



ryan kinney

Lone Star Yearbook
James Bowie High School
Austin, TX

AS I stare at my screen trying to figure out how to best encapsulate the impact my seven year journalism career has had on me, I find myself reliving many of the moments.

I can still remember the feeling I had in my stomach when I was announced as one of three Editors-in-Chief my junior year. If you've ever gone on the steep plummet of a rollercoaster or driven just a little too fast over a hill, you'll know that drop I felt as my adviser looped the EIC sash around my neck.

Accomplishment, excitement...fear. I had no idea what to expect in my transition from Content Editor to EIC. I had grown used to being the

youngest leading staffers older than me as the only sophomore Content Editor, but being the least experienced out of the three of us helming the ship that would steer the yearbook was daunting.

I can still remember the sound of the piano playing in the Flag Room at A&M as my adviser, my fellow EIC's and I pored over the back of a poster we had scribbled ideas on. It was in that room that The Usual, my first yearbook project that I led, was born.

Learning the ropes didn't come without its challenges. Arguments in the back room over how to do our first hybrid coverage book, late nights where our cars were the last on campus, and finishing the yearbook virtually for the first time when Covid hit, built me into a problem-solver and instilled in me the patience to rework each component. I definitely matured past the duotone Britney Spears cutout from our first workshop.

This year became a learning opportunity as well. I missed the memories of camps and late work nights, moments like going to the Texas Fair after a brutal Intensity workshop and running from my fellow EIC's as they chased me with a spray bottle (I quickly learned not to say 'title' when referring to a headline). With the loss of those opportunities came new ones; Zoom calls lasting til midnight, forming connections through a screen. As one of only two EIC's this year, I had to double my efforts and therefore double my contributions.

The book we created will forever be a cultivation of talent, and I see my work across each page. Whether it be a module package designed in the People section, or a quote I grabbed for a staffer, this yearbook will forever encapsulate my hard work and growth in permanent ink.

I will always remember the feeling of finishing the year with the knowledge that I have grown as a leader and a person. There will always be the obvious improvements in time management and organization, but I have also found that I have developed my own character with a new sense of patience, compassion, and drive.

Through the years I have grown and matured, and I genuinely believe I would not be the person I am today without the experience and memories I have gained through yearbook. I'm also really handy with InDesign now, too.

HOW WILL I DO ON THE SAT? WHERE WILL I GO TO COLLEGE? IS SPRING BREAK HAPPENING? WILL I GO VIRAL ON TIK TOK? WILL MY AP TEST BE HARD? HOW DO I PLAY A TUBA IN A MASK? WHEN WILL SCHOOL START? ARE THEY MAKING A YE
WHEN WILL THIS PANDEMIC BE OVER? WHAT'S THIS YEAR GOING TO LOOK LIKE? AM I GOING TO GET TRAPPED IN THE PARKING GARAGE? WILL WE HAVE A PROM? HOW WILL OUR SEASON GO? WHAT WILL GRADUATION LOOK LIKE? HOW DO
OW LONG WILL THEY BE DOING CONSTRUCTION? DO I HAVE TO TAKE THE STAAR? WILL I FORGET TO MUTE MY MIC ON ZOOM? CAN I SUBMIT MY OWN SCHOOL PICTURE? DO I HAVE TO TURN MY CAMERA ON? WILL I GO BACK TO CAMPUS?

tbd
2021

james bowie
HIGH SCHOOL

LONE
STAR
2021

lone
star

AUSTIN
TEXAS

VOLUME
33

LONE STAR 2021

phase one

SUMMER - SEPT. 7

2020 PARADE &
GRADUATION

SUMMER
TRENDS

SUMMER
VACATIONS

ROAD
TRIPS

STRENGTH &
CONDITIONING

SUMMER
STAYCATION

YEARBOOK
DISTRIBUTION

ACTIVISM

QUARANTINE
HOBBIES & PETS

010

012

014

016

018

020

022

024

026

WHAT WE
wondered

DURING PHASE ONE

Will we be able to go on summer vacation?
page 014

Is strength and conditioning
going to get shut down?
page 016

How do I get my yearbook?
page 022

tbd
tbd
tbd



I REALLY
HAVE TO
anticipate

MY JUMP & THE
FORCE

BECAUSE, IF I'M NOT
READY, IT WILL
THROW ME
OFF & HURT ME.

