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FEATURE 6-7



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ENTERTAINMENT 10

Rock Bottom

Scotus Central Catholic

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Columbus, Nebraska 68601

Volume 23 • Issue II • November 16, 2023

One Act looks to punch golden ticket

By Quinn VunCannon
Staff Reporter

Most people say the newest edition of a product is the best one yet. The same can be said for renditions of *Charlie and the Chocolate Factory*. Although the original 1971 rendition might have people's hearts, Scotus One Act is sure to steal the show.

Scotus One Act is performing *Charlie and the Chocolate Factory* in competition this fall. The team has already performed at York on November 11th, where they placed 3rd.

This year, new and former cast members come together to perform a shortened version of this beloved movie. First year performer Madden Saenz is taking on the lead role as Willy Wonka. Taking on a lead role means learning about what it takes to perform in competition acting.

"There's a big change from speech to stage acting. The hardest thing to learn is definitely projecting my voice and being audible," Saenz explained.

One Act has seen a change in coaching the past few years. Previously, Mr. Ericson and Mrs. Holoubeck have coached and sponsored One Act. This year, the coaching staff consists of Mr. Ericson, Ms. Mimick, and Ms. Wallick. Starring



QUINN VUNCANNON / ROCK BOTTOM STAFF

Junior Madden Saenz, playing Willy Wonka, welcomes senior Logan Erickson as Grandpa Joe and junior Jessica Jackson as Charlie Bucket in *Charlie and the Chocolate Factory*. Scotus One Act has performed at York where they placed 3rd.

as Violet Beauregarde, junior Caroline Klitz sees the need for so many coaches.

"Ms. Mimick has really pushed us to delve into our characters no matter how small. We have learned so much more about how to perform

a scene, down to how to stand," Klitz explained.

When producing a play, attention to detail is crucial. Klitz and other cast members are excited to unveil the magical world of Willy Wonka. *Charlie and the Chocolate*

Factory is a whimsical play with vibrant design. The characters interact with each other and their set to recreate the magic of the original movie. Junior Jessica Jackson will star as Charlie Bucket.

"I'm excited for everyone to

see the set along with the actors! It is colorful and fun, and with all the characters acting, it really brings the show to life," Jackson said.

Often overlooked as a part in the One Act, the crew has an

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Girls make FIERCE commitment to their faith

By Sofia Karges
Staff Reporter

Usually when the word 'retreat' is used at Scotus, people think of all-day field trips taken away from school to spend time with fellow classmates. This year there has been a change to retreats offered in order to allow students to have more control over what they want to do. One retreat to choose from was the FIERCE Retreat, which was held last week.

Samantha Kelley is the president and founder of FIERCE Athlete, a ministry aimed to promote true identity and femininity in female athletes based on the teachings of the Church. Kelley, who is based in Philadelphia, came to Nebraska on Thursday, November 9th to host an all-day retreat for high school girls at Scotus.

Junior Rebecca Kosch was one of many who enjoyed the activities throughout the day.

"I signed up to do the FIERCE Retreat because I wanted to know

how being in a sport and continuing my faith life could go hand in hand with each other," Kosch said.

Kelley has been an athlete her whole life; she was a nine-time state champion in high school alone and played soccer at the University of Connecticut during her college years. She suffered an ACL injury during her last year of high school, though, and struggled with her identity throughout her college years. With not being able to play the sport she loved, she partied hard with her teammates trying to fit in, but

never felt fulfilled. After attending a Christian conference her junior year of college, Kelley found out what God was calling her to do—evangelize through her athletics, which is why she started FIERCE.

During the retreat, there were four circuits Kelley led, which gave the girls an opportunity to work their lower body, upper body, core, and plyometrics.

"Doing all the workouts was my favorite part," freshmen Brooke Krienke said. "It's been cool to see how we can push each other and encourage each other to reach our full potential."

Before each workout, Kelley gave a theme to focus on in order to push the girls to work harder. Gratitude and encouragement were two of the these she gave. She also handed out pieces of tape to wrap around the girls' wrists where they could write motivational statements and intentions. Kelley also taught the girls about their true identity and femininity through two talks she gave, which expanded from the themes that were given during the workouts.

"She had us write down motivational statements on our wrists and intentions we can focus on during the workout. I really think it helped me compete because offering it up for someone else helps me work harder," junior Emma Klug said.

Kelley used this method before her own soccer games in college. Picking an intention to play for and writing her statement on her wrist refocused her when the game was getting particularly tough. Through this, she was able to work harder

Students rally up for faith and fun

By Ava Rickert
Staff Reporter

Screams, cheers, and applause filled the Dowd Activity Center on October 25th. The reason for the commotion was not a typical volleyball or basketball game, but students cheering on their classmates during the faith rally, which took place in the afternoon.

Instead of having the usual Rock Talk on October 25th, the campus ministry planned a short faith rally for the school. The hour-long event included a game between Rock Talk groups, a talk over the Eucharist, and Adoration, both led by Fr. Taylor Leffler.

The game was a highlight of the afternoon for many students. One Rock Talk team from each grade was brought down from the bleachers to participate. The team was given nine balloons and assigned the task of popping the balloons between two team members' bodies in a relay race. Some of the most common tactics were body slamming and jumping on each other. The first team to pop all of their balloons was the winner.

Senior Kyra Bowen's Rock Talk group was one of the teams to compete.

"I thought it was so much fun. It was a great way to work together as a team and accomplish the goal of popping the balloon," Bowen said. "I thought it was fun finding

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TAYLOR DAHL / MARKETING DIRECTOR

President and founder of FIERCE Athlete, Samantha Kelley, talks to high school girls about how God is incorporated in athletics during the FIERCE Retreat which was held last Thursday, November 9th at Scotus. Kelley led the girls through workouts and gave talks throughout the day.

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FIERCE

because she was reminded she was playing for something greater than herself.

“I like how Sam is open about being a woman and tells us how we need to embrace our femininity through everything we do,” Kosch said. “It’s really cool to realize we are all here for each other physically and spiritually, even when we aren’t working out.”

The FIERCE Retreat was a place for young women to learn more about their identity while praising God through their athletics. It gave the girls an opportunity to become closer with each other and with themselves.

“It’s been really fun, and if they have one again, I will for sure do it,” Klug said.

ONE ACT

essential piece to each performance. This year, Scotus has 22 members in its crew, headed by seniors Ella Broberg, Luke Chard, and Olivia Ehlers.

“We have a very dynamic crew. They are dressing up as Oompa-Loompas and doing transitions. They are a big part of our show,” Saenz explained.

In order to meet the requirements of competition, the cast has to perform their show in under thirty minutes. A good play also has a variety of different lightings, sounds, and, of course, sets for different scenes. The crew takes care of all of these aspects of the One Act. They practice transitioning the set of one scene to another, and they have to be meticulous in order to meet time requirements.

“Our time is limited, but our goals are ambitious. With enough dedication and hard work, we can go far,” Klitz said.

Scotus One Act is looking to perform at state for the third year in a row. They will be performing their home show this Friday in Memorial Hall at 7:00 pm.

FAITH RALLY

different positions to pop the balloons as well.”

After the game, campus minister Dana Ritzdorf explained to the students a topic she believes is important in growing in a relationship with Jesus, the Eucharistic Revival. The Eucharistic Revival is a movement which pushes for greater understanding of the sacrament of Holy Communion.

Ritzdorf emphasized the importance of seeing the real presence of Jesus in the Eucharist.

“He has given us everything, but sometimes we get so ‘used to’ it that we forget how precious the Eucharist truly is. I love that the church is pushing this revival because it’s in the Eucharist where we can have intimacy with Jesus and experience the depth of His love. I

want that for everyone, especially each of our students,” Ritzdorf said. “Faith and knowledge go hand in hand, so if we can help people grow in understanding, then God can do the rest and help them have the eyes to see in faith that He is really present there.”

After a talk from Father Taylor about the effect of the Eucharist on his life, the day ended with Adoration along with praise and worship. Many students enjoyed Adoration because they were at peace listening to the music being played.

“I enjoyed the adoration. Father Taylor has an amazing voice and I enjoyed the songs he played,” junior Ian Karges said.

Before being dismissed from school, the Rock Talk groups were given time to catch up and pray

with each other. They shared their thoughts on the faith rally.

“It was only an hour long, but I felt like it was a good length. It wasn’t too long that everyone got bored, and it wasn’t short enough that it was a waste of time,” senior Mary Faltys said.

Whether it be through Rock Talk, faith rallies, or Adoration, there are an abundant number of ways students can grow in their faith at school.

“It’s a great way to come together in a fun atmosphere to celebrate our faith and spend time with Jesus,” Ritzdorf said. “Listening to speakers share about their own journeys with God can be an inspiration and help remind us all that God is real and He loves us.”



