays at the annual salad luncheon. Brezina was also part of the jazz band which received a superior rating at the district music contest. Photo by L.DeWisepelare

but not overused." Lyons feels speech has helped her in speaking to groups of people, and it will help with any presentation in any situation. Lyons, Senior Sam Sisco, and sophomore Emily Dalton presented in informative speaking during the 2017 season.

In an interpretation event, the character(s) need to be different, yet believable. The state qualifying oral interpretation of drama (OID) consisted of juniors Isaac Archuleta, Cody Hein, Uhrmacher, Schawang, and sophomore Kael Jakub, who performed Signs you Should Stop Being a Pirate, by A.M. Ditman. The "Pirates" placed twelfth at the state competition.

Duet acting is also a popular interpretation event. Yindrick said, "I've learned that you can't just do everything on your own, you have to work together." Group events lend themselves to distractions and challenges, as well as a greater need for dedication.

In order to qualify for state, the individual or group must place first, second, or third at district finals. Uhrmacher placed third in entertainment at districts, and the "Signs You Should Stop Being a Pirate" OID placed second at the district meet. These rankings earned both events a place in the state competition.



Students show off many musical talents

By Hayden Schawang

Both the band and choir recently participated in the district music competition at Columbus Community College. The competition showcased large and small groups, as well as solos and ensembles.

Practices and time are two of the most difficult factors to work around when performing with an individual, band, or choir. Senior Benjamin Duke said, "Getting my flute trio together to actually practice was very difficult because normally we are all busy doing something different. We may not have lengthy practices, but we push through our obstacles one at a time." The flute trio finished with a superior ranking.

A number of students competed with vocal or instrumental solos. Choir director Mrs. Cathie Mimick said, "Usually I assign people to ensembles; soloist are usually people who are willing to do work." Overall seventeen instrumental soloists and ensembles and twelve vocal events competed. Freshmen clarinet soloist Lily Plasek added performing in front of an audience was the most difficult part of preparing a solo.

The annual salad luncheon gives students an opportunity to prepare for the pressure of district competition, and raise money for the fine arts activities. Plasek said, "Performing in front of an audience has helped me prepare for district music. Practicing with a teacher has helped a lot, especially before being judged." This year the money raised by the salad luncheon went to the drama department.

The jazz band, show choir, and many other soloists and ensembles received a superior rating at the district music completion. Mimick said, "[The show choir] has gotten superior ratings from single judges, but never all three." Ostdiek added that this year the musicians earned the most superior ratings from soloists and ensembles in her entire career.

According to Mimick, music allows one to express himself and it can change the lifestyle of an individual. Ostdiek said, "I truly enjoy teaching music, it is a lifelong skill that never goes away." Ostdiek has been teaching the art of music to students for twenty-one years.



Time with attorney general Nemec and Archuleta attend conference

By Hayden Schawang

Recently junior Ryan Nemec attended the Attorney General Conference with other juniors from Nebraska. The conference instructed and informed high-school students about legal and political job opportunities in Nebraska.

Nemec and junior Isaac Archuleta attended the conference after receiving the opportunity from Mr. John Svec. "Mr. Svec brought up the topic in civil law class and let everyone who wanted to attend apply," Nemec said. In order to apply, the students had to write an essay over one of the amendments.

Junior Isaac Archuleta did his essay on Amendment XIV. "It is an amendment all American citizens are affected by as a daily basis," Archuleta said. Nemec did his essay on the right to bear arms, the Second Amendment.

The conference not only allowed students to learn, but also participate in activities. "Throughout the day we heard talks from the attorney general Doug Peterson, the lieutenant governor Mike Foley, a senator from the Nebraska Unicameral, and a judge on the Nebraska Supreme Court," Nemec said. The students also took part in mock

Fiala earns "Nebraska's Gold"

By Brooklyn Stara

Junior artist Mary Fiala recently competed and earned a spot in the governor's residence exhibit art contest. Her piece and sixteen others will have an honor display in the governor's mansion.

