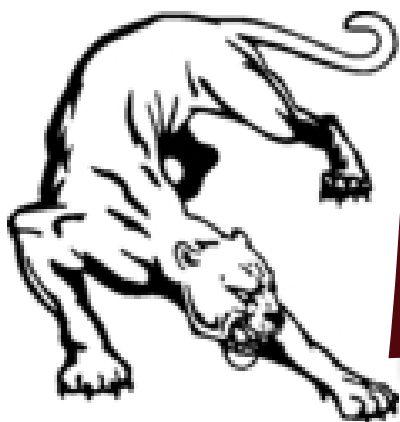




# Panther

## Newspaper

Norfolk High School - 801 Riverside Blvd. - Norfolk, NE  
68701 - Volume 71 - Issue 8 - April 29, 2016

## New AFS building provides more opportunities

**Tanner Frahm**  
**Feature Writer**

Norfolk High School's AFS (Alternatives for Success) program has been a help to kids who are currently at-risk since August of 1997. This program has continually helped these kids pursue their goal of graduating from high school and someday getting a job. Recently the AFS program has relocated to its new location at 601 W. Cedar Avenue, right across from the Norfolk High School's track and field facility. Now that it is across the street and not downtown, the staff and administration can be more of a help

during the school hours.

One of these ways that the new location has to offer is that the students have the ability to use the school's library or any other part of the building that may be a help to them. Also, the new location provides a short and safe walking distance for the kids if they would ever need to come into the school building.

"We are hoping that some of the kids eventually take classes over at the high school so that they can feel like they are part of the student body," Becki Wulf, coordinator and teacher of the AFS program, said.

The new AFS building was once used as a former maintenance building, which meant that a lot of remodeling had to be done on it. After a vote for approval by the Norfolk Public School's Board of Education for the new building, the now newly located AFS program was ready for remodeling last October. After a long while of remodeling and fixing up that was finally completed in the late fall of last season, the AFS building was ready for use the second semester of the 2015-16 school year.

Now that the AFS program is closer to the High School, the AFS

program now has more possibilities for these students to develop many different tasks that can help them find success in the world. One of these, belonging, can become more effective because now these students can have a greater chance of feeling like they truly belong to the school. Not only does this new location benefit different students in long-term situations, but this location also helps students value and understand the true values of education and the desire to be educated.

"The AFS program gives these students an alternative to a school atmosphere and still not

drop out of school and classes," Mrs. Wulf said.

On average, the amount of students who attend the AFS program can vary depending on the circumstances. However, no matter what the number of students actually is, the mission of the AFS program is the same for every student: to provide students with the ability to finish their high school life and to continue to work toward the many goals in their lives.

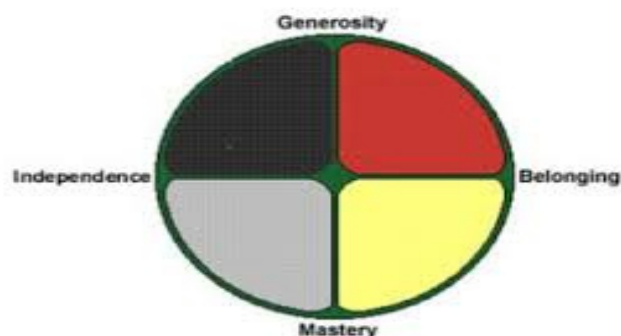
"I work with about fifty students on a regular basis and every single student helps my heart grow every day I am here with them," Mrs. Wulf said.



