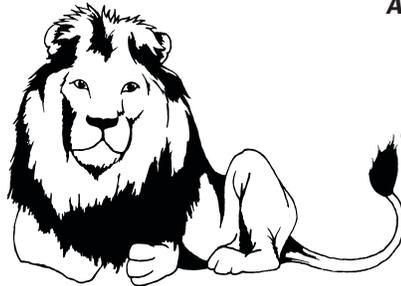


The Crown Prints

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In a "Winter Wonderland"



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This year's prom candidates were seniors Larissa Sellers, Hannah Moravec, Katie Brezina, Vanessa Bohuslavsky, Faith Kozisek, Elias Reiter, Jack Jakub, Andrew Lyons, Daniel Stara and Tad Naiberk. Faith Kozisek and Elias Reiter were crowned the 2019 king and queen. Crown bearers were Cecilia Lyons and Turner Hartman. Photo by J. Brown



Junior Class President Macy Kobza gives a speech to thank everyone who helped in the process of prom. There are thirty-four students in the junior class. According to Kobza being the class president is hard because "if something goes wrong it is on you." Photo by J. Brown

By Jayci Roh

Juniors and seniors walked through a 'Winter Wonderland' at Aquinas annual prom. The juniors spent four months preparing for the event.

The 2019 Aquinas prom theme was "Winter Wonderland." According to Junior Class President Macy Kobza, the Junior Class came up with their theme through both Pinterest and prom catalogs. For Kobza there were many challenges. "There wasn't a tent, and so we didn't know how to decorate originally, we had a small budget and a new moderator."

Decorations for the event included an improvised ceiling, trees, fake snow, lights, balloons, and a picture area. A snack table with drinks also added to the scenery this year. In previous years a tent ceiling did double duty to decorate for both prom and Gold Rush. However, this year's Junior Class had the challenge of creating their own ceiling cover.

The Junior Class worked with a new moderator for the 2019 school year. Mr. Seth Peirce, who teaches world history, social-

ogy, psychology, and American government, learned many lessons with his first prom. "I was surprised [the administration] wanted a first year guy to do it," according to Peirce. Peirce struggled with "pleasing the Junior Class." An additional challenge for Peirce was the maternity leave of Mrs. April Sypal, previous Junior Class moderator.

"I tried to be the calming influence because there were a lot of different design ideas. I wanted to see [the juniors] have a good time," Peirce said. Peirce said he enjoyed this project because "it was something new and to see the final result."

Senior Larissa Sellers said her favorite part was "the dance because the group I was dancing with was fun." Seller's favorite decoration was the walkway and the arches in the center of the gym. According to Sellers her last dance was "kind of sad because school dances are fun." Sellers thought the theme of the "dance was fitting because of all of the cold weather we've had."

The meal was provided by the St. Francis parish ladies. Juniors and seniors enjoyed chicken parmesan, cheesy ranch hash browns, corn, a side salad and red velvet Oreo cheesecake for dessert. The meal was held in the cafeteria, a change from the previous years' location.

The meal servers were sophomores Keegan Lavicky, Russel Brezina, Coy Meysenburg, Brian Cech, Kaylee Miller, Addison Zook, and Jade Feurerborn. Freshman servers were Bradley Daro, Hunter Stutzman, Meredith Dalton, and Hailey Woolsey.

Post prom was held at the Mark in Elkhorn, NE. Students were able to play laser tag, bubble soccer, bowling, participate in the arcade or do a virtual reality dark room. Senior parents were in charge of post prom and the prizes. Seniors won prizes such as, a mini fridge, gift cards, TV's, along with a cash prize. Juniors also won gift cards to local businesses. Kobza said her favorite part of post prom was "laser tag or watching people get decked in bubble soccer."



Seniors find focus

Senior class complete their final aquinas retreat

By Emily Dalton

Each year, the Aquinas Senior Class gets together for their final senior retreat. The retreat allowed students to look forward to the future and reminisce about the past.

Due to busy schedules, the senior retreat is one of the last opportunities for the seniors to be present with each other as an entire class. For many seniors, the retreat made graduation more real. Senior Zach Miller said, “[The retreat] enforced a kind of sadness that I am going to miss [my class], and I wish I had gotten to know some of [my classmates] better.”

