

“Teens should care about politics even if they cannot vote.”
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“Mr. Larson strives to build a better connection with his students.”
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“In fact, this documentary persuaded me to go vegan.”
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Gretna Media Going Live!

New Journalism Website is Up and Running

By Connor Bulgrin
EDITOR-IN-CHIEF

The GHS newspaper staff recently created a new source for their content. They created the website gretnamedia.com. It is a brand new website for students to hear about all things GHS from GHS's own journalism programs.

The website was made in conjunction with a company called SNO Sites. They are a company specifically made for scholastic journalism to help schools produce products by removing the base work of coding a website and going straight to uploading content.

“I mainly chose SNO Sites to host our journalism website because so many schools throughout the country use it, elementary through college level,” journalism instructor Mrs. Gretchen Baijnauth said. “Another reason why I like SNO is it gives opportunities to kind of have our website and its content compete at a different level than what we normally compete at. We are competing against all of the schools that are hosted and ... if you get on the best of SNO page that means you’ve had a really good story or you’ve built a really strong website, and that is one of my goals for my students.”

In this day and age, news sources are everywhere especially with the growth in platforms like social media, websites and television. With technology at everyone’s fingertips, the website is a way to bridge the gap from print to online media.



“I think that print newspaper isn’t as widely received by the student body as I think a website would be,” journalism instructor Mrs. Gretchen Baijnauth said. “Their phones are in their hands constantly and the website could be more timely.”

However, the printed newspaper is not becoming a thing of the past. The staff will continue to print newspapers, just not as

many. This is mainly due to the amount of content that they are able to produce, but the cost does factor in.

“It is a great way to present my student’s work to a wider audience, at a budget—friendly price,” Baijnauth said. “It allows us to save more money as a department because to host our website for a year, cost’s the same amount of money as printing one

issue of the newspaper per month.”

In addition to the newspaper staff, the other journalism programs are starting to contribute. The Gretna News Network already has videos and media on the website and are creating more. While The Vanguard and The Dragon staff members will begin to upload content in the upcoming months. This is in an effort to widen the range of coverage on the website.

“I’m so excited because it’s going to be awesome,” The Vanguard editor-in-chief, junior, Peyton Rewzuk said. “It’s going to get the word out about the journalism program. I think if reporters want to go into journalism in the future, everything is going digital, so it’s good that we now have a website.”

The website also allows for new things in the journalism programs. It is a new way for reporters to interact with outside people.

“Another thing that is nice about this website is we can crowdsource off of it for story ideas or interviews,” Baijnauth said. “There are opportunities for polls, so a reporter can do a poll about a story that they’ve written or a story that they are going to write, and then use that poll information in their story. And so that gives a little more “interactiveness”. We have a place where we can have a scrolling sports scoreboard, and then we also have places where we can post breaking news. So if there is an announcement like: ‘It’s a snow day’, we can throw that up on the website; as we grow viewers it can be a place for kids to check.”

Overall, the new website is bringing change to the journalism program. It is a new outlet for students to get information and be more aware of what is happening in their school.

Moving Up an Octave

New End of Year Assessment for Choir Classes

By Kaleigh Zollman
INDEPTH/ FEATURE EDITOR

After many years, curriculum changes are occurring for students in the choir department. During the next school year, underclassmen choir courses will be restructured, and students will have to pass an end of the year skills assessment.

“I think the separation of classes is a good idea,” freshman Lauren Lynch said. “I wish that as a sophomore we got the opportunity to sing as a four—part choir, but I like that it gives us more time to build up our voice and skill with other females.”

Currently, the underclassmen are divided into two classes. The freshmen women’s choir and the intermediate choir rotate with gym on an every other day basis. In the upcoming year, the freshmen and sophomores will be divided into the treble clef choir for females, and the bass clef choirs for males.

“There’s a growing number of people,” music instructor Mr. Brandon

Shostak said. “Numbers were getting to the point where we had to do something to switch it around. Another advantage of restructuring is that we can have all treble clef voices and all bass clef voices together for two years to specifically work on developing voice type. We will be able to do just men’s music or just women’s music. We can also evenly divide time for sectionals, so then it is an equal time split of all voice parts”

The other major change is the addition of an assessment that students must pass to advance in the choral department. While the official test is still being developed, the end of the year assessment will test students on basic music theory skills that are covered on a daily basis. These skills include solfege, rhythm, sight—reading and note names.

“I think the test is going to be easy,” sophomore Simon Kerr said. “We go over what will be on the test every day in choir. I have prior experience so I feel like it won’t be as bad as other people think.”

When the students become upperclassmen, they are able to take

Advanced Choir and Modern Acapella. Both classes require an expansive understanding of choral pieces in order for the groups to be successful. The goal of this final is to make sure that students are able to hit a basic benchmark before advancing to the next choir class.

“This will be beneficial for us because there are so many pieces of literature that we want to do but we’re held back with the difficulty of it based on what the choirs do and do not know,” Mr. Shostak said. “If we want to do an extremely hard piece, and not everyone is to that understanding, we are crippling ourselves by trying to do something that’s at a level the choir is not at yet. At the end of the day, we are a performing group that has to deliver a performance that is up to a certain standard.”

This final test requires students to be attentive and apply the knowledge they’ve learned through their first two years in the choral department. The restructuring of the choir department will provide many benefits for the students and the directors alike.



Hard At Work: Advanced Choir students split into sectionals to learn their parts. “With the new structure, we will be able to divide our time during sectionals better. Having more than two voice parts and only two choir instructors, sectionals can get tricky,” music instructor Mr. Brandon Shostak said. During sectionals, the directors are able to focus on improving vocal techniques for both genders.



Photos by Savannah Andrews

Sharpening Skills: Advanced Choir is the highest level choir in the school. “This class has benefited me because we start to go more in-depth about vocal technique,” junior Emma Morrison said. Directors Mr. Shostak and Mr. Ribar aim to challenge students’ music reading skills and ability to learn a piece in a short amount of time.

One Act, Thousands of Memories

One Act's Theatrical Efforts Take them to State



By Lauren Eurich
ENTERTAINMENT/OPED EDITOR

It is comes around that time of year again where the one-act production is taking over the stage once again. Gretna's districts took place on their home stage on Dec. 3. The one-act process lasts around three months, with several rehearsals a week. For the students participating in one-act, it can be very time-consuming.

"We have practices almost every single day," junior Erin Berck said. "Hosting and getting ready for districts takes up a lot of time. The first thing that we do is read the script and block our spots. Later on, the actors go off-script and we add more blocking to our production. Once the main characters have most of their lines memorized, we add in ensemble members. We work on improving and adding more details into the show later on."

Although it is an exciting time for the drama community, there are steps that need to be taken in order to make districts happen. Although one-act districts have taken place at Gretna for two years, teachers like W.A.I.T instructor Mrs. Anita O'Neil have been contributing to the one-act production for several years.

"I have been helping out the one-act for robably about fifteen years," Mrs. O'Neil said. "I have done a variety of different things to help with the one-act. This year I just helped with the money, but one of my other jobs is to help with stage props. When one-act travels, I help with transporting props to state tournaments. I feel like I want to support our students and directors. I enjoy seeing the excitement

of the students when they are doing their best. I want to support the arts and host events like the one-act."

For students like Berck, one-act is a fun way to spend the fall and winter season before the spring show choir season kicks into gear. In first semester, one act is something that theatre students can look forward to.

"One-act is such an amazing environment," Berck said. "Everyone wants to be there because it is fun. We can all enjoy being able to perform and bond over that. One act is definitely its own family. Everybody is friends with everybody. It is an amazing environment to spend your time and being able to perform doing something that we love."

One-act director and counselor Mrs. Caole Carraher has been directing the one-act productions for 36 numerous years. Mrs. Carraher does several things in order to set up for the one-act districts and the one-act production.

"I have been directing one-act productions since 1982," Mrs. Carraher said. "I have been doing it for 36 years at Gretna. To put the one-act together, the first step is to select a play, then cut it, then we hold auditions, cast the play, and start rehearsals. Communication with the other schools about the contest itself and the use of our facility is important. NSAA really is the one who sponsors the contest and the individual schools."