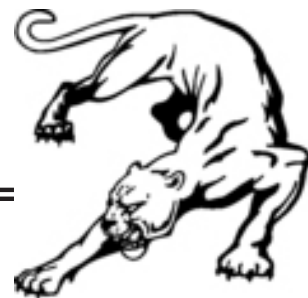
The New Alternatives For Success building located north and west of the high school has now provided more students the ability to use some of the resources at Norfolk High School. *photo by Becki Wulf*



Students in the Alternative For Success (AFS) program are shown helping people from the Philippines. By packaging 6,264 Mercy Meals this day, these students help to eliminate starvation in poverty-stricken areas. The meals consist of rice, soy, vegetable and chicken favored meals, all of which feed six individuals. AFS students have participated in this program for 12 years. *photo by Becki Wulf*



April 29, 2016



## TESTING SEASON AT NORFOLK SENIOR HIGH

Sara Rojas  
Feature Writer

April is here, the snow is melting and the birds are starting to sing again. So, what is happening at Norfolk Senior High this spring? MAP and NeSA testing.

The week of April 5, students started to take the tests. The stress could be felt in the halls. Not only juniors were stressed, but also freshmen and sophomores as they prepared to do their

best on the tests.

Some of the students really need a good grade or they

may not be able to take certain classes. MAP and NeSA testing has made students think twice before deciding not to pay attention in class. The MAP tests include areas like language and English; NeSA tests include science and math as well.

Due to MAP and NeSA testing, students will have an altered schedule on Tuesday, April 5; Thursday, April 7; and Friday April

Tuesday, April 12 and Thursday, April 14. The week after that, the testing days will be Tuesday, April 19 and Thursday, April 21. During these days students will not have Extended Learning Opportunity (ELO), and period 8 will end at 3:25.

"I think they [MAP and NeSA testing] are for finding a base to start, but I don't think they should be used to determine children's intelli-

what do students think about this?

"I think they [Map and NeSA testing] are important, because they help us with our basic understanding of Math, English and Science," Alanah Goode, junior, said.

"[MAP and NeSA testing] gives the school and teachers an idea on what they have to work on more" Amber Foltz, freshman, said.

To sum up, some students might think MAP and NeSA testing is a waste of time, but they are actually not. It is a fact that those tests are the ones that tell the teachers what they need to teach and what they do not, depending on their students' scores. This week just relax, do your best and rock the tests!



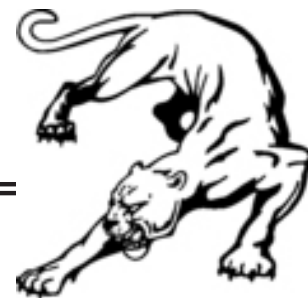
gence" Abigail Gonzalez, sophomore, said.

So

8. The following week the days will be

# 3 Inside Scoop

## April 29, 2016



### Recycling: one way to keep the Earth clean

It is a very nice and warm summer day. Many people are outside enjoying the weather. A few people are helping out the environment by recycling many different items that may be found lying on the street. Whether or not these people realize it, those certain individuals are helping the earth become as beautiful as it can be; however, the number of people who recycle different items is slowly decreasing by each passing year.

An estimated less than 35 percent of different households across America are currently recycling objects according to [www.recycleacrossamerica.org](http://www.recycleacrossamerica.org).

org,. That means that roughly 65 percent of Americans are throwing away potential recyclable materials. On the other hand, if the United States can improve this level up to 75 percent, an estimated 1.5 million more jobs will become available, leaving plenty of choices for people. Not only will recycling improve the job aspect, recycling can also benefit the economy by bringing us closer together for a very good cause.

Based on studies from [www.conserveenergyfuture.com](http://www.conserveenergyfuture.com), there are roughly 80 billion aluminum cans used daily around the world. That means that aluminum cans are a very important



Tanner Frahm

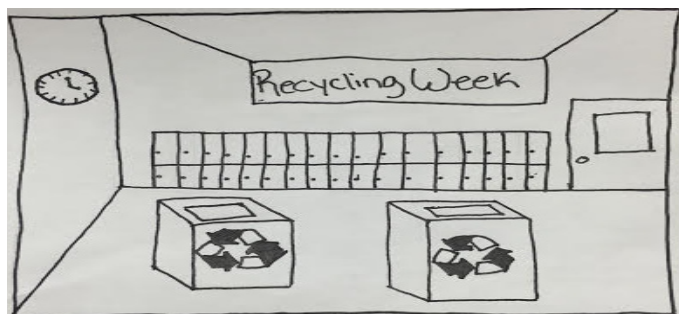
item to recycle. In the United States, aluminum cans are the most recycled item, which makes these items the most reusable materials in America. One way that recycled

aluminum cans can be used affectively is that these cans can be used to help an individual's TV run for up to three hours!