The retreat did not go entirely as planned. Originally, the retreat was to take place at the Saint Benedict Center in Schuyler, but heavy rains and historic flooding a week before made the roads between David City

and Schuyler impassible. The retreat was rescheduled at St. Peter’s parish in Bruno. Mrs. Beth Nemec, the Aquinas director of campus ministry, said, “[The parish] accommodated us very well, and it turned out to be a nice place to have the retreat.”

The retreat had various themes throughout the day. For senior Faith Kozisek, the main theme “was to let go of now, letting go of high school so I can go to college.” The first half of the day gave student the opportunity to ease any fears they had about the future and keeping their faith throughout college. Students could have their questions answered by adults who had already been through the college process.

The FOCUS (Fellowship of Catholic University Students) missionary team from

Wayne State College came to help with the first half of the day. Two of the team’s members, Dillian Reinhardt and Elizabeth Philipps, gave their testimonies on living their Catholic faith after college. For senior Zach Miller, the speakers were his favorite part. “I admired that they had the courage to go up there and share their stories.”

The second part of the day let students look back on time they shared together. Aquinas alumni Grace Moravec and Aquinas business teacher Mr. Tony Smith gave talks on the growth in their years together, as well as being grateful for their years together as a class. Kozisek said, “I love each of my classmates. It was fun to be with my classmates one last time.”

Sacrifices worth making

By Hayden Schawang

“Remember you are dust and to dust you shall return.” Christians celebrate the Lenten season all over the world. Members of the Aquinas body have sacrificed to be examples of Christ.

According to senior Ivy Schmid, abstaining from small things is one of the most sacrificial ways to endure Lent. Schmid said, “I am giving up caffeine and fast food [for Lent]. They are things I really enjoy so it’s truly a sacrifice. I also will spend fifteen minutes or more in prayer a day because Lent is a great time to grow in holiness.” Senior Tad Naiberk added he is giving up watching YouTube and Netflix to spend more time in prayer and with family.

Lent allows participants to grow closer to Christ through holiness. Schmid said, “[The outcome] depends on how much effort you put into Lent. You get out what you put in and more. I grow in holiness, but I often find myself falling away sometime after. Lent shouldn’t just last for the Lenten season, but the sacrifices and prayer life should last forever.” Naiberk added, “[Lent]

helps me grow in my faith, which feels good because I’m accomplishing something.”

Accountability is a critical factor of Lenten effectiveness. Naiberk said, “A good way to keep yourself accountable is by telling a close friend your Lenten observances, and hold each other accountable – a buddy system.” Schmid added family members are ideal accountable figures to hold her accountable.

Abstinence of time consuming activities during Lent gives more time for Christ. Schmid said, “I truly try to grow in my relationship with Christ during Lent by adding in more time for Christ.” Naiberk added abstaining from mainstream media allows him to take more time into prayer.

Much like any change of habit, Lenten promises are tough to keep. Schmid said, “Right when Lent starts is the toughest time because of the sudden change in routine.” Conversely, Naiberk said, “The first week is easiest because you’re all pumped and resilient. Around the three week mark you have to work to persevere because the tempta-

tions are so powerful.”

Lent permits Christians to share in His passion during Lent. Schmid asked, “If Jesus can go through all the suffering during the passion, being bloody and beaten, why can’t you offer a sacrifice for him?” Naiberk added Christians experience what Christ had in a small way; we experience his example.

The Catholic Church has put effort into the format of Lent which Christians are expected to follow. Naiberk said, “I feel [Lent] is the perfect amount of time. Forty days is an important number in scripture, and the church clearly put thought into how long the season should be.” Schmid added Lent builds a relationships with Christ, which is always something worth fighting for.

When motivation falls short, Christians should remember the purpose of Lent. Schmid said, “Find someone to hold you accountable or a group that keeps you strong in your faith. Find someone that will build you up rather than tear you down.”



Importance of healthy friendships

By Hayden Schawang

Relationships with friends tend to revolve around trust and comfort. Through unceasing honesty, sixth grade students help their friends by accepting them and helping them uncover their identity.

