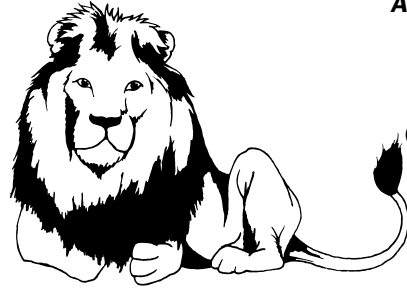


The Crown Prints

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

State Champions!

Radium Girls shine on stage.

By Maggie Svec

Since we're all "on the clock" ... Aquinas thespians timed three championships during their one act season with their production of Radium Girls: conference, districts, and state.

Radium Girls follows the true story of a few of the thousands of those employed by the United States Radium Corporation in the early twentieth century. Many of these factory workers were unknowingly exposed to extreme radiation while working with luminescent paint. When the company discovered this, they went to extreme measures to cover their fault and silence their workers.

In the pre-season, director Mrs. Ann Heermann went through multiple scripts before she landed on Radium Girls. When looking through scripts, Heermann makes sure that the script would fit well with all of the actors and actresses before she chooses it. "Every time I read a script, I wait for it to come alive for me. I can see it on our stage with our students," Heermann said.

This year building the set was a challenge for the technical crew. When designing the set, Heermann started by drawing it. Then to see how it would look on a smaller scale, she used LEGO pieces to build a mini version of the set.

When it all came together, the set consisted of multiple levels that represented a factory, as well as a large glow in the dark clock that resembled the watches the girls painted. "There was a lot of trial and error on this one. [The set] kind of got built by the will of God," Heermann said. Junior Josiah Brezina headed the crew in charge of the set

Characterization is a large part of both

the actor's and director's job. Heermann starts actors off with the basics, then later she brings in assistant director Mrs. Dee Hanson, who helps students further develop their characters. Junior Luke Reiter, who played Mr. Arthur Roeder, president of the U.S. Radium Corporation, said Hanson helped him to portray an "interesting, evil character."

Senior Mara Yindrick played Grace Fryer, one of the former employees and victims of the US Radium Corporation. Yindrick's favorite parts about the show were "the incredible highs and lows of emotion, as well as the growth of intensity throughout

the story." Yindrick received best actress in Class C1 at the state play production championships for her role as Grace.

The show placed first overall at state. "Everything [at state] went smoothly and I think everybody was comfortable and confident," Yindrick said. The state competition was held at the Johnny Carson Theatre in Norfolk. In addition to Yindrick's honor, six other actors received honorable mentions for their performances at state: Maggie Svec, Cecilia Sisco, Luke Reiter, Tate Hain, Lacie Hartman, and Natalie Kovar.

The show also received first in its district, (Continued on page 2)



Juniors Wesley Miller (Daniel Lehman), Luke Reiter (Arthur Roeder), and senior Josh Palik (Charlie Lee) discuss their successful radium corporation. Miller, Reiter, and Palik all received honorable mentions throughout the season for their performances. Photo by J. Brown



(Continued from page 1)

which was held at Centennial High School. Heermann and assistant director Ms. Jean Brown feel as if this performance was the best overall. "The district performance was electric. You just sensed the audience was impressed with our production," Brown said.

Despite facing a few challenges during the performance, the show also placed first at conference. Scotus hosted the conference competition at Central Community College. Reiter felt as if the stage caused a few difficulties for the performers.

In addition to these three competitions, Aquinas also attended a competition at Midland University, as well as hosting the school's first ever one-act festival. The show received second at Midland. At Aquinas' competition the cast performed to receive critiques, but not as part of the competition.