Another item that is crucial to recycle is paper. According to [www.timetorecycle.org](http://www.timetorecycle.org), a roughly estimated half a million trees have been cut down each day to produce newspapers around the country. However, if an individual recycles these papers after that person reads them,

the amount of trees that would have to be cut down would decrease greatly. Also, for every 200 pounds of paper that is recycled, 17 trees can be conserved.

Overall, recycling can have a big impact on the earth and its economy. Many of these ways can be accomplished by doing very simple things such as throwing paper into a recycling bin or even taking aluminum cans to a place that recycles them. No matter where or how an individual recycles, that act of recycling can go a far way into helping the earth be a better place. Recycling is a very important way for people to see how many different items have more than just one use. So, the next time that I see a green garbage receptacle, I will remember what a good thing is happening when an individual throws something in there for it to be reused.



### Yoga: one way to get in shape for good



Athletes, movie stars, politicians, and everyday people are doing this thing called: Yoga. With Yoga finally becoming recognized and popular for its efficient ways to aid both the mental and physical sides to one's body, this practice dates all the way to ancient India 5,000 years ago. The benefits of yoga provide both instant gratification and lasting transformation, which are both important in the fitness workout. Besides, who likes waiting weeks to see their results finally show?

In a yoga studio,

an individual may find people of all generations and fitness levels, such as: young teens, athletes, middle-aged moms, retirees, and even some fitness buffs that are all there to improve on their healthy lifestyle and flexibility, or to lose some stress. Everyone can feel accepted and included at a yoga studio because anyone is welcomed, unlike other sports or fitness classes that focus on niche clients. Whether a person likes to say "Om" while concentrating, or



Jenna Jochum

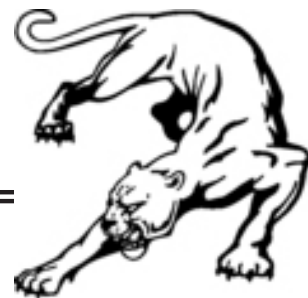
whether he or she cannot stand the word "yogi", or whether a person is 92, 50, or even 13, yoga can help in some way. Many of the benefits that come from yoga have and can be scientifically proven, like: sleeping better, becoming stronger, possessing low blood pressure, better metabolism, and better

respiration. When starting yoga one does not need much at all (not even a mat at first). All one needs are some basic poses and simple routine until it comes naturally.

Yoga has thousands of poses, and there are quite a few faces or styles of yoga that one can embrace. Hot yoga, power yoga, hatha yoga, relaxation yoga, prenatal yoga, etc. are some of the styles that would suit anybody. If someone wants to increase

strength through using more of his or her own body's resistance, power yoga may be right for that person. If an individual wants to be in a room where the temperature is set to around 100 degrees Fahrenheit and where greater elimination of toxins from the body through the increased production of sweat occurs, then hot yoga is the style of choice. No matter one's fitness level, fat percentage, or health history, yoga has a place for anyone.





## Talking to oneself becomes simple thing in life

Do you ever find yourself, well, talking to yourself? Many have shared opinions that talking to oneself is bad, as it might "deplete one's social skills," but I believe that is rubbish. This is no editorial, though; it is a column about my experiences with talking to myself. I find that I talk to myself quite often, and doing so has helped me get out of difficult situations and pass by some uneventful moments.