Characteristics of a friend vary, but a best friend could be described as someone who is always there for the other, regardless of circumstances. Sixth grader Elizabeth Roh said, “[A best friend] is always there for you, and they do what they can to make you happy. [A best friend] shows more emotion than a typical friend.” Sixth grader Isaiah Coufal added “best friends are those who one can trust with whatever is needed.”

Coufal and Roh agree honesty is the most important quality in a friendship. Coufal said, “Honesty is the most important quality in a friendship - I know I can always trust the friend.” Roh added even if the friend did a wrong, she would want them to tell her so they can do what they

can to help each other.

Having friends by one’s side, whether good or bad events happen, is important in a healthy friendship. Sixth grader Mariam Frasher said, “If I were being bullied, I would want a friend by my side. If I were at a party or a fun place, I would want a friend by my side.” Coufal added if a friend got hurt, he would want to be by their side.

No matter one’s age, the number of things friends can help with are limitless. Frasher said, “When I am sad, [my friends] will come to me and do what they can to make me happier. Getting help with homework is something kind they do.” Roh added friends stand up for each other, even in the face of danger.

Losing friends tends to revolve around a form of attack or neglect. Coufal said, “A lie, a personal attack, or a betrayal of trust would end [a friendship].” Frasher agreed an intense fight would end a healthy rela-

tionship.

Emotions are typically kept hidden, unless one is comfortable, showing why friends are so important. Coufal said, “Sadness is the deepest emotion I’ve seen from another. I’d show emotion only to those who I know I can trust.”



Sixth graders Molly Ruiz, Avery Oltmer, Flora Dalton, and Lizzie Roh attend the beginning band instrument display. There are 40 members in the sixth grade class. Photo by J. Brown

Preparing solos for competition



Senior vocalist Hannah Moravec performs her solo, “Das Veilchen” at the salad luncheon. The annual salad luncheon was on Apr. 2, 2019. The district music competition was on Apr. 13, 2019. Moravec earned a superior rating on her solo. Photo by J. Brown

By Hayden Schawang

With each note musicians at Aquinas prepare both vocal and instrumental solos for their district music contest pieces. Soloists play to better themselves through repetition and section work.

Motivation and time are the most difficult part of solo preparation according to senior tuba soloist Eli Reiter. Reiter said, “I always seem to push off my tuba solo till the last minute. I have a lot of different activates, so time management gets difficult.”

“Time is essential because details are important. Details are what make or break a solo. [Soloists] have to take the time to learn the big stuff, and then even more time for the small things,” Reiter continued. Band director Helen Ostdiek added she would like to have more time with each of her soloists, although there is little time to fit them because of all other on-going activities.

The more the solo is understood, the easier and more enjoyable the solo becomes according to Reiter. “Solos are good for seeing what we have the capability of doing,

and applying our skills outside of a group and performing individually. I do like performing in groups, but I still need to develop my skills in musical education,” Reiter said. Ostdiek offers a soloist two or three solos of different levels of difficulty from which to choose.

Solos help better a student’s understanding of dynamics as soloists typically memorize their solos and play them at different volume levels. Senior vocal soloist Jackie Drozda said, “Memorizing dynamics is the most difficult part of preparing a solo. After I learn the song I’m singing, my emotions overpower the dynamics.” Ostdiek added solos make musicians more proficient in reading rhythms and dynamics because the music is much more difficult.

Nervousness of performing in front of a crowd is one of the first things soloists must tackle. Ostdiek said, “[Soloists] perform at the salad luncheon here at Aquinas. [The performance] gets the nervous jitters out. The luncheon allows soloists to think about their concentration on the music.”



Dragons soar on to the screen

One last fly around for the 'How To Train Your Dragon' films.

By Emily Dalton

How to Train Your Dragon: The Hidden World, is the third and final instalment in the *How to Train Your Dragon* series, and gives viewers a deeply satisfying end to the trilogy.

Director: Dean DeBlois

Cast: Jay Baruchel, America Ferrera, Cate Blanchett, Kit Harington, Craig Ferguson, F. Murray Abraham, Gerard Butler, Jonah Hill, Christopher Mintz-Plasse, Kristen Wiig.

