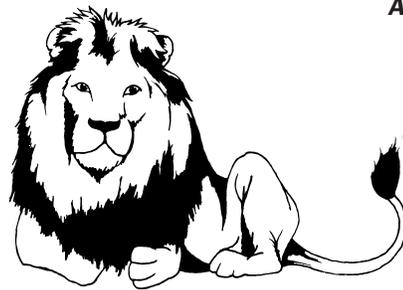


The Crown Prints

Vol. 57, Issue 3 December 19, 2017



Aquinas Catholic
3420 MN Rd
David City, NE
68632
(402) 367-3175

Middle schoolers turn to Page 1

By Morgan Littlefield

Hundreds of pages and millions of words! The Aquinas middle school students take part in Page 1. The middle school reading program improves a student's reading comprehension and increases their love of reading.

The Page 1 middle school reading program is "a fairly intense reading competition that requires participation by read a selection from an assigned book list appropriate to their age," Aquinas parent and program director Mrs. Julie Reiter explained.

The program includes three levels based on the student's grade: Level I is third and fourth grade, Level II is fifth and sixth grade, and Level III is seventh and eighth. The book list includes more than sixty-five books with titles such as *Anne of Green Gables* and *The Hobbit*.

The program has a perdurable effect on

the program members, as they must maintain the information they have read for the entire school year. The students take part in competitions with other schools in April as individuals and a team. The readers will be asked questions over the books through a written test or orally with the use of a buzzer to answer.

Seventh grader Noah Grady plans on competing this April. "I'm going to compete in the individual and group events. I'm going to read as many books as I can to help the team," Grady said.

Mrs. Reiter's goal for the program is to assist the students with their reading and to improve their ability to remember information. "[The program] helps with reading comprehension because they have to retain the information they read from summer to the April competition. The program ben-

efits with their vocabulary, spelling, and ability to write," Mrs. Reiter said.

The students in the Page 1 reading program take part in some fun events put on in connection with the program, such as the Bishop's breakfast, a fun night, and the tournament in April. This year they also went to see a movie based on one of the books on the Level III reading list: *Murder on the Orient Express* by Agatha Christie.

The participants find enjoyment and value in the program. "My favorite part is reading really good books I wouldn't have read on my own," Grace Reiter said. Grady added, "I really like reading, and it's fun to do." There are six students involved this year.

Mrs. Reiter said, "I want to inspire them to continue reading throughout their lifetime."

Senior religion continues mission

By Ryan Nemece

After eleven years of learning about the faith, seniors are now able to put their knowledge into action through good works and showing love to those who need it most.

Senior religion teacher Fr. Ben Holdren defined social justice as "equal dignity for every son and daughter of God." According to Holdren, this means treating everyone the same and loving them no matter who they are.

"Social justice is about doing. You need to first learn from other classes. Now it is the fun part, actually getting out and loving others," Holdren said. According to senior Mary Fiala, in the senior religion class students do not just learn about something, but they actually go out and apply it to their lives as well.

Learning about social justice helps com-

bat real-world problems. Senior Sam Wisniewski said "[Social justice class] has made me more aware of problems, and that [the problems people talk about] are real problems." According to Fiala, the class has made her more sympathetic to those who are struggling.

The senior class took a trip to Macy and Winnebago, NE to see the needs of the Native Americans on the Omaha and Winnebago reservations in Nebraska. "The trip was a success. The seniors did an awesome job getting out of their comfort zone and being with the kids there," Holdren said.

Holdren hoped the seniors would find a way to help the Native American children. "We helped them feel that there is no racial difference between us and that we are all the same," Wisniewski said. According to Fiala, the kids in Winnebago benefitted from the

senior visit because the seniors were able to become friends and talk to them.

The senior class made some realization during the trip to Winnebago and Macy. "I need to be more sympathetic to [the Native Americans] and others who are struggling with problems," Fiala said. Wisniewski found it interesting to learn about the Native American culture and why Native Americans have held onto the many injustices done to them.