Many of us have conversations with ourselves. These conversations can range in just about any topic: sometimes we play two characters from our favorite movie, reenacting dramatic lines and battle scenes in the living room, or other times we go through what we will say to our teacher for not completing the essay we had two

weeks to write. I find that I talk to myself a lot during the day. After school, when I am struggling with my algebra homework, I will read a question aloud and work my way through the answer choices. When I cannot decide what kind of blizzard I want from Dairy Queen, I immediately talk through my options: "Butterfinger sounds good, but I am feeling some better vibes from Brownie

Batter." There are no limits to what a person can talk to

oneself about: it is a small habit that many overlook the fun of.

Through the years, I have learned that there is no wrong in talking to oneself. It is something that we all do each day, whether we mean to or not. We talk to ourselves aloud and in our heads without even realizing it. Life is full of simple things, and I hold this as one of the many.



## Nothing can stop this love for music

To others around me, it may seem like I have a terrible addiction to my music. In class, if given the opportunity, I will always be the first to jam my earbuds in my ears and work to the beat of the song. My indie music is my go-to for everything: working, writing, running, or even just sitting and relaxing. In fact, I am listening to one of my new favorite bands, MUTEMATH,

right now! And you know what? I love my music and my bands, and I will never give them up, even if the end of the world comes and I am held at gunpoint by some mafia group and ordered to

surrender them to keep living. Yeah, not even then.

I guess one could say my music defines me. I have been through some struggles in my life, and the bands I listen to go through

as I do. Like I said, indie music is my catnip: it just has this unique, distinct "sound" to it that gets to me. The catchy tune, partnered with some well-thought-out lyrics, combines to create a masterpiece that screams "Alannah!" Without my songs my life would be dull. Worth living? Probably not. Am I exaggerating? Maybe a little. But I made my

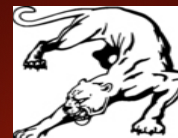
point fairly clear: music is dear to me.

I love my bands. I love my music. Will I ever give them up, perhaps to please others? No. Never. My music is my life: I wake up to it, I complete the day with it, and I go to bed with it. At the end of the day, I have my music, and that is all that matters to me.



some of the same things

Panther

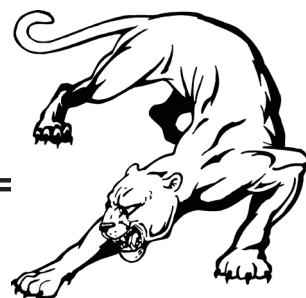


April 29, 2016

**FEATURES:** Tanner Frahm, Sara Rojas, Austin Bruzek. **EDITORIALS:** Tanner Frahm, Jenna Jochum. **COLUMNS:** Arianne Goode, Alannah Goode. **REVIEWS:** Alannah Goode, Austin Bruzek, Jenna Jochum, Arianne Goode. **ADVISOR:** Mrs. Pat Schipporeit