The Scholastic Art Achievement awards was a statewide competition in which 830 students from seventh to twelfth grade competed. "Nebraska" was the overall theme for the contest, and all the art pieces had to be related to Nebraska.

Over 3,000 pieces were submitted, of which 1,200 were selected for awards. From those, judges choose seventeen pieces of art to first be displayed in different Omaha public schools during March. Then from June 16 to Sept. 8, these seventeen pieces will be displayed in the Governor's mansion.

debates in the style used by the Nebraska senate when establishing laws.

Nemec wanted to learn of job opportunities and break down what section of law he may be interested in pursuing as a career. "I wasn't really sure what specific career I was looking at going in, but it made me realize just how many different jobs the Nebraska government provides in different fields," Nemec said. The conference is only open to the juniors across Nebraska.

The event is a great opportunity for juniors to learn of politics and law. "The attorney general is basically the main lawyer for Nebraska, and his department hosted it. I was able to learn about all the possible career opportunities that Nebraska government offers in law and politics," Nemec said.

The students that attended were able to meet with several Supreme Court judges, as well as eat lunch in the governor's mansion.

"I think it was a valuable opportunity that I was glad I was able to participate in," Archuleta said.

Fiala's award-winning piece is a glass mosaic of corn. She used flat pieces of glass for everything except the corn pieces. "My dad and my grandpa inspired the piece. They both were and are devoted farmers," Fiala said.

Fiala worked on her mosaic for nearly two months, beginning in January. "I'm a slow worker and a perfectionist," Fiala said. Aquinas art teacher Mrs. Joan Cech helped Fiala with her piece by giving her advice and insight.

Fiala titled her piece "Nebraska's Gold." "I chose this title because I wanted to portray how valuable corn is in Nebraska. I wanted to show how it's valuable in the sense that it is something farmers put dedication into and are proud of, not because

Middle schoolers show off science skills

By Hayden Schawang

Need a serious problem solved or want to understand how the universe works? The middle school Science Olympiad team attempted to answer questions like these at the state competition recently.

Science is more than a class; it is a passion, and there never is an end according to eighth grader Ben Shonka. Middle school science teacher Sr. Karen Marie Wilson added, "When you have a good base of science, you know more about our universe. You learn more about how God designed us."

Eighth grader Jake Witter also enjoys science because it gives him an opportunity to do something other than sports.

The field of science competition reveals many areas to study according to both Sr. Karen Marie and Shonka. "There are several events that I needed to learn more about before I teach. I learned a lot about science myself this year," Sr. Karen Marie said. Witter added that he has trouble identifying all of the substances he comes into contact with in competition.

Fifteen middle school students competed, combining efforts to participate in every offered event. "We test all building projects by actually making a design. I also have given the students mock tests to practice on," Sr. Karen Marie said. The students have partners to help teach and instruct what the rest of the group does not comprehend.

Eighth graders John Prochaska and Ben Lyons had placed first in state in the event "Wind Power" while Shonka and Witter placed first in "Crime Busters." Witter said, "I had to identify different powders and liquids." Crime Busters is a representative of forensics science. Witter also participated in "Micro Mission" with identifying bacteria and small organisms as the objective. Several of the Science Olympiad participants are thinking of a career in science. "I will take a career in science because it is something different, fun to do, and it is very complex. You see cool things," Witter said. Shonka added he may have a career in science, although he does not know in what field.



Girls track team earns success in season

By Brooklyn Stara

The 2017 high school girls track team challenged several school records at this season's meets. New head coach Mr. Tony Smith helped the girls in their events and keeps them motivated.

According to Smith, all the events this year have their strong points. "The good thing about our team is we're very broad, and we're really decent in a lot of events. Our strongest is middle and long distance," Smith said. Junior Sinclair Fiala holds one of the top ten places in the mile and two mile.

