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Scotus Central Catholic

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Rock Bottom

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Scotus group flies back to March for Life

By Jillian Rusher

For many years, Scotus took a charter bus to Washington DC to take part in the National March for Life. After the COVID pandemic, the Shamrocks stopped travelling to the event. This year 28 students and 4 chaperones ventured back to DC.

Valeria Rodriguez was one of the nine juniors to attend the March for Life.

"I decided to go because it was a great opportunity to be able to march for what I believe in while also experiencing a new city with friends," Rodriguez said.

Assistant campus minister Nate Tenopir led planning for the March. The main fundraising event was the group running the Haunted Forest at Camp Pawnee this fall.

"It was a really good trip. My hope is that whether it be the tour of our nation's capital, Mass in two amazing churches, visits to museums, speeches by pro-life leaders, or the March itself, our students and chaperones were able to experience some of the truth, beauty, and goodness of the Lord," Tenopir said.

When Tenopir began researching how the group would be traveling to DC, he quickly realized a bus was not going to be possible with the dramatic increase in prices. Due to this rise in financial cost, the group traveled by plane. None of the students had ever had the opportunity to go and all experienced the March for the first time.

Caroline Rickert was one of three sophomores to attend.

"I personally liked [flying] because you do not have to dread the drive there and back and get to focus on being there. It also gave us

more time to explore DC," Rickert said. The group marched at the nation's capital, Friday, January 24th, along with thousands of others. The students also went to the pre-rally where they listened to pro-life speakers, including Vice-President JD Vance, Florida governor Ron DeSantis, and Bethany Hamilton.

"I was most impacted by seeing all the people who support the pro-life movement as well as hearing the stories from those affected by abortion," junior Emilia Gassen said.

Aside from the speakers, there were other impactful aspects to the March, including a concert and videos relating to abortion.

"[The most impactful event was] a video

played during the march showing the medical process of an abortion. This was the first time I had seen anything like this," junior Jackson Baumert said.

In addition to the opportunity to participate in the March for Life, the students were also able to experience the metro since they

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Senior Landen Neville, junior Jackson Baumert, seniors Ian Karges, Owen Kluever, Callen Jedlicka, Grant Zoucha, Carter Nickeson, Jack Sueper, and Ben Sueper hold their pro-life signs at the pre-rally before the March for Life. The boys were 9 of 28 from Scotus to attend this year's National March for Life.

Students' blood drives benefit community

By Ella Hash

In 1881, Clara Barton founded the American Red Cross in Washington D.C. She and many others have driven the organization to help people in need. One of the main functions of the Red Cross is taking blood donations. In the United States, an estimated 6.8 million people donate blood each year, saving thousands of lives.

During the past year, 11 Scotus students have hosted blood drives in the community for service projects or for volunteer hours. They have helped raise over 120 productive units of usable blood, which will help those in need in the United States.

Seniors Ian Karges, Abby Schumacher, Brody Splittergerber, and Connor Wurtz hosted two blood drives on October 18th and Decem-

ber 30th at the St. Bonaventure Social Hall. Between the two blood drives, they collected 71 productive units and had seven first-time donors.

"At the beginning of the school year, I walked with Brody Splittergerber to Kyle Jensen at the American Red Cross table and talked about wanting to host a blood drive for our service project," Schumacher said. "Before the blood drive, we would meet at Hy-Vee and have meetings to discuss how many donors we wanted to have, how many people should sign up, and when we should call people and ask them to donate."

While multiple students signed up to donate in earlier blood drives, some had troubles finding people to donate during the holidays.

Sophomores Shayla Borchers and Ellie Ehlers hosted a blood drive on December 19th at the VFW, where they collected 20 productive units and had two first-time donors.

"Many people did not want to donate blood so it was very hard to find people [to donate]," Ehlers said. "I had to ask people to donate by texting, emailing, and hanging posters around the school."

A need for blood is ever-present in the United States. By donating one time, a person's blood can help save up to three people. However, many eligible blood donors in the U.S. do not donate. There are a variety of reasons for not donating, but the biggest worry is if the donation will hurt.

Seniors Callen Jedlicka, Cohen Pelan, and Connor Wurtz hosted a blood drive on May 31st at the St. Bonaventure Social Hall. They collected 40 productive units at the drive. Pelan has donated one time.

"The experience was great. The nurses who helped take blood are really kind, and giving blood was not painful," Pelan said. "The needle did sting, but after that, you cannot feel the needle and it takes five minutes to fill a unit of blood. The experience might seem scary, but it is not painful and you get free snacks after."

Overall, the process of hosting a blood drive is one that students encourage. If a student is thinking of hosting a blood drive, they can contact Kyle Jensen at the local American Red Cross.

"I would recommend organizing a blood drive to anyone who is looking for service hours," Splittergerber said. "It is an amazing project to do because we are always in need of blood. Hosting a blood drive can truly save lives."

The Scotus National Honor Society will have their annual blood drive on March 3rd. Any Scotus student above the age of sixteen is encouraged to donate.

Bridger joins CCS marketing

By Austin Long

In every machine may be a cog that goes unnoticed. That cog could be a lineman on a football team, a crew member for a play production, or even a staff member in a development office.

New to Columbus Catholic Schools' (CCS) development office this year in the media center here at Scotus is marketing and communications director Amarha Bridger.

Bridger grew up in Fullerton, Nebraska, less than an hour from Columbus. From Fullerton, Bridger went to Chadron State College for her freshman year, participating in collegiate cheer. Come sophomore year, Bridger transferred to the University of Nebraska at Kearney (UNK) where she earned her degree in advertising and public relations with a minor in psychology.

While working towards this degree, Bridger went through classes similar to what is offered here at Scotus, such as journalism, graphic design, and video production, but at the collegiate level. She worked on a marketing campaign for the Nebraska Department of Banking and Finance and was a UNK Digital Expressions Media Camp counselor, helping highschoolers learn about broadcasting radio, shooting videos, and marketing.

"I was very excited when I was offered the position," Bridger said. "Knowing there were other candidates and thinking they would want someone with a little more experience made me nervous, so I'm forever grateful that I'm here."

As the successor of Taylor Dahl, CCS' previous marketing and communications director who left in early November, Bridger began work on November 18th. She was given the weight of managing CCS' new website and social media accounts. As the CCS social media manager, Bridger is responsible for all posted graphics, information, and updates



Juniors Josie Rother, Valeria Rodriguez, and Lily Lancaster pose for a picture at their blood drive on July 31st. The three students had three first time donors and collected 45 units at their blood drive.

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**2024-2025
 Rock Bottom Dates**

October 10
 November 13
 December 12
February 6
 March 6
 April 1
 May 1

BRIDGER



MALLODY DRESSEN / YEARBOOK STAFF

Columbus Catholic Schools marketing and communications director Amarha Bridger snaps photos during Rebekah Allick's speech at Scotus on January 29th. Bridger joined CCS marketing on November 18th.

about upcoming school closings, games, events, etc. "The biggest challenge in my job so far would be keeping track of all the events happening at the four schools. There are so many different events, so sometimes it can be difficult remembering all of them and getting them put on socials, although I think I'm starting to get the hang of it," Bridger said.

Other than maintaining CCS' social media accounts and the website, Bridger is in charge of the Scotus alumni and CCS lines newsletters. On top of it all, Bridger assists in the creation and designing of presentations and flyers, such as those for advertising the Columbus Catholic Schools' Gala, CCS' biggest fundraiser. Bridger also plans to improve CCS student recruitment by introducing and designing brochures.

"I'm excited about my future with [CCS]. I've really enjoyed my job and getting to know everyone," Bridger said. "I'm looking forward to implementing more of my ideas and growing not just in my position, but also as part of the community."

MARCH FOR LIFE

lacked other transportation. "The metro was very interesting, but other than the smell, it was a nice and easy way to get around the city," junior Claire Oakley said.

The metro provided transportation for the group for them to visit museums including the Museum of the Bible and the United States Holocaust Memorial Museum.

Rebecca Kosch was one of fifteen seniors to attend.

"The most impactful event for me was the Holocaust Museum because it also showed the importance of human life and the impact of how you treat others," Kosch said.

The students were able to attend mass at two different churches in Washington, St. Matthew's Cathedral and the Basilica of the Immaculate Conception.

