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Advocate

October 14, 2016 Lincoln High School - 2229 J. Street Lincoln, Nebraska 68510 Volume 122 Issue 1



Festivus, Finally!

Delayed fall celebration worth the wait

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People's Day
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Bye NeSA,
Hello ACT
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On the Covers:

Front Cover: Lay Yay (in the red) and Paw Mu (in the white) enjoy Festivus on Sept. 20, 2016.
Photo by Greg Keller.

Back Cover: Students race to the top of the climbing wall at Festivus.
Photo by Bailey Havlat.

Inside Front and Back: Students dance the day away during Festivus. *Photo by ThaDa Oo*

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Cross Country teams head for State

Students and staff turn out to send them off



When students do well, Links show up to support them. Students and staff gathered in the Ted Sorensen Theatre on Thursday, Oct. 20, 2016 to cheer on the boys and girls cross country teams as they prepared for State competition the next day.

Girls team members included Mabry Brank, Zoe Arnold, Mia Sharpnack, Cassidy Healey, Cody Selvage, Lily Reineke (who placed 12th at districts), Johanna Scubert (who placed 9th) and Lizzie Frey (who placed 6th).

For the boys team, Dominic Vavala placed 13th at districts, and Peter Cuddy placed 7th.



Top Left: Zoe Arnold talks about looking forward to the state competition during a send-off in the Ted Sorensen Theatre.

Top Right: Principal Mark Larson and head coach Brad Rettig introduce the state-qualifying cross country teams.

Above Right: Lizzie Frey talks to the crowd during the send-off.

Above: Principal Mark Larson fires up the crowd.
Photos by Angel Tran



Above: Each member of the teams are introduced to the crowd.

Right: Cody Selvage thanks the crowd for their support.



People vs. Pipeline

Standing Rock Sioux tribe protests construction of Dakota Access Pipeline

By Justin Wagoner

According to the U.S. Department of Energy the U.S. on average spills 1.3 millions gallons of oil a year.

To put that into perspective, according to Natural Gas Now, Niagara Falls' 750,000 gallons of water flow through in one second, so just about double it and you get the amount of oil we spill a year.

Recently Energy Transfer Partners has been building the Dakota Access Pipeline, a massive oil line across most of the country through the states Illinois, Iowa, South Dakota, and North Dakota. The pipeline is now being built through land owned by the Standing Rock Sioux Tribe, in North Dakota.

The New York Times said there are roughly 2,000 representatives from different tribes engaged in a protest. The protest has been non-violent and very safe from the Native American side, but they have received a lot of outrage and threats.

An attack was reported from EcoWatch when the company sent dogs and attacked some of the Natives at the protest site. According to a post from Inforum, the Wyoming Police said that they would be ready to pool resources and give officers to support the officers in North Dakota.

**The U.S. on average
spills 1.3 million
gallons of oil a year.**

The reason given is that they say the protest has gotten out of hand. National Guard has been sent by the government to stop the protests, but the Native people still stand strong and hope to push for the pipeline to stop.

Standing Rock has received much support from around the country, including famous celebrities such as Shailene Woodley, the lead actor in Insurgent and The Fault in Our Stars who was recently arrested for peacefully protesting.

Standing Rock is hoping for more support.

Also, according to the Inforum, the DAPL was about 87% done by the time they had hit North Dakota. A good guess would be that DAPL would

try to hold out until winter, but the protesters are getting ready for the cold weather and are ready to fight until they get what they want. They don't want their water spoiled by a pipeline of oil that could break at any moment.

Not to mention where the Standing Rock Tribe gets their water from lake Oahe, where the pipeline could leak and ruin their water supply.

The U.S. Department of Justice has put a small halt on all of the construction for the pipeline. This does not guarantee that the pipeline will be stopped, but it is a very small victory for the massive battle that they are facing.

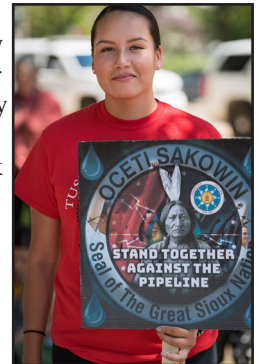
The Huffington Post interviewed a protester and he stated "It's not a win," he said. "But it demonstrates that we are winning."

I will be continuing on this story on the online *Advocate* as more actions are taken to fix this issue.

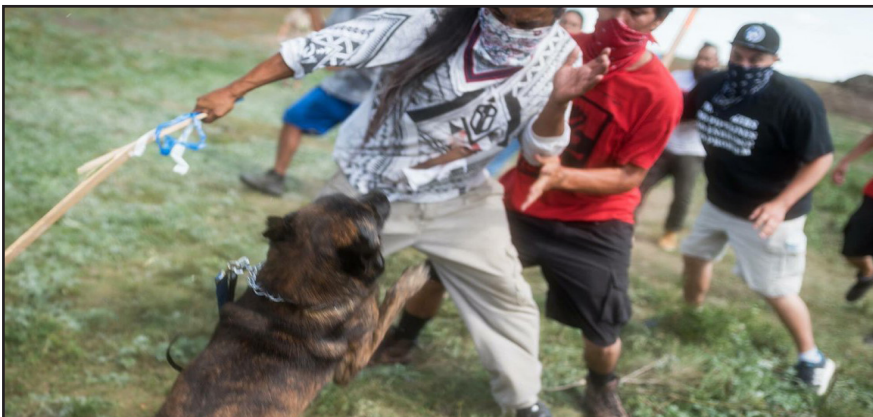
Visit us at: news.lps.org/advocate.



Many Native Representatives from around the world line up to protest in Washington, D.C. on August 24th. (Photo by Tomas Alejo - used with permission)



A protester holds a sign against the pipeline at the protests in Washington, D.C. (Photo by Tomas Alejo - used with permission)



A protester is attacked by dogs belonging to the security hired by the Dakota Access Pipeline at one of the construction sites during a protest. (Photo by Tomas Alejo - used with permission)

City Council passes historic resolution

Second Monday of October now Indigenous People's Day

By Frank Wickizer

When I was in elementary school, the second Monday in October was just another day off I had. It held no special significance. I celebrated the fact that I had school off, but it was never a holiday to me.

Through the years I have grown to learn, however, that this day in October is much more than just a day elementary school kids and federal workers get off, it's a day that should be spent in remembrance, in unity, and most importantly, in strength.

For those that don't know what I'm on about, this day is normally known as "Columbus Day" and is celebrated proudly by those of Italian descent traditionally. Now we know he was not the first human to set foot here, or even the first European for that matter.

Thousands of years before Christopher Columbus was even born, millions of people had been living there. These indigenous people (the Taino) were friendly to Columbus, but he didn't return the kindness.

His enslavement and murder of almost all the indigenous people he saw set a precedent that still exists in some facet today.

One factor of Columbus Day that sets it apart from other holidays is how formal it is. Many localities do not observe it, and much of the celebration is located in specific places. For instance, the first place to

make it an official holiday was Colorado in 1906 and places such as New York and other cities that have large Italian-American populations observe the day as it stands, but Lincoln is

the official holiday in Lincoln as set by the City Council is referred to as Indigenous People's Day. This day is to celebrate Native American lifestyles, traditions, beliefs, languages, and culture. It stands for more though, it stands for progress and the possibility of change in a world that seems unable to find it in them. The story behind the ratification in Lincoln is perhaps just as wonderful, though, as the people this day celebrates.

The city council of Lincoln sat down on the 26th of September and convened on matters of the people. Item 13, "a resolution declaring the second Monday in October as Indigenous People's Day in the

city and encouraging other institutions to recognize the day as well."

Introduced and sponsored by Councilman Carl Eskridge, he decided to have an applicant speak for him. This person was Pastor Linda Quenser from Sacred Winds Church



The Lincoln City Council unanimously passes a resolution declaring the second Monday of October "Indigenous People's Day." Photo by Greg Keller



Local Native radio DJ/Native community advocate (and LHS alum) Leo Yankton testifies at the City Council hearing on the resolution to adopt Indigenous People's Day. Photo courtesy of Channel Five News

different. Lincoln has never ratified the second Monday of October as Columbus Day, and for that, I am proud.

What I am even more proud of, is the distancing Lincoln has made from Columbus Day. For now on the second Monday of October,

(seen right) and what she had to say was simply wonderful. She made it clear that she is coming from her “capacity as a pastor” and that is important because she represents a community of people as a church leader. She made it clear that “this day serves as a positive to recognize the culture and history and the contributions of Native Americans.”

Though I disagree that Columbus Day should be a celebration of any type, I do recognize this as a great compromise if it sparks more progress. For instance, when asked if there were another day that would be more appropriate by Councilman Jon Camp, she responded with a firm no with reasoning that included the fact that “this holiday is linked to the discovery, and that also related in the subjugation of Native peoples in the Americas.”

This is true, especially when thinking of the Taino people, a subgroup of the Arawak Indians that were wiped out by Columbus himself and his men or enslaved. What’s important to realize is how much that this was ignored.

For hundreds of years, Columbus was a hero that was said to have “discovered” the New World. Howard Zinn was one of the first mainstream historians to recognize this atrocity in a book titled “A People’s History of the United States.”



Dale Gutierrez testifies in affirmation of Item 13 to establish Indigenous People’s Day on the second Monday of October
Photo courtesy of Channel Five News

The third speaker at the meeting spoke most to this oppression. His name is Dale Gutierrez (seen below), a Chicano Mexican American man who spoke passionately about this historical injustice. First, he made sure to make clear his identity, that “we are the sons and the daughters of the martyrs” (referring to the victims of European conquest set forth by Columbus).

Perhaps his most powerful moment, though, was when he said, “We need to think about giving the indigenous people their due.”

I think this progress will occur, as well. This is because when the vote came up for the ratification of Indigenous People’s day, the council voted unanimously for it and council members said they were “deeply moved” by the comments made. This surprised me, especially after the push back that was presented by multiple council members.

Indigenous People’s Day is not a Lincoln-only holiday, though, it is much more widespread. It started as a counter-holiday to Columbus Day in Berkeley, California in 1977. Berkeley was also the first place that Indigenous People’s Day became an official holiday, in 1992, on the 500th anniversary of Columbus’ voyage. Other places that formally celebrate Columbus Day include Olympia, Minneapolis, San Fernando, Alaska, and many others.