The senior social justice class will continue their mission throughout the year. "We are hoping to continue to grow a relationship with the Omaha Indians more," Holdren said. This may include more trips to Macy and Winnebago, or other projects to benefit the people of the Omaha and Winnebago reservations.



A growl... or a roar.
Monarchs sound off...

“What is your favorite Christmas tradition in your family?”



English and religion teacher Sr. Ann Marie Zierke:

“The sisters decorate the dining room but keep it hidden until after Christmas Vigil Mass for the big unveiling.”



Sophomore Shlyer Jones:
“My family usually watches one of the Santa Clause movies.”



Junior Kael Jakub:
“Setting up all my mom’s extremely large amount of Christmas decorations and snow blowing and sweeping the sidewalks together.”



Senior Mary Fiala:
“Going to midnight Mass. I love it; it’s beautiful.”

Cash, coats and Christmas

Soul Club helps the less fortunate

By Jenna Kobza

Are there coats at home never worn anymore? Aquinas students and supporters can bring those coats to school and be a part of the SOUL Club Coat Drive to help the less fortunate! Additionally the SOUL Club hopes to serve the less fortunate of the community with their annual Angel Tree project.

Serving Others Under Love (SOUL) Club is a school organization that promotes many community projects throughout the year, including the annual coat drive. “Many people in the community who can’t afford to buy winter coats is the reason the SOUL Club has the coat drive,” SOUL Club moderator Mrs. Anna Nolan said. The coats will be distributed through Blue Valley Community Action.

Additionally, SOUL Club sponsors a project to help less fortunate families during the Christmas season. The annual Angel Tree project gets its suggestions from Genesis House. The Genesis House provides help to families affected by domestic violence.

This year’s SOUL Club president is senior Caleb Brezina. “I help organize both the Angel Tree and Coat Drive projects. I

have TAC 9 to collect the Angel Tree money and goods,” Brezina said. Every homeroom TAC in school has a leader from SOUL Club who collects money or items which are then distributed to the needy before Christmas. Students collected a variety of items including twin bed sets, snow boots, hoodies, shirts, pants for boys and girls, stocking hats, gloves, and cash/checks to place in emergency funds.

Donations for Angel Tree ran through the Advent season. Donations for the Coat Drive last from November through January 2018. Brezina said, “All the donations benefit people in the community who need help.”

“I think these projects are important because people wouldn’t have the support that they need, and it shows our Christianity,” Nolan said. Both projects benefit the community immensely. “Angel Tree is more special because it shows our support in the community,” Nolan said.

SOUL Club has between 20-30 members. Other officers for SOUL Club include juniors Katie Brezina, Emily Dalton, and senior Jonathan Drozda.

Preparation through pawprints

By Sarah Juranek





Striving to be “Simply Irresistible”

Speaker Sarah Swafford talks about relationships

By Ivy Schmid

I will not use you, and I will not let you use me, striving. Catholic motivational speaker Sarah Swafford recently spoke to Aquinas students about working to build virtuous and loving relationships.

Swafford taught the student body how to start and maintain healthy relationships focused around Christ and his moral teachings. She focused on main points including the “emoticoaster” and the “Simply Irresistible Virtuous Man or Woman” to inspire students to follow God’s will for their relationships.

The “emoticoaster” is the term Swafford used to explain the emotional rollercoaster women go through while starting a relationship. The “Simply Irresistible Virtuous Man or Woman” teaches men and women how to live with the utmost respect for Jesus, themselves, and for others.

“[Swafford] is really fun and makes a lot of sense. She has a wonderful capability to understand us,” freshman Macy Moravec said. The response to Swafford’s speech seems to be similar worldwide. Swafford said, “People usually tell me, ‘I needed that talk so badly right now. It was perfect timing’ or ‘I can’t believe I’m not the only one struggling with all this. I’m glad I’m not alone.’”

Freshmen religion teacher Sr. Ann Marie began a virtue challenge with



Speaker Sarah Swafford explains mental stalking to the Aquinas student body. Swafford and English and Religion teacher Sr. Ann Marie went to college together. Photo by S. Juranek

the freshmen religion class. The virtue challenge focuses young people to become the virtuous man or woman

that God designed each person to be.