# 5 Local Sports

## April 29, 2016



### Spring sports still thriving

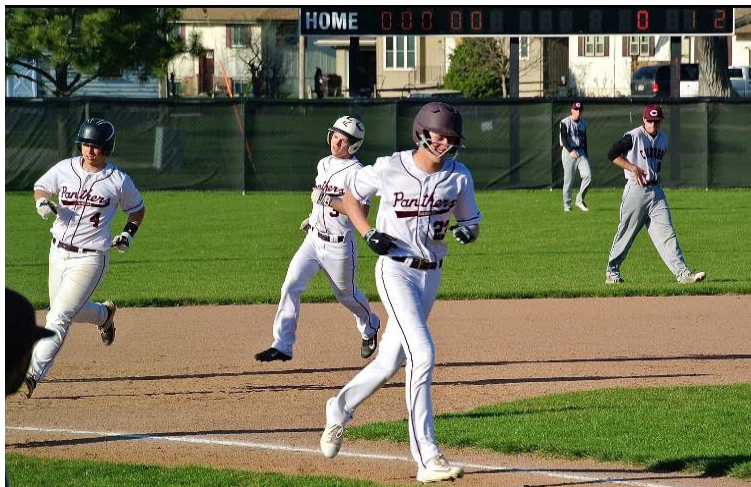
Austin Bruzek  
Sports Writer

4-0, but came up short against Papillion LaVista South, losing 0-1. The girls

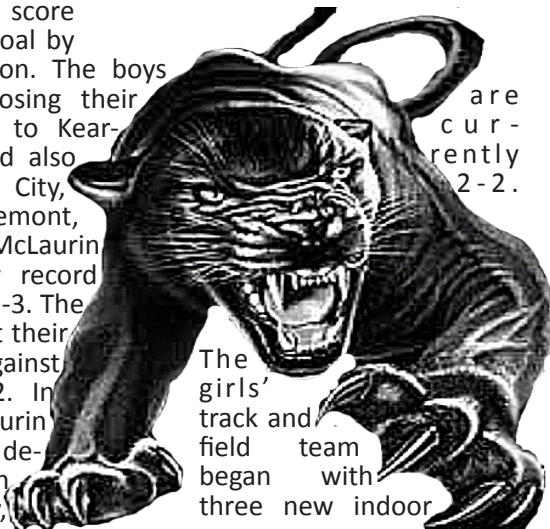
records: Megan Means in the 1500m and 3000m and

Spring sports are off and rolling while starting the year strong. With seniors trying to leave their mark as this will be their final high school sports season.

The boys' and girls' soccer teams both started the year with a win over Hastings. The boys defeated Hastings, 1-0, with an assist by Brandon Villalpando and the goal by Porfirio Martinez. The girls also defeated Hastings with a score of 1-0 and goal by Mariah Wilson. The boys ended up losing their next games to Kearney, 0-3, and also South Sioux City, 1-3, and Fremont, 3-4, at the McLaurin Invite. Their record is currently 1-3. The girls also lost their next game against Kearney, 0-2. In the McLaurin Invite, they defeated South Sioux City,



**Tyson Price(23), Riggins Hopper(4), and Hunter Blich(3) make their way to home plate after Blich hit a home run against Columbus! The Maroon Cup is up for grabs!**



The girls' track and field team began with three new indoor

are currently 2-2.

Breanna Harthoorn in the 1000m. The girls also have many returning letter winners this year: Dominique Bromwich, Madison Clausen, Aurora Gates, Harthoorn, Paige Lee, Madelyn Meier, Lauren Osweiler, Desiree Ortiz, Madison Reynoldson, Maureen Flaherty, Means, Taylor Stoltz, and Lexi Blanco. The boys started off placing fifth in the Ralston Relays while having 14 returning letter winners and three state qualifiers.

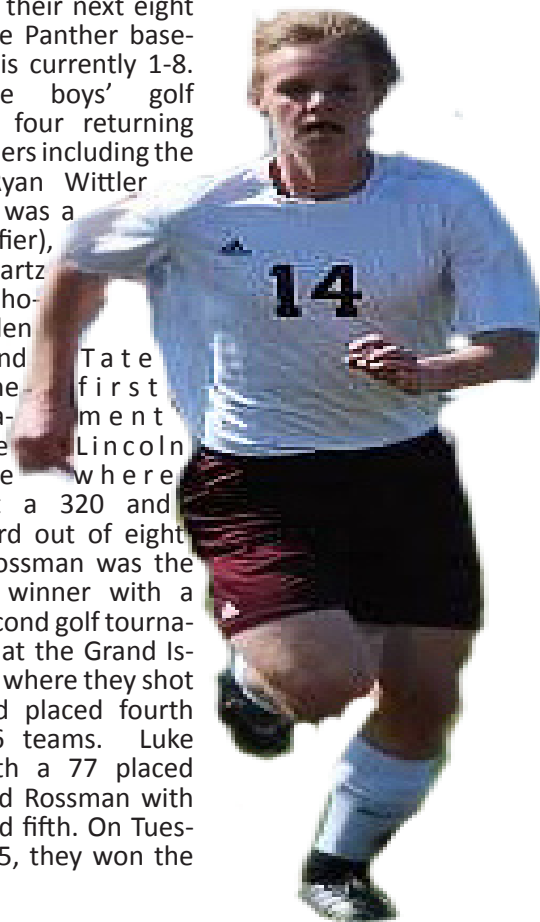
The girls' tennis started off the season with four returning varsity players including, Jenna Jochum, Hannah Matthies, Elise Ehlers, and Mariah Yagow. Their first tennis match was a loss against Columbus in a dual, 8-1.