Similar holidays and celebrations are celebrated informally by many. For instance, the most famous is the group that gathers at sunrise on Alcatraz Island on that day to celebrate and remember the Indigenous occupation of the island.



Linda Quenser testifies in affirmation of Item 13 to establish Indigenous People’s Day on the second Monday of October.
Photo courtesy of Channel Five News

Though this holiday doesn’t seem to do anything but good, there has been resistance. Italians across the country have voiced their opinion on the fact that failing to remember Columbus is disrespect to all Italians.

In response, many localities, such as San Francisco, have also incorporated “Italian Heritage Day” as a formal holiday celebrated on that day. But I disagree with this compromise, to be honest.

I don’t believe there is any reason to celebrate Columbus Day as a holiday commemorating his voyage, because, once again, his voyage marks the beginning of a hellish life for millions of Indigenous people and the murder of millions of others.

What’s important to realize about this controversy, though, is that it comes from the same position as the people wanting indigenous People’s Day.

This day should be spent celebrating heritage and what these cultures combined were able to do. That is what is so easily forgotten in the madness. Together, these cultures were able to take make a country where they are both finally able to be recognized and celebrated by each other.

Volleyball turns up the heat

By Cali Matheson and Angel Tran



Walk through Johnson Gym Hallway any day of the week after school until around 6:30, and you'll hear the volleyball players practicing for any one of their big games, tournaments, or triangulars. Lincoln High Varsity Volleyball has had their ups and downs since the start but the one thing that has never left: the stars. Head Coach Megan Christensen claims there isn't just one star, but many that make up a volleyball team, "There is not just one but a few star players," Christensen said.

Of course, teams are never made up of simply just what we call 'stars', but they are the ones who keep a team together when you're down, or struggling in a game. What she sees happening to the team is they will continue to improve and their skill level will increase. Practices are competitive drills that are game like scenarios and last about two hours long.

Coach Christensen has been coaching for two years as a Varsity coach and before that she coached reserve. She played volleyball at Southeast and at Wayne State.

We interviewed some of the players and got the inside scoop.

Hedi Herbert said practices are "exhausting but fun." She plays libero and has played since she was seven.

Alyssa Childers likes that her coach tells her what to do and calls time out appropriately. Alyssa says "drills consist of warm up, passing drill, block drill, and at the end they scrimmage JV." She plays middle blocker and has played since five years old.

Madison Swinnerton likes how her coach is positive and motivates her to do her best. She told us that practices are game like drills and work on previous things they can do better at from games. Madison also stated that "I play outside". We also asked her how long she played and she responded "kindergarten". That is your inside scoop. The varsity volleyball team currently has a record of 10-16. Keep at it Links!



Top: Alyssa Childers smashes the ball past the Northeast defenders. Above: MacKenzie Pierson serves up the ball. Above Right: Hannah Burianek pounds one over the heads of her opponents. Photos by Angel Tran

LHS TEACHER RANKS # 1 IN THE WORLD AS AN ONLINE GAMER

Social Studies teacher Andrew Bergen crushes competition in Battlefield 4

By Ahmed Naser and Yankiel Rodriguez

Would you believe that we have an online gamer in our school who is ranked #1 in the world? Well, our Social Studies teachers, Andrew Bergen and Lucas Varley, are two of the best gamers in not only the school, but also the city, state, country, and world in the game of Battlefield 4!

Battlefield 4 is a genre-defining action video game that is first person point of view shooter according to EA.

In the game you get to shoot, kill, and fight against other online players in teams. You can create your own clan and play and fight against them. The Social Studies staff has their own clan.



Photo illustration of Lucas Varley (left) and Andrew Bergen (right) battling it out.

The two mostly play Battlefield 4. Bergen specializes in mostly shotgun kills in the game.

He is in the top 4% in Battlefield 4

leadership. He has a total of 60,417 kills with a total playing time of 1194:37:20 hours (approximately 50 days). We asked how much he plays weekly and he answered, "Weekly, it depends on the week. So in the summer time, what would I spend in a week? It might be oh maybe 10 hours in a week. But then during school, I have not played for 3 maybe 4 weeks"

His weapon of choice is the shotgun because of the close range ability to kill almost instantly.

Bergen is ranked number 1 in the world for most kills with the QBS-09 according to the battlefield 4 stats online(<http://bf4stats.com/ps4/big10blackshirt>). He brags about his

shotgun leaderboard by saying, "In terms of using the QBS-09 shotgun for number of kills, I'm first in Lincoln, and I'm first in the state of Nebraska, and I'm first in the United States, and I'm first in the world in numbers of kills with that shotgun."

Varley, who is also in the same clan as Bergen, also has some pretty impressive stats. He is ranked in the top 20 in the state and number 3 in the city. He has a total 13,776 kills and 643:24:40 hours (approximately 27 days) of gaming time on battlefield 4.

When asked what his choice of weapon is Varley responded "I vary but I am a shotgun noob I enjoy the shotgun because it is close range but I can do different weapons". Varley then commented on Bergen's QBS-09 and said "...unlike Bergen who uses one weapon his entire life." Varley is in the top 8% of the country. In one sitting, he has played 6 hours straight. Varley also likes to play other games such as Skyrim which is also a action packed game.

Social Studies teacher Lindsey Herting, who is one of their good friends, had some opinions of Varley

and Bergen gaming so much. She says that it is fine to have hobbies and have fun but they take it to another level.

She also joked "How annoying and old it would get because they talk about their stats all the time." Herting also tried playing Battlefield 4 with her colleagues Bergen, Varley, and Turley and she says it wasn't a good experience because they yelled at her on how bad her performance was while playing.

The LHS gaming staff displays a positive example to teens on what



Battlefield 4 Gaming



Andrew Bergen (left) and Lucas Varley (right) are dressed up and posing for the camera showing their friendship outside of school.

it is like to have a good hobby. Having a hobby outside of school creates fun and adventure in your life. And maybe, just maybe if you love your hobby and really good at it, you might make top charts in the world just like Bergen. So go out and find yourself a hobby and remember to have fun.

WHERE IS

RIGHT: BOYS VARSITY TENNIS PLAYERS: ETHAN BUSS (12) AND WILL BRANDT (10) PLAY #2 DOUBLES AGAINST SOUTHEAST AT WOODS TENNIS CENTER ON SEPTEMBER 29TH, 2016



DO WE GET ENOUGH FUNDING?

You've probably bought a muffin or two, some World's Greatest Chocolate, or even a snow cone at Festivus. Maybe you didn't even buy anything, you simply got a free pouch of milk from the weight room.

Where do these snacks come from? To the great pride of Lincoln High, we offer a variety of clubs and activities--some of which, are Boys Tennis, Powerlifting, DECA, and Slam Poetry. These aren't the most closely related, but all have one thing in common: lack of funding. Where is the money?

We see many schools sporting coordinated athletic uniforms, or having lavish equipment, and while some of our programs are gifted with outstanding resources, others may be left without the opportunities to use new technology or updated equipment. Shouldn't all programs get an equal opportunity for beneficial and quality materials?

Slam Poetry. Lincoln High's pride and joy in the English department. Our peers work hard to deliver award-winning, heart-wrenching poems that resonate within the depths of human emotion. Of course this team needs a great acoustic area and microphones to practice the projection of their voices, and new technology to help them type out their poems using tools to build grammatically correct, and new work. But, what does our Slam Poetry team really have? An interview with fellow student and Slam Poet, Bailey Steinbach, expressed her feelings about Slam Poetry and the funding behind it:

"We get our funding from LTAB [a competition named 'Louder Than a Bomb'] and they give us [the team] a collective team investment. I know we have to pay for our T-shirts, but we get the money for rides and transportation from LPS and LTAB. Honestly, the better that our team gets and the larger it becomes, the more funding we get," says Steinbach.

According to Slam Poetry sponsor Deborah McGinn, the season costs around \$600. "What I do, from the beginning, I have to raise this money," McGinn explained. "So I went out to Sam's Club, and for the first three or four times, I invested quite a bit of my own money to make sure that I had something to even sell, and I do not reimburse myself for that. But at least, every day, I can be doing something from the very beginning of school to the last day to at least help with some of that," McGinn said stating how near and dear to her heart this club is. Holding two state championships, they have rightfully earned their place in our community, as well as a fair share of the wealth from our school too. So if they deserve this, then where's the money?

DECA: Distributive Education Clubs of America is a leadership program that competes in national competitions around the United States including places like Kansas City, Missouri and Anaheim, California. This is just one club a part of 3,500 high school chapters in the nation. The traveling costs for these types of events that they go on are high, and definitely not easy to coordinate. They rely on both fundraising, and also out-of-pocket money to take trips estimating over \$300 per student. Clubs and teams like DECA have worked relentlessly to fundraise during the school year and even coming together during summers to try and work up the money for many low-income students, trying find ways to go on these trips. Although fundraising isn't necessarily a bad thing, what club wants to raise thousands of dollars each year? And how would you like to pay hundreds of dollars to go to a conference miles away for a public school organization? They need help and support. Where's the money?

Sports can play a major part of school budgeting. Tennis and powerlifting are just a small part to the huge world of high school sports. These students take time out of their already excruciating life dealing with homework to come everyday and practice their skills to compete in competitions and bring home the wins. They need the best equipment money can get. The only way to improve is improve our technology, and resources.

Boys Tennis is an NSAA official sport. Just like football, volleyball, girls golf, and cross country, the other fall sports. In Nebraska, with such bipolar weather, it can range from being a warm and sunny day to a dark and chilly night. They're running with the best they can get, but that isn't a ton compared to others. We all know the statement "Be grateful for what you have", but what if we could get better? What if instead of just T-shirts,

THE MONEY?

we could get a variety of clothing with our sport logo on it, we could get new equipment that's more efficient, we could even get better transportation to different places! Tedd Sandberg, coach for varsity boys tennis, voiced his opinion on it. Being a baseball coach for 12 years, Sandberg says who wouldn't want a bigger budget? "This is more from a baseball aspect, but it's always nice to get more equipment or better equipment." If Sandberg was given the opportunity of a bigger budget, he would spend it on weather-friendly clothing that could help the players because when playing tennis in the fall, it can range from 90 degree weather to below 40 in a couple of hours.