JACKSON HENG / YEARBOOK STAFF

Seventh graders Jace Jakubowski and Chase Zywiec work together to pop a balloon during the game at the faith rally on October 25th. One Rock Talk group from each grade participated in the game.

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Phone rules send a lasting message to students

By Rock Bottom Staff

For well over a decade, cell phones have been a distraction for students at Scotus. From tiny ipods to the newest iPhone 15, there have always been rules in place to regulate this temptation. Students often don't appreciate the thought that has gone into the phone rules, especially when it comes to the twenty dollar fine when one is caught using their phone. However, we as the Rock Bottom Staff believe the rules are important and beneficial to the environment

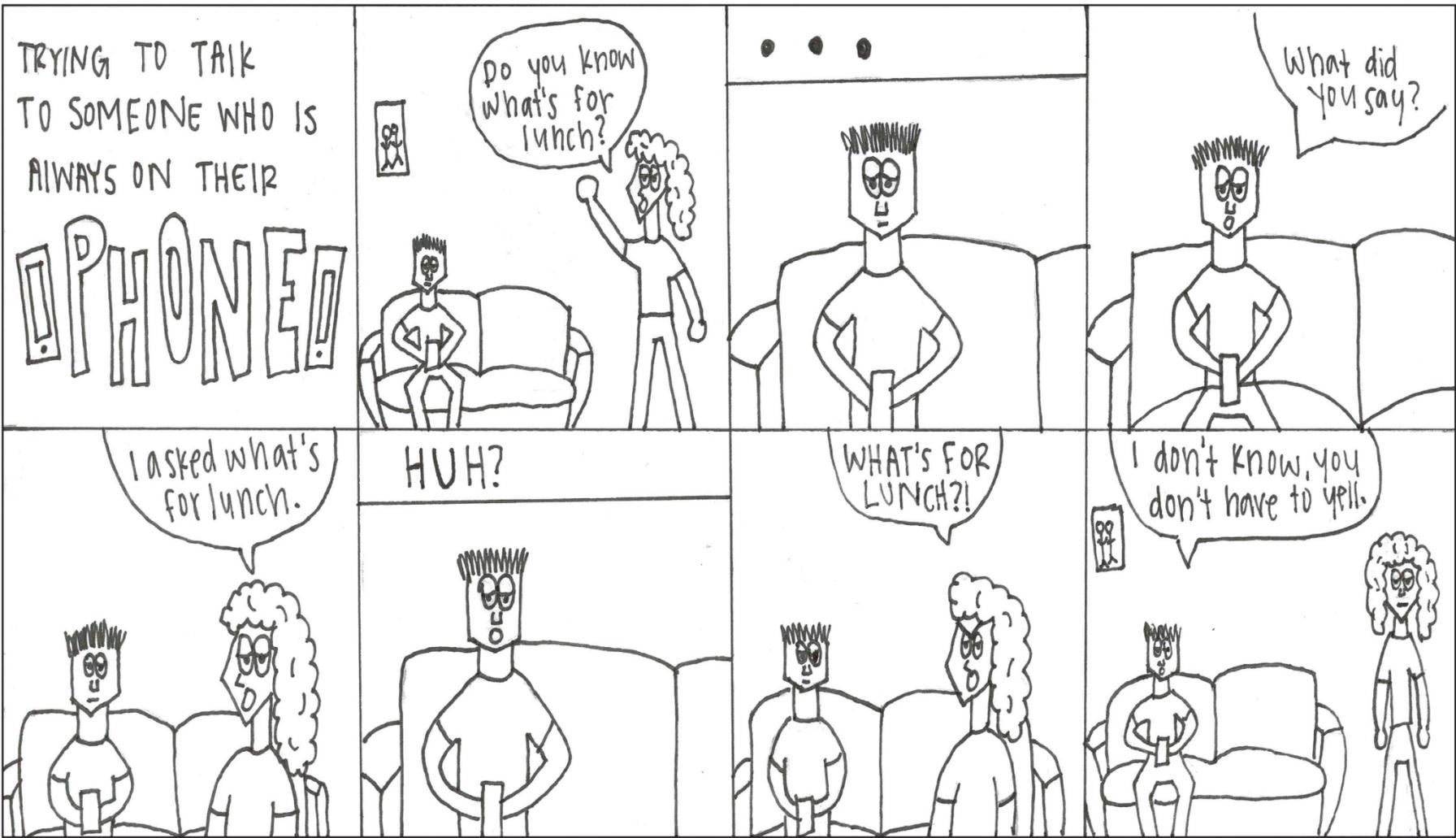
of the school. Many of the Scotus seniors remember the different rules that were in place when they were in seventh grade. All the teachers used to have pockets hanging from their doors where the students would place their phones during class. Although this seemed like a good idea, administration soon realized it encouraged phone usage between classes as they picked them up and carried them around. The newest set of rules where each student leaves their phone in their locker is, although simple, the best way

to discourage phones. This rule is easier to enforce for teachers and easier to carry out for students. By putting their phones in their lockers by 8:15 am, there is no need for students to think about them until 3:35 pm. Besides the obvious positives of the rules, there are also some underlying reasons the rules should be welcomed by students. Scotus students are growing relationships every day without texting or using social media. They talk to each other face-to-face between classes and welcome the time to socialize during a tech free lunch. We have

noticed students from other schools spending time on social media, sending snap backs, or taking BeReals during their lunch period. If someone was to take a look around our lunch room or even take a listen, they would immediately notice the absence of cellular devices and hear the rumble of countless voices in conversation. Without realizing it, Scotus students are developing skills they will use for the rest of their lives. To be able to go hours without checking their phones, working for entire class periods or study halls without distraction, and

asking teachers questions face-to-face is a skill that goes unappreciated. It's easy to feel as though the administration is bullying students into using an eighth of the screen time they did in the summer, but what they are really doing is suggesting habits students should implement in their personal lives outside of school. We encourage setting personal screen time limits or not having the phone in the room while doing homework or sleeping. According to *The Writing Cooperative*, it takes twenty hours to pick up a

new skill from scratch. That is equal to forty-five minutes a day for a month. According to *ABC News*, teens spend an average of seven hours and twenty-two minutes a day on their phones. This means that if one was to put all these hours toward a skill, they could pick that skill up in less than three days. Overall, the phone rules are positive for the students and the school. Students who implement these rules into their lives outside of school will learn to appreciate the rules more, as well as the relationships and skills they can build without their phones.



KIRSTEN SUCHA / ROCK BOTTOM STAFF

Turkey Day turns into another Thursday



By Sofia Karges
Staff Reporter

As summer comes to an end and fall rolls around, there are many traditions starting back up again. The

phrase "Happy HalloThank-Mas" is coined for this time of year because the next couple months are so jam-packed with holidays. While each holiday is significant in its own way, some definitely overshadow others. Thanksgiving is the most overlooked holiday when it comes to the end-of-the-year months. However, I believe the intent of it makes it one of the best holidays we have, tied for second with Christmas after Fourth of July. Thanksgiving is one of the most unique holidays in the world, not only because of its history. I know everyone loves Christmas,

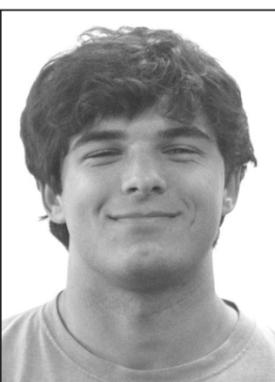
but Christmas is celebrated everywhere. No where else in the world can you find a day dedicated to cooking a turkey, eating good food, sitting around watching football, and being with family. Sure, there are other holidays where laziness is encouraged, but they don't hit as hard as Thanksgiving does. There is nothing quite as nice as taking a long nap after stuffing your face with your mom's cooking. With the weather and the food, it is the perfect atmosphere for the best holiday. Everyone makes such a fuss over Halloween because it is the kickoff to the holiday festivities. People spend so much time getting the perfect

costume and setting up for Halloween, yet decorating for Thanksgiving is almost unheard of. I get it, spooky season is fun, but it is not worth the hype. As soon as November 1st hits, people start worrying about the next big thing: Thanksgiving? No. Christmas. Radio stations start streaming cheery Christmas music, themed holiday menus are put up in fast food chains, Mariah Carey is back in business making millions off her Christmas songs, Hallmark movies start playing on repeat, and we all know Walmart started displaying their decorations two months ago. At this rate, outsiders

wouldn't even know Thanksgiving was a thing! Now, I get it. Thanksgiving might not be the most exciting holiday, but I believe it is a time to focus on the things that really matter. During Halloween, Christmas, and most other holidays, there are gifts to be given and received. Candy is the main focus for trick-or-treaters going from house to house on October 31st, and children sleep well on December 24th knowing they will receive gifts the next day. Oftentimes this puts us in a mindset that we should always be receiving something for us to enjoy a holiday although this should never

be the purpose of celebrating them. Thanksgiving is a time to be grateful for what we have and to enjoy the presence of family and friends. It has a power which is quiet; a time to slow down before the busyness of the Christmas season starts up again. While there aren't as many exciting traditions for Thanksgiving like there are for Halloween and Christmas, it might be the best holiday because of the intention of it. This year, take the time to slow down and enjoy Thanksgiving. Be present with your family and learn to love the holiday centered around gratefulness.