”

WALKER DEMEIDROS

IN a freefall, Walker Demeideros^{II} releases his pole to clear the bar. Once past the bar, vaulters release their pole and lean back to fall onto the pads. "First, I feel my run going up to the pit, and I'm thinking about how I'm going to plant the pole and position my body for a good jump," Demeideros said. "The second you hit and jump over the pit, your body takes over, and you do what you have practiced. I have the best feeling when I clear a height, and when you're free falling, it just feels electric and freeing." Photo by Mariah Barsotti



#evanstrong

ARM wrapped around Homecoming King, Evan Mallett¹², Abbey Daigle¹² poses for a photo following her crowning as Homecoming Queen. Winners were announced on Oct. 30 at the Varsity Football game against Akins. "I was pretty nervous waiting to know who had won because I wanted Evan to win after all he had been through," Daigle said. "The student section went crazy when they announced the winners. All I could could hear was everyone screaming and clapping." *Photo by Skylar Linscomb*



CROWN being placed on his head, Evan Mallett¹² is given a sash and flowers as he wins Homecoming King. For the first time, winners were crowned by their parents instead of the Student Council sponsor. "I brought my dad and sister to the ceremony," Mallett said. "It was really awesome being crowned by them, and I think they both really enjoyed it." *Photo by Skylar Linscomb*
LINKING pinkies with her mom, Abbey Daigle¹² listens to the Band perform the school song following the Homecoming Court announcements. Nominees were only allowed to bring two people due to COVID-19 regulations. "It was cool to have both of my parents there supporting me because that doesn't happen often," Daigle said. "My mom was extremely proud and excited to hear my name be announced, and my dad was just happy to be there for me." *Photo by Skylar Linscomb*

HOMECOMING KING CROWNED FOLLOWING HARROWING CAR CRASH IN APRIL 2020

Spread by Ryan Kinney

the first responders found

Brandon Flores¹², Matthew Garcia¹², and Evan Mallett¹² inside a crushed Acura TL at 6:30 p.m. on the evening of April 25. The car had collided head on with a light post travelling 75 mph on Texas 45. "I remember driving down 45, and I looked down at something, and the next thing I knew, we were going over the curb," Flores said. "After the crash, I looked around to comprehend what had just happened and saw smoke coming out of the car, so my first thought was to get out before the car caught on fire or exploded. Luckily, I could open my door, so I got Matt out first because he had landed on top of me, and people started to pull over to help us. I just sat there for a second with my mind racing over what had just happened, and then I made some calls to our parents when I had started to calm down."

Garcia sustained a Grade 4 concussion in the crash and required 17 staples in the top of his head, as well as five stitches on his chin. "I was in the hospital for four days," Garcia said. "My mom told me about the accident when I woke up. I was in shock and confused when I heard about Evan's injuries because I didn't think something like a horrific accident would happen to me."

It was Mallett in the driver's seat whose injuries were the most severe, causing him to suffer paralysis from the

waist down.

"When I woke up, I just saw a bright light and couldn't remember what had happened," Mallett said. "I had to ask my mom for all the details and basically why I couldn't feel my legs. We came to figure out that when I arrived at the hospital, they gave me a really strong painkiller that wiped my memory, so I don't really remember that day. I've just filled in the blanks from details that other people have told me."

Prior to the accident, Mallett started as the varsity quarterback and, following his injuries, was named a team captain. "I was just laying in bed when Coach Ables called me to ask how I was doing and told me I was going to be a captain," Mallett said. "It was awesome to know that even though I couldn't play, I was still part of the team."

Mallett went through intensive physical therapy to regain use of his motor functions.

"Recovery [has] been slow, but we are very hopeful there's more to come," Mallett said. "Currently, I'm working on functional stuff and becoming more independent."