TOP LEFT: Freshman Violet Schmid paints the set before a practice. Photo by M. Svec

TOP RIGHT: Senior Mara Yindrick receives best actress at Class C1 state play production championships. Photo courtesy of J. Prochaska

BOTTOM: Senior Lacie Hartman (Katherine Wiley) and junior Stellan Wessling (Raymond Berry) discuss their plans to take legal action against the United States Radium Corporation. Photo by J. Brown

CrownPrints

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: Maggie Svec, Aletha Breiner, Mackenzie Kobza, Noah Grady, Jacob Moravec, Makenna Steager

Advisor: Ms. Jean A. Brown

Principal: Mr. Spencer Zysset

Chief Administrative Officer: Fr. Michael Ventre

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



**GOOD LUCK TO THE
WRESTLERS AT STATE
DUALS THIS WEEKEND!**



Aquinas remembers the souls of the faithfully departed

By Aletha Breiner

For over 30 years, Aquinas has honored their deceased staff, students and alumni through the All Souls Day Mass. New alumni and advancement director Mrs. Michaela Moravec was in charge of the annual Mass and reception.

According to Moravec, “[All Souls Day Mass] is meant to honor our loved ones and to show that, as a school, we still care about our deceased.” This Mass is open to all who wish to attend, especially the family members of those who are honored during the Mass. The Mass is typically held in Aquinas’s north gym on or near All Souls Day.

All Souls Day Mass is unlike most Masses held at Aquinas. Moravec prepares a slideshow to honor the departed of Aquinas and flowers are brought to the altar by family members who attend the Mass. Fr. Michael Ventre was the main celebrant of the 2022 event, and other Aquinas priests con-celebrated with Ventre.

Moravec makes year long preparations for this Mass. “I need to keep a list of deceased alumni, the family, letters and flow-

ers for the family, and RSVPs for the family,” Moravec said. Moravec believes the task is not difficult, but overseeing the many individual parts is stressful. This year 332 people were remembered at the Mass.

Approximately 120 families attend All Souls Day Mass each year. Moravec sent letters to the families in early October to notify them of the details of the event. Moravec also arranged students and staff to present a flower if no-one was available from the deceased’s family.

After the Mass, guests attended a reception in the Aquinas cafeteria. Aquinas’s kitchen staff made rolls and cookies for these guests. Several guests also toured the school building following the reception.

While this is the first year Moravec has been in charge of the Mass, this event is a long-standing tradition at Aquinas. Moravec plans on keeping this tradition and sees no reason to change anything for the future. “It goes smoothly as it is,” Moravec said.



ABOVE: The Aquinas choir sings mass for annual All Souls Day Mass. This year Aquinas remembered 330 souls during the event. Mrs Shelby Schaanaman directs the school’s choir. Photo by M. Kobza RIGHT: The National Honor Society receive their certificates after being inducted to the Aquinas chapter. Fifteen seniors joined the select organization which is under the supervision of Mr. John Svec. Students must meet a certain grade point average and complete a service project to be eligible for the the honor. Inductees included (BACKL ro R) Lacie Hartman, Natalie Kovar, Krae Lavicky, Josh Palik, Rachel Wacker, Luke Sellers, Maggie Svec, Claire Wisnieski, (FRONT) Aletha Breiner, Brooke, Hoelscher, Zander Kavan, Allisen Jelinek, Jocelyn Stara, Mara Yindrick and Toni Wachal. Photo by J. Brown

Hain attends All State Chorus

By Cecilia Sisco

For the second year in a row, junior Tate Hain attended Nebraska’s All State Choir. All State Choir took place at University of Nebraska in Lincoln late in November.

According to Hain the process to get into All State Choir was tedious. “You have to get all the music they are going to perform, and then you have to audition and practice with it. Then you have to sight read a piece they give you after all that,” Hain said.

First year choir teacher Mrs. Shelby Shaunaman, also had to do work for Hain to be accepted into All State. “I just get student interest, and I get the music and have students meet with me to practice and fill out paperwork for them and wait for results,” Shaunaman said.

Shaunaman and Hain spent time working together to better his chances of getting in. “Tate and I met to prepare for auditions after school and in the mornings. We worked on dynamics to help set him apart from other applicants,” Shaunaman stated. Hain put much effort into auditioning for All State Choir.

In late October Hain found out he made it into All State. “I felt really happy about [All State Choir] but also had survivor’s guilt because I was the only one to make it again,” Hain said. Two others from Aquinas auditioned for All State Choir. According to Hain around 500 students make it into All State Choir from all parts of the state of Nebraska.