Oldest calls for the most responsibility



By Caleb Cameron
Staff Reporter

"Caleb, will you go to my soccer game this weekend?" I look up from my pre-calc book to see my little sister. My mom suddenly walks into the kitchen and gives me

that look. We all know the look I'm talking about. "Yes, Chloe I would love to go to your soccer game." I know it means the world to her, but I have a chemistry packet, 3 pre-calc assignments, and an English essay to finish. I understand the youngest have to go through this as well, but as the oldest in the family, I have the most responsibilities. I will find the invisible time. Being the oldest Cameron child has taught me how to be the most responsible in the family, how to set a good example for those around me, and sometimes how to accept being my siblings' chauffeur. These lessons are valuable but are also difficult to live up to. I can definitely see the ups and downs of being a middle

child or youngest child, but I believe being the oldest is the most difficult. One of the hardest parts about being the oldest child is the pressure of your younger siblings' reputation being placed on your shoulders. Especially at a smaller school like Scotus, last names matter. Because of this, the oldest child is most of the time the most remembered by teachers, faculty, and members of the community. The oldest's actions always have an impact on how the youngest is viewed and treated. There is already enough pressure to not ruin my own reputation, much less my siblings'. This brings up the aim to be perfect. There is a constant pressure to be the best student, athlete, son or daughter.

Oftentimes, the youngest is viewed as the most fun or relaxed. This is because they don't have the constant pressure to be perfect for their parents or family. One of the best parts of being the oldest is getting to do everything first. Also, one of the worst parts of being the oldest is getting to do everything first. It's great because who doesn't want to be first. However, it is the worst at the same time because it is the first time parents have to parent you through experiences. For example, driving is sometimes a hot topic between me and my parents. There are the issues of how often to be out with friends, gas usage, and curfew! The worst argument for me and my parents is I basically am

my sibling's chauffeur. I sometimes become a third parent. The younger siblings will never have to experience this. There are many instances where I watch my siblings and say, "I never was able to do that at his age" or "When I was his age the rule was much stricter". Why is that? It is because parents become more lenient as they gain parenting experience. This means parents are often the most strict with their oldest child. For example, I look at my little sister and say, "Holy cow! I can't even imagine what would happen if I acted like that or said that." The youngest is given much more wiggle room for rules and has a larger say on what they do or don't do.

Don't get me wrong, I love my parents, but I think all parents could afford to take it a little easier on the oldest. Now I can see the downside of being the youngest. I would not enjoy wearing hand me downs or being called my siblings name! But, I would take those things over the pressure given to the oldest. So, next time you are allowed to stay out after curfew, please remember your parents allow you because your older siblings made curfew. All the freedoms and lenient rules are because of us, so please tell your older siblings thank you the next time you see them.

Volleyball makes postseason run

By Caleb Cameron
Staff Reporter

After a difficult end to the regular season schedule, the Shamrock volleyball girls were determined to keep their season alive. After the last regular season game, the girls prepared to play Lakeview in the first round of subdistricts. The Shamrocks had played Lakeview three times before the subdistrict matchup, going 1-2.

Freshman libero Brooke Krienke had only started 2 games before subdistricts. "We knew [Lakeview] was going to overlook us because of our record and our prior meetings. We knew we

needed to use it to our advantage" Krienke said.

On Monday, October 23rd, the volleyball team traveled to Lakeview feeling confident in their preparation. From the start, the score was close. The teams battled back and forth, trading point for point. The Shamrocks fell just short, losing the first two sets 24-26 and 22-25.

Senior outside hitter Ashlee Leffers was a two-year starter.

"The coaches had told us to take one set at a time and do not give up because it has been done before. We had said one point at a time, and we all believed in one another. We trusted our coaches and our training,"

Leffers said.

The Shamrocks then went on to win the third and fourth sets 25-19 and 25-20. Going into the fifth set, the Shamrock energy was high. The girls used this energy to win the fifth set 15-12, ending the Vikings season. This was the first time the Shamrocks had beaten Lakeview in subdistricts since 2018.

Senior middle hitter Joanna Rusher led the team in kills for the year.

"Beating Lakeview my senior year was the cherry on top. They've ended our season my entire career until now," Rusher said.

The Shamrock's journey wasn't over as they returned the next night to play David

City for the subdistrict final. The Rocks dropped the first two sets. Once again, the Rocks managed to fight back by winning the next two sets, 25-16 and 25-23. The girls started the fifth set preparing to win. At first, it was back and forth but after a couple consecutive points, the Shamrocks pulled ahead. They ended up winning the fifth set 15-8.

Junior setter Meah Sackett led the team in assists this season.

"I think it was just a matter of everything coming together and playing to our peak at the perfect time," Sackett said.

The girls' next matchup was against Minden who was

ranked 2nd in class C1. Minden had 1 loss, losing only 3 sets the whole season.

Senior middle hitter Rylie Jarecki has been on the volleyball team since her freshman year.

"I think the biggest reason for the team's success at the end of the season was we played with a lot of heart and played for each other," Jarecki said.

On October 28th, the Shamrocks traveled to Minden. The girls kept it close but unfortunately lost in 3 sets.

Junior outside hitter Mallory Dreesen led the team in digs against Minden.

"We gave Minden a run for their money. We had a nothing to lose mentality and

that allowed us to compete with a very talented team," Dreesen said.

The volleyball team finished the season with a record of 11-18 but exceeded expectations in the postseason. Senior defensive specialist Kensity McKay led the team in digs this season.

"I think this year's team chemistry really lived up to our team's motto of 'Through It All' because even being 11-18 we proved we could compete with the best teams in the state. The team's chemistry this year was the best of any team I've played on because I knew I was going out there with my best friends, and no matter what we stuck together," McKay said.



JOSIE SLIVA / YEARBOOK STAFF

Freshman libero Brooke Krienke serves the ball during the subdistrict game against David City. The Shamrocks beat the Scouts in a reverse sweep.



JUDE MAGUIRE / YEARBOOK STAFF

The Shamrocks celebrate after scoring a point in their subdistrict match against Lakeview on October 23rd. The volleyball team won their subdistrict for the first time since 2018.

Scotus football concludes season after making playoffs

By Kirsten Sucha
Staff Reporter

At the end of the football season, almost every single team ends on a loss. The problem with ending on a low note is it never shows the amount of trials and progress a team must go through to get to where they are at the end

of the season.

The Scotus Shamrocks played the Schuyler Warriors on October 13th at Pawnee Park. The Shamrocks played a long, hard game in the cold. Junior Spencer Shotkoski was the leading scorer of the game with three touchdowns. Scotus scored a victory over the Warriors 46-8.

Tyler Linder is the head

coach of the Scotus football program.

"The Schuyler win was needed. We had dropped the previous two games to Wahoo and DC West so we needed to get back to our winning ways," Linder said.

Senior defensive back Frank Fehringer was a starter for the football team this season.

"Schuyler was a super fun game, I even had a scoop and scored a touchdown on a kickoff."

The Shamrocks continued on with their season playing Lakeview. The rivalry game was held at Lakeview on October 20th. Junior quarterback Cohen Pelan threw a 26-yard touchdown pass to junior Luke Wemhoff in the fourth quarter. The Shamrocks then recovered an onside kick and Pelan later ran in for the touchdown. Ultimately, the Shamrocks fell short to the Vikings losing 14-42.

"The most challenging aspect of playing Lakeview is focusing on the things that really matter in terms of winning a football game. Obviously, tackling, blocking, and scoring points are important to winning a game, but being in the right frame of mind might be more important," Linder explained. "Getting our boys into that mental space is always the most difficult aspect of rivalry week."

Senior Jackson Heng played cornerback and wide receiver for the Shamrocks this season.

"The physicality of the game [was the most challenging part of the game], and on offense we had a tough time moving the ball," Heng said.

Following the game against Lakeview, the Shamrocks were placed in the playoffs. Even though Scotus suffered a hard loss to Lakeview, the game continued to better prepare them for the playoff game against Wahoo Public High School.