The freshmen will use the “Simply Irresistible Virtuous Man or Woman” list to focus on one virtue each month. The list was constructed after Swafford spoke to multiple college students about what virtues they were looking for in a significant other. Sr. Ann Marie said, “I thought [the virtue challenge] would be good to incorporate what the students learned in the talk into their everyday life.”

“My students stressed an attitude of respect for their peers and teachers,” Sr. Ann Marie said. Freshman Rylan Chromy said, “I think my class needs to work on understanding each other better. I think working on the virtue challenge will bring us closer to God and help us form good habits.” Moravec added, “I think my class needs to work on including others throughout the day.”

Swafford wrote *Emotional Virtue: A Guide to Drama Free Relationships* in 2014 that expands her thoughts focused on in her speech. “Some people read my book as a reminder of what God wants for them in their life. Same with my talk. Things are constantly changing, and sometimes you need a refresher, reminder, or a reset button. I would love to offer that to the students at Aquinas any time,” Swafford said.

Underclassmen on a “Quest” for holiness

By Jayci Roh

On a “Quest” to find Jesus, several Aquinas students recently attended the 2017 Quest Retreat. The two-day retreat is for freshmen and sophomores to focus on the love of God, others and themselves.

Quest is a retreat to help others find themselves in God with the help of counselors and other students. The retreat focuses on the theme of the three circles of love: love self, love others, and love God. According to freshman Ruth Plasek, who attended the retreat, the counselors were helpful to increase her spiritual life because “they were talking constantly, so you couldn’t think about anything else.”

Freshman retreat attendee Julia Nemeč

said the one thing that had the most impact on her was the adoration portion. “[Adoration] was silent, but there was music playing at times, and it was a peaceful time to think.” Plasek’s favorite thing about Quest was the speakers “It was fun hearing the stories they had to tell.”

Not only did the students listen to counselors and pray on the Quest Retreat, but they met new people along the way. Around twenty-five to thirty people attended the retreat according to Plasek. Freshman Kolby Baer said he became close to the new people he met. “We talked, interacted the most, and did everything together.”

The students’ spiritual life increased by listening to the raconteurs, meeting new friends, and the adoration. Nemeč and Baer agreed that Quest exceeded their expectations, “I didn’t really know what to expect, but it was fun!” Nemeč said.

Overall, the students believe that Quest was a positive experience. Quest may be something other people consider attending in the future to grow in the faith and bond with others who share the same beliefs. All three of the freshman students agreed they would go back to Quest if they had the opportunity. “It was out of the ordinary,” freshman Kolby Baer said.



Feeding farmers of Butler County

By Hayden Schawang

To serve, lead, and inspire. Officers from the David City FFA chapter attended the leadership lab on Sept. 19 at Central Community College to organize "Feed the Farmer."

The David City FFA chapter officers were able to organize the "Feed the Farmer" event with help from the East Butler FFA chapter. David City FFA reporter senior Valeria Whitmore said, "Normally for 'Feed the Farmer,' we bring meals to farmers or give them treats when they come to their local co-op, but this year we are combining with East Butler FFA to organize a spaghetti meal for farmers." This is the first year that the chapter is combining with another chapter to host the event.

Freshmen FFA members and other incoming members had plenty to do throughout the day. David City FFA secretary

junior Kael Jakub said, "The people who attended were able to grow in speaking skills, and further their knowledge of plants and animals. There was dissection of fetal pigs, how to say the FFA creed, and making floral arrangements. [The activities] were much like mini courses, but particularly for incoming FFA members." Junior David City FFA treasurer Hannah Moravec added the older students and officers planned things and events for the chapter during this time.

Attending the leadership lab is only one of the many activities that FFA offers. Whitmore said, "We have different competitions such as land judging, livestock judging, Leadership Development Events, and Career Development Events." Moravec added that it was good to see how many kids enjoy agriculture.

