

# the register

Professionally Partnered with



9th Place Best of Show Paper at the 2012 JEA National Conference

A High School Newspaper Practicing Professional Journalism

## Sneak Peek

### Teacher By Day, Rockstar By Night



Explore the secret life of Mr. Mickeliunas.

Page 16

### Ice King



Sophomore Joe Ferris straps on his skates and hits the ice.

Page 10

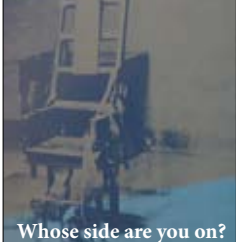
### Can We Go Thrift Shopping?



Check out these five reviews on some of the best vintage and secondhand shops in Omaha.

Page 18

### Challenging the Death Penalty



Whose side are you on?

Find Out, Page 13

How miraculous is it, that in the wake of disasters like Hurricane Sandy or tragedies like Sandy Hook or the everyday worries that plague us...that we still have the capacity to hope?

Emily Beck, page 12

## Kansas native to begin superintendent position next summer

EMILY BECK  
Executive Editor-in-Chief

Mark Evans, current superintendent of the Andover Public Schools in Andover, Kan., was selected to serve as the Omaha Public Schools' next superintendent on Dec. 17, 2012. He will replace Dr. John Mackiel, who held the position for 15 years and retired last August.

Many hope that Evans' selection will put an end to the unrest that has plagued OPS since Mackiel announced his retirement, instead creating stability for the district.

The city was shocked after racy emails belonging to Dr. Nancy Sebring, former superintendent of the Des Moines Public Schools, came to light, causing her resignation from the position; OPS hired an interim superintendent, Dr. Virginia Moon, for the 2012-2013 school year as the search for a permanent replacement for Mackiel was conducted.

Evans soon became that replacement.

Chosen out of nearly 90 candidates, he was one of the three final-

ists to be interviewed—and his answers impressed members of the district.

While Evans is currently overseeing a district of only about 5,400 students, he has experience working with OPS-sized districts—before Andover, he worked for Wichita Public Schools for 20 years (17 as an administrator), which has about 50,000 students.

The superintendent has had success with previous districts by doing things such as strategically allocating resources, setting up veteran/beginning teacher mentorships and initiating programs to provide algebra aid to struggling students—just to name a few.

Many OPS leaders have high hopes for Evans, who is projected to begin in his position next fall.

Evans answered some questions for The Register about his plans for the future as well as his personal life. The future OPS superintendent is still hard at work in his position in the Andover Public Schools in Kansas.

Continue to 'EVANS' on page 2



Mark Evans is currently at work in Kansas.

PHOTO COURTESY OF THE WORLD HERALD

## Despite impediments, students reach out to Middle Eastern peers

JAMES DE MOTT  
Contributing Writer

Throughout the school year, Central students have been working hard at forming a sister school relationship with students at the Zabuli Education Center, an all girls school located about 30 miles outside of Kabul, Afghanistan.

The opportunity for cultural exchange and support of education in a war-torn region is one that many Central students are jumping to take part in.

Afghanistan has been in a constant state of conflict since the late 1970s. In 1979, Soviet troops invaded in order to prop up the pro-Soviet communist government. Eventually through U.S. intervention, Soviet forces were displaced. A horrific civil war developed, with the Taliban government ending up in power in 1996.

In October 2001, US bombing of Afghanistan began following the events of 9/11, leading into the present day occupation of Afghanistan by the United States.

The extremist views of the Taliban set back women's rights in Afghanistan. The work of Afghan native and philanthropist Razia Jan aims to change the way things are in Afghanistan for women, advocating for education and equal treatment of women at every intersection.

Despite the devastating loss of the CNN Hero of the Year award, a grand prize given by the news organization to the most inspiring nominee, Jan's work is still happening and being contributed to by Central Eagles.

The Zabuli Education Center, the main endeavor of Jan's non-profit organization, is the intellectual home of girls ranging from ages 4 to 15. The building stands as a beacon of education and progress among the mountainous backdrop of the Deh'Subz region.

Students at the school come from any one of the 45 villages that comprise the district, taking as much as an hour to walk to school each day. They constantly fear the attacks of individuals who believe women need to be deprived the right to education.

The differences in lifestyle present between the Afghan and Omaha communities are stark; fighting truancy is a priority for administrators at schools in the United States, while the students at Zabuli are highly motivated for the chances to receive an education.

It's an extremely deep cultural divide, and this is just one of the many major cultural differences that remain to be understood by students on both sides of the e-mails that will start being sent soon.

Junior Mary Le, IB student and member of the committee for communication with Zabuli, is extremely excited about the beginning of the project. She says the

Continue to 'ZABULI' on page 2



PHOTOS BY EMILY BECK / THE REGISTER

## A WHOLE NEW WORLD

Korean exchange student Ki Hyeok Cho came to America to get a new take on life--and he doesn't want to go home.

MAYA DURFEE O'BRIEN  
Staff Writer

Imagine going to a new country, leaving all of your friends and family behind, and making a fresh start. Senior Ki Hyeok Cho has had a firsthand experiences with this.

In July of 2012 Cho made his way to America. He first went to foreign exchange camp in the Boston area.

"We learned a little bit about American culture and did some sightseeing," said Cho. There was an abundance of Europeans at the camp but very

Continue to 'KI' on page 2



## A variety of students partake in Poetry Out Loud, show off their dramatic talents

JENNIFER ROONEY  
Editor-in-Chief

Over 10 students participated in reciting famous poems at the Poetry Out Loud Competition on Monday, Jan. 28 in the library from 3 to 5 p.m.

As the many competitors arrived, so did the judges, spectators, friends and families of the participants for the event. The judges included Bernie Clark, a retired drama teacher, Kristin Tippler, the lead English and Language Arts teacher of OPS and Shelley Erikson, the curricular specialist of OPS.

The judges were all trained to their ability. On the Poetry Out Loud website, they watched many videos of other performers and looked over the rubrics for them. There were four scores in all: the three judges' and accuracy in the competitor's performance.

The teacher participants included Jane Luethge, emcee and coordinator, Deron Larson, accuracy judge, Michelle Maguire, the prompter, and Daniell Brandt as the score tabulator.

Poetry Out Loud is a competition from the Nebraska Arts Council, which contacts Central to compete. The participants were judged according to physical presence, dramatic intensity, level of difficulty, accuracy, articulation, voice and the overall performance. Luethge also reminded the competitors to project their sound since the judges were all the way in the back of the library.

Any participants who received a line from the prompter were deducted points in the performance. One of the performers in the first round ran the lines through silently with his lips to remember the poem correctly, because having a break in words does not deduct any points.

Most of the students participated in competitions before Poetry Out Loud in their classes. Ginger Riffel's 10th grade students and Luethge's students participated in a poetry learning unit in their classes. At the end of it, they performed a competition and the winner was applicable for Poetry Out Loud. Larson's Creative Writing class and Fine Lines Writing Club's students were also able to compete.

"A lot of people are afraid of poetry. Students may be

bummed at first," said Luethge. "But afterwards something cool happens and they finally understand it."

The students involved in were senior Giselle Tran, juniors Luke Gregerson, Matt Jahn, Kayla Paustian, Francesca (Franki) Ferro, Makayal Parks and Christopher Barajas Suarez, sophomores Mary (Katie) Stuckey, Emily Callahan and Kelsy Spangler, freshmen Elisabeth (Elise) Saniuk, Samantha Zeek and Xinmu Hu, and even an eighth grader from another school taking English classes here at Central, Miles Kay.

A major break in the scores led eight out of 14 competitors past the first round to the second that night.

As the competitors presented their poem they recited its title and author. Most participants either bowed or said "thank you" at the end of the poem.

The performers looked nervous as they made their way to the front of the room. With many dramatic pauses, hand gestures and facial expressions, all of the performers prepared to present their best in pursuit of winning.

Continue to 'POETRY' on page 5

## Spend Your Valentine's Day The Register's Way

Lavish your love for less with tips from your favorite newspaper. With love from The Register.

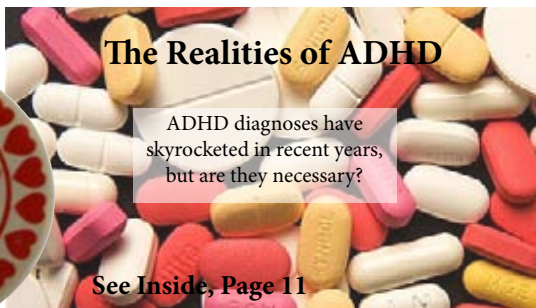
See Inside, Page 20



## The Realities of ADHD

ADHD diagnoses have skyrocketed in recent years, but are they necessary?

See Inside, Page 11



## Dances With Phoebe

Senior Phoebe Perry is passionate about dance, taking a myriad of classes at Omaha dance studios. She plans to pursue a professional dancing career.

See Inside, Page 7



# The Register

2012-2013

**ATTN: The Register**  
124. N. 20th Street  
Omaha, Neb. 68102

Phone: (402) 557.3357 Fax: (402) 557.3339  
central.journalism@ops.org

**Editor-in-Chief:** Jennifer Rooney  
**Exec. Editor-in-Chief:** Emily Beck

**STAFF**

**Business Editor:** Giselle Tran  
**Visuals Editor:** Stephanie Paul  
**Copy Editor:** Mekenzie Kerr  
**Staff Photographer:** Jhalisa Robinson

**Writers:** Seth Arter  
Elissa Weiner  
San Juana Paramo  
Cheyenne Alexis  
Maya Durfee O'Brien  
Sydney Halonen  
Tia Spears

**Contributing Artists:** Imani Brown  
Keali French

**Advisor:** Hillary Blayney

For advertising information call Hillary Blayney or Giselle Tran at (402) 557.3357, central.journalism@ops.org, or hillary.blayney@ops.org

The Omaha Central High School Register seeks to inform its readers accurately as to items of entertainment, interest and importance.

The staff strives to uphold the principles of journalism in all its proceedings.

The Register is a member of the National Scholastic Press Association (NSPA), the Nebraska High School Press Association (NHSPA), the Journalism Education Association (JEA), Quill and Scroll and the Columbia Scholastic Press Association (CSPA).

The Register is an 11-time Best-in-Show winner for large newspapers at the JEA/NSPA national conventions in San Fransisco, Boston, Phoenix, Dallas, Washington D.C., Seattle and Chicago. The Register also won first place in Front Page News Layout for large newspapers at the JEA/NSPA convention in St. Louis.

The Register has won multiple NSPA Pacemakers, which is considered the Pulitzer Prize of high school journalism. It has also won many Cornhusker awards from NHSPA, and has been awarded the Gold and Silver Crowns from CSPA for its overall work.

Unsigned editorials are the opinion of the Register staff and do not necessarily represent the opinion of Central High School or its faculty.

Signed editorials are the opinion of the author alone, and do not necessarily represent the opinion of Central High School or The Register staff.

Letters to the editor are encouraged.

They can be sent to The Register at 124 N. 20th St., Omaha, NE 68102 or via email to central.register@ops.org.

Letters must include the author's full name and grade. The use of pen names is not permitted. Unsigned letters will not be published. Letters will be edited for length, clarity, taste and accuracy.

Misrepresentation of fact will not be considered.

Special thanks to all the faculty and staff of Omaha Central High School and Omaha Public Schools. Your cooperation with our students help us maintain a professional atmosphere in order to teach media education.

Question, concerns and inquiries are directed to Hillary Blayney at (402) 557-3357. If there is no one available, please leave a message. Thank you, readers.

It is the goal of the Central High Register to represent the student body on issues effecting their lives as young people and students. If you feel like we are not covering an issue that is important to you, we welcome contributing writers who bring fresh ideas to the issues.

If you would like to write a story for your student newspaper, please contact Ali Hodge or Hillary Blayney at hodge\_alexandria@yahoo.com or hillary.blayney@ops.org or come to room 029 to discuss your idea.

## Korean exchange student passionate about Omaha, enjoys Central

Continued from 'KI' on page 1

Koreans. "There were only 23 other Koreans at the camp," said Cho. After attending the camp, Cho came to Omaha on Aug. 4, 2012. Ki Hyeok Cho's first name is technically "Cho," because in Korea the last name is used as a first name; this is done because last names are the family name, and family is a very important component of Asian culture.

**Life as a Student**

On the first day of school Cho was nervous. He did not really know anyone, and he was about to step foot in the largest high school in the state.

"I thought my English was really bad; I was so quiet," said Cho. Gradually, through the help of kind people at school, he began to figure his way around. An instance of this was around the time of football season.

"I asked one of classmates how to go about going to a football game and he was very kind and told me to go to the game and find him there," said Cho. During a lunch period a teacher also showed kindness to Cho.

"A teacher tried to make a lunch table for me to sit at since I did not know anyone. That was very nice of her," he said.

Cho is from Daegu, which is one of the largest cities in South Korea with a population of 2.5 million people. During the first month of his stay here in Omaha, Cho became homesick for his hometown.

"I missed my family, Korean foods, and things in my hometown in Korea but to get over it I reminded myself that

I needed to experience life in America," said Cho.

The curriculum and school system here at Central and in Omaha is different from how it is set up in Korea. For instance, there is no credit system in Korea; it is based on how many days you miss at school, because in Korea there is no summer vacation.

"If you miss a certain amount of days you are unable to move up to the higher level," said Cho. The curriculum at Central, however, is not a problem for Cho.

"It is much easier," he said. Cho is not taking any honors or AP classes, but he thinks it could be harder if he were to take advanced classes. His favorite class at Central is physics.

"I like physics because it is important to just about anything," said Cho. The Korean exchange student thinks the United States education system is better than the Korean system.

"The school day is much shorter, making it easier to be able to spend time with friends, and do other after school activities," he said. "In Korea school is very important. I would go to school from about 7:50 a.m. to 9 p.m. which is a very long time, about thirteen hours to be exact," said Cho. After school was finished, Cho would then go home and continue his studying late into the night. "I usually start studying at 10 p.m. to about 2 a.m.," he said.

**Food, Recreation and Activities**

"One of my favorite things about the United States and Omaha is the food," said Cho. "Because there are so many people from many different countries, it



Ki Hyeok Cho speaks with his host father Jeff Welch, who is the father of Augie Welch.

is nice to be able to eat new types of food. My new favorite is Mexican."

Another thing he likes about school in Omaha is the shorter school days and after school activities; he said that "Korean people don't really have after school activities because the main focus there is schooling and getting good grades."

Cho enjoys soccer and was happy to be able to get to play it in Omaha, especially because he is now on a team.

In Korea, "We have a soccer team and a baseball team, but those players usually want to be professionals--it's not a hobby. They do it because they are working towards their dreams," said Cho. Although not on a team, that did not stop him from playing soccer in Korea. He played with his friends recreationally when there was time.

Cho has had to adapt to American life. He is staying with an American host

family; he has also watched a lot of American television in an attempt to improve his English and to learn about the culture.

"American culture is a lot different than Korean culture," said Cho. In Korea they are not as up front about their affection.

"We don't really hug each other in Korea like people do at Central," he said. Cho says that everything in the United States is different: the food, the people and the overall environment. Compared to his life in Korea, Cho's life here in America is different, but in a good way. In the United States he is able to balance his time between school and other activities. It is more relaxed. Cho does not have to spend hours on end doing schoolwork which means he is able to play soccer and be with his new friends.

"I love America and do not want to leave."

PHOTO BY EMILY BECK / THE REGISTER

## Central students to begin correspondence with girls from Zabuli Education Center

Continued from 'ZABULI' on page 1

committee has nearly boundless ambition, and analogous to the teenagers that comprise the schools, they are slowly developing a relationship and becoming closer.

Le said that currently, the relationship is primarily in the planning stages. Goals of the exchange are mostly cultural, and regard broadening the world view of students at Central.

Le also said that as a Vietnamese American, she has grown up with an interesting cultural background.

Although she feels that it's "second nature" to her to be open to other cultures, the experience of having a relationship with kids who have such wildly different world views and cultural backgrounds will be an "exciting" experience.

The committee has a number of fundraisers planned to occur throughout this semester; the funds raised by

student efforts here in Omaha are planned to be used to buy school supplies and equipment for the Zabuli Center through the organization which runs the center, Razia's Ray of Hope.

The current objective of the whole committee is an extremely sentimental one.

The committee carried out a fundraiser that sold baked goods at the C after school. Plans also include selling Valentines leading up to the holiday in February.

Students and teachers are currently busy loading up a suitcase with cultural items that are representative of Omaha, Neb. and the United States as a whole.

Music CDs, photos and other cultural items are being tightly packed into a suitcase for delivery to Kabul.

Tracey Menten, coordinator of the project along with Cathy Andrus, said that through the fundraising going on by the committee, 20 solar powered lamps are going to be able to be included in the package as well.

Menten explained that these lamps are great because they can be charged during daylight hours and used at night by the students in Afghanistan who don't have access to cheap electricity.

Menten went on to say that packages were difficult to send, even more so in recent times.

The goals of Central students involved are ambitious and the situation is unpredictable at best.

Jan's work has become a cause that has elicited passion for many of the student involved in reaching out. Many are looking forward to the connections that will be formed through email correspondences.

Despite the thousands of miles that separate the two communities, there is excitement on both sides and a willingness to interact that indicates the possibility of social progress.

Menten and Andrus, as well as Central students, look forward to the learning this friendship will bring.

## Mark Evans chosen as Mackiel's replacement, ready to lead Omaha Public Schools

Continued from 'EVANS' on page 1

**How did you get into education?**

I started teaching at Bishop Carroll High School in 1981. I taught Western Civilization, US History and Psychology; I've always enjoyed history, government, and politics and still enjoy reading biographies and watching the History Channel.

My first exposure to teaching and working with young people was during the summers while I was in college; I worked as recreation supervisor for the Park Board and also coached little league. I really enjoyed the daily interaction and the opportunity to be a part of a positive experience in high-poverty neighborhood.

**What do you like about what you do?**

The most important aspect of my current job is being able to see you've made a difference, and you can see evidence of improvement. That improvement can be a result of mentoring programs, goal setting activities, instructional training, increased efficiencies, etc.

You should be able to see improvements in multiple areas over time, and most importantly student achievement. I always enjoy hearing students or parents talk about the quality experience they are having in school. I still enjoy the occasional run-in with a former student of mine (either as teacher or administrator) who shares a story of something I did or said that had value to them. Those are my best days.

**Why did you want this job in Omaha? Do you have any connections here?**

OPS is a great opportunity, a chance to make a difference for 50,000 students. It also is a setting I'm

familiar with, having spent 20 years in Wichita Public Schools, which has almost identical demographics. I understand the challenge and I'm anxious to work with quality staff, students, school board and community to support improvements.

My wife is from Lincoln originally and we do have family in Omaha and Lincoln. Lucky for me she moved to Wichita in the 9th grade; we met in high school and married after graduating from college. As you can see, I owe a lot to Nebraska.

**What will be the hardest thing about leaving Kansas?**

The most difficult part of any job change is missing the people and community you work with; I have built many great relationships over time with wonderful caring people. If I had to identify the one most difficult person to tell we were moving, it would be my mom, who is in her late seventies.

**When do you plan to move to Omaha?**

My guess is the end of June, do you know anybody that wants to buy a house in Wichita?

**How do you think you will be received by the district and by community members?**

I have had many positive calls, letters and emails. It is clear to me that Omaha is a great community that values education, and its members seem anxious to partner with me and with OPS.

**Why do you believe that you're the best choice for OPS? Which life experiences have you had that have prepared you for this position?**

I have over three decades of experience in education,

including twenty years in a district that looks very similar to OPS. I have been fortunate to work with quality people and in all of my experiences we have been able to align resources, set goals and demonstrate improvement.