"Our motto for Scotus football is 'Be The Best'. You cannot truly live that out unless you compete with the best. Iron sharpens iron. Anytime you play a team with great coaching and a tradition of excellence, it will make you a better football team," Linder said.

Pelan threw a total of 525 passing yards this season.

"[Playing Lakeview better prepared us by] helping us get the right personnel for Wahoo," Pelan said.

The Shamrocks had to travel to Wahoo on October 27th where they played the Warriors. There, Scotus played as the No. 16 seed and lost their final game of the season 0-46 to the No. 1 seed, Wahoo.

Senior captain Evan Kiene led the team in rushing yards this season.

"It was a fun year. We hoped for more, but that's the way it is sometimes, I will still cherish the good memories the team made," Kiene said.

The Scotus Shamrocks concluded their 2023 football season with five wins and five losses.

"I love the memories you make and the relationships you build along the way. Ralph Waldo Emerson famously said, 'It's not the destination, it's the journey.' I want to win games, and I want to compete for championships, but more than anything I want to foster an environment that builds men of character," Linder said.



ELLA HASH / ROCK BOTTOM STAFF

Junior Cohen Pelan runs toward the end zone during the game against Lakeview on October 20th. After the last regular season game, the Shamrocks traveled to Wahoo for playoffs.

Arndt places 6th, team places 3rd at state golf tournament

By Patrick Arndt
Staff Reporter

Scotus girls golf ended the fall season strong, placing 1st at districts and 3rd at state in North Platte.

Senior Kaitlyn Fleming was among the five sent to conquer the unforgiving Lake Maloney Golf Club on October 9th and 10th.

"Overall, we've played better before. A few people on our team didn't have great days and shot above their average. But it was a tough course, so that is understandable," Fleming said.

Sharing the same qualities of a normal tournament, State has unique differences setting it apart from any other tournament. Junior Quinn VunCannon commented on the stark differences between state and a regular tournament.

"State is a lot scarier.

Obviously there is pressure to perform, but it feels like more than that. At first they announce your name and everyone stares at you making you feel awkward, then you have to tee off in front of a lot of people, making teeing off even more awkward than it usually is," VunCannon said.

The state golf championship consists of a 36 hole team and individual event over 2 days, totalling 18 holes each day. Each day the top four scores are taken, to derive totals of day one and day two, the combined eight scores make up the team total of both days.

VunCannon put together two good scores shooting 98 on the first day and 103 on the second day. VunCannon was a member of the varsity team and also qualified indi-

vidually for state. Leading the team in scoring was senior Cecilia Arndt, firing an 82, 80 to place 6th individually among the 91 other players.

"I played a couple of difficult rounds, but it worked out in the end because I placed 6th. Overall, I think the team had a good performance, being the first state meet away from home, it really showed us how we can improve, and I see how much potential this team truly has," Arndt said.

Over 2 days the team scored a 743 placing third, shooting 372 on day 1 and 371 on day 2. Attending her first state tournament, junior Abby Shumacher posted two good rounds, scoring 109 on day 1 and a 116 on day 2 placing 73rd.

"I thought I played decently overall, granted it was my first time playing at state.



PATRICK ARNDT / ROCK BOTTOM STAFF

Senior Cecilia Arndt hits an approach shot at Lake Maloney Golf Course during the Girls Class C State Championship on October 9th and 10th. Arndt shot 82 and an 80, placing 6th, leading the team to 3rd place.

State seemed like a stressful environment as there were mobs of people everywhere I looked, and I tried not to let any external factors affect how I played," Schumacher

said. Overall, Scotus held their ground placing third among fifteen other teams and medaling only Arndt. Arndt has had a successful career at

Scotus, holding the 18 hole record of 69, tying the lowest 9 hole record of 34, and most medals at state with 4.

Runners face challenges at state meet

By Ella Hash
Staff Reporter

Warm weather, sunshine, and clear, blue skies is anyone's ideal day off. A person could relax, read a book, and enjoy the weather around them. While this weather may feel great to others, the sentiment may be lost on cross country runners. On October 20th, one of Scotus' days off from school, the girls' cross country team and boys' cross country senior member Jude Maguire made the trek to Kearney to participate in the State Cross Country meet, facing hotter conditions than they had all season long.

One of the top three runners on the girls' team was sophomore Hannah Heinrich, who had heat complications earlier in the season at different meets.

"It is very unusual for [the meet] to be above 80 degrees in October, so that added complications for many of the athletes and teams," Heinrich said.

The heat was a big factor throughout the day in Kearney, adding to the hills and turns the runners had to face on the course. Many runners in the races before the class C meet were dropping out due to heat exhaustion and not finishing where they were projected to place, including

Heinrich. Heinrich ran in the front of the pack until the last few hundred meters where she struggled across the finish line due to the heat and harsh circumstances of the course.

"I honestly don't remember the end of that race, but I'm happy I finished because I had made it so far throughout the season to quit at that point," Heinrich said. "We definitely grew stronger as a team because we experienced first-hand how important it is to truly be there for one another."

Although the weather was off, Heinrich and other runners still found a way to persevere through the troubles and find a way to keep going.

Freshman Leslie Medina was the girls' fifth runner this year. Medina has been in cross country since junior high.

"I was pretty nervous, but I was excited to be there and ready to get [the race] over with," Medina said.

For this state meet, the girls' team was composed of members who had not competed at state before. Although the course was not new to them, other teams had already picked the girls' team as the one to beat. After finishing first at every meet the whole season, beating out other highly rated teams, the



ISABEL ZARUBA / YEARBOOK STAFF

Senior Mary Faltys and freshman Emilyn Kavan keep the pace at the state cross country meet on October 20th. The top 15 runners place, including Faltys in 12th and Kavan in 15th.

girls were more than ready for the target placed on their backs.

Senior Mary Faltys was one of the girls' top three runners this season.

"We knew the other teams would do their best to beat us," Faltys said. "We had to come ready to compete."

The race started out as

any other. Nerves were running rampant throughout the air as a shot signaled the start of the race. The girls treated the race as any other they had run this season. Fans cheered them along the way, pushing them to move up in front of a runner or giving reminders they are doing great. As the race finished, the team

and individual scores were announced. Faltys placed 12th and freshman Emilyn Kavan placed 15th in class C.

"I am glad Emilyn and I both placed at state," Faltys said. "There weren't many other teams who had more than one runner finish in the top 15."

Even though Faltys and

Kavan were some of the top runners at the meet, the girls' team placed fifth, ending their season-long winning streak. The ending was bitter-sweet for the team who had been top-ranked all season.

Medina stated, "We will get to state again next season and hopefully win, for real this time."

Junior high fall sports wrap up

Volleyball

Many junior high girls are drawn to volleyball each fall. The team aspect of the sport is a major contributor to the big team. There were 17 girls on the 8th grade team and 27 on the 7th grade team.

8th grader Leni Kerkman played libero.

"I love volleyball and the environment around it. It's fun to be with my friends and try my hardest," Kerkman said. "I love it and can't believe it's already over."

The 8th grade A team finished with a 5-10 record, and the B team's final record was 5-5. As a 7th grader, Kate Sell played Scotus junior high volleyball for the first time. "I learned that my classmates are great teammates, and we work really well together. It made the season a lot more fun because we know how to lift each other up. That makes it special," Sell said.

Volleyball taught 7th grader Jaci Harrington the importance of persistence.

"I learned you can't focus on the mistakes or the score. You just have to pick yourself up and try again. We would get down on ourselves if we were losing, so we wouldn't do too great because of that," Harrington said.

"Have fun because it's not always about winning. It's about being there for your teammates, working hard, supporting each other, and lifting each other up," 7th grader Harper Spale concluded.

MARY FALTYS / ROCK BOTTOM STAFF

Football

Football is the most popular junior high sport at Scotus. This year, there were 40 boys on the team. Many boys play football because they enjoy being on a team.

For 7th grader Bode Roberts, that is just one reason he went out.

"Football is a great sport because I'm very physical and love to hit people and take them out. Also, I love to be part of the team and love every one of my brothers on that team," Roberts said.

Playing football brought the boys fun memories as well as taught them important life skills.

8th grader Grant Borg learned the importance of resilience.

"Expect to lose but get back up because you are going to be a better version of yourself," Borg said.

For 7th grader Jace Jakubowski, football reinforced the importance of teamwork.

"I learned that giving my best effort all the time will make me the best I can be and help the team to my best ability," Jakubowski said.

The 8th grade team finished with a 0-6 record, and the 7th graders finished 4-2.

"It's an amazing time, and I would definitely recommend it for future Shamrocks. It's a lot of hard work and effort in practice, but it all pays off when you get to lay out the quarterback on the opposing team," Roberts concluded.