Although the officers did not partake in the activities, they all learned valuable lessons. Moravec said, "It is important to learn how to communicate with people, so you learn how to be more efficient in your work." Jakub added he learned how to be productive and get things done, specifically in the chapter.

FFA is a good experience to have during high school according to both Whitmore and Jakub. Moravec said, "[FFA] is a great opportunity to be in in high school because it not only is about agriculture, but it helps you to organize things, how to be a leader, and allows you to learn about aspects of agriculture that you choose to learn about." Jakub added that FFA has prepared him for how to deal with work and his co-workers at the jobs he has had.

"Mathletes" compete at UNL

By Isaac Archuleta

Recently several Aquinas students tested their math skills in competition. They attended University of Nebraska-Lincoln's Math Day to see how they "added up" to the rest of the state.

The University of Nebraska-Lincoln hosted its annual Math Day in mid-November. According to high school math teacher Mrs. April Sypal, the competition consists of two parts. Individuals compete in a 25 question exam, and also a team competition of a three person math 'Quiz Bowl'.

In the individual competition the top 40 scorers overall on the exam take another exam according to Sypal. Then the top ten students in that exam receive a scholarship. There are over one hundred schools that attend Math Day adding up to 1441 competitors total.

Sypal said she decided to start taking students to Math Day her first year of teaching. "The event was something I got information on my first year of teaching, and I thought it would be a good opportunity for students to compete

with others and see how they compare."

The competition is an all-day event, but round lengths vary according to Sypal.

The competition eliminated the Aquinas team after two rounds of quiz bowl play, and no Aquinas competitors finished among the top 40 on the exam. On the individual tests the competition averages the top three scores and compares the scores to those of other schools. Aquinas ranked fifth in schools of its same size.

The top Aquinas place on the exam was senior Josh Pandorf who placed ninety ninth.

Students chose to participate in Math Day for many reasons. Junior Nolan Hartman, who placed one hundred and thirty ninth said, "I like math, and I like the challenges that math presents." Senior Caleb Brezina added that his classmates encouraged him to go and to test his knowledge.

Students were able to take away something from the experience. Hartman said, "I learned that math is very challenging, and math helps develop critical thinking skills." Brezina added, "I learned that there are a lot of smart people in the world."

Sypal said the feedback from all the students is usually the same. She said they find it "very challenging, slightly intimidating, but also very rewarding." She said the test the students take, known as the PROBE test, does not have straightforward answers and requires students to use a wide range of math knowledge.



L to R: Junior, Nolan Hartman, and seniors Nolan Maguire and Josh Pandorf work out a math problem during a quiz bowl round.

Photo courtesy of A. Sypal



“Hunting” for excitement

By Ryan Nemece

Many Aquinas students woke up early one November morning to go sit out in the freezing cold. Why? DEER SEASON! Many students at Aquinas enjoy hunting as a fun hobby.

Hunting is a very enjoyable activity for many people. Senior hunting enthusiast Lance Dybdal said, “Seeing all the preparation it takes to get an animal, and then seeing all that work payoff is great.” According to eighth grader Ben Lyons, another enjoyable part about hunting is just walking around and being in nature.

To be a good hunter one must face many challenges. “Your scent can be tough to cover depending on the wind, and maneuvering the animal into position to get a good clean shot can be difficult as well,” Dybdal said.

Hunters can better their chances while hunting with the right preparation. “To prepare for a hunt, you want to make sure your gun is sighted in well. Then you can set up

trail cameras to see where the animals like to move. Finally you can even go out a few days before to scout around,” Dybdal said. According to senior Nathan Uhrmacher, having the right clothes and gear gathered before you go out hunting is important.

In order to go hunting, teens must take a hunter safety course through the Nebraska Game and Parks Commission. “In hunter safety, you learn to be safe and how to identify animals,” Lyons said. Uhrmacher said, “You don’t hear about many hunting accidents very often, so the hunter safety classes must help.” Hunters over the age of 19 may not be required to take the class depending on what they are hunting.