The one-act cast and director Mrs. Carraher enjoys the one-act season and continues to perform annually at Gretna. Earlier this year, the one-act cast won districts and advanced to state at Norfolk high school on Thursday, Nov. 12 and Friday, Nov. 13.



Photos by Kaleigh Zollman



Miss the
one act
scan
here to
watch the
trailer



StyroNOam



Reusable Lunch Trays Versus Disposable

By Connor Bulgrin
EDITOR-IN-CHIEF

Students may have noticed this year there has been an increase in the number of styrofoam trays used at lunch. There have been few days where the classic reusable lunch trays made their appearance in the lunchroom. In part, this is due to the low numbers of employees in the school kitchen.

The science club did not know much about this situation until they were doing some other research. They were trying to find a way to make the lunch system greener.

“We are working on making our lunch program more sustainable,” Science club member, senior Bradley Sullivan said. “So we have some work with getting rid of the styrofoam trays, and then we are also trying to introduce composting as well. So overall it’s just kind of increasing the sustainability and environmental friendliness in lunch. We are also working with recycling, we are trying to bring more recycling.”

The use of styrofoam trays is not environmentally friendly at all. Styrofoam actually releases a harmful pollutant when it decays. It can be harmful to

humans, wildlife, the ozone layer and the environment. With this in mind, the science club attempted to find an alternative. Right now, there are new green products all over the place, but the club was not so lucky.

“We found out that really there’s not a great disposable option for like trying to get to more of a paper product,” Sullivan said. “There’s really nothing so the best option would be to continue using the reusable trays because it’s just not cost-effective.”

After realizing the best course of action was to use the plastic reusable trays, the group discovered the reason the reusable

trays were not used in the first place.

“Our biggest problem is that the lunchroom is understaffed,” Sullivan said. “So when people call out or can’t come into work they don’t have enough people to run the dish room, the cookroom and the extras area.”

The use of styrofoam trays might not be a big deal to some students, but the closure of the extras area is a different story. The extras area includes box lunches, sandwiches, snacks, ice cream and more. It is a one stop shop when students want something different than the formal lunch option.

“I feel a little upset,” junior Mark Staley said. “Because it’s like a lot of people base

some of their lunch off of that because the main meal isn’t enough.”

Overall, the biggest problem is the need for more help in the kitchen. Not only is the GHS kitchen understaffed but schools all across the district are as well. This is why the science club is trying to raise awareness.

“We are just trying to increase awareness,” Sullivan said. “We think that it’s not really a known issue, and it’s a pretty low key job that if anyone is interested in working we think it would be pretty beneficial for them to know. Try your best to spread awareness. If you have parents or retired like grandparents or something because it benefits the students really. And that’s what the whole thing is for.”



No Other Options: Rusty Wortman (21) gets his lunch on a styrofoam tray, with out a choice.



One of Many: In this table only one reusable tray can be seen. Everyone else is forced to use the styrofoam trays.



Styrofoam Waste: Mark Staley(21) throws away two styrofoam trays. “We need to save the environment,” Staley said. “This is a disgusting act by the school.” He is served with styrofoam trays almost every day.



That Is Not Trash



New Program Designed to Reduce Food Waste

By Kalei Renner
STAFF WRITER

In the lunchroom, there is a cart parked next to the dishwashing station for students to take uneaten food donated from other students for free. This cart is called the share tray. The idea of the share tray originated from the Culinary Advisory Board and is implemented to help reduce the amount of waste in the lunchroom.

“The Culinary Advisory Board consists of high school students,” lunch director Mrs. Sharon Schaefer said. “The students of this group were really concerned with the amount of waste in the school and our carbon footprint. I think that the main reason why these students are so concerned with this is because they are going to be on this earth a lot longer than I am, so they stressed the importance of removing waste from the lunchroom.”

Not only were the students of the Culinary Advisory Board credited for the establishment of the share tray, but Mrs. Schaefer has also been thinking of ways to reduce the amount of waste throughout the lunchroom as well. In 2017, she published an article for “School Nutrition” magazine that talked more in—depth about share trays. This idea was eventually implemented into the lunchroom this year, and the actual tray was donated by the food company General Mills, not the idea.

“Not only did I write about share carts in this magazine, but I also wrote what is called the standard operating procedure and how to implement them into industries,” Mrs. Schaefer said. “And if I am going to write an article for the entire country, I am most certainly going to back it up by doing it my own district.”

Even though the share tray allows students to take uneaten food at no cost,

there are certain foods that cannot be placed on the tray for sanitary reasons. The only foods that can be placed on the share tray include whole fruits with peels, commercially packaged foods and cold zone items.

“You can share things you get from us,” Mrs. Schaefer said. “For example, fruit with a thick rind and washable fruits. Along with that, everything has to be intact. For instance, if you break open the top of your banana you can not share it.”

Despite the giving nature, students cannot just place their uneaten food on the share tray for immediate consumption; the cart is divided into sections. The top part of the share tray is where students can take food, and the bottom part of the share tray is where students can place their uneaten food. In order for the food to be considered sanitary, it must be checked over by either the athletic office or the nurse’s office.

“If students are going to be picking up food from the share tray, they need to know where it came from,” Mrs. Schaefer said. “This is why the cart is divided into sections; they need to be able to know what food they can take and what food they cannot take. The food on the bottom part of the cart must be checked over before it can be cleared for consumption.”

While the cafeteria is trying to reduce the amount of waste in the school through the share tray, others are also finding and implementing ways to help reduce the amount of waste. One of these schools in particular, is the Indians’ Elkhart School District. The district helps reduce the amount of waste in their schools by taking leftover food from their cafeterias and then turning it into take—home meals for kids who need assistance. So not only are schools finding ways to reduce waste, but they are also finding ways to make an impact on the students and their community.

UNWANTED, UNOPENED FOOD GOES HERE

- WHAT TO SHARE -

IN A SEAL OR WITH A PEEL!

WHOLE FRUITS WITH PEEL

COMMERCIALLY PACKAGED FOODS

COLD ZONE ITEMS

- HOW TO TAKE -

ANY STUDENT MAY TAKE A HELPING OF

FOOD OR DRINK FROM THE CART AT NO COST!

QUESTIONS? PLEASE SPEAK WITH A MANAGER.

- ENJOY -

GRETN A PUBLIC SCHOOLS

Controversy of Chick-fil-A

Beliefs Taking A Toll On Fried Chicken Intake

By Ethan Menning
STAFF REPORTER

Over the past decade, the mass restaurant chain Chick-fil-A has been under fire. The restaurant has been scrutinized for its Christian views and their donations to organizations holding similar Christian views, specifically to the Fellowship of Christian Athletes and the Salvation Army. These organizations demonstrate their conservative Christian values, which go against the grain of modern culture. The chicken venue has been forced to vacate airports, university campuses and shopping malls.

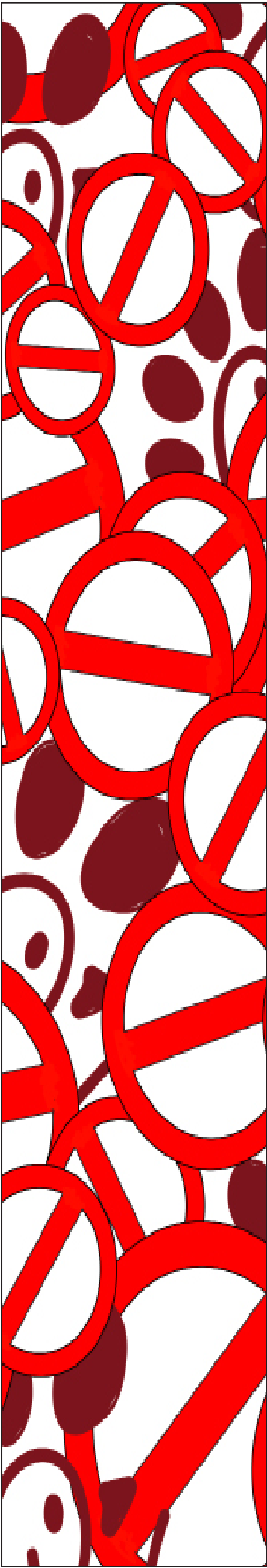
Some have criticized the food that the company produces. Many agree that the french fries are great on the menu but also claims that the chicken itself is bad. I for one think that the breaded patty is exquisite by itself, but when dipped in Chick-fil-A sauce, it is heavenly. It is always perfectly made and comes in nuggets, sandwiches and salads. I think that the taste is perfect and always brings a warm smile to my face.