Synopsis:

The Hidden World takes place one year after the events of the second movies and six years after the first. We see our protagonist, Hiccup, settled comfortably into his position as chief of Berk, in the village of dragon-loving Vikings. Berk has become an island paradise for the dragons Hiccup and his friends have rescued from dragon hunters.

Unfortunately, the high concentrations of dragons on Berk makes the island a target for war mongers who want to use the dragons to conquer the world. To help them, these stereotypical bad guys hire the true antagonist of the film, the dragon hunter Grimmel. Grimmel specializes in killing nightfuries, the same species of dragon as Toothless, Hiccup's partner and pet dragon.

Hiccup's solution is to disappear and find the dragon's hidden world, a place where he believes people and dragons can live peacefully. The rest of the movie follows the people of Berk searching for the hidden world and Grimmel's attempts to hunt them down.

Review

As a standalone film, *The Hidden World* is a fun movie. The plot is exciting, ban-

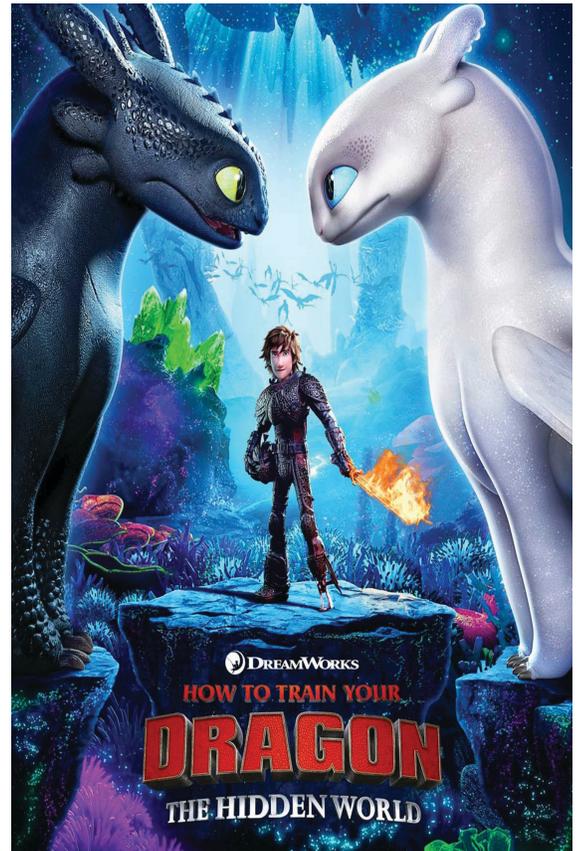
ter between characters is entertaining, and scenes are beautifully animated. One flaw the movie does have is in its villain. This series already used dragon hunters as a plot for its second movie, making this movie feel less original than the previous two.

Despite this reviewer's perceived flaw, this movie exceptionally executed the main point of *The Hidden World*, which is to give these characters an ending. Most franchises like to leave the possibility of another sequel open, especially with a series as successful as *How to Train Your Dragon*. This movie deviates from the trend, and leaves the audience with a deeply satisfying final chapter to this nearly ten year old franchise.

This editor would especially recommend *The Hidden World* to anyone who saw and enjoyed the first two movies. However, with a fun and heartwarming story, this movie will be enjoyed by any fan of animation.

Sudoku

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			8			1	4	
7	4				6		3	
4			5	7				3
								6
5			3	6				1
3	9				7		2	
			6			7	8	
				4				





David City FFA takes on state

By Ivy Schmid

David City FFA swept the competition at the district Career Development Events (CDEs) competition and brought home five district champion teams and seven state qualifying teams. FFA members prepared to turn Lincoln blue and gold at the annual state convention.

CDEs focus on skill development and career preparation in a variety of agriculture topics. Each contest is formatted with a written exam, identification, and hands on activities. Contestants qualify in teams of a maximum of eight members, but only four are chosen to represent the team at the state convention.

