

*Journalism and Mass Communications, College of
Nebraska High School Journalism State
Contest*

University of Nebraska - Lincoln

Year

Nick Palmer, Spencer Oviatt, Will Lanik,
Matt Meyer, Hannah Ehresman, Sarah
Kavan

Tom Cosenza

V.J. and Angela Skutt Catholic High School, tocosenza@gmail.com

Omaha Skutt Catholic In-Depth News Coverage Entry #1

Nick Palmer
Spencer Oviatt
Will Lanik
Matt Meyer
Hannah Ehresman
Sarah Kavan

H1N1: The Disease

Can H1N1 Get Worse?

Spencer
Oviatt
Staff Reporter



As most people may know by now, the H1N1 virus (Swine Flu) has been declared a worldwide pandemic. What may not be known is that H1N1 is also becoming a problem here at Skutt Catholic, with confirmed cases already reported in the student body. Given that, it's good to know how H1N1 becomes what it is, and how it can mutate to different forms.

H1N1 is an infection that is caused by a virus, and named for a flu pigs normally get. The virus is thought to be spread the same way regular flu is; through coughs and sneezes of infected people, or touching infected objects, then touching one's nose, eyes, or mouth.

You cannot get the virus from eating pork.

Symptoms include: muscle aches, joint soreness, cough, headache, stuffy/runny nose, sore throat, vomiting, and diarrhea.

Flu viruses change all the time. Pigs can get avian and human flu viruses, along with swine flu viruses. When flu viruses from different species infect pigs, these viruses can rearrange to form a new type of sickness that is a combination of swine, human, and avian flu. This makes trying to develop a vaccine really difficult.

Right now, the H1N1

virus is a mix of pig, human, and bird genes. The most common way swine flu mutates is by combining with human, avian, and various other types of influenza. Virus experts are saying they fear that we could see a more dangerous and easily transmitted form if it combines with the avian flu again, which would be a lot more deadly than the swine flu going around now.

U.S. health officials have not gotten any reports of a deadly or serious mutation yet.

Since the H1N1 virus has been reported at Skutt Catholic, it is possible to pick up the disease here at school.

To avoid getting the disease, wash your hands as often as you can. It is also recommended you cough or sneeze into the inside elbow of your arm, and don't drink out of a container someone has already used. If you practice good hygiene, you should be healthy and free of the H1N1 virus!

Information in this article came from the CDC.gov and WHO.int websites.



Large crowds, like all-school masses, could spread H1N1 if good hygiene isn't followed. Make sure you wash your hands thoroughly with soap, sneeze into your arm (instead of your hands), and avoid unnecessary contact with others.



President Barack Obama speaks to reporters as he stands with his advisors regarding the H1N1 swine flu virus in the Rose Garden of the White House in Washington, Tuesday, Sept. 1, 2009. (Olivier Douliery/Abaca Press/MCT)

Photos also by Brenna... Flightline

H1N1: Threat Reality Check

How Deadly Is H1N1 Flu?

Will
Lanik
Staff Reporter



Each year around 30,000 to 40,000 people die from the seasonal flu. This year due to the drastic jump in H1N1 cases it is projected that anywhere from 30,000 to 90,000 U.S. deaths are expected out of the 308 million people in the United States. The exact impact of H1N1 is nearly impossible to predict and the report is based on several factors. The Center for Disease Control and Prevention has already reported that over one million people have become ill with the H1N1 flu. The group that surprisingly seems to be the most

susceptible to the virus includes 5 to 24 year olds. Which is unlike the usual flu because babies and the elderly usually have a greater risk. Some scientists seem to think this is happening because the elderly were already exposed to the virus in 1918 when the Spanish Flu killed approximately 75 million. H1N1 is not projected to be nearly as deadly but in the United States there has been a reported 7,983 hospitalized cases and over 530 deaths to date. Worldwide the H1N1 virus has caused over 1,462 confirmed deaths since it was detected back in April.

Given the risks, as long as you take the proper precautions and listen to the authorities, you should be golden.