The meals are happily served every time. According to the Business Advisor website, Chick-fil-A is ranked first among fast-food restaurants in terms of customer service. This contributes to the vast numbers of people that the restaurant chain brings in. It can be extremely busy with a line wrapped around the restaurant and the drive-thru backed way up. Employees always give a smile and quick service they hand-deliver your food at the table, and managers are always walking around to see the food quality. It is this type of commitment that shows the customer that they are cared for and valued.

The senseless closings have no legitimate reason made by the opposition. Many have claimed that Chick-fil-A is extremely anti-LGBTQ. This accusation is taken heavily out of context. The Christian company holds its biblical values that repeatedly deem homosexuality as a sin. With this, Chick-fil-A donates to many Christian organizations not because they do not religiously support same-sex marriage, but instead they donate based on the shared Christian values. When the opposition demonizes this decision to donate, they are incredibly hypocritical. It is important to note that almost every company nowadays donates to a large politically involved organization. For example, Starbucks donates a portion of its profits to the abortion industry monopoly run by Planned Parenthood, and Microsoft spends \$7.8 million to lobby for the Democratic National Convention. Chick-fil-A is protected to express their own world views, just like any other corporation is. The chicken company has done nothing to directly harm the LGBTQ community. They are only speaking their beliefs, which cannot be shut down.

The backlash of religion has forced many restaurants to close. Airports and university campuses have forced some restaurants to close specifically for their corporate endorsements. This is just another pushback straight from the secular society to bring down conservative and religious organizations. There is no valid reason for this. With some far-leftists, it is either “their way or the highway.” Modern leftists push to silence disagreeing voices and this is just another part of pushing their agenda. Religion has been on the decline because many have been caught up in the new way of thinking. They say that Chick-fil-A is just another “religious institution” that needs to be brought down for modern culture to dominate.

Chick-fil-A is a place of comfort. It is home to great food, great service and respectful morals. Chick-fil-A is a representation of tradition, and people want it to stay that way. I think that this is another great symbol of how modern culture is trying to dismantle Christian values. This pushback is the factor, even more so than the food, that attracts so many people.



By Isabel Mancilla
EDITOR-IN-CHIEF

Let me say this, I think their fries are great. I love a good waffle fry with some honey mustard dipping sauce, it is one of my many weaknesses as a foodie. I definitely think they have some great fries, although I cannot stand the rest of the food. I do not like their sandwiches or chicken nuggets, I just think they do not taste as good as anything else I can get. And their waffle fries, while good, definitely do not excuse anything else coming from their establishment.

For instance, their money, or more so what they do with their money. Now, I believe companies are allowed to do whatever they want with their money including donating to other organizations or charities, but I do not believe that donating to an organization that singles out a specific group of people is okay. For a company that says they do not donate to anti-LGBTQ organizations, donating \$1.8 million dollars to one that bars employees from “homosexual acts,” seems pretty contradictory. The companies in question are Since 2012, Chick-Fil-A has said they would slow down their donations to these companies and groups, but their records say otherwise. It is not to say that they cannot support religious companies, it is just to say understand the society we are in. Especially since Christianity preaches accepting others and being kind towards others.

I support them being a Christian chain, but I think there should be limits or guidelines as to what is and is not okay. I respect their beliefs and ideals. I think it is a great idea that they close on Sundays so they can uphold a religious setting, leaving a day in the week for employees to go to church or whatever they do on Sundays. The company is admirably openly religious, but I believe that they should cater to everyone and not just specific people. As a public fast-food chain, the chances of serving someone that is a part of the LGBTQ community are noticeable as a record in 2018 shows that 4.5% of Americans identify as LGBTQ.

On top of the religious controversy, I do not enjoy the majority of their food. The chicken is dry and not well-spiced. While I love their fries and honey mustard dipping sauce, their options are limited and seem plain to me.

In 2018, Chick-Fil-A was barred from Rider University in New Jersey due to its stance on LGBTQ, and more specifically, their donations. I agree completely, in a public setting like a college where it is very likely to have a student who is a part of the LGBTQ community, having a place that donates to anti-LGBTQ organizations singles out those students and allows the possibility of discrimination on the campus.

Now in November 2019, the company announced that it will no longer donate to those companies. According to Esquire, Chick-Fil-A actually received backlash due to their announcement for not staying true to the founder's views. But it did not last long, within 24 hours, the president and CEO of Chick-Fil-A, Tim Tassopoulos, noted that it was entirely possible that these organizations could be donated to in the future. Which I think is really weird to say considering that they did receive positive buzz along with hate. Despite some being hesitant, others were praising them. They also released the list of companies they will be donating to, to show that they will not be donating to anti-LGBTQ organizations. While I support being a religious organization, I do not think it is okay to donate to companies that single out a percentage of people. Which is why, even though they said they will stop donations, I will not support them.

We the Teens Staff Editorial

Possible Changes to Amendment XXVI



By Kaleigh Zollman
IN-DEPTH/FEATURE EDITOR

For decades teenagers have participated in social movements and calling for change within society. Often times, we are able to look at matters rationally and form our own opinions and beliefs. Looking toward the future, teens are already participating in politics by pushing adults in their lives to vote, talking to politicians and working for campaigns that they believe in. Despite doing all this, teenagers are not allowed to vote until they are 18. Organizations like the National Youth Rights Association (NYRA) believe that the voting age should be lowered to 16; however, the Voice staff firmly believes that the voting age should be kept at 18.

After the age for the draft was lowered from 21 to 18 under President Roosevelt

during WWII, young Americans argued that if someone were old enough to fight and die for their country, they were also old enough to have their voice represented in the government. The 26th Amendment to the Constitution was passed in 1972, lowering the voting age in the United States to 18. Today, young people are pushing that even further, trying to get the voting age lowered to 16. The reasons behind this are many students are old enough to have adult responsibilities, the number of votes would increase and young people are already participating in politics.

The main issue with lowering the voting age is although some 16-year-olds take it on themselves to be informed about politics, not enough care. Before graduating from high school, Americans are required to take multiple history classes that teach important information that should be known before voting. Adult voters are already uninformed as it is, many do

not know the basics of the Constitution. According to the Annenberg Policy Center, only 36 percent of voters can name all three branches of government. In addition to this, 37 percent of voters do not know the five freedoms outlined in the First Amendment. There is no need to add to this number.

Not enough 16-year-olds care about politics to give them voting rights. Additionally, members of the Voice staff pointed out that the draft age would also have to be lowered due to the precedent set by the 26th Amendment. We agreed that teenagers being allowed to fight in very serious wars would not be a wise decision.

Not only is inattention to politics a large concern, but teenagers need to be able to develop a sense of individuality before voting. Prior to becoming an adult and living on one's own, it is easy for parents to heavily influence one's opinions. According to Gallup, 71% of high school students have the same political views as their parents. In

a high school environment, it is also easy to give in and conform to what peers believe in order to fit in. In an extremely conservative or liberal high school, students are more susceptible to believing what their peers do. Minors need to do their own research before forming opinions.

Adolescents should take the time to care about politics and inform themselves about what is going on in the world even though they cannot vote. Doing so will allow them to be informed voters in the future. Teens are still able to express their opinions and political beliefs through rallying and showing support for a candidate.

The Voice staff believes that the voting age should be kept at 18 due to the idea that younger teens are uninformed, easily influenced by others and have brains that are not fully developed. Despite what we think, eager future voters should keep fighting for what they believe in.



School Garden Open For Use

Should The Courtyard be Open to the Student Body?



