

The Lions' Pride.



A publication by the students of Mrs. Reade's Writing for Media class

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Life in National Honor Society

by Mackenzie Moreland

National Honor Society, or NHS for short, does an abundance of things for the community and the students feel it is worthwhile.

The admissions process, however, is challenging. First, a student must have 3.0 or greater cumulative GPA and be a junior or senior. Then the application process begins. The student must get five letters of recommendation, three from Lisbon Community Schools faculty and staff, and two more from family friends, pastors or other adults that know them well.

Next, they must write an essay over why they would be a good candidate for NHS. That essay must show that the student applying has good character, leadership skills, service, and scholarship.

Lastly, any Silver Cord hours must be on record with Mrs. Willenbring. A committee meets, and a secret vote is taken to select the

students that will be inducted. A few weeks later, an induction ceremony takes place and the members are formally inducted.

This year, the induction ceremony happened on October 30 at 7:00 PM in the Lions' Den.

Some of the events that Lisbon's chapter of NHS put on last year were a health day for elementary students, winter clothing drive to benefit Southeast Linn's clothing closet, and a prom for senior citizens at the rehab center. All of the events took a bit of time and planning, but they had big payoffs in the end that made everyone involved happy.

Their first event for this year was October 31 at Halloweentown in downtown Lisbon.

The NHS advisor, Mrs. Kibbie, would like everyone to go out and support Lisbon NHS members by playing the games and seeing them in costume.

Students burn the midnight oil

by Kayne Kamberling

During the school year, some students find themselves spending most of their time outside of school working to make a quick buck.

"I milk, feed, and just all around take care of the cows," said Braxton Kurtenbach.

This is a list of what Lisbon sophomore Braxton Kurtenbach says is a normal day of work. Kurtenbach spends almost all of his days staying up until the late hours of the night working. He works at his family farm run by him, his two brothers, and his father.

"I usually work about 45-50 hours a week," said Kurtenbach.

Working this much while still keeping up with school work can be challenging. After a long night of work, Kurtenbach only finds

himself getting a few hours of sleep before having to wake up early and go back to work. After his morning shift, there is not time for sleep because Kurtenbach goes straight from working to school.



During his shift, Braxton Kurtenbach runs the machinery loading manure for the farm. (photo by Brody Kurtenbach)

NHS welcomes new members

by Sam Hendricks

On October 19, 2018, the National Honor Society judges decided on 19 qualified juniors and seniors to be inducted into NHS. That is one more than the total members from last year. The new inductees of NHS are seniors Sam Hendricks, Hagen Waters, Ryne Mohrfeld, Katelyn Kerslake, Christopher Cannon, Maddison Hotz, Mia Knapp. Juniors include Alaina Jacobsen, Emily Butteris, Emily Schultz, Emma Bock, Grace Morningstar, Jenna Awbrey, McKenna Nelson, Olivia Hasselmann, Parker Lindsey, Renae Hasselbusch, Rylan Allison, and Tawnie Hudson.

These new members have worked hard in and out of the classroom from having a 3.0 or higher and being actively involved with their community.

"I am really close with [my] references; they are very important [which] helped shaped me to [have] good character," said Grace Morningstar.

Morningstar adds reasons for joining are to "learn how to be more of a leader and to efficiently lead groups of people and help the community."

Tuesday, October 30th was the induction into National Honor Society for the new inductees. From reciting the pledge to accepting the certificate and pin, these new 19

inductees are officially National Honor Society members.

"I think they're all good representatives of the four pillars that NHS stands for," said current member Bailey Svatosch.

Next time you see these students, congratulate them on such huge achievement that they have earned.



Happy for pictures, these new NHS members smile as 20 cameras take their picture. Pictured top row, left to right: Alaina Jacobsen, Kaitlyn Kerslake, Christopher Cannon, Maddison Hotz, Mia Knapp, Emily Schultz, Ryne Mohrfeld, Renae Hasselbusch, Emma Bock, and Tawnie Hudson. Bottom row, left to right: Jenna Awbrey, Emily Butteris, Rylan Allison, McKenna Nelson, Olivia Hasselmann, Sam Hendricks, Parker Lindsey, Hagen Waters, and Grace Morningstar. (photo by Bryce Clausen)

Working with pride: Bergeson brings smiles to Brothers Market

by Kayne Kamberling

For the love of being involved with the community, sophomore Amayah Bergeson spends a few nights of her week working at Brothers Market.