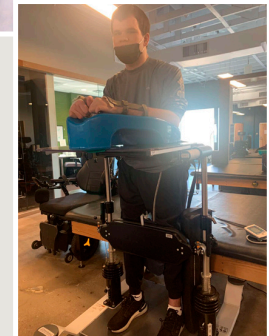
News of his Homecoming Court nomination came through text messages from Mallett's close friends.

"I was really excited when I found out I'd been nominated but a little scared at the same time," Mallett said. "I knew there was going to be a lot of people, but when they announced me as the winner, it was super relieving because I'd been super nervous."

But even through the life-changing experience, Mallett has maintained a positive outlook.

"I learned that life is fragile," Mallett said. "And to appreciate the small things."

THE road TO RECOVERY



FOLLOWING the car accident that left him paralyzed from the waist down, Evan Mallett¹² has undergone a physical therapy journey that continues to this day. "I've made a lot of progress so far," Mallett said. "I couldn't lift either of my arms [at first], and now I can move them as if it were normal. In therapy, we do a lot of stretching, and we put me in the standing frame and do workouts." *Photos courtesy of Evan Mallett*

POV

POINT OF VIEW

HOW DID THE APRIL TRAGEDY CHANGE YOUR PERSPECTIVE?

"Since the accident happened shortly after school was cancelled due to COVID, going to the hospital to support the three boys was something most parents couldn't say no to, even though there were risks. A lot of people reunited after not seeing each other for awhile, and it made us realize how short life can be, and you never know the last time you'll see someone you love. The accident not only brought together students, but people all around Austin together because everyone wanted to help out to the best of their ability."

SIERRA GREENBERG¹²



STRONGER TOGETHER

FRIENDS & FAMILY COME TOGETHER TO RAISE MONEY FOR QUARTERBACK EVAN MALLETT¹²

Branded #EvanStrong, the funds raised through selling T-Shirts, community donations, and restaurant proceeds all went towards supporting Evan Mallett's¹² medical bill following his crash in April. Selling of EvanStrong T-Shirts raised between \$3,000-\$4,000. "My dad has a merchandise company and made all of the shirts for the fundraiser," organizer Alex Solis¹² said. "It brought the community together because it was something all age groups could get involved in, no matter if you knew Evan or not. I think it definitely brought us all together a lot as friends, too, because we learned not to take anything for granted."

JACKSON HIRSCH¹²



leader OF THE PACK

CAPTAINS REFLECT ON TEAM DYNAMIC FOLLOWING MALLETT'S INJURY

ROBBY NETHERCUT¹²

"Evan was a leader. He always tried to pick the guys up. We all tried to send encouraging texts and go to the hospital to support him and his family. Having him as a captain was really cool because we got to see him at most of the games, and it brought the team's hopes and spirits up."

ZACH JONES¹²

"We all voted for Evan to be a captain this season. The coaches and the players all felt that honoring Evan's hard work and perseverance before and after the accident would honor his legacy as a Bulldog. We all know that his situation could be easily discouraging, and the team wanted him to know that he remained a big part of the team even though he couldn't always be with us."



“
WRESTLING
HAS TAUGHT ME
mental
TOUGHNESS
& **HOW TO BE**
DISCIPLINED
IN ALL AREAS.
”

TYE FRNKA¹²

ARMS stretched out, Tye Frnka¹² reverses his opponent. Frnka has been wrestling for three years and has learned to prepare for his matches by stretching and maintaining movement. "My coaches at Bowie and my club have influenced me the most throughout my wrestling career," Frnka said. "They taught me how to be successful on and off the mat." *Photo by Tiffany Ard*



READY to compete, Ava Ford¹⁰ faces her opponent. Ford has been wrestling for about three months and has learned how to be a part of a team. "When I am preparing to compete, I am usually really nervous," Ford said. "But thankfully my teammates are always there to talk me up." *Photo by*