MARY FALTYS / ROCK BOTTOM STAFF

Cross Country

This year's junior high cross country team had 17 runners, and only 3 of them were boys. They competed in 6 meets this year.

Many runners are attracted to cross country by the close bond among the team. This was true for 8th grader Aurora Ridder.

"I went out for cross country because all my friends were doing it, and it has a good environment," Ridder said.

Unlike the other junior high sports, junior high runners practice with the high school team. This often teaches the younger runners more about the sport.

8th grader Avery Heinrich was the top runner on the girls team and led the girls to a 49-3 record.

"I learned the value of hard work, and the upperclassmen are all really good role models," Heinrich said.

In addition to the strong team bond, cross country is also known for the challenging mentality.

Although the challenges are daunting for many, the support of the team helps everyone push through and enjoy it.

"I think it's a great sport. Even though it is tough and you might not like running, you can make a lot of friends and have a good time no matter what!" 8th grader Madilyn Klug said.

MARY FALTYS / ROCK BOTTOM STAFF



JUDE MAGUIRE / YEARBOOK STAFF

The Shamrock volleyball team celebrates with the Rowdy Dowdies thanking them for their support during their win against Lakeview on October 23rd. The Shamrocks finished the season 2-2 against the Vikings.



ISABEL ZARUBA / YEARBOOK STAFF

Senior Jude Maguire strides out in the first half of the State Cross Country Meet on October 20th. Maguire qualified as an individual for the meet for the third time.

Meet the Scotus Lunch Ladies

**Shelly Adams,
Lunch Program Coordinator**



Originally from: Sioux City, Iowa
At Scotus since: 2009
Family: Shelly is married with one son and one daughter.
Hobbies: Shelly likes to bead jewelry and watch hockey.
Fun fact: "I'm a car geek. I still own my 1981 Firebird!"

**Margie Swanson,
Cafeteria Manager**



Originally from: Bohol, Philippines
At Scotus since: 2022
Favorite meal to prepare: Goulash / Any home cooked meal
Family: Margie grew up with 10 brothers and sisters in the Philippines and moved to the US in 1998; now she is married and her son Mason is a seventh grader here at Scotus.
Fun fact: "I hate fishing in the states because I hate worms!"

Alison Ryan, Server



Originally from: Minnesota
At Scotus since: 2022
Favorite part about the cafeteria: "Getting to see my daughter and knowing that lunch is some people's favorite part of their day."
Hobbies: Alison likes reading and renovating her 95 year old house.
Fun fact: She is one of 8 kids, 7 girls and 1 boy.

Juana Campuzano, Server



Originally from: Mexico
At Scotus since: 2021
Favorite meal to make: Tamales
Hobbies: Juana likes dancing and traveling.
Fun fact: Juana has a lot of family get-togethers where they cook together.

Cindy Coulter, Server



Originally from: Silver Creek, Nebraska
At Scotus since: 2021
How did she end up at Scotus? "I retired from the Columbus Public School Cafeteria after 22 years. I missed being around people and kids, and I saw an opening at Scotus and the rest is history!"
Family: Cindy is married and has four sons. Mr. Coulter used to teach and coach at Scotus.
Fun fact: Cindy collects salt and pepper shakers and has over 500 sets of them.

Sandra Grant, Server



Originally from: Columbus, Nebraska
At Scotus since: 2022
Favorite meal to prepare: Grilled chicken and baked potatoes
Family: "I've been married for 38 years, and we have 4 kids and 10 grandchildren!"
Hobbies: Sandra likes bowling and spending time with her grandkids.

A Day in the Life of the Scotus Cafeteria

6:00 A.M.

Arrive at school

6:15

Check the temperature of the cooler, freezer, and milk coolers and gather all the breakfast and lunch items to prepare for the day

6:30

Turn on the exhaust fan, hood lights, oven, and steamer

6:40

Prepare the sanitizer bucket and utensils then pan out all the necessary items for the day's breakfast and lunch menus

7:15-8:10

Offer breakfast to Scotus students

9:00-10:00

Scotus lunch count

10:15

Load the vans with food for Immanuel Lutheran School

10:50-12

Serve St. Bons students lunch

11:15-12:45

Serve Immanuel Lutheran students lunch

12:10-1:20

Serve Scotus students lunch

1:30

Eat lunch

2:00

Clean the kitchen and cafeteria then go home

ELLA HASH / ROCK BOTTOM STAFF

QUINN VUNCANNON / ROCK BOTTOM STAFF

What's offered be 'sides' lunch?

Breakfast

Hot breakfast has been at Scotus for a long time. At the start, it was not state approved so they had more freedom on what they served. Then it stopped around 2016, and they started to sell grab and go snacks. When COVID hit, they stopped selling breakfast again. Now breakfast is a state reimbursable breakfast.

Breakfast:

- Biscuits and gravy
- Cinnamon rolls
- Sausage/egg biscuit
- Pancakes
- Breakfast burrito
- Waffle sticks
- French toast sticks and sausage links
- Long johns
- Yogurt parfaits
- Breakfast pizza



Extra Food and Drinks

The extra snacks offered at lunch started in the 2017-18 school year. The students requested that more food and drinks should be available. All the options for students have to be Smart Snack approved by the state of Nebraska.

Extra food and drinks:

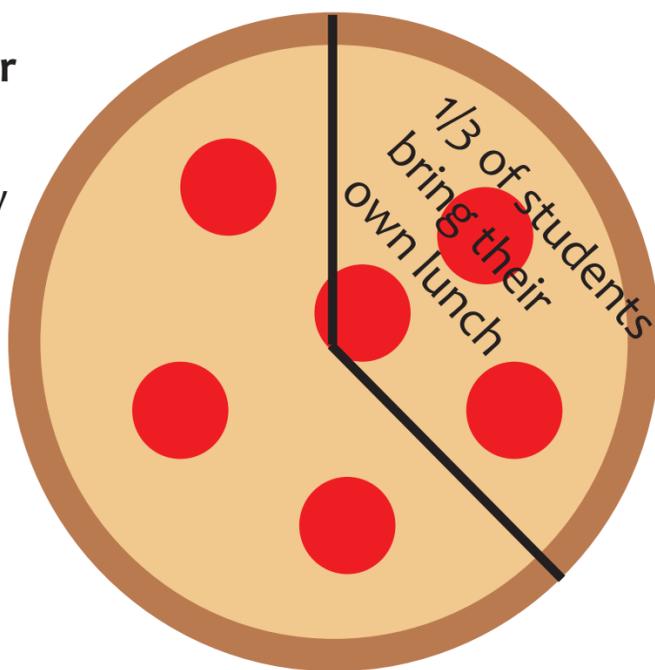
- Body Armor
- Lemonade
- Sparkling ICE
- Fruit juice
- Chex mix
- Fruit snacks
- Chips
- Cookies

AUBREE BEIERMANN / ROCK BOTTOM STAFF

Lowdown of the Lunchroom

Why do students bring their own lunch?

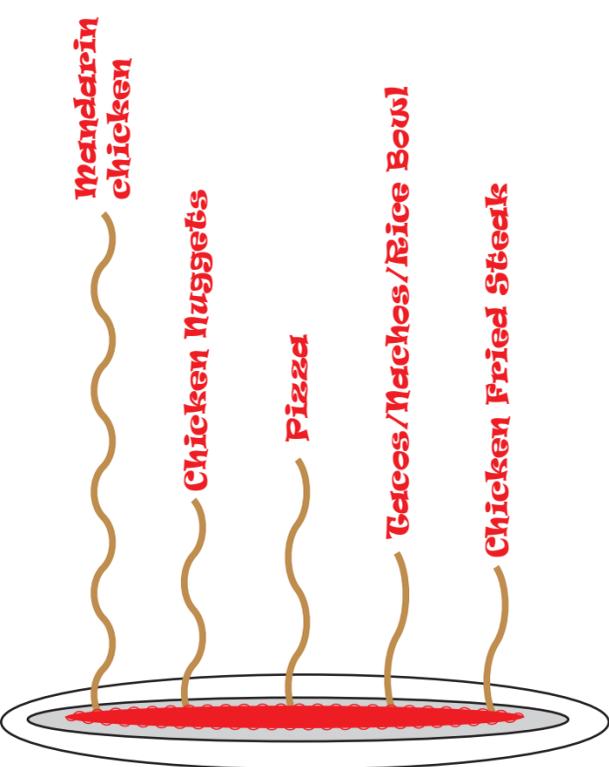
- Don't like the lunch that day
- Control over what they eat
- More food/larger portions
- Picky eaters
- To know what is in the food



What do students bring instead?