"[The most impactful event for me] was going to St. Matthew's Cathedral the first day. It was beautiful and the mass was so good," senior Adrianna Kush said.

The Scotus group returned home on Saturday, January 25th.

Kosch concluded, "My overall experience on the March was positive. I enjoyed the

event, the people, and every opportunity we were given."



JILLIAN RUSHER / ROCK BOTTOM STAFF

Sophomore Grace Faltys, juniors Emilia Gassen, Josie Rother, Lily Lancaster, Claire Oakley, and Sydney Stuart smile while traveling on the metro. Scotus traveled by plane for the first time and used the metro as their transportation throughout their trip.

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Breaking the burnout cycle

By Sydney Stuart



I always hear comments from older generations saying students these days, “Do not work as hard” or we need to, “Toughen up because we don’t have it as hard.” How can either of these be true? A survey collected in 2020 by China Care for the Next Generation Working Committee, showed 70% of students in schools experience burnout in a year.

The question shouldn’t be why are students not doing enough; rather, how can we encourage students to take time for themselves and prioritize their passions to reduce the severity and frequency of burnout?

Burnout is physical or mental collapse caused by overwork or stress and is unfortunately a condition every highschooler, teacher, and adult has or will experience. However, in many cases, teachers and classmates recognize the problem in themselves or others but

cannot do anything about it.

Adults and peers pressure students in high school to participate in many extracurriculars. How do teenagers know when their cup is too full? Most do not know their limit because society’s expectation is they have straight A’s, receive good scholarships, be the star athlete, have an active faith life, volunteer in the community, hangout with friends, make time for family, eat nutritious meals, be organized, have a clean room, be a leader in school clubs, find a job, and do not forget to make time for themselves. No wonder 70% of students experience burnout; teenagers are overloading their time with activities to make their resume look full. Furthermore, students are afraid to take a break, fearing the consequences of admitting they are overwhelmed.

We often see burnout in people or ourselves, but it is not reasonable to take three days off of school to rest. Teachers have to continue to be teachers and students have to be students. Once they would get back to school, there would be a pile of work waiting to be done, and it is right back to square one.

To add to the problem of burnout, it has a snowball effect. Once life responsibilities get behind, other issues start to build up.

Here are Sydney’s top 5 tips for trucking through burnout, avoiding it, or recovering.

“

People need to reclaim their identity, not in school work or how many activities they are in, rather, as a human being, a daughter or son of God. ”

Sydney Stuart ROCK BOTTOM

Number 1:

Set boundaries for yourself.

Do not say yes to every opportunity. Less can be more when it comes to mental load.

Number 2:

Balance school and home life.

Set aside time every night to unwind with family or friends. Watch a movie, play a board game, or have a nice conversation.

Number 3:

Exercise for enjoyment.

When was the last time you exercised to feel good, rather than to impress a coach or get a position? Exercise is great for releasing built-up stress in the body. Try taking a walk or playing *Just Dance* on YouTube.

Number 4:

Take advantage of self-care nights.

Self-care is whatever you need it to be. For me, a self-care night includes ice cream, my favorite show, cuddling my dog, and not talking to anyone.

Number 5:

Prioritize your passions.

The activities which mean the most to you will be the most refreshing to enjoy. For example, praying, sports, and hobbies, such as cooking, reset our minds and lower stress.

Students should focus on their talents and traits. Their passions will take them further in life than any letter grade will. People need to reclaim their identity, not in school work or how many activities they are in; rather, as a human being, a daughter or son of God. Instead of doing everything, try doing more of what you enjoy first.

Top 4 ways to fill your wallet

By Austin Long



Everybody loves money. Whether it’s a Christmas gift, allowance, or a paycheck, nobody would be sad about having more. However, if this is the case, then why do people waste so much of it?

If the average American were to be disciplined with their money, they would save thousands. Cutting out wasteful spending is something everyone should start doing.

One way to save money is by spending less or nothing on haircuts. Whether it be going to a barber shop inside a Walmart or a homemade haircut, there is always a cheaper way to cut hair. Someone may argue that not everyone can cut their own hair—not well at least. An easy fix for this dilemma is a Flowbee, a hair-trimming vacuum attachment. This one-time-purchase item allows for easy haircuts and would save costly trips to the barber for years to come, or you can just get a buzz cut—regardless of gender.

Another way people could be saving money is by ordering or making their own plain coffee. Some people think it is necessary to shell out an Abe Lincoln for a Starbucks Frappuccino. If they truly wanted to be energized by caffeine, then they would settle for black coffee rather than letting their sugar addiction take the wheel and overpaying. On

top of choosing plain Jane caffeine to save money, actually making it at home would save even more.

Other than haircuts and coffee, people often spend too much on fast food, especially considering present inflation rates. According to *Under30CEO*, Americans spend an average of almost \$1,800 every year, about \$37.50 per week, on fast food. Everyone would agree that fast food is generally bad for health; however, there is no question why people buy it—for convenience and comfort. Although removing fast food from a routine would mean extra cooking at home, sacrificing it would save bunches of Benjamins every year and improve culinary skills.

In addition to fast food, people overspend on other junk foods. This includes Little Debbie snacks, most of the à la carte at lunch, and Mrs. Johnson’s Pop-Tarts. They are all a waste, and there is little to no benefit from purchasing them. Sorry, Mrs. Johnson, but you’re allowing wasteful spending and clogging Scotus students’ arteries with highly processed food. If instead Mrs. Johnson sold seven sugar cubes for a dollar, nobody would buy them, but it would hold about the same nutritional value as a package of two Pop-Tarts. Students are wasting their money all because of some crazy good artificial flavors and sweeteners.

After removing all the junk food, fast food, overpriced coffee, and hair, you’ll have a party of presidents and important people in your wallet with much savings made. Dropping these wasteful habits may take some time getting used to, but it becomes easier to let go of them as time passes. People should realize just how much money they are throwing out the window all for a little bit of convenience and comfort.



Kate Hendricks / Rock Bottom Staff

Opportunities arise in Columbus

By Kate Hendricks



I often hear the phrase, “Columbus is so boring; there is nothing to do here.” I do not agree with this. Columbus has many activities and opportunities to get involved. New places and businesses are constantly being added to our community, creating opportunities for everyone.

There are many places for recreation and activities in Columbus. In the past couple of years, Columbus has made big changes to the community. The Columbus Public Library and the Fieldhouse were opened in the last year. On January 11, 2024, Columbus Community Hospital celebrated the grand opening of its \$56 million dollar fieldhouse and com-

munity recreation center. The fieldhouse has many gymnasiums, eight pickleball courts, tennis courts, batting cages, an 8,000 square foot trampoline park, and more, ensuring activity opportunities are available for individuals of all age levels.

The Columbus Public Library opened in July of 2023, featuring the new city hall. In February 2024, the Columbus Area Children’s Museum opened its doors to the public, which is attached to the library. Columbus has also added pickleball courts and movie theatre seating. While our town does not have all the businesses, shopping centers, and activities that the bigger surrounding cities have, the uniqueness of Columbus’s community is unmatched.

Columbus also provides many ways for

people to be involved in the community. Finding ways to give back through your community or taking advantage of all of the opportunities the city provides will help you later in life. In your spare time, I recommend either volunteering in our community or utilizing the

free and inexpensive businesses in our town. There are many groups in Columbus you can participate in including Revolution, Legacy, Youth Leadership Columbus, and more. This past year I have been involved in Youth Leadership Columbus, and we have visited many businesses, nursing homes, public safety facilities, the food

pantry, and Central Community College. There are countless volunteering opportunities in Columbus. Not only will volunteering help and connect you to your town, but it

will also help you later in life. Some positions in Columbus include the food pantry, the Columbus Rescue Mission, and the VolunTeen program. The VolunTeen program is through Columbus Community Hospital where high school students can provide hands-on service as an extension to the healthcare team. This can be a great opportunity for students who may want to continue their education in the medical field after high school.

Now, I get it. High schoolers have busy schedules. They have limited free time with all extracurricular activities, academics, and jobs. During sports seasons, athletes have minimal free time, leaving the only time they have to work on other responsibilities. With high schoolers, hectic schedules might become a problem, leaving not enough time to take advantage of opportunities in their community, but they should never say they are bored!

So, next time you have some free time, remember to take advantage of the great opportunities that are available in our community. All of these opportunities may help you later in life, so make sure you take advantage of them!