By Gabby Hytrek
STAFF REPORTER

The courtyard was added during the 2012 renovations. Some classes take advantage of the courtyard when there is nice weather to appreciate. Although, a downside to the courtyard is it is not open for individual students to enjoy throughout the day. I think the courtyard should be open for student use.

Although, the "courtyard" was not specifically made for student use. Technically it is not even a courtyard at all. The open space was intended as an outside classroom for Biology and other science classes. The reason it is not open for student use is because it is a private classroom for staff member use only.

It's not always used as such though, some teachers such as English instructor Mr. Patrick White and Science instructor Ms. Shauna Stauffer allow their students to go into the courtyard if they are having independent work time. Mr. White frequently reads with his students in the courtyard if there is nice weather outside. I enjoyed the experience when I was in his English class last year. I think the courtyard is a great addition to the high school, although if it were open to students it could be easily enjoyed by everyone.

The courtyard is a great way to minimize the time it takes to walk across the school. The five minute passing periods are more than enough time to get from class to class, although with the growing student body, the lines in the bathroom are outrageous. Cutting down the time it takes to cross the building would give students a chance to fill up water bottles and use the bathroom.

Lines at GHS are not the only thing the increased student body has affected. The loud and crowded cafeteria has only gotten worse with the growing population of students. If the courtyard were open to students it would be a great place to read and have a more relaxed lunchtime experience.

Study halls are also made to have a more relaxed environment, so students can get their work done. If the courtyard were open to students, they could take advantage of it during their work time to read and continue their task outside. I think it could be used during study halls as a more open place to talk and enjoy studying without disrupting other students.

Sitting in a classroom for eight hours a day can lead to severe boredom. This leads to talking and disruptions throughout the class period. I am not saying that students are not at fault for disruptive behavior, but we can not be the only ones that get tired of being cooped up inside the school. To me, some of the best classes during the spring are the ones that let us go outside to do our work. Teachers can enjoy the sun and weather while we work and students can enjoy the change in scenery.

Although pertaining to the size of the courtyard, it can become distracting when there are multiple classes using the space all at once. I think this could be avoided by having each department assigned a day of the week to use the courtyard. It is not a flawless plan, but it is a start to overcrowding in the courtyard.

The courtyard was built for a reason, and students should be allowed to use it throughout the day to get a breath of fresh air. As winter approaches there is not going to be much nice weather for us to relish in. But opening the courtyard for the student body to use freely is a choice that I think everyone can enjoy.



Photo by Peyton Rewezuk



Submitted photo

THE PAST TEN YEARS

2010



2019



ENTERTAINMENT

This past decade has changed society. Things that the common person may know of today, may have been different ten years ago. Youtube, for example, is a video streaming service that was created in 2005. The platform has had a major increase in viewers throughout this decade. Although Youtube has been around for quite a long time, people such as junior Faith Polivanov did not start using it until later on.

"I probably started using Youtube in fourth grade and then starting posting videos during my freshman year of high school," Polivanov said. "As a viewer, it can be very informational or just a place to get a good laugh in. I use Youtube for entertainment, academic purposes, listening to podcasts, to watch live streams and post videos online."

Students like Polivanov use Youtube for multiple things. Youtube continues to be an everyday norm used in today's society even though it has been around for many

years. Although it is a well-used site, it was an unpopular thing that has grown into something major in today's culture.

"I think Youtube started out more framed and restricted because people didn't really know or feel comfortable using or posting on Youtube," Polivanov said. "I feel like over the years people have gotten more open to Youtube and explaining more of their personal lives. It went from life hacks to storytimes. And now, I feel like viewers see more of their creator's content."

In the platform's early days, it was mostly used to view viral videos. Today, Youtube houses many popular creators that have been able to make millions from their content. Today's generation of Youtubers are treated like celebrities due to their large followings. Youtube has come a long way over the years. It is something that if it did not exist, there would be something else out similar to Youtube. Youtube is still a part of society and will continue to grow as the new decade begins.

2011

2011

2011: "We had a winter back when I was teaching and coaching, back before I was an administrator," assistant principal Mr. John Heckinlively said. "We had three weekends in a row where it snowed six inches or more. So we got two or three days of school off in three consecutive weeks and that's the worst I've ever seen it. I remember digging out my driveway and throwing the snow up over my shoulder just to get it up over the drifts that were in my yard. So that's the worst one I remember."

2013

2013: Over the past decade, the music industry has changed. One of the most drastic changes is streaming apps. Spotify has wiped out the CD business. According to *Rolling Stone*, "CD sales have fallen 80 percent in the past decade, from roughly 450 million to 89 million. Downloads have plummeted 58 percent since 2012 and their profits are even smaller than physical sales." As the decade ended and CD sales plummeted, streaming services and vinyl will continue to override the sale of CDs. For more, see Page 11.

2012

2012: In 2012, the Democratic President Barack Obama defeated the Republic Senator Mitt Romney by a whopping 126 electoral votes. The first African-American president accomplished the legalization of same-sex marriage, passing the Affordable Care Act, orchestrated the execution of terrorist Osama bin Laden, and ended the war in Iraq.

2014

2014: Tornadoes have always been one of the leading killers for weather phenomena in Nebraska because it is in the middle of Tornado Alley. For the past ten years, Gretna has avoided tornados that have left cities in shambles. There have been tornados ranging from 1.7 miles away from Gretna to 17.5 miles away. Though Gretna has not been hit, the people have helped the districts around them recover. Firefighters help other fire stations recover and offer supplies. Schools ask students to donate for disasters around them.

GREटना HIGH SCHOOL

2010



2019



WORLD EVENTS

Constant fear. Constant hate. Constant bloodshed. Terrorism has plagued the world for many years, but multiple major events over the past decade have made a lasting impact. Attacks that have torched the Middle East have also found their way to the West. The issue of terrorism has been a major political issue and will be a thorn in society's side for years to come.

"People are scared that we are in a constant state of war with no daily impact," American History instructor Mr. Jon Swanson said. "Our country's strategic alliances have been strained, and [foreign policy] priorities are always shifting."

The threat of evil forced the United States' military to act quickly. In 2011, former President Barack Obama ordered troops into Syria to settle a civil war. This decision provided little to help solve many political issues in the region. It took longer than anticipated to calm the region, but eventually, US forces were removed. This led to the rise of a new terrorist organization called the Islamic State of Iraq and Syria, better known as ISIS.

"Al-Qaeda used to be the main threat in our foreign policy," Mr. Swanson said. "The death of [Osama] bin Laden greatly lessened their power. ISIS is the big problem now,

but recently Trump's raid killed their leader, so it will be interesting to see where things go from here."

There have been five major ISIS attacks in the Middle East this year compared to the 26 attacks in 2018. The Trump administration claims that the death of ISIS leader Abu Bakr al-Baghdadi was a critical turning point for the War on Terror. Although ISIS seems to have a chain-of-command, many within the administration speculate that fewer terrorist attacks will occur in the near future. As the amount of ISIS-controlled area decreases, the number of terrorist attacks have also decreased.

"With the death of al-Baghdadi comes the fear that terrorists will be inspired to do more harm," Mr. Swanson said. "Hopefully that doesn't happen and instead they understand what the US will do to terrorists."

As the evil rages on, the United States has stabilized itself for the most part. The US is now self-reliant on oil, has secured the immigration system in regards to the Middle East and has, for the most part, ended major domestic terrorist attacks. The nation still has a long way to go to end terrorism, but the US foreign policy continues to stand firm against the threat of terrorism.





Photo by Abby Milhan

SEVERE WEATHER

For the past ten years, Nebraska has been through devastating floods, deadly tornadoes, and freezing winters. One weather phenomenon left 1 billion dollars of flood damage ranging from crop destruction to thousands of dollars of damage for private homes. According to NBC News, bomb cyclones form when the air near Earth's surface rises quickly in the atmosphere, triggering a sudden drop in barometric pressure at least 24 millibars within 24 hours. These storms intensify and could cause damage that will take years to replace and repair. Some thought they would not be affected by the bomb cyclone that hit, but as it grew people lost their homes, valuables and more.

