The Crown Prints

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

Nov. 11, 2022 Volume 62; Issue 2

## **Monarch pride ROARS during Homecoming Week**

#### By Lacie Hartman

*I'm starting with the man in the mirror!* The 2022 Homecoming Week activities were centered around the King of Pop, Michael Jackson.

The idea for the theme of Michael Jackson came up during Mr. John Wehr's anatomy class last year. "We used to listen to a lot of MJ songs, and one of the kids brought up the idea of using the theme 'Man in the Mirror'. I decided to run with that idea but change it to all of Michael Jackson," homecoming moderator Wehrs said.

Wehrs prepared for the week by consulting with the Senior Class and gaining their input. After taking their ideas into consideration, Wehrs planned out the class games for the week. Wehrs told no one what the games were in order to keep the games a surprise.

The Monarchs had the Monday of Homecoming Week off for a teacher in-service day. Tuesday's theme was based on the song *Man in the Mirror*, where all the students and teachers dressed up as twins. Throughout the day, the classes competed in a scavenger hunt. Some of the items on the list included creating a Haiku about chief administrative office Fr. Michael Ventre and a drawing of principal Spencer Zysset.

Wednesday's theme was *Heal the World*, and everyone dressed up as doctors and nurses. During an extended house time, the classes battled in a food and sport relay. Students had to eat blue raspberry Jell-O, soggy Raisin Bran cereal, 8 oz. of pickle juice, and half of a jalapeño. After eating their food of choice, the competitors had to perform in some aspect of a fall sport. Wednesday evening Wehrs hosted a pep rally with many other class games.

*Remember the Time* was Thursday's theme, and Monarchs dressed up in '80s attire. On this day, the classes picked their 5 smartest students to participate in trivia. The trivia categories were centered around the four dress up days, patron saints, and school trivia.

Friday was the annual black, white, and gold day, based on the song *Black or White*. During class games, each class sent up rep-(*Continued on page 2*)



Aquinas celebrates the court at the homecoming dance. The court included Antonia Wachal, Ava Hilger, Veronica Reimers, Jaylin Jakub, Adam Oltmer, Zander Kavan, and king and queen Lucas Sellers and Mara Yindrick. The court was voted on by the senior class. The crown bearers were Alyvia Oltmer and Isaac Hoelscher. *Photo by J. Brown* 

Homecoming

## **CrownPrints**

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

Issue Editors: Lacie Hartman, Cecilia Sisco Staff: Aletha Breiner, Noah Grady, Mackenzie Kobza, Jacob Moravec, Makenna Steager, Maggie Svec Advisor: Ms. Jean A. Brown Principal: Mr. Spencer Zysset Chief Administrative Officer: Fr. Michael Ventre

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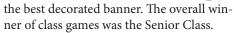
FAR LEFT: Junior Josiah Brezina sits with shaving cream on his head for a game at the pep rally. The goal of this game was to see which team could stick the most cheese balls to the shaving cream on their classmate's head. The Senior Class came out on top for this game, earning an additional 1000 points toward their class total. *Photo by L. Hartman* 

LEFT: Senior Delayne Adamy stacks cups in a relay race. During the relay, each team had to stack cups using only a balloon. After that, a second member had to stack the cups in a pyramid and the third member had to knock that pyramid down with a ball. The Sophomore Class members were the winners of the relay race. *Photo by L. Hartman* 

ABOVE: Freshman Augustine Yindrick surfs across some of his classmates on a table. In this game, each class had to race to be the first to roll their table across the half court line. The final scores for the class games were 6960 for the seniors, 6620 for the sophomores, 5360 for the juniors, and 3840 for the freshmen. *Photo by L. Hartman*  (Homecoming, continued from page 1) resentatives to perform in a "talent" show. Some of the "talents" were a cartwheel race, the best animal noise, and an actual talent show, during which students showed off the coolest trick they could perform.