“ *Finding ways to give back through your community or taking advantage of all of the opportunities the city provides will help you later in life.* ”

Kate Hendricks ROCK BOTTOM

'Rocks roll through midseason

By Quinn VunCannon

The Shamrock boys basketball team has continued to show its success in tight games in the midseason stretch and is looking to end its state tournament drought.

The 'Rocks entered the winter break with a record of 3-2 after a decisive win against the Pierce Bluejays, 63-40.

Senior Cohen Pelan has been a 3 year starter for the Shamrocks.

"We need to continue winning in the regular season, so we can be playing our best basketball at the end of the year," Pelan said

Then, to end the year, they went 2-0 in the Holiday Tournament, notably defeating their crosstown rival Lakeview, after going on a 28-0 scoring run in the second half.

On January 2nd the team traveled to Yutan and faced a tough loss 43-50; however, the next week they bounced back with landslide wins at home against St. Paul and Humphrey-Lindsay, winning 65-26 and 76-33, respectively.

Junior Carson Wessel led the charge

against Humphrey-Lindsay, draining four 3's and totaling 16 points.

"We need to keep communicating, rotating, and just having fun. When we relax and have fun, that's when we play our best," Wessel said.

The team traveled to Lincoln Christian on Saturday the 11th to make up the game that was previously postponed due to a snow storm. The Shamrocks came away with a victory, 65-41 against the Crusaders, improving their record to 8-3.

The next week, the boys had another 2 home games, this time facing off against Norfolk Catholic and Battle Creek.

In a fairly close contest with Norfolk Catholic, the 'Rocks pulled away a win 46-38 after outscoring the Knights 17-10 in the fourth quarter.

Pelan had 9 points and a game sealing charge in the win.

"The Norfolk Catholic game has been the most impactful to our team because we

proved that we can play with and beat the top teams," Pelan explained.

Against Battle Creek, the team continued to hit their stride on the offensive end of the floor, winning 72-47.

Senior Owen Lindhorst was the 2nd leading scorer for the 'Rocks against the Braves with 13 points.

"We have been playing to our potential most games, but we still have a lot to prove and accomplish as a team," Lindhorst said.

The next week, the Shamrocks faced a tough schedule with 3 games in 4 days. To start the stretch, Scotus clinched a close game win in North Bend, 59-52.

Senior Max Wemhoff had 15 points and led the team with 8 rebounds in the win against the Tigers.

"We are a hardworking team, and we have hopes of doing big things now and when the season winds down," Wemhoff said.

Finishing the week, the boys faced Boone Central and Archbishop Bergan on back to

back days.

The 'Rocks defeated the Cardinals 59-43 and beat the Knights 64-42.

Senior Caleb Cameron had 21 points in the victory against Archbishop Bergan.

"Our schedule is filled with quality teams, and it really makes us lean on each other and make plays for our teammates," Cameron said.

The Shamrocks earned the 4 seed in the Centennial Conference Tournament and played Boys Town on January 28th. The Shamrocks fell to the Cowboys 44-56. In the consolation game, the Shamrocks faced Aquinas on January 30th and won 66-38, outscoring the Monarchs by 24 in the final two quarters.

The Shamrock boys will host Bishop Neumann this Friday and travel to Kearney to face off against Kearney Catholic this Saturday.



Addi Beiermann / Yearbook Staff

Senior Max Wemhoff jumps to finish at the rim against a Norfolk Catholic defender on Tuesday, January 14th. Wemhoff had 11 points in the win against the Knights, 46-38.



Quinn VunCannon / Rock Bottom Staff

Senior Caleb Cameron attacks the rim against a St. Paul defender during the game on January 7th. The Shamrocks beat the Wildcats in a dominating 65-26 win.

Shamrocks build momentum for postseason success

By Caleb Cameron

The girls basketball team had a hot start to the season going undefeated through Christmas break for the first time in coach Jarrod Ridder's coaching career. Since Christmas break, the Shamrocks have maintained a strong record of 14-4.

Senior guard Sofia Karges is a two-year starter for the Shamrocks.

"Being undefeated was a huge surprise to us this year. Going into the season I didn't realize how talented we could be. Our record showed the hard work we put in and the willingness to do what it takes to win," Karges said.

Before Christmas break, the Shamrocks played Omaha Concordia and Pierce. They won both games 63-40 and 45-31. Over Christmas break, the Shamrocks participated in the Columbus Area Holiday Tournament. They beat the Clarkson-Leigh and Lakeview 45-40 and 60-40. The Shamrocks have won the Columbus Area Holiday Tournament for 3 straight years.

Senior point guard Emma Brezenski has started for the Shamrocks since her freshman year.

"(Being undefeated) was encouraging for us because the first part of our season is very tough, and to still be unbeaten reassured us we can compete with anyone," Brezenski said.

Following the holiday tournament, the team was scheduled to play #1 rated Lincoln Christian, but due to icy roads, the game was canceled. On January 7th, the girls beat Saint Paul 51-32 extending their win streak to 9

games. On January 9th, the team lost a dog-fight to Humphrey-Lindsay 52-56. On January 11th, missing two key contributors, the Shamrocks fell again to the Bishop Neumann Cavaliers 45-48.

Junior post Lola Doerneman is the Shamrock's main interior threat this season.

"At the Neumann game, we learned how tough we can be and how well we can play defense against good teams when we all play our hardest. Even though we lost, we were proud of how hard we worked," Doerneman said.

The next week, the team returned home to play Norfolk Catholic and Battle Creek. The Shamrocks returned to their winning ways beating the Knights 53-35 on January 14th. On January 17th, they beat the Bravettes 50-36.

Senior Mallory Dreesen scored 15 points in the win against the Bravettes.

"(My favorite win) was Battle Creek. They are a solid, good-sized team. We knew who we needed to key on. The 2 main players we needed to guard only scored two points," Dreesen said.

The following week, the team had a tough challenge ahead of them having three games in 4 days. They traveled to North Bend Central on January 21st. The girls lost on a last-second buzzer-beater 53-55. The team then played back-to-back home games. On January 23rd, the team beat Boone Central 48-29 at home. On January 24th, the Shamrocks beat Archbishop Bergan 45-16, executing a strong defensive game plan.

Senior Quinn VunCannon is a key contributor off the bench for the Shamrocks.

"You never get a break with how crazy the season's schedule is, so it speaks to our resilience as a team. We know we have to get it done for each other," VunCannon said.

The Shamrocks were the 2 seed in the Centennial Conference Tournament. They beat Kearney Catholic to advance to the semifinals 56-31 on January 28th. The team

beat the Bishop Neumann at home on January 30th, 52-37, outscoring the Cavaliers by 16 in the final half. In the conference championship, the team faced #1 rated Lincoln Christian on February 1st. They fell to the Crusaders 46-62, earning runner-up in the Centennial Conference Championship.

The girls played Aquinas on the road this Tuesday. They will travel to Kearney Catholic this Saturday.



Aubree Beiermann / Rock Bottom Staff

Senior Quinn VunCannon passes the ball to a teammate during a game against Humphrey-Lindsay on January 9th. The Shamrocks fell to the Bulldogs, 52-56.



Jillian Rusher / Rock Bottom Staff

Sophomore Emilyn Kavan drives past a Norfolk Catholic defender during a game on January 14th. The 53-35 win was the Shamrocks' seventh win by more than 15 points.



Mia Fehringer / Yearbook Staff

Senior Sofia Karges drives the lane against a Battle Creek defender on January 17th. The Shamrocks beat the 11-3 Bravettes, 50-36.

Wrestling pins victories as a team

By Madden Saenz

This year, Scotus wrestling has seen improved success across the board, with wrestlers winning matches and the team placing high at meets. The team has also seen a change in practice, in both methodology and location. From wrestlers with positive records for the season, to a win at the Guardian Angels Central Catholic Invitational against Aquinas and GACC, to winning again at the Schuyler dual, the team's future for the season is bright.

For the 2024-2025 season, the Scotus wrestling team moved to the Knights of Columbus building across town, so the team would be able to have their facility to train in and also be able to crank up the heat. This allows for rigorous, calorie-burning practices for cutting weight and staying lean throughout the season. From here, the team competes in meets throughout the season, with some hard-fought and scattered success.

"We're doing alright," junior wrestler

Kobe Micek said. "We have an above .500 dual team, and we have placed high as a team in a couple tournaments."