How Do H1N1, Seasonal Influenza

Matt
Meyer
Staff Reporter



We have all heard of the H1N1 virus or "swine flu" but few of us understand it. With the World Health Organization declaring a pandemic, and predictions of thousands contracting and even dying from this virus people are beginning to panic. It is important that we understand it better to avoid unnecessary panic. A common question is, why is this virus in particular getting so much attention?

The answer to this is relatively simple. According to the Associated Press, H1N1 is a novel virus, meaning that it is an infectious agent that humans haven't ever been infected with. This is the main reason that it is so dangerous. Our immune systems have never come in contact with a virus

like this before so it is substantially more difficult for our bodies to fight back against the virus. Whereas a seasonal flu virus will generally attack people with weak immune systems such as young people, or the elderly, H1N1 can infect anyone including young healthy people and make a person extraordinarily sick.

H1N1 can infect anyone including young healthy people

In addition the fact that this is a novel virus means that we haven't really had any past experience with it in the medical community thus making a vaccine not as readily available. Whereas the seasonal flu vaccine has already been

figure... the s... tra ti... subs... the s... in a... H1N1... able... tion... swin... kind... tell... to fit... appe... a few... as di... abou... ence... go s... Heal... for D... only... doct... the n... be.



Be sure to wash your hands before, after, and to right contact to your face.

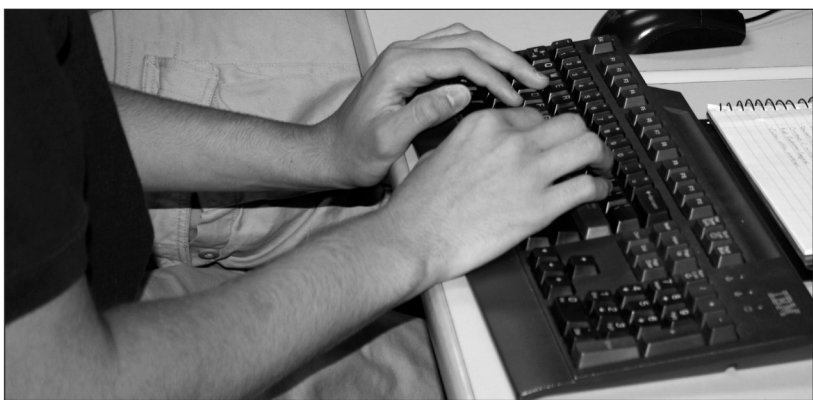
Above, below, and to right of an Chandler for The



Influenza Differ?

...ed out, and is being produced, swine flu vaccine has taken ex-...me, thus production is lagging...tantly. In addition, whereas...seasonal flu vaccine is available...nasal spray and injection, the...H1N1 vaccine will only be avail-...in the injection.

So, now for the big ques-...“How do I know if I have the...the flu or if its just the regular...?” Well, it’s not that easy to...You aren’t going to be subject...s of oinking. It will probably...ar to be a normal flu. There are...w additional symptoms such...arrhea and vomiting but that’s...at the only noticeable differ-...e. The key is, if you feel flu-ish,...ee a doctor. Both the World...th Organization and the Center...Disease Control say that the...real way to know is to see a...or and the sooner you see one,...more effective treatment will



Commonly-touched surfaces, like keyboards (above) and door handles (left), can transmit germs and viruses. Make sure to use resources like the Purell dispensers (top right).

H1N1: The Best Defense

An Ounce of Prevention Equals A Pound of Cure

Swine Flu, or H1N1 is a pandemic that is affecting tons of people around the world. We should do our best to prevent from getting Swine Flu. There are several ways to prevent this virus. Most are steps you should do in your everyday life.

Swine Flu is very similar to a cold virus. You should use some of the remedies and steps that you do with the cold virus. Swine Flu is now traveling from human to human. One way to avoid getting Swine is washing your hands frequently. You should wash them with soap and water. You can contract this flu by touching objects, so be careful.

Another way to prevent H1N1 is to always cover your mouth and nose while coughing or sneezing. You can also prevent your friends from getting Swine Flu if

Hannah Ehresman
Staff Reporter



you do this. Also avoid touching your face, nose, and mouth too much since Swine appears to be transmitted through respiratory droplets. Also use hand sanitizer, especially in school when you don’t always have the option of washing your hands when you sneeze or cough.