Mia Brelsford

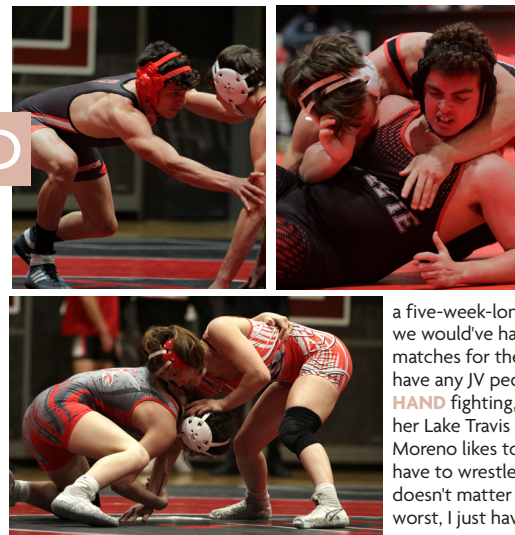
FACING his opponent, Nikos Lopez¹² prepares to engage in hand fighting. Lopez focuses on keeping his mind clear before competing. "One thing that a lot of people aren't aware of is that wrestling is a mental sport just as much as it is a physical one," Lopez said.

Photo by Mia Brelsford



**LOCKED
IN**

**WRESTLERS
ENGAGE ON THE
MAT AT LAKE
TRAVIS MATCH**



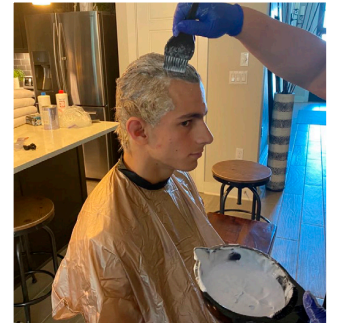
REACHING for his opponent, Dylan Ford¹¹ braces himself for his competitor's next move. When preparing for a match, Ford focuses on staying calm and having fun. "I sit in my chair and breathe and focus on drilling techniques," Ford said.

Photo by Tiffany Ard

WEIGHT placed on his elbow, Jonah Weddle¹¹ grapples with his opponent to escape a headlock. The wrestling season was pushed back from the normal November start to March due to COVID-19. "We only ended up having

a five-week-long season," Weddle said. "This year, I wish we would've had a longer season, as well as having more matches for the JV team because a lot of schools barely have any JV people any more." *Photo by Tiffany Ard*
HAND fighting, Olivia Moreno⁹ goes head to head with her Lake Travis competitor. To prepare for her matches, Moreno likes to listen to loud music. "I tell myself I just have to wrestle my best and have fun," Moreno said. "It doesn't matter if they're the best wrestler ever or the worst, I just have to wrestle my best." *Photo by Tiffany Ard*

**FROM
THE
bleachers**



IN the barber's chair, Leonard Leitgib¹² gets his hair bleached. Every year, the district qualifiers on the wrestling team bleach their hair for regionals. "I wasn't really nervous about bleaching my hair," Leitgib said. "Hair grows back anyways, and why not try new things?" *Photo courtesy of Nikos Lopez¹²*



PUT ON HOLD

WITH her opponent in a pin, Ninabelle Sitler¹² focuses on her match.

Sitler is a captain on the team and decided to join wrestling her freshman year after her dad encouraged her to. "My dad doubles as a supporter and as a coach," Sitler said. "He's the one that got me into wrestling in the first place because he wrestled when he was my age and in the Army overseas." *Photo by Tiffany Ard*

HOLDING his opponent down, Joshua Moreno⁹ attempts to get his opponent in a pin. Moreno has been competing since he was seven years old. "My cousin was always my biggest influence growing up," Moreno said. "I always saw how successful he was. He made things look easy, and I wanted to be just like him."