What do you focus on the most as a superintendent/ what do you want to improve the most? What are your plans for Omaha?

My initial plans include a lot of listening and learning; it would be inappropriate to walk into the district with a scripted blueprint. I am anxious to create a unified vision for improvement that is collaboratively developed that includes a great deal of input.

We need an aligned, goal oriented, efficient district that supports schools and student learning. This is not a task that can be done in isolation and without input, but in the end I am accountable for district improvement and for creating a system that enhances all areas of our district.

**What is your opinion of standards-based grading?**

I understand the value of it, but I also understand the importance of training with the staff. This is a significant shift that needs time to implement effectively; I am not opposed, but I feel strongly about the supports that are needed to implement.

**What sort of measures do you take to connect with students/teachers/other individuals in the district?**

I am an ardent believer in the value of spending time in schools, and I also believe that district leadership teams should have opportunities to spend time in schools and classrooms. I have also created superintendent student advisory teams in previous districts, and I plan to do that in Omaha as well.

## The Register Staff

2012-2013

HILLARY BLAYNEY  
Journalism Advisor



JENNIFER ROONEY  
Editor-in-Chief



EMILY BECK  
Executive Editor-in-Chief



MEKENZIE KERR  
Copy Editor



GISELLE TRAN  
Business Editor



STEPHANIE PAUL  
Visuals Editor



JHALISA ROBINSON  
Staff Photographer



SETH ARTER  
Staff Writer



ELISSA WEINER  
Staff Writer



TIA SPEARS  
Staff Writer



MAYA DURFEE O' BRIEN  
Staff Writer



SAN JUANA PARAMO  
Staff Writer



CHEYENNE ALEXIS  
Staff Writer



SYDNEY HALONEN  
Staff Writer

# Performing Arts Department gets funky for fundraising

Omaha Central's Performing Arts Department puts on event with many performers including "Soul Dawg" and Central's own Jazz Band to raise money for a Spring Break trip to Dallas.

JENNIFER ROONEY  
Editor-in-Chief

Soul Dawg may make you want to remember the boogie-oogie times in the good ol' days where funk was a part of life and nobody even knew who Chris Brown or Justin Bieber were yet. Not only did Soul Dawg make you want to jump out of your chair and get on the dance floor, but the entire performing arts department made you want to during Downtown Purple Jam.

Downtown Purple Jam was an event presented by Central's Performing Arts Department to help fund their 2013 spring road trip to Dallas March 15-18. The last time the department took a road trip was in 2010, to Chicago. This trip includes a clinician for the band and choir students where they will play/sing and will receive immediate feedback. It also includes a trip to Medieval Times (a jousting show with dinner), a trip to Six Flags Amusement Park, and much more. This is just an overall chance for these students to see more of the world around them.

Students have been fundraising and saving money since last year and will continue to until the trip itself. Any performing arts student can go as long as they pay their way and are eligible (meaning nothing in the referral category).

Downtown Purple Jam went out with a bang on Saturday, Jan. 26th. The doors opened to the cafeteria at 5 p.m., but the dinner did not start until 5:30 p.m. Tickets were sold in advance by band students, email, or Facebook for \$25. At the door, the tickets were \$30.

Parents of band members helped put on the event. In a two and a half month period, they accomplished a lot of work. One parent of the band, Brian Miner, father of Louis Miner, had a connection to Soul Dawg and got them to perform at the event.

"We don't do it for recognition. We do it because we love our kids and their teachers," said president of the band parents committee, Judy Brun, band member, Anna Bui's mom. "We support them no matter what."

They also had to receive permission from Dr. Keith Bigsby, the principal, Mrs. Dionne Kirksey, activities administrator, and the janitors. Everything was put together from team work and collaboration of everybody included in it. The performing arts committee had to design ads, the programs, prep food, and attain sponsors for the night.

Soul Dawg is funk/rock band that has been together since 2000 performing old style pop, rhythm and blues and funk music. They include Terry Olson on guitar and vocals, Kevin Moore on bass and vocals, Darol Smith on drums and vocals, Ted Larson on saxophone and keyboard, Darren Johnson on trumpet and percussion, Joel Nielson on trumpet and flugelhorn, Alan Ashelford on sound, and Dwane

"Big" Jackson on the lead vocals.

They opened the night with "Pick up the Pieces" originally done by the Average White Band. They performed songs including "Celebration" by Kool and the Gang, "Whip it" by Dazz Band, "Reasons" by Earth Wind and Fire, "Flashlight" by Parliament, and so much more. They finally ended their performance with a more recently produced song, "Forget You" by Cee Lo Green.

Upcoming events for Soul Dawg include one at the Alter Ego Lounge in Omaha on Feb. 8th, another at the Ozone in Omaha on Feb. 16th, and one at the Duggan's Pub in Lincoln on March 22nd.

There were over 15 sponsors for the night including the president of the band parents committee, Judy Brun. Omaha Steaks donated 75 pounds of pork and Rotella's Italian Bakery donated buckets and buckets of hamburger buns. All of the bright purple lighting for the night was also done by Brite Ideas Decorating.

The many sponsors also donated an assortment of raffles. The raffles were \$1 a piece, or 25 for \$20. They were held throughout the night. Each raffle round had over \$100 worth of prizes. There were different raffle prizes from a Central lanyard to tickets to the Community Playhouse to a Soda Stream Maker to an immensely large portrait of a Siberian Tiger. Not only were there the raffles you could buy right at the door, but also a raffle wheel going around each table that was \$5 to spin and you could win anything from more raffle tickets to a grand prize raffle to gift certificates.

"It wasn't just for the money, it was to also bring the band and Performing Arts department together as a community," said senior Maddie Pospisil, president of the band.

Not only were there raffle tickets to buy, but also professional photography during the entire night done by one of the band parents. It was \$5 for one picture and \$3 for each additional one. It didn't even have to be a professional formal picture. Just like the night, there were things to make it more fun and memorable. People could include silly props in their pictures such as dress up clothes like hats and scarves.

At the beginning of the night, JROTC members presented the flags while the jazz choir sang the national anthem. After that, the committee for the event spoke about how the night would work along with Pete Wilger, the department head of the performing arts.

From 5:40 p.m. to 6:40 p.m., all through dinner, the Jazz band performed. Their first song was "Home Cookin'," by Lennie Niehaus.

They included many solos. Central's Jazz Band includes: trombones Lena Wolcott, Leo Kazmierczak and Eddie Schooler, bass trombone Matt Harald, trumpets Patrick Nolan, Nick Rock, Jake Rock and Molly Rogers, alto saxophones Elliot Glyn and Anna Brun, tenor saxophones Louis Miner and Maddie



1. Soul Dawg performs funky music on stage throughout the night. 2. A table of goodies was provided by band parents, who worked hard to make the night a success. 3. The night was filled with decorations on the tables, walls, and much more. 4. Senior Lena Wolcott performs a solo as the Jazz Band opens for Soul Dawg. 5. A raffle wheel was carried around to each table; prizes were awarded to the partakers of the event.

Pospisil, Bass Jake Reed, guitars Richard Stockton and John Kramer, pianist Ellie Pleggenkuhle and drums Noah Yoshida and Adam (Hootie) Erickson.

Later in the night, the Jazz Band was fortunate to perform a song with Soul Dawg called "Sir Duke," originally by Stevie Wonder. To prepare, the Jazz Band and Soul Dawg whipped up a few workshops right before the show.

"I had a lot of fun performing with Soul Dawg. They are really good performers and had a lot of great advice for us," said Kazmierczak, member of the Jazz Band.

The Jazz Choir performed "I'll Be Seeing You" by Billie Holiday.

They performed a song with a few of the Jazz Band members as well: "Just in Time" by Frank Sinatra.

Solos for "Just in Time" included Joe Fitzgerald and Myles Davis.

There were over 200 people who showed up that night. Many of them participated in dancing and singing along with the different music throughout the night. The Performing Arts department raised a lot of money from the event.

"It was cool to see people come together and dance," said Pospisil. "We want to do this annually. It was a lot of work and fun, but very successful."

PHOTOS BY JHALISA ROBINSON/THE REGISTER

## Nebraska's first set of quintuplets show off their individuality step by step at CHS

GISELLE TRAN  
Business Editor

Growing up, many high schoolers have an older or younger sibling. A teacher may accidentally call a freshman by his or her older sibling's name. However, few teenagers would be able to say they have four other siblings attending the same high school, much less the same grade.

Elijah, Taylor, Miranda, Nicholas (Nick) and Carter Jansen are not typical teenagers, as they are quintuplets attending Central High School.

Two weeks after discovering they were pregnant, Mr. and Mrs. Jeff and Karla Jansen were shocked to discover they were having quintuplets.

Mr. Jansen noted, "We were just trying to have a baby [...] We didn't know what to think."

The Jansen parents knew that there were risks associated with having quintuplets.

Mrs. Jansen said, "There are always complications with having multiples. There are just a lot of health risks to everyone involved. It took a lot of special care to get where we were."

The University of Nebraska Medical Center (UNMC) gave the Jansens the care they needed. Born eight weeks early on July 7, 1998, the Jansen quintuplets are now freshmen at Central High.

Even though the quintuplets share one birthday, they don't share many of the same interests.

Mrs. Jansen commented, "They're all very individual... We let them be their own individual person."

Taylor, the second oldest of the quintuplets, loves to draw, listen to music and write poetry. Miranda, on the other hand, enjoys reading and baking.

Taylor said, "Me and my sister, we're pretty much

complete opposites, not just in looks, but in personalities. She's very organized and put together. I'm not completely organized; I'm more random than she is."

Nick Jansen's interests include reading and acting. After participating in drama in middle school, Nick is pursuing drama at Central and will be participating in the winter play.

Carter enjoys watching television and playing video games, similar to Elijah, the oldest of the Jansen quintuplets.

Although they are regular teens, growing up with quintuplets, Miranda commented, "was kind of crazy."

While growing up, a couple of the quintuplets received nicknames that went along with a particular characteristic or idiosyncrasy. Nick was nicknamed "the Shark" on account of his fondness for biting, and Elijah was "Peanut" because he could fit in the palm of his dad's hand as a baby.

Growing up as quintuplets may have made the Jansens more mature. Unlike only children, the Jansens learned very quickly the importance of sharing.

"It was definitely not like normal kids would grow up. It was different. When we were growing up, we were used to sharing stuff. Everything we did, we did together. It was pretty crazy. We got used to the fact of people always coming up to us and being surprised," said Taylor.

As to being more mature as a result of being a quintuplet, Taylor commented, "In some ways, yes. Because we've learned you can't always get what you want. You have to learn to share what you have and be thoughtful of other people... That has definitely helped us be mature in some ways."

According to most of the quintuplets, there are downsides to being quintuplets.



Left to Right: quintuplets Carter, Nick, Elijah, Miranda and Taylor Jansen. The five siblings were born after 31 weeks (eight weeks early) on July 7, 1998.

Taylor noted that the hardest part of being a quintuplet is "trying to be your own person."

While the quintuplets pursue different activities, they are bound to have the same interests at some point in time.

Taylor commented, "It's hard because someone might like the same thing you want to do, but you might want to do it by yourself. We're all going to have the same likes and dislikes at some point. We just have to try to be ourselves."

While Nick said the hardest part of being a quintuplet is "you're never alone," he also said the best part was "you're never alone."

The quintuplets may have to share a birthday, but they always know there will be somebody there for them, no matter what. If they're bored, they'll have someone with whom to play, and if they're stranded, they have somebody on whom they know they can

count. While being quintuplets can "be kind of annoying," they all realize that they need each other.

Elijah and Nick seemed to read each other's thoughts when they both answered that the best part of being quintuplets is "there's always somebody there."

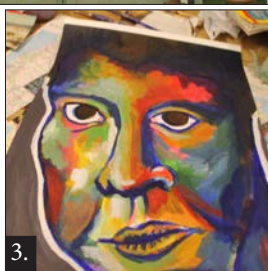
Taylor commented, "The best part would be we're never lonely. We always have someone there to help us out—really, to just be there for us."

Although the number of children in the house can be overwhelming for both the siblings and the parents, Mrs. Jansen says, "I always remember you get five times the hugs, five times the kisses, five times the joys."

Having quintuplets in the house isn't easy, but Mr. and Mrs. Jansen are "taking one step at a time." For the parents and the children, "it's getting to each milestone" that is important.

PHOTO BY GISELLE TRAN

## Piece by piece, teachers submit art students' prepared artwork to Scholastic art contest



1. The students' artwork is proudly displayed in the courtyard. 2. With different shades of blue, a color painting is entered into the contest. 3. A piece of work with many colors enters the contest. Its artist hopes to make it into the completion.

CHEYENNE ALEXIS  
Staff Writer

Besides doing well in sports, Central has a vast amount of talent in the arts department. Looking around the school, one can find plenty of different, unique pieces of artwork hanging all throughout the school, but currently the art teachers have presented a handful of kids' artwork to the TAC building for the Scholastic's Art and Writing contest.

Central's art department has been participating in the Scholastic's Art and Writing contest for a long time, said Jane Tauret and Tanya Simmons, two art teachers at Central, even before they both started working. OPS had actually changed the contest to the Nebraska State Visual Arts Competition before changing it back to the Scholastic's.

The contest is not for the art students to submit their work, rather it is up to the teachers to hand in the artwork. Rather than the traditional way of bringing each piece to the art show to be judged at TAC, Simmons said the artwork is all scanned digitally, and only the work that gets in has to be brought over. "[We] go by it piece by piece; if it gets in we have to put it all together," said Simmons.

Scholastic's is a national contest, and every school in OPS, every state is part of this. Any artwork that gets a gold goes national. Simmons explained that there are three categories to the awards won; a gold key (which there are very few won), a silver key, and an honorable mention. Two of Tauret's students have won gold keys, and made the completion at a national level, and were invited to New York City.

To be in the competition, any art student can be part of the contest, but again, the teachers decide which artwork is submitted, though they

have to choose their top 25 to go to the competition. The reason not many pieces can be submitted, Simmons said, is because each entry costs money.

The artwork that is available to be submitted includes 2-dimensional, 3-dimensional, drawings, paintings, print making, sculptures, pottery, and even some graphic design and applied design projects. Students are able to have multiple pieces submitted, even some from different categories if asked. Simmons said while some kids might have one piece of artwork, other may have four or even five.

Of course, with this being a contest, not every student is eligible to receive an award. They are entering their work to be judged by judges at TAC, but Simmons said it makes it more exciting to see what gets in.

This contest is more of the higher levels of competitions that the art department participates in, and the teachers even prepare artwork from the last two semesters. Though there are other contests out there, Simmons said there is "nothing to this level."

Every art teacher helps out with this contest, Simmons said "Everybody's involved, which is why we have our wide range of projects and levels of classes."

The teachers submitted mid-late Jan., and Simmons said it takes up to three weeks for the judging to finalize, to which she said "seems like forever."

As of right now, the art work entered in Scholastic's is hanging up by the cafeteria. Overall, Simmons said the whole contest is well worth the anticipation, "[There are] thousands of pieces. It's an amazing and motivating show. It's so creative and it just blows your mind."

PHOTOS BY JHALISA ROBINSON/THE REGISTER

# EXPLORING THE REALITIES OF MODERN SLAVERY

Pulitzer Prize-winner and former writer for the Wall Street Journal Douglas Blackmon spoke to Central students about his work, and why he chose to delve deeper into a topic barely touched by anyone before him.

**ELISSA WIENER**  
Staff Writer

On Feb. 1 select students in social studies and English classes were given an exciting opportunity to hear author Douglas Blackmon speak about his award-winning book. He told the students about the creation of and story behind the making of his Pulitzer Prize winner, "Slavery by Another Name: The Re-Enslavement of Black Americans from the Civil War to World War II."

Prior to writing a book that would reach millions of readers, Blackmon wrote for the Wall Street Journal, the largest newspaper in America.

Even before writing for WSJ, he knew he was going to be an author. "By the time I was... in junior high school... I was on the student newspaper in my school and very interested in writing... liked the idea of being an author, didn't know what that meant necessarily but in one way or another I think I did. I wrote my first newspaper story for the local newspaper when I was twelve."

Writing for a local paper, or even a national one, is very different from writing a book, however. But Blackmon's six year long process of writing the book did start with an article in the Journal.

"In my career as a newspaper reporter, I had always been really interested in civil rights, with racial issues and racial tension," Blackmon said about his idea for the book. "I covered politics in Atlanta for a long time and so I got to know a lot of the people who had worked with Dr. Martin Luther King in the Civil Rights Movement... I was just always very interested in those kinds of things... [and] was always trying to understand... better why things went the way they did... why things turned out the way they were... You know, how did that happen exactly?"

"And it always seemed to me that there was more to it than just slavery 150 years ago... and so I wrote a story... a long elaborate story in the Wall Street Journal ten years ago that told part of the story of what's in the book and there was a big reaction to that story among readers, and so I started writing a book about it."

Blackmon's book is about a topic that isn't touched very often. It shows the white Americans as cruel and evil rather than portraying them in a good fashion.

"It's the story of how slavery did not end at the end of the Civil War. And that the enslavement of African Americans on a really big scale was resurrected after the Civil War and continued for decades and decades into the twentieth century and affected the lives of millions of people and changed the course of American history, and then was forgotten—was very deliberately forgotten. It's the story of that," Blackmon explained.

The topic of the book is something he had been interested in for a while. As a white man growing up in Mississippi, he saw plenty of the racism he discusses in his book.

His family was always trying to do the right thing and teach right from wrong. So although he grew up around discrimination, he has always attempted to do what he thought was right.

"One of the paradoxes of being a white Southerner in a moderate or liberal family growing up in the '60s and '70s is that by definition you were being taught not to use the language or the practices of the racist past, but to break from all that," Blackmon said.

"It was still this overwhelmingly crazy, racist world where white people were still using the N-word all the time and still had those views... And that's the fundamental paradox and contradiction that people I loved, and who I knew were good people in so many ways, at the same time were engaged in all these terrible, terrible things. That's a deep human paradox."

Deciding to write a book and actually writing is easier said than done. Finding all the information in the book was hard to do for Blackmon.

Although he did have actual experience to fall back on, most of his book was historically based. However, there were times when he had to dig a little deeper for the right information.

"My book is largely about how the court system



1. Author Douglas Blackmon discusses his Pulitzer-prize winning book. 2. The successful writer speaks to selected history and English students in Central's auditorium.



PHOTOS BY JHALISA ROBINSON AND STEPHANIE PAUL/THE REGISTER

and prison system was used to accuse large numbers of black people of crimes they hadn't committed and then forced them to work for white people as punishment...so I started with research into the archives of court systems and prison systems but then I realized that that didn't answer all the questions that I needed to answer...

"I was fairly certain that there had to be more if I could get into the record rooms of county courthouses and jails... I started going from town to town trying to find records... So I ended up looking at thousands of thousands of pages of these old records that nobody had looked at for 50-100 years."

Despite the hard work it took to attain the necessary materials for the book, Blackmon insisted on continuing on with his writing on the difficult topic. It was a topic he had been interested in since he was a kid, and he was determined to get to the bottom of it.

"From the time I was a kid... I [was] just obsessed with the question of why did things turn out the way they did. Why did the world that I grew up in exist, the way that it existed? And I needed answers to that, and I think lots of people do."

"And that's why so many people have been responsive, both to the original article that I wrote in the Wall Street Journal that led to the book, and on down the road... It's black people and white people and all kinds of people that need these answers," Blackmon said.