The farm business management team which included senior Hannah Moravec and junior Nolan Schultz placed third and qualified for state. The ag biotechnology which included seniors Dulcie Archuleta, Allie Frasher, and Moravec were the district runners-up and state qualifiers. Frasher placed third individually. The floriculture team of Aquinas seniors Kael Jakub, Brandon Soward and Logan Helgoth, were dis-

trict champions. Jakub and Soward placed second and third, respectively.

The food science team of seniors Valerie Bohuslavsky, Ivy Schmid, Kate Slama and Archuleta received a district champion title. Archuleta and Bohuslavsky placed first and second, respectively. The livestock management team of seniors Miles Eggleston, Frasher, Schmid, Slama, and Schultz were district champions.

The nursery and landscape team which included Eggleston and Helgoth were district champions with Helgoth and Eggleston taking first and second, respectively. The veterinary science team of Frasher, Schmid, Slama, and Moravec were district champions with Moravec and Slama placing first and third, respectively.

Additionally the ag science team made of David City High School (DCHS) students Jerri Cudaback, Jaley Schultz, Grace Farmer, Lydia Ockander, and Haden Forney placed fourth and qualified for state. Additional state qualifiers and previously listed teams' members were DCHS stu-

dents Shelby Hein, Spencer Allen, Laurel Ockander, Kirsten Bell, Payton Anandel, Nick Ruth, Jacson Valentine, Lydia Ockander, Kirsten Bell, and Miranda Stearns

The David City FFA Chapter had a total of 24 state qualifiers between seven teams. FFA advisor Mrs. Jenny Kocian said, "Ag educators and FFA advisors are on a constant rollercoaster the second half of the school year. You are planning, preparing, and in organizing mode until barnyard. It's stressful, but is worth every minute in the end." Barnyard allows FFA members to show livestock to local elementary students at the end of the year.

State convention brought success for many FFA members including the ag biotechnology team and floriculture team who both placed fourth. The veterinary science team placed second with Schmid and Frasher placing second and fourth, respectively. Eggleston, Frasher, Laurel Ockander, Ruth, and Schmid received their state degree, the highest award given at the state level for their commitment to Nebraska FFA.

Heermann directs show stopping performance

By Ivy Schmid

Newsies stop the world! The cast of the Aquinas spring musical production *Newsies* worked tirelessly to perfect their acting, singing and dancing for their recent performances.

Newsies is a musical rendition based on the newsboys' strike of 1899. The production tells the story of Jack Kelly, a rebellious newsboy, who dreams of a life as an artist away from the big city. After the publishing giant Joseph Pulitzer raises newspaper prices at the newsboys' expense, Kelly and his fellow newsies, with the help of reporter Katherine Plumber, rally working kids from across New York to strike against the unfair conditions.

According to director Ann Heermann, choosing a musical production is a difficult job. "I choose a show that I think is good. Then it goes to Father [Timmerman] and a committee to approve [the show]," Heermann said. However, the administration's approval is not the only opinion a director needs to take into consideration. "I chose

Newsies because I knew it was a show the kids loved. I hoped we'd get a lot of kids involved," Heermann said.

Putting a production together begins with auditions. Cast hopefuls select a music piece to perform before a panel of teachers. Heermann said, "After auditions, I look at who fits the part the best and who can carry the part well." Cast member Caden Kozisek said the cast is extremely talented and each role fits its performer perfectly. Heermann agreed, "The cast is very talented, but busy. It always seems that the musical gets trapped between many activities, and this year is no different."

According to Heermann, she was most excited to see the audiences' reaction to the dancing throughout the entire show. Kozisek said the dancing was the most challenging part of the production because the routines were fast paced. Kozisek was originally cast as Crutchy, an injured Newsie. However, Kozisek faced his own injury 9 days before opening, and Heermann needed to recast

him to a less physically demanding role.

"Most of the kids don't dance at all, so they have had to learn everything from scratch." Cast member Jackie Drozda said, "I've never done a production with this much dancing. This production really is all about the dancing." Drozda played Ms. Medda Larkin, a smooth talking, dance hall owner. Senior Suzanne Oborny was the main choreographer, assisted by Miss Allison Hain, a 2014 alumna.

Apart from the challenges and the large cast, the cast put on a great show at their three performances on Mar. 29, 30, and 31. A total of approximately 800 audience members and two dinner theater performances added to the excitement. Northside, Inc. catered the meals.