Friday night was the homecoming football game against the Yutan Chieftans. The Monarchs battled, but the Chieftans came out victorious with a score of 21-0. After the game, the Monarch marching band performed their fall field show. The show theme this year was a medly of Queen songs, including *Crazy Little Thing Called Love, We Will Rock You*, and *Bohemian Rhapsody.* 

During the week, the seniors entered baby photos for the traditional cutest baby contest. Jocelyn Stara and Colin Hough won the title cutest babies of the Class of 2023. Additionally, each class was in charge of decorating a theme banner. The banners were voted on by the middle school students, who decided the sophomores had



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Saturday night was the traditional coronation and the dance. The royal court included seniors Ava Hilger, Veronica Reimers, Toni Wachal, Mara Yindrick, Jaylin Jakub, Zander Kavan, A.J. Oltmer, and Luke Sellers. Yindrick and Sellers reigned king and queen of the 2022 Homecoming dance. "[Being crowned as king] was nice to know that people look up to me," Sellers said. This year Northside catered snacks for the students during the dance.

A few changes were made from previous year' festivities to this year. Because of scheduling changes, the format of the week was updated. Class games were held during extended house times instead of after school. The banners and catering at the dance were also new additions to the week. "[Homecoming is important because] it gets people involved outside of their sports and activities, and it gives them some school spirit," Sellers said.









Seek First

# **Aquinas 'Encounters' Christ**

By Noah Grady

The new Aquinas Encounter will attempt to bring students to Christ in a different way. The program will offer varied activities to grow closer to God.

Encounter is a program that develops student relationships with Jesus. According to Aquinas chaplain Father Ben Holdren, "We call it 'Encounter' because we want each student to encounter the living God." Students will encounter Christ through mission trips, retreats, and FIRE events.

Encounter seeks to help not only students, but people in the community, as well. According to campus ministries director Mrs. Beth Nemec, "Students and the Aquinas community come to the Father to realize their identity as sons and daughters to the Father." Nemec also sees Encounter as an intentional prayerful process that the Aquinas ministry is passionate about.

Encounter works to promote spiritual

events to open students' eyes to Jesus. "We will be promoting TEC retreats, Steubenville, mission trips, as well as anything that happens at Aquinas," Holdren said. Holdren also helps promote praying to the Holy Spirit to encounter Jesus.

Encounter events will take much preparation. According to Nemec, "The formation of Encounter is an ongoing prayer which flows into the logistics of retreats, chapel time, spiritual direction, and everything we do." Nemec coordinates every Encounter activity at Aquinas.

Encounter facilitators will encourage students to go to events. "Students and faculty becoming comfortable enough to pray with and for each other is the ultimate goal." Students are always welcome to FIRE events according to Nemec. Fire activities usually take place on Sunday evenings once a month.

Students 9-12 will be participating in an Encounter Retreat on Fri, Nov. 18.

## Schukei shakes up Aquinas staff

By Jacob Moravec

Father Tony Schukei began teaching at Aquinas during the 22-23 school year. Schukei looks to help students strengthen their spiritual life.

Schukei grew up in Norfolk, Nebraska. He attended high school at Norfolk Catholic High School. Schukei was raised in a Catholic household. He has two siblings, one of which is his twin sister. "My parents raised my sisters and myself in the faith and did so not just by what they said, but also in action." said Schukei.

Schukei never really struggled with his faith. According to Schukei he decided to join the seminary after a silent retreat a couple of years after college. "After much time in prayer and silence, I felt as though God was inviting me to continue my journey of discipleship by discerning His will for me in seminary," Shukei said.

According to Schukei, before entering the seminary he worked as a landscape designer, while living in Lincoln at the time. Schukei attended St. Charles Borromeo Seminary. He was ordained a priest on May 28, 2022, at St. Mary's Cathedral in Lincoln.

Schukei teaches eighth and ninth grade religion at Aquinas Catholic Schools. "Teaching has been easier than expected in the sense that I know information from the seminary, and harder in the sense that it is difficult to relate to all of the students." Schukei likes the size of the school and the tight community.

Schukei hopes to improve students' spiri-

tual lives at the school. " I think spiritual lives could be strengthened if students know that they are loved by God and have abilthe ity to have a personal relationship with him."