"My initial reaction was surprised," junior Tanner Hall said. "I heard of all the flooding but didn't think it would've affected me. I was also devastated because when I first saw the videos and saw that the road to get to the cabin was inaccessible, I thought everything there was lost, fortunately, my family was extremely lucky. I feel terrible for anyone else who lost everything due to these floods."

Even though the flood resulted in costly damages, nothing broke residents' hearts more than the lives lost in this flooding. Sophomore Mara Bosworth experienced this when her uncle died while trying to help others during the flood.

"He was going over a bridge to go help someone on the other side and his tractor fell through the bridge and that's how he died," Bosworth said. "He was a hero in his community, everyone always thought he was so nice and he always helped out people."

Her uncle is now nominated for the hall of fame for being a hero in his community, and his family also donated \$15,000 to the FFA (Future Farmers Association) program. Throughout the flooding, there have been many positives and negatives. The damages and losses due to the flood have caused communities to come together to help clean up and repair flood damages.

Throughout the flooding, there have been many positives and negatives. The damages and losses due to the flood have caused communities to come together to help clean up and repair flood damages.

2015

2015: In the past ten years, The Golden State Warriors have gone to the NBA Finals five times. They have won the championship three of those times. The first four trips, from 2015 to 2018 were matchups against the Cleveland Cavaliers. The Warriors won in 2015, 2017 and 2018. In 2016 they lost after having a three game lead, making them the only team to do this in NBA history. In 2019, the team faced the Toronto Raptors. It was Toronto's first-ever appearance in the championship and consequently their first victory.

2017

2017: The Silence Breakers, 2017's Time Person, or people in this case, of the Year. The women in the cover were a part of the #MeToo movement, speaking out against sexual assault. Women like actress Ms. Ashley Judd spoke out about #MeToo and her personal experience with Mr. Harvey Weinstein. #MeToo started in 2006 as a phrase coined by Mrs. Tarana Burke to assist women who survived sexual assault. As time went on and the allegations against Mr. Harvey Weinstein and Dr. Lawrence G. Nassar went further, #MeToo continuously stayed a relevant part of each year. #MeToo even went on into 2019.

2019

2016: "The 2016 Election was impactful for many different reasons," Mr. Jon Swanson said. "Many political scientists have noted that the 2016 election tapped into the desire for a 'shock' to the system by electing a candidate outside the traditional 'political' environment. Sec. Clinton embodied the traditional political world candidate (even though she was a woman - which was outside the norm) serving in the Senate and State Department whereas Mr. Trump was from the 'private sector' with little political background. This mirrors the general sentiments from the voting public that they wanted to try something new to 'shake-up' our political system."

2018

2018: "I would describe Hamilton as really impactful and very interesting how Lin-Manuel Miranda told the story," sophomore Belle Rangel said. "It is really insane and hard to believe that any person would be creative enough to do that. I think that it is a story that everyone should know especially these days It is about an immigrant who came to America and made a name for himself and helped shape the country. 'Immigrants, we get the job done,' is a quote that stuck out to me. It made me have more patriotism. It is really easy to read the news and not like America, but I think knowing the history of it can help you feel pride for your country."

2020



Photo by Gretchen Bajnauth



Photo by Zane Mrozla-Mindrup

In 2015, President Barack Obama announced the legalization of same-sex marriage. The right for same-sex couples to marry was heavily debated as some opposers viewed it as ruining marriage. Despite the backlash, President Obama still went and legalized it across all 50 states. And one supporter, Gay-Straight Alliance sponsor Ms. Jessica Milhollan remembers being "stoked."

"Do I think it's one of the most important?" Ms. Milhollan said. "Yeah. I think so, I think it's the way the country should be moving, I think. Personally, personal opinion. Whether or not it stays that way, it's questionable."

Along with this affecting adults, the legalization has affected students as well.

The legalization potentially allows students to, in the future marry someone of their gender. Some parents of students were also allowed to get married legally through the act. It was a major win for many Americans. The legalization was something to be celebrated amongst all members and supporters of the LGBTQ+ community.

"I honestly just remember people posting it on Instagram saying 'hey it's legal,'" junior Trey Leasure said. "I was like whoop-de-whoop."

But now, even though the legalization happened in 2015 and same-sex marriage is legal in all 50 states, opposers are arguing that the right should be revoked. Some people argue that same-sex marriage ruins the sanctity of marriage and should not be legal as it is against their religion or beliefs.

As the 2014-15 college football season kicked off, there was a new addition to the postseason. It was the first-ever College Football Playoff in Division I. This was a monumental change in the fact that the best team every year had been picked and unofficially named the champion. Now due to the playoff, there are four teams that are selected and compete to become the definite winner.

"They used, to like, vote on the winner, based off of two teams, and they wouldn't even play out a championship game,

junior Tanner Hall said. "I think it is a lot better for them to have the playoffs because it makes it have a bigger postseason."

Even though there is now a postseason, there is still controversy. Some football analysts and influencers have proposed moving the playoff from four teams to eight teams. This would ensure that more teams who deserve to make it but are not in the top four still get a chance. Most analysts and critics say it is only a matter of time. It is possibly something we could see in the next ten years. Doing so will change college football once again.

Programming, Educating the Future

Tech Team Helps Students become more tech savvy with Apple devices

By Mary Matya
Staff Reporter
STAFF WRITER

With the recent 1:1 integration at the high school, technology has become an even bigger part of the curriculum at GHS. The success of the 1:1 rollout is the tech team who helps teachers and students with problems on their school devices. The four members of the tech team are Mr. Jerome Skrdla, Mrs. Michele Evans, Mrs. Santha Walters and Mr. Jim Mangen.

"It's multiple roles because I do a little bit of everything," tech coordinator Mr. Skrdla said. "A little bit of networking, troubleshooting on computer problems, wireless, server maintenance."

The tech team was created before the decision to go 1:1. Roles on the tech team were more integrational because the technology was not a big part of the curriculum yet. Google Classroom was not used as commonly as it is now. Also, schools in the district would just have carts full of computers for teachers to use in their classes when they needed them. Math homework was not done online as it is now.

"I was actually the first person that was hired in the district for the tech team," Mr. Skrdla said. "Over time as we (GHS) got

bigger, my roles changed."

Issues arise fairly often when technology is involved. Some of those issues could be from the software, applications not opening when they should, projector screens that do not work, people forgetting their passwords and students spilling coffee on their laptops. Some of those issues are more common or complex than others.

"Well this year, it's been the freshmen computers were not set up right," Mr. Skrdla said. "So we've had to wipe and set up about 300 computers of the freshmen class."

Some of the more complex issues can come from the wireless network or the application, Self-Service. Self-Service is an application where students can download other applications they need for class. All of the applications in Self-Service have been approved to be downloaded on students' computers. These problems usually require more time than others.

"If you go to Self-Service and try to download iMovie or any other Mac apps, sometimes they'll work and sometimes they won't," technology coordinator Mrs. Evans said. "It's not actually anything that we can control. Apple has a problem on their end."

Another problem can be the wireless network. Since there are so many

computers using the network, as well as phones and iPads, it can be hard to do the maintenance on the network.

"I suppose one of the other issues is our network," Mrs. Evans said. "We were having some troubles with our network at the beginning of the year."

The tech team also helps students and teachers with problems on their computers. If a teacher has trouble during their class, there are a couple of steps they can take.

"If it's an emergency they will usually call my office, and one of us will try to respond immediately," Mrs. Evans said. "Otherwise, if there are just little issues, we have a system online that they can put in a help ticket and explain what the issue is. We check that daily and try to get those fixed."

The tech team helps students and faculty navigate the intricacies of the recent 1:1 integration. They are an important part of the integration because of the solutions they provide to everyone.



Photo by Brie Goday



Photo by Mary Matya

Mrs. Evans The tech team helps students and faculty with their computers. "I monitor student computer use," Mrs. Evans said. She also works on software with the computers.



Photo by Mary Matya

Mr. Skrdla Since GHS has grown in recent years, the role of the tech team has changed in conjunction with the growth. "I'm kind of a jack of all trades, ace of none because I just do a lot of different things," Mr. Skrdla said. He works with all the parts of technology at the high school.