He didn't only write the book for himself though. As Blackmon explained, he wasn't the only one wanting to find answers.

There were many other people who had the same questions on their minds. He wrote the book to appease, not just his, but all the curious minds.

"I hear from a lot of young African Americans, really aspirational young African Americans who are going someplace," Blackmon said, "but who have never gotten an explanation that made sense to them... that story—the version we get from the movies and from the really basic versions we get from history books isn't actually enough."

"And so I've had a lot of young African Americans come up to me and say, 'I always wondered, how can my grandfather... have gone along with... what was done to him down in South?... Why didn't he stand up for himself?' There's a real need for an explanation that actually makes more sense and I think that the book provides... a much weightier explanation in addition to those other things."

Because so many people were curious about this subject, "Slavery by Another Name" immediately became a huge success. This, however, was not something that Blackmon expected to happen.

He had no idea how much attention the book would gather and the amount it actually received was more than he could have ever imagined.

"I thought there would be something but I didn't know whether [it would be] only people who were interested in civil rights... people who [are] really interested in history... or maybe only my mother. But as soon as the book came out there was a lot of interest in it. I made appearances on NPR... and I went on Bill Maher's television show a few months after the book came out... There began to be a lot of interest in it. I was surprised by that [but there] was just a spectacular level of interest in it... I had no reason to anticipate that because it's not a fairy tale story, it's a tough story from the very beginning."

"The success of the book... created the realistic possibility of making a documentary film. I was able to fulfill that and then that had a huge response; 5 million people saw that last February."

Although Blackmon didn't anticipate it, his book became a huge success. Millions of copies were sold in multiple countries around the world. It was on the New York Times Best Seller list multiple times.

To top it all off he won various awards for his book, including a Pulitzer Prize.

It wasn't his first Pulitzer Prize, however. The Wall Street Journal has received many prestigious prizes, the Pulitzer among them. As a journalist on WSJ, Blackmon received the award also, but it wasn't

quite the same as winning it himself.

Of course, he never expected to win the prize in the first place.

"My book had been well-received, but it wasn't a finalist for a National Book Award, or some of the other things that are sometimes signals... I'd gotten some nice prizes and things."

"In fact at one point I got a letter saying that I had won this literary prize in Mississippi, my home state, and I thought, 'That's nice. That's the end of this, a nice cap to this process, I'm going to get that prize, and then this little episode of my life will be over'" Blackmon said, "Around the same time, my family and I ordered Chinese food, and when I broke open my fortune cookie, the fortune was 'You will receive a prestigious prize.'"

"I thought, 'okay, that's the Mississippi one'... then I got a phone call from [a friend] at the Wall Street Journal... he said, 'I've heard something about the Pulitzers. Your book is a finalist.'"

"So then I knew that I was a finalist—which in Pulitzer terms means you've been nominated... I waited until the announcement at 3:00. And then as the names scrolled by... I knew I had won. It was a great, affirming thing, a life-changing experience."

Publishing the book has changed many people's views on that period of time and opened their eyes to a cruel world many had never before realized exists.

Appearing on NPR, Real Time with Bill Maher and others, and winning many prestigious awards including a Pulitzer Prize, are incredible feats.

"Mr. Blackmon is an amazingly gifted writer, which speaks to his long and distinguished career as a journalist," Cyndi Kugler, director of Center for Faith Studies who sponsored Blackmon's visit, said about his book. "It is a wonderful book, yet troubling at the same time... I would recommend it to anyone."

The six years of extensive research, reading through old files, writing, and editing paid off in the end.

Blackmon's "Slavery by Another Name: The Re-Enslavement of Black Americans from the Civil War to World War II" tell the tales "of African Americans, who were freed by the Emancipation Proclamation and the end of the Civil War, yet almost immediately began a long slide back into the shadows of involuntary servitude," Kugler stated.

His book uncovers hauntingly gruesome tales and has shown people the true horrors of racism and discrimination.

Doug Blackmon's work will continue to teach and inspire people for years to come.

"It's not a fairy tale story, it's a tough story from the very beginning."

~ Doug Blackmon



1. Friends of Reddick pose for a publicity shot in a nearby park. 2. Zhontille Reddick models one of her own creations. 3. Lak\$hmi was named after a Greek goddess. 4. Two models enjoy a photo shoot with various clothing creations.

PHOTOS COURTESY OF ZHONTILLE REDDICK

## Former Central student reaps success from clothing line, hard at work in California

**TIA SPEARS**  
Staff Writer

Central High School's own Zhontille Reddick has recently moved to Berkeley, Calif. to further the success of her clothing line Lak\$hmi, named after the Greek goddess of beauty, wealth and fortune.

The clothing line was originally started in the summer of 2012 with a friend of hers, senior Brittany Story, who also attends Central High.

"Me and Brittany were in a boutique after school and it dawned on us that we should make our own clothes," Reddick stated. The two started sketching and writing ideas for their new endeavor immediately. Ultimately, the two split paths and no longer co-owners of the clothing line. Story is starting her online boutique. Reddick is still continuing work with Lak\$hmi.

Reddick's move to California is a bittersweet story. "I moved there for a better life. Back in Omaha I had to do everything on my own," she shared. She and her mother did not have a healthy relationship. She stated that she constantly had to worry about where she was going to live. "I kind of lost my childhood," she said. "I had to clothe and feed myself and basically raise myself while I was in Omaha." She subsequently

struggled in school while trying to balance a hectic personal life with the responsibilities of a senior in high school.

However, moving to Berkeley has opened up more opportunities for not just herself, but the business as well. "California has so many opportunities that Omaha didn't have for me," Reddick said. One of the challenges she faced while in Omaha was the production costs. The expense to get the Lak\$hmi logo printed on t-shirts and other merchandise was out of the start-up budget for the business. Fortunately, she lives with her extended family now who actually owns a printing company. The company is called "The Print Shop." It makes it convenient for Reddick when she goes to print images onto merchandise.

In addition to ne found connections, Reddick has also been working with various designers and artists over in California "I made connections with a lot of people. A lot of artists and photographers," she said. Since the new school semester didn't start until a month after her arrival, she has lots of spare time to network and sight-see in Berkeley. She has introduced the clothing line to many of her new associates including a close friend of rapper Kendrick Lamar. Success is something Reddick says is inevitable for the clothing line. However, she stated that she has no certain amount of people she hopes to gain as customers. "Just to see

people in my stuff touches my heart," she commented.

Reddick is inspired by the art the city contains and how quickly she's made connections. "I'm about to be doing a lot of stuff with Lak\$hmi. I'm not giving up on it," said Reddick. Reddick plans to return to Omaha in the summer. She plans on bringing back more Lak\$hmi merchandise to Omaha. Meanwhile she will be rigorously working to ensure the success of her line.

When the new school semester begins, she will be attending Berkeley High School, a prestigious secondary education institution renowned for what is offered to the students. "It has four mini schools within the school. "There is an art school, a green school, and academic school, and an electronics school," Reddick said. She plans on attending the academic school then going to regular college and cosmetology school.

Reddick has a newfound happiness in Berkeley. Throughout meeting new people and spreading the word of Lak\$hmi all over the city, she firmly believes that the success of the clothing line will skyrocket. Reddick said, "I can't believe I'm here. I don't have to worry about anything. I don't have to worry where I'm going to live or how I'm going to pay for things. I'm around family who simply wants the best for me and that's it."

## First Winter Formal dance a success for Student Council

**EMILY BECK**  
Executive Editor-in-Chief

Central students gathered for the first annual Winter Formal at the Field Club of Omaha on Saturday, Feb. 2. The event was put on by Student Council with assistance from the administration and the senior class representatives.

The dance began at 8:30 p.m. and ended at 11:30 p.m. Students had to meet certain academic and behavior requirements in order to receive an invitation to the event (a 3.0 GPA or above, no more than 10 tardies, no referrals/suspensions). Only 300 tickets were available, and 187 were sold.

"I'm excited to have winter formal at a country club in the downtown neighborhood," said Miles Russell before the event—he is a member of both Student Council and the senior class, and works at the Field Club of Omaha. Russell said he believed that the formal was a success.

"It exceeded all of my expectations," he said. "I believe the students enjoyed themselves," said Candi Kadar, Central teacher and Student Council advisor, who had a large part in the planning of the event. "CHS staff, volunteer parents and the Field Club staff were extremely impressed by the students."

"I thought it was incredibly fun!" said senior Lena Wolcott. She commended the Student Council on a job well done. "I think they should continue it," she said.

Some students thought that the dance could have gone better, though.

"I felt like it was a waste of money...the decay wasn't so great," said junior Precious Gaspard. "Field Club was nice, though."

Tickets were \$20, and that deterred some students from attending, according to Kadar. The price of the ticket was a result of the venue (which featured a heated patio), as well as the beverage and desserts bar. She brought up the point that homecoming and prom tickets are around \$14, and for that price, all students get to do is dance.

In the past, Central had attempted to put on winter formal dances, but they never quite caught on; some believe that was because students wanted to wait for prom to save money or stress.

Student Council, as well as Kadar, was on a mission to create a dance completely different from homecoming and prom to encourage and intrigue students. So they set attendance and dress requirements, booked a night at the Field Club of Omaha, hired a different disc jockey and hoped to establish an annual tradition.

"I was expecting things to be a little rough the first year," said Russell—but they weren't.

Students arrived at the dance, checked their coats and started dancing, partaking in desserts and having a good time.

Although there weren't as many students present as at homecoming and prom, Kadar and Russell agreed that the formal was a success.

The smaller crowd seemed more intimate to some. "I personally liked that there were less people," said Russell. "It wasn't quite as crowded."

Kadar hopes that the students who decided against attending this year will hear about how much fun their friends had—and plan to attend next year's formal. She added that she is "looking forward to constructive criticism from the Council and students who participated" to use for ideas to improve the dance for next year.

"I'm looking forward to continuing this tradition," she said.

Plans for the second annual Winter Formal are already under way.



1. The hallway leading to the dance room was well-lit and elegant. Many students enjoyed Field Club as a venue. 2. One of the many desserts offered at the dessert bar waits to be snatched up by a hungry teenager.

PHOTOS BY EMILY BECK / THE REGISTER

## Vex Robotics team makes it to quarterfinals in Benson's competition, looks forward to State

**SETH ARTER**  
Staff Writer

With only a few years under its belt, Central's Vex Robotics team is working its way past its competitors. On Sat., Jan. 26, the team competed and advanced as far as the quarterfinals in the Benson competition. (top teams pick alliances from other schools to help them continue the competition).

Even though the team made it successfully to the quarterfinals, it encountered a considerable amount of pre-competition preparation and a few technical difficulties along the way that negatively affected the team's score.

Upon entering the competition, the base of the team robot was malfunctioning. With hopes of competing, the team had to work efficiently to solve the problem. After an hour and a half, the team resolved the issue and re-joined the competition.

Unfortunately, Central was forced to miss one competition round due to the technical difficulties. As if the technical difficulties weren't challenging enough, the task that had to be completed by the robot was

difficult in itself.

The required task of the robot consisted of picking up a beanie and placing it in a trough that was on a raised platform at the highest level.

"Not a lot of teams could reach the high goal, but we were able to," said sophomore John Fitzgerald; he has been interested in Vex Robotics since he was in elementary school, as his father used to coach a robotics team.

"A lot of people hear of Vex Robotics and think 'that's nerdy,' but it's very simple," said Fitzgerald.

The process of constructing a robot consists of building a base and arm, and the programming is "simple." Although Central's Vex Robotics team has eight groups working on robots, only four out of the eight go to competitions. With only 3-4 people per team, there are many advantages.

"Every person gets to participate and each person has a separate role," said Fitzgerald. "If everyone is trying to work at once, there is no space."

This season, Central has had two Vex Robotics competitions. Although they haven't won either competition, they have come close, making it to the quarterfinals each time.

Time is passing by quickly as the state competition is approaching. With no wins so far, Fitzgerald has managed to keep a positive outlook as he ponders the progress that he and the team have made.

"Last season we didn't have a lot of parts for many of the robots, and we were one of the last teams to build our robot," he said. Last season, the robot was built in a short three-day time period despite a lack of parts.

"This year I looked back on that and tried to modify everything so it would work," said Fitzgerald. One obstacle that seems to be very challenging year after year is the toughest competitor.

Techna PWN (pronounced techno phone) has been the toughest competitor each year.

Keeping positive thoughts in mind, Central is continuing to discover ways to outdo its opponents.

"Our team's best quality is that we can hit the high goal, a lot of teams just can't, but there's a lot of teams that can score really quickly," Fitzgerald said. At the end of the day, he wants everyone to know that Vex Robotics is fun for all.

"You do not have to be smart to do Vex Robotics," he said. "You can come in, build a robot and it's not nerdy at all."

HAND STRETCHED  
NEW YORK  
STYLE PIZZA

THANKS FOR VOTING  
US #1 AGAIN

344-2222  
1109 Howard St.

330-1444      391-1881  
12997 W. Center      7834 Dodge St.

TRY OUR DAILY LUNCH SPECIALS!  
We deliver downtown!

WWW.ZIOSPIZZERIA.COM

## Central to send Tran to poetry state competition

Continued from 'POETRY' on page 1

It took many months of preparation before the actual night of Poetry Out Loud.

The students had to share and understand the written and spoken words of poetry and do things they have never done before.

"You can actually see the students learning as they present the poetry," said Luethge.

Before the performance, a coach arrived at Central to help some competitors stop any habits they had, and even present some advice to them. One of the performers would rock back and forth as they performed, and another would mess with his hands.

The coach had great advice to plant their feet directly on the floor and to stand at an angle to let the audience enter into the performance.

The second round came along and at the end was the announcement of the runner up and winner of Poetry Out Loud at Central.

The winner has attained a spot in regionals at the Joslyn Art Museum on Feb. 16 at 2 p.m., which is

open to anyone who would like to attend. After regionals, the winner can then make it to State, which is in Lincoln on March 9. If the winner wins State, he/she can also obtain a place at Nationals in Washington, D.C.

The runner-up was sophomore Kelsy Spangler and the winner was senior Giselle Tran. Tran's sophomore year, she was awarded second in state behind a senior from Lincoln, so she is hoping to make it to Nationals this year. She has been involved in Fine Lines Writing Club and Creative Writing.

In the first round, Tran recited "Conversation" by Ai (dedicated to Robert Lowell), and in the second round she performed "In the Desert" by Stephen Crane.

She picked "In the Desert" because it filled the state requirements: 25 lines or fewer and a poem written before the 20th Century.

"Poetry is not quite acting, but kind of a really good opportunity to express yourself," said Tran. "It is a good way to identify yourself, whether writing your own or reading off someone else's."

## OPS grading scale changed for the fifth time

**MEKENZIE KERR**  
Copy Editor

In the past four years the way Omaha Public Schools has been grading has changed numerous times. Second semester of the 2012-2013 school year brought about the fifth, and rumored final, grade change to the OPS district. While some students and teachers felt the matter to be trivial, the outlooks of the change seem positive.

The decision to make adjustments to Standards-Based Grading, newly implemented in 2010 to Omaha Public Schools (OPS), was made by the Curriculum and Learning Committee at TAC. With about 30 to 40 members, the group of teachers, administrators, department heads and curriculum overseers from a myriad of OPS schools, felt this decision would be more efficient.

Tom Wagner, Assistant Principal and member of the committee, is an advocate of the change alongside many others.

"It's a better way," said Wagner in regards to the second semester change.

What was originally a percentage based scale became Standards-Based Grading during the 2010-2011 school year, based upon a five-point scale. This was then modified during the current school year to a four-point scale, and the new shifts in grading haven't rearranged any numbers like previously. Rather, the most recent grading change is that there is no longer lee-way for trending, eliminating the great amount of subjectivity used previously.

Standards-Based Grading, without trending, now divides students' grades up into two categories: summative (which makes up 65% of a student's grade) and formative (35% of a student's grade).

Summative assessments are those looked upon as things like chapter tests, unit exams, or anything that shows a student's final level of understanding for the entirety of a unit or course. Formative assessments are assigned during the course of the unit, things such as homework and quizzes.

With last semester's pivotal force being trending, homework and other daily practice assignments were not given much value.

Because trending was very subjective, Wagner notes that manually plugging in all of the grades manually took a lot of "time and energy...it got to be too much."

Not only was last semester's trending focus "time intensive," but there was too much of a focus "placed

A	3.51 - 4.00
A-	3.01 - 3.50
B	2.51 - 3.00
B-	2.01 - 2.50
C	1.51 - 2.00
D	0.76 - 1.50
F	0.00 - 0.75

upon grading and getting the grades done opposed to instruction." With this in mind the division between formative and summative now gives teachers a gauge to see the progress students are making within a unit, and whether or not to continue on or focus more on a subject.

"Philosophically I agree with trend scoring," said Wagner. "Trending is a good thing, it's about where you end up, what we know as the 'end of learning' when we ask 'where are you?'"

Although with the former grading methods there was not enough focus on the tools and work it took students to get there, therefore taking formative grades into account assists in requiring practice while summative honors the "end of learning" ideals.

"Students need to prove what they know," said Wagner, "not 'you got 12 out of 15 right'—it's how well you can prove to teachers what you know."

While the district is not currently equipped with the "software or sanity" to upkeep Standards-Based Grading manually, the committee and Wagner foresee the change this semester to stick around for quite some time.

GRAPHIC BY STEPHANIE PAUL / THE REGISTER

SPORTS

# STICK IT TO THE MAT

Junior Chandler Bowden has been a gymnast since the age of seven, and doesn't have plans to slow down soon.



1. Gymnast Chandler Bowden shows off his strength by holding a handstand. 2. Bowden receives an armful of medals.



PHOTO COURTESY OF CHANDLER BOWDEN

**SETH ARTER**  
Staff Writer

After taking "Mommy and Me" classes at age two, junior Chandler Bowden became intrigued by gymnastics and started at the age of seven.

Today, Bowden is still pursuing the sport and is competing in all six events. Along the way, Bowden has had multiple driving forces that have made his goals possible.

Bowden's inspiration is one of a kind as he gets inspiration from helping his teammates and watching them excel.

"The youngest kids on my team are seven, so I enjoy being able to help them out and it gets me going to see them working hard," said Bowden. He is the oldest team member at his gym with the next oldest being thirteen; he spends the majority of his time practicing alone. Bowden's teammates are not his only inspirations—he gets plenty from home.

Bowden's older brother Matt, a Central alumni, used to participate in gymnastics too. "He's always been able to help me through things and my parents always come to my meets," said Bowden. Since his mom is part of the staff at his gym, she is consistently watching over him and helping him out.

He has worked hard; it showed when Bowden was the state champion of vault last year. "This year, I'm excited to see how I can compete, it's pretty much the same group of people as last year," he said.

Before winning competitions, there is a surplus amount of practice time. Four days out of the week are dedicated to practice. Bowden spends thirty minutes stretching and warming up before

Continue to 'GYMNAST' on page 7

## Dedicated athletic trainer passionate about Central

**CHEYENNE ALEXIS**  
Staff Writer

For years Central High School has been known for its academics, doing its part for the city, and the athletic community. Central High students and staff are supportive of their athletic teams, even if sports are not in their forte. The athletes are passionate about their games even more than their fans, and to top it off, have coaches to thank for that.

Plenty of individuals enjoy watching their favorite game, especially when they can hop up on their feet and cheer loudly for their favorite athletes. The athletes must be in the greatest shape to perform the way they do, and they must try hard not to become a victim of any type of injury. Sports can be dangerous because no one can predict when a player is going to trip, fall, or run into another person when trying to stay upright.

Athletic training is the profession that certifies the safety and wellness of the athletes. With-

out these trainers, the athletes could not have a full recovery, which would make it impossible for them to perform for the crowds.