You may have seen the new black foam rollers in the weight room, which is great, but there are many other aspects to maintaining your health in a weight room-not to mention the costs of powerlifting competitions and transportation. We are starting fresh with a relatively new coach, Stewart Venable, who has already innovated a whole new vibe in the weight room already. Venable has a group of hand-selected athletes dedicated to putting in work in the weight room. This team of individuals competes in tournaments, which we have placed in, that are held during and out of the school year. Here's what one of the athletes, senior Wyatt Vivier has to say. "Coach Venable, and Coach Watson are two of the most influential men in my life. They treat me with the utmost respect and I respect them immensely. They genuinely care about each and every lifter whether they're on the team or not," Vivier said, "This program has a Venable. Nobody else in the district has a mind like his. He is perfect for the job...Ultimately, it is my belief that the weight room is not solely for the purpose of building muscle mass and enhancing performance ability, but in a larger picture, the weight room's purpose is to build camaraderie between teammates and students alike." Clearly, there are a lot of people who love and care for this weight room and program in itself. And with a program as strong as this, they should be supported both community-wise, and financially. So may we ask once

LHS DECA CLUB:
MEMBERS OF THE CLUB
WHO ATTENDED THE
ANNUAL FALL LEADER-
SHIP CONFERENCE ON
OCTOBER 3RD, 2016 IN
PAPPILLION.

(FROM LEFT TO RIGHT):
LONG PHAM (12), JAMIL
FUNNAH (12), KING
TADESSE (12), ALEXAN-
DREA VO (12), JAYLA
TOLIVER (10), AND AN-
GELINA TRAN. (10).



BY BHAGYA PUSHKAREN AND ANGEL TRAN



TO LEFT: ALEX
HAMANN
(11) PLAYS #1
SINGLES AT
WOODS TEN-
NIS CENTER
ON SEPTEM-
BER 29TH,
2016

again, Where's the money?

As you can see, there are many issues with any school system, and this happens to be a major one that affects our school deeply. Yes, our school board works and helps us in many ways we can't imagine not having but it is our job as a community to help provide ourselves with what we need to become successful in these areas.

What can we do to help? Reach out to your administration, not just at Lincoln High, but come to a local school board meeting, email the director of that department, or just make yourself heard. The first step to helping yourself and these organizations is exposure. Are you ready to start the fight towards a better future in the funding for our school?

Can you help begin the search for the money?



ABOVE: KALEIGH KAUS (12) BUYS A CHOCOLATE
BAR FROM ENGLISH TEACHER, DEBORAH MC-
GINN ON FRIDAY, OCTOBER 14TH, 2016.

NeSA Out; ACT In!

With a new bill passed, NeSA is gone. What does this mean for students?

By Paulo Gross

NeSA, ACT, SAT, PSAT, NMSQT: these are acronyms that we high school students dread. On April 13th this year, our Nebraska legislature passed Bill 930, in a 46-1-2 vote. This bill was to, "Change provisions relating to statewide assessments and college admission testing as prescribed," much to this state's students' delight. The NeSA is a standardized test that Nebraska has been using to gather data on its students, data that is used to make decisions in our Unicameral on our education. It is taken in the fifth, eighth and eleventh grade years. It has never been something that has much of an effect on an individual student's life, as it has never been part of a student's permanent record.

Its main purpose has been to give lawmakers numbers to ap-

praise. A student's performance on the ACT, however, can have drastic ramifications on their whole life. Those scores go to colleges, and a low score can lead to a college accepting you or not.

Matt Gerber, one of the Instructional Coordinators at Lincoln High School, has the responsibility of coordinating the tests here at LHS. Our interview with him shed some light on this subject. The juniors this year will not have to take any part of the NeSa, but the fifth and eighth graders will. As Gerber explains it, a big difference between the two is that NeSA looks at what a student has learned, while the ACT shows a student's ability to learn and apply knowledge.

Gerber says that, "The NeSA is a fine test, but it didn't determine college readiness, it tested how students were doing against

the standards in place in the state of Nebraska." Gerber thinks that the way that Nebraska Public schools have prepared us for the NeSA will carry over to the ACT and then some. He says that, "The knowledge you gain from preparing for the NeSA will definitely help you as you take the ACT."

There are some skills that the ACT asks for in terms of problem solving and in terms of analyzing different things that we are going to have to work on. One thing that the ACT has against it though, is that it costs money. To the benefit of us students, though, LHS pays for juniors to take it once with no cost to them. So, the switch to the ACT might be a good thing. Hopefully students will use this opportunity to take the ACT to propel themselves into a future that is bright.

Practical info about the ACT for students!

The ACT will be administered for Juniors on April 19, 2017 at LHS for free. Only eleventh graders will come to school that day, specifically for that test. Information on other dates will be posted in the counseling office. It normally costs normally costs \$39.50. If the Writing portion is also taken the cost is \$56.50.

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Choir Fun: More than just singing

By Gabby Atkinson and Paige Moger

If you're ever a person who loves to get up and move, work and interact with other people, express yourself through singing, and feel like you belong somewhere, then LHS Choir would be great for you.

Lincoln High has a very long history with singing, and they also have lots to offer. The history of LHS choir goes as far back as the 1800s where some groups included the Octets and Madrigals. Dorteia Gore was in the faculty of the music department at

Lincoln High directing the sophomore and junior girls glee.

Teaching them and having fun with them, they would go sing at churches. These days they perform for the school and others like going to local events. Reese Shriner said, "What inspired me was my 8th grade choir teacher."

So from then on his teacher told him to do it in high school. So Reese tried out in 8th grade and he is now in choir class.

We also asked Reese how he felt about choir and he said, "It's really fun." I asked him what was so fun

about it and he said "the teacher."

We talked to some students and they said the director, Jessica Rajewich likes to take off her prosthetic leg and conduct students. She also likes to gather the students and show off her running skills. She is also a very great choir director they said.

Lincoln High has a fantastic choir with lots of songs and movements. They have students that have fun and love the class.

Stop by the choir room (130) to see about joining one of Lincoln High's many choir groups.



Top Left and Above Right: Jessica Rajewich's 8th period Mixed Choir class rehearses in the Choir Room.

Photos by Olivia Waters Top Right and Above: Photos by Cecilia Chada

African American Caucus

Students prepare for Black Leadership Symposium

By Larasia Vrana

When you feel like you're alone with all your struggles it's important to have someone or even a group of people you can come to. With everything going on and everything that has been going on in the African American society for decades, it's really important that we as a school have a place for this. African American Caucus is a club/group that brings African American students together to support each other and talk about social issues going on within the African American community. Although they only meet one Tuesday out of the month, they get a lot of things done. Kids involved in this group get educated on a lot in such a small amount of time, information that is very valuable to their future, present, and past. I interviewed Carriemia Thompson, a 12th grade student in African American caucus.

Q: What do you think of this group? Why did you sign up?

Carriemia: "I think this group is important to me because we figure out strategies to make the black community better. I signed up because I feel like my culture and everything in there is important to me and it's important that we spread it."

Q: How long have you been apart of this group?

Carriemia: "Since freshmen year."

Q: What got you interested?

Carriemia: "I always wondered how I could help the black community and be

more apart of it so I saw this group as a great opportunity to learn more and help more."

Q: What is your favorite part about this group?

Carriemia: "My favorite part of the club is the Black Leadership Symposium. The symposium is a meeting we have every year at UNL, not only Lincoln High gathers there but all of Lincoln schools and Omaha schools as well. We, as black people come together and break off into groups and

done for a lot of the people I have met in there. We all have a story and the club has all changed us and matured us and I'd like to do the same for others."

Q: What are you guys currently working on?

Carriemia: "We are currently making shirts as part of a movement. As you all know there is a lot going on with African Americans such as the cop shootings and the black on black crime also. So our quarter one project is unity t-shirts. We plan to sell at least 50

t-shirts to help people understand the meaning of unity, love, and that we are one."

Q: Anything else you'd like to add?

Carriemia: "I'd like to add that this is a club for anyone you don't have to be a certain race, anyone can join to learn about the tons of different cultures of African Americans."



Nebraska Huskers linebacker Michael Rose-Ivey talks with students in Sarah Downs's English class about peaceful protesting. Photo by Brianna Rodriguez.

talk about ways to be successful and help us get motivated to make a move, start something new and for some of us, give us hope. We discuss things like our childhoods, struggles as black men, struggles as black women, things we are good at, and who and what we want to be in life. It is a very beautiful thing they do for us and this will my 4th year attending."

Q: What would you personally like to get out of this group?

Carriemia: "Actually starting my own group or even going to schools or neighborhoods and speaking to young children about their future and giving them hope. The ones who don't have that guidance for them. That's basically what African American caucus has

During this interview with Carriemia I learned how important this caucus is for her and many other students. She expressed very strongly that this group has helped her so much and will continue to help her after she graduates. It's so amazing that our high school and many other high schools offer this caucus to students. The things they accomplish in this group are outstanding to so many.

A lot of people probably don't realize how important this is to these students, but if you ever took the time to sit down and talk to them you would see the impact African American Caucus has on them. These students work very hard for what they believe in.

Links march to greatness

This years' Links marching band ready for competition!

By Natasha Johnson

Looking for more LHS school spirit? Take a look at the Lincoln High Marching Band. Marching band is all about school spirit, personal boundaries, and performance. This is also a great way to make a wonderful group of friends. It is said that marching band should get you PE credits, because of how much physical activity that is being done, so make sure to bring a water-bottle, because it is quite the workout.

To prepare for their show and get down the technique, the marching band works harder than you think. They spend weeks over the summer in the hot sun all day, and months in the morning cold of the school year, practicing for the very show that they perform at every game and competition during the school year.

There are currently 140 students in the Lincoln High Marching band. The show for this year is called Morning Rush. They are performing in their show the songs: Asphalt Cocktail by John Mackey,

which is a college level piece, as well as 9 to 5 by Dolly Parton, and Uptown Funk.

The marching band's first contest of the year was on October

money to go on trips and do competitions against other schools from all over the United States. Look forward to bake sales and Marcus Theater fundraisers as well as the Links marching band competition, which took place at Beechner Field on October 8th.