Placed high they have. The Grand Island Holiday Tournament over Christmas break on December 27th was competitive. Dualing five teams, Scotus overtook nearly every team they had to face, beating Bishop Neuman 42-36, South Sioux City 39-37, and hammering Bancroft-Rosalie 60-6. They had a close loss, 33-42, against Takemah-Herman but won their last dual against GACC, winning 47-30. The Shamrock wrestlers took first place in the invitational with their record and points.

"The holiday dual tournament was impactful because we won it beating some pretty good teams, including a class A school," Micek said.

The wrestlers attended a dual at Schuyler Central High School on January 9th to start the new year. Freshmen Zach Schumacher and Lamberto Campuzano, sophomores Elijah

Osulfka and Parker Newman, juniors Kobe Micek, Hunter Brunkhorst, and Mike Krienke, and seniors Henry Ramaekers and Spencer Shotkoski won their matches. This put the team in the lead over Schuyler, giving the Shamrock wrestlers another victory.

The team then attended the Schuyler Invitational on the 18th, a more challenging meet. Only two athletes medaled: Brunkhorst in 5th and Newman in 4th. However, the meet was not without its importance.

"Schuyler has been the most impactful," Brunkhorst said. "It was such a tough tournament. I feel like seeing where we're at as a team compared to the best of the best is important."

Following the Schuyler Invitational, the team then attended the Centennial Conference Tournament on the 25th, a successful meet for the Shamrocks. Placing 2nd as a team, the Shamrock wrestlers brought back lots of hardware with Newman taking first for 150,

Micek, Brunkhorst, Sucha, and Riviero all taking 2nd for 126, 132, 138, and 144, respectively. Following the silver wrestlers were Krienke and Ramaekers for 3rd for 165 and 190, followed by Zegar taking 4th for 138.

"I've been placing at tournaments more than last year," Ramaekers said. "The team has grown to be a serious contender in tournaments."

Scotus hosted a triangular with Lakeview and Boone Central on the 30th, taking down Boone Central but having a narrow loss to Lakeview due to forfeiture points. After, on the 1st of February, the team attended the Dale Bonge Invitational in Albion, with several wrestlers medaling. The team will next compete in the Crusader Invite on the 8th and districts in Malcolm on the 10th.

"Nothing would make me happier than making it to state my senior year," Shotkoski concluded.



Madden Saenz / Rock Bottom Staff

Junior Mike Krienke is announced winner by pin decision. Scotus scored well against Boone Central and Lakeview on January 30th and only lost to Lakeview due to forfeiture points.



Madden Saenz / Rock Bottom Staff

Junior Favio Rivero Rubio grapples with a Boone Central wrestler. Rivero Rubio was one of the several Scotus athletes who medaled at the Centennial Conference Tournament on January 25th, placing 2nd.

Cheerleaders chase the gold

By Kate Hendricks

After cheering on all the sports teams this fall, the Scotus cheerleading squad focused on their new team after the new year. The team has held many cheer camps, participated in the Heartland Competition in Lincoln and Jam the Gym at Columbus High School, and is later hoping to bring home the gold at the state competition in February.

The Shamrocks competed in the Heartland Competition in Lincoln on January 12th. Overall, they placed 1st in the Non-Tumbling Division. Senior co-captain Sofia Karges is a base for their state routine.

"The Heartland Competition was so exciting because it showed us how hard work pays off! All those long practices in the morning and on weekends were worth it. We definitely weren't expecting to do that well, so it was eye-opening and showed us how far we could go at state!" Karges said.

The team received 3rd place in their gameday routine and the school spirit award for class C1 overall. Junior cheerleader Sophia Langan is a base for one of the stunting groups in the gameday routine.

"My favorite part about cheering at the Heartland competition was the performance itself. After our tough gameday routine, we all were celebrating after we hit, and it was super fun and rewarding to know all our hard work paid off. This year the team is super close

and all good friends. We have worked hard in practice and all give 100% effort and it's starting to show!" Langan said.

The squad performed at Jam the Gym on January 19th to prepare for the state competition. Jam the Gym is a cheer and dance showcase held by the Columbus High Diamond dancers. They performed their non-tumbling dance to "Let's Go Gold".

"Jam the Gym was another great opportunity to put our skills to practice and perform in front of people before state cheer. Any chance to cheer in front of an audience helps us gain confidence! We were able to learn what else we needed to work on before state came too." Karges said.

Scotus cheerleading hosted a junior cheer camp for sixth, seventh, and eighth graders to help prepare them for tryouts in February. The cheerleaders taught the campers spirting, stunting techniques, and the school fight song. The cheerleaders and the campers performed the school fight song at the halftime of the boys' basketball game against Archbishop Bergan on January 24th. Emma White, a freshman cheerleader, thought the camp was successful.

"It went well and I know the girls are practicing the fight song because if they have any questions, they are asking me outside of school to try and make sure they master it.



Photo Courtesy Sarah Langan

The Scotus cheerleading squad poses for a picture at the Heartland competition on January 12th. The Shamrocks were awarded 1st place in Non-Tumbling, 3rd place in Game-Day, and the school spirit award.

The cheer prep clinic was so fun and I think it helped the current junior high to get ready for tryouts," White said.

Their next performance will be at the State Competition in Grand Island on February 22nd.



Adrianna Kush / Yearbook Staff

Freshman Emma White hits a motion in the cheer team's Non-Tumbling dance at Jam the Gym on January 19th. The team will perform the dance along with a Game-Day routine at the state competition on February 22nd in Grand Island.



Adrianna Kush / Yearbook Staff

Junior Eva Foreman preps for a high kick in the cheer team's performance at Jam the Gym hosted at Columbus High School on January 19th. The team performed their Non-Tumbling dance at the showcase.

Do you have a boyfriend or girlfriend?
Yes 32.3%
No 67.8%

What's your love language?
Quality Time 49.6%
Physical Touch 24%
Words of Affirmation 9.1%
Gift Giving 9.1%
Acts of Service 8.3%

Ideal Valentine's Day gift?
"Crystal jade sesame chicken." Jacob Rother, 12
"A phone." Mia Fehringer, 11
"Anything Denver Nuggets related." Jack Sueper, 12

Ideal Valentine's Day date?
"Going on any date would be ideal, but until then I can only dream. I think it would be cool to go on a trip to Hawaii or some place with a beach." Becky Policky, 12

Do you think people should date in high school?
"I don't think there's anything wrong with dating in high school. It helps people find out what they want in a spouse, and possibly, to find a future spouse." Helene Chard, 11

Do you like Valentine's Day?
"I do [like Valentine's Day] because it's an excuse to spend money on my boyfriend who usually pays for everything. It's also a day we get to go on a date for no particular reason other than it's Valentine's Day." Lillian Miller, 10

Cringiest thing couples do?
"The cringiest thing couples do is when they're walking together at school and it's obvious they're acting differently around each other." Kiya Taylor, 11

Other text elements: HAPPY HUGS, BE KIND, LOVELY, BE MINE, WOW, I LOVE YOU, TRUE LOVE, MISS YOU, TRUE LOVE.

Dating proves difficult in every decade

By Ava Rickert

Being fought over by countless suitors, serenaded by guitar, and ambushed with lavish gifts on a daily basis, centuries ago this was the reality for many girls my age. However, anyone who has been on a date the past fifty years knows the dating "norm" has taken a turn since those carefree times.

After binge watching movies like *Little Women* and memorizing Laurie's love confession to Jo March, I began to wonder when all of this changed. Why am I waiting for someone to snap me back instead of having poems written about me and taken on walks under the moonlight? Needless to say, whether it be in the past fifty or three hundred years, the concept of dating flipped a major switch.

The 1970s was an important decade in terms of the feminist movement in the United States. Women could have their own careers, go to college, and finally become independent from the influence of men in their lives, which significantly influenced the dating scene. Dating during the 70s was casual, and some people often went on dates with multiple people each week. Whether it be watching the latest block-buster, going bowling, or even playing card games, dating was seen as a laid back concept.

The 1980s continued to emphasize the casualness of dating. Dating was not exclusively for people looking to get married or people looking for a relationship. The unattached dating of the 80s led to a significant rise in divorce rates. People also tried to find a partner through various dating shows which debuted during this decade.