Beyond a Simple Everyday Handshake

Six Years of Teaching Students Proper Etiquette For Their Own Success

By: Kalei Renner
Staff Reporter
STAFF WRITER

For six years, physical science instructor Mr. Jason Larson has built a reputation for shaking his student's hands before the start of each class period. He does it in hopes of teaching his students proper etiquette and demonstrating that just by stopping and showing respect, students can change the course of another's day. While handshaking has been valued since the early fifth century, many teenagers are not always informed of the important values hidden behind handshaking; this is why Mr. Larson incorporates handshaking into his curriculum.

"The handshaking didn't really start until six years ago when I took a training called Capturing Kids' Hearts," Mr. Larson said. "In that training, they said it was very important to greet the students at the door every day, and not just greet them, but shake their hand and let them know that they are welcomed and that you are happy

to see them."

According to Flippen Group, "Capturing Kids' Hearts I" is an immersive, participatory experience that teachers, staff and administrators learn. In this training, they practice skills to apply and model in their classrooms, schools and districts. One of these skills includes: how to build meaningful, productive relationships with every one of their students and colleagues. Also, this program teaches instructors how to avoid conflict with their students.

"I have always greeted my students at the door even before I did the training program," Mr. Larson said. "But it wasn't until after the training when I decided to incorporate the handshaking into my daily greetings. I decided to do this so that the students have an extra sense of belonging in my classroom."

Not only does Mr. Larson hope to make his students feel more welcomed in his classroom, but he also strives to build a better connection with them. Not only that, but he hopes to boost their spirits; in case, they are not having such a great day. The importance of these values is not only



Photo by Kalei Renner

Kind Gestures: Everyday during passing period, physical science instructor Mr. Jason Larson shakes his students' hands as they walk into his classroom. "During passing period, a lot of teachers tend to get caught up preparing for their next class," Mr. Larson said. "For me, I really value shaking my students' hands because it allows me to take the temperature of my students as they walk into my classroom." One thing that Mr. Larson hopes to do by shaking his students' hands is boost their spirits if they appear to not be having

presented to Mr. Larson's students, but they are also presented to his children.

"My dad has always taught us to be kind to one another and to live life to the fullest," junior Sophie Larson said. "I believe that is one reason why he shakes his student's hands; he not only wants to build a better connection with his students, but he also wants them to know that they matter and have a purpose in his classroom."

While Mr. Larson aspires to build a better connection with his students, he also wants his students to build better connections among themselves. For instance, he hopes that by shaking his students' hands at the door every day, he can incorporate an important life skill into their lives. To him, being able to give a proper handshake is an important life skill.

"Learning how to properly shake someone's hand is a very important life skill," Mr. Larson said. "Whether you are going for a job interview or you are meeting your significant other's parents, it gives the people your greeting a good impression of

yourself. Along with that, it builds strong character in a person."

The reaction of his students varies when they have to give Mr. Larson a handshake. While some students consider it weird, other students really appreciate and value his handshakes. One of these students, in particular, is freshman Jasmine McKenna.

"At the beginning of the school year, Mr. Larson told us that handshakes can get us far in this world," McKenna said. "For instance, he told us that if we have a proper handshake, we are more-in-likely to be successful in job interviews; it leaves a good impression on the person we are being interviewed by."

For many years, dating back to the fifth century, handshaking was viewed as a symbol of peace and trust. These same virtues are applied in today's society as well. This is one reason why Mr. Larson incorporates the proper etiquette of handshaking into his curriculum so that his students can have a successful and prosperous future.



Submitted photo

Family Time: Physical science instructor Mr. Jason Larson is pictured with his family right outside of the Orpheum Theater entrance. "My dad has always stressed the importance of being kind to one another," junior Sophie Larson said. "He also said that it was important to live our lives to the fullest." Mr. Larson's family consists of his daughters Sophie Larson (21), Penelope Larson (23), Hazel, Annabel and his wife Jess Shoemaker. Submitted Photo

QB

1

Freshman Takes Over Starting Football Role

By Zane Mrozla-Mindrup
NEWS EDITOR

The quarterback position is arguably the most important position on the field. He is a general that commands the field and executes the offense. Couple the gravitas of the situation with the fact that a freshman has not played on the varsity football team in Gretna since Troy Bothwell in the early 1990s. This situation is a glimpse into the mind of freshman Zane Flores when he stepped onto the field for the first time late in the third quarter against Millard South on Aug. 29, 2019.

“It’s always tough sending any high school player out on the field for the first time,” Head Football Coach Mr. Mike Kayl said. “Even more so at the QB position because there is so much more going on that you have to pick up. Zane showed us he could handle all of it when he went out there against Millard South.”

“It’s always tough sending any high school player out on the field for the first time,” Head Football Coach Mr. Mike Kayl said. “Even more so at the QB position because there is so much more going on that you have to pick up. Zane showed us he could handle all of it when he went out there against Millard South.”

The position of starting quarterback, and everything surrounding it, is highly publicized often the center of attention in movies, television and books such as “The Longest Yard” and “Friday Night Lights”. Often skewed is the sensation for the guy down on the field.

“When I went out there for the first time I was nervous,” Flores said. “As the game and the season went on and I got more comfortable with everything it just felt really cool to be out there.”

Since he first came onto the field late

in the second half of the season opener, Flores lead a prolific passing attack. He saw action in nine games amassing 1,238 yards passing seven touchdown tosses. Flores also attained a completion rate of just over 60 percent with just seven interceptions on the season. Yet it was not just his stats that coaches noticed.

“He had a very nice first season,” Coach Kayl said. “Zane did a good job running the offense. His ability to come in as a new quarterback and get his teammates to believe in his ability to lead was impressive.”

The training of a new quarterback can be very difficult in any offensive system with any age group. New quarterbacks are more prone to mistakes in decision making and game management, but with a strong support system made up of quality coaching and more experienced players new quarterbacks can find their footing quite well.

“Everybody was really supportive,” Flores said. “The coaches helped a lot. We would spend time going over things in the film room, and they taught me to not get distracted. A lot of the team helped too. They told me the nerves would go away and that I could do it. Jamison (Arkfeld) was really nice. He would explain some of the quarterbacking things that I didn’t understand.”

It is important to remember that although Flores had a statistically good first season he did not do it all on his own. He was aided by a strong, experienced receiving corps and a running back, junior Trevor Marshall, who ran for nearly 1,000 yards. The meteoric rise of Zane Flores up the depth chart to first-string quarterback, and his handling of the situation impressed coaches and teammates this season.



Photo by Savannah Andrews

Airing It Out Number 12, Zane Flores (23) throws a deep pass. “He had a very nice season throwing the ball,” Mr. Michael Kayl said. The deep bomb was one of his seven passing touchdowns in the season.



Photo by Delaney Jepsen



Photo by Savannah Andrews



Photo by Savannah Andrews

Field General Quarterback Zane Flores (23) came into the game late in the third quarter against Millard South. “I was nervous, but it was pretty cool to be out there,” Flores said. The game was his first ever appearance.

Basketball Ballers!

Intramural Basketball Begins First Games Of Season

By Kalei Renner
Reporter



Staying Focused Peyton Taylor (22) attempting to grab the basketball before it goes out of bounds. “Honestly, I feel like a lot of people take games too seriously,” Breanna LaFontaine (22) said. “My friends and I just play to have fun. Playing against the boy teams is so funny because they actually try while we sit in the background and laugh.” The next intramural basketball game will be played on Dec. 18.

On Dec. 5, intramural basketball began its first games of the season. The games started off at 3:35 p.m. and continued on until 5:15 p.m in both the auxiliary and main gyms. The games in the auxiliary gym featured freshmen and sophomores while the main gym featured juniors and seniors. In total, 23 teams played.

“Honestly, I was really nervous about playing against a bunch of boy teams,” sophomore Brenna LaFontaine said. “But once we actually started playing against them, I wasn’t so nervous anymore. I had a lot of fun laughing and joking around with my friends during our games.”