Be careful with large gatherings. This is an easy way to get Swine Flu. You can always wear a respiratory mask to protect yourself from viruses and infections. People often do this when they are going somewhere, like an airport. In addition, if you feel ill, then don’t go to work or school, so fellow classmates or partners don’t contract the flu.

You can also prevent swine flu by getting vaccines. The H1N1 vaccine will be coming out soon, but the vaccines are limited. You can also take Tamiflu, which is the number one anti-viral medicine for the flu. Tamiflu can help you prevent the virus, or stop the virus from spreading.

There are many simple methods we can do to prevent Swine Flu. It is spreading around our country, so we better keep these preventions in mind so we don’t contract H1N1.

H1N1: The Response

Skutt Catholic Ready for H1N1 Onslaught

Sarah Kavan
Staff Reporter



As you may have noticed, some of your classrooms seem to be short a few students on a normal basis. As you have most likely guessed, it’s due to what all the buzz is about, the H1N1 Virus. The faculty of Skutt Catholic has been aware of the danger of the H1N1 virus for quite some time now and has looked into many precautions that should be taken.

One precaution that the CDC (Center of Disease Control) has strongly suggested is for schools to purchase a chemical that kills all bacteria and germs that are on desks, door handles, chairs, etc. Skutt Catholic took this advice and bought an immense amount of

this chemical and every night after school the students in work study go around and use this chemical to clean all desk tops, keyboards, chairs, and all the other things that have the possibility of becoming infected throughout the day.

During the first week of school there was a meeting where the faculty decided that signs must be put up throughout the school, specifically in the school bathrooms. Also, you will be strongly encouraged to use the Purell dispensers that are present in every classroom.

Another big thing that Skutt Catholic has done to prevent the H1N1 virus is that a mass email was sent out to all faculty and all parents of Skutt Catholic students. This email stated that the Center of Disease Control and the Douglas

County Department of Health have given Skutt Catholic a wealth of information about ways to keep the H1N1 virus out of the student body and staff. Skutt Catholic has taken all of the recommended precautions such as; appropriate disinfectant is being put on all desks, chairs, and doorknobs every day after school is dismissed, washing hands on a regular basis is being even more strongly encouraged than usual, and use of the Purell dispensers at the beginning and end of every class period.

As an individual, we may not be able to prevent the H1N1 virus, but together as a Skutt Catholic family we must join together to be sure that we are all being extra cautious. So please do your part.

For expanded coverage, please visit either theyberhawk.com or thedigitalflightline.com

The Flightline



September 30th, 2009

Proudly Serving the Skutt Catholic Community Since 1993

SkyHawks Welcome New Archbishop @ First '09-'10 Mass

Brennan Chandler
Staff Photographer



On August 27th, 2009, Skutt Catholic High School welcomed newly-named Archbishop George Joseph Lucas. Archbishop Lucas heads the Omaha Archdiocese after serving as the Bishop of Springfield, Illinois.

In addition to the Archbishop, nearly two dozen priests and pastors joined the Skutt Catholic student body and staff in the celebration of the Mass of the Holy Spirit.

Given that Archbishop Lucas has taken the mantle of leadership of the Omaha Archdiocese, his personal biography is worth noting.

Archbishop Lucas was born in St. Louis, Missouri in 1949 and is the eldest son of George J. Lucas and Mary Catherine Kelly, now deceased. He has one sister and two brothers. He was ordained a priest of the Archdiocese of St. Louis on May



Photo by Brennan Chandler

Archbishop George Lucas celebrated the Mass of Holy Spirit with the SC community on August 27th, 2009

24th, 1975 after taking advanced studies at St. Louis University. He has a Bachelor of Arts degree in philosophy and Master of Arts degree in history.

He was installed on July 22nd, 2009 at St. Cecelia Cathedral in Omaha, becoming the 5th Archbishop of Omaha.

Archbishop Lucas has retained the phrase "Grace and Mercy" as his Episcopal motto. This motto, or phrase is taken from the Book of Wisdom, and is part of the passage that reads, "Because grace and mercy are with his holy ones, and his care is with his elect."