Hain noticed differences between 2021 All State Choir and 2022 All State Choir. “The main difference was having different music directors, and there were a lot more people there, so it was much more crowded,” Hain said. Hain added that participants stay at University of Nebraska Lincoln for three days, and on the third day the choir performs their concert to the public.





Insecurities causes inharmonious emotions

By Cecilia Sisco

According to Heathline.com, “Everyone deals with insecurities on some level, but let unchecked, it can have a big impact on your day today life.”

Overcoming insecurities is the real challenge. Plenty of advice and research for students to combat insecurities is available online and from caring people.

According to senior Brooke Hoelscher, insecurities make her a “more selfish, unhappy person” overall.

Insecurities affect students more than one might think. “[Insecurities] definitely damaged my confidence. I’ve told myself I can’t do things, but I’ve shown myself that’s not always true,” sophomore Ally Prochaska said.

Insecurities can range from disliking one’s own appearance or personality to being self-conscious about one’s grades. “I’ve been insecure about my academics, appearance, and even my faith life,” Hoelscher said. Prochaska added she felt similarly, in addition to feeling insecurities about sports.

Insecurities can be caused by a number of factors, including the people and environment individuals are around. According to Healthline.com, “noticing the people and situations that deflate your self-esteem can help you pinpoint what to avoid.” Hoelscher also feels a “lack of peace” can cause insecurities.

Insecurities can be hardest for teenagers. “There is a lot of people telling [teenagers] who are what they should be or look like and that can get stressful for anyone.” Hoelscher said. Adults being gentler on developing teens on certain subjects can help.

“[Insecurities] feed themselves. The more insecure you are about looks, the more you focus and pick on them, so it becomes a cycle,” Hoelscher said. Overcoming one’s insecurities can be hard, as one needs to often get the motivation to work on their insecurities.

“My friends are always hyping me up and show me that I’m wrong about myself a lot of the time,” Prochaska said. People

need support and give reassurance to help others overcome insecurities. “Seeing people at peace with themselves woke me up and made me realize how unhappy I was and how insecurities are a waste of time,” Hoelscher said.

Good advice has helped these students. “If you keep telling yourself something long enough, you’ll start to believe it,” Prochaska said. On the other hand, some need a bigger connection to oneself. Hoelscher’s favorite advice was, “You have to have a firm foundation to build yourself up on because if you have no sense of self, you will crumble real fast.”

A common piece of advice is that one needs to confirm his own value. “Take inventory of everything you are doing right. Chances are your thoughts about yourself aren’t taking into account the hundreds of positive micro-decisions we make on a daily basis,” according to Healthline.com.

Hoelscher advice is one of self-love. “Practice gratitude. The more grateful you are for your life, the less likely you are to knit pick about it,” Hoelscher added.

Unknowing overuse creates painful outcomes

By Mackenzie Kobza

According to Shamard Charles, M.D., writer of *Social media linked to rise in mental health disorders in teens survey finds*, major depression, suicidal thoughts, and psychological distress are increasing issues in teens. These mental health concerns have risen significantly over the last decade, and the rise of social media may be the reason why.

“Social media refers to the means of interactions among people in which they create, share, and/or exchange information and ideas in virtual communities or networks,” stated *What is Social Media?* by Tufts Communications and Marketing.

According to Emily A. Vogels, Risa Gelles-Watnick, and Navid Massarat authors of, *Teens, Social Media and Technology 2022*, YouTube, TikTok, and Instagram are the most prevalent platforms among teen social media users. Social media platforms also include Facebook, Reddit, Pinterest, Twitter, Tumblr, and Twitch.

Technology started to become prevalent around 1995, but social media did

not become widespread among teens until 2007. According to Pew Research Center, author of *Social Media Fact Sheet*, seven-in-ten Americans use social media to connect with one another, engage with news content, share information, and entertain themselves.

“Research in this area is still in its early stage, but the significance of social media in the lives of many young people is clear,” stated writer for Unicef, Henry Fersko. Social media platforms were deliberately designed for excessive use.