### Central's Athletic Trainer

Central's athletic trainer is Bryant Pasho, who has worked at Central for six years helping the athletes recover from injuries. Pasho assists with every sport to help the athletes strive and perform after they are recovered.

"I work with everybody that the school sponsors," Pasho explained. "Basketball, wrestling, swimming, in the fall—football, cross-country, volleyball, tennis, golf, track, soccer; everybody the school sponsors."

Pasho said that he's "always really enjoyed sports," as well as "anatomy and the medical aspects in school." Since he has a love for both sports and anatomy, athletic training was, "a good way to join the two." He's "very much involved in athletics and

Continue to 'TRAINER' on page 7



PHOTO BY JHALISA ROBINSON / THE REGISTER

Bryant Pasho wraps the foot of basketball and football player Tra-Deon Hollins.

## Famed cyclist shames the face of athletics, stripped of seven Tour De France titles

On July 25, 1999, many people watched with careful eyes and held their breaths as Lance Armstrong finished first in the the Tour de France.

The next year he also won first, followed by the next and the one after until finally in 2005 he won his seventh and final champion title in the Tour de France.

Winning the Tour de France seven years in a row, being a part of the 1996 Olympic team, being ranked number one cyclist in the world and winning many other awards is no easy feat. Achieving all of that would be amazing for anyone.

Lance Armstrong, however, was not just anyone. He was the man who had been diagnosed with testicular cancer in October 1996 and found out the cancer had spread to his lungs and brain.

Weeks after finding out about his cancer, Cofidis Solutions Crédits, French professional bicycle racing team sponsored by Cofidis, canceled their professional contract with Armstrong. One year later, Armstrong marked his return to cycling by winning the Sprint 56K Criterium in Austin, Texas.

He founded the Lance Armstrong Foundation to provide aid and information to cancer survivors. Then he went on to win numerous awards and seven Tour de France wins. Armstrong was an incredible athlete who was known for working hard and not giving up.

Because of his incredible story, though, people became suspicious of him. In the French book *L.A. Confidential: Les secrets de Lance Armstrong*, the author's David Walsh and Pierre Ballester accused Armstrong of taking performance-enhancing drugs with circumstantial evidence they had.

Armstrong dismissed the idea and in May of 2006 was cleared of different doping allegations from the drug test he took in 1999. He continued to win race after race until 2011 when, amidst even more allegations that he used performance-enhancing drugs, he retired from cycling. Despite his constant denial of the drugs, the U.S. Anti-Doping Agency charged Armstrong with the usage of the drugs in June of 2012.

The next month, according to Lance Armstrong Timeline, "Arm-

strong filed suit in federal court against the USADA in July. A judge dismissed the suit, and Armstrong refiled. Armstrong [was] given the option of going into arbitration over the case. In August, a federal judge dismissed Armstrong's suit. Armstrong refused to participate in arbitration and [said] he would not challenge the doping charges. The USADA banned Armstrong from cycling for life and stripped him of his seven Tour de France titles. The USADA released a lengthy report in October that detailed eyewitness accounts of Armstrong not only using performance-enhancing drugs, but also coercing teammates to do so."

On January 17, 2013 Oprah Winfrey's interview with Armstrong was aired with him admitting to taking the drugs and bullying people who dared to tell the truth about him. So after lying for years, he finally admitted the truth.

A lot of times in sports there is a player with amazing talent and skill and their honesty is brought into question. Many athletes are questioned about the usage of drugs during one point or another of their career. Most of them, however, are not actually using the drugs. It's cheating and

Continue to 'LANCE' on page 9

## Back in the nest: Alumni returns to teach and instill passion in young, female players



PHOTO BY STEPHANIE PAULY / THE REGISTER

Freshman girls basketball coach Kaylisha Marion preps her team before a game against Millard South. This is Marion's first year teaching.

**MEKENZIE KERR**  
Copy Editor

Current alumni, freshmen girls basketball coach, peer among her former teachers and a 2005 Central graduate, Kaylisha Marion has returned to Central to continue the legacy she was taught throughout her four years of high school at Central. Doubling as a FACT's teacher and freshmen girls basketball coach, Marion utilizes her previous high school experiences to further enhance her current students' and players' high school careers.

Coaching the eleven students on the freshmen girls' basketball team was not on the top of Marion's initial "to-do" list, nor was it on her mind; rather, her dominant longing was to come back and be a part of the Central High School "family."

From the get-go Marion had the burning desire to return to Central to teach. Her former administrator had been ushered into the world of human resources and became the pivotal tool in notifying Marion of the opening at Central. Soon after hearing about the FACT's teacher position opening, Marion took the lead and applied for the position; interviewed by assistant principal Tom Wagner and her former teacher Kelly Means, Marion was thrilled to learn she was given the position.

More surprises were still looming on the horizon for Marion, ones that would deepen her connections and involvement with her alma mater. When asked to coach the freshmen girls basketball team Marion was delighted, yet unsuspecting of the offer, looking at this year as a trial run to see how

Continue to 'MARION' on page 9

### Slicing the Ice

Sophomore Joe Ferris steps out of the realm of high school sponsored sports and plays hockey for a local league.

See Inside, Pages 10



### Just Dance

Dedicated dancer Phoebe Perry is an expert on a variety of styles, and plans to keep dancing for the rest of her life.

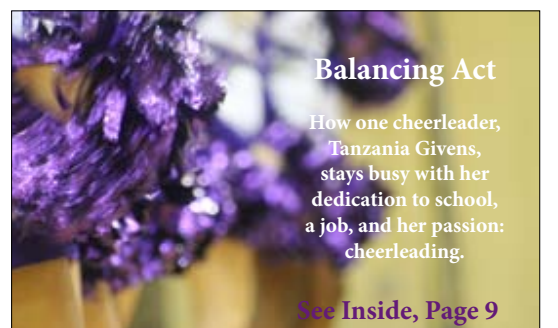
See Inside, Page 7



### Balancing Act

How one cheerleader, Tanzania Givens, stays busy with her dedication to school, a job, and her passion: cheerleading.

See Inside, Page 9



## Bowden prepares to go to regionals

Continued from 'GYMNAST' on page 6

practicing his events; he and his teammates prepare for two events each practice (lasting an hour each) and then 45 minutes of conditioning each class. Although practices have proved to be rewarding in the past, there are still challenges that come along with it. Bowden practices with only one coach and ten teammates all at the same time. "With one coach, you have to be self-motivated," he said.

Even though Bowden's gym isn't particularly close to his house, the perks of belonging to the gym make the distance worth the drive.

"The other gyms that are also good aren't much closer," he said. Because Bowden has attended Omega consistently for a long time, he has had many different coaches throughout the years--six, to be exact.

His current coach, Jake Christiansen, was in the army and also did gymnastics for WestPoint Military Academy; he has been instructing Bowden for a year. Christiansen began working with Bowden at the beginning of last season. The coach has a unique approach to teaching gymnastics.

"He's got a really weird style but he's cool and he's kind of like me," said Bowden. He and his coach have a good connection, as Christiansen can easily get Chandler to feel and understand the same thing he does. Bowden has come a long way and is proud of his accomplishments.

"My gym isn't really built to send out college athletes for gymnastics, so I'm glad I'm just at the level that I'm at," he said. Even though Bowden has come a long way, there are plenty of challenges to be accomplished. The toughest competition for Bowden is regionals.

"There's just so many people that you know and you're all just trying to achieve the same goal," Bowden said. In his region there are six states that competitions are held in: Nebraska, North Dakota, South Dakota, Iowa and Minnesota. Not only does Bowden have to travel far at times to compete, but the judges are extremely critical.

"If you do absolutely anything wrong, they make sure they hit you for it," he said.

Bowden is also amazed to see how skilled some of the really young guys are. He said that "there are some really young guys throwing big skills and it's crazy."

In order to avoid being overwhelmed by a competition, Bowden tries to focus on other things. This year, the young gymnast uses the local meets to "practice" for state; the big meets are practices for regionals, and Bowden just tries to look forward to the next big thing. Fortunately, Bowden has avoided many types of injuries, which he knows can slow everything down. However, he has had stitches in the past and recently quit taking medication for his shoulder as it healed from a strain.

"You just have to work out, strengthen, and condition what you can," he said. With other events in Bowden's life, managing everything can be a struggle. "School comes first, then gymnastics and then work," he said. Since school is a major priority for Bowden, he uses any spare minute he has available to complete homework. For the future, Bowden wants to continue doing some coaching.

"My biggest goal right now is to go to college in Michigan, or preferably some Big Ten school," he said. The gymnast has hopes to compete in gymnastics at whichever college he ends up attending.

## LIFE OF A DANCER

Senior Phoebe Perry has dedicated her life to dance through taking multiple classes at area dance studios as well as Creighton; she has been dancing since the age of four and plans to major in dance.

JENNIFER ROONEY

Editor-in-Chief

A four-year-old child makes her way through ice skating and gymnastics in Illinois, then figures, if she can't accomplish a summersault, why should she be involved in such a thing? From there, dance became her passion. Although she was scared to start after being made fun of by her best friend, she went for it, joining USA Ballet Dance Studio.

This little girl has been involved in dancing ever since. This little girl is senior Phoebe Perry.

Her first teacher was Chrissy at USA Ballet Dance Studio, but the owner of the professional company was Michelle Bellos.

"Nobody told me to do anything," said Perry. "My mom first just signed me up for dance. I like when I started. It would have been harder to start earlier or later."

Her first recital still sits in her memory as a pleasant experience; Perry recalls seeing her parents in the audience, becoming excited and forgetting all of the steps she had learned. She waved to them the whole time.

"I was really nervous at that time, and I still become very nervous," said Perry. "I always will."

She also won a few competitions in Illinois. Her teacher required all of her students to become involved in a big competition in Chicago: the Youth America Grand Prix.

Perry was just ten years old. It was a big deal at her studio. She was arranged in a ballet solo and received seventh place. She then made her way to the Jewish Community Center (JCC) in 2006 when she moved to Omaha (she is not Jewish). Perry only danced there for a year because it was too far away from her house.

Now she dances at the Omaha Academy of Ballet, Creighton and Maya Taylor Dance. She has been involved with Omaha Academy of Ballet the longest because she really liked it when she was looking for studios after moving to Omaha. She has several teachers there, including Danielle Laurion and a new teacher, Stephanie.

She became involved at Creighton's dance studio when she was connected with the teachers from Omaha Academy of Ballet.

The Creighton classes usually arrange about 20 students, mostly college-age-- and one other girl from Central, junior Madeline Koester.

Perry's dance classes involve working on and improving technique. She practices many days a week.

Monday, Wednesday, Friday and Saturday she has ballet at Creighton; Thursday she has tap at Creighton.

Monday and Thursday she has ballet at Omaha Academy of Ballet and Saturday she has jazz at Omaha Academy of Ballet. Then Tuesday and Sunday, she has a modern dance class at Maya and Taylor's Dance Studio.

Each class involves about the same group of people ranging from 10 to 15 people per class, except at Creighton. She thinks of her fellow dance students as her family because she spends a lot of time with them.

"My family is really supportive of me, although I am not home a lot. My mom wishes I was, but she knows I have a lot of rehearsals," said Perry. "My friends are also supportive and I value them so much, and I want them to know that. I always try to make



PHOTO COURTESY OF PHOEBE PERRY

Senior dancer Phoebe Perry performs a ballet piece during the 98th Annual Roadshow with Julie Zukatis.

time for them."

In addition to all of her classes, she also has rehearsals for upcoming recitals. Right now she has rehearsals from Sunday to Wednesday at Creighton.

Her next recital is the Omaha Dance Project. The first half consists of a story, in which Perry is performing a solo as the main dancer's friend, Dawn. S

he is also performing as Coppelia, another character. The second half of Omaha Dance Project is a mixture of dance pieces from Maya and Taylor's Dance Studio.

Perry is associated with several different types of dancing, including ballet, tap, jazz, point (a type of ballet) and modern. Modern dancing is simply a mix between jazz and ballet.

"Ballet is really hard. You have to make it look easy. It's a perfectionist thing," said Perry. "It can get frustrating, but it's something more to strive for."

Her most recent performance was Creighton's fall show, "Viva Paris." In this French-themed show about love and forgiveness, Perry was a flower seller. Then she became "Can Can," an American tourist going to France who wanted to be French.

This year she plans on being a part of the next

fall show at Creighton, the Omaha Dance Project, a spring show at Creighton, a recital with Omaha Academy of Ballet, Roadshow, a few shows at her church and more.

Although she loves dancing, she tries to find time for other things.

She takes part in teaching piano at her own house and tries to finish all of her homework each night. Perry just realizes that other things are more important than sleeping.

She always tries to keep some time open on weekends for friends.

Perry is so hooked on dancing in her life that she has decided to major in dance in college. She is auditioning at Point Park in Pennsylvania, UMKC (Kansas City, Missouri) and TCU (Texas Christian University).

She wants to someday become a professional dancer.

"I love dancing and I am very passionate about it. When I'm dancing, it's like a break from reality and I am in my own world," says Perry. "It is a form of art to me, where your body is the artwork and you only need your body for the art."

## Real sports like cross country, tennis provide the best workouts, satisfaction

I used to have a gym membership (by the way, gyms make the majority of their money off those who optimistically buy a membership but never exercise). I would go when I felt like I should take advantage of 24 Hour Fitness' extremely nice facilities. My workouts always felt a little empty.

I had no goal, and by goal, I don't mean lose six pounds in one week.

I was used to playing sports, like tennis, where I would perfect my shots and try to win points, games, sets, and eventually matches.

Such goals as running six miles a day on a treadmill wasn't the same as running six miles a day to train for a cross country meet.

Personally, I think sports are more rewarding in every way. They allow you to think and strategize, compete with intensity, and get in shape simultaneously.

I've compiled a list of sports that are the best for a good cardiovas-

cular workout: cross country, cycling, swimming, tennis, cross country skiing and rowing.

Cross country is one of the best cardiovascular sports because of the oxygen consumption required by mid-distance running. It's most beneficial to start out slowly with short distances. With experience, runners should vary the speed and terrain to get the best cardiovascular workout. Remember to keep your head up and run with the correct form to minimize the risk of injury!

Hop on an indoor stationary bike or get some fresh air outside! Cycling is a good, low-impact sport for those who have lower body orthopedic problems. For those who want a challenge, there are several well-known bike rides such as RAGBRAI (Register's Annual Great Bike Ride Across Iowa).

Swimming is perhaps one of the most intense sports as it utilizes the entire upper and lower bodies, as well as the core.



UNCOMMON NONSENSE  
A Column by Giselle Tran

## Trainer gives time, energy to every sport, possesses a "weird connection" with Central

Continued from 'TRAINER' on page 6

medical aspects."

Pasho is present when football begins all the way until track is over--basically the whole school year. He said athletic training is "A very experiential profession."

Before working at Central, Pasho went to Creighton for his undergrad. After graduation, he did an internship before working at Millard North. He has worked at Central for six years as a trainer for every sport.

### Training with the Players

While most people do not tend to pay much attention to athletic trainers, Pasho knows that his role in athletics is very important. "When I was in school we didn't have an athletic trainer... if I wasn't around it would be difficult to get kids back and healthy again." He feels that when it comes to actually treating injuries and having the athletes go through rehabilitation, "athletic trainers have a big part in that."

Pasho is also present all the time. "If there's a practice or game going on, I'm there," he said.

Pasho overall enjoys being an athletic trainer. "It's a lot of fun; the kids are a lot of fun." Pasho said that the most enjoyable part is the fact that the trainees are "very motivated."

While helping with the injuries of the players, there is quite significance while training. "For me, I get to see an injury from the second it happens and see the person all the way through: treatments, rehabilitation, until they are 100 percent better. It's a cool way to get to know and help them... [it's] rewarding knowing that I can make a difference. Not just injuries, but anything. I feel they can come to me with anything they need."

Pasho does not believe his training tactics are better than another person, but "just different."

The athletes and coaches respond to Pasho's training "really well for

the most part. We have a good support system in place. All the coaches are amazing here; really listen to what I say and what I tell them to do. The coaches support everything, 'whatever Bryant says--do.' They have my back. If I tell them to do something, they automatically do it. They believe I'm in their best interest. I want what's best for them... Help them get better to get them to where they need to be."

Overall, Pasho enjoys training with the athletes. "When I first started I wasn't sure, but once I got out and did it on my own I realized how much I enjoyed it."

In regards to if his skills in athletic training help the athletes, Pasho said "I think if I didn't feel like it helped I wouldn't do it."

### Injuries

"The first thing I look for is basically anything life threatening," Pasho said when faced with an injury. His goal is to make the players go from worse to better. He said handling injuries is a "fast pace progression--it kind of has to be in athletics." The worst Pasho has been faced with are spinal cord injuries. "They can be so debilitating... someone's life can be altered forever."

He has no specific training tactics, but "mostly everything I've been taught; everything I've seen... each person is different." For athletic training, Pasho said there are general and basic ways to every type of injury.

Though Pasho is not usually faced with life-threatening injuries, "it can go downhill, which is why I'm in this."

### Working at Central and the Future

After working at Central for half a decade, Pasho said that "I've told people before; if I ever leave it'll be to do something different."

"If I wasn't here I think they'd [the athletes] do okay. But I'd like to think they'd miss me, 'cause I know I'd miss it here. I'm glad I got to experience Central," he said.

Pasho makes his other contributions at Central besides athletic

training. "My wife and I like to go to the fine arts events... [I] try to be part of the family here for it being such a big school, [Central] is an extended family." He said the school has a "weird connection--really cool. I didn't even have that in my school." He plans to stay at Central "as long as they'll have me."

After training for many years, "for the foreseeable future I don't plan on doing anything else... I feel like I'd like my future to be here as I gain more experience and how to help people. I'd like to think I'd get better at it--a better version of me in the future would be awesome."

He has goals in athletic training, very much for the future. "Main thing for the future; to know we're doing everything possible, everything safe as possible for the kids. My goal for the future is to make sure the kids are safe as possible."

If Pasho were to ever reconsider job locations, "it would take a lot to leave this place."

Rowing is a relatively low-impact sport with a low risk of injury. One can row indoors or outdoors, as many gyms now offer rowing ergometers.

I'm supportive of working out in a gym, especially lifting weights jogging on a treadmill. But some people dread their workouts. For those



PHOTO BY JHALISA ROBINSON

Athletic trainer Bryant Pasho helps senior Tra-Deon Hollins with his knee.

# Central's swim program cultivates talented girls and boys team for State Swimming Competition

EMILY BECK

Executive Editor-in-Chief

Central High's swimming and diving team will be among the top competitors at the state competition Feb. 22-23. With three qualifying relay teams, lots of swimmers with secondary times and a few individuals with automatic qualifying times, Central is sure to make a splash at the Devaney Center in Lincoln.

All three of the boys relay teams have attained automatic qualifying times for state in the 200 freestyle, the 400 freestyle and the 200 medley—the girls have attained secondary times in all three of these relays.

Seniors Evan White and Lukas Meyer and sophomores Chris Pospisil and Oliver O'Brian make up the boys 200 and 400 freestyle relays. O'Brian is also a part of the 200 medley relay along with juniors Alec Williams, Ethan Dibbern and James Grundtke.

Meanwhile, the girl's 200 medley relay team members are still up in the air; they will be determined sometime before the State competition. Senior Lena Wolcott, junior Megan Bruce, sophomore Hanna De-Priest and freshman Mira Williams make up the 200 and 400 freestyle relay; together they have gotten a secondary time, and while they aren't completely guaranteed spots at state, Wolcott said that "we are ranked 20th and they take the top 36, so it is fairly certain that we will get in."