During the games, intramural basketball director Mrs. Kari Bulgrin ran the clock along with other teachers and students. The students who helped with the clock were paid \$8 per game.

“Students are only able to help with the clock,” Mrs. Bulgrin said. “I don’t allow my students to ref games, but if more students want to help with the clock, I have spots available.”

Since Dec. 5 was the first date where intramural games were played, more games will continue to occur; there are scheduled to be 10 more game days with the last game day being on Feb. 28. Also, there is scheduled to be a championship tournament in Feb. as well. The tournament will be a

three-day event that allows intramural teams to compete for the chance to go up against a teacher team. This tournament is scheduled for Saturday, Feb. 22; Tuesday, Feb. 25 and Friday, Feb. 28. The bracket for this tournament will be announced as the season advances. Also, the first day of the tournament is on a Saturday, and this is the first year where intramural games are being played on a weekend day.

“In this tournament, I think I will allow all classes to go up against each other, but I am not really sure yet,” Mrs. Bulgrin said. “I know that the first day of the tournament is on a Saturday, but this is only because we do not have any available gym space during that week except for Tuesday and Friday. This is also why we have to play some games at Gretna Middle School because we either do not have any space at all or only one of the two gyms is opened up for free usage. The upperclassmen will be the ones to go the middle school though since they all can all legally drive.”

The next date when intramural games will be taking place is on Wednesday, Dec. 18, 2019, at Gretna Middle School. Since juniors and seniors are only allowed to go the middle school, the next date when freshmen and sophomores will play is on Thursday, Dec. 19, 2019. Intermurals will continue until the middle of March.



Strategic Movements Zach Snell (22) trying to find an open person to pass the ball to. “Playing intramural basketball is super fun,” Hudson Nickerson (22) said. “Especially this year. I love getting the chance to finally show up the freshmen boys.” Dec. 5 was the first day where intramural games were played.

GAME ON!



Mind Over Matter

Powerlifting Changes Things Up With Move Into Class A

By Emma Mayer
COPY EDITOR

Chalked hands, foreheads laced with sweat and cast iron hitting the floor. Building up energy and mental strength before every lift. Lifting is a fight against the odds, weight and one's self. To help prepare lifters for the pace of Class A meets, the powerlifting team has begun to face changes. The Peru State Powerlifting meet is occurring earlier in the season, and this schedule change may mean the team will not participate.

"I'd rather not [go to Peru state] because it's too close to the time we come back from Christmas break," math instructor and powerlifting coach Mr. Brendan Raybourn said. "We wouldn't have had enough training time before that."

Each year the powerlifting team attends at least two meets. In their first year of Class A, the team was very unprepared for

the pace change of meets and the level of competition.

"I think [the] state [meet] was eye-opening," Mr. Raybourn said. "The way the [meet] schedule was I think that affected some people because it was really fast compared to what we have done before, and if you have never competed like that, that'll throw you off. The competition also, the Class B schools have good lifters just not quite as many so there's a lot more competition since we are going against a Class A school."

In addition to going to higher paced meets, the powerlifting team has also begun a new way of training to help new lifters and get used to the fast pace of Class A. Lifters will go through more circuits and take shorter rest times. In past years, lifters would usually lift in groups of two, this year the team will lift in larger groups of about four.

"I'm trying to get them lifting with less rest in-between to get used to how the state meet would go," Mr. Raybourn said. "Also, without someone to help me, [lifters] can catch things that other partners are doing

when I'm not standing there."

Lifting in groups can help new members of the team improve and learn. Unlike other years where competing at meets was optional, lifters will be required to attend at least one meet.

"The plan right now is for them to go to a meet," Mr. Raybourn said. "Some of the people that are really new, I may wait and give them more time to get ready and go to the state meet. I would like everybody to do at least one if it works out that way, we'll kinda see. I would like them to at least go to one."

With every season brings new lifters, this year the team has had a total of 30 lifters signed up. Each year the new lifters come with more experience.

"For the most part [they are] pretty good, they seem to have a good background," Mr. Raybourn said. "They seem like they all have at least lifted a little bit and have an idea of what they're doing. The last several years, where I have been getting more kids that have lifted before, so I didn't necessarily have to teach them from scratch. Which is kind of nice, it helps them progress faster."

Beginning this year with a new coaching method can help the team progress and get used to higher competition. Growing with the sport, are the team's lifters. As this year continues, the seniors' time on the team will soon come to a close.

"I feel a lot of emotions," senior Jaileigh Sorgenfrei said. "I'm gonna try my best and make it the best year out of all of them."

When joining the powerlifting team, lifters learn to support one another and truly become a family. This is displayed at meets through the love and support they show one another.

"This year just feels special compared to others," Sorgenfrei said. "I hope I can take the younger teammates under the wing and help them out just like the other upperclassman did before with me. It makes a difference knowing you always have someone cheering for you through good or bad lifts."

The powerlifting team currently lifts after school every Monday, Wednesday and Friday. Although not an easy sport, powerlifting is a lifetime activity that can be done at any age.



Oh, How Times Have Changed

Evolution of CDs to Spotify Streaming Service

By Lauren Eurich
A&E/OPED Editor

Over the past decade, the music industry has changed. One of the most drastic changes is streaming apps. Spotify wiped out the CD business. According to Rolling Stone, “CD sales have fallen 80 percent in the past decade from roughly 450 million to 89 million. Downloads have plummeted

58 percent since 2012 and their profits are even smaller than physical sales.”

As the decade ends and CD sales plummet, streaming services and vinyl will continue to override the sale of CDs. Science instructor Jason Larson believes that the younger generation should at least experience using vinyl.

“I believe it is an experience that a student should be able to experience,” Mr. Larson said. “Putting out one song at a time and just searching for those random hits, I don’t think you get that cohesiveness of what

it means to be a musician and an artist. You wouldn’t go to a museum to see a piece of the *Mona Lisa*; you go so you can experience the entire artwork. I think with an album, that’s what you are getting. Having an appreciation for that is important to understand what the musicians are as an artist rather than what the music is.”

As the streaming services continue to rise, many companies have to adjust to the new trends. According to Rolling Stone, many companies such as Sony, have been preparing for the CD’s inevitable death.

According to Rolling Stone, “Sony closed a key CD plant in 2011 and laid off 380 workers from another. Meanwhile, vinyl sales have increased from less than a million in 2007 to more than 14 million last year.”

CDs advancing to streaming services are one of many advanced changes that have taken place in the past decade. As the decade ends, CDs will eventually become history. These past ten years have flown by, and nothing will slow the process down.



Submitted photos

Look Into Sneakerhead Culture

By Zane Midrola-Mindrup
NEWS EDITOR



MORE THAN A SHOE

I have fifteen pairs of sneakers and the most I’ve spent on a single pair is 800 dollars. The brand I prefer the most is Nike. My favorite silhouette is the Nike Air Jordan 1 High, and my favorite specific shoe of all time is the Nike Air Jordan 1 High Off-White ‘Chicago’, just because of how nice the shoe looks and how sought after it is. Sneakers are important because they can add style and really spice up an outfit. The thing I wish more people would understand about sneakers is how important they can be, people dedicate their whole lives just to them.



SHOES OFF THE STREET

I don’t have that many pairs, just like four or five, and the most I’ve spent on a pair of shoes is like 150 dollars. My favorite shoe brand is Nike, and my favorite silhouette is the Nike SB Dunk Low. The show that I particularly enjoy the most is the Nike SB Low x Ben-G ‘Lucid Green’. I like the shoe because of how simple and clean it looks, all-white with green around the edges. I really like skateboarding, and it’s cool how certain sneakers have kind of come from the skateboarding scene, and become like everyday shoes. I think sneakers are important because of how they can unite people and transform across boundaries.



PART OF THE CULTURE

I have seventeen pairs of shoes, and the most I’ve spent on a single pair is 420 dollars. My favorite brand is adidas, but I love the style of the Nike Zoom Kobe 4. My favorite shoe is the Adidas Yeezy Boost 350 v2 ‘Semi-Frozen Yellow’. I like that shoe because of the colorway and how it is complemented well with the right outfit. Sneakers are important because they are a form of culture. Sneakers allow people to express themselves in a way they can see and enjoy. They are important because they can form a new culture among different people.