"I really like having conversations with the customers and putting a smile on their faces. I know everyone has bad days, so knowing that someone I made smile could have been having a horrible day before they came into the store makes me feel really good about myself," said Bergeson.

Bergeson does the job to make money but also because she likes speaking with people in the community. She loves to see everyone who comes in the store leave with a smile.

She was not pressured by parents to get a job. "It was my idea to get a job because I thought that I was getting old enough to start paying for things I wanted and places I wanted to go and do things," said Bergeson.

She feels with her maturity growing she can manage going to school and having a job.

Hillclimber by day, actress by night

by Kyla Hansen

Lisbon High School students will be putting on a musical on November 9th and 10th in the Old Gym for the entertainment of the community. The cast has been prepping for the showing of "All Shook Up" for about seven weeks.

"The musical has gone great this year! We have a very young cast which is exciting about the future," said LHS junior, Emily Schultz.

This year's musical should be full of energy and spunk with this year's cast. Schultz's other extra-curricular activity, Hillclimb racing, is also full of energy.

"I have been racing dirt bikes since I was four. When I was about seven, we started going every weekend to chase points and win the overall circuit," said Schultz.



Emily Schultz (pictured above) races at the Anamosa Hillclimb where she broke the record for the first girl, youngest racer, and smallest cc bike. (photo by Julie Schultz)



Emily Schultz (pictured above) in Polo, Illinois at a Hillclimb getting ready for the race. (photo by DJ Photography)

Schultz has many trophies and awards from past victories. It all started with her grandfather giving her father and uncle a dirt bike of their own.

"My grandpa started racing dirt bikes in his twenties, then passed that down to his two kids," said Schultz.

And eventually to Schultz.

It all starts with family. Many times, things are passed down from family member to family member. Some things even stick with the person to pass down to their children. One day, Schultz will not only have musical talent to pass down to future generations but her love for dirt bike racing as well.

Riddle of the week

by Gage McCoy

The more you take, the more you leave behind. What am I?

Footsteps

Out goes the old in comes the new

by Trent Welch and Cole Albaugh

Larson Construction kicks it into gear and gets right to work tearing down houses on the school grounds last week.

The blue house closest to the LECC was said to be 128 years old but is now torn down to make way for bus parking and the football storage shed. The shed is set to move in the next week or two.



Larson Construction immerses themselves in taking down both the blue house on the east end of the school and the brick house on the northeast side of the property last Friday. (photo by Cole Albaugh)

The demolition crew found a well under the house which now will need to be capped before moving forward.

The other house on the NW side of the property came down, and the crew is now in the process of digging up the footings to start moving dirt to make way for the football practice field. The digging of the footings is on hold because of the need to fix a water main they found.



Exterior demolition is complete on the outside of the school on the northeast corner of the building. Digging for footings for the new auditorium are on hold until the water main underneath the building can be dealt with. (photo by Cole Albaugh)

New additions bring new findings; this included a sewer line under one of the big trees out front of the high school office. Brecke Mechanical Contractors worked on the sewer line throughout the week and have completed the job.

Overall, Larson Construction is on schedule and plan on having everything done by next year.

Mr. Hocking said, "Larson is a great group of guys," and he has enjoyed working with them.

(left) Fondell Excavating wraps up the underground water drainage system under what will be the new practice football field. After that is covered, Larson will begin to grade the hill down to make it level. (photo by Cole Albaugh)

Seniors of the week: Jarrett Moehlman & Ryann Fall

by Mackenzie Moreland



Senior of the week, Ryann Fall, smiles for the camera, despite being hard at work as yearbook editor. (photo by Mackenzie Moreland)

Ryann Fall

Favorite High School Memory: “The suburban rides to golf meets were always so much fun.”