What does the LHS marching band do when they aren't marching at a game you ask? Well pep band of course! Pep band is when the marching band will be in the stands at the game playing some great music to keep the students and players pumped up, to cheer on the players.

So all in all, the Lincoln High marching band is a wonderful and fun environment. "It is all about doing well while having fun." says music director, Chris Watson. So if you are at the game and halftime comes around and you see the marching band going on to the field, think about how hard they work. Over the summer and during the school year to perform their show for you. So stay and watch the show, that hot dog can wait.



Brianna Anderson on Color Guard with Lincoln High Marching Band in background.

Photo by Natasha Johnson

1st in Sioux Falls, South Dakota.

To raise money for all of the trips and contests and everything else that they do, the students of the LHS marching band do fundraising. The Links marching competition is also how the marching band makes



Above: Cesen Hailesellassie; Right: Sam Hupp
Photo by Natasha Johnson

FOLLOW THE LEADER!

2016-2017 FOOTBALL

BY ANGEL TRAN



Front Row (L - R): Elijah Mfinanga, Jackson Mallory Jack Buchanan, Carson Stewart, Anthony Magor, Carlos, Santistevan, Aidan Glenn, Cameron Wynne, Max Streckfuss, Spencer Graham, Colby Sluka, Ian Hansen, Marcel Austin, Lateef Sandlin-El

Second Row (L - R): Zion Perry, Titus Thompson, Cedric Case, Draven Long, Rushad Rucks, Joseph Lucas, Mohammed Majid, Ryan Weyers, Farrakhan Muhammed, Jaden Horton, Carlos Gutierrez, Ethan Bruha, Dylan Webb, Josh Rezac, Marcus Haynes

Third Row (L - R): Julius Groenjes, Caleb Brown, Zack Heiden, Malachi Norval, Ed Crouse, Dajon Thomas, Keyshawn Jenkins, Grant LeMay, Trevor Toof, Trey Austin, John Goodwin, Jr, Darius Luff, Garrett Dalby, Taliq Ellis, Marvin Sullivan, Donovan Boswell

Fourth Row (L - R): Taivion Rutherford, Isaac Thomas, CJ Jones, Samuel Joseph, Garrett Hoagland, Dylan McNeil, Roberto Solorio, Richie Ross, Reat Chuol, Morgan Perry, Reece Mentore, Zantiago Zollicoffer, Jaydon Moody, Zach Contreras, Ali Al-Jibory

Fifth Row (L - R): Gabe Miller, Kyle Dawson, Dauntavis Lawrence, Taivon Jones, Isaiah Alford, Javon Picquette, London Carter, Drake Krough, Wade Saddler, Alex Taege, Isaiah Rollie, Brandon Reyes, Marquell Richardson, Frazzie Wynn, Randy Mahaffey

LEADING OUR TEAM TO VICTORY

There is a saying that comes with football: You either have the fundamentals, or you don't. You have the personality, or you don't. You want to be there, or you don't. You have it....or you don't.

And so what if you don't have it? Well then you need to want it badly enough to be on the field everyday, ready to go. What is it?

Everyday, football players are on the field working out, conditioning,

correcting their technique, and learning discipline. Then, during the day, they are expected to be in classrooms, keeping up with their school work.

I spent three weeks observing the team, listening at practices, and taking notes on what I saw and heard. There was a lot of grunting, sweating, and yelling. The whistles are pretty loud, too. But there was also lots of laughter, and discipline. Serious talks, scary moments, and brotherhood on and off the field.

"Every day is a new day. Whatever problems ya'll have with each other yesterday, don't matter today," says senior Dajon Thomas. "It's the type of bond you don't really know why you have, you just got it."

Meet some of the players who just make this brotherhood possible, and hear what they have to say about each other.

For more, follow us on Twitter for updates: @LHSAAdvocate

ANTHONY MAGOR

SENIOR

OLB #81

"Anthony is a natural leader. He keeps it real." -Dajon Thomas
"I'm going to miss him next year." -Cedric Case



TITUS THOMPSON

SENIOR

WR, FS #22

"Titus has been a bro since day one. He gets really into the game which is good because it helps." -Anthony Magor

DAJON THOMAS

SENIOR

RB #25

"Dajon is someone we can almost always depend on." -Titus Thompson
"He works really hard during practices." -Anthony Magor



CALEB BROWN

SENIOR

WR, CB #2

"He is so fast." -CJ Jones
"We're lucky he transferred. He's a leader and he also gets us the points. It's what Lincoln High needed." -Dajon Thomas

MOHAMMAD MAJID

SENIOR

G, DL #57

"I think he's one of our best lineman." -Cedric Case
"He has a drive that keeps him going. We need him in games." -Ian Hansen



JACKSON MALLORY

JUNIOR

QB, K #16

"He knows when to run the ball." -Cedric Case
"He's been our QB since last year, so we're lucky he's at the level we need." -Dajon Thomas

ZION PERRY

JUNIOR

WR, CB #11

"Sometimes, we're just bored or tired and we need to make things fun." -Zion Perry



CEDRIC CASE

SOPHOMORE

QB, #10

"He works so hard and cares about everyone on the team." -CJ Jones
"He's got the type of personality that makes him a leader." -Ian Hansen

DARIUS LUFF

SOPHOMORE

WR, SS #24

"Darius is serious about his game." -Titus Thompson
"He's done really well coming back from his injury last season." -Marcus Haynes



CJ JONES

SOPHOMORE

WR, CB #7

"I'm not sure if I expected him to be this good in the varsity games but I'm really impressed. He's going places." -Anthony Magor

Right: Duchess Gloriana (Olivia Andrews) frets over her proposal to Tully (Harper Lundine-Wilmoth) , with the help of his mother Mrs.Bascom (Shannon Hicks)

Below: Duchess Gloriana (Olivia Andrews) , Tully Bascom (Harper Lundine-Wilmoth), Benter(Carter Yost), and Mountjoy (Jackson Mickelson) fight over the briefcase containing a million dollars curdosity of America.

Below Left: Madam President (Mercy Moralas) and Mrs.Wilkens (Ellie Churchill) converse, while being gaurded by secret service agents (Anthony Gragg, and Moxie Steele)



Top Right: Jill and Debbie Snipet (Zymmir Rose-McNeeLee and Alaina Conner) WAC agents stop General Snipet (Anthony Delaney) from escaping

Above Left: Chet Breston (Dylan Nyhoff) and Miss Johnson (Raum Sabatka) read Grand Fenwick's declaration of war

Right: Tully Bascom (Harper Lundine-Wilmoth) and Mountjoy (Jackson Mickelson).

Far Right: Duchess Gloriana (Olivia Andrews), Tully Bascom (Harper Lundine-Wilmoth), Benter (Carter Yost), and Mountjoy (Jackson Mickelson) hear the report of the invasion.





Left: Cast and crew group photo

Below: Students played by Che Rodrigez, Summer Dunning, Juliana Quattrocchi, and Ruth Hayes protest American wars.



Fall play finally gets its moment

Fifteen years ago, first-year teacher Chris Maly, was directing his first production at LHS. Four weeks into rehearsal, on September 11, 2001, the unthinkable happened changing the United States in ways we never imagined.

Due to the content of the play in which a small European country declares war on the United States and invades New York City, Maly and the cast and crew all believed it would be best to stop production two weeks from opening. The play, *The Mouse that Roared*, was canceled. They banded together and produced *The Death and Life of Sneaky Fitch* in its place.

Fifteen years later, director Molly Thomas looked for and discovered a fun play with a large cast titled *The Mouse that Roared*.

After informing Maly, now her department chair, that she had chosen this play to direct, he was excited and extremely supportive. He came to speak with the cast about the experiences of 9/11 and how it affected everyday life, including their theatrical production. The students of today, most of whom were not alive on that fateful day, could begin to understand these events in a more personal context.

The cast and crew of this year's show dedicated the production to the cast and crew of 2001, who were unable to finish their production. Some of the original cast even came to opening night to see the play finally performed on stage and support the current cast.

"It is with great love and appreciation we honor your sacrifice in a time of grieving and your tenacity to not let it defeat you," Thomas wrote in her director's notes.

They performed on the nights of October 6th and 7th and held a matinee the afternoon of the 8th.

All photos by Isabel Kettler



Left: Tully Bacum, played by Haper Lundine- Wilmoth, and Duchess Gloriana played by Olivia Andrews, discuss plans to invade America

GIRLS GOLF

By Cali Matheson

I've never really understood golf, but what I do understand is the Lincoln High girls golf team has a very strong bond for the game.

I sat down with coach Larry Elwood and the varsity girls and got a feel for the game. On the varsity team we have Sarah Smith(11) Emily Smith(10) Chloe Baylor(11) Anna Rudisill(11) Marga Gallins(12) and Ashton Rutsay(10). So far the 2016-2017 season has been going "pretty good" says coach Elwood, and the girls seem to agree.

This season they lacked confidence, Elwood said. With the two-hour practices every day after

school, the incoming freshman of 2017, and the long practices over the summer, the team is determined to do better for next season. This year the girls competed in the HAC tourna-

ment, and two of the girls placed.

Chloe Baylor ranked 5th, and Sarah Smith ranked 8th out of 45 girls total. I asked The girls about how golf affects

their school work. Sarah Smith said, "Golf does help with school, because it helps me manage my time better, and I end up being more productive. But it is also difficult because I've missed over ten days of school because of golf."

Emily Smith thinks golf makes school more difficult having to catch up with school work.

You will usually find the girls and coach Elwood out on the Highlands and Jim Ager greens working on their putting, on their technique, or playing a few holes.

Keep an eye out for next year's team, and think about joining them.



Front: (Left to right) Emily Smith (10) Sarah Smith (11) Marga Gallins (12) Anna Rudisill (11). Back: (Left to Right) Emma Bergmeyer (12) Chloe Baylor (11) Ashton Rutsay (10) Coach Larry Elwood

GIRLS SOFTBALL!

BY ANGEL TRAN

Lincoln High Girl's Softball Team finished their season on October 7th, against Bellevue East High School during their playoffs. Although they aren't going to state, many of the girls remain positive and ready for next season. Check out some of the pictures from the season.