The boys' baseball team hit off the season with a win against rival Columbus, 4-2. The Panthers went on to lose their next eight games. The Panther baseball team is currently 1-8.

The boys' golf team has four returning letter winners including the seniors, Ryan Wittler (who also was a State qualifier), Colin Schwartz and sophomores, Kellen Rossman and Tate Werner. The first golf tournament was the Lincoln High Invite where they shot a 320 and placed third out of eight teams. Rossman was the individual winner with a 76. The second golf tournament was at the Grand Island Invite where they shot a 332 and placed fourth out of 16 teams. Luke Kluver with a 77 placed second and Rossman with a 79 placed fifth. On Tuesday, April 5, they won the

Fremont/Columbus/Norfolk triangular with a nine-hole score of 147. Fremont followed with a score of 160 and Columbus with a 165. Kluver shot a 33 to help win the triangular.

Spring sports are winding down with state events right around the corner! Good Luck to all Panthers!



## Top 5



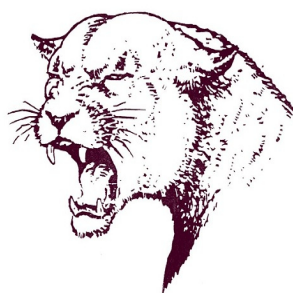
**1. Golden State Warriors**



**2. Huskers**



**3. Royals**

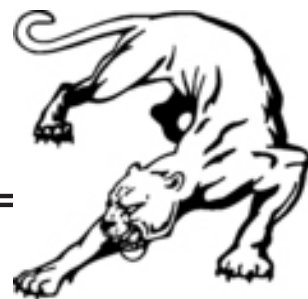


**4. Norfolk Panthers**



**5. Carolina Panthers**

April 29, 2016



## TOP 5

## Music Artists:

- 1) Fetty Wap
- 2) Taylor Swift
- 3) Ed Sheeran
- 4) Luke Bryan
- 5) Nelly

## Games:

- 1) "NBA 2K16"
- 2) "Madden 15"
- 3) "Madden Mobile"
- 4) "Minecraft"
- 5) "BlackOps 2"

NBA 2K16



## Movies:

- 1) *BvS: DoJ*
- 2) *Star Wars: TFA*
- 3) *Dumb and Dumber To*
- 4) *When the Game Stands Tall*
- 5) *Lord of the Rings*



## THE HUNGER GAMES

## Books:

- 1) *The Hunger Games*
- 2) *Diary of a Wimpy Kid*
- 3) *The 39 Clues*
- 4) *The Maze Runner*
- 5) *Harry Potter*



SUZANNE COLLINS

## TV Shows:

- 1) "The Walking Dead"
- 2) "Breaking Bad"
- 3) "Supernatural"
- 4) "Duck Dynasty"
- 5) "Sportscenter"



## London Has Fallen brings down fire

Austin Bruzek  
Reviewer

Directed by Babak Najafi, the action-packed, crime film/thriller released in theaters on March 4, 2016, has made a gross income of 125.5 million dollars at the box office. *London Has Fallen*, starring Mike Banning (Gerald Butler), President Benjamin Asher (Aaron Eckhart), and Vice President Trumbull (Morgan Freeman), was a great sequel to *Olympus Has Fallen*.