## Nov. 11, 2022 High school students attend Pro-Life Day

By Jacob Moravec

Seventeen Aquinas students attended Pius X Pro-Life Day in mid-October. The students spent the day learning and praying for an end to abortion.

According to Aquinas campus ministry director Mrs. Beth Nemec students from Aquinas, Neumann, and Pius all came together on Pro-Life Day to pray for an end to abortion. Students learned about the types of abortions, heard testimonies from women who have had abortions, and prayed outside the local abortion clinic in Lincoln.

Heart of a Child Ministries, a group that performs live ultrasounds presentations for events to spread the pro-life message, sponsored the annual Pro-Life Day. The main speaker at Pro-Life Day was Mr. Corey Osborn. According to Nemec students were given the opportunity to watch a live ultrasound performed by Mrs. Angela Giles.

Students participated in many different activities throughout the day. "My favorite part of Pro-Life Day was probably seeing the live ultrasound," junior Josiah Brezina said. Freshman Lauren Meister added her favorite part of Pro-Life Day was also seeing the live ultrasound.

Aquinas students had a nice and informative experience at Pro-Life Day. "My biggest takeaway was that all life is important," Brezina said. "Praying at the clinic was really cool to, and it was sad to watch people walk into the clinic," Meister added.

The Aquinas students felt going to Pro-Life Day is a valuable experience. "I think going to Pro Life Day is important because it shows that you really are Pro-Life," Meister said. "I think it is important to go to Pro-Life Day because it is fun and it helps you realize how important life is," Brezina

Remember to sign up for the March for Life. See Mrs. Beth Nemec, Campus Minister

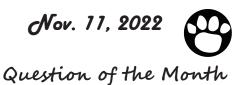
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Thanksgiving

Nov. 11, 2022

What are

thankful for?



vou

# **Giving thanks** through traditions

By Maggie Svec

The holiday of Thanksgiving has a very rich history here in the United States. Today, people all across the country give thanks on the holiday through various traditions.

According to History.com, Thanksgiving can be traced back to 1621. Pilgrims wanted to give thanks for a successful harvest and did so through a three-day long feast with their Native American allies. The pilgrims had a second celebration in 1623 and other colonies began to have similar events to give thanks regularly.

The Continental Congress designated days of thanksgiving during the revolution. As president, George Washington, John Adams, and James Madison would designate similar days during their presidencies to celebrate and give thanks for the country's freedom. In 1817 New York officially adopted Thanksgiving and the holiday became a national celebration in 1863 during the civil war.

Since those early days of celebration, people in the United States have formed their own traditions to celebrate the holiday and give thanks for their many blessings. A common way to celebrate is gathering with family and friends to prepare and eat a big meal. Some traditions may involve watching the Macy's Thanksgiving Day Parade or breaking a turkey's wishbone. For Aquinas freshman Bella Fontenot, her Thanksgiving involves traveling to Louisiana and spending time with family.

Different people also have different ways of giving thanks on Thanksgiving. Sixth grader Masen Jelinek says he does so by "praying before the meal." Fontenot remembers to be thankful for the opportunity to get together with her relatives and enjoy a meal. "Not a lot of people are fortunate enough to do that," Fontenot said.



#### **Eighth grader Tay**lor Smith

"[I am thankful for] food. Food is really good, and some people don't have any."

# "I am thankful for] my

**Sophomore Isabel** 

Grady

religion. It's always been there for me when I need it."

Seventh grader **Anthony Oltmer** 

"[I am thankful for] football, Aquinas, and the teachers. Some of the teachers are funny, and football is fun; you get to hit people."

# Happy Thanksgiving from the journalism staff!



#### Science teacher Mr. John Wehrs

"I am thankful for living in Nebraska. It's quiet; it's a slow lifestyle and that's my vibe."





## Nov. 11, 2022 Page 5 Aquinas softball finishes historic season

#### By Lacie Hartman

And your C-5 sub-district champion is Aquinas Catholic! The Lady Monarch softball team battled and eyed the state tournament in their late season.