Hunting can provide families with food for the upcoming year. “When I go hunting I use everything from the animal that I can, mostly the meat and sometimes fur,” Dybdal said. According to Outdoor Life, a well-known hunting and fishing maga-

zine, an average whitetail deer can provide around 50 pounds of meat to a hunter.

Hunting can give people memories that will last a lifetime. “My most memorable hunting experience was when my brother Levi, his therapist, and I went duck hunting and we all filled our limit in just a couple of hours,” Dybdal said. Levi Dybdal passed away in 2016 due to cancer.

Controlled hunting is also good for the environment and an ecosystem. An article published by Scientific American said, “Hunting can be beneficial in population control of animals that would otherwise overwhelm an ecosystem.”

According to Scientific American hunting has recently become popular. A survey the publication conducted found 78% of the general public now support hunting compared to 73% in 1995. More than 12.5 million Americans claim to be hunters today.

ACT and SAT tests student knowledge

Juniors and seniors face the challenges of national exams

By Hayden Schawang

“Do not turn the page until I say so.” Colleges use the American College Testing (ACT) and Scholastic Aptitude Test (SAT) as references for admission acceptance. The tests show strengths and weaknesses in various academic areas.

The ACT and SAT have many similarities with the same purpose. However, they have many differences according to Aquinas guidance counselor Mrs. Bobbi Schmid. “Schools in the Midwest look at ACT scores, while schools along the coasts look at SAT scores more often,” Schmid said. Junior Matthew Duke added both tests give colleges a “go to” reference in order to award students with scholarships.

Colleges put weight on the ACT and SAT tests for a variety of reasons. Duke said, “[The ACT and SAT] shows how good of a student you are overall.” Junior Morgan Birkel added it showed whether students could recall information from their classes. Neither Birkel or Duke have taken the SAT.

According to both Duke and Birkel, there

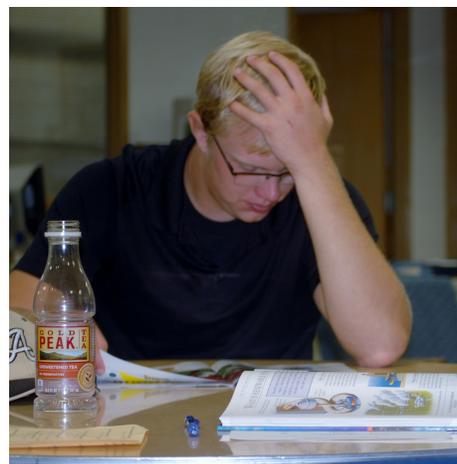
were difficult portions of the ACT. Birkel said, “The math section was the hardest because I didn’t have enough time to finish.” Both Duke and Birkel took the ACT for their

first time during the October testing session.

Taking the ACT and SAT are not one-time events according to Schmid. “The ACT does not measure work ethic. Some students do great work in the classroom and don’t do well on the test, causing them to have to take it again,” Schmid said. Duke said his amount of preparation for his first time taking the ACT had a direct correlation to how high his scores were.

The highest score achievable on the ACT is a 36, while the highest score possible on the SAT is a 1600. The United States has an average composite score of 21. Schmid added in 2017 that Nebraska had an average ACT composite score of 21.4.

Colleges have good reason for valuing the result of the ACT and SAT. Schmid said, “Colleges have put more weight on them over recent years because it is one consistent number; grade point averages are figured differently from school to school and are hardly ever consistent.”



Senior Sam Wisnieski strengthens his study habits for future testing situations. Ninety eight percent of Aquinas seniors have taken the ACT. Photo by I. Archuleta



Girls basketball on the 'grind'

By Regan Pelan

The girls basketball team started off the season with a 2-2 record. A total of sixteen girls make up the Monarch squad.

The Monarchs lost to Bergan 53-35. Junior guard Sierra Meysenberg said, "We lost, but we had better defense and boxed out better [than in previous games]." Junior guard Breanna Stouffer suffered a knee injury during the match-up.