Plans After High School: “I plan on attending Kirkwood for a 2-year degree in graphic communication. Then, I want to move to a four-year university to finish the rest of my schooling.”

Favorite Kind of Pizza: “Casey's sausage pizza, 100%.”

Favorite Movie: “10/10 would recommend *National Lampoon's Christmas Vacation*.”

Favorite Subject: “I don't know if this counts as a subject, but throughout all four years of high school, yearbook has been my favorite class.”

Favorite Dance Move: “Does sitting count as a dance move?”

Jarrett Moehlman

Favorite Sports Teams (College & Pros):

“My favorite sports teams are the Iowa Hawkeyes, Chicago Cubs, Green Bay Packers.”

Plans After High School: “I plan to take online Kirkwood classes to get my general education out of the way. After that, I really don't know.”

Favorite School Lunch/Packed Lunch: “I don't eat school lunch, but my favorite packed lunch is a ham and cheese sandwich, butterscotch pudding, applesauce, and a granola bar. To drink, I like water and an apple juice box.”

Favorite Song/Genre of Music: “My favorite genre of music is country, but I don't have a favorite song.”

Favorite Colors: “Blue and Red”



Senior of the week, Jarrett Moehlman, focuses on maxing out his bench press in the weight room as Mrs. Vandersall spots him. (photo by Mackenzie Moreland)

Teacher baby boom: Willenbring welcomes first child

by Tanya Mallie

Isaiah Willenbring was born June 22, 2018. He recently turned 4 months old and is mostly known for his perfectly round head, his bright blue eyes, and the cutest giggle.

He has begun teething and is starting to chew and suck on his thumb. Isaiah began lifting up his head a lot earlier than most babies.

Willenbring and her husband own a 6-year-old boxer, and when all three of them are resting on the bed, Isaiah reaches over and moves his hand through the dog's fur.

"It is the most adorable thing that I had ever seen," Willenbring laughed, "it was so funny."



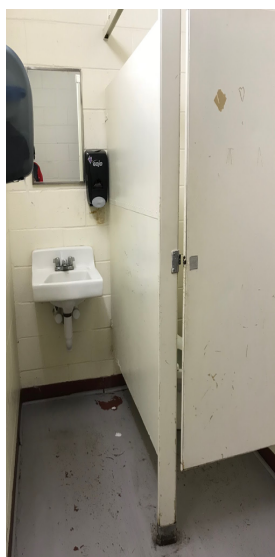
Isaiah shows off his adorable smile while he looks up at his mom. (photo by Mrs. Willenbring)

New section: Rants and Raves

Rant: Girls' locker rooms need an upgrade by Maysun Marshall

The girls' locker rooms outside the Lions' Den need more than a facelift; they need a complete overhaul. Sometimes a very disturbing smell permeates the room despite a "renovation" at the beginning of this year. Unfortunately, more needs to be done.

The showers aren't very "safe looking," and the curtains are too short, which doesn't offer much privacy.



Almost every drain in the bathroom is covered by gunk, dirt, or mold. The floors were repainted a grey color, which only lasted three weeks before it started to peel off.



The toilet stalls don't lock, so a girl has to hold it shut, so no one opens the door on her. The stalls themselves are dirty and rusty.

When girls get out of the showers or have no shoes on, they're scared to touch the ground because they're dirty and dusty.

It's hard to ignore what other schools say when they come into the locker rooms. It doesn't help that the adjoining door between rooms is extremely thin, so girls hear every "eww" or "OMG, there's so many crickets." It's kind of embarrassing.

Unfortunately, the locker rooms leave nothing to be desired, and they leave girls without a desire to go in them.

Rave: Lisbon INC - Innovate, Network, Create by Gage McCoy

Lisbon INC is a better way for students to learn. This project-based learning class allows students to learn what they want to learn. Students get to branch out, research, and learn about their interests and use their talents.

"I like how it is an open environment. You kind of get to do your own thing and learn about the things you want. A project Grace Morningstar and I are starting is a running club for young kids," said current INCer, Renae Hasselbusch.