“The Game Changers” Switch

Outstanding Performances: Top Olympic Athletes Going Plant-Based

By Regan Ehlert
SPORTS EDITOR

Athletes have heard for thousands of generations to eat protein. Professional and celebrity players grab people’s attention on television, compelling young athletes to consume extra meat because it will make them stronger and give them more protein, therefore making them more athletic. This is what I believed my whole life; however, the ground-breaking Netflix documentary “The Game Changers,” sends that idea spiraling down the drain. It explains how a plant-based diet is key to incredible athletic performances and spectacular health conditions.

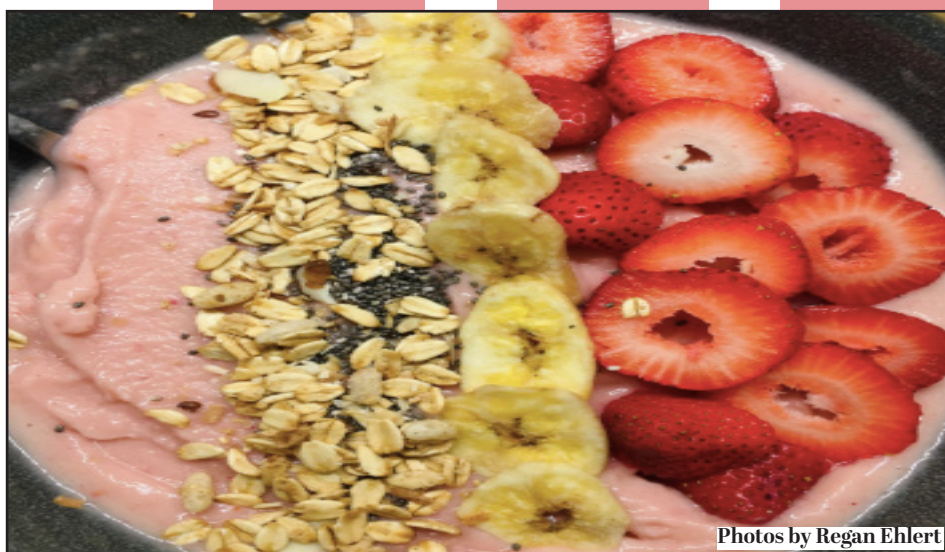
The 2019 documentary chronicles the journey into a vegan diet by UFC fighter, James Wilks. As a child, he thought that being an athlete should mean eating big chunks of meat to build muscle and become stronger. Wilks goes on a quest around the world to find professional athletes, Olympians and world-record holders that eat an all plant-based diet. The film shows how vegan competitors have extremely high-performance levels in comparison to athletes that are omnivores or eat plants and meat. It also explains how plant-based athletes have health that is impeccable. In addition, they talk about how our bodies are designed to eat like a herbivore or an animal that only consumes plants: a human’s teeth are square and our digestive process is long and designed to eat plants.

I absolutely loved this documentary. It was not boring or slow like some, it was interesting and intriguing from the beginning. I found this dietary film more

persuading than the others. I love knowing facts about what eating a vegan diet does for your body and not just that it helps save animals. The athletic achievements were unbelievable. For example, the World Record-Holding Strongman Patrik Baboumian is on the whole foods, plant-based diet. I believe that if everyone watched this documentary, the world would have a completely different perspective on food and life.

In fact, this documentary persuaded me to go vegan. As a two-sport athlete, I am constantly running and needing to give my body fuel. The plant-based diet has helped me feel better when running and has helped me recover quicker from sport to sport. My entire family is trying the new diet as well. The outcome of this diet was extraordinary. Before my cross country state meet in the fall, my personal record was 20 minutes and 32 seconds. After just a week of going vegan, I managed to beat that time by running 20 minutes and 5 seconds. This blew my mind. I wondered what my body would have accomplished if I started this diet a month, two months or even a year earlier.

This Netflix feature is rated TV-MA, but it is honestly a film for everyone. I recommend this to all athletes, whether you play soccer, football, swim or wrestle. Even if people are just a little bit curious about what a plant-based diet will do for them, watch it. Overall, this documentary rises above the rest and is an extraordinary film to watch and educate athletes. Personally, I would rate it four and a half stars out of five. Trust me-- viewers will not regret watching “The Game Changers.” Friendly-reminder: check-in with your doctor before making major dietary changes.



Photos by Regan Ehlert

Students Help Prepare Turkeys

It’s Thanksgiving Season!

Role Model: For 10 years, food service director Sharon Schaefer has been apart of the school nutrition program. Not only that, but she was a chef for two years prior to being apart of the school nutrition program. “Once I started to have kids, I become really aware of how important it was to feed my children healthy food,” Schaefer said. “This is why I entered the school nutrition program; I want high school students to educate themselves on healthy eating so that they can provide and cook nutritious meals for their future families.”

Mrs. Schafer has improved the school lunch program at GHS by making more made-from-scratch meals and by opening up for more lunch choices for students. This includes: daily pizza bar, boxed salads and numerous build-your-own bars.



Photos by Kalei Renner



Helping Out: In the kitchen of Gretna Elementary School, Kalei Renner (22), Emery Cleveland (22) and lunch director Sharon Schaefer are in the process of shredding turkey. “When you shred turkey, you want it to cool down enough to wear it is easy to handle,” Schaefer said. “Then, you pull apart the meat until the large chunks are no longer visible.” In total, 28 turkeys were shredded on Nov. 16.

By Kalei Renner
STAFF REPORTER

On Saturday, November 16, 2019, food service director Sharon Schaefer hosted a training that provided high school students with the opportunity to learn more about production cooking. In this training, students prepared turkeys that were then served at GPS middle and elementary schools on Wednesday, November 20, 2019. This training was held from 4 p.m. to 9 p.m. at Gretna Middle School, Gretna Elementary School and Whitetail Creek Elementary School.

“Over the weekend, we prepared the turkeys for two elementary schools and one middle school,” Mrs. Schaefer said. “Since the schools we prepared turkeys for are so understaffed, our help was mandatory. I offered help to all kitchen managers, but these schools were the only ones that requested help.”

The Thanksgiving meal at the elementary schools and middle schools consisted of a turkey bowl and a slice of pumpkin cheesecake pie. When it comes to the high school, GHS was supposed to use all of the leftover turkeys from the elementary and middle schools for their Thanksgiving meal, but the meal ended up getting canceled.

“Even though the dessert is called pumpkin cheesecake pie, the crust isn’t an actual pie crust; it is a graham cracker crust,” Schaefer said. “We made it in a giant sheet pan and then chilled it for two hours.”

Since the turkeys were already in the oven prior to the student volunteers’ arrival, all they had to do was check the

temperature of the turkeys and shred them. In total, the students shredded 28 turkeys at the training.

“In a turkey, there are certain fatty parts where you must stick the thermometer in,” Schafer said. “The temperature in which a turkey is considered edible and safe to serve is at 165° F, and this measurement must be exact all the way around the turkey.”

Since only two students attended the training, Mrs. Schaefer hopes to up this number and recruit more student volunteers as the school year progresses. The next available opportunity where students will be able to help the kitchen staff and learn more about production cooking will be in December when the Christmas meal is served.

“I find there to be a lot of benefits for both the students and the kitchen staff with these training sessions,” Schaefer said. “First of all, the kitchen staff receives extra help which is always appreciated, and the students that have the opportunity to learn something new will become more comfortable and confident cooking in their own kitchen. Not only that, but students who are interested in the culinary industry can get some hands-on experience in the kitchen.”

Even though the preparation for the Thanksgiving meal is over, Mrs. Schafer hopes to continue promoting the idea of students helping out in the kitchens throughout the district. One thing that Mrs. Schafer hopes to do is post signs around the school where students can sign up for certain jobs in the kitchen. Not only will this volunteer work educate them in the kitchen, but it will gain them new insights on themselves and the world around them.