In the 1990s, people often met potential partners through blind dates set up by mutual friends, speed dating at bars, or even personal ads in magazines and local newspapers. One of the biggest differences between getting held versus now is if a person wanted to date ahead of someone else, they called their landline.

Mobile phones were not accessible to everyone, and many stayed up all night talking to their boyfriend or girlfriend on the landline. How romantic, right?

Dating in the 2000s was similar to the previous two decades. The era was characterized by couples burning CDs with their favorite music for each other, driving around, and watching movies such as *The Notebook* together (#goals).

The 2010s hit the dating scene like a freight train. *Tinder* was released in 2012 and online dating became one of the most popular ways to meet someone. Due to the rise of social media platforms such as *Instagram*, *Facebook*, and *Twitter*, it became easier than ever to keep in touch with dating partners. When a relationship became official, girls would update their Facebook relationship status from single to dating in the blink of an eye.

Then comes our current decade: the ongoing 2020s. While some dating apps are still used, most people either meet their partners through social media platforms, such as *Snapchat*, or through mutual friends. It seems to get harder and harder by the day to find a relationship in this generation for many reasons. While social media can be a good way to meet people, it also allows for ghosting and never ending talking stages. Sorry to break it to you, but the kid you have been snapchatting for the last four

months probably does not want to date you. Overall, social media has made it easier for miscommunications to take place in growing relationships.

Whether it be the dating shows of the 80s, love-confession CDs of the 2000s, or situationships of the 2020s, dating has held many different meanings throughout the

years. So if older family members try to give advice on how they found a relationship when they were young and say the generic line, "You kids have it easy. Back in my day..." Sorry grandpa, but chances are 'back in your day' you did not have to deal with being left on delivered for hours on end by your unofficial talking stage.

REALITY

HEY.

HI!!!
READ.

HE LEFT ME ON READ FOR 3 HOURS!

NO WAY..

EXPECTATION

AND I WANTED TO LET YOU KNOW.

I LOVE YOU

Revolution prevents domestic violence and sexual assault

by Caleb Cameron

Domestic violence and sexual assault are some of the most common crimes in the world, but some of the least reported. These issues affect every school, religion, and community. Since 2008, Revolution, a volunteer program through the Center for Survivors, has served Columbus and six surrounding counties by advocating for non-violence through intervention, education, and prevention to create a safe environment for all individuals, families, and communities.

Senior Ian Karges has been in Revolution since his sophomore year and helps with the technology in the theater presentation.

“One of the statistics we always talk about is 1 in 3 girls between the ages 16-24 will experience sexual assault. I want to spread awareness to decrease the chances of my sisters becoming victims,” Karges said.

Revolution is a group of about 50 high school students from Scotus, CHS, and Lakeview. Students are chosen to be in Revolution based on their leadership qualities and involvement in the community. Students then attend a two-day training in the summer where they meet the new members, learn how to identify and respond to signs of an unhealthy relationship and how to react as a bystander, and play games with their peers.

Senior Rebecca Kosch has been in Revolution since her freshman year.

“My favorite part about being in Revolution is meeting new people but also getting together with my peers to impact other students’ relationships and struggles in high school,”

Kosch said.

Students are then required to complete 20 volunteer hours over the course of the year, but most students complete many more. Each volunteer hour helps the Center for Survivors pay for their expenses. Throughout the summer and school year, Revolution students have many opportunities to earn volunteer hours including parades, summer camps, food distributions, Christmas caroling, bystander intervention, theater presentations, and other community and school events.

This year is junior Hannah Heinrich’s first year in Revolution.

“My favorite Revolution event I’ve attended is the Polk County Fair. We walked around and handed out merch to raise awareness, but then we got to ride all the carnival rides. It’s so fun to hang out with the Rev kids and eat the free food,” Heinrich said.

A large part of Revolution is the theater program. The Revolution theater program travels to Nebraska high schools presenting an interactive skit. The skit addresses many issues including sexual assault, domestic violence, and bystander intervention. After the skit, students are allowed to question the characters. Finally, the actors spread awareness by giving some stunning facts and additional information about their characters.

In the skit, junior Jillian Rusher plays the role of Haley, a victim of domestic violence. This year was Rusher’s first year participating in the theater program.

“Theater builds such a community and



The Revolution group handed out ribbons on October 23rd for Domestic Violence Awareness Month. The Revolution members pictured are (front row) Rebecca Kosch, Emma Wangler, Hannah Heinrich, Jillian Rusher, Giselle Chilapa-Bello, (back row) Caleb Cameron, Trevor Niedbalski, Seth Druempel, Lillian Miller, Ian Karges, and Connor Cameron. (Sofia Karges not pictured)

family within our small theater group! I love presenting, knowing I am making a difference with all of the people in theater,” Rusher said.

Revolution continues to provide services to the community. During the 2023-2024 summer and school year, Revolution combined for over 2300 hours. This year, Revolution aims to surpass that number.

Community engagement education director Abbie Tessendorf works at the Center

for Survivors and has coordinated Revolution since 2008.

“I’ve come to realize its most profound impact is on the Revolution members themselves. Many of them have gone on to become influential leaders, dedicating their time to volunteering and working to make their communities safer and stronger. Revolution doesn’t just change lives—it creates change-makers,” Tessendorf said.

Dating VIOLENCE is a pattern of behaviors used to control, manipulate, threaten, or intimidate a partner in a dating relationship.

Types of abuse can include physical, emotional/verbal, and sexual abuse. **Emotional** abuse is the most common type and often the most harmful.

BEING ABUSIVE IS A **Choice**
While alcohol, drugs, jealousy, or stress increase the chances of abuse, nothing “makes” a person abusive.

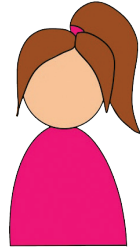
orange LOVE day IS February 11
WEAR ORANGE this day to show support for Teen Dating Violence Awareness.

- Red Flags**
- Putting you down frequently
 - Isolating you from friends or family
 - Having extreme jealousy or insecurity
 - Having explosive outbursts, extreme temper, or mood swings
 - Pressuring you to go farther than you are comfortable



- How YOU Can Help**
- BELIEVE** Thank the victim for trusting you and tell them you believe them.
 - AFFIRM** Remind the victim it is not their fault.
 - SUPPORT** Let them know you will be there for them.
 - EMPOWER** Remind the victim they do not deserve what happened to them.
 - REFER** Get help from a trusted adult, Center for Survivors, or a Revolution member.

- 1 in 3** adolescents in the U.S. are a victim of abuse from a dating partner.
- 1 in 5** girls said a boyfriend threatened violence if they were presented with a breakup.
- 80%** of women who have been physically abused in their relationship continue to date their abuser.
- 1 in 10** high school students have been physically hurt by a dating partner.



If you or a loved one is experiencing any form of abuse, GET HELP. TALK to a trusted adult, FIND a Revolution member to confide in, or CALL Center for Survivors at 402-564-2155.



Center for Survivors helps prevent violence

by Jillian Rusher

February is Teen Dating Violence Awareness Month. In Columbus, one group leads the education about this topic. The Center for Sexual Assault and Domestic Violence Survivors (Center for Survivors) was established February 21, 1990 as a nonprofit by Jamie Snyder, Rosemarie Heinisch, and Linda Cattau. Before being at their current location on 13th street, The Center helped the community from an old house, which served as a main office and emergency shelter.

Today, Center for Survivors is a fully-funded organization that employs more than 20 people. In 2024 The Center served a total of 559 clients.

Abbie Tessendorf is a Community Engagement and Education Director for The Center for Survivors.

“The Center for Survivors is more than a resource—it’s a lifeline. It’s a place where survivors of domestic violence, sexual assault, dating violence, stalking, and human trafficking can find hope, healing, and support,” Tessendorf said.

The Center wanted to build prevention in the community, so in 1998, a program called the Center for Survivors Speaker’s Bureau was formed. In 2008 the program’s name was changed to “Revolution” and was modified to fit the needs of a larger crowd. Today Revolution is a group of about 50 teens from the three schools in Columbus. These teens go through training on dating violence, sexual assault, and bystander intervention in order to spread awareness and provide outreach in the community.

The training completed by Revolution members is similar to some of the training provided by Center for Survivors employees provided by the Nebraska Coalition to End Sexual and Domestic Violence, and they are required to fulfill 20 hours of training each year. Volunteers also complete training to increase their understanding of issues affecting survivors of violence.