This overuse may lead to ADHD symptoms, depression, anxiety and sleep deprivation, as well as feelings of envy, inadequacy, and less satisfaction with life.

According to Fersko, “Many governments, sociologists, and psychologists have also expressed concerns that children are spending too much time interacting with their phones and missing out on other important social experiences.” Depression is on the rise worldwide and half of all mental illnesses start as soon as age fourteen.

Social media may be used by teens to

compensate for less developed social skills, but this tactic may cause teens to feel even more lonely in the long run. A ‘like’ on social media may cause a temporary relief of loneliness, but face to face, meaningful relationships are a deep and lasting source of personal satisfaction and happiness.

In moderation social media allows teens to keep in touch with friends, classmates, and relatives and can possibly improve offline relationships. The problem begins when the use of social media dominates all social interaction, or in the case of excessive passive browsing, when teens are consuming more online information than they are physically engaging with.

Teenagers and adults may have a serious issue with overuse of technology and social media. The pandemic left users without a choice if they wanted to connect with others and share struggles.

As the world comes back to normal, the use of social media and technology must go back to normal, as well. Once the screen is off, a whole new world of opportunities turns on.



Grapplers eye season end goals

By Jacob Moravec

The Aquinas wrestling team kicked off their season with a dual against Boone Central. The team has many young wrestlers due to a big Senior Class graduating last year.

Aquinas attended a triangular at Central City with Central City and Scotus. Aquinas defeated Scotus 47-27 and Central City 43-35. "We wrestled aggressive and well as a team," head coach Mr. Roy Emory said.

The Aquinas wrestling team also attended the Wahoo invite. The team finished in first place with 9 medalists, including 6 champions. Grady Romshek, Colin Hough, Jakob Kavan, Kelby Coufal, Jacob Moravec, and Josiah Brezina were champions.

The Aquinas wrestling team attended the North Bend Invite in mid-December. The team finished in first place with seven champions. Grady Romshek, Trent Meford, Jakob Kavan, Kelby Coufal, Jacob Moravec, Calib Svoboda, and Josiah Brezina all won their brackets. Senior 106 lbs.

Players find size and maturity affects season

By Cecilia Sisco

The middle school football team had a tough season battling more experienced and bigger teams. However, each game of the season, the boys worked to improve their skills.

The seventh and eighth grade boys both lost tough games against annual rival Bishop Neumann. The eighth graders lost 14-8 and seventh graders lost 40-8. "The eighth graders battled and took the lead after going down but couldn't quite hold on," coach Roy Emory said.

The Norfolk Catholic game was a combined seventh and eighth grade game and ended with the team winning 46-22. "We played really well offensively, and the defense did a good job of bending and not breaking," Emory said. Eighth grader William Podolak added it was their best game of the season.

Eighth graders took a tough loss 38-0 at the Lincoln Lutheran game, but the seventh graders won their game 8-0. "Carter Cech

wrestler Grady Romshek said, "The team walked away with the North bend Invite team championship beating Wisner Pilger."

The Monarch wrestlers attended their first tournament of the season at Bennington. The Monarchs finished in second place as a team with 9 medalists. "Bennington was the first tournament, not the cleanest wrestling, but we wrestled hard," Emory said.

The Aquinas wrestling team kicked off the 2022-23 season at the Boone Central dual. The team won the dual 54-27. According to junior 138 lbs. wrestler Jakob Kavan both teams had a lot of opens.

Monarch wrestlers look to make improvements each week. "Wrestlers work on making improvements in the practice room each day," Romshek said.

The Aquinas wrestling team hopes to finish another successful season. "The team wants to strive for another state and state dual championship," Romshek said.

intercepted the ball and scored the touchdown, and I earned us the extra point," seventh grader Gregory Sisco said. The seventh graders did a "good job moving the ball" Emory added.

Eighth graders took the win against Lincoln Christian 12-0. Seventh graders tied their game 8-8. "We played really good because of good stops on defense and our plays were done well on defense," Sisco said.

The middle schoolers also had some competitive and less challenging games during the season. According to Podolak Norfolk Catholic was the easiest game of the season because the team played "good offense and defense." Scotus was the most challenging game according to Sisco because of their "bigger players."