Through repetition, countless dance and music lessons, and a talented cast and orchestra, *Newsies* effectively "stopped the press." "The best part of the musical this year was the all the friendships I made. Everyone got really close," Kozisek said.



Monarchs find much success at state

By Hayden Schawang

“This is why I’m first.” The Aquinas speech team had their most successful season under coaches Mr. Matthew Grady and Ms. Allison Hain by competing at new competitions, building up confidence, and with placing third as a team at state.

The state tournament proved successful for the Monarchs by bringing five events to finals. Senior captain Suzanne Oborny said, “State was an unbelievable experience that I was so lucky to share with my teammates and friends. I am very proud of all of our medalists.” The team brought poetry and persuasive to the state level for the first time in the past 10 years.

Oborny and junior Travis Roh won state

with their duet “The Rental.” Senior captain Emily Dalton placed sixth in Informative Speaking; sophomore Jude Yindrick placed fifth in Interpretation of Humorous Prose. Roh placed third in Interpretation of Humorous Prose, and senior captain Hayden Schawang placed third in Dramatic Interpretation of Serious Prose.

Nine events qualified for state from the NSAA C 1-4 district. In addition to those who medaled at state, Dalton qualified in Persuasive Speaking. Senior captain Kael Jakub qualified in Entertainment Speaking and junior Libby Aschoff qualified in Oral Interpretation of Poetry. Additionally, Aschoff and seniors Zachary Chromy, Hannah Moravec, Eli Reiter, and Schawang qualified for state with an Oral Interpretation of Drama program.

While the Centennial Conference got moved to the day after the Malcolm tournament due to inclement weather, the speechies reigned champions for the third year running. Oborny said, “We knew we

would have to work hard, but we put our best foot forward and did our very best. I think [our performance] showed our individual ranks as well as our team ranks.” The Monarchs sent 17 out of 26 potential events to finals.

Late in the regular season, Malcolm high school hosted the “First Friday Forensic Festival.” The speech team overcame several class B schools. Oborny said, “Malcolm was a blast for everyone; we had fun at the meet itself, and I think [the excitement] gave us the spunk to perform well.” Grady added the meet was surreal after dominating the field of competition that day.

The Monarchs competed at their home meet in the ides of February, and put their competition in their place. Junior Collin Hain said, “Our home meet had tough competition, but the team did very well. [The meet] was a crazy day, and some of us were running around like chickens with our heads cut off.” Grady admitted the team did not have much time to practice that week due to preparing for hosting the meet, yet the team held their own against competitors.

David City Public’s tournament was a large meet for the Monarchs, yet proved fruitful against large class schools. Grady said, “We were fifth overall, which had never happened before [at David City]. We were only beaten by class A and B schools.” Hain added competitors against larger classes drove the Monarchs to be stronger competitors themselves.

Wayne High School was a new competition for the Monarchs this season, yet they dominated most of their future district competition. Oborny said, “Wayne was a different experience for everyone because of the three preliminary [rounds] and no finals, but we really tried our best and it payed off.”

Raymond Central’s competition was tough for the Monarchs, yet some events were successful. Oborny said, “Raymond was an eye-opener for everyone on the team because we realized we still had a lot more ground to cover.” Hain added the team had grown much stronger in their individual events this year, leading to more success overall.



Performing artists of Aquinas

TOP LEFT: Sophomore Jude Yindrick and junior Travis Roh perform in Aquinas’ rendition of *Newsies*. Yindrick played Davey and Roh played the lead role of Jack Kelly. Photo by J. Brown

BOTTOM LEFT: Senior Jackie Drozda played Medda Larkin, a dance hall owner in *Newsies*. The cast and crew had three performances for the public. Photo by J. Brown

TOP RIGHT: Junior Elizabeth Aschoff, and seniors Hayden Schawang, Elias Reiter, Zachary Chromy, and Hannah Moravec perform their Oral Interpretation of Drama program. Aschoff and Schawang were double entered in events at state. Photo by J. Brown

BOTTOM RIGHT: Senior Suzanne Oborny and junior Travis Roh perform their state champion duet “The Rental.” The state qualifying speeches were performed during the dinner theater before the Sunday performance of the musical. Photo by J. Brown



Left turns lead to gold medals

By Braden Smith

And they are off! The boys' and girls' track and field teams opened their season fast out of the blocks, with eyes at the state meet finish line.