Skutt Catholic's own Father

Andrew Sohm has a personal connection with our new Archbishop as Archbishop Lucas was Rector of the seminary at which Father Sohm studied to become a priest.

We are looking forward to Archbishop Lucas' return to Skutt Catholic in the near future.

H1N1: A Flightline Special Report

What Exactly Is H1N1 Flu?

Nick Palmer
Staff Reporter



We have all heard about this widespread "pandemic", the 2009 Swine Flu, also known as H1N1. It has been widely reported across the globe, having confirmed cases worldwide, including cases very close to home. The death toll in the US could reach 90,000; some 60,000 more than the typical seasonal flu, but do we really know what it is?

H1N1 is a new type of influenza similar to the type typically found in pigs. It gets its common name "Swine Flu" from the association with pigs, but H1N1 comes from the makeup of the cells. The typical flu is H1N2, the Spanish Flu during WWI was H2N3 this one is H1N1. But what does that mean?

It means it's mutating, evolving and getting stronger. It's a contagious airborne- or contact-spreading virus much like the regular seasonal flu. However it has different symptoms, swine flu doesn't typically induce vomiting and diarrhea like the seasonal flu, it attacks the upper respiratory system instead.

This pandemic was first reported earlier this year in humans in Mexico and spread to North America and South America. There are now cases being reported all over the world. The Center for Disease Control and World Health Organization have both said that middle aged and younger people are most at risk to contract this virus; not because of our interaction in school or work or social activities but because of our immune systems. Apparently this virus attacks strong and healthy immune systems. They say that adults over

the age of 60 have a 1 in 3 chance of being completely immune and still less likely to contract the virus. They believe senior citizens have a certain

anti-body that helps fight off this strain of flu due to a similar virus like the flu that appeared in the early 1900's. Due to the way this flu virus has evolved and changed it is going to be tough to not only fight it but treat it. The government has made a new vaccine but due

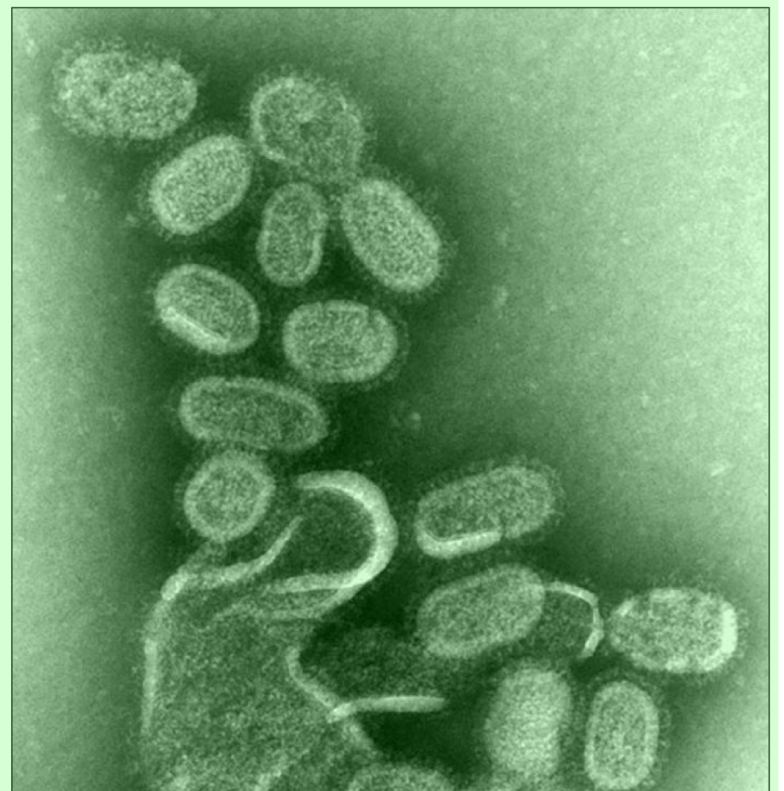


Image from www.vaccines.mil

The H1N1 virus, pictured here, has become a public health concern across the country, including here at SC.

to slow production most won't receive it. It is also going to be tough to tell whether those vaccines will work. There is only so much you can do, just practice good habits and wash hands. This, like other viruses, will pass.