These 12 swimmers will most likely receive a chance to swim in the state competition—but many of them are also fighting for individual spots.

As of right now, there are plenty of swimmers with secondary times, but those don't guarantee them a spot at the state competition. These include Bruce, Wolcott and Bradley, who have attained secondary times in the 50 and 100 freestyle races.

Williams has secondary times in the 100 butterfly as well as the 50 and 100 freestyle. Her brother, junior Alec Williams, is also close to a qualifying time in the 400 individual medley (IM), 100 butterfly and 100 backstroke. Grundtke also has secondary times in these three events.

Mike McGuire, the boy's coach, has some lofty ambitions for the qualifiers at state.

"We'll be in the top 10," he said.

Since the competition is nearing (only several weeks away), the chances for swimmers to obtain qualifying times are diminishing. The Metro meet, which takes place Feb. 8, is the last chance for many to make the State team. According to McGuire, there will be a larger number of members on the State team this year than in past years.

This is because the competition will be taking the top 36 times in each event—a significant increase from the top 24, as is usual. That means more spots have opened up—which McGuire hopes to fill with Central swimmers.

The road to state is never an easy one. The approximately 14 week season—from tryouts to state—is no simple feat to survive. Most serious swimmers attend optional morning practices three days a week, which are held at Norris Middle School at 5 a.m., on top of regular after-school practices. Needless to say, these swimmers must give up a lot.

"There have definitely been sacrifices," said Pospisil, who regularly attends morning practices. "Sleep goes down to the bare minimum, with waking up at 4 in the morning. And grades, well I try to keep them from dropping, but swimming takes so much time, it's hard to keep on track."

McGuire pointed out the work ethic present in all of the qualifiers. He believes that is what sets them apart from the other swimmers who don't go on to state; that and the fact that they set goals for themselves.

Wolcott aspires to break a minute in her 100 freestyle, as does Bradley; the latter also hopes to cut her 50 freestyle time to 26 seconds. "They'll go hard when I ask them to," McGuire said. "When it's time to work hard, they'll work hard."

This means taking practice seriously—every set, every flip-turn, every drill—and often saving playing around for later. "I think that some people do it for the social aspect, and don't make it to their full potential," said Pospisil. "I do it because I know that I can do well and represent my school at the state level."

Meyer, Pospisil and White are at the top of their games; together they make up the powerhouse at the head of the boys team, and McGuire predicted that they will earn places in the top 16 spots of their events (he also believes that they will soon qualify automatically).

The three have swum together since last year for Central, but all have known each other for longer.

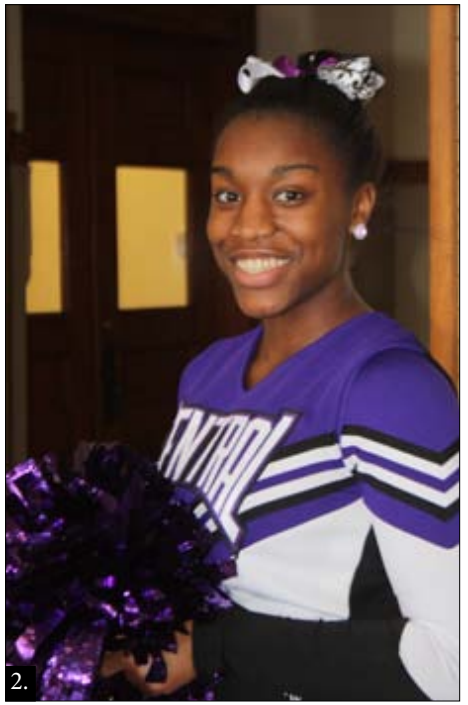
"I've known Evan White forever, we've swam together before," Pospisil said, "and I've known Lukas Meyer since I was an eighth grader. I looked up to him and still do."

At the same time, Meyer looked to Sean Froemming, who was a senior on the team last year. The two swam year-round, both for Central's team and a club team.

"I think I can count on one hand how many times I saw him stop in practice last year," Meyer said, and Froemming's determination in turn pushed Meyer to work just as hard. "I have seen the improvements people can make when they drive themselves to their limits, and I really want to see myself in that position."

Overall, McGuire said that both teams have improved from last year—especially the girls. "[They] are by far better. They should qualify for Saturday," he said, referring to the event finals. And the team will only become stronger; several skilled freshman girls have joined the team this year (such as Mira Williams, Naomi Kirkvold and Katie Walenta), and more will be coming next year from middle schools around Omaha, according to McGuire. "We just have to keep building the program," he said.

The competition will be stiff, but McGuire is making sure that they'll be ready. Among the girls' competition are the Millard West and Westside teams; the boys have Creighton Prep, Elkhorn South and Millard South to conquer.



PHOTOS BY JHALISA ROBINSON / THE REGISTER

1. Junior Tanyz Givens waves a pompon, donning her pristine purple uniform. 2. Givens beams before a game, ready to show her spunky school spirit.

## BALANCING ACT

Tanzania Givens, junior cheerleader on the varsity squad, reflects on what cheerleading has taught her, and what she plans on doing with her firsthand knowledge.

SAN JUANA PARAMO  
Staff Writer

They are the girls who walk the hallways of Central in the traditional purple and white uniform; they are the girls who cheer our athletes at every sporting event. We know who they are: they are the Central High Cheerleaders. Their cheers make everyone in the stands rowdy with excitement, giving encouragement to our athletes.

Tanzania Givens, a junior, knows the feeling firsthand. The rush of adrenaline of cheering at homecoming football games, the rush of knowing dozens of eyes are watching you perform, the rush of doing something you love.

"The eighth grade was when I first heard about cheerleading...I tried out...for my freshman year and I ended up making it," said Givens, "but I didn't end up cheering because I was also competing in pageants." Both cheerleading and pageants are expensive, and Givens had to sacrifice one for the other.

"I had to choose one or the other, and I didn't know if I would ever have the chance to compete in pageants, so I gave up cheer my freshman year," said Givens. That didn't stop her though. She tried out her freshman year and made the team sophomore year, and has been cheering since.

"I wish I started even younger, to where I would be a little better. I wish I was in gymnastics so I could go to a college and cheer there," she said. "I really do like cheering, I think I'm good at it, but most colleges you have to do stunning and tumbling, which I don't know how to do."

Out of the many aspects of cheerleading, from the feeling of being a team, to getting the opportunity of cheering on not only our athletes, but the student body as well, Givens was more attracted to the family vibe that hovers over the cheerleaders.

"Just being with a group of girls, it's so fun, I do really love them. We are all so close and we all get along, just the family feeling I was attracted to most," Givens said.

Along with learning cheers, jumps and routines, Givens also learned to balance her time with school, jobs and her social life.

"It's very hard because I'm in honors and AP classes so I have homework every night," she said. Juggling it all is tough.

"Cheer, when we have football it isn't that hard, but when we have basketball it could be any day of the week. It's really hard when I have to work my school schedule, my work schedule and cheer schedule all together," said Givens.

Between nights doing homework, weekends working, and cheer, Givens has sacrificed plenty to do all three.

"I had to sacrifice work. They said that they wouldn't schedule me because of cheer, which that's also sacrificing money, but that's all worth it," said Givens.

In the end all she has had to sacrifice has been worth it. "I love cheer. My life would be

boring if I wasn't in cheer. I wouldn't know what to do," said Givens.

Givens plans on using what she learns in cheer in the future—maybe even through returning to Central in the future to help upcoming cheerleaders.

"I definitely plan to use what I know in the future, may be even with my own children. I think it would be cool to come back and coach at the school you used to cheer at. Maybe in ten or fifteen years I could come back and help out," said Givens.

Just like any other sport or activity, trying out is key for cheer, and the same feeling of nervousness applies. For Givens, it was especially hard trying out, trying to please the coaches and other cheerleaders and as well as girls who are up for the title just like her.

"I was so nervous. It's very nerve racking," said Givens.

In a small room where coaches and UNL cheerleaders are attentively watching with an intimidating eye, not only did Givens have to worry about her judges, but also about the other girls who accompany her while trying out for the uniform as well.

"You have to worry about them too, and how they're doing," said Givens. "I get so nervous before trying out, even though I've been on it for two years, you're always going to be nervous."

After nerve racking tryouts, the sweat and tears finally paid off when Givens found her name listed and realized that she would become a Central High cheerleader.

"I cried, they're just tears of joy," said Givens. "It's nice to know that you accomplish something, and that you're going to be able to do it again for a whole other year."

Though not everything sees the situation through rose-colored glasses—especially when you're one of the girls who didn't make it.

"It's really exciting when you make it, but I feel bad for the other girls that are seeing that you made it, so you have hold in your excitement," she said.

Not only is it hard when you don't make it, but the tryouts could lead to doubts about your performance or boosts of confidence to your character and performance.

"I thought I was going to make it. I'm just confident in myself," said Givens. "After you try out you're like 'I should have done something differently' or 'I messed up on that,'" she added.

Relief and reassurance don't only come after trying and making the team, but the nervousness follows everyone through their first game, and Givens wasn't an exception.

"My first game was when I was on JV, and I was right in front of the student section, they're intimidating," said Givens. "You are kind of nervous, but after that you get used to it. Sometimes they are watching, sometimes they aren't, I don't get nervous anymore," she added.

Cheerleaders must perform not only in front of their peers, but also in front of their

parents, but that doesn't make Givens nervous.

"They come to three football games and basketball games, not every single one. But the last football game they came to. My grandparents attended too, so I was little nervous," said Givens. "I'm like 'what if they don't think I'm good,' they really don't make me nervous...half the time I don't know where they are until half-time, because there are so many people at the games."

With her parents attending games and supporting her from the stands, Givens knows that her parents are always supportive of her and cheer.

"They know it's really time consuming, so they've been really supportive in that aspect, and they pay for it, so they are really supportive," said Givens. "A lot goes into cheer, and I thank my parents for that, I wouldn't be able to do it without them." Her parents are very involved with any and all her decisions about cheer.

"It's kind of hard for them, but they say 'You gotta do what you gotta do,'" she said.

Having a cheerleader in the family is nothing new to her; her mom cheered in middle and high school, so it's no wonder she followed in her footsteps. "She knows how it is to cheer, at least I would hope so," said Givens, jokingly.

Just like in any other sport or activity, school always comes first. Givens is always reminded of that by her coaches and parents.

"They always say that school comes first, they all know that school comes first and cheer is second," she said.

Cheer builds character, along with confidence in yourself and in your team. You grow while being in cheer, whether it is in your performance or as a person. You start to see yourself differently and grow throughout cheerleading. "I wouldn't say I'm a leader, but I wouldn't say I'm a follower," Givens said. "We all have our own little place; we can also pitch in anything. We all have a voice in cheer."

Improving is an inevitable part in whatever you happen to do. If you dedicate yourself to a sport, club or activity, they are key in your improvement, and Givens knows that firsthand.

"Definitely yes. It's a lot of practice, and games add up too. I have cheered at over 100 games since I started," she said. "You don't really know what you look for in cheer, but after you're in and cheering for so long, you know what to improve on."

Givens plans to give advice and help to freshman cheerleaders who are starting their cheerleading career in high school from what she now knows and what she has learned during her years at Central.

"To know what to expect when you're on Varsity, when I was younger I didn't know that Varsity was this time-consuming," said Givens.

She hopes to possibly come back and help other girls who are as hopeful as she once was. "I want to take away all the memories and experiences, friends and just everything."

# Girls varsity basketball team continues strong, just as impressive as boys team

It is not abnormal for one to initially think of boys basketball when the words "Central High School" are heard. Yes, they have performed exceptionally well attracting attention from not only Nebraska natives but national high school basketball fans as well.

However, Central has a lot more to showcase when it pertains to athletic achievement. The girls basketball team performs remarkably, but lacks the publicity to showcase the raw talent it consists of. Although it is true that the team is deprived of what all the attention they deserve, that has no impact on their performance and is the least of their worries. Last year the girls were state champions and it appears as though they are headed towards the same success this year. "I'm happy the boys are getting the recognition they deserve and we can only hope as a team that we can get the recognition as females," said Elexis Martinez, a sophomore forward on the varsity girls team.

Though the team is particularly successful, the road to success is no easy path for any team. "The biggest challenge is making sure everyone cooperates and is on the same page," Coach Thomas Lee, the head coach, stated. Common comments the team and coach made regarding their time revolved around how they get along flawlessly but have to learn to perform in unison. Coach Lee stated, "Off the court these girls are awesome, but once the competition begins we have to find a balance."

On top of stolen attention, the girls also have to face underestimation. "The most challenging part of being a female athlete is when people tell me I can't do something I know I can do," senior guard Paige Muhammad expressed. For other teammates, it is not viewed as such a challenge. Martinez said, "In general it's hard to be a successful student and athlete due to how time consuming each one is. I don't necessarily see any difference being a female."

"I feel as a new team we are working very hard and progressing as a team to become the best we can be," Martinez stated. Throughout the minor difficulties, the team stays optimistic. "Since we have lost starters from last year, we're doing pretty good," senior post LaNa'e Washignton-Carson stated. Despite the four losses this season, the girls continue to impress. They may not necessarily be on a winning streak, but they inevitably lure the attention of spectators and fans. "I can tell you they work hard and are committed," Coach Lee said. The teammates motivation and positivity is exuded the most when they speak of their team and the future ahead of them. "If we keep working harder we're going to keep getting better," Washignton-Carson said.

Their determination, effort, and optimism are just a few of the things that make them a remarkable team. "I know it's going to be hard to get a job. It's not just going to be given to me," sophomore shooting guard Megan Gamble commented. In addition to their positivity, the girls also

have a great relationship with each other. They also wanted to highlight the fact that they are like a family, but they each have their own friends which makes them unique as a team. "We are the best of friends and we support each other as much as we can," Martinez said.

They also have an influential relationship with their coach. "We're all really close with him. He knows when to discipline us. We're all close outside of basketball," Gamble stated. No matter how talented each player is, every team needs guidance. They need someone who is not just inspired by the amount of wins or satisfied with just statistics. It is someone who can put everything they do into their team for the betterment of each individual. Who better fit for the role than Coach Lee? "The reward is seeing the end result and preparing to be in college. When you see them and hear from them and hear about what they're doing it is the highest reward," Coach Lee stated. Coach Lee is doing his best to make sure that he is the best coach and symbol of leadership he can possibly be for the girls. "I'm proud of them for their hard work on and off the court. I want to make sure I'm being a role model for them," Lee stated.

The team's hard work, determination, and talent are exactly why more props should be awarded. Both the boys and girls teams are exceptionally talented. For a school who has a large student body and attracts an abundance of attention, one would think the girls would receive just as much praise as the boys do. Although it is not the most important thing, it would be appreciated and favored amongst the members of the varsity girls basketball team.



GOOD KID, MAD CITY  
A Column by Tia Spears





PHOTO BY JHALISA ROBINSON / THE REGISTER

1. Sophomore Markell Vaughn wrestles his "father" Senior Ronald Wells in a drill at practice. 2. Wells prepares to throw Vaughn on the ground during a drill. 3. Vaughn prepares to fight Wells.

## Upcoming wrestler has immense plans, prepares to defeat the best

GISELLE TRAN  
Business Editor

The multitude of achievements of Ronald Wells, senior and star wrestler for Central, sets the bar high for the underclassmen who will have to step up to the plate next year. With five seniors leaving—RJ Jones, Jermaine Kelley, Miles Russell and Ronald Wells—the pressure rests on the shoulders of the younger wrestlers to maintain a competitive team dynamic.

When asked about how he felt about his last year wrestling for Central, with some sadness, Wells said, "It's a bittersweet feeling. I'm going to miss all my teammates and coaches, especially Coach Foster, who is really one of the greatest men I've met."

Sophomore Markell Vaughn, often called Wells' son, said that the next couple of years without Wells will be a change for him. During practices, Vaughn and Wells often work out together.

Vaughn noted, "It will feel different without Ronald there to push me... He's there to push me, and we just work hard together."

But Vaughn is inspired by Wells' many achievements, commenting, "I feel like I got to beat some of his [Wells'] records."

Wells recognizes his time wrestling for Central will leave an indelible mark. Wells said, "It's also a good feeling knowing I left behind a legacy of my own—winning state titles and breaking records."

Looking towards the future, Wells is optimistic about the Central wrestling team. The senior wrestler said, "I want to see someone win four state titles from Central. I think my life would be complete."

Sophomore, Kolbie Foster, realizes he will have to work hard to fill the shoes of the senior wrestlers. Foster commented, "Everyone else is getting better. Eventually, I want to win State at least once."

While he will miss having Wells there to motivate him, Vaughn believes the team will remain a force to be reckoned with in wrestling.

About the team dynamic, Vaughn said, "I don't think it will change because we'll still have the same coach, and he'll push us the same way even when they [the senior wrestlers] are gone."

Wells, too, believes in his team and his coach. Wells commented, "I think they'll all want to work even harder after I leave. They're going to want to step up and be the next big wrestler for Central, and they easily

can be as long as Coach Foster is around."

Vaughn started wrestling at a young age. Encouraged by his mother at a young age, Vaughn quickly gained a passion for wrestling.

Vaughn's favorite aspect of wrestling is the independence. Unlike other stereotypical teenagers who may seek to blame someone after a loss, Vaughn enjoys the responsibility and the individualism.

Vaughn commented, "You can't blame anyone else but yourself... Some people got a lot of excuses, and when you're on a team, some of the excuses might work. But in wrestling, you just got to push yourself hard, [and] you don't have to push anybody else."

While Vaughn loves wrestling, he doesn't believe it's the sport for everyone. Vaughn commented, "I think it's probably one of the hardest sports... If you don't like independent sports, I don't think you should do it."

This year will be Vaughn's eleventh year wrestling. This year, Vaughn focused on his attitude. After a loss, Vaughn concentrated on returning to beat the next person.

Vaughn said, "I prepare to beat the best."

Again, Vaughn is motivated by Wells, saying, "To me, the hardest match I've had this year is Ronald [Wells]."

While many athletes can get a bad case of the yips, Vaughn doesn't believe being nervous should be a factor during matches. The pressure to do well should not stir any athlete from winning.

Vaughn said, "If you're trying to beat the best, you shouldn't have any pressure. You go out there, do what you do, and you're going to do it right."

However, Vaughn realizes that the pressure to win can frustrate him, especially after a loss.

Vaughn noted, "It frustrates me when I lose, knowing that I could have won if I had practiced harder." The sophomore wrestler says that this feeling motivates him to reach higher and achieve more the next time.

Although only a sophomore, Vaughn has high expectations for this season. Vaughn hopes to win State and "keep his head up." For the next two years, Vaughn will strive to be the next three-timer and push his teammates harder so Central wrestling can come in as number one.

In the future, Vaughn aspires to wrestle in college, hopefully becoming a Division I athlete.

For the athletes out there, Vaughn advises, "Keep your head up. Train to beat the best no matter what."



PHOTO BY MAYA DURFEE O'BRIEN

Three girls practice their new moves in Central's gym. They were taught/instructed by members of Pom Squad.

## Pom Squad hosts Kiddie Camp for girls, perform together at halftime show

MAYA DURFEE O'BRIEN  
Staff Writer

Dancing is fun to do at any age, especially in front of a large audience. Girls in grades kindergarten through sixth grade were able to do this with the Central Pom Squad through a camp held at Central.

On Saturday, Jan. 19, the Pom Squad hosted a kiddie camp for children. The girls were then able to show off their skills that evening during halftime of the varsity girls' basketball game.

The Pom Squad was unable to attend Nationals last year so they are all looking forward to attending this year.