Stouffer said, "Against Howells-Dodge we had a really slow start, and [Howells-Dodge] pulled away from us. I think some of us were intimidated with their height, but after halftime we came out and played a lot better." The Monarchs lost to Howells-Dodge 49-34.

The Monarchs beat Shelby-Rising City with a score of 53-32. Meysenberg said, "We played pretty good against Shelby. You could tell we were pretty tired, but we pushed through and got the [W]."

Head coach Ms. Vanessa Munter said, "I

was very happy with how we played against Raymond Central. We had the lead the whole time, and we didn't get scared." The Monarchs beat Raymond Central with a score of 46-38.

The Monarchs have shown both strengths and weaknesses this season. Munter said, "We lost our height, so we've been asking girls to step in to roles they aren't used to." On the other hand, the team has also been "staying together and facing adversity," according to Munter.

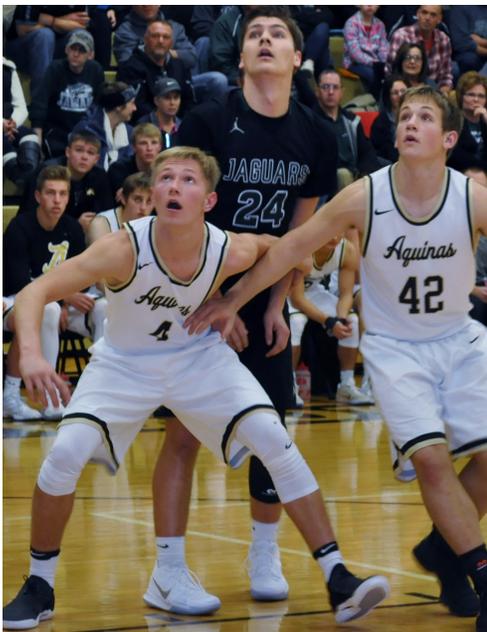
Stouffer said, "Our biggest strength this season is our quickness and teamwork. We are good at pushing the ball up the floor on fast breaks and getting back on defense." Stouffer also stated the team's weakness is their lack of height.

Munter said, "Our goals are making life-long memories and playing with 'grit.' 'Grit' is the team's word this year, and it means playing with passion and perseverance. If

we can play with that mentality it will be considered a very successful season."



Sophomore Macey Thege goes up for a block against a Bishop Neumann player. Thege played on the Cornhusker Shooting Stars traveling club team this summer. Photo by F. Kozisek



Senior Tyler Vavrina and junior Daniel Stara box out for the rebound in a game against Howells Dodge. Vavrina recently signed his letter of intent to play basketball at Morningside College in Sioux City, Iowa. "I am really excited to see how the future goes at Morningside. I like their ag department and their basketball coaches," Vavrina said. Vavrina is looking to pursue a degree in Agriculture at Morningside. Photo by J. Kobza

Boys hungry for baskets

By Jenna Kobza

The Monarch's boys basketball team "tipped-off" the season with a 3-1 record. With six senior leaders the Monarchs are "shooting" for a successful season.

The Monarchs recently took on the Fremont Bergan Knights. The Monarchs lost 41-53. Sophomore point guard Braden Smith said, "We started out slow and took a step back." Senior point guard Tyler Vavrina scored 16 points and had 2 steals against the Knights.

In a match against Howells Dodge, the Monarchs won 42-41 in overtime. Senior Kyle Ruth had 13 points, 5 rebounds and 1 block in the Howells Dodge game. "We probably should have lost the game, but with three seconds left we snuck away with the win," Vavrina said.

In the second match of the season, the Monarchs played at the new Shelby-Rising City gym. The team won 56-27. Smith said, "We took care of the ball well and forced multiple turnovers."

In the start of the season the Monarchs earned a win against Raymond Central.

The team won 73-35. "We played pretty well, but we had multiple turnovers," junior point guard Nolan Hartman said.

As with all sports the team deals with areas that challenge the players. "The team struggles with our size, because it creates miss match problems on the court," Hartman said. To compensate for the teams size they "play harder and faster" according to Vavrina. "The team's biggest strength is our ability to force turnovers, and shoot from the outside," Smith said.