Above: #28 Iris Vasquez (12) swings on September 9th, 2016 at the game against Columbus High School.

Photo taken by Cecilia Chada

Below: #29 Azcia' Fleming (9) swings on September 9th, 2016 at the game against Columbus High School.

Photo by Cecilia Chada



Left: #14 Cassie Evans (11) runs to first base on the September 9th, 2016 game against Columbus High School.

Photo by Cecilia Chada



Right: #29 Azcia' Fleming (9) Reaches to catch a ball during the game against Columbus High School on September 9th, 2016.

Photo by Cecilia Chada



Homecoming 2016

By Shacourtney Johns

Homecoming is an annual tradition where students and faculty come together usually in September to welcome back alumni. It is built around an event such as a game of football, which is played on the the school's home football field, and the crowning of the Homecoming royalty. This years Homecoming took place at Lincoln High School on Friday September 23rd.

The festivities started off with Spirit Week where students and staff dressed up differently for each day to show their school spirit. The days included Multiplicity Day where students would dress similar to two or more people, Denim Day where students and staff wore as much denim as possible, Wacky Wednesday where students dressed up as crazy as they wanted , Artist Day for students who wanted to dress up as one of their favorite artist. And Link Day for showing your school pride by wearing red and black.

Friday consisted of the Athletic Hall of Fame Pep Rally that morning, followed by the game at 6 p.m. against North Platte at Beechner Field, The Links won 55-24 in their first Homecoming win in 10 years. The dance began at 8:30 p.m. and ended at 11 p.m.



Above: Player going out for a pass that will be thrown by Jackson Mallory.
Photo by Bailey Havlat



Freshman Lord: Tristan Smith,
Lady: Mandy Duffy



Sophomore Duke: Carter Yost,
Dutchess: Audrey Hitt



Junior Prince: Jack Buchanan,
Princess: Lydia Bartek



Senior King: Harper Lundine
Wilmoth, Queen: Julia Haack

This year's Student Council gave the students three choices. The students voted and chose the theme Hollywood Red Carpet StuCo sponsor Niki Barnes said. With the Hollywood theme came the lavish decorations such as the red carpet and the historic Hollywood sign. The students and faculty danced the night away leading up to the crowning of the Homecoming Royalty. The 2016 Homecoming Royalty were King: Harper Lundine Wilmots, Queen: Julia Haack, Prince: Jack Buchanan, Princess: Lydia Bartek, Duke: Carter Yost, Dutchess: Audrey Hitt, Lord: Tristan Smith, and Lady: Mandy Duffy



Above: The 2016 Lincoln High athletic hall of fame inductees pose for a picture at the Hall of Fame pep rally.
Photo by Bhagya Pushkaran

Hall of Fame members were honored during the rally as well as during a reception in the Media Center beforehand. The Lincoln High School Hall of Fame was established in 1983, the purpose of the Athletic Hall of Fame is to recognize the athletic accomplishments of the individual during their years at Lincoln High.

The 2016 Lincoln High athletic hall of fame inductees were, Sherrill Bornemeier Bice, Arnie Collins, Everett

Dailey, John Erickson, Joe Folsom, Bob Francisco, Michaela Franklin, Dawn Spickelmier-Frazey, Morris Galter, Paul Grandgenett, Gary Gruenemeier, Kathy Wilson Gulland, Bill Johnson, Ralph Merriman, Kurt Meyer, Dennis O'Meara, Bill Reinhardt, Ryan Shanesy, Darrel Temple, Chuck Thompson, Shane Wichtendahl. The Family Award went to the Dean Family for their contributions to Lincoln High School sports. There was also the Special Recognition Award given to Aldis Augstums, this award was given to him for his exemplary contributions to LHS athletics.



Above: The offensive line is getting set to protect their quarterback. *Photo by Bailey*



Above: Taliq Ellis celebrates after a big stop on 3rd down. *Photo by Bailey Havlat*

BuzzFeed - The Art of Sharing

By Carmen Blum

BuzzFeed is undeniably a media superstar. According to BuzzFeed's site, it rakes in 7 billion views and 200 million unique visitors monthly, broadcasts its content across the globe in six different languages, and has offices located in 11 different countries. Of course BuzzFeed wasn't always the giant that it is today. In fact, it started out as something quite different: a small group of people who wanted to play with ideas. So how did this group escalate to the company that BuzzFeed has become today? The answer is clear - sharing.

In an interview with Jonah Peretti, the creator of BuzzFeed, done with Business Insider, he explained how he is "fascinated by the question of what makes people share. What makes people hit that forward button or send a link of that cat sitting in a box." This fascination pushed Peretti to create BuzzFeed labs, a small group of people whose purpose was to track what, how

and why things went viral. One of the first products created by BuzzFeed labs was BuzzBot, a program that directed users of the program to content that was being shared the most on the internet, unfortunately they weren't able to scale it and were forced to scrap the project. However from the ashes of BuzzBot, Peretti and his small group of as-

as reported by The Atlantic, the site comes out with at least 220 new articles and videos every day.

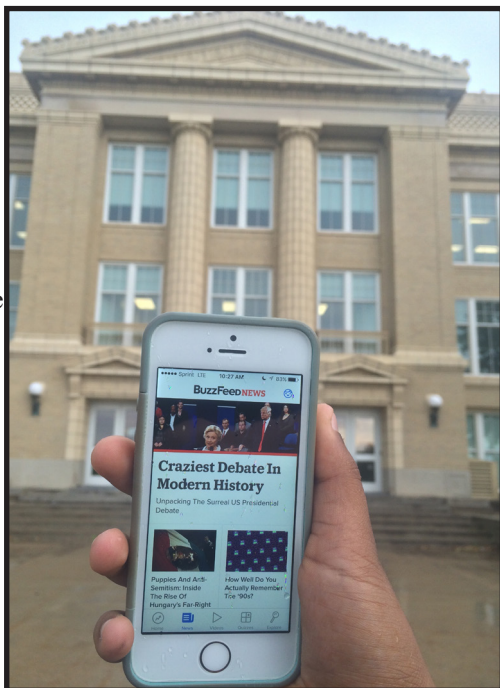
Fast forward nine years, and BuzzFeed is booming, it's become one of the biggest news outlets and media sites in both the US and England, raking in 7 billion views a month, but the question remains, how did it get here? The answer to this question was created from the same idea that had initially spawned the company, sharing. Instead of marketing towards what individuals would find appealing, as most media outlets did at the time, BuzzFeed creates content that makes people want to share it with other people in their lives. Passmore Mudundulu and Mae Stokes, LHS students and BuzzFeed users, are perfect examples of this strategy at work, as they both discovered BuzzFeed through friends and suggested content. This strategy created a media platform that had not been taken advantage of until BuzzFeed's rise to power.

However BuzzFeed realized that in order to become successful through this technique, the site would need to have something for everyone. So the company created its many different branches of its site to meet this demand. Comedy, current events, quizzes, videos, food, health and fitness, it creates a kind of tasting plate of articles from which the reader can pick and

choose what's of interest to them and what they might choose to send to other people, all without ever leaving the site. A one stop shop for all your internet needs and memes.

Another strategy that has worked so well for the site is willfully evolving with the times. Instead of refusing to change the theme of its content, it supplies the demand of the internet. When DIYs became the rage, BuzzFeed created a newsletter specifically for it. Or say when fun facts were the talk of the town, BuzzFeed was coming out with multiple videos a week dedicated to the topic "did you know". And these strategies have obviously worked as student Mae Stokes attested to, "I'm not watching the morning news so BuzzFeed is basically my only source for news, I know a lot of people go on it for the quizzes and the celebrity stuff or they're attracted to it because it's so targeted at millennials while other news sites are more targeted at the older demographic".

If there is one thing about BuzzFeed that I hope we can agree upon, whether you're a user or not, it is the impressive marketing genius that BuzzFeed displayed in its harnessing the power of sharing. A previously unutilized strategy that has created one of the biggest media outlets that the world has ever partaken in.




Many students at LHS use BuzzFeed to keep tabs on current events. Photo taken by Carmen Blum

sociates began to create the beginnings of a website that would go on to become the media superstar that we know today. Finally after months of tweaking, on November 1, 2006 the very first draft of BuzzFeed was launched onto the web displaying about five to six links every day. Nowadays,