Toward the end of the regular season, the Monarchs played the North Bend Tigers. The Monarchs fell early in the game but rallied back and won with a score of 15-7.

The Monarchs also traveled to the Central City Invite. The team won against Lakeview and Minden but came out unsuccessful against Central City, taking home silver. According to head coach Paul Gahan, the highlight of the weekend was winning the rematch game against Columbus Lakeview.

Next the team faced off against the Polk County Slammers. Losing 2-6, Gahan believes the girls lacked focus. "The lesson to learn is to have your body and mind prepared to compete," Gahan said.

As the final home game of the season, the Monarchs played the Cuming County Cadets. Senior captain Claire Wisnieski stated, "[We] started off slowly, but pulled it together and stepped up our game." The Lady Monarchs ranked second in their sub-district, which placed them to play the Wayne Blue Devils in the first round. The team won against the Blue Devils after scoring two points from Wisnieski's walk-off homerun, in the bottom of the eighth inning.

Following the win against the Blue Devils, the team played the Milford Eagles in the second round. The team defeated the Eagles 8-4, giving the Monarch's their first ever sub-district championship. "I went from thinking our season was over against Wayne to winning it all," Wisnieski stated.

The Monarchs hoped to find a new opponent; however, Monarchs once again faced off against the Eagles again during district finals the following weekend. Starting off strong, the girls won the first game 7-4. After falling behind in the second and third games, the Monarch lost 3-5 and 0-3, which ended the 2022 season.

The Monarchs believed their 2022 season would be the year they could make it to state, but the Eagle's dashed that hope. "I was really sad about not making it to state. I knew how much Paul (Gahan) wanted to [go to state], and this year was our chance," Wisnieski said.

Even though the season did not end how the Monarchs wanted it to, the Monarchs broke multiple school records in the 2022 season. Wisnieski broke the record for most homeruns in a career with 22 and career RBIs with 122. Senior Veronica Reimers broke the stolen base record for season and career with 41 and 81 stolen bases. Sophomore Brooklyn Stutzman broke the most strikeouts in a season with 195 and tied for most wins in a season with 19. Junior Bianca Romshek broke the most put outs for a season and career 206 and 389.



Junior Gianna Frasier competes at the state cross country meet. Frasier placed eleventh at the torunament this year and medaled the year prior. Photo by L. Hartman.

# **Cross Country team wraps** up successful season

#### By Noah Grady

Aquinas cross country ran a successful 2022 season. Girls placed fourth at the state competition and the boys finished their season in the district competition.

"My favorite part of state was the beginning of the race, where people are trying to run straight away trying to get positions," said junior cross country runner Gianna Frasher. Frasher along with sister Miriam, were Aquinas' two medalists at the state competition. The entire girls team competed at the state competition.

The girls won districts, sending the whole team to state. The boys finished strong for the season. Sophomore runner Finley Zook said, "As a team, we did well, but individually I struggled."

The Centennial Conference meet was a tough competition for both teams. The girls finished in third place out of six teams, and boys finished seventh out of nine teams. According to Frasher, "Conference was a good race, but there's always

room for improvement." Both Frashers medaled along with senior cross country runner Jocelyn Stara.

Many of the runners found success at the meets throughout the season. According to cross country coach Mr. John Svec, "Lydia Meysenburg, our freshman, medaled at four meets, and that helped us win the four meets." Each member's placing is crucial to the final score at the meet.

"The season was filled with many surprises. What surprised me the most was seeing how much Matthew [Storm] improved. He improved so much that it made everyone else step their game up," Zook said. Frasher added winning at Scotus by forty-five seconds was a surprise for her.

"Overall the season was a successful one. The boys were young, but made improvements, and the girls finished a very respectable fourth at state," Svec said. The team looks to improve for next season.

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#### By Maggie Svec

Over the summer of 2022, several changes were made to Aquinas' handbook. One of the more controversial changes is a new policy regarding bookbags in the classroom.

The handbook's official wording on the matter states "Bookbags must stay in the student's hallway locker (not the locker room) during the school day." The change is a pretty big one compared to previous years, but this editor can understand, to an extent, why it was made. Class has to be stressful for teachers when they have a room full of desks and students, and adding bookbags into the mix probably did not help teachers' stress level.