Taylor Amsler is a Volunteer Coordinator for The Center for Survivors.

“I wish more people knew about the

variety of services the Center can provide. Community members know we help victims of domestic violence, dating violence, and sexual assault, but they don’t realize what that all entails,” Amsler said.

The Center provides one-on-one support services, referrals for legal services, financial assistance, emergency shelter, protection order assistance, help with safety planning, access to mental health, and more. These services are free and confidential. Not only are there a variety of services, but the services are tailored to a variety of people. Some of these services include, Building Healthy Relationships (BHR), Batterer’s Intervention Program (BIP), and The Turning Points Program.

“Every service we offer is vital. While many might see our crisis intervention services as the cornerstone of our mission—and they are critical for supporting victims in immediate danger—I believe our prevention and education efforts are just as essential,” Tessendorf said. “It’s imperative that we

provide a safety net for those in crisis, but prevention and education give us the opportunity to address the root causes of domestic violence and sexual assault. By starting early and equipping individuals with knowledge and tools, we can work toward a future where intimate partner violence is significantly reduced—or doesn’t happen at all.”

The Center is here to help, providing services to the six surrounding counties, Boone, Butler, Colfax, Nance, Platte, and Polk.

Andie Venzor is a Youth Advocate for the Center.

“We truly care about helping others, especially when it comes to supporting survivors of abuse or violence. We’re a safe space where anyone can get the help they need, whether it’s talking to someone who understands, getting advice, or finding resources,” Venzor said. “We’re here to create a community where people can heal and grow, and we’re here for anyone who needs help—no one has to go through this alone.”

Shamrock robotics team electrifies competition

By Abby Schumacher

Robotics can be defined as a person programming or remotely controlling anything mechanical such as a robot or a toy car. For the past 2 years at Scotus, the robotics team has been in a 'Create Open' category of robotics competitions. This is a niche group of robotics Scotus had to move to after the COVID-19 pandemic put a halt on other categories.

STEAM teacher Betsy Rall is the robotics coach.

"Some competitions are highly competitive and some teams can even sabotage other teams. 'Create Open' is not like this. It is a regional robotics competition where it's more like you're working for a company where you're on different projects, but you're both trying to get your goals completed," Rall said.

On January 11th, the robotics team had their first competition at Columbus High School. The team consists of senior Andrew Melliger, his younger brother Benjamin, juniors Jake Demuth and Peter Faltys, and sophomore Trevor Niedbalski. Throughout the day, there were 36 rounds which all lasted 2 minutes each. During these 2 minutes, the driver must press a button for their robot to do a sequence of pre-coded moves and skills. For the other duration of the round, the assistant must verbally help the driver as to where to drive the robot and what to do. Melliger took on the role of the assistant while his cousin, Niedbalski, was the driver of the bot.

"I truly enjoy having to problem solve and try to have the best possible robot we can," Melliger said.

In the first round of the morning, the Scotus team beat their opponent by 2 points, but as the day went on, the team was averaging around 70 points per round. During the 2 championship rounds, the team scored 190 and 237 points, respectively.

At the end of the competition, the team won 3 out of the 9 awards given. These awards included the Skills Competition Award, Honor Award, and Tournament Champion's Award.

"Seeing the fruit of my labors in action at competitions is rewarding, as well as the team bonding we have there," Melliger said.

All robots used during the competition must follow the 18-inch by 18-inch by 18-inch criteria and must be made from a pile of scrap pieces of metal, motors, and remote controls. Each robot is also judged in different events such as programming it autonomously, how organized and thorough each robot's engineering notebook is, how satisfactory the robot can do certain skills, and an overall honor award.

"There is a lot of thinking, a lot of problem solving, and a lot of critical thinking that goes on in robotics," Rall said.

Niedbalski has been on the robotics team for the past 2 years and named the robot what it is known for today.

"KYLE drives in style and will go the extra mile," Niedbalski said.

Demuth has also been in robotics for the past 2 years and takes on the role of recording all the competitions so they can review the



Abby Schumacher / Rock Bottom Staff

Cousins senior Andrew Melliger and sophomore Trevor Niedbalski discuss their action plan during their first tournament of the season on January 11th at Columbus High School. This is the team's 2nd year participating in the 'Create Open' category of robotics competitions.

film for their next competition.

"I enjoy learning new things and working with my hands. Robotics is the best of both worlds, from making the robot to creating the code," Demuth said.

In February, the team will attend 3 tournaments in a row at Nebraska Christian, Norfolk, and Omaha North. The last competi-

tion of the season will be the robotics national tournament from April 3rd through 5th in Council Bluffs, Iowa.

"I am quite confident for the rest of the season. KYLE (the main bot) is currently getting a younger brother, CARL, who will hopefully be a dynamic duo in the future," Demuth said.

Speech season strives for success

By Aubree Beiermann

Last year's 2024 speech season ended successfully with everyone who competed at districts qualifying for state and four students placing. With last season's superior ending, hopes are high as they begin the start of this year's season. To get there, however, they have to overcome the struggle of having only one official coach for the team.

Melanie Mimick has been the head coach for the speech team for 9 years. This year she has help from three assistant coaches. Scotus substitute and parent, Wiliam Policky, has volunteered to help, his focus being the platform events. These events include Entertainment, Persuasive, Informative, and Extemp. Chase King has also decided to help this year. King is the coach at Fremont High. He mostly helps students who are competing in Poetry and Program Oral Interpretation (POI). Vincent Quinn, the former Lakeview coach,

is also coaching this year. He mainly coaches Humorous, Serious Prose, and Oral Interpretation of Drama (OID) events.

One student who has been thankful for the extra coaches is junior Ava Bettenhausen. She is in OID and Entertainment this year.

"With a big team, having multiple coaches makes practices and meets run smoother. Having Mr. Policky there every day has been helpful especially when I needed help getting things ready for my entertainment visual aids," Bettenhausen said.

The speech team started preparing for the season in early November. Students began deciding what to compete in, writing their speeches, or finding scripts. They had mandatory practices on December 29th and 30th and then January 3rd. During these practices, students started writing or cutting their speeches, worked on decorating boards, or coaches

helped by giving their input to students.

The jumpstart from these practices helped students get a lead on the season. Senior Jessica Jackson was able to use this time to her advantage.

"I was able to write my entire Poetry, find my Serious script, and find some pieces for a POI I was working on," Jackson said.

Jackson placed 3rd in her Poetry and 1st in her POI events at the home meet on January 25th.

This meet was the first of the season. The Scotus team placed 2nd out of 19 teams. Six students placed in Varsity at the meet and three placed in Novice (JV).

Senior Caroline Klitz competed in OID and Informative at this meet; she placed in the Informative event.

"OID didn't place, but we got good feedback to better our performance. I placed 4th in

Informative. While I can certainly improve, it was my best performance that day, and I can only go up from there," Klitz said.

The next meet is February 1st at Millard West.

Senior Becky Policky is excited for her last season of speech. She competed in the Informative event at the home meet and placed 6th. Last year, she placed 1st at state in this event.

"This season, all I want is to have fun.

The last few years I've been putting too much pressure on myself to be perfect and forgetting to enjoy the process with my teammates! Also of course, most importantly is to give all the glory to God through my talents and abilities!" Policky said.



Caleb Cameron / Rock Bottom Staff

Sophomore Lillian Miller performs her POI speech at the home meet on January 25th. Miller also performs Serious Prose.



Caleb Cameron / Rock Bottom Staff

Junior Ryan Allen and senior Austin Long act out the OID "The Best Christmas Pageant Ever" at the home meet on January 25th. The group did not place for their performance, but the team placed 2nd as a whole.



Kate Hoffman / Yearbook Staff

Junior Seth Drueppel presents his poetry interpretation at the home speech meet on January 25th. Drueppel placed fifth in the novice division of his category.



Caleb Cameron / Rock Bottom Staff

Senior Abby Schumacher introduces her second point of her entertainment speech about the irrelevance of math in a round at the home meet on January 25th. The team placed 2nd at the meet.

Winter Formal brings mixed reviews

By Sofia Karges

After Christmas break is over, the next big event going on at Scotus is Winter Formal. Some girls shop online for months to find a dress, others secure one the day of, but either way, it is always an anxiously awaited event. This year was no different.