- Leftovers
- Sandwiches
- Fruit/veggies
- Pastas
- Salads
- Yogurt
- Chips
- Lunchables

Favorite Lunches

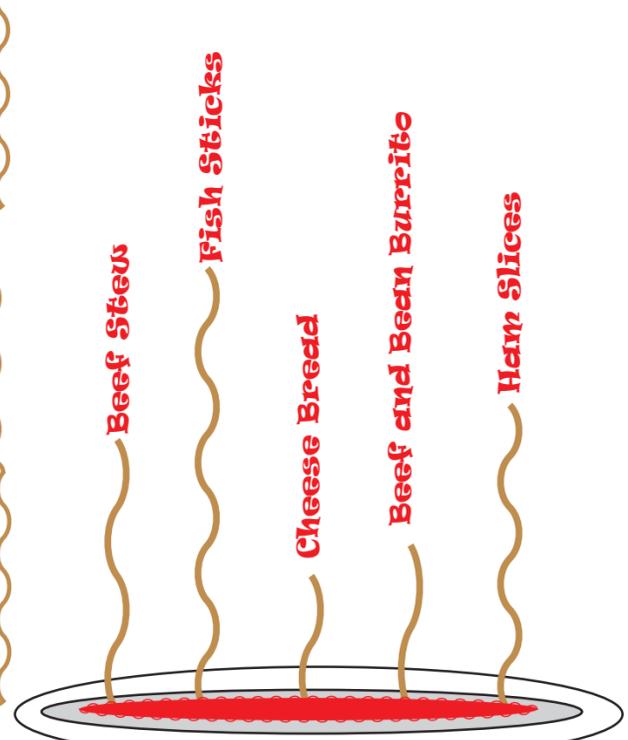


"Rice bowls are my favorite because I can mix up anything I want to put in my bowl."
-Annie Weber, 11

"[My least favorite lunch is the fish sticks] because they are soggy, and I have to cover them in ketchup to eat them."
-Evan Kiene, 12

"[My least favorite lunch is the grilled chicken because] it doesn't taste like chicken."
-Seth Druempel, 10

Least Favorite Lunches



Hot Takes

- Mandarin chicken:** "I think the mandarin chicken is overhyped." - Abby Schumacher 11
- Meatloaf:** "Meatloaf is SCRUMPTIOUS." -Audrianna Splittgerber 7
- Garlic parmesan sauce:** "They should serve the garlic parmesan sauce more often." - Oliver Coufal 8
- Beef and bean burrito:** "You should not call it beef and bean burritos if it's just filled with beans." -Abigail Laska 12
- Watermelon:** "The watermelon is actually good." -Bailey Faltys 8

School Lunches in America

Lunch, the time of the school day designated for eating and socialization, a pillar to all schools, has not always been in America's school systems. School lunches in America have been offered in schools since the 1890's, but were required by law in 1946, shortly after WWII ended, and in 1996-7 food regulations were introduced. Today across the nation over 31 million eat school lunches.

According to the FDA, in 1946, schools were required to provide lunches for kids, but at that time there were little to no regulations; 20 years later the 1966 Children's Nutrition Act was passed, bringing nutrition to schools. The Children's Nutrition Act brought forth new programs, including special milk options, breakfast choices, and nonprofit programs to aid lower income families. Years later, the meal requirements under the National School Lunch Program and School Breakfast Program were updated, affecting the sodium and grain amounts consumed by students on a daily basis. Updates included a decrease in sodium consumption in grades 9-12 from 1,420mg to 1,280mg and increasing the whole grain consumption. Many, however, bring their own lunches from home rather than use the school lunch system.

According to the FDA and the US Census Bureau, many families across the country are defined as low income and are eligible for financial assistance for the payment of school lunches. Beginning in 1946 alongside the school lunch program, assistance methods were implemented in order to assist low income families and the war torn economy. The food stamps that were used during the war were tailored to be used in the new school lunch systems, making lunches more affordable. In 1958, a school lunch cost a student \$.25-\$.30 depending on if they wanted a dessert included, today a school lunch costs on average \$3.52. However, as Covid-19 shut down many factories and jobs, leaving millions without proper funding for lunches, the government enacted a free and reduced lunch program for the past few years, ending recently as the economy began to recover.

In Scotus, 70% of students eat school lunches daily, and only around 30 students eat the breakfast option. During the pandemic, Scotus took part in the federal government's free and reduced lunch program. All of the food served by Scotus is held to the highest of standards set by the FDA to ensure the health and safety of all students. The lunches contain all necessary food groups in accordance with the National School Lunch Program's regulations, including 1 cup each of vegetables and fruits, 2 cups of grains, 2 cups of meats, and 1 cup of liquid milk. As for those who choose to bring a sack lunch, milk can still be purchased through the lunch line and microwave ovens are provided for student usage.

PATRICK ARNDT / ROCK BOTTOM STAFF

This information on this page is taken from a survey sent to every student 7-12 at Scotus Central Catholic with 250 responses.

NHS officers lead the leaders

By **Madden Saenz**
Staff Reporter

Academic excellence is something Scotus Central Catholic prides itself on. With a schoolwide average of a 24 on the ACT, 4 points higher than the national average and 98-100% of graduates attending college, Scotus is no stranger in this subject. Another way Scotus' excellence can be represented is the National Honor Society, or NHS.

This year, Scotus' NHS chapter welcomed its largest group yet. With thirty-one inductees, the total membership of NHS sits at eighty-four strong, an amazing number for Scotus' size. For comparison out of the almost 400 students currently at Scotus, about a fifth of them are enrolled in the NHS.

Scotus' NHS sponsor of twenty-five years, Jane Dusel Misfeldt, has seen this display of excellence many times before, and being able to witness this growth firsthand is something she is

extremely proud and pleased to see.

"I think it shows the high caliber of academic students we have here, we certainly have all different academic abilities here. But it shows that we have some students who are willing to really try even if they have to work really hard, versus somebody else who doesn't have to study as much; they're still trying to get to that level of excellence," Dusel-Misfeldt said.

After induction, students can shoot even higher in their excellence, which comes in the form of NHS officers, vice president, and president. These roles are not something a student just prints their name on and hopes they are lucky. The student must exemplify all NHS values and be chosen by their peers to lead.

One of these leaders is senior Joanna Rusher, who is the current president of NHS.

"NHS is [an amazing] opportunity for high schoolers to get involved in a national group. I also love how

it rewards students for good grades and leadership with a recognition they might not get otherwise," Rusher said.

She and her fellow leaders of NHS help guide new and current members, and overall aid in the success of the NHS program.

One of her fellow leaders, senior NHS officer Isabel Zaruba, gave her thoughts on what it takes to be an example of leadership.

"To be a good leader in NHS, you need to be outspoken, willing to participate, and responsible. Leaders in the NHS are notorious for making good decisions despite it sometimes being the 'boring' or 'lame' choice," Zaruba said. "Along with that, NHS leaders show up to the meetings, participate in the fundraisers and service projects, and set an example both inside and outside of the group. An NHS leader doesn't have to have an officer position in the group to be a leader. They just need to be willing to lead through their example." Responsibility does



MADDEN SAENZ / ROCK BOTTOM STAFF

Junior NHS vice president Quinn VunCannon gives one of several welcome speeches to this year's NHS inductees. Each of the officers seated behind VunCannon spoke at the induction ceremony.

not just involve keeping up with grades or responding to emails. Being of a higher rank within NHS means there is more responsibility. One of these is junior NHS vice president Quinn VunCannon.

"Our officers support each other by being honest and talkative in our meetings. We also hold each other

accountable by being on time and prepared for things."

Regardless of their position, NHS members must be role models for all other students, whether in school or not. They must lead by example and action and hold themselves and others accountable. Later this year, they can further prove their

skills as leaders in future NHS events. This December, look for NHS members as they will be selling candy canes to other students. In February, NHS members will also be coordinating Scotus' own blood drive, a perfect place to see NHS leaders in action.

Famous alum supports student success



PHOTO COURTESY PAT BROCKHAUS

The 22 seniors who attended the Chuck Hagel Symposium on October 17th proudly pose with the former Shamrock. The symposium in public service took place at the UNO campus and hosted many breakout sessions throughout the day.

By **Joanna Rusher**
Staff Reporter

Many students at Scotus Central Catholic see the mysterious framed picture of a man and his horse in the Media Center, but have no idea who he is. They walk by this image day after day without knowing the former Secretary

of Defense for the United States named his horse after their very own school.

Chuck Hagel is an alum of Scotus Central Catholic. When Hagel graduated in 1964, it was known as St. Bonaventure High School. Not only was Hagel the Secretary of Defense from 2013-2015, he was a United States Senator from 1997-

2009, serving alongside many presidents including Barack Obama, and picked up plenty of knowledge along the way.