Another bookbag concern is students concealing items they are not supposed to have in classrooms. Examples of prohibited items are phones and food. Additionally, in the case of an evacuation situation, bookbags would be perceived as a threat to law enforcement.

In order to get a better idea of how students really felt about this change, eightytwo Aquinas senior, junior, and sophomore students were polled. Results concerning the rule change indicated 87% of students felt negatively about the change in the bookbag policy, while 12% were indifferent, and 1% felt positively.

The students were also polled about how their day has been affected by the rule change. Ninety-five percent answered negatively, 4% said the change has not affected them at all, and 1% said the change has affected them in a positive way.

The safety concerns are understandable; however, taking away bookbags has not eliminated the original concerns. If the handbook change was to prevent students from bringing prohibited items into the classroom, the change unfortunately has not done that. Students who are determined enough will still find a way to sneak a phone or food into a classroom.

While some students are lucky to have all of their classes in the same part of the school, manyothers are not as fortunate. Some students' schedules require them to go from one end of the school to the other to make it to a different class, and they have to make a stop at their locker to grab books and other items for that class.

At the end of the day, the handbook change concerning bookbags is a complicated issue because a solution that will make both students and teachers happy is not obvious. This editor still would prefer a bookbag when going to class; however, that might not be a possibility while this Senior Class is still at Aquinas. This editor hopes teachers and students will find some sort of middle ground on the issue for future years.

# Darling, worry about seeing this one

By Cecilia Sisco

Olivia Wilde's new psychological horror "Don't Worry Darling," hit theaters Sept. 23, 2022. The film starred Florence Pugh, Chris Pine, and Harry Styles.

In the film the main character is Alice, played by Florence Pugh, a 1950's housewife. Harry Styles plays the supporting role of Jack, Alice's husband. Chris Pine plays Frank, the leader of the community the couple lives in and is the antagonist of the film.

The movie takes place in a 1950's utopia in the middle of the desert. The community is a collected group of working husbands and their housewives. The women live what the husbands call a perfect life of shopping, cleaning, and relaxing while the men work at their mysterious job at "headquarters."

The plot of the movie is about Alice questioning the "perfect" world in which she lives, as she notices more and more strange occurrences and cracks in the society Frank has created. Alice starts doubting her own better judgment, and eventually everyone else, as well. The set of the movie is very bright and cheerful, opposite of the typical horror style films. All the set and outfits were aesthetically pleasing to the eye. The shots were creative and did a good job of promoting the storyline, especially towards the end.

The writing of the movie is well done. The story plot never dies down or causes a loss of attention. The script was creatively written and did a very good job with building the story and slowly giving more and more hints about what was really going on in Alice's community.

The soundtrack of the movie was one of the best parts. The producers used very creative music to make the audience feel uneasy or scared. The soundtrack was not typical horror music. The music was composed of Alice's breathing in different ways added with whispers and other noises. The complexity of the music would change at the perfect time to get the desired effect. The biggest problem with the film was the

The biggest problem with the film was the acting. Florence Pugh gives an amazing performance; she completely sells the role

of Alice. The problem was her co-star Harry Styles. Styles did a decent job but compared to Pugh; he looked unprofessional and unbelievable. Pugh would create amazing scenes, and then Styles would break all the tension and build she made by the way he would deliver his lines.

"Don't Worry Darling" was rated R for sexuality, language, and violent content. The movie does have few graphic sexual and violent scenes making the movie not suitable for a younger audience. However, the violence is nothing extreme, in this reviewer's opinion.

This reviewer would give the movie a seven out of ten stars. While the story is well written, and the soundtrack and cinematography are well done; however, some problems exist in the production. The ending was anti-climactic and Styles' acting took away from all the other actors and was almost laughable. This reviewer does recommend going to see the movie just for Pugh is performance and the visual effect of the film.