"We didn't go last year because in order to go you have to go to camp and we didn't do that, but this year we did," said Turbes. The money raised from this event is going towards their trip to Orlando, Fla. for Nationals.

Senior Emma Turbes, one of the Pom Squad captains, was looking forward to the event. "It's fun to watch them get into the dance." At the kiddie camp the Pom Squad taught the girls a two minute dance. The kids were split up into by grades into two sections: kindergarten through third grade and fourth through sixth grade.

This was Turbes' third year helping out with a camp, but it has occurred years before that. Dionne Kirksey, Assistant Principal and Pom Squad sponsor, believes it has been going on also prior to her twelve years at Central.

Senior Anna Hamblin, another Pom Squad captain, said the girls not only are able to learn a dance, but they also were provided pizza and received a shirt. Turbes and Hamblin have been helping out with the event since they were sophomores. Her favorite thing about teaching the girls the dance is

"helping them learn things they did not know how to do before."

The main learned the dances at the same time as the kids and helped them with it. "We dance with them usually at the back or the side." Said Turbes. Turbes and Hamblin agree that it is great to see them out there with them performing and just having a good time.

The dances were choreographed by a freshman on Pom Squad. The Kindergarten through third graders danced to the song "Hot 'n' Cold" by Katy Perry, and the fourth through sixth graders danced to the song "Hot like Wow" by Nadia.

The camp had around 60 girls participate which is more than in the past which usually had about 40 girls participate. With all the kids running around one may think that it is hard to manage, but Hamblin said overall they were good listeners. "The younger girls were harder to teach because they really get off track," said Hamblin. Besides this the girls were well behaved and happy to learn and to be able to perform the new dance they had learned.

Although it was a long day for the Pom Squad and the young girls, it was a fun one. Hamblin was so happy to have them perform with the team. "It was so exciting to see all of them out there and all of their smiles," said Hamblin.

She added that it was also neat for the girls because "performing in front of that many people can be nerve racking- it can help build some confidence for them while they are having a great time."

Hamblin has been dancing since the age of five and enjoys helping out with the camp. She loves kids and is thinking about career options that could help her do that. After the camp was over Hamblin was relieved, "it was such a long day, but it was also nice to know the girls had a good time performing."

## Free days should be filled with creativity, not sitting in front of glowing screens

I remember waking up knowing that nothing was going to change that day. I remember knowing what I was going to do each day. I remember always wearing tennis shoes. I remember the days I would play outside every day.

Why does it seem like the time has ended when every child would go outside and just be creative and do whatever pops into their head? We used to wake up to children riding their bikes around the block. Now it's just lucky if someone touches a bike.

Many years ago, when I would play with the neighborhood kids, we created a thing called bike and scooter. We tied one of my scooters to the back of our bikes and just pulled each other down the sidewalk. As we flew down the cement, we just laughed as hard as we could and we never cared how stupid we looked. We just did it to have fun.

At times, I still wish I would do more creative things like that these days. Instead we may just think of playing basketball or Frisbee. But at least we still go outside and try to work ourselves.

Towards the end of the summer, one of my friends decided he just wanted to ride his bike to many places and I wished I had my bike at those times to join him, but instead my bike was in another state. And by the time I received my bike back, it was already too cold to even think about holding on to metal in the blowing wind with a coat on.

During the summer, almost every weekend I travel to another state and spend the whole weekend wakeboarding, skiing and swimming. It takes muscle and practice to get into things, but once you've got the hang of it, you enjoy what you're doing and don't care how sore you'll be in the morning. It won't even

occur to you that you are working yourself either.

I actually enjoy being outside on a summer day, and wish more people enjoyed it as much as me. But these days, as I just log on to Facebook for a second, everyone is online. Why are we wasting our time in front of a screen full of drama?

Also as more video games are being created, more people are becoming lazy and sitting on their couches spending their whole day locked up in front of another, bigger screen. How could you spend your whole day doing the same thing?

To me, you are just wasting all of your brain cells on things that shouldn't mean that much to your life. There are far more important things in life than finding out which Kardashian is having a baby.

One of the top advocates of battling healthier foods, Michelle Obama, has decided that schools should have healthier foods and that junk food and soda pop are the main reasons for obesity rates rising in America. How could this be true if many years ago, our ancestors ate just as much junk food as we do today?

The thing that changed through the years was the amount of exercise we decided to do each day. My parents stated to me, that each day they would wake up and go straight outside doing random creative things to fill their days with body movement and excitement, and they only came home for lunch and dinner. What happened to those days?

We need to go back to the older days and bring back the way of creative work--and work our minds as well as our bodies. If old fashion comes back, why doesn't the exercise of my parents' time come back too? Limit your time with the technology, and make more time for your body.



NEVER WOULD I EVER  
A Column by Jennifer Rooney

## Armstrong busted for using performance enhancers

Continued from 'LANCE' on page 6

it's wrong.

It's the same as knowing the answers beforehand on a test. The drugs give you an advantage over other players who have worked just as hard but without stooping so low as to take drugs to achieve their goals in the first place.

Using the drugs was terrible enough, but lying to his fans for years about using them and even bullying other people into keeping his secret was disgusting.

Armstrong was a role model for so many people. He overcame cancer and then went on to win

numerous outstanding titles with his outstanding talent.

To find out it was all a hoax is dreadful.

Watching this thought-to-be-incredible man being stripped of his wins is heartbreaking. No matter what he does in the future, he has lost all respect and trust from many people.

Even the Lance Armstrong Foundation talked about changing its name.

Lance Armstrong went from a cancer surviving, seven year running Tour De France winning role model for everyone to a lying cheater. So, Lance, was it worth it? I highly doubt it.

## Alumni returns as basketball coach to incorporate her expectations with sportsmanship

Continued from 'MARION' on page 6

things planned out.

"As an alumni I know the expectations for student-athletes," said Marion, "and I am able to incorporate this in my players...along with sportsmanship."

Marion, who has a handful of her players as students, works to incorporate her past encounters with her high school teachers into how she relates with her own students. "I relate to students in a way that is more so on their level and bring them up to mine," she said. "I'll talk to them, I don't just chew them out, and let them tell me their side, but am able to tell them what their consequences are and why."

Taylor Skipper, a freshman on Marion's team affirms these positive trademarks Marion works to incorporate.

"I relate to her way better because she's younger and she has a personality like ours; she plays with us and is not always as strict," Skipper said.

Through this, Marion gains a unique level of respect with not only her FACTs students, but also her players.

"I tell my players that I want to develop them all around, as players, but as a teacher and coach, I want to develop them as students first and then as players," she said, "but also as young ladies."

"She's great with helping me with my future in basketball," said Skipper, "not only does she teach me on the court, but outside of the court as well. She teaches me the basics, not just pertaining to basketball."

From her time at Central during 2001 through 2005 and during her time back, Marion doesn't see substantial difference in the school--nothing that the expectations of "sportsmanship" and being quality students and people has remained the same, of high standards and professionalism. Marion notes that coaches are still instilling the concept that "school comes before athletics, and to uphold" the reputation of Central everywhere we go, whether that's in school or out.

"Things only get better over time," said Marion. "As alumni come back with what they learned and the knowledge of expectations, they

know just how and what to give back."

As a coach and former player for both Central and her college, she is applying the rigorous motivation and intense practice to her players just as she underwent.

"My coaches were hard on us, pushed us and were always on us," Marion said. "I took that and now am the one to do it."

The teacher and coach knows what works and what helps internal drive--as well as how to help a player and student flourish.

Marion has lead the freshmen girls basketball team with a 3-4 record, not including the holiday tournaments, and is looking ahead to her future with the team. What initially began as a first year trial run as coach for Central's girls freshmen basketball team, Marion is feeling more certain that she will stick it out for the future.

"I really like coaching and every time I watch any game I find myself trying to coach that game and then am like, wait, I'm not the coach here," said Marion. Coaching and teaching paired together were the things that presented the satisfactory "nothing but net" feeling Marion



PHOTO BY JHALISA ROBINSON

1. Sophomore Joe Ferris skates towards the puck, warming up right before a big game. 2. Ferris waits in line to score a goal for his team at a practice before the game. He has been playing hockey since the age of nine.

## Hockey player doesn't stop with sports

ELISSA WIENER  
Staff Writer

Sophomore Joe Ferris is stepping outside of Central athletics for a sport that is dear to him: hockey.

The player is involved in a local league since no teams are sponsored by Omaha Public Schools.

"[I] play [hockey] out at Moylen Ice Plex usually...I play for Metro North because Central doesn't have a hockey team, so Metro North just sort of takes all the misfits," Ferris said. He started playing hockey when he was 9 years old for the House League at Omaha Hockey.

"My dad played hockey pretty much all his life, he still does," Ferris explained. "He's...55 years old—he plays in the old men's league. So I had grown up with hockey, going to UNO games and Lancer games, and used to watch the Aksarben Knights play. I've grown up with it and I've always wanted to play."

Ferris doesn't play to win all of the competitions, and he doesn't plan on pursuing a professional career. He plays for the fun of it.

"I think of myself as a very average player," he said. "There's different lines in hockey, which pretty much tells you how good you are. We have a huge team. We have 22 kids in total, so there's four lines, and 2 goalies. I'm on the second line, which is alright. I've always been pretty average, so I think—I mean I definitely won't play past high school. But it's fun to do."

"There are six players on each team. There's a center, two wingers, and two defenders and a goalie,"

Ferris explained. "I play right wing, usually."

Not only does Ferris have hockey during the evenings on occasion—he is also a part of the Central production of "Kill Me Deadly," as well as a member of the incoming International Baccalaureate class. Balancing his activities isn't as hard as it seems, though.

"If I were playing Triple A or one of the select teams it would be a lot harder, but since I'm just playing high school it's more of a leisure thing. So I have practice once or twice a week, and a game twice a week...We only have hockey about three times a week and it's usually 7 p.m. or later, so it doesn't usually get in the way," Ferris described.

Ferris' team works hard in the evenings in order to win as many games as possible with the little time they have to practice.

"We started off losing six straight games, I think. And now we won three or four straight games, and we're definitely getting better every game. And I think we have a good group of kids... I knew one kid loosely when I started. And now...I'd say I've developed a relationship with everyone on the team."

He has plenty of support from friends and family for his playing. "People often like to come watch my games. My friends come a lot. My parents come to every game, and my sibling comes sometimes."

Ferris manages to keep his academics, theater, Central sports and hockey balanced during the week. His favorite quote is one of the most famous hockey quotes by Wayne Gretzky. "You miss 100% of the shots you don't take."

## Teens who choose to participate in athletics must remember first responsibility as student

Central is as diverse as it gets; we have so many students from many places around the world, but that's not the only thing that makes Central diverse. We have students who do well academically, some outshine others in the arts, and others are gifted with the talent of a certain sport.

Central does not only excel in academics and the arts, but sports as well. And if you haven't noticed by now, here at Central we take our sports seriously, and with that, we also take our players seriously too, if not even more.

They represent us at every game they play; they show other schools the dedication and passion for their sports.

Through this, other schools have a glimpse of just what Central is all about: excellence in everything we do, from sports to drama.

Not only do these students bear the title of athletes; they carry an even more important title with them as well. Above all else, these students are student athletes.

A student athlete is a participant in an organized competitive sport sponsored by the educational institution in which he or she is enrolled. There are plenty of students that must balance the roles they have with being a full-time student and at the same time they are a full-time athletes.

Students not only have to juggle time with practices and game, they also stress about that reading assignment in English. They have to find that balance between school, practice and some with having a part-time job.

Sports are important; they teach you many valuable assets that you are able to use in the future. Working as a team, sacrificing time, and spending time to perfect that sport, are just some of the things sports teach you.

I understand just how important sports can be, but what's more important than sports is academics.

As much as we hate to wake up early every morning, school is the most important thing that should be on your mind.

Especially if you are in a sport, having good grades improves your chances of getting into college,

and they help you get all those scholarships associated with your sport. You are not only representing Central as an athlete, but as a student as well.

I don't understand just how a student athlete can forget that they are in fact a student athlete, not everything they do revolves around the sport.

If it does all they can do is learn to put to use the skills they earned in that sport to help with whatever else they have going on.

Coaches and teachers should remind them constantly of the job they are doing at Central, which is being a full-time student. Now when that last bell rings signaling the end of the day, they become that full-time athlete.

It may seem like they don't, but they carry some pretty tough roles, and like them teachers have to realize that they are not just students.

But the students as well have to realize that they aren't just athletes.

It's an age-long battle for me, one that even now I can't fully grasp. A battle where one side says "No, you are a student above all else," to "No, I'm an athlete, I had a game."

Excuses from both parties; they each have to understand each other.

They both have to understand that the student is a student athlete.

Neutral ground needs to be found soon before we are all caught up in this war zone.

I just want to remind everyone of the roles these students play, and I want to remind them most importantly.

You are a student athlete, the first thing that should ever come first is your education, let me remind you that you are a student. The second most important role you play (even if you don't agree) is that you are a student athlete.

Keep the sport in the field, or court and the schooling in the hallways and classrooms. Don't let each intermix, use the skill you gain in the class room and your sport to find a balance.

Represent Central the right way, by being a student athlete and showing other schools that Central is indeed the best high school in the area.



HAKUNA MATATA  
A Column by San Juana  
Paramo

## Central's Assistant Principal doubles as Athletic Director, runs the show behind the scenes

SYDNEY HALONEN  
Staff Writer

Walking into one of Central High's many Friday night sporting events is most likely nothing out of the ordinary for most students. Grabbing a snack, looking through the paraphernalia for sale, and trying to cram yourself into the student section is the normal routine. Yet, have you ever thought about all of the work that goes into making your "normal routine" a success? Darin Williams, one of Central's Assistant Principals and Athletic Director, sure does—while he has the duties that come along with the title of Assistant Principal, he also has the job of overseeing all of the school's transportation systems and all things athletics.

From security to concessions, Williams is the man to talk to when it comes to any sport here at Central. It's not hard to see that Williams knows all the ins and outs of Central High Athletics—this is his eighth year here.

Throughout high school, Williams participated in every sport he could, lettering in basketball, football and baseball; sports have always been his field of choice, with baseball being his favorite. Graduating as a Bellevue East Chieftain, Williams went on to UNO and graduated with honors. After receiving his degree he went on to teaching and coaching positions at Nathan Hale, Benson High School and Boys Town.

"I decided to go into the field I am today because I know from experience how important athletics is to a school environment," said Williams. After years coaching and teaching, he landed at Central High. "I was a little leery when I heard I was coming to Central," Williams said, "especially coming from the smallest middle school to the largest high school. We were also opening up a new stadium, opening up a lobby, I didn't know what to expect."

After settling in to the Eagle Nest, Williams wanted to help better Central, progressing not only in the athletic field but in the academic fields as well.

"When I came into Central I was out at Boys Town, and had worked with Kevin Kush, a coach out there, and he taught me a lot...I took some of his principles...my grandfather's principles...and kept talking to peo-

ple...to form a successful program," Williams said. "I think we've gotten better and we have had a lot of success, I've just been the man in the chair."

Williams' responsibilities have only grown since his first year in his current position. "I do the scheduling for the gym, scheduling for the field, making sure the officials are here...everything to do with a game, from the concessions to the officials," he said.

The average prep time for a game is about a week; although the sporting events schedules are made in the summer, it takes around a week to bring together all of the other factors. Williams made it clear that being detail-orientated was a key to success within his job, another thing he learned from his fellow Boys Town coach. Games are scheduled down to each minute, from when the emergency team needs to arrive to when the cheerleaders and Pep Band need to perform the school song.

It is a job that takes outrageous commitment as well as knowledge on the athletic world as a whole. Although Williams loves his job, it has difficulties.

"I think the hardest part of my job is when a student doesn't make the team and they have really given their all. It was tough for me as a coach, and it's tough for me when it comes to my level as a parent," Williams said. Leaving the situation on a positive note by letting the student know what they need to do better is usually the approach Williams takes—it lets the student know what he/she needs to do to make the next cut.

"The best part of my job is being able to see success," he said, "whether through students or coaches, or teams or groups as a whole. After spending time and effort, success is the greatest thing to see from a school as a whole."

Williams' grandfather was a mentor for him throughout his life and Williams still lives by many of his ideas today.

"Honesty, no matter what—speak what you know is the truth," Williams said; this was one of the sayings his grandfather taught him. "Your word is your bond," is another lesson. With these ideas to live by, Williams has stayed on the right track to eventually shape how we know Central today.




# A Special Thank You to Our Adopt-A-School Partners





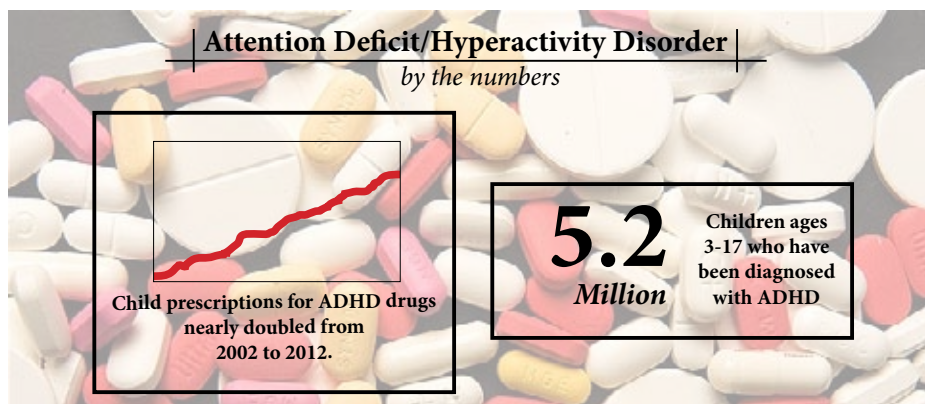




Opinion

# THE REALITIES OF ADHD

The over-diagnoses of children has become overwhelming in recent years, causing an increasing amount of stress for parents. *The Register* sounds off on the issue of ADHD.



Statistics courtesy of the Journal of Pediatrics and the US Centers for Disease Control and Prevention.

They are the students deemed too loud and disruptive. The students who tend to get on a teacher's nerves the most. They are inattentive and tend to have hyperactive-impulsive behavior. They are students who have difficulty following through on instructions and often fail to finish homework, chores or other tasks that are assigned to them.

Attention-deficit/hyperactivity disorder (ADHD) is a chronic condition that affects millions of children, as defined by MayoClinic.com. This condition often persists into adulthood.

It seems that in recent years ADHD has become more and more common in many children in the United States, especially young children. Whether ADHD has increased because it's starting to be a serious health problem, or people are now starting to find out about it, either case; ADHD is now more than ever over diagnosed.

There are many cases in which ADHD can be ruled out in children, teenagers and even young adults. The best way is for parents to know their children; know about their active life style, their interest levels, and if they notice something out of the norm, then talk with them.

The disorder includes a combination of problems dealing with the difficulty of sustaining attention, hyperactivity and impulsive behavior. Children may also struggle with low self-esteem, poor performance in school and have trouble with relationships.

That being said, many children have different ways they react to certain environments. They just can't be rowdy at one point and not the next; symptoms of ADHD start at an early age, not in a certain classroom or mood.

There are many other aspects that play a role in ADHD, and parents, doctors and teachers have to realize the differences in interest levels of the child in certain environments--and they must realize that sometimes a child simply cannot pay attention.

There are no specific tests for diagnosing ADHD; talking with your children is the best way to gather an accurate diagnosis and a better way to rule out any other possible symptoms. There is no one that knows a child better than a parent, which is why

this is such an important step in diagnosing a child.