Winter Formal was on Saturday, January 18th. Coronation was set for 7:45 pm, and the dance followed.

Every year, the seniors elect five girls and five boys from their class to be on Winter Formal court, and the high schoolers have the opportunity to vote on king and queen.

Senior Callen Jedlicka was one of the students who was voted to be on court this year. "I felt honored that people view me as a good enough representation of the senior class and our values that they would vote me as a candidate," Jedlicka said.

After the votes were tallied up, Eddy Herrera was crowned the Winter Formal king, and Becky Policky was the Winter Formal queen.

"It was a little shocking to be crowned queen but will definitely be a memory to last forever," Policky said. "My favorite part was the fact that I got to do it with my best friend Abby [Schumacher]. Getting to share that moment with her was so special."

Sophomore class sponsor Sam Rose has been in charge of organizing Winter Formal for four years. However, with the dance being shortly after Christmas break, and his second son coming exactly two weeks before it, the dance was quickly planned this year.

"Overall, I think Winter Formal went pretty well. It was kind of a race to the finish at the end; I thought I had another week to prepare before my son came. I took the time over Christmas break to plan for it, but with him coming early, I didn't have as much time as I would have hoped to get it all wrapped up. Overall though, I thought it was a successful dance," Rose said.

The dance lasted until 10:30, but most people left before then. With illness going around, there was low attendance on the dance floor, which resulted in low energy



The Winter Formal candidates were voted on by the senior class and the king and queen were selected from all of high school. The court included seniors Raya Kluever, Adrianna Kush, Ava Rickert, Rylie Tonniges, Becky Policky, Eddy Herrera, Jack Sueper, Evan Steffensmeier, Callen Jedlicka, and Caleb Cameron.

overall.

Senior Caleb Cameron was also a Winter Formal candidate.

"I was disappointed in the turnout. I did not stay for very long, but there were not a lot of people there and even fewer people dancing," Cameron said.

The low attendance for Winter Formal left people wondering what could be changed for next year to make it more exciting.

Senior Adrianna Kush was also on court.

"I think Winter Formal gets a bad wrap automatically. I think they should either do it before Christmas, do a sweetheart dance at the beginning of February, or do an informal dance to make people excited for it again," Kush said.

There have been sweetheart and informal dances in the past, but in the last couple years, the plans for them have always fell through because of problems with scheduling, leaving Winter Formal as the next best option.

"I have some different ideas for the future of Winter Formal to get people to be more excited for it, whether it's door prizes or other activities to offer during the dance to get people to stay longer. We could make this dance whatever we wanted it to, and I think for next year, we could definitely try adding some of that stuff if that's what people want," Rose said.

The final dance of the year will be only for juniors and seniors at prom on April 5th.



Freshman Alex Dush shows off his moves in a dance circle at the Winter Formal dance on January 18th. The dance was held in the school cafeteria from 7:30 to 10:30 P.M.



Freshmen Madison Neville, Avery Heinrich, Alaina O'Kane, and senior Lily Humphrey dance to "Cotton Eyed Joe" at the Winter Formal dance on January 18th.

Catholic Schools Week moves student and staff hearts

By Sydney Stuart

Catholic Schools Week (CSW) rolls around every year in January; this year it was January 26-31. Students are always busy with schoolwork, sports, and activities, but this week out of the year especially commends Catholic education and the people who make it possible.

During CSW, schools around the nation dressed up, honored certain groups who impact Catholic schools, and celebrated their faith. Every day students at Scotus had the opportunity to dress according to the day's theme.

Assistant campus minister Kelly Koranda helped guide Catholic Schools Week this year. "[Catholic Schools Week] is a chance to celebrate the opportunities we have to learn about our faith at school and live it out, whether it is prayer before class or being able to have things like Rock Talk, Mass and religion class," Koranda said.

Monday the students enjoyed the day off of school and had the chance to win a drawing if they sent a picture of them serving the community to the school while the teachers attended a retreat at the Benedictine Retreat Center in Schuyler. When they returned on Tuesday, the theme was celebrating teachers, and students dressed like teachers.

A group of senior boys were inspired by science and math teacher Tom Salyard and dressed in his usual school day attire. This included dress shoes, pants, and a sweater with a bow or tie. One of the members of this group was Callen Jedlicka, who is currently in Salyard's Calculus and Physics classes.

"[I dressed up like Mr. Salyard] because

the seniors the last two years have dressed up like him, and we decided to continue the tradition," Jedlicka said.

Wednesday the theme was celebrating the country. Students could dress in patriotic clothing, and Scotus parent and veteran Derek Westring led morning prayer at Scotus.

Later in the day, students listened to a talk given by volleyball player Rebekah Allick. The Nebraska native graduated from Waverly High School in 2022 and is currently a junior at The University of Nebraska-Lincoln.

Allick is not new to visiting Catholic schools and sharing her testimony. Her testimony included advice on friendship and how to battle what gets in the way of living out faith. Sophomore Lillian Miller attended the talk and related to Allick's message.

"I thought it was cool because we are in a small town, and we don't get a whole bunch of things like that to happen," Miller said. "It was special to have that interaction with somebody who just wants to spread God's word."

On Thursday, students wore Catholic t-shirts to show appreciation for Catholic vocations. During the day religious people spoke to grades 7-12. In the afternoon, students participated in a Eucharistic procession which led into mass at St. Bonaventure.

To end Catholic Schools Week, Scotus' campus ministry planned a faith rally to engage and bring the school together to celebrate the faith. Students played family feud, then Father Nickolas Mishek led adoration and benediction while Father Taylor Leffler

led music for the students and faculty. Campus minister Molly Wallish was behind the scenes all week preparing the activities.

"[Catholic Schools Week] was really beautiful because I loved seeing people fully

living out their faith. My favorite part of the week was witnessing the students praying, singing, and worshipping Jesus," Wallish said.

"I hope this is something we continue at our school."



Junior Evan Pavlik, sophomore Trevor Niedbalski, junior Ryan Allen, and senior Andrew Melliger lead the Eucharistic Procession on January 30th for Catholic Schools Week. Following the procession, students celebrated mass.

To rom-com or not to rom-com

By Quinn VunCannon

"I think rom-coms are dumb because dudes don't act like that," said the most lazy misogynistic man you know in your life. Movies that fall under the category of romantic comedy often get put through scrutiny by men who devalue anything women tend to enjoy. However frustrating that may be, I think everyone in life can find joy in watching a chick flick every once in a while.

Romantic comedies can bring light to those whose dating scenes leave little to be desired, make perfect movies to watch for those who are *in* relationships, and are easily digestible content in an ocean full of overzealous 'thought provoking' movies.

Listen ladies, I know the dating world can be a daunting hill to look upon as a teenager. The constant drama of 'who likes who' makes navigating highschool dating nothing short of nauseating. However, when real life relationships have a bleak outlook, why not turn to fiction to ease your troubles? Rom-coms provide a lighthearted escape from the lulls of a boring dating life.

Sure, you could say they are overexaggerated depictions of love that never happen in real life, but my rebuttal, who cares? If one movie could instill in a person the hope of finding true love, what is the point of making them feel 'lesser than' for something that makes them happy?

For the lucky few who are in happy relationships, rom-coms still make a perfect date night watch. I hear a plethora of complaints from men that rom-coms are cringy or unserious because guys don't act like the men in romantic comedies in real life. If you use

this to justify not liking them, fine, but don't you see the bigger issue? A reason so many women enjoy romantic comedies is they want a man who can treat them the way it happens in the movies.

This is why a chick flick makes an ideal date. Your boyfriend could learn a thing or two from the swoon worthy male lead in any rom-com.

One of the most popular romantic comedies in our generation is the movie *10 Things I Hate About You*. In it, one of the main characters, Cameron, is insanely in love with Bianca. He goes out of his way to put so much effort into dating her, as far as learning French for her and paying someone to go out with her sister, Kat. I think this serves as an example of something every girl wants in a relationship, effort. If boys could take a few notes, I am certain their own relationships would be stronger.

Taking a step back from the dating world, rom-coms are a perfect easygoing watch for anyone looking to escape the intense pressures of life. It feels as though every movie that hits the theaters today is some huge budget superhero film, or a pseudo 'deep' movie with indecipherable themes. Sometimes, life already feels like the crazy climax of an action movie. Settling down at the end of a long day with a movie that doesn't have to be taken so seriously is an ideal evening for someone looking to not think about their hectic life.