SAMPLE BALLOT

GENERAL ELECTION NOVEMBER 8, 2016

INSTRUCTIONS TO VOTERS:					
1. TO VOTE, YOU MUST DARKEN THE OVAL COMPLETELY (●). 2. Voting Instruments: Early/Absentee Voting: Black or blue pen Election Day: Pencil provided at polling place 3. To vote for a WRITE-IN candidate - write in the name on the line provided AND darken the oval completely.  4. DO NOT CROSS OUT OR ERASE. If you make a mistake, ask for a new ballot.					
COUNTY TICKET		NONPARTISAN TICKET	NONPARTISAN TICKET	NONPARTISAN TICKET	NONPARTISAN TICKET
For County Commissioner District 4 Vote for ONE <input type="radio"/> Roma Amundson Republican <input type="radio"/> _____		Judge of the Court of Appeals District 1 Shall Judge Riko E. Bishop be retained in office? <input type="radio"/> Yes <input type="radio"/> No	Judge of the Separate Juvenile Court Lancaster Shall Judge Roger J. Heideman be retained in office? <input type="radio"/> Yes <input type="radio"/> No	Southeast Community College For Board of Governors-District 2 Vote for ONE <input type="radio"/> Kathy Boellstorf <input type="radio"/> _____	GENERAL OBLIGATION BOND ELECTION SOUTHEAST COMMUNITY COLLEGE AREA IN THE STATE OF NEBRASKA "Shall the Southeast Community College Area, in the State of Nebraska, issue its general obligation bonds in an aggregate stated principal amount not to exceed Three Hundred Sixty-nine Million Dollars (\$369,000,000), for the purpose of providing funds for the purchase, construction, reconstruction, equipping, demolition, and alteration of various properties, buildings, facilities and other capital assets for the College Area, which may include the following: (1) replacement, renovation, and addition of facilities on the Beatrice Campus; (2) replacement, renovation, and addition of facilities on the Milford Campus; (3) replacement, renovation, and addition of facilities on the 8800 O Street Lincoln Campus; (4) establishment of a campus in or near downtown Lincoln; and (5) construction and acquisition of facilities for use as Learning Centers on various sites within the College Area; with such bonds to be issued from time to time, to bear interest at such rate or rates, to be sold at such prices and to become due at such time or times as may be fixed by, or determined at the direction of, the Board of Governors of Southeast Community College Area; and <input type="radio"/> FOR such Bonds and tax <input type="radio"/> AGAINST such Bonds and tax Electors voting in favor of such proposition shall blacken the oval opposite the words "FOR such Bonds and tax" following such proposition, and electors voting against such proposition shall blacken the oval opposite the words "AGAINST such Bonds and tax" following the proposition.
NONPARTISAN TICKET For Member of the Legislature District 21 Vote for ONE <input type="radio"/> Larry Scherer <input type="radio"/> Mike Hilgers <input type="radio"/> _____		Judge of the Nebraska Workers' Compensation Court Shall Judge Daniel R. Fridrich be retained in office? <input type="radio"/> Yes <input type="radio"/> No	Judge of the Separate Juvenile Court Lancaster Shall Judge Reggie L. Ryder be retained in office? <input type="radio"/> Yes <input type="radio"/> No	Southeast Community College For Board of Governors-District 3 Vote for ONE <input type="radio"/> Edward C. Price <input type="radio"/> _____	
For President and Vice President of the United States Vote for ONE <input type="radio"/> Donald J. Trump President } Republican <input type="radio"/> Michael R. Pence Vice President <input type="radio"/> Hillary Clinton President } Democratic <input type="radio"/> Tim Kaine Vice President <input type="radio"/> Gary Johnson President } Libertarian <input type="radio"/> Bill Weld Vice President <input type="radio"/> Jill Stein President } By Petition <input type="radio"/> Ajamu Baraka Vice President <input type="radio"/> _____ President <input type="radio"/> _____ Vice President		Judge of the Nebraska Workers' Compensation Court Shall Judge John R. Hoffert be retained in office? <input type="radio"/> Yes <input type="radio"/> No	Judge of the Separate Juvenile Court Lancaster Shall Judge Toni G. Thorson be retained in office? <input type="radio"/> Yes <input type="radio"/> No	Southeast Community College For Board of Governors-District 4 Vote for ONE <input type="radio"/> Kristin E. Yates <input type="radio"/> _____	
For Member of the Legislature District 25 Vote for ONE <input type="radio"/> Jim Gordon <input type="radio"/> Suzanne Geist <input type="radio"/> _____		Judge of the Nebraska Workers' Compensation Court Shall Judge James R. Coe be retained in office? <input type="radio"/> Yes <input type="radio"/> No	Judge of the County Court District 3 Shall Judge Matthew L. Acton be retained in office? <input type="radio"/> Yes <input type="radio"/> No	Southeast Community College For Board of Governors-District 5 Vote for ONE <input type="radio"/> Robert J. Feit <input type="radio"/> Vena Genuchi Alesio <input type="radio"/> _____	
For Member of the Legislature District 27 Vote for ONE <input type="radio"/> Anna Wishart <input type="radio"/> Dick Clark <input type="radio"/> _____		Judge of the District Court District 3 Shall Judge Jodi L. Nelson be retained in office? <input type="radio"/> Yes <input type="radio"/> No	Judge of the County Court District 3 Shall Judge Timothy C. Phillips be retained in office? <input type="radio"/> Yes <input type="radio"/> No	Southeast Community College For Board of Governors-At Large Vote for ONE <input type="radio"/> Steven Ottmann <input type="radio"/> _____	
CONGRESSIONAL TICKET For Representative in Congress District 1 - 2 Year Term Vote for ONE <input type="radio"/> Jeff Fortenberry Republican <input type="radio"/> Daniel M. Wik Democratic <input type="radio"/> _____		Judge of the District Court District 3 Shall Judge John A. Colborn be retained in office? <input type="radio"/> Yes <input type="radio"/> No	Judge of the County Court District 3 Shall Judge Laurie J. Yardley be retained in office? <input type="radio"/> Yes <input type="radio"/> No	Referendum ordered by Petition of the People Referendum No. 426 A vote to "Repeal" will eliminate the death penalty and change the maximum penalty for the crime of murder in the first degree to life imprisonment by repealing Legislative Bill 268, passed in 2015 by the First Session of the 104th Nebraska Legislature. A vote to "Repeal" will keep the death penalty as a possible penalty for the crime of murder in the first degree by repealing Legislative Bill 268, passed in 2015 by the First Session of the 104th Nebraska Legislature. The purpose of Legislative Bill 268, passed by the First Session of the 104th Nebraska Legislature in 2015, is to eliminate the death penalty and change the maximum penalty for the crime of murder in the first degree to life imprisonment. Shall Legislative Bill 268 be repealed? <input type="radio"/> Retain <input type="radio"/> Repeal	Lower Platte South Natural Resources District For Board of Directors-Subdistrict 1 2 Year Term Vote for ONE <input type="radio"/> Gary Hellerich By Petition <input type="radio"/> _____
COUNTY TICKET For County Commissioner District 2 Vote for ONE <input type="radio"/> Jim Ballard Republican <input type="radio"/> Jennifer Brinkman Democratic <input type="radio"/> _____		Chief Justice of the Supreme Court Shall Chief Justice Michael G. Heavican be retained in office? <input type="radio"/> Yes <input type="radio"/> No	Southeast Community College For Board of Governors-District 1 Vote for ONE <input type="radio"/> Lynn Schluckebier <input type="radio"/> _____	Lower Platte South Natural Resources District For Board of Directors-Subdistrict 1 4 Year Term Vote for ONE <input type="radio"/> Don Jacobson <input type="radio"/> _____	

Early/Absentee Ballots may be dropped off 24 hours a day at the Election Commission Drop Box located at: 601 N. 46th St. Lincoln.

LHS Varsity Boys Tennis Serves Up a Good Season

Varsity Boys Tennis goes against tough competitors, comes out strong.

By Bhagya Pushkaran
Lincoln High School never ceased to amaze us again during tennis season this fall. After a



Ethan Bruha (11) fires one at his opponent from Lincoln Southeast on September 29, 2016 at Woods Tennis Center. Photo by Bhagya Pushkaran

small break without Coach Sandberg due to back surgery, the Varsity Boys Tennis Team has been quick on their feet, sweeping up victories and going through the struggles together. Their ups and downs haven't destroyed their will to win, and their hard work has paid off.

The varsity team is made up of four seniors, two juniors,



Pablo Souto (9) returns the ball against his opponent from Lincoln East on October 3, 2016 at Woods Tennis Center. Photo By Bhagya Pushkaran

one sophomore and one freshman. Todd Sandberg, head coach the varsity boys tennis team, works hard coaching to his team. An interview with him gave some insight to the tennis season. "We have gotten off to a pretty good start. We won 2nd place at the Bellevue West High School invitational thanks

to #1 doubles Alex and Garrett," Sandberg said. Hamann and Brockman were really close to winning 1st. Also, everyone medaled 3rd at that invitational and so they are really proud of their wins at that invitational. The tennis team also has been doing well with the first half of the season, and fought hard through the second half with the duels that are against the tougher schools, like East, Southeast, Pius X, and Southwest.

Asking Coach Sandberg about how he felt about the season so far, he said he was proud of the team. "Oh yeah definitely. We lost a lot of talent last year, but we have a lot of experience coming back. We need to improve some practice habits, but we are getting better," he stated. This year's lineup

for state is Ethan Bruha for #1 singles, Pablo Souto for #2 singles, Alex Hamann and Garrett Brockman for #1 doubles, and William Brandt and Ethan Buss for #2 singles.

With state on October 13th and 14th, and the season coming to an end, the pressure has increased. "I have felt really good about our season. We have had some really good tournaments and good duals. It's been really fun and we have had a productive year.

11th place, and #1 Doubles placed in the top 8th. The team has worked hard throughout the season progressing in skill set and coming together as a team. "The team more than met my expectations all season, and we played outstanding at state," stated Coach Sandberg.

Thinking about the future of boys tennis, Coach Sandberg predicts that we will have strong teams. The JV team and Reserve team is doing a good job of car-



Pictured top row left to right: Breanna Smith (12) Shaher Abraham (12), Ethan Buss (12), An Dang (12), Garrett Brockman (12), Ethan Bruha (11), Dave Medina

Pictured bottom row left to right: Sam Woog, Adriana Miller (12), Noah Thiessen (12), Ryan Ehlers (12), Pablo Souto (9), Alex Hamann (11), Will Brandt (10), Todd Sandberg Photo by Cynthia Wehland

I'm really excited for state because it's my first and because I think we all have a good chance to make it to the second day," Brandt said. LHS got 10th overall at state. #1 Singles placed 10th, #2 Singles, and #2 Doubles had placed at least

rying Link pride at every dual and invitational they go to, and are doing a good job of collecting victories, and the returning players for next year's varsity team has a good plan to keep the streaks going.

Welcome, New Staff!

LHS sees new, returning, and relocated faces

By Ahmed Naser

You may have noticed some new faces in the building this year (or some familiar faces in different places).

Some of our former teachers have switched subjects and even positions to help us students and graduate on time.

A few of our former staff have retired and moved on to the finer things in life. This year, we will focus on one new teacher on each issue of The Advocate.

Many of our new staff are very happy to be teaching at Lincoln High. In this issue, we will be



Above: Kim Pickering poses in her new classroom at LHS.

focusing on Kim Pickering who is a new economics teacher at Lincoln High. Pickering said, "The staff is very welcoming, and very helpful,



Some of the new staff members at LHS this year: (Left to Right) Diane Merrill, David Juilianna, Sarah Downs, AJ Armstrong, Malia Wojtasek, Nick Clayburn, Amy Hung, Wade Houchin, Jennifer Henry, Corey Jones, Hailey Hemenway, Micheal Crane, Laurel Maslowski. Photo by Angel Tran

and the students are awesome."

Pickering has taught at Omaha Northwest in Omaha for 26 years and at the University as Extension Educator for Entrepreneurship and Leadership. She has a masters degree and bachelor's degree from University of Nebraska Lincoln and has graduate hours from many other places as well.