Children should never be classified as having ADHD because they're different from their friends or siblings. Just as parents shouldn't be blamed (or blame themselves) for bad parenting.

"ADHD is caused by inherited traits...certain environmental factors may contribute or worsen a child's behavior," reads MayoClinic.com.

Not all children who are hyperactive and have the attention span of a two-year old have ADHD.

"It's important to have a medical evaluation first to check for other causes of your child's difficulties," the website also read. Although there are no cures for ADHD, treatment can help immensely with the symptoms associated with the disorder. Treatment for ADHD involves medications and behavioral interventions. A writer on MayoClinic.com wrote that "Treatment can make a big difference, and most children with ADHD grow up to be normal adults."

Because there is no cure for ADHD, children do not outgrow the disorder.

"More than 70% of children with ADHD continue to have ADHD as adults," reads ADHD Aware's website. It is estimated that 6 percent of the population has ADHD and only 1 in 4 adults who have the disorder seek treatment.

ADHD does not occur alone; it is often accompanied with other conditions including learning disabilities, anxiety, depression and even drug use. Having ADHD is not only difficult for parents who may stress out about the health of their children, but are also tired out by their constant actions. For many children, living with ADHD is difficult.

It seems that most everyone nowadays has some sort of disorder, that in most cases may not even exist. The over-diagnoses and sometimes incorrect diagnoses can be extremely stressful for parents as well as children.

Most of these parents stress over practically nothing, either-

Continue to 'ADHD' on page 12

# On being vegetarian



I CAN'T DEAL  
A Column by Maya Durfee O'Brien

Being a vegetarian is difficult. It's not so much that it is hard to not eat meat- but it's just hard to stick with it for a long time. With so many temptations- an example of which I like to call the gateway meat: bacon. I found it hard to stick with an eating plan that was right for me.

I first decided to become a vegetarian in the eighth grade. The only real reason I did it was because of the influence of my best friend at the time. She had decided to change her eating habits and venture out into the world of tofu, vegetables and non-meat alternatives. I went along with this idea for a number of weeks until giving up at the site of a delicious pepperoni pizza. I had lost my willpower and decided I liked bacon too much to give it up for eternity. This ended my first trial of vegetarianism; I still had a few more to go.

Being a Catholic, I celebrate Lent. For Lent you have to "make a sacrifice," and my initial thought was giving up meat would be a very big sacrifice that I could stick with this time. I thought that within those 40 days I wouldn't be able to do it. I powered through and by the end I felt like giving up meat was easy. Shortly thereafter, I failed. Almost immediately following the the Lenten season I went back to eating meat again like normal. This was because I was not ready to make the commitment. With being a vegetarian you have to be very conscious of what you are eating, and at that point in time I just did not care. I basically just ate whatever my parents made, but then realized that by making my own decisions about food I would be helping myself out more because I would be in control.

Last summer I read a book that opened my eyes and showed me the horrors of meat and dairy. The book, called "The Kind Diet," was written by actress Alicia Silverstone. As I was reading through it, I noticed that we shared many of the same struggles. We both wanted to make big changes in our lives by cutting out meat, but we both had a lot of trouble sticking with it. In the book she talked about how she would see her friend eating a steak and right then and there she would stop being a vegetarian. I had those same issues. I didn't have the willpower to say

Continue to 'VEGHEAD' on page 15



# Nearing the fiscal cliff: Politicians must learn to agree

Frankly, the whole fiscal cliff near-debacle is plain confusing, especially to high school students who can barely manage their bank accounts independently.

"Fiscal cliff" is the popular shorthand term used to describe the conundrum that the U.S. government will face at the end of 2012, when the terms of the Budget Control Act of 2011 are scheduled to go into effect," according to the Bonds section of About.com; this was one of the simplest explanations one can find from an electronic source. Midnight on Dec. 31, 2012, a sort of switching-over was supposed to occur--many of the tax laws and policies that were in effect before would be replaced by new ones. These include budget cuts for programs like Medicare, government spending cuts and tax increases as a result of Obama's health care law.

Both economics and politics are complicated--this is clear to whomever attempts to read the Money or Politics sections in newspapers like USA Today or The Omaha World Herald--but we at The Register will aim to explain the fiscal cliff in simple yet informative terms.

Another explanation of the fiscal cliff, from

Danielle Kurtzleben of U.S. News: "It's a package of spending cuts and expiring tax cuts set to kick in on Jan. 1. All told, they will reduce the 2013 deficit by \$770 billion, or around 5 percent of GDP (depending on whose numbers you look at)." GDP stands for gross domestic product.

Unfortunately, reducing the deficit (the amount of money that exceeds the budget) isn't necessarily a good thing. The United States is still recovering from its recent recession, and cutting a large amount of spending while increasing taxes (in some cases dramatically) is not good for the economy, according to Kurtzleben.

These cuts were put in place as sort of a consequence, wrote Kurtzleben. It was supposed to encourage Congress to work together to reach a decision--but that plan didn't end up working out exactly as they had hoped.

President Barack Obama signed a bill which averted the fiscal cliff (called a "self-built precipice" by CNN.com), and so a sort of compromise was reached. "The House voted to stave off widespread tax increases and deep spending

Continue to 'CLIFF' on page 12



CARTOON BY IMANI BROWN / CONTRIBUTING CARTOONIST

# Thinking before speaking: the quickest way to eliminate ignorant comments

The clock ticks by and I'm that much closer to the end of the period. I sigh and rub my eyes, trying to focus on what the teacher just said. From the collective groan of the class I can guess that the teacher just assigned the class a long homework assignment for the weekend. I can hear the pair of boys behind me grumbling and I know what they will say before it even leaves their mouths.

"That's so gay," the first guy moans.

"The teacher is retarded!" the other exclaims.

Almost everyone in the room hears them, but not one person looks their way, let alone objects. Those words are used so often at Central that no one even bats an eye at them anymore. The bell rings and I quickly pack up my things and make my way to my next class, hearing on the way 15 different people calling someone "gay" or "retarded," yet not one person is told to use different language.

So if everyone uses these words and no one does anything to stop it, does that mean it's okay for people to call people, situations and objects "gay" and "retarded?"

The one that is more commonly used out of the two is "gay." Every day I hear people calling their friends gay for doing something stupid

and anything not considered "manly" enough. People call assignments and activities gay because they think they're stupid or because the speaker doesn't want to participate. The manner in which "gay" is used makes it seem like an insult. It's become a synonym for stupid.

In reality "gay" has several different meanings. Gay could mean a sexual attraction or activity among members of the same sex. Or it could mean being happy and full of merriment. It could also mean bright in color or carefree. Gay could indicate any one of these definitions, and not one of them is an insult.

There is no dictionary either online or printed that will define "gay" as stupid or idiotic or an offense of any kind. The word does not have remotely anything to do with insults. It is simply a way to describe either a person's sexual orientation or a way to describe someone as exuberant and bright.

Yet people use this word as a slur now. People say the word in a hurtful manner, as if it is something to be offended by and ashamed of. However, it's not. "Gay" shouldn't even be used in that manner--because it doesn't make sense.

Look at it this way. Let's say the teacher of your least favorite subject

had given a two week notice of an enormous test covering the unit you had been learning. You ignore the test and, despite the teacher's daily warnings, you don't even think to study until the night before when you cram for 20 minutes and assume you'll be fine. The next week you receive your test back with a giant red "1" at the top of the page. Upon seeing your grade, the first words out of your mouth are "That's so gay."

But why is that gay? Aside from the fact that the low grade was your fault in the first place from lack of studying, couldn't you have complained by saying that the grade was "stupid" or "moronic" instead? This exact thing has happened to a few people I know, and their exclamation on seeing the end result is always the same. The thing is, though, using gay in that context doesn't even make sense! Perhaps it's time to extend your vocabulary, because unless you meant that the test was full of merriment or sexually attracted to other tests of the same gender, your word choice needs to be rethought. You might as well say "That is so lamp" or "that is so Tom Cruise," because the sentence would have the same meaning: nonsense. It would literally mean nothing.

I understand that to some people who actually are gay, the use of the word as an insult isn't a big deal. In fact, I have heard a few people who

Continue to 'R WORD' on page 12

**How Safe Are We at School?**

Is being safe in schools inevitable? Can we prevent violence from occurring in our schools? See what *The Register* thinks.

See Inside, Page 15

**Keeping a Gun in the House: Safe or Violent?**

Is safety more important than containing a gun in your house? Will children grow up safely when they're around guns their whole life? See what *The Register* has to say.

See Inside, Page 14

**Challenging the Death Penalty**

Two opposing writers go head-to-head on the issue of legalized killing. Which one will you side with?

See Inside, Page 13



CARTOON BY KEALI FRENCH / CONTRIBUTING CARTOONIST

## CONGRESS DIVERSIFIES

*The Register* commends individuals new to Congress from various minority groups for stepping up, as well as the citizens of the United States who made it happen.

Everyone knows about the 2012 presidential election, from the candidates campaigning during the primaries to the outcome of the entire race. What fewer people seem to know about are the many other elections that occurred Nov. 6, 2012. Congressional elections took place on the same day and the results were very unique. Among the elected were Representative Kyrsten Sinema from Arizona, the first openly bisexual woman in the House of Representatives, Senator Mazie Hirono from Hawaii, the Senate's first Buddhist, Senator Tim Scott of South Carolina, the first African-American Republican in the Senate in over a hundred years, and many more.

The 113th Congress is the most diverse Congress the United States has ever seen.

Thirteen new senators and 84 members of the House were elected. Of the 535 members of Congress, 437 members are male. There are now 78 women in the house and 20 in the Senate. Women had a net gain of five seats from the 112th Congress to the 113th. Nineteen percent of the House of Representatives belong to a minority group. There are seven openly gay or bisexual members of Congress. 44 African-Americans hold seats in Congress. The Senate will have its first Buddhist and the House will seat its first Hindu member. All in all, the upcoming Congress will show the most diversity any United States Congress has ever had.

This shows major changes for the nation. Congress is finally really starting to look like the country it is representing.

"One thing I appreciated and was inspired by during my time in service was the fact that we had so much diversity in the ranks. I think now with this Congress, you're starting to see Congress catching up with the rest of the country, representing the diversity that exists in communities all across the country," Senator Tulsi Gabbard told CNN.com as she prepared to take the oath of office.

This is truly an amazing, historic event. It means that we will get to see our Congress represent us as different individuals. We will see people who are just like us, whether it is in gender, ethnicity, religion, race or sexual orientation, making decisions that affect us directly. Here at Central, that diversity is something we can really appreciate. Central is one of the most diverse high schools in the state. We have students of all kinds roaming the halls. There males and females, African-Americans, Caucasians, Asians, Hispanics and Middle Easterners, gays and straights, those who are short or tall or fat or skinny. They are all here.

This is truly amazing for our country. Not too long ago women couldn't vote and African-Americans weren't counted as equal, let alone able to go to school. But just look how far we've come. It's spectacular. This Congress shows that no matter who you are, no matter what race, gender, religion or sexual orientation you have, you can achieve success. Finally, most everyone has someone just like them to look up to and to model themselves after.

Now, our Congress can represent something more than just hundreds of rich old white men. They can truly represent America. The diversity of the members gives hope that the laws that will be passed will reflect the people's wishes and will be what the people need to have better lives.

Because many of the members are more diverse, it means that there will be a better chance of the laws and decisions made by Congress benefiting more than just a few people in the nation. It is truly a major breakthrough in the country and something America has never done before.

Barack Obama changed the nation by becoming the first African-American president, and now the people are following his lead and electing more diverse politicians to run our country and make it a nation to be even more proud of.

In the  
OPINION  
of the  
REGISTER

## Pondering the meaning of life: why attaining happiness seems to be the right answer

For centuries man has pondered the meaning of life.

Clusters of educated philosophers sat around ancient Greece several thousand years ago and debated it, each with his own idea of the purpose of humanity, the world and existence in general.

Socrates, one of the most famous Greek philosophers (whom everyone considered extremely wise because of the acknowledgement of his own ignorance), believed that self-examination and understanding oneself from the inside out held the most significance in life. "The unexamined life is not worth living" is his quote.

While I can't tell you why the universe exists (that's a question too large for all of us), I believe that I can tell you a little about human existence.

I've done a bit of wondering about this myself, and the answer came to me fairly quickly; I didn't have to sit in a public square wearing a toga and stroking a beard as everyone looked on admiring my obvious wisdom and deep profundness.

These men weren't fools in the least, but as they contemplated the meaning it stared them in the face.

The meaning of life is happiness.

Every act executed by an individual goes toward one goal that is central to that person, whether the person is aware of it or not, and that is happiness. Think about it: why do we go to school? Well, clearly we're forced to, but other than that, why are we motivated to go to school and get good grades?

Because society has instilled in us the idea that getting good grades will result in going to a respectable secondary school, graduating with a degree and getting a job which will pay us large amounts of cash, which will result in happiness, right? A comfortable life with enough of everything will make us happy. This is on a grand scale, but the idea I've presented works out in everyday life as well.

The main reason that we as humans have desire for objects (material and intangible) is simply because we believe that possessing those things will make us happy.

Why do girls like to go shopping? Because clothing makes them happy.

Why do people go to the gym? Because endorphins make them feel good, and they believe that having a toned body will make them happy.

Why do people play the lottery? They want to win millions, which they believe will make them happy.

Why vacation? Relaxation, traveling, seeing the world—it elicits happiness.

These may not make you specifically, the reader of this column, happy—but think about the everyday motions that you go through and the activities that you enjoy. Why do you do them?

It's all so simple.

Attaining happiness as we travel along life's roads is really our only goal. Sure, we have other aspirations—maybe you want to be an artist or an astronaut or a writer or a doctor, but the reason you want to pursue one of those careers is because you believe they will leave you feeling satisfied and fulfilled, and is that not happiness?

The lack of want and the feeling of content—if you have both of those, chances are that you're happy.

But how many of us don't experience want and desire? It's a trait of humanity that's nearly inescapable, which is why happiness is so hard to attain. You always end up wanting more.

Sometimes that isn't a bad thing, however: look at history; look at the revolutions that have occurred in the last few centuries. Why do people revolt against their leaders?

Because they believe that their leaders are inadequate, that they are being oppressed—they don't have enough of what they need, whether that is food or freedom, and revolting will result in a change, and those changes will result in peace and happiness (even if said revolution temporarily results in extreme unhappiness).

Clearly not many people were happy during the French Revolution, when everyone was still poor despite efforts to give power to the people

and citizens kept being beheaded.

Yet the promise of happiness was purely the fuel for that bloody revolution—that somewhat bleak glimmer of hope that stayed lit through those years stained with struggle and death. And perhaps hope also has a role within the meaning of life.

In fact, I'm sure of this; hope is one of those intangible beings that lives in all of us. In a way, it is purely human. While it's easy to sit around and point out the many downfalls of humanity—whether they lie in our qualities, our tendencies, our actions or our beliefs—it's also easy to overlook the amount of natural goodness that resides within all of us.

How miraculous is it, that in the wake of disasters like Hurricane Sandy or tragedies like Sandy Hook or the everyday worries that plague us like the economy or obesity, that we still have the capacity to hope?

And often hoping doesn't even require effort on our part. It's natural for it to happen. That's the beauty of humanity—our tendency to keep holding on.

Maybe you believe that the meaning of life is different for everyone, and maybe you're right...but think about why each person has a different ultimate aspiration for life.

Because happiness for everyone is different.

Not everyone is made happy by politics or flowers or books or playing instruments—which is why every person in the world doesn't want the same things.

You've got to follow your heart to be happy—and sometimes you have to make your own happiness by being content with what you've been dealt, and by living in the moment. That sounds a little cheesy but in the end it's true.

True happiness is the stuff of dreams, the stuff that you make happen. You cannot depend on other people for satisfaction or your own feelings of content. That's another downfall to being human: the majority of the time we fail ourselves, as well as others. But these failures are what makes life...well, life.

That's all that life is—a series of memorable and forgettable moments. You've just got to decide which moments you want to remember.

## Concerns over a rise of ADHD cases in young children leaves some questioning

Continued from 'ADHD' on page 11

—it's quite possible that their child does not actually have ADHD, or it's not a severe case. Parents want what is best for their children; they will do most anything for them to be healthy.

Over-diagnosing children can lead to lots of unnecessary stress. Children often struggle in a classroom environment, and that can lead to academic problems in the future. They may as well receive judgment from their peers and adults.

"They are more likely to have trouble interacting with peers and adults," MayoClinic.com said. They tend to have more accidents and injuries than most children their ages. Most of the children have an increased risk of alcohol and drug abuse.

"If your child is already being treated for ADHD, he or she should see the doctor regularly — at least every six months if his or her symptoms are stable," the website advised.

Children who are diagnosed with

ADHD typically have symptoms which occur over a long period of time, and usually include having difficulty in stressful situations or activities.

However a child should not be diagnosed unless the symptoms started early in life and create problems at home and in school.

Children and teenagers as well as adult who have ADHD need the support and understanding of their peers, teachers and parents.

They may not be willingly open to speak about it and may even feel embarrassed about their disorder. They have to know that as a group there are people out there who are willing to listen and to help in any way possible.

People also need to realize that these children should not be treated any differently as a result of their disorder.

They are regular people nonetheless, who may have a little difficulty doing everyday things.

With a little help and understanding, these children—and hopefully adults as well—

## The fiscal cliff: a narrowly avoided debacle that could potentially ruin the United States

Continued from 'CLIFF' on page 11

cuts by accepting a brokered Senate compromise," wrote Matt Smith of CNN Politics. He also mentioned that the bill "extends unemployment insurance" and delays possible federal spending cuts.

Congress, as well as the Senate, really should have been on top of their game—according to About.com, they had 507 days to hash out the details of the new deal.

Yet, just like a horde of high school students, they didn't deal with the issue until the last minute; "the Senate agreed to a deal to avert the fiscal cliff," gaining approval from the House of Representatives nearly a full day after.

A large reason that we reached this cliff (a scary word, especially when talking about our country's economy) is the fact that Congress is so divided.

The fact that there is almost an equal number of Democrats and Republicans serving on Congress means that votes are usually split and nothing can be easily agreed upon.

This is really getting old. *The Register* believes that Congress members (as well as others who hold political power) need to take a step back and reevaluate themselves.

A Democrat should not vote for something simply because it is presented from the Democrat's side, just as a Republican should not vote for something only because it is considered right-wing—this isn't follow-the-leader.

Congress members need to think for themselves and vote based on what is best

for the country. For the United States to be successful our leaders must work together to make decisions based on the needs of the people...not just sit and argue all day. Action is the only way to change things.

Obama seems to be on the same page as *The Register*.

He said that "The sum total of all the budget agreements we've reached so far proves that there is a path forward that is possible, if we focus not on our politics but on what's right for the country."

We believe that everyone can agree with another hope the president expressed: "...the one thing that I think, hopefully, in the new year, we'll focus on is seeing if we can put a package like this together with a little bit less drama, a little less brinksmanship, not scare the heck out of folks quite as much."

We can only hope that with the new Congress (who took office early January), things will be different.

"The primary goal of government should be to get the economy running at full throttle once again," according to Business Week, and we agree.

Unfortunately this goal will not be easily attained. Who knows if it ever will be?

Many doubt Obama's ability to solve problems, but they must realize that he cannot do it by himself. Congress, as well as the rest of the nation, must support his endeavors.

With the cooperation of government leaders, nothing is impossible.