On October 17th, senior government teacher Pat Brockhaus took 22 seniors to the Chuck Hagel Symposium in Public Service at the University of Omaha campus where Hagel graduated after returning from Vietnam.

"It's important to hear about public service and leadership from someone who was an average guy and to look at where he is now," Brockhaus said. "Someone in that room, out of all those students, might do something like that. Look at what [students] do in [their] schools, that's where it starts, that's public service."

The symposium began at 9am with short talks from two university professors, then Chuck Hagel was introduced. Hagel opened the floor for questions about anything from his opinion about the government now and his opinions on decisions government officials have made. At about 10:30, the students were dismissed for their breakout sessions. Out of ten sessions available, students ranked their interests in a survey sent out a couple weeks prior and were assigned to two. Senior Neve Pavlik attended a session titled "Lead. Collaborate. Change the World."

"We talked about a lot of issues going on in the world right now like homelessness or food insecurity and how the government plays a role in that as well as the different types of law enforcement," Pavlik said.

After the morning breakout sessions, lunch was provided before the students attended their second session. Some students who attended the symposium already had an interest in public service. Many of their ideas were affirmed as they were taught

about topics they are interested in by experts of the field. Senior Kensey McKay has thought about becoming a public attorney.

"I thought it was really interesting especially because Chuck Hagel is also from Nebraska, and we have a shortage of public attorneys," McKay said. "I thought it was really cool hearing about both the justice systems in Nebraska as well as the United States and internationally."

After the afternoon groups, every student went back to the main theater for some last words. Each school had the opportunity to take a picture with Hagel as they walked to their bus. Senior Aidan Bettenhausen was among those who was encouraged to see a Scotus and UNO alum have so much success.

"Usually it's a deterrence when you come up from somewhere where opportunity is not as easy to follow through with," Bettenhausen said. "I just found it really inspiring that Chuck Hagel came from a small town and got so far in life."

Campers go crazy for flag and cheer camps

By **Cecilia Arndt**
Editor

Many little girls aspire to become cheerleaders and dancers, and the Scotus cheer team and flag and dance team helped to bring these dreams to life with their elementary school camps. Each of the groups were able to perform their dances at football games, showing the expertise of the high schoolers and allowing the little girls to show off for their parents.

This year, the theme for the Cheer camp was *Teen Beach Movie*. They danced to various songs from the movie, including "Surf Crazy." The girls, from second through sixth grade, learned how to cheer at the camp held on Saturday, September 9th and performed on September 14th. Many of the little girls were over the moon to perform with the high school cheerleaders.

"Some of them get a little crazy and don't listen, but a lot of them are just excited to be with the cheerleaders so they listen to anything you tell them," junior Ava Rickert said.

Excitement can make up for many flaws; however, and the mini cheerleaders had plenty to go around.

"It is always a blast to perform with little girls who have pure excitement for cheering," senior Neve Pavlik said.

It can be a challenge to work with kids, but all of the cheerleaders were able to live up to their name and be leaders for the little girls.

Not only did the kids enjoy the cheer camp, the flag and dance camp was also a hit. The participants in the elementary school camp were also from second through sixth grade. The camp was held on October 13th. Each of the girls performed with a smaller version of the flag and dance team's flags, and were able to quickly learn

how to use them. The team enjoyed working with the little girls, and were happy to teach them.

"They all got excited when I taught them how to toss their flags," senior Amber Spawn said, "I love their attitude and personalities. Dance is a great way to get kids out of their comfort zone."

Not everything was easy, though, and there were a few challenges with working with the little kids. However, the girls made the best of it, especially when the performance rolled around.

"They were really high-strung and kept hanging on me, but they were super funny and adorable!" freshman Audrey Naughton said.

Performing anything can be nerve racking, but when the weather conditions are not ideal can create more challenges. They performed on the same day as the camp when it was cold and rainy, and all the little girls were



KENSEY MCKAY / ROCK BOTTOM STAFF

Senior cheerleader Makenna Barels leads the elementary school girls in their performance on September 14th. The flag and dance team held their elementary school camp and performed on October 13th.

bundled up. Although the cold made it difficult, no one let the plunging temperature get to them and their performance was spectacular in spite of the cold.

"Although it was a cold

night, they all had a blast!" senior Kaitlyn Fleming said.

Overall, both the teams and little girls were able to have a great time performing and were truly the "Coolest Cats in Town." Hopefully, the

little girls were able to meet some high school role models who were able to show them what they can accomplish, and make some future cheerleaders and dancers.

Junior high students help out the community



TAYLOR DAHL / MARKETING DIRECTOR

Seventh grader Wyatt Recek, eighth graders Zack Schumacher, and Layne Aschoff trim the bushes outside St. Anthony's during the junior high service retreat on October 16th, 2023. The 7th and 8th graders were sent out to various places in the community to lend a helping hand.

By Aubree Beiermann
Staff Reporter

It is rare to see students out in the middle of the day cleaning up yards, talking to the elderly, or helping out at a daycare, but on October 16th, 2023 junior high students took part in a "service day" and went all over town to offer help to those who needed

it. This new day was added in hopes of giving the junior high students more faith-based opportunities at Scotus. Dana Ritzdorf, the campus minister at Scotus, teaches 8th grade religion and helps prepare students for their Confirmation. "Service is one of our core values as a school, so we wanted to try this as another way to live out that value on

top of the service projects students do on their own," Ritzdorf said. The students volunteered at Arc of Platte County, Columbus Rescue Mission, Keep Columbus Beautiful, Prairie Village, Brookstone Acres, Hospital Daycare, United Way, the food pantry, Center for Survivors, and St. Anthony's Elementary School.

Arc of Platte County is an organization that helps children and adults with developmental disabilities. United Way, Center for Survivors, and the food pantry all work in unison in helping the homeless, those in need or seeking shelter. Brookstone Acres and Prairie Village are retirement homes. Keep Columbus Beautiful helps clean up the yards of people who

need a helping hand or are unable to do it themselves. Nate Tenopir also helps with the campus ministry group at Scotus. He and Ritzdorf were the leaders of this retreat. They put the kids in the groups, made a list of where the students could go to serve, and organized the day based on those variables. The day consisted of the students first going to Mass then being sent out for their service.

Audrianna Splittgerber, a 7th grader, went to Arc of Platte County.

"I ended up choosing to pack goody bags for their upcoming Halloween party. Then, when all of the tasks were finished but one, our group helped finish the last task, which was putting stickers on honey bottles they sell for a fundraiser. Afterwards, we got some cookies and were told about what they do at The Arc," Splittgerber said.

After their service was complete, they came back to school, ate lunch, and had station activities. The students ended the day by sharing what they did and the significance of it.

7th grader Hannah Dreesen went to Prairie Village. While she was there, she helped pull weeds and play BINGO with the residents.

"I think these retreats are important because no matter what you did, you had an impact on this community. Another reason is because you get to go outside your comfort zone and talk to new people and have fun with them," Dreesen said.

These retreats for junior high students allow them to help others who are less fortunate or need a little light in their lives.

"It's important to start building a foundation for when they are juniors and seniors. It's not just about what happens at Scotus. It feels like you have a responsibility to humanity outside of these walls," Tenopir said.

With the amount of students each place had, the time spent doing volunteer work went by quickly. This service not only helps those in need, but also rewards those who put in the work.

Fernando De Leon, an 8th grader, helped with Keep Columbus Beautiful.

"It feels good when you're done helping someone in need," De Leon said.

The junior high service retreat was one of the few retreats in November, held just prior to the high school girls' FIERCE retreat, and the overnight Quest retreat.



TAYLOR DAHL / MARKETING DIRECTOR

Eighth graders Tyson Cielocha and Clint Saltzgeber and the principal of Scotus, Brady Vancura, mop the floors at Saint Anthony's Elementary School for their service on the junior high retreat. At Saint Anthony's they also helped wash windows.



TAYLOR DAHL / MARKETING DIRECTOR

Eighth graders Abbi Pavlik and Avril Duran help out at the Hospital Daycare by reading a book to little kids during the junior high service day. While helping at the daycare they also helped with Halloween-themed projects and danced with the kids.

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To read or to watch: that is the question

By Cecilia Arndt
Editor

What do *Jurassic World*, *The Godfather*, *The Princess Bride*, and *Twilight* all have in common? Each is a movie adaptation of a popular book. Currently, there are nine of the top fifty lifetime grossing movies in the rankings as adaptations. Movie adaptations of books have been around since the early 1900s, allowing fans of the books to see it on the big screen. Although the idea of a book to movie adaptation is a sensible idea, with a plot, characters, and world mapped out, the actual execution of the work is often an underwhelming and disappointing film.