The boys had a tough season according to Emory, but the players have talent. "The teams were more mature and a lot bigger than us. We have some players who are going to be really good but just haven't had that growth spurt yet," Emory said.



Senior 160 lb. wrestler Sam Hilger maneuvers for a better hold on his opponent. District competition starts Feb. 10. Photo by M. Kobza

Young Monarchs Gain much experience

By Makenna Steager

Order on the court! The Aquinas middle school volleyball girls played against Scotus, Lakeview, and Twin River during the 2022 late season.

The girls played against Lakeview with the B team losing in two sets with scores of 25-18 and 25-11. The A team lost in three sets with scores of 25-18, 25-23, and 15-11. Coach Mrs. Taylor Murren said "communication, serve receive, and being aggressive" were all highlights of the Lakeview game. Eighth grader Sylvia Pittz said, "I improved my setting and couldn't set very well in the early season."

The team played against Twin River with the B team winning in two sets with scores of 25-15 and 25-15. The A team won in two sets with scores of 25-16 and 25-21. Murren said the highlights of the game were "serve receive and playing good defense." Murren said the toughest part of all the games was when Aquinas was down by several points and would have to make a comeback.

The girls played against Scotus with the B team winning in three sets with a score of 25-20, 25-13, and 15-12. The A team lost in two sets with scores of 25-20 and 25-13. Murren said the highlight of the game was "setting the ball up on offense." Murren said this was a difficult series of games because there are "very competitive teams at the end of the season."

The girls ended the season with a record of 5-4 for the A team and 6-3 for the B team. Pittz said, "when working as a team, it's a group effort, you can't blame one person."



Shatter the layers of this mystery

Murder mystery sequel hits Netflix for streaming

By Lacie Hartman

You will forever be remembered in the same breath as the Mona Lisa. Directed by Rian Johnson and starring Daniel Craig, Edward Norton, and Kate Hudson, *Glass Onion* premiered on Netflix on Dec. 23, 2022.

Glass Onion is a “Knives Out” mystery. *Knives Out* was a hit 2019 murder mystery following Benoit Blanc (Daniel Craig) in solving the death of Harlan Thrombey (Christopher Plummer). *Glass Onion* is rated PG-13 for strong language and some violence. *Glass Onion* has two Golden Globe nominations: Best Motion Picture- Musical or Comedy and Best Performance by an Actor in a Motion Picture- Musical or Comedy by Daniel Craig.

Glass Onion opens with five life-long friends who receive a puzzle box inviting them to the lavish Greek island home of billionaire Miles Bron (Edward Norton). Everyone has a different relationship with Miles. The main event of the weekend was to solve the puzzle of Miles’ “death,” but when detective Benoit Blanc (Daniel Craig) arrives the plan quickly changes when he solved the death in a matter of minutes.

When Blanc encounters Miles’ former business partner, Andi Brand (Janelle Monáe,) a new murder surfaces. Quickly, Brand and Blanc team-up to solve the death of Brand’s twin sister in a “whodunit” fashion. Together they spend the weekend uncovering secrets and end up exploding the *Glass Onion*, Miles’ house.

Glass Onion has many mentionable actors, those including Daniel Craig, Edward Norton, Kate Hudson, Leslie Odom Jr., Madeline Cline, and more. While these are noteworthy actors, some of their characters do seem underdeveloped, leaving the viewers disappointed. However, even with the underdevelopment, the actors did a favorable job bringing the characters to life.

Knives Out was a murder mystery thriller; however, *Glass Onion* is considered more a murder mystery comedy. Director Rian Johnson did an outstanding job with the framework and had many excellent shots, but the plot was quite predictable. The writers added in multiple plot twists, but in the end the scenes felt a bit repetitive, leaving the viewers with the ability to sense what

was happening next.

Overall, this reviewer highly enjoyed *Glass Onion* and would recommend this movie to anyone who loves a whodunit mystery with some intertwined comedy. This reviewer would rate *Glass Onion* 8/10.



Cold weather troubles