The Monarchs hosted an invitational meet on April 4, with six other schools attending. The Monarchs swept the competition, winning both the girls and boys team races. Both teams had many individual medalists.

Recently, these teams got to put their talent to the test at the Scotus Relays, a meet comprised of only relays rather than individual events. Head boys' track coach Mr. Ron Mimick commented on how preparation is different for this style of meet. "Usually we do a little more with handoffs, but we couldn't do that much due to weather."

The boys' team had a fourth place fin-

ish. The girls' team won the meet. Head girls' track coach Mr. Tony Smith said, "I did not expect to win it, but we came home with a championship."

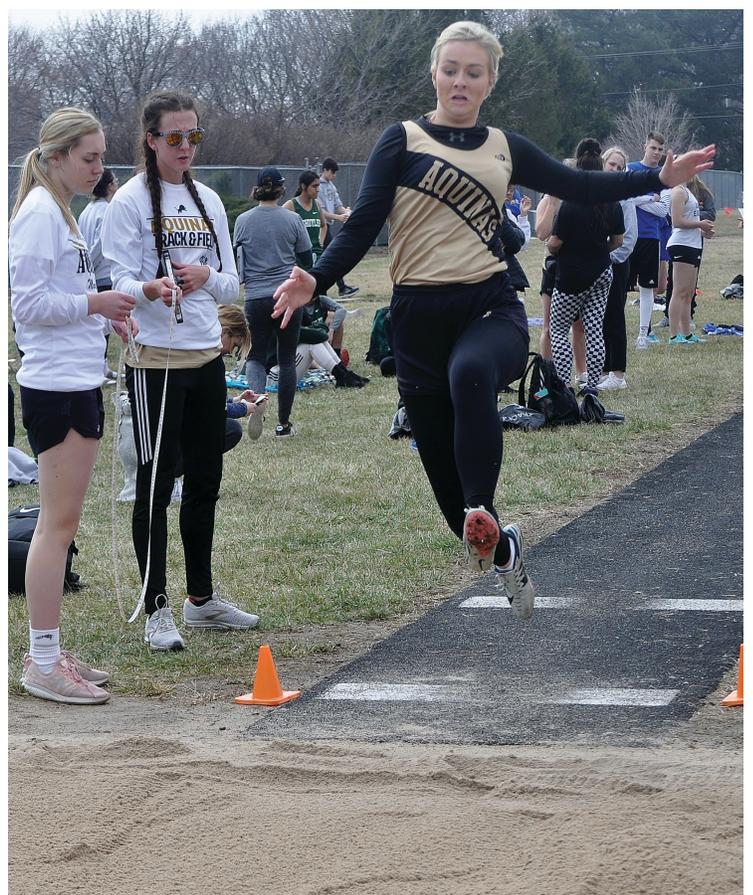
To start the season, the track teams traveled to Fairbury for their first invite of the season. However, the teams would have to compete without the Junior Class, who stayed back at Aquinas to decorate for prom.

Despite the lack of depth from the teams, both teams came home with plenty of medals. The girls' team finished with an impressive sixth finish as a team, as Aquinas was the smallest school at the meet. The boys' team came home with a fourth place finish. Mimick said, "The older kids with talent had nice performances, and the younger kids showed they have lots of potential."

The girls' team looks to have a big spring

and defend their 2018 track and field championship. Junior Jady Siroky was a member of the championship team last season, competing in the 800 meter run, the 4x400 meter relay and the 4x800 meter relay at the state meet. She said, "I want to do it again, but ultimately to keep working because I know what we can accomplish as a team."

The boys' team has big goals for this season, the main one being a district championship according to Mimick. Senior Andrew Lyons leads the team in the sprints running the 100 meter, 200 meters, 400 meters, 4x100 meter relay, and the 4x400 meter relay. Lyons said, "We aren't as deep as we have been in the past, but we will still be good. We have great top end athletes." Mimick says his goal is to get all three relays to qualify and to score at the state meet.