In addition to Fiala the other standout track athletes this year include sophomore Kloe Ruth in throwing events, junior Regan Pelan in long jump, and Gabrielle Oborny, Mary Fiala and Bridget Sisco in pole vaulting. While no school records have been broken, Oborny has challenged the record for pole vault. The current record is 9'8", held by 2012 alumni Sadie Horacek. Oborny's personal best is 9'6".

The Aquinas track team has competed in

regular season meets, conference and districts. According to Fiala, their best regular season meet was the Schuyler Invite. "We all competed really well that day, and as the girl's team we beat Scotus for the first time in a long time," Fiala said.

Sophomore Larissa Sellers also believes the Schuyler Invite was the best of the season. Sellers participates in triple-jump for field events, the 100 meter dash, the 100 meter hurdles, and the 4x100 relay. Smith, Mr. Ron Mimick and Miss Vanessa Munter coach Sellers in her events.

Smith believes the girls themselves are the reason the team has found success this season. "They have God-given abilities, and they choose to give those back to God," Smith said. Smith encourages the girls by being positive and advises them each day to perform better and work on improvements. "It's what you do as a coach. I love high-fiving them when they do see improvements," Smith said.

Smith began coaching junior high track

twenty-two years ago and high school boy's track fifteen years ago. The 2017 track team is Smith's first year as girls track coach.

Fiala hopes to take a trip to state in the mile. Fiala's personal best in the mile is 5:36. Sellers hopes to make a state trip in the 100 meter dash and the 4x100 relay. Sellers' personal best in the 100 meter dash is 13.1 seconds, and her personal best in the 4x1 is 51.32 seconds.

At the Shelby/Rising City Triangular, the girls team placed first with 143 points. At the Scotus Relays, the girls team placed sixth with 38 points. At the Monarch Invite, the girls team placed first with 238 points. At the Wisner-Pilger Invite, the girls team placed third with 84 points. At the Knights of Columbus Invite, the girls team placed second with 132 points. At the Schuyler Invite, the girls team placed second with 132.5 points. At the Patriot Invite, the girls team placed first with 271 points. At the conference track meet, the girls team placed second with 87 points.



Sophomore Daniel Stara completes his long-jump event at the Centennial Conference track meet. State 2017 qualifiers include senior Brandon Daro in the 300 hurdles and Sam Sisco in pole vault, juniors Eli Frasher

in the 3200 meter run and Trevor Siroky in the triple jump, and sophomore Andy Lyons in the 200 meter sprint. Juniors Clare Fiala qualified in the 1600 and 3200 meter run, Mary Fiala in the 1600 meter run, Becky Roh in the 200 and 400 meter dash, sophomores Kloe Ruth in discus and Larissa Sellers in the 100 meter dash and 100 meter hurdles, and freshman Jadyn Siroky in the 800 meter dash also qualified for the girls team. Additionally the girls 400, 1600 and 3200 meter relays also qualified for the state tournament. Photo by S. Burwell

Boys "vault" themselves to success

By Brandon Timoney

Senior Sam Sisco pole vaulted over his own record and landed on a new record. Sisco's success this season has added to the achievements of the team overall.

Sisco has a lot of motivation behind him. "My friends, family and teammates motivate me the most." Sisco said they push him every day to do his best and be the best vaulter he can be.

Pole vault is a technical sport with many little components to perfect. Technicalities include swinging, core and the runway. Sisco said he finds pole vault easy because it is very fun to do.

Sisco said pole vault "provides an adrenaline rush," every time he does it. Sisco feels he became successful with pole vault through lots of practice and hard work. Sisco also said everyday practicing makes him a better pole vaulter. Sisco's best vault this season is 14'-6".

Fellow pole vaulter junior Joe Kindler likes to follow Sisco's lead. Kindler said, "pole vault is hard when it is cold and the wind is not blowing the right way." Kindler added the area he works on most for pole

vault is his swinging technique and his core workouts. Kindler's best vault this season is 10'-6".