She has thought of the transfer from Omaha to Lincoln to be somewhat similar but that academically the students for her have been better here in Lincoln then they have been for her in Omaha. Overall, she loves Lincoln High and believes it is a great school.

There have also been some staff member schanging their positions such as Niki Barnes who was an English teacher. She is now a counselor in the counseling office.

When asked which position she loved more, being a teacher or being a counselor, she replied, "I loved teaching, but I also love being a counselor....I like meeting with students one on one." These are the little things that make you love your job and passionate about

what you do.

All in all, we are very happy and excited that we have new staff at our high school. We will dearly miss our former teachers and counselors, but we will open new windows of opportunity for ourselves with new people to interact with.

List of new staff an their positions:

Phyllis Owen - Accompanist
Josh Lupher - AP
John Heineman - Attendance
Kim Pickering - Business
Jarrell Green - Coordinator
Niki Barnes - Counseling
Renee McClure - Counselor
Jennifer Henry - ELL
Min Gao - ELL Teacher
Hailey Hemenway - English
Sara Downs - English
Diane Merrill - FCS
Marcus Perry - Girls Basketball
Amy Hung - Math
Corey Jones - Math
David Juiliano - Math
Doug Matulka - Math
Maureen Halpenny - Math
Nick Clayburn - Math
Carter Hulinsky - Media TEch
Dawn Sugden - Nurse
Jill Shada - Para sclc
Kelsey Bliss - Para sclc
Lenetta Barg - Para sclc
Kathryn Brockmeier - Para Sped
Marty Lesiak - Para Sped
Shelby Ingersoll - Para Sped
Stephen Northcutt - Para Sped
Demond Flowers - Security
Alyssa Schmidt - SLP
Courtney Waddell - SLP
Laurel Maslowski - Social Studies
Kate Eilers - Social Worker
AJ Armstrong - SPED
Malia Wojtasek - SPED
Michael Crane - SPED
Mitch Vernon - SPED
Wade Houchin - SPED
Larry Elwood - STS
Gabby Danner - TDP
Karmin Pedroza - Transitions

Will the Real Scholars Please Stand Up?

By Nancy Ripenburg

What is a standing desk? It's a desk that is raised up high enough that you could stand at it, or sit on a tall stool. Other than that, it's the same as a conventional desk. You are able to put your computers on it, books and other things.

What makes these standing desks superior to regular desks? For starters, Dr. James Levine, the director of of the Mayo Clinic/Arizona State University Solutions Initiative and the inventor of the treadmill desk, states that it's unnatural for children to be sitting seven hours of the day at a time.

Owen Roberts-Day, an English teacher at Lincoln High, believes that fidgeting can lead to attention stimulation. "I feel like I have read that sometimes people can be surprisingly more attentive if they have something to fidget with. Like I used to do sort of corporate-y trainings in a job I did. And we would all the time leave like play dough and koosh balls and stuff out in tables when we were running these workshops because people could fidget with it, and it made it easier for them to get that energy out that way and still pay attention."

Standing desks will give students the opportunity to fidget. Incorporating standing desks into school life will be a daunting task, but put into practice, the response is positive all around. Two elementary school teachers from Wilson Elementary School in West Caldwell, New Jersey, wanted to cut down on disruptive behaviors in their classrooms. CNN, who published a story about the benefits of standing desks, described their experience, starting with the two third grade teachers, Jennifer Emmolo and Jaclyn Ginex, who wrote grants to their place of business to start integrating desks into the classrooms.

According to Emmolo, the results have been stunning. "Things like talking when you weren't supposed to be talking, fidgeting with some kind of object on your desk, standing around the room and moving at not great times, all of those undesirable behaviors decreased by incredible amounts," she said. "It was pretty amazing. Kids that you might have to talk to sometimes on more than an hourly basis to refocus

you'd been sitting.

Dr. Kelly Starrett, a CrossFit trainer in San Francisco who received his Doctor of Physical Therapy from Samuel Merritt College in Oakland, California in 2007, has reported the different effects that sitting all the time can have on your joints. Starting at the neck, slouching over a desk or a phone all day adds sixty pounds of extra pressure on your spine, while standing up straight can reduce that pressure to only ten pounds. The extra pressure can lead to things such as nerve damage, headaches and compromised shoulder function, among other things. Sitting, according to Dr. Starrett, can also lead to other physical ailments, such as Carpal Tunnel Syndrome and TMJD, otherwise known as Temporomandibular Joint Disorder. Temporomandibular Joint Disorder. The temporomandibular joint acts like a sliding hinge, connecting the jawbone to the skull, one on each side. Temporomandibular Joint Disorder is pain in this area, either from the muscles controlling the jaw or from the hinge itself. A few more problems that arise from sitting all day, according to Dr. Starrett, include hernias, hip dysfunction, lower back pain and poor diaphragm function.

This isn't a change that'll happen over night. With the cheapest desk at Staples being \$64, supplying one classroom of, at minimum, 25, would cost \$1,600, before taxes. That's the cheapest available at Staples, for just one classroom of 25. Multiply that by all the classrooms in Lincoln High and that price tag is upwards of \$100,000.

While schools may not be able to integrate the standing lifestyle into our daily routines anytime soon, consider when buying a new desk for yourself to pick the one that'll give you the most physical benefits.



An old drafting table serves as a standing desk in room 308, Mr. Keller's classroom.

Photo by Paulo Gross

them or redirect them, you no longer had to do that," she informed CNN.

There are also health benefits to standing versus sitting, starting with the amount of calories burned doing each. Research performed by Dr. John Buckley, of the University of Chester, on average standing burns .7 more calories than if you'd been sitting. While this doesn't seem like a lot, added up over the course of four hours, you'd burn 130 more calories standing than if

Virtual Reality - An Actuality

By Carmen Blum

The Matrix, Total Recall, and Spy Kids 3. These three movies have radically different plots, but they share one similar aspect that is becoming increasingly prominent in our society: virtual reality. Although these movies have all been released within the last 30 years, the idea of becoming immersed in a technological simulation of reality is nothing new. The concept of mimicking real life through technology has been around since the '30s when, according to the Atlantic's article "virtual reality gets real", the first flight simulation was officially patented. With the release by Samsung, Google, and Sony of various virtual reality headsets earlier this year, the actuality of a more accurate version of this technology has become increasingly possible. Because this technology is on its way to becoming a commonplace item in our everyday lives, the question of what virtual reality is and what its effects on us will be has become ever more important to ask. As well as if the version of virtual reality that we have become so well acquainted with in the movies even plausible out here in the real world? Perhaps, but there may also be unforeseen consequences from its release.

Like any new technology virtual reality has had multiple reported health risks such as; extreme eyestrain from viewing the screen inside the headset for extended periods of time, as well as nausea and motion sickness. These symptoms are referred to as cybersickness. There have also been reports of people experiencing stress and anxiety after prolonged use of the device. Another major problem with

the advancements in this type of simulation technology is what it might do to our already technology-addicted population. As it is, people have often developed vitamin D deficiency from lack of sunlight, obesity, diabetes, and eye problems because of all the time they spend indoors sit-



Brian Reed, founder of a virtual reality start up in LA, and an advocate for the technology. Photo taken by Marina Blum

ting in front of screens. If we are to remove the need to go outside to experience new things, what would be the byproduct of our technological dependency?

Obviously the current technology, and safety, of virtual reality leaves quite a bit to be desired. However, according to The Atlantic, in the near future incredible advancements are expected to be made. The current model of the virtual reality headsets creates a view of a scene and provides the user with 360 degree sound, so that if while immersed in the scene of a forest one might hear a twig break behind them so they turn around and see a deer. Or they're "walking" through the woods and they hear a waterfall get louder

as they approach. Sound plays a major part in how immersed we feel in an experience while in a virtual reality, however in order to feel truly immersed the machine would have to incorporate the remaining three senses: smell, taste, and touch. Artificially stimulated smell and taste are

making some headway, while touch has remained elusive. The main hurdle in creating smells that could be used in virtual reality is predicting all the smells that one might encounter in the situation that is being simulated. And in the use of taste, scientists in Singapore are currently working on developing electrodes that when put on one's tongue, can mimic our basic types of taste, sour, sweet, bitter and salty.

Although the current technology is in the processes of advancement, this doesn't mean that the current type of virtual reality, namely the headsets, doesn't have real world applications. Virtual reality headsets can be used in many situations in the world today. By using these

headsets, courtrooms will eventually be able to allow the jury to interact with the crime scene and create a more accurate idea of what actually happened during a crime, instead of them just looking at the photos from a crime scene. Immersion into calming settings through these devices has been found to be highly beneficial to people suffering from PTSD and other stress disorders. It's also used with people who have major phobias, allowing the patients to come face to face with what they are afraid of, all the while remaining in a safe environment. Virtual reality is also used in some places in the military to get soldiers used to combat. Astronauts can use the headsets as a destresser while on extended missions and allow themselves to be transported back to their favorite places on Earth without leaving their cabins. In the future sports fans could use the headsets to place themselves in the crowd of a live stadium and experience major games such as the World Cup as if they were in the stands themselves. And neurosurgeons can use the technology to navigate their way through a person's brain before performing surgery.

The technology that would allow us to immerse ourselves in a simulation that exactly mimics our reality is a ways off from being available to the general public, however this doesn't mean that it won't happen. Possibly even in our life times. So it's up to each of us to stay informed on what the status of this technology is, because it truly has the potential to drastically change the way we live our lives.

Can you take a compliment?

By Paulo Gross

School is a stressful place. So is work. It's easy to lose sight of the light in the world. One anonymous agent is trying to give the students and teachers of Lincoln High School a reminder of the positive things in life, and boost their confidence.

This person put up 40 posters all over our school. The posters are in three different varieties, two titled, "Free Compliment Posters," and one titled, "Free Positive Thoughts." Each has about ten sections on the bottom with various compliments or positive thoughts. These are cut into a fringe and are to be ripped off by passerby. They resemble a "lost kitten poster." These comments include things like, "You look great today," and "You made someone smile today." One senior, Ana Facio Lom, received one of these tickets from a friend, Carolyn Kerns, another senior. It said, "You did a good job today," and she has it on her locker now.