Including Vavrina, the other seniors on the 2017-18 team are Trevor Siroky, Kyle Ruth, Gavin Rech, Daniel Reiter and Matthew Nadrchal. The seniors have been showing good leadership on and off the court according to the team. "[The seniors] make it easy to be on the court because they always know what is going on, and they are great communicators," Smith said. Hartman added, "During practice they push us to get better, and off the court they tell the team to get in extra work."



Girls basketball learns fundamentals Middle school girls shoot for success

By Faith Kozisek

Fundamentals are key. The Aquinas Middle School girls basketball season finished recently, and the players made the most of their time together.

The team made improvements this year. “[The players] were exposed to a lot of different aspects of the game and hopefully learned from each of those experiences,” said coach Mrs. Teresa Pokorny. Miss Neely Vavrina traveled from Concordia University to attend games and to assist Pokorny. Vavrina is a 2016 alumnus.

Eighth graders Grace Reiter and Ella Moravec felt the biggest improvement achieved was by working as a team. “Learning that [basketball] is not an independent sport was one of the team’s greatest improvements,” Moravec said. Seeing “how the team improved” and reflecting on “how far this team has come throughout the years” were Moravec’s favorite parts of this basketball season.

The middle school basketball players played for 3 squads. The “A” team is composed of eighth grade players. The “B” team is composed of a combination of seventh and eighth grade, and the “C” team is seventh grade players. Both Reiter and

Moravec were members of the “A” squad.

Setting individual and team goals made smaller improvements easier to accomplish. Reiter said, “My goal was to work together as a team to find more scoring opportunities.” Reiter’s favorite element of this basketball season was “coming together and bonding as a team.”

While the Scotus game was Moravec’s and Reiter’s favorite game, Pokorny treated every game the same. Pokorny said, “Each game is just a learning experience at this level. [Players] gain more when they are focused on learning and improving rather than winning or losing.”

The players cherished their time together this season. Reiter said, “This being the last year of middle school basketball and playing as a class pushed us as a team.”

The players relied on teamwork throughout the season. Moravec said, “[The players] performed to the best of their abilities and worked as a team. That is where we found the most strength.”

All in all, middle school basketball is a great experience. Pokorny said. “[Basketball] is a game. It should be fun.”

Middle school wrestlers start season strong

By Isaac Archuleta

Aquinas Middle School grapplers honed in their wrestling skills this season. The young Monarchs went to meets and attended practices not only to get better, but to have fun.

The wrestlers had a total of six meets in their season. Students chose to participate in wrestling for many reasons. Eighth grader Marcus Eickmeier said, “All of my brothers did it, and it is a fun sport, so it just seemed natural.”

For other wrestlers the choice may not have been so natural. Eighth grader Ethan Schmid said, “Mr. Mettler made me try it for a day, and I’ve been doing it ever since.” Middle school boys also are able to play basketball after Christmas.

In order to prepare, a wrestler must train at practice every day. According to eighth grader Jeremy Drozda, an average practice consists of running, stretching, and drills to build endurance and sharpen skills. The middle school head wrestling coach is Mr. Brian Meysenburg.

As with all sports the wrestlers test their skills at various competitions. Assistant coach Mr. Roy Emory said of the 19 boys that participated, most attended meets. Emory also said there are no team scores but that the Aquinas wrestlers “have done very well at all the meets.”

At the Schuyler Invite the team competed, “very well” according to Schmid. Schmid and Eickmeier said this meet was the hardest because it had the best teams. Schmid placed fourth at this meet and Eickmeier was second.

Early in the season the wrestlers had a dual with Schuyler, in which Emory was impressed with the team’s effort. There was no team score and many wrestlers got to wrestle more than one match. Drozda won both of his matches.

At the Howells Dodge Invite, many wrestlers used it as an opportunity to improve. Schmid placed third and Eickmeier finished second.