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New Faces

## Вер. 30, 2021

# New legacy student Tylee Truksa

#### By Aletha Breiner

Tylee Truksa is a new freshman student at Aquinas. Truksa followed her brothers Rowdy and Cash Truksa who came to Aquinas last year.

Before the transfer to Aquinas, Truksa was a student at Shelby-Rising City. Truksa's parents are Vicky and Jesse Truksa. Truksa also has two brothers, Rowdy and Cash Truksa. Mr. Truksa is a 1994 alumnus of Aquinas Catholic Schools.

Truksa noted the difference between the architecture of the two schools is very different. "[The change] was a little difficult at first because it's one long hallway and finding classes was a little difficult," Truksa said.

Truksa also found a difference in between the two schools in uniforms and classes. Truksa said she could take a wider variety of classes at Aquinas including speech, band, Spanish, and geometry. Truksa said she also takes physical education, physical science, religion, English, and American history. These classes are required for all freshmen at Aquinas to take.

Due to the wider variety of classes, Truksa has been able to get more out of her day. "You get to learn more throughout the day, hang out with friends, and meet new people," Truksa said.

Truksa is also a part of the Aquinas volleyball team and looks forward to games. Truksa has also set a goal to "maintain straight A's and have fun." Truksa also enjoys reading in her free time.

# **Bishop Neumann transfer Jacob Vandenberg**

#### By Christopher Nickolite

New students roam the Aquinas hallways with the start of the new school year. Junior Jacob Vandenberg, a Bishop Neumann transfer, came to Aquinas Catholic Schools this year.

Vandenberg is a legacy student to Aquinas Catholic Schools because his dad graduated from Aquinas. Mr. Tyler Vandenberg graduated from Aquinas in 2001, and the younger Vandenberg looks to do the same in 2023.

Vandenberg has a brother Logan in seventh grade and two sisters in second and fifth grade all attending Aquinas schools. Jacob says he has "lots of family here." Senior Hunter Vandenberg and freshman Traeton Vandenberg are cousins to the new transfers.

Vandenberg says the biggest difference between Aquinas and Bishop Neumann is the number of classes. Aquinas has ten class periods during the day while Bishop Neumann has 8 periods Vandenberg's favorite class at Aquinas is building trades with Mr. Mark Masur. Vandenberg said, "[In building trades] It is fun to get my hands on stuff and be more active."

Aquinas students have helped Vandenberg through his transition. Vandenberg said, "Aquinas students have been really nice people to me; I made friends with a lot of them. I like it here."

Vandenberg plays football this fall but has not decided on wresting and track during the winter and spring, but these sports are possibilities. Head football coach Mr. Ron Mimick, said Jacob is "competitive, good in the weight room, listens well, and smiles a lot."

Vandenberg likes to listen to music, hangout with friends, work on cars, and do anything he can get his hands on outside of school.

## Karmen Karpisek makes school change to Aquinas

By Jordyn Bohuslavksy

New freshman student Karmen Karpisek likes the way Aquinas operates so far. Karpisek transferred from Shelby Public Schools and feels Aquinas is more welcoming, serious and friendly.

Karpisek came to Aquinas because she heard sports and academics are super good. Karpisek plays softball for the Monarchs and also plans to participate in track in the spring. Karpisek plays right field for the softball team. "I like softball. It's a great group.

Even though Karpisek feels like the public schools have more technology, she thinks the academics are really good at Aquinas. Karpisek stated, "At Shelby we each get our own computers and you take it home for homework and informational stuff, which was nice."

Karpisek has two siblings. Kayla is in seventh grade at Aquinas Middle School. Isaac is in kindergarten at Aquinas elementary school. Karpisek is the daughter of Russel Karpisek and Leslie Brock.



New Aquinas Freshman Tylee Truksa serves the ball in the ninth grade match against Friend. The Aquinas reserves won in 2 sets. Other new students include senior Britney Buell, junior Jacob Vandenberg, freshman Tylee Truksa, Karmen Karpisek, and Samuel Vallejo. *Photo by M.Svec* 



#### By Maggie Svec

For centuries teens all over the world have loved celebrities. The question is "why"?