Photo by Tiffany Ard

**saved BY
THE
BELL**

ON top of his opponent, Simon Sprouse¹² sinks in a half. For Sprouse, the most difficult part of wrestling has been cutting weight before a meet. "Being a part of the Bowie wrestling team has taught me discipline," Sprouse said. "I am most influenced by the grit of my team captains." *Photo by Tiffany Ard*



**FOUR WRESTLERS QUALIFY FOR REGIONALS
AND MOVE ON TO STATE**

Spread by Lizzie Jensen

**HIGH
LIGHTS**

**DISTRICT CHAMPIONS &
STATE QUALIFIERS**

Olivia Moreno¹⁰
Ninabelle Sitler¹²
Joshua Moreno¹¹
Tye Frnka¹²

**1ST TEAM ACADEMIC
ALL-STATE**

Ninabelle Sitler¹²
Simon Sprouse¹²

**EARNERS OF THE
DISTRICT MEDAL**

Simon Sprouse¹²
Dylan Ford¹¹
Tariq Daud²

**f
y
i
FOR YOUR
INFORMATION**

Joshua Moreno⁹ is a three-time District Champion as a junior.

The entire team medaled at Districts. Working with half a varsity roster, the boys finished in fourth place in the 10-team district.

WHAT'S THE MOVE

8:30 AM Wake up
9:00 AM-4:40 PM School
3:00 PM-5:00 PM Practice (A days)
5:00 PM-6:30 PM Practice (B days)
7:30 PM Small healthy dinner
9:00 PM Go for a run if cutting weight
10:00 PM Sleep

QUOTE /T

"Although wrestling is seen as an individual sport, it's very important to have a sturdy team that lifts each other up."

ZYAH CAJUSTE¹²



“
THIS
tradition
ADDS A
REASON
& **A GOAL**
FOR WHY
YOU
SHOULD DO
WELL IN
WRESTLING.
”

**LEONARD
LEITGIB¹²**

explanations

1 **AFTER** a meeting with a cover artist where we couldn't nail down our vision, my adviser, fellow Editor-in-Chief and I sat down on Zoom to try a new design for our cover. Originally, it had a much more serious tone, and upon further design, decided late in May that it didn't match the rest of the book as a whole. Over the course of a three hour Zoom call, I designed this cover inspired by my Manifestation spread. The overlapping transparencies create dimension while not distracting from the centerpiece of our design, and the neon bar became a staple incorporated in numerous ways throughout the book. This cover was also printed in lavender and forest green to allow students to further determine their yearbook by choosing the color they want.

2 **OUR** divider design was one of the first things we cemented following virtual yearbook camp in the summer, and following our cover redesign, we added the overlapping transparencies to our original design. Covering the year in phases tied into the pandemic and allowed us to better cover our first umbrella coverage book. The moment of suspension as the pole vaulter releases into the air also worked with the story arch of the year, beginning with the emotion many felt at the time: uncertainty and anticipation. I designed the 'what we wondered' module as a thematic tie in to how we answered many of our questions: to be determined. The module became a tie between each divider and can be found on each one with questions tying into the content under that phase.

3 I designed the spread that inspired our cover in mid-May. Originally, the design felt flat and disjointed, with the focal piece not drawing the eye and the content seeming disconnected. I chose to overlap an affirmation, 'I am worthy of receiving my yes,' along the background to create depth and tie into the overall content of the spread, which covered manifestation, crystals, and astrology.

4 **WHEN** our star quarterback was paralyzed in a car crash, it was a devastating blow to our community. Having known Evan since 7th grade, as well as following his recovery through social media, I knew I wanted to cover this topic and give Evan's story justice. I incorporated not only the details of his accident in the story, but also his recovery, Homecoming King coronation and title of football team captain. The module in the bottom left became a staple in the book and was used on many other spreads to tie in the abbreviations spinning off of our theme, 'tbd.' The 'pov' module was versatile in its usage, and the design was also used with spin offs like 'fnl' (friday night lights), 'tbt' (throwback Thursday), and 'tymk' (the more you know).

5 **EACH** year, coverage of the wrestling team is usually put to the side in favor of finishing the book. With a later publication date this year, our staff was able to take more photos and gather a more comprehensive look into the team. I chose to use a double partial cutout of the dominant photo to highlight the movement of the wrestler and draw the reader's eye, and the comprehensive story utilized a variety of fonts and weights to create dimension.