The Monarchs started their season at the Centennial Quad where they were very competitive according to Drozda. Wrestlers also attended the Utica Centennial Invite and the Seward Invite.



Eighth grade basketball player Grace Reiter drives to the hoop in the “A” game versus Schuyler Middle School. All three teams won their respective games against the Warriors. Reiter missed the last few games of the season due to illness.

Photo by J. Witter



Do you know your cyber safety rules?

By Ivy Schmid

Covering your webcam is one of the most inexpensive cybersecurity solutions around, but a surprising number of people have never been alerted to the rising threat of hackers and its solutions. Covering one's webcam and microphone on a laptop with a piece of duct tape is a measure everyone can take to protect oneself and family from hackers.

The idea gained popularity when a picture of Mark Zuckerberg, the founder of Facebook, went viral because of the tape on his laptop in the background. A few months later the then FBI director James Comey announced all offices in the U.S. Government have to cover their webcams and microphones. But do ordinary citizens really need to cover their webcam and microphone?

Computer expert Jim Sticklely of Trac-eSecurity showed a reporter from Today.com how easy it is to hack a computer webcam. Sticklely took three minutes to break into a family's webcam to view footage of the family in the dining room en-

joying dinner. Sticklely also had access to footage from a teenage girl's bedroom.

Sticklely's experiment was as simple as sending an innocent looking e-card, a digital version of a greeting card, with a virus. When a family member clicked on the link provided, they saw quacking ducks, but in reality a virus infiltrated their computer hard drive. The virus allowed Sticklely to record an entire family meal and spy on the family when their computer screens were open.

How can one protect himself from this cyber security issue? The two best ways are to leave a laptop closed when not in use, and also to cover a webcam lens with a piece of tape. Laptop owners can also install software that will scan for unsafe websites and applications.

Cyber security experts say to watch for a light next to or in a webcam lens. The light means the camera is on and recording. One can prevent the unwanted eyes of a hacker as simply as covering the webcam

on a laptop with a piece of duct tape. Concerned persons should be mindful the lens is completely covered; covering the microphone is extra step for privacy and safety.

While it is easy to tell when a webcam is hacked because of a light in the lens, an infiltrated microphone is harder to detect. The best way to protect from microphone hackers is to cover the microphone. Tape is an effective solution, but an old pair of earbuds would also work. One could simply plug in the earbuds to the computer port when the computer is in use and cut off the earbuds and microphone.

Finally, software such as Norton can help keep spy software away from audio and video ports. The best way to find a software is to go to a trustworthy antivirus company's website and search webcam protection.

These cyber security solutions cost little to nothing, but can save all computer users from being the victim of a hacker.

CrownPrints

The *Crown Prints* is published eight 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.

Issue Editors: Regan Pelan, Ivy Schmid

Staff: Madelaine Comte, Jenna Kobza, Brandon Timoney, Sarah Burwell, Sarah Juranek, Faith Kozisek, Ryan Nemeck, Regan Pelan, Hayden Schawang, Ivy Schmid, Isaac Archuleta, Emily Dalton, Morgan Littlefield, Jayci Roh, Jill Witter

Advisor: Ms. Jean A. Brown

Principal: Mr. David McMahon

Chief Administrative Officer: Fr. Sean Timmerman

The *Crown Prints* is a monthly publication produced by the journalism department at Aquinas High School, David City, Nebraska 68632.

Wednesday 12-20

Normal periods 1-3

Testing Begins 10:30-11:50 Algebra I, Algebra II, Math, Geometry, College Algebra, Pre-Calculus, Calculus.

12:15-1:35 World Studies, Government, Physical Science, and General Business.

Thursday 12-21

Tac 9:00-9:10

Testing Begins 9:10-10:30 English I, English II, English III, English IV.

10:40-12:00 Spanish I, Biology, Anatomy, Chemistry and Physics.

Friday 12-22

TAC 9:00-9:10

Testing Begins 9:10-10:30 Religion I, Religion II, Religion III, Religion IV.

10:40-12:00 American History, Spanish II, and Spanish III.