According to the article "Why Are Teens Obsessed With Celebrities?" from WFMY News, the attraction is "an allure of fantasy and reality." Celebrity's larger than life presence, popularity, lifestyle, and money draws in people. Celebrities appear as if they have all they could ever want. Celebrity figures also give teens someone to admire and have as an influence.

This "allure of fantasy and reality" is not the only appeal that celebrities have, however. When a celebrity reveal parts of his personal life, the revelation enables teens to see him more as a normal, everyday person. Junior Aletha Breiner and freshman Elizabeth Roh both agree they are drawn more to celebrities that seem more down to earth and humble.

Teenagers tend to put celebrities on a sort of pedestal, sometimes going as far as

to act exactly like their favorite celebrities. This imitation could happen for a number of reasons. "If you like someone, it's hard to see the bad in them, and since celebrities have such a large fanbase, people tend to think that they're perfect," Breiner said. Celebrity worship is not always a bad thing. People, especially teenagers, can learn a thing or two from their favorite celebrity. Roh said she has learned "to just be herself" from her favorite stars, and celebrities do not appear to really get nervous, which she finds inspiring. Qualities such as these in celebrities can promote positive lifestyles and influence teens to have healthier habits.

Sometimes, teenagers' love for celebrities can go too far, and extreme adoration can be extremely harmful. According to Newport Academy, celebrities can have a negative influence on parts of a teenagers' life, including body image, substance abuse, and nutrition in teens. This type of worship

# **Busting Boredom**

#### By Aletha Breiner

*Moooooom, I'm boooooored!* Many Aquinas students engage in hobbies to bust boredom.

Boredom is an emotion associated with having nothing interesting to do. Junior Josh Palik estimates he is bored once a day. Sophomore Lydon DeWispelare added he is bored "after practice, after class, and the weekends."

Hobbies to beat boredom can range widely. Freshman Sydney Hartman says she crochets for fun. Hartman said, "[Crocheting] gave me something to do in my free time that seemed fun." Hartman started crocheting because her mother also crochets.

Occasionally, hobbies become passions. DeWispelare's hobbies include video games and playing classic rock, indie rock, and hard rock on his guitar. DeWispelare says, "In first grade, my grandpa got me a guitar and I started to play; it's became my passion." DeWispelare played in Cloud 10, a local band composed of Aquinas students and alumni.

Hobbies can come from seemingly random inspiration. Palik says he enjoys drawing landscapes, making bows, and plans to start forging. Palik's inspiration for making bows was the elves from J.R.R. Tolkien's Lord of the Rings series who often use bows.

Hobbies have external benefits too. Hartman says crocheting improves her math skills by calculating stiches and rows. Palik added, "Drawing gives me a more open mind, and making bows is just about not giving up."

Goals for hobby outcomes vary from person to person. DeWispelare says he has no major goals, but rather he plays for his own enjoyment. Palik, however, has the goal to make a Japanese sword, called a katana, with his forging skills. can be extremely damaging to a teenager's physical and mental health. Newport Academy's suggestion for preventing detrimental affects on an adolescent's health is to give teenagers guidance on how to interpret celebrity influence. The stories of some stars overcoming negative situations could even be used to make a positive impact on teenagers' lives.

### Homecoming Week "Be Bold" Monday October 4 "WARM-UP FOR BOLDNESS" Dress up in sweats/workout clothes (sweat bands, head bands, tennis shoes, etc.) Tuesday October 5

"Highlighter Hues" Dress up with as much of your assigned color as possible! Srs. = pink, Jrs. = Blue, Sophomores = Orange, Freshman = Yellow, MS = Green, Staff = Red Students may wear jeans or uniform bottoms if they do not have pants in their assigned color.

#### Wednesday October 6 "Daring Disney™"

Dress as your favorite bold Disney™ Character (Disney, Pixar, Marvel, Star Wars)

#### **Thursday October 7**

"Punchy Patterns" Wear as many crazy, clashing patterns, prints, animal prints as you can!

#### Friday October 8 "Bold Black and Gold"

Students deck themselves out in black, white, and gold. Team apparel encouraged!