The distributor of these was hard to get in contact with, but nothing is impossible. Although we found them, they still wanted to remain anonymous. They want to keep the focus on the positive thoughts, not on the originator of them. When asked where they got the idea for these posters, they said that



Ana Facio Lom (12) poses in front of her compliment, hung up in her locker. Photo by Paulo Gross

they found them on Facebook from a professional teaching page. The poster of these posters investigated further on Pinterest, and found the versions that are up around the school. They said, "I thought to myself that LHS could use some positive vibes," and that, "I feel like that students can be more complimentary and affirming to each other and not only to each other but also to their teacher, but also teachers to one another." Halfway through the first quarter of school, and these posters ran out of their fair wishes, and have been taken down.

Since they are remaining anon-

ymous, the disseminator of these posters hasn't gotten any direct feedback, but they did hear people talking about them in the halls. They wanted to affirm students and teachers, and spread positive vibes around the school. To this effect, they said, "I think that we hear and see so many negative things throughout the day, that makes them feel bad about themselves, it's good to remember what you are good at, and positive things." They plan to put up more similar posters some time in the future, and maybe reveal their identity. Hopefully sometime soon.



BOWLING: NOT JUST BALLS AND PINS

LHS bowlers pilot new program



By Alex Phillips

Most people don't know that Lincoln High has a bowling team. Fewer people know about unified bowling. NSAA is having unified bowling this year for the first time.

According athletic director Pat Gatzemeyer unified bowling is where the unified sports program will partner up two students with developing special needs, with two regular education students to make a team for training and competition. Each school is allowed five teams.

Team uniforms will be provided by the school that the participants attend. Bowling was the first to fall under the unified sports that the NSAA picked to become unified. Most logical to become unified first with the facilities, and time of year they wanted to offer unified bowling.

According to Unified bowling pamphlet, the athletes with special needs, have to be in a high school and be 17 or 18 years old.

The guidelines for participation are complete participation packet which includes a physical and the students must meet the NSSA eligibility criteria. There will be no fees for the unified bowling, and the NSSA will partner up with Sun Valley Lanes for the competition.

For the coaching part of the competition, the coaches must meet the NSSA guidelines for certification and

course work. They would prefer coaches to have experience working with students with disabilities.

Hiring of the coaches will occur jointly athletic directors at each high schools and special education coordinators at each high school. The training weeks are October 17th, 24th, and 31st.

The competition weeks are November 7th, 14th, and 21st. The district tournament is the week of November 28th.

The state competition is the week of December 5th. If you are interested in joining the school's bowling team you can contact me at (402) 975-9704, Ron Phillips at (402) 805-3054, or Ms. Able at (402) 436-1301. Tryouts are going to be October 25th and 27th. You will pay \$25 on October 25th and that will cover both tryout days. You must attend both tryout days. Everyone makes the team if they tryout.

Tryouts are just for placement purposes only. We have a varsity and jounior varsity boys team. As of right now we have a varsity girls team, we need more girls to have a jounior varsity girls team. Practices will be Tuesdays and Thursdays 4-5:30. Competitions mostly every Saturday for varsity, jounior varsity competitions vary.

Festivus Finally!

Bad weather postpones fall celebration

By Frank Wickizer

Through two weeks of delays due to rain and pep rallies, Fall Festivus returned to us on Friday, Sept. 20, 2016, and its bounty was plentiful beyond imagination.

Festivus means different things to different people, and all of these things are important. To some, Festivus means food, to some it means games, to some it means smashing pies in the faces of their favorite Pomalink, to some it's a waste of time, and to some, it's a way of getting out of class. No matter one's reason for going, it's important to understand what others feel towards it, and its history.

As for its history, the name itself comes from an old sitcom that few students here will remember. Seinfeld is forever immortalized through Lincoln High, though, through our Fall Festivus. The Lincoln High history of this annual celebration goes back to the early 1990s when DECA decided to raise funds by selling Otis Spunkmeyer cookies at the price of three for a dollar. They then donated the proceeds back to clubs during, what was then called, the Back to School Bash. Out of that, Festivus was born. The rest is history and to this day we still celebrate that day in fall with little memory of how we got there.

Beyond its history, though, is Festivus' present, which is a modern marvel. No matter why one enjoys it, they are fanatical about it. Social Studies teacher Brian Goodbrake left town the day before Festivus was supposed to be, and was bummed initially that he would miss it. Even more was he bummed when he heard that Asian Caucus wouldn't be supplying their delicious egg rolls and crab rangoons. (Luckily Vietlink and



Above: Principal Mark Larson has his work cut out for him during a student/staff challenge for Jousting. Below: Students sprawl across the school grounds to celebrate this year's Festivus on Friday, Sept. 20, 2016.



Debate saved the day.) Further into the fanaticism that surrounds Festivus is the annual teacher-student competitions that are widely watched. For example, Social Studies teacher Lucas Varley still shows his classes the videos of him winning the Jousting challenges against a former student.

But Festivus is more than carnival games and fatty foods; it's also a great opportunity for clubs and helps clubs be autonomous from public funds that are, in many cases, lacking. For example, the Debate Team was very happy with the way Festivus turned out due to the high turnout of customers and the accessibility. Debate coach Victoria Freman said, "Festivus is a wonderful thing."

The fundraising brainstorming sessions showed us just how well we think together and cooking together helped us learn how to work together extraordinarily well." This really does show that the multi-faceted impacts of Festivus are widespread and affect people in the most unlikely ways.

Some other clubs that are regulars include Student Council, which has "sold lemonade for as long as I've been here," said Student Council representative Nicole Barnes, and "stopped selling puppy chow two years ago because of peanut allergies."

The International Club, sponsored by Marissa Wanamaker, sold "cookies from the Cookie Company with different flags frosted on them." Interestingly, their best seller was the pride flag, which was a big hit and a nice touch to Festivus.

Overall, Festivus will never let anyone down, no matter the reason for attending. Just because something is mandatory doesn't mean it has to be as boring as senior awards, and Festivus proves that better than anything.

What's truly great about Festivus is how unique it is. No other school has anything like it and not many outside of LHS even know what Festivus is. They're out for sure, on a celebration that helps our clubs succeed, and unites Lincoln High in a widely unpublicized way.

This unity is shown by the absence of incidents during and because of Festivus. In all its years at Lincoln High, not one fight has occurred and not one referral has ever been handed out.

Lincoln High is a modern marvel, and Festivus shows the world our potential. Hopefully someone will eventually realize and notice what a wonder it is.

Below: Emily Vanek (12) paints a student's hand for the Mummer's club booth at Festivus.



Above: Dillion Skelton and Bryan Mack congratulate each other after finishing the Obstacle Course at Festivus.



Left: A group of students pose in front of a colorful background for the Photo Club. Pictured top row left to right: Madalyn Brandt (10), Elise Gallentine (10), Amelia Stoakes (10), Emma Bergemeyer (10). Pictured bottom row left to right: Avery Smith (10), Bhagya Pushkaran (10), Rylen Hansen (10). Photo by Kailin Gregory

LHS

By Angel Tran



Photo By Tessa Wiser



Photo by Isabel Kettler

Above: Harper Lundine Wilmoth (12) and Celeste Uiterwaal (10) perform during the Fall Play, "The Mouse That Roared" on October 5th, 2016.

Left: Science teacher Sharill Luedtke taunts the students who try to get her wet at the Dunk Tank during Festivus.

Below: Porsche Miller (9) and Sidney Froistad (9) pose for 'Multiplicity Day' on Monday, September 19th, for Homecoming Spirit Week.



Photo by Naomi Rodriguez



Photo by Angelica Phillips

Above: Varsity Volleyball team on defense during the block at their "Digging Pink" volleyball tournament on Saturday, October 8th, 2016.

Right: Marcel Austin (10) poses for Wacky Wednesday during Homecoming Spirit Week on September 21st, 2016 during Lunch.



Photo by Naomi Rodriguez



Photo by Angel Tran

Above: Principal Mark Larson and Weight Lifting Coach Stuart Venable compete in the annual 'Balloon Popping' contest on Freshman Orientation Day.

Top Right: #81 Anthony Magor (12) goes for the block in the Homecoming Game against North Platte on Friday, September 23rd, 2016.

Right: JV Cheerleaders, Logan Larsen (10) and Cecilia Chada (10) perform in the 2016 Annual Homecoming Pep Rally on Friday, September 23rd, 2016.

Bottom Right: Pomalinks, Payton Prall (12), Alyssa Zimmer (11), Hannah Dennis (12), Michaela Wubbels (12), and Macy Behrens (12) pose for a picture at Festivus on September 30th, 2016.

Below: Shaher Abraham (12) swings on October 3rd, 2016 at the Woods Tennis Courts. Abraham is a Varsity tennis player.



Photo taken by Bhagya Pushkaran



Photo by Bailey Havlat



Photo by Angel Tran



Photo by Greg Keller

LIFE IN PICTURES

Rise & Shout.
The Links are out.



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SENIORS! Remember that **Monday, Oct. 31, 2016** is the **DEADLINE** for submitting your **SENIOR PHOTO** for the **YEARBOOK**.

If you do not provide us with a photo, we will use the LifeTouch photo you had taken at the beginning of the year or your school ID photo.

To avoid having to do that, the Lincoln High Yearbook Staff is offering a **FREE Photo Shoot** for your Senior Photo in the Yearbook on **Saturday, Oct. 29, 2016** from 10 a.m. to 12 p.m. in Room 300 at LHS.

Please fill out the form here goo.gl/F2pI4V to RESERVE A SPOT on the schedule or email us at: lhsyearbook@lps.org

We will take a head and shoulders portrait for inclusion in the Yearbook. You can see the photos at that time and tell us which one you would like us to use.

For more information about submitting your Senior Photo, visit the LHS Yearbook Website here: <https://lincolnhighyearbook.wordpress.com> and click on the Senior Photos tab.

****REMEMBER that Senior photos are due to the Yearbook staff by Monday, Oct. 31, 2016.**

Contact us if you have any questions:

Think she might be pregnant?

We can Help

 **PREGNANCY CENTER**

lincolnchoice.com
402.483.4247
111 Piazza Terrace







Photo by ThaDa 0o



Photo by Bailey Havlat