Morningstar and Hasselbusch are passionate about running, so they found a way to blend running and education. This is what I mean by learning and doing what you want.

In Lisbon INC, students get to be free. Students get away from the standard textbooks and traditional testing.

Students get to explore their interests. If they like cameras, they can learn about and explore cameras. If they like sewing, then they can learn about sewing. In Lisbon INC, students get to develop passions for things that they did not even know about.

Lisbon INC teaches students the real-world skills that help them outside of the classroom. In Lisbon INC, kids learn

communication skills. These skills include talking in person, talking on the phone, and emailing. These skills can help kids talk to teachers, business professionals, and other people they are not familiar with. This will help students when they get into the work world because they will already have these skills and not have to learn them.

Although students do get grades in Lisbon INC, they're not doing their projects for an A, they are doing the projects to make their clients happy. This is the cool thing about Lisbon INC, a project or job is done for a business or someone in the community.



Working on Lisbon INC's smart board, INCer Parker Lindsey gets some work done. (photo by Gage McCoy)

Athlete of the week: Hunter Neymeyer

by Jarrett Moehlman



Hunter Neymeyer (2) tries to free himself from the BGM defender. (photo by Hannah Neymeyer)

This week's athlete of the week is sophomore Hunter Neymeyer. He is a wide

receiver for the Lisbon football team who contributed 10 receptions for 153 yards and a total of 3 touchdowns. Neymeyer also had 15.3 total yards per play this season.

On defense, he saw little action but was involved in 2.5 tackles. When asked which side of the ball he likes to play, Neymeyer said, "I like the offensive side of the ball because I like to catch and run with the ball."

Neymeyer started playing football in 5th grade. He plans on playing basketball this fall/winter and both sports the next two school years. After high school, Neymeyer would like to play basketball and football and major in engineering.

The wrong kind hydration for athletes and students

by Ian Heck

Hydrating properly and with the right stuff is one of the most important things a student-athlete can do because it doesn't help the student compete to the best of their abilities but will help the student do better with their class work due to the good nutrients they are getting from the right kinds of drinks, and it will help with overall health to not have all the extra sugars and other ingredients that don't have many benefits.

"Energy drinks, in general, are not good for anyone, especially young athletes. Energy drinks contain high doses of caffeine and sugar. The caffeine and other stimulants in energy drinks can cause heart palpitations if several are consumed on a daily basis. Some athletes aren't aware of congenital heart anomalies until they are in competitive sports. If large amounts of energy drinks are consumed, these heart anomalies can become life-threatening and cause the athlete to collapse during a competition.

The amount of sugar in energy drinks can also cause the blood in the circulatory system to thicken, almost becoming like syrup. The blood flows less easily when it is thicker and can cause other issues with the heart, like creating blockages in the arteries that provide blood to the chambers of the heart that pump blood throughout the body. Normal sleep patterns can be disrupted which can lead to many other health problems.

For the reasons listed above, it is not recommended for people under the age of 18 to consume energy drinks. Many high school athletes and non-athletes still choose to consume energy drinks on a daily basis without fully understanding the strain it is putting on their body and the potential avoidable risks they are taking," says nurse Heather Hansen.

Some athletes have tried to find ways to get extra energy for their competitions. One drink students from all schools have started to try is 5-Hour Energy.

"5-hour energy is mostly comprised of vitamins. I don't think that they hurt the athlete, but they contain a lot of caffeine which isn't good on the circulatory system. Young athletes have a higher metabolic rate for processing what is consumed by the body. Depending on the metabolic rate of the athlete, the benefits of the 5-hour energy wouldn't last five hours. If consumed immediately prior to a competition, it could have some benefit to performance but not a significant benefit. It wouldn't cause the athlete to have significantly improved athletic ability during the competition."

Young athletes have used BCAA or some other kind of supplements to increase muscle growth and shorten recovery time. One student being myself, and Mrs. Hansen gave a lot of good insight on what she believes on students using BCAA's and other legal supplements.