

# The Lions' Pride.



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

Issue 1 –  
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## Jumping into new beginnings: Construction is underway

by Trent Welch

Lisbon kicked off their construction renovations with a gathering of the school for a ground-breaking ceremony on September 27th.

"I was so excited to see the enthusiasm of the students because that is who this is for," said Lisbon superintendent Pat Hocking

At the groundbreaking, school officials showed their enthusiasm for the start of the construction. They gave speeches about safety and talked about the future of Lisbon. The students, staff, and crew sang the school song to kick construction into gear, and the presentation ended with a ceremonial cutting of balloons.



Breaking ground the first day of the renovation construction at Lisbon Community Schools is pictured from left to right: Abbe Stensland, Ann Cannon, Allan Mallie, Dave Prasil, Marc Whitman, Pat Hocking, Aaron Becker, Eric Ries, Laurie Maher, and Roger Teeling. (photo by J'nee Reade)

Monday, October 1<sup>st</sup>, ushered in the demolition of trees, the construction of a safety fence around the northside of the secondary building, the closure of the through street on the westside, and a move of secondary offices.

Crews began to tear down all the trees that will be in the way or cause a safety hazard; however, the demolition did not occur without some concerns. The through street closure has also met some concerns as this road connected the north and west parking lots and led to quicker access to Highway 30.



Hard at work on the first day in her new office is Lisbon's Secondary Assistant, Cathy Whitman. (photo by Cole Albaugh)

"We want to do this to move onto bigger and better things. People need to understand that it was a parking lot and not a street," said Hocking.

Since this access road has been closed off, the main high school entrance is now on the east side of the high school near Mrs. Walker's science classroom. Pick up has also been moved, so parents need to pick up on the north side of the school and need to leave the west side for bus pickup.

Exciting changes are happening, and students, staff, and the community will all have to adjust to them over the year, but it will all pay off in the end.



Eager to get started, Larson Construction begins clearing out the valley of trees west of the high school parking lot. (photo by Cole Albaugh). For more photos on the construction see page 5.

## Lisbon seniors take leadership roles with young football team

by Gage McCoy

Just like every other high school, the Lisbon football team looks up to their seniors. The seniors on this team have their hands full, only having four of them and eighteen underclassmen.

Hagen Waters, the starting quarterback on the team, is one of those four seniors. This year, Waters stepped up to play quarterback for the first time because they didn't have anyone else to fill the spot.

"He stepped up to quarterback when our team needed one the most," said J.V. quarterback, freshman, Gavin Wollum.

Waters gets that he is playing on a young team and that they need to learn. Waters understands that this season is a learning experience, and there is no way but up for these young kids.

"We understand that this whole season has been a learning process because we were in their shoes at one point. The only thing we can control is attitude and effort," explained Waters.

"It is different because we have always been led because that older class had

such a good leadership impact," said senior Ryne Mohrfeld.



**Exploding off the ball, senior Traysen Schaefer starts his route against North Tama. (photo by Amayah Bergeson)**

Waters and Mohrfeld also have the help of seniors Traysen Schaefer and Jakob Gienapp. All of these seniors have been a part of older, talented teams. This year is very different, but they have adapted and made it work.

The Lions are back in action this Friday the 12<sup>th</sup> versus Clayton Ridge on Walmer Field.

## Prepping for XC Conference meet

by Ian Heck

On Thursday, October 4<sup>th</sup>, Lisbon-Mt. Vernon cross country runners were at Central DeWitt. The boys' varsity team placed 3rd overall, only being beat by 1 minutes and 15 seconds. As for as the varsity girls' team, they placed 4th behind first place Bettendorf by a time of 6 minutes and 24 seconds.



**Junior Riley Dolan finishes 30th with a time of 18:17.0. (photo by Cole Townsend)**

Following the Central DeWitt meet, the boys and girls have begun preparations for the Conference meet at South Tama.

"Practices had to be changed a lot due to weather," said head coach Kory Swart.

The team has high expectations looking at the Conference meet. They are going to have tough competition with CCA who is ranked 2nd in the state and Marion, ranked 4th.

"Since there is no school on Monday, [we will] and probably [not] going to have practice, I'm going to sleep in all day and not think about running at all," said sophomore Keagan Jarchow.

## Supporting a local business

by Kayne Kamberling

To help support a business close to home, senior Jarrett Moehlman from Lisbon has decided to spend part of each day from 10:00-11:30 a.m. doing a job shadow for Brothers Market.

"I want to get experience for my future job," said Moehlman.

He plans on working either at Brothers Market or Elite Stone Fabrication. Both of these jobs would keep him close to home, which is what he wants in order to stay close to his family. He also wants to work for a hometown business because he loves the town of Lisbon and wants to remain here for a while after school.



"I feel others should do job shadows to help them prepare for life outside of school," said Moehlman.

Moehlman stresses how important it is to be ready for anything that may come people's ways in any future jobs they have. He mentioned how easy it can be to find a place to job shadow for. He also mentions that all students have to do to get involved with a job shadow at Lisbon is to simply speak with school counselor Mrs. Willenbring, and she will help.