The movie starts off after the death of the British Prime Minister, and the most powerful

world leaders gather for the funeral. The leaders do not know a surprise ambush of Pakistani terrorists arrive and plan to kill all of the world leaders. Banning jumps into action to bring President Asher to safety. After Banning and President Asher escape the massive destruction in London in Marine 1, they viciously get shot down by the terrorists and manage to escape the flaming helicopter while leaving behind Secret Service leader, Lynn Jacobs (Angela Bassett). Finally making it to a safe house, Banning and the President make a run for it to the U.S. Embassy, but on the way President Asher is captured and it is up to Banning to save him!

*London Has Fallen* was great action-packed movie that shows what terrorists can do if governments are not careful. I always think that the first movie in sequels is the best. This was a tight race between these two movies. That is why I give this movie a 4 out of 5 stars. I would recommend this movie to anyone, but I would tell them to watch *Olympus Has Fallen* first!



## Metropolis destroyed again; nothing new

Alannah Goode  
Reviewer

It has finally arrived—the epic smashdown between a god-like superhero and a mere man in a batsuit has hit theaters across the globe. *Batman v Superman: Dawn of Justice* grossed a massive 700 million U.S. dollars at the box office. Director Zack Snyder and executive producer Christopher Nolan were the prowlers behind the cameras. Instead of Christian Bale reprising his role as the Batman, Ben Affleck was sought out to take on the role of the Caped Crusader. Though Affleck was amazing, and the cast was stellar, that did not seem to stop the film from somewhat

anyone would know if he or she has seen *Man of Steel*, Superman (Henry Cavill) and General Zod (Michael Shannon) absolutely obliterated Metropolis. This film starts off with Bruce Wayne witnessing their epic battle and heroically diving in to save several unfortunate victims. Seeing the devastation and the lost lives caused by the two Kryptonians, Wayne sets out to end Superman while an utterly mad Lex Luthor played by Jesse Eisenberg launches his own movement against Clark Kent in disguise. This is pretty much the whole premise of the movie:

Superman do duke it out is approximately ten minutes, and the latter is trying to get the former to join him in taking down Lex and saving his mother. The only reason Batman listens is because his mother's name is Martha, just like Clark's. Yeah, not really evil and awesome. It is really just a whispered "Martha" that ends the fighting.

Three stars is all I am willing to give *Batman v Superman: Dawn of Justice*. With Marvel's *Captain America: Civil War* debuting on May 6, should Snyder and Nolan be afraid? Will justice finally

duo, or will the DC fan base filter over to the other side? And most importantly, can Snyder and Nolan possibly bump up the *Aquaman* film release date? Because, besides this flop, that is a movie I am excited to see.



flopping.

A s

taking down Superman. The part Batman and



# 7 Entertainment

## April 29, 2016



### Brooklyn creates fairytale romance

**Arianne Goode  
Reviewer**

Earning a 97 percent favor on the film critic website *Rotten Tomatoes*, the recent *Brooklyn* movie, has become a favorite amongst theater-goers. The film is set in both Ireland and America during the backdrop of the 1950's, and it follows the journey of Eilis Lacey (Saoirse Ronan), who leaves her Irish home to start a new life in America.

After reluctantly leaving her mother and sister behind in Ireland, though promising to write whenever she can, Eilis sets sail across the Atlantic Ocean to Brooklyn, New York. Her leave

brings her much home-sickness, and Eilis realizes that she is vulnerable in this new, foreign place. She knows that she must go on, though, and she takes a job at a Brooklyn department store. One night, Eilis escorts another girl from the boarding house, or Eilis' new home, to the Irish church dance in the city. Something unexpected happens to Eilis at the dance: she falls for someone. This someone is a



young Italian named Tony Fiorello (Emory Cohen), who seemed to instantly know that this Irish girl was the one for him. The couple goes on to grow close, and eventually both Eilis and Tony decide to marry. A fateful day would change everything, though, for Eilis' sister dies. Struck by grief, Eilis returns to her mother in Ireland, where Eilis would soon meet Jim Farrell (Domhnall Gleeson), an Irish-

born charmer who would also claim her feelings.