Harry Potter, one of the most successful book to movie franchises, is also one of the most hotly debated adaptations. Its adaptation to film brought a broader audience to love the series, but drew away previous fans. Although not feasible, many die-hard fans wanted the movies to directly imitate the books,

from Harry's green eyes to the origin of the Marauders. These differences were not received well, and the seemingly minuscule changes upset many of the previous audience. Overall, the detail and storytelling in the books were much better, although the movies were able to incorporate incredible sets, actors, and magical elements to bring them to life.

Popular book to movie adaptations include *The Hunger Games* series and the *Divergent* series. Both franchises were extremely popular, but both were received differently. *The Hunger Games* had a well-executed dystopian plot, and although there were a few changes from the original, overall it was a satisfactory transformation into film. However, the *Divergent* series was lacking in the adaptation. There were numerous differences, but the most heinous change was the cancellation of the fourth movie, which left too many holes in the plot. Overall, *The Hunger Games* was one of

the few excellent adaptations, while *Divergent* strayed too far from the original.

A controversial series, *Twilight*, divided fans even more when the movies were released. The poorly done movies made the already shaky plot even more so, and the poor acting made the films a laughingstock. This was arguably the worst adaptation, especially because the books were already not generally well-liked. There were mixed reviews, and some hailed it as a top work, while others the lowest of the low. In my opinion, the book did not have much of a plot to begin with, and the movies made it worse. The CGI of the movies was lacking, and the transformation scenes seemed like they were being jerked along. The premise, however, could have been used to make an interesting, creative story, but the plot ended strangely, especially with the changes to the movie's ending.

Overall, reading books is much better than watch-



JESSICA JACKSON / JOURNALISM STAFF

ing their movie counterparts because the attention to detail, elaborate plots, and complex characters of novels are more fleshed out. Movies generally take out parts of the books and change some of the ideas, thus changing the entire message of the books. Also, if the book is not a well thought out novel, the movie is doomed from the

beginning, as adaptations can never fully capture the "magic" of the original work. Each new iteration of the plot, ideas, characters, or details changes everything minutely, and these differences eventually add up to something that only shakily resembles the original. Although the books are better than the movies, the movies are sometimes

able to bring the world to life, like *The Hunger Games* did. If you happen to have read *The Ballad of Songbirds and Snakes*, from *The Hunger Games* series, go watch the movie when it is released on November 17th. Maybe this movie will end up as the victor of the book to movie adaptations.

Nutrition grows from hometown alumna

By Mary Faltys
Staff Reporter

Columbus is home to many small, locally owned businesses. This summer, another one opened, this time

owned and operated by a Scotus alumna.

2019 graduate Hallie Parker opened HomeGrown Nutrition this summer, serving healthy food options geared toward supporting wellness goals. There are

protein shakes, teas, coffees, pudding parfaits, oat bowls and more. The growing business is looking to incorporate more items too as they expand. HomeGrown Nutrition is a fantastic place to get nutritious food options, and

everyone should give it a try.

My favorite item on the menu is the protein shakes. With over 75 flavors, I can always find one to satisfy my current cravings. The flavors range from sweet to fruity to peanut butter and everything in between. Each shake has the same nutrients as a complete meal in only 200 calories, making them a convenient and easy option for on-the-go breakfast or lunch.

The food items are protein driven, similar to the shakes. The pudding parfaits have the same nutritional value as the shakes, and protein oat bowls are a new addition to the menu. There are plans to add other food options to the menu, such as protein waffles.

Although there are almost too many flavors to try, new flavors are introduced to both the shakes and drinks as the seasons and events change. There were state fair

themed flavors in August. Pink drinks were released with the Barbie movie. Fall flavors were presented as the weather turned colder and the leaves began to change, including new pumpkin and holiday-themed flavors affecting items across the menu.

The biggest drawback is the price. Yes, it is a little expensive, but considering it is a small, local, and health-driven business, the price makes sense. I think the cost is worth it, but some people would rather stick to their go-tos at other places. Considering how much a standard order at Starbucks or Scooters costs, the price is not outrageous, and many people do not bat an eye as they pay for their coffee.

There are ways to make the price more comparable to other businesses. The coupon in the *Rock Bottom* newspaper is redeemable for a \$2 discount on a Shamrock

themed item. HomeGrown Nutrition has also recently implemented a reward system. By downloading the Stamp Me app, I can get a "stamp" each time I make a purchase. Once I get to 10 stamps, I can redeem them for a free item. Additionally, Wednesday purchases count for 2 stamps. Unfortunately, only purchases of mega teas or protein shakes count toward stamps. While this is somewhat limiting, the mega teas and protein shakes are common orders, so it is not a major restraint.

HomeGrown Nutrition is a great addition to the Columbus community. It has many healthy options to satisfy everyone's cravings. Although it is a little expensive, the price is well-worth it. Everyone should give HomeGrown Nutrition a visit, even if it is just to support a small, locally-owned, and homegrown business.



MARY FALTYS / ROCK BOTTOM STAFF

Sophomore Sophie Parker and junior Becca Kosch work to fill an order at HomeGrown Nutrition on October 28th. HomeGrown Nutrition was opened this summer by 2019 Scotus graduate Hallie Parker, their sister and cousin.

How hot can you handle?

By Madden Saenz
Staff Reporter

Capsaicin. A word many may have heard, but few know the meaning. Most people, however, do understand the feeling. The feeling of having a flaming piece of firewood in your mouth. The feeling of having the worst sweats and runny nose known to humanity.

Capsaicin is the key chemical in what many people call "spicy" food. It is an oil produced by various kinds of peppers that is meant to deter wildlife from eating the pepper seeds, like when an onion releases chemicals into the air when someone cuts it. Instead of irritating your eyes though, it puts the heat of the sun in your mouth. So how did humans come to enjoy this feeling of fire on the tongue, so much so, there are people who dedicate their lives to creating and eating the hottest foods known to man?

To answer this question, we need to travel all the way back to ancient Latin America and look at the ancient tribal cultures.

According to *Science-MeetsFood*, Spicy peppers naturally originated in Latin America and were adopted by the local tribes, and eventually were bred throughout the continent. In the late 1400's and the early 1500's after Christopher Columbus crossed the Atlantic Ocean, discovered the Americas, and travelled back, he brought a demand for the Latin American delicacies. This demand was mostly in the coastal communities of southeast and southwest Asia.

How did humanity go from wanting to eat spicy foods as a delicacy to wanting to use them to try to test their pain limit? In fact, how did we go so far to the point where someone bred a pepper specifically designed for having the highest amount of capsaicin of any food in history?

It all started with a man named Wilbur Scoville.

According to *Pepper Scale*, the Scoville scale was created when, in 1912, American chemist Wilbur Scoville wanted to test how spicy peppers could be. For a while, the scale was a bit flawed; since the tests for the scale

were volunteered tongues each person would react differently to the amount of heat in the pepper. The test was as such: "How many teaspoons of sugar water will it take before my mouth stops disintegrating?" Not painful at all!

Fortunately, fifty years later, the process of liquid chromatography allowed the tests to be conducted without human tongues to make the measurements of heat much more precise and safer; people were getting pretty sick and tired of drinking sugar water to dilute spicy food.

Inspired by this, American pepper breeder Ed Currie began his crusade on creating the world's hottest pepper. Originally, Ed Currie had bred a world record pepper, the "Carolina Reaper," which measured at a staggering 1.98 million Scoville units. However, this was not enough for this masochist. He would continue to hone his pepper breeding technique until, finally, he did it. Ed Currie had created his masterpiece: "Pepper X." The shriveled green pepper, which was no bigger than a palm, was measured at 2.99 million Scoville



LOGAN ERICKSON / JOURNALISM STAFF

units, almost double his previous record. Talk about a hot dish!

Most people are probably not too keen to jump into the spice culture. Usually, a person will just enjoy mild salsa and on the rare occasion a whole jalapeño. The only place someone would find anything Scoville-worthy is when they go out of their way to test their spice limit. The whole idea of spice culture is to eat the substance that is

the most likely to melt your face. Whether those people are thrill seekers or demented individuals will forever remain a mystery. If you are one of these sickos, obtaining face melting materials is not as difficult as one may think. There are many websites and stores from all over the world who specialize in spicy food. Just a quick Google search and the complete loss of your tastebuds will be yours.

As a sane and pain fear-

ing human being, the idea of spicy food is very black and white. A person either likes the food or does not. However, the dishes, culture, and ingenuity that have come from spicy foods is remarkable and is something everyone should try at least once. So go ahead. Eat a jalapeño or go straight to the "Reaper." Whatever the case, remember to have plenty of milk and ice cream nearby. Sugar water never does the trick.