"I just had to talk to the school counselor, and she took care of the rest," said Moehlman.

**(Left) Helping Brothers Market ensure safe products are always on the shelves, Jarrett Moehlman inspects the expiration dates on the food. (photo by Bob Hill)**

## Baby go boom boom

by Tanya Mallie

Susanna Jane Pisarik was born on the 2nd of February this past year. She has beautiful eyes and the cutest dimples. At only 8 months old, she is already well known for her big smile and being energetic. Susie is an energetic baby who enjoys eating spaghetti and pancakes.

"What's really weird is that on the day she was born, I woke up to my son Cooper singing the happy birthday song to Susie. That night she was born!" Pisarik laughed, "It was crazy."

**(Right) Susie Pisarik shows her famous smile as her mom captures the perfect moment. (photo by Anne Pisarik)**



## Athlete of the Week: Cole Clark

by Maysun Marshall

The students at Lisbon Community School voted Cole Clark athlete of the week. Clark, a sophomore, is a left tackle on defense and middle linebacker for defense for the Lions.

Clark set a standard for the program this year that likely will stand the test of time. He has a total of 23 solo tackles and 18.5 tackle assists.

“I like people seeing me as a great athlete. Personally, I think I’m doing pretty good this season, accomplishing my goals,” said the 5-11, 190-pound Clark.

Lisbon teammates Jamien Moore and Max Kohl said, “Cole deserves to win because he’s a hammer” and “is a great member of the #texasteam.” It was important not just for Cole but for the young program as well.

Not that he spent much time reflecting on his achievement, after last Friday’s game, Clark and his family headed home after a long night.

“I really like football, a bit more than wrestling,” he said, “I would really enjoy playing this great sport in college.”

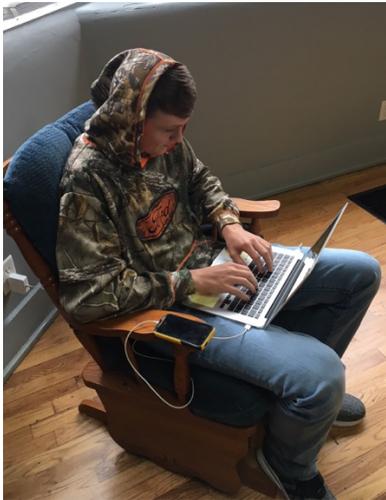
The Lions will be back in action this Friday at Walmer field at 7:00 against Clayton Ridge.



**Cole Clark runs for a touchdown with fellow teammates. (photo by Abbie Larson)**

## Seniors of the week: Gienapp and Weber

by Sam Hendricks



**Relaxing in the rocking chair, Jakob Gineapp tries to graduate by getting his homework done. (photo by Sam Hendricks)**

**What accomplishment are you most proud of?**

*Getting senior of the week*

**Favorite memory of high school?** *Almost making it to State basketball junior year*

**Favorite ice cream flavor?** *Chocolate*

**Plans after high school?**

*“Farmin”*

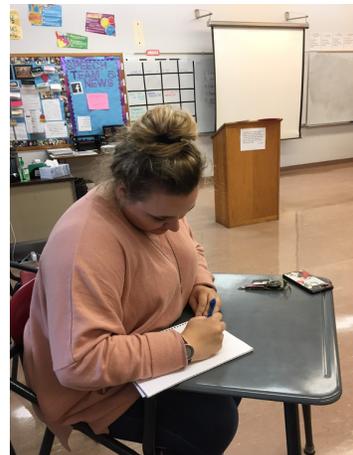
**Signature dance move?**

*Orange justice*

**Favorite teacher?**

*Jordan “The Goat” Meyer*

**Which historical figure would you like to be?** *Jesus*



**Writing her name, Maddison Weber starts her assignment to get an A. (photo by Sam Hendricks)**

**Favorite color?** *Purple*

**If you could be any animal what would you be?** *Dolphin*

**Plans after high school?** *Kirkwood Liberal Arts of Science and then going to Iowa to be a PA*

**Favorite movie?** *Finding Nemo*

**What accomplishment are you most proud of?** *Passing geometry*

**Favorite ice cream flavor?** *Chocolate*

## Healthy eating feeds the brain

by Jarrett Moehlman

High school students are finding it hard to eat healthy because of their busy schedules. Grabbing something at Casey's is easier to do than sitting with family at home.

According to school nurse Julie Light, "In our world, it is much easier to eat unhealthy fast foods than it is to sit down and eat a meal that is healthy. Many families are on the go with events, practices, etc., so a fast meal is simply convenient."

Eating healthy isn't as hard as it sounds. Foods such as blueberries, nuts, seeds, beans, and dark chocolate all can help the brain be healthier.

"Fast food restaurants are now offering healthy choices like salads, yogurt parfaits, and are offering apples in children's meals," said Light.

Why do we want to eat healthy? "We need to eat healthy to keep our bodies strong and functioning well," adds Light, "High fatty foods or fried foods can cause heart conditions that may be irreversible. The obesity rate in the United States is at its highest, which then increases diabetes, joint, and cardiac issues."

## Construction progress photo gallery