Based on the 2009 novel by Colm Tóibín, *Brooklyn* is a beautifully captivating film that gives viewers a glance into immigration during the mid-1900's. Its historical backdrop highlights the growing urbanization in America during this time, and it recounts one girl's story of settling into a new place and battling with love between two people. I enjoyed every minute of this movie, and I would strongly recommend it to other viewers. I give *Brooklyn* a much deserved 5 out of 5 stars.

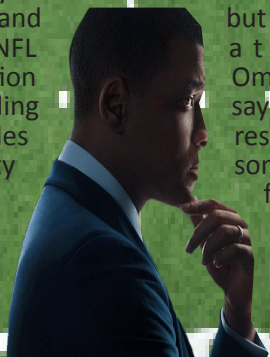
### Concussion 'hits' big screen

**Jenna Jochum  
Review Writer**

Who would have thought that America's most prized sport is now in the headlines of the news for issues of brain damage? Hitting the screens on Christmas day with a megastar, Will Smith, who plays Dr. Bennet Omalu in the docudrama movie, *Concussion*. With the film starting off slow with getting to the jest of the movie, the story and the purpose that this movie is portraying is something that is hugely important and controversial. This movie deserves a four out of five stars for its ability to conduct an important message and staying close to the real events from Dr. Omalu's life. Dr. Omalu is a Nigerian-born pathologist that discovered Chronic Traumatic Encephalopathy (CTE) in many retired

players' brains and went on to attack the NFL and the game of football. With this docudrama targeting the NFL and its rules, this movie helped bring awareness and severity to the sport and pushed the NFL to take action for providing more rules and safety precautions.

Dr. Omalu discovered this trauma after the death of superstar center, Mike Webster. Webster suffered from anger, mental disability, and to even tazing himself; he died at age 50 after suffering from a heart attack. Omalu took his own money to do a special biopsy to discover that Webster's brain was filled with tau



proteins, which impairs moods and cognitive function upon accumulation. Once sending in the biopsy confirmation, Omalu's research was posted in

*Neurosurgery*, but the NFL attacked Omalu by saying his research had some "serious flaws." Omalu would then examine ex-football player, Terry Long, who killed himself by drinking antifreeze at age 45. He then again found tau proteins in Long's brain and submitted his results into *Neurosurgery*. By this point, the general press had caught wind of the concept of CTE, and the NFL again responded by publicly

villifying Omalu and his research. Omalu began to find support of his research in more ex-players' brains and had support from other doctors.

The NFL may never fully fess up to its culpability in the suffering of its former and ex-football players, but with the league continuing to make changes to the concussion protocol and mounting legal liabilities, it is undeniable that the league has made some progress. Furthermore, it is clear that vindication has come for Dr. Omalu, who is now the chief medical examiner in San Joaquin County, California, and a professor. With the release of *Concussion*, viewers will learn more about his fight to be heard, more than 13 years after Mike Webster's brain changed the course of his life.

### Upcoming Concerts:

**Tech N9ne**  
May 1  
Sokol Auditorium,  
Omaha, NE.



**Tori Kelly &  
Thirdstory**  
May 10  
Sokol Auditorium,  
Omaha, NE.



**Luke Bryan**  
May 12  
CenturyLink Arena,  
Omaha, NE.



**Florida Georgia Line**  
May 22  
Denny Sanford  
Premier Center,  
Sioux Falls, SD.



**B.o.B**  
June 1  
The District  
Sioux Falls  
Sioux Falls, SD.