So gentlemen, next time you're scrolling through Netflix looking for what to watch, don't skip out on a silly chick flick. It could be your ticket to a meaningful connection.

By Madden Saenz

Rom-coms are a staple in my household. My mom was home quite often when I was much younger, so when she was home, she had the TV. Day in and day out was rom-com after rom-com. The whole time I would watch I couldn't help but think, "People are attracted to this?"

The Notebook, *50 First Dates*, *The Proposal*, and *10 Things I Hate About You*, are all considered classics in the rom-com genre. They're not terrible movies by any means, but they always rub me the wrong way with how they portray their characters finding love. The films often promote characters accomplishing crazy and over-the-top feats that would make you think, "Where are the cops?!"

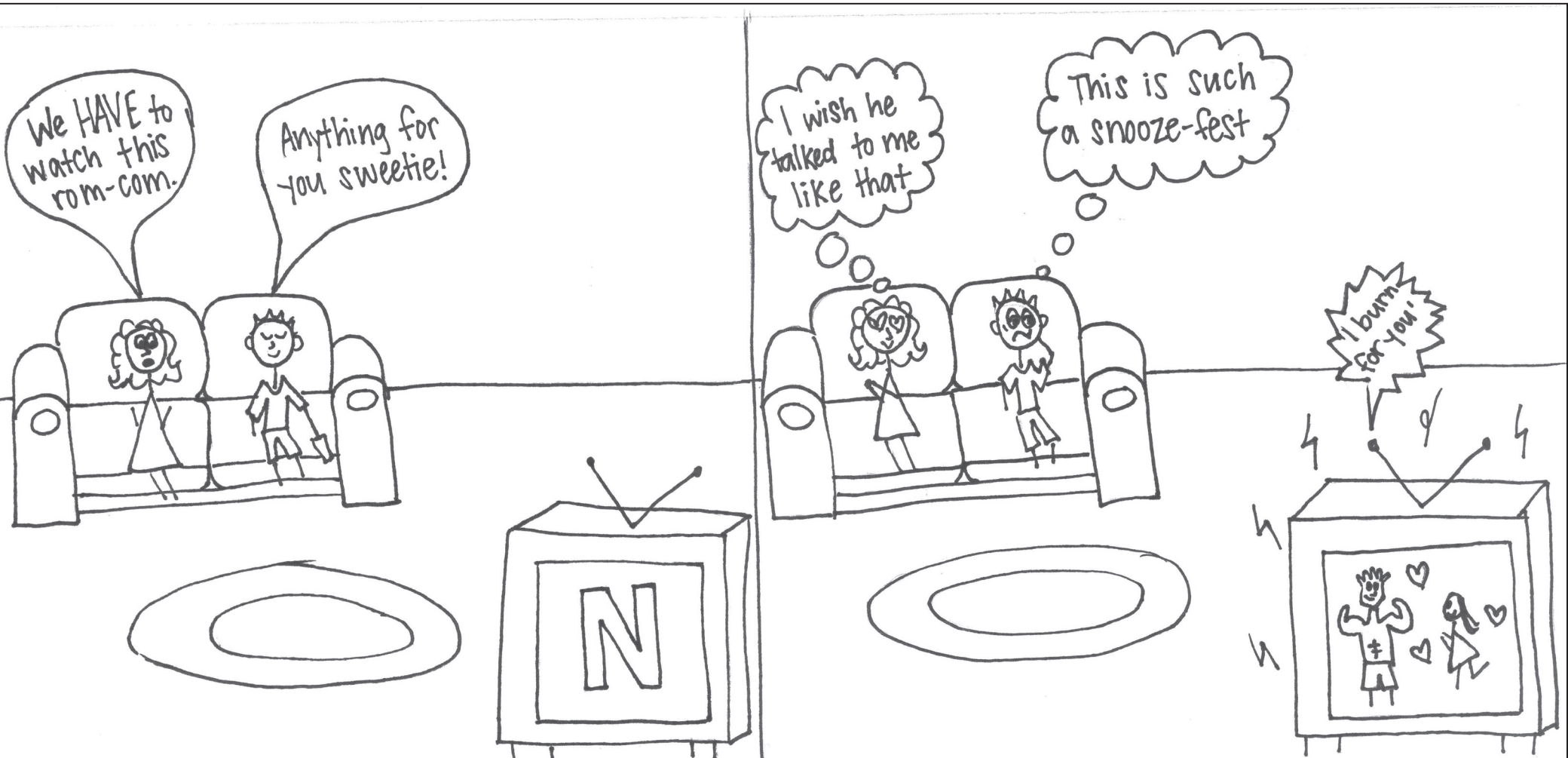
For example, when Ryan Gosling's character in the 2004 film *The Notebook* is chasing after his "true love", played by Rachel McAdams, he thinks the best way to get her attention is to climb a Ferris wheel up to the top cart. Once up there, he hangs hundreds of feet up in the air from the top of the crossbars, threatening to drop if Rachel McAdam's character doesn't go out with him. Meanwhile, she is none the wiser because she is on a date with another man! She eventually caves and says yes, starting all of the classic rom-com shenanigans. See the problem here? Gosling's success in threatening suicide can send some very twisted messages to the audience. This is just one extreme, but other kinds of behaviors are also an issue.

Borderline stalking is a common trope commonly promoted in rom-coms. A perfect example is in the 2004 movie *50 First Dates* where Adam Sandler chases after a girl

(Drew Barrymore) with a rare brain disorder where she can only remember one particular day. With this information, Sandler chases her down around town, committed to getting around her memory block.

This leads to all the zany events that would take place in an Adam Sandler film: flat, dry humor, with over-the-top success coming from the stupidest ideas. From slashing his tires to faking getting jumped to harassing her dad and brother for new ideas, he is constantly unsuccessful. Until he figures out a loophole. If he just records a video every day as a reminder, things will be just peachy! Not to mention the fact that he could just simply lie and manipulate a poor woman into somehow believing she is his lover. Regardless, the plan works, and the two get married and sail off together into the ocean sunset.

Let me be clear, my problem with rom-coms isn't that they're made for a separate audience or are objectively bad films because they aren't. The problem is these films often promote ludicrous, manipulative, or dangerous behavior all for the sake of "love". Seeing these characters pull off these insane feats can send mixed messages to the audience. With them being such a large part of movies and media, broadcasting these behaviors can inadvertently normalize problematic acts, since everyone on TV does it, then it's okay. However, dangling from a Ferris wheel or stalking or homemade movies are all far from the best way to get the attention of a romantic interest.



Quinn VunCannon / Rock Bottom Editor

Crossword Puzzle

Find the answers by reading the articles in the newspaper. Each article has one question and answer.

Down:

- Kate Hendricks gives many examples of activities in Columbus including the Columbus Public Library and the ____.
- Father ____ led adoration during the faith rally for Catholic Schools Week.
- The name of the robot the Scotus robotics team uses.
- In the past year, Scotus students have put on ____ blood drives.
- Madden Saenz gives reasons on why rom-coms promote ____ behavior for the sake of "love".
- The girls' basketball team beat the ____ 60-40 during the Holiday Tournament.
- ____ is the most common kind of abuse.
- The Scotus cheer team placed ____ at the Heartland Competition.
- Quinn VunCannon believes rom-coms are great examples of ____ seen in a relationship, which most girls want.
- The wrestling team placed ____ at the Centennial Conference Tournament.

- Across:
- Amahra Bridger is the new ____ and communications director for CCS.
 - The Winter Formal Queen this year was ____.
 - Cutting out haircuts, ____, fast food, and junk food are all ways Austin Long states as ways to save money.
 - Adrianna Kush said the most impactful part of the trip for her was mass at ____ Cathedral.
 - ____ apparel is Jack Sueper's ideal Valentine's Day gift.
 - The speech team placed 2nd out of ____ teams at the home invite.
 - The program Center for Survivors Speaker's Bureau changed their name to ____ in 2008.
 - Ava Rickert's article lists one way people met potential partners in the 1990s.
 - Sydney Stuart's fourth tip on how to avoid burnout.
 - What team did Max Wemhoff score 15 points against?
 - ____ County Fair is Hannah Heinrich's favorite event she has attended for Revolution.