I MADE THIS FOR YOU  
A Column by Emily Beck

## 'Gay' and 'retarded' are not derogatory terms; should not be used as such

Continued from 'R WORD' on page 11

are gay use the word in a derogatory fashion. It is possible they are using the word to fit in. In some cases they may already feel marginalized because they are gay and they hope that by using the word they may fit in a bit more. It could also be the case that they really don't care. To them, misusing the word "gay" isn't a big deal, but to others it is extremely offensive. Although one gay person may think it fine to say, five others may be affronted.

A few years ago, several "Think before you speak" commercials aired featuring Hilary Duff and Wanda Skyes. Duff or Skyes scolded a pair of teenagers for calling something gay when they meant it was dumb or bad. At the end of each commercial it said "When you say 'that's so gay' do you realize what you say? Knock it off!"

Although gay is used as an insult numerous times every day, many people who recognize its offensive meaning just choose to ignore it. Another word that has a similar history is "retarded," or simply "retard." These words are particularly offensive because the people who actually are mentally disabled may not be able to defend themselves against the slur.

Retarded simply means underdeveloped. It is commonly used as a shortened form of mentally retarded. According to medical-dictionary.

thefreedictionary.com, a person who is 'mentally retarded' has mental retardation which is defined as "intellectual functioning level (as measured by standard tests for intelligence quotient) that is well below average and significant limitations in daily living skills (adaptive functioning)." In part because "retarded" has become an insult, the term "developmentally delayed" is now the preferred one used by professionals to refer to someone who has mental retardation.

While it is an unfortunate condition, it is not a person's fault if he or she is developmentally delayed. It is not a choice to be underdeveloped but it is the way they are. When people call people or actions they find stupid or dumb "retarded," they are being extremely offensive. Just because you don't agree with the person or what they have done doesn't automatically make them retarded. Using the word in that way shows severe ignorance and makes you seem uneducated and insensitive.

I have never heard a teacher, professor, or any educated individual call a foolish action "retarded" or call a person "a retard" for doing something wrong. If they were to say that, it is probable they would be looked down on by their peers for using such an unintelligent, insulting word choice.

Much like calling something gay, calling someone or something retarded is not only offensive but nonsense. Mental retardation is a medical condition. Exclaiming that something is retarded is the same as saying

something has glaucoma or cerebral palsy. It doesn't make sense.

Organizations like Special Olympics Omaha are created specifically to help people with mental and physical disabilities. They have several programs that work specifically with students to teach them about people with mental disabilities and explain to them why it is wrong to call someone "retarded."

One of the biggest organizations that focuses on the derogatory usage of the word retarded is "R-word: Spread the Word to End the Word." According to their website the organization is making, "an on-going effort to raise the consciousness of society about the dehumanizing and hurtful effects of the word 'retard(ed)' and encourage people to pledge to stop using the R-word. The campaign is intended to get schools, communities, and organizations to rally and pledge their support."

If people would stop trying to fit in with everyone else and stop thoughtlessly using the 'slang' others are using, they might just realize how offensive they are being each time they call someone or someone "gay" or "retarded" with intent to insult. Maybe to some people these words seem fine to use, and people are just blowing things out of proportion—but if you can't be sure that it isn't offensive, then why use it? Extend your vocabulary and call someone gormless or puerile, but don't insult someone by putting down aspects of someone else's nature. It's not right. Knock it off!

# CAPITAL PUNISHMENT . . .

The Register explores the pros and cons of capital punishment, delving a little deeper into the reasons behind this form of punishment and whether it brings justice to the wronged or murders unnecessarily.

## . . . Is Justice

According to CNN Justice, more than 3,200 inmates in 36 states are awaiting execution at this very moment. This could add to the 15,645 people who have already been executed throughout the centuries in the United States.

Capital punishment may be unconstitutional, but is it a felony? If this is the case, then why are 35 states still in act for the death penalty? Because the death penalty as a punishment for crime is the right answer.

There are five different ways to be killed on Death Row: lethal injection, electrocution, hanging, gas chamber or firing squad. Lethal injection and electrocution are the two most common methods.

As more and more devastating tragedies happen in the world, more and more people start to lean towards the idea of capital punishment. Take the Sandy Hook Elementary shooting in Newtown into consideration. Twenty first graders and six adults were murdered that day. Afterwards, the killer committed suicide. The teachers and families of these victims, as well as many other citizens, surely wanted him dead and gone.

This summer, a gunman killed 12 people and injured 58 at a midnight movie premiere in Aurora, Colo. The gunman was arrested, but to this day is still awaiting a trial. Was arrest the worst punishment to be given to him? The answer is no.

As the idea of capital punishment arises in the minds of society, the thought of "right vs. wrong" appears. If someone is killed by a firing squad or electrocution, that person experiences minimal guilt. That person will not be a prisoner for the duration of his or her life--that person almost gets an easy end instead of sitting in a prison cell day after day, being stared at by guilt in the face.

If murderers have done a deed as horrible as killing others, where is their real punishment? The only real punishment is the kind that people inflict on themselves: guilt. How do we know that an extreme criminal even experiences guilt? No, these people don't think the same way we do. Most people will never wake up knowing that they are about to commit some sort of heinous murder. The central thing here is the fact that rotting in prison is not the same as dying--thus receiving the same fate as said murderer's victims.

People deserve the same fate that they choose to dish out to others.

Others believe that one is just as bad as a killer if we kill them. Jail is not enough of a punishment to a severe tragedy as injuring over 50 lives or killing 20 children.

Being a part of the family of the victim would feel a lot worse. What if your daughter was one of the first graders murdered in her own school and you found out that a place you thought was safe could be just as bad as the streets at night?

Now your opinion is different about sentencing the criminal to death. Shouldn't the whole population be just as important as the family closest to you? And yes, the guilty people of the world deserve to suffer, but the common innocent people of society do not. This is one of the most common reasons the human race may be against the death penalty. None of those on Death Row are innocent. There has to be a reason why they were convicted as a criminal. The government would not just put someone on Death Row without proof.

The thought of death scares many these days. And if the government allows death to be a type of punishment for crimes in the United States, then it could scare many into thinking before going off and causing a devastating tragedy in this world.

The constant debate over capital punishment will never end. But the number of crimes in this world will never end either. Society, as a whole, can decrease that number if we all stop letting criminals off by throwing them into jail--because jail will do nothing, but once they're dead and gone, they're gone forever.



PHOTO COURTESY OF MY FDL / GRAPHIC BY JENNIFER ROONEY / THE REGISTER

## . . . Is Murder

A form of capital punishment, called the death penalty, has been around for many years. It even appears in the Constitution, which reads that it is alright to be used in the right situation.

However, in studies over the years researchers have found out that the death penalty is not necessarily solving the problem--instead, new ones are being formed.

Many inmates who are on death row are not eligible to be. Some have not committed severe enough crimes to deserve execution. According to the *New York Times*, "dozens of studies in state after state have shown that the process for deciding who should be sent to death row is arbitrary and discriminatory."

Race is another main issue with the death penalty. In a study done in California, it was found that a criminal who was charged with murdering a person of white descent happened to be three times more likely to receive the death penalty than a criminal who was charged with murdering an African American, according to *The Charleston Gazette*.

As one can see, the system is very unfair in dealing with these difficult cases. This is one of the reasons why the death penalty is not the answer.

By eliminating the death penalty completely, the whole country would be saving a lot of money. A case in Lubbock, Texas, cost the state \$1 million.

The reason for such high cost in these cases is because of the costs of lawyers and of all those involved--many of these cases take multiple years to complete.

By keeping criminals in prison instead of using capital punishment, it helps to save money as well. In Texas it costs \$47.50 to house an inmate daily, so if that inmate was in prison for 40 years it would only cost the state \$693,500.

That may seem a bit expensive, but compared to the court cases for the death penalty it is still only a fraction of what it could cost.

Experts also have come to the conclusion that life in prison is a lot more practical form of punishment because of both the death penalty expenses and its unfair practices.

A growing number of inmates have been freed from Death Row with the help of DNA evidence; 142 people in total have been freed from thanks to this. It shows that the system is very well capable of making terrible mistakes.

Because of these reasons, many states have decided to abolish the death penalty altogether.

In 2012, Connecticut was the fifth state in a five year period to get rid of the penalty. In November of 2012, California retained the penalty after a referendum vote. A quarter of all Death Row inmates also happen to be housed in prisons in California.

In an editorial for the *LA Times* prior to the ending of the death penalty in California, it was stated that it would save the state "\$100 million a year for the first few years and then \$130 million a year after that."

This could help the state pay for the previous executions. In a study in 2011 by Arthur L. Alarcon, it was showed that the state system has cost \$4 billion--\$308 per execution. Alarcon, who was before pro-death penalty, now is opposed to it and calls it a "complete failure."

Still, 33 states still have the penalty, but of those states 13 of them have not executed anyone in five years.

Interesting, though, is the fact that in January of this year executions are to take place in Pennsylvania, Virginia and Texas. This is interesting because these states happen to be reviewing the death penalty very closely.

It is clear that the death penalty solves little; while it may be getting rid of dangerous criminals, it is costly to the United States, taking money away from other government-funded programs which could benefit from a few extra million.

The death penalty just is not worth it. It's not worth the time, effort or money, and needs to be put to an end.

## Schools, public places must be made safe in order to prevent another tragedy from occurring

Columbine High School in 1999, the Colorado movie theater in 2012, the Sandy Hook Elementary school in 2012 and the one that occurred right here in Omaha: the Von Maur shooting of 2007. It all could have been avoided if Nebraska and Colorado legislation would take a more secure approach to the amendment that states we have the "right to bear arms."

In the Columbine shooting, there were no red flags prior to the terror that occurred. The deed was done by two students who attended the school, not just some stranger.

In the Von Maur and Colorado movie theater shootings there were also no warning signs, as the suspects were shooting in public places, not schools. Unfortunately, these poor victims didn't have any warnings.

How many more massacres are going to occur in schools, malls and other highly populated places before the problem is solved? Changing gun laws or taking away "the right to bear arms" is not going to solve anything. If people want to do something terrible, they will find a way; even if it's stealing someone's firearms.

The issue here will be resolved when schools and public places tighten their security, not when Congress decides to change gun laws. In my middle school at Holy Cross, the doors were locked during all school hours and any individual attempting to get into the school had to be identified.

This may seem like a good way to manage a school's security; however, Sandy Hook Elementary School in Newtown, Conn. had a similar security system--but Adam Lanza, the shooter, got through when he brutally forced his way into the school.

So what are some security tactics that will actually prevent these types of tragedies from happening? Obviously locking up the schools is not enough, as suspects have successfully proven that it is difficult to prevent someone from breaking into a building.

If a stranger can get past a locked door by breaking glass or shooting the door, then something needs to be changed about school doors. Schools would majorly decrease the potential of a mass shooting if steel wiring were put into the glass of doors.

The material made from this tactic seems to be of very durable material--these kinds of windows are used here at Central in the hallway doors to prevent fires from spreading, should one occur.

That may settle the issue of a stranger committing a violent crime in a school, but what about the usual cases where the suspect of a shooting is a student?

We can't prevent a student's entry from school if there is no reason to believe they are going to commit a crime.

We need metal detectors. They are the only way to detect if student

or visitor is carrying a concealed weapon. The idea may sound overbearing, but what else are we going to do in order to put a stop to the violence?

President Barack Obama and Congress are attempting to change the laws on gun control. Many people seem to think that if gun laws are changed, we can reduce the number of massacres in our country. People believe that banning the "right to bear arms" will eliminate the possibility of gunfire being opened upon innocent people.

I fully disagree with taking away America's "right to bear arms." This amendment has been around for many years and I consider it a tradition and freedom that makes our country unique.

If someone wants to commit a horrible crime, banning guns will not stop a criminal from carrying out his/her acts. Obviously if a person is going to go out killing innocent people he or she will not care about some law that bans guns.

A criminal is going to carry out whatever acts he/she wants whether it's considered unlawful or not.

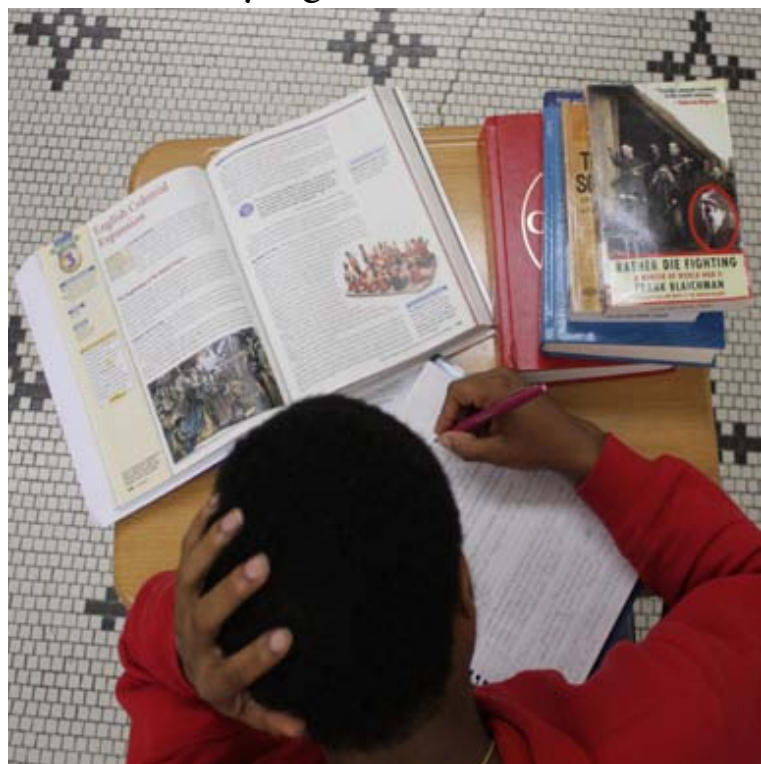
Following the shooting at Sandy Hook Elementary in Connecticut, President Obama made a statement saying he will do "everything in his power" to prevent another tragedy from happening.

Metal detectors and wiring in school doors may be costly, but if Congress and President Obama want to make a change, then they will figure out a way to get enough money to get the necessary equipment to make our schools and public places safe.



PLEASE EXPLAIN THIS  
A Column by Seth Arter

## Endless studying, stress and frustration while preparing for college all worth it in the end



GRAPHIC BY EMILY BECK / THE REGISTER

Applying to college is perhaps one of the most grueling processes a high school student can endure. The many components of an application can take a toll on any person.

Some students start preparing as early as elementary school, when they form study habits that will serve them well in high school.

Certain parents will even try to give their children a headstart by enrolling them in pre-K programs or Montessori school. Kids may learn multiplication because they even attend elementary school.

Grades are one of the first parts of an application that admissions officers review. While most colleges believe in the "holistic process," where admissions officers review every component of an application and every element of an applicant, grades are of the utmost importance.

Extracurricular activities, which used to be exactly that, "extra," are now expected of every applicant, including volunteer work. However, admissions officers try to discern between the student who altruistically volunteers with true passion and the student who volunteers solely to pad his or her résumé.

Most students will start the components of their college application early during their junior year when they take the Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT), or for short, PSAT. This test marks the beginning of process. Numerous colleges will send out packets full of information to students of interest, including those who score well on the PSAT.

Students then experience a flurry of standardized tests, the most common being the SAT Reasoning Test, SAT Subject Tests, and ACT. The pressure to perform

well on these tests forces some students to take them these tests 10 or more times. While the maximum number of times a student can take the ACT is 12, there is no limit on taking the SAT.

If the standardized tests weren't enough, students must focus on attaining good grades and participating in myriad extracurricular activities throughout their high school careers.

In high school, building rapport with teachers and one's counselor is of the utmost importance because many college applications require letters of recommendation. Letters of reference can make or break many college applications. Admissions counselors often use these letters to understand the student from a different perspective.

The difficulty isn't in succeeding at one of the components of an application but at all of them. And oftentimes, many students question the college application process. They wonder if the ends justify the inexplicably grueling means. However, most students would say it was all worth it when they receive letters in the mail that begin, "Congratulations..."

For these students, the process is complete. And they would say that single acceptance letter was well worth the years of hard work. Parents, too, are overjoyed. They experience a sense of relief and pride that their children will pursue a higher education.

Ultimately, it depends on the student, whether or not he or she believes in a higher education, whether or not the letter of acceptance justifies the laborious process. For students who are accepted to the college of their choice, that letter makes the infamous college application process a worthwhile investment.

In the  
OPINION  
of the  
REGISTER

# CHALLENGING GUN OWNERS

The Register disagrees with the Sixth Amendment which states that American citizens have the right to bear arms.



GRAPHIC BY STEPHANIE PAUL / THE REGISTER

Two months ago an armed gunman went into an elementary school and killed 20 children and six educators. Since this crime took place, guns sales all over the country have spiked, especially in Connecticut where the shooting took place.

The state's gun sales in 2011 were just under 56,000, and at the end of the year of 2012, 78,733 guns had been sold, according to CTPost.com. With a spike like this, should America as a nation be more concerned about more mass shootings occurring? We should—but citizens keep buying guns. The people who buy these guns say they are for protection. Are they really protecting themselves, or endangering more people? The gunman in Connecticut obtained the guns he used to murder the children and adults in the school from his own house—they belonged to his mother. Did she think she was protecting herself by having guns in her house? In the end, clearly they did the opposite of saving her life.

What are they protecting themselves from, really? Are they protecting themselves from other people? The unfortunate thing is that just about anyone can get a gun these days, despite protests from the public, so the only thing you're preparing yourself for is a shootout. Is arming yourself the only way to gain protection?

Is the American dream nowadays to have guns in your house? Yes, the Sixth Amendment says that an American citizen has the right to bear arms, but that amendment was written almost 250 years ago. Then American families had to protect

themselves from wild animals which could hurt them, or they had to hunt for their food. Why do we need guns in 2013? Surely not to shoot a rabbit in the woods for dinner.

If people enjoy hunting their own fresh meat, then it is understandable to own a gun—but must they keep said gun in their houses? If a person just wants a gun for showoff purposes, then that's where the government should draw the line. Guns don't make people look cool or even act cool—it makes people look violent and vicious.

Video games show young boys that choosing a gun and shooting people is easy—that anyone can do it. When those boys grow up and see a real gun, what would they want to do? The boy would want to shoot the gun because of that video game that a parent bought for them when they were young.

When these boys turn 18 will they buy a gun of their own, because when they were young their parents bought them a video game that was all about shooting and killing characters in the game? If they do get a gun what would they do with it? Would they want to kill people as they did in the game? As the game showed them that it's okay to? It's easy in a video game to point and shoot and kill—so what's stopping them from doing it for real?

Guns can hurt a lot of people, both physically and emotionally. Not just the people who are shot with them. The children who survived the

shooting in Connecticut will need to undergo years of therapy. They will have nightmares for years.

People in America buying guns to protect themselves should want to protect others too, but what they don't realize is that a way to do that is by not buying one. Look at the impact a gun can have on a child. Adults should not bring guns home to where their

children are. Children should not be around guns... or even be able to see a gun. America needs to shape up for this next generation who is growing up around mass shootings all over the news and violent video games. If a person wants a gun for protection, he/she should try looking at all the damage guns do to this country and to the world around us.

## Musings, thoughts on first jobs and the things they tend to teach us

Most people hate their job and when they have to work another day, they sigh and complain to the one closest to them. To me, my work is a new experience every day. Like most people say, you learn something new each day. And I do, right at Hy-Vee.

I have been working at Hy-Vee for over a year and a half, and used to despise each time I had to go to work. I was one of those people that would complain daily and be annoyed the whole time at work. Now I am the complete opposite. Yes, I do like to hang out with my friends and have time to myself, but I also enjoy work. I love the workers as well as the customers.

Hy-Vee has taught me well and will continue to each day. Yes, Central taught me a lot about diversity, but you don't interact with a