LEFT: Senior Tad Naiberk throws the shot put at the Aquinas Invite. Naiberk is one of two senior throwers, along with Zachary Chromy. RIGHT: Sophomore Jaelyn Stara attempts the long jump, as teammates Ella Hilger, and Trista Birkel watch. Aquinas students helped work the field events and with hurdles during the Aquinas Invite. Photos by J. Roh.



Too tired to think of a catchy title

Later school start times may increase student productivity

By Ivy Schmid

Sleep deprivation among teenagers is a widely argued topic, but with the pressure of extracurricular involvement and academic success, sleep is pushed to the back burner. How can an end to sleep deprivation be accomplished?

Why are teenagers so sleep deprived? The cause of sleep deprivation is more technical and scientific than the widely used explanation, 'young people go to bed too late.'

According to the National Adolescent and Young Adult Health Information Center, in early adolescence, teenagers experience a shift in their circadian rhythm, the body's natural clock. This shift causes melatonin, the sleep inducing hormone, to occur later in the evening, from approximately 11 p.m to 8 a.m.

According to a study done by National Adolescent and Young Adult Health Information Center, forty-two percent of high schools start before 8 a.m, and forty-three percent start between 8 a.m and 8:30 a.m. These early start times cause students to neglect the recommended 8 or more hours of sleep. Seventy percent of students reported 7 or less hours of sleep on an average school night.

Why does a student's schedule make it impossible for them to achieve the recom-

mended hours? Aquinas junior Travis Roh is a typical example. Roh wakes up 6 a.m each morning to attend show choir practice which begins at 7 a.m. If there are no practices a particular morning, Roh arrives at approximately 7:45 a.m.

The school day ends at 3:22 p.m each day, but Roh continues on to track practice which ends between 5 and 5:30 p.m. Often, Roh rushes home to grab dinner and change clothes, but other times he stays to sneak in a speech practice. Drama practice follows; beginning around 6 p.m and continuing to 9 p.m. Roh's schedule is an example of a schedule many of the students at Aquinas share.

Several studies have proven the effectiveness of a delay school starting time of 1 to 1.5 hours. These studies have shown an increase in attendance, continuous enrollment, and productivity. The studies also show a decrease in tardiness and absences due to illness.

Delayed start times also increase road safety among adolescents. A national study done by the National Adolescent and Young Adult Health Information Center, has shown when schools shifted to a 9 a.m start time, motor vehicle crashes among teen drivers ages 16 to 18 decreased by 70%.

A total of 2,734 teenagers ages 13-19 died in motor vehicle crashes in 2017. In 2016, drowsy driving claimed 803 lives, and teen drivers, ages 15-18, accounted for almost one out of every 10 fatal drowsy driving crashes.

Instituting an educational schedule change would be a good start to ending sleep deprivation among adolescents, and it may even motivate kids and parents to prioritize sleep and develop better sleep habits.

The change would provide an opportunity for healthy sleep for teenage students, but would ultimately leave the decision to the student and their families to take advantage of it.

In conclusion, this editor believes if at all possible, the schedule should be shifted to a 1 to 1.5 hours later start time. Research proves that students would benefit from this change with decreases in obesity, depression, and motor vehicle accidents among adolescents. A change of this type could all around increase the quality of life of the student body.

A growl...or a roar. Monarchs sound off. Would you like school to start later in the morning and finish later in the afternoon? Why or why not?



Senior Suzanne Oborny

"Yes, it seems more natural for teens to stay up later and wake up later, so I would enjoy starting school at about nine and ending around four thirty."



Science Teacher Mr. John Wehrs

"No, I would rather be at home in the afternoon than in the morning."



Religion Teacher Fr. Ben Holdren

"Start earlier and end later. We need to add an extra hour somewhere for more exercise. I just went to my thirty-fifth reunion for my preschool class, and I put on like 130lbs."



Sophomore Rylan Chromy

"Absolutely not. I would rather it start earlier and end sooner, so I can get home quicker. I can make it with seven hours of sleep and a kick start and be just fine."

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.

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