Head track coach Mr. Ron Mimick said in addition to the vaulters, the strong areas of the boys 2017 team are distance runners and hurdlers. "The upperclassmen are showing great leadership. Sam [Sisco], and Branden [Daro] are really serious about their events and have really blossomed throughout the year."

Mimick added the underclassmen are showing leadership with the juniors scoring a majority of the team's points at track meets. Mimick hopes the team will get healthy and finish in the top five at state. The team has a solid class C team standing according to Mimick.

The boys track team finished sixth at the Centennial Conference track meet, while the girls placed runner-up to the Bishop Neumann Cavaliers. The Monarchs competed in district competition on Thursday, May 11 at Central City. Both the boys and the girls finished as district champions and will send several competi-



Is Prom worth the hassle?

By Sarah Burwell

The junior and senior classes went back to "The Golden Age of Hollywood" where the students experienced the glitz, the glamor and even the grime of prom. All the preparation beckons the question, "Is prom worth the hassle?"

According to www.mentalfloss.com, Prom, rather Promenade, started in the late 1800's as a celebratory event for the graduating classes of colleges. In the early 1900's, parents and teachers started hosting proms to instill socializing and etiquette values in high school upperclassmen. As time progressed, prom manifested into the extravagant and expensive event celebrated today.

This year the Junior Class discovered how much work goes into prom. The class head coordinator of prom decorating Sarah Juranek said the juniors started preparations in November when the class picked their theme "The Golden Age of Hollywood". The class began designing sketches, making checklists and purchasing decorations.

According to Juranek, the Junior Class's budget for the gym decorations was \$4,000 a hefty amount raised through school t-

shirt and sweatshirts sales during the class's sophomore year. Though the class stayed on budget, some students believe the money used for prom could have been spent elsewhere. "I think there should be less focus on the decorations and more on being together with friends and having fun," Juranek said.

Students also spend a lot of money to prepare individually for the event. Junior Sam Wisnieski said, "On average, guys spend about \$200 on prom." Junior Clare Fiala explained an average girl spends at least \$300 on prom after buying the dress, shoes, jewelry and paying for various beauty needs. Luckily the added expense of a meal was not a concern for the prom attendees, as the Junior Class budget paid for the event meal. The prom goers enjoyed a prime rib meal catered by C-K Catering and prepared by the women of St. Francis Parish.

Besides the damage to the wallets, prom can also negatively impact students' athletics and academics. Fiala said, "The weekend is a chance to catch up on sleep and

homework, but prom takes away that time for students." After the conclusion of the dance at midnight, students traveled to The Mark in Elkhorn and returned to Aquinas around six on Sunday morning. Fiala noticed students' fatigue both affecting class participation and athletic performance the week following prom.

The event left students with mixed emotions. Fiala said, "I enjoyed spending time with friends. However, I don't think that all the preparation that the Junior Class and every individual does is lived up to in that one night." Fiala added that she would rather see an event in which students learn social and etiquette skills that benefitted the individuals later in life.

So is prom really worth the time, stress and money? Every person may answer the question differently, but it is for certain the event teaches classes vital skills in teamwork and planning. "Prom is a chance to display how your class can work together as a unit to decorate the gym and come up with a creative design," Wisnieski said.

Juniors create "Golden Age of Hollywood" Mwikiza and Moravec reign as prom king and queen



The Class of 2018 produced "The Golden Age of Hollywood" prom. Senior royalty included (TOP L to R) Lizzie DeWispelare, Rebeca Rerucha, Lauren Campbell, Madison Kozisek, Brandon Svoboda, Lane Napier, Branden Daro and Connor Emswiler. Crown bearers were Bentley Samek and Henry Sisco. Prom king and queen were Grace Moravec and Fadhili Mwikiza. (LEFT) Sarah Burwell works with prom decorations, which included a ticket booth and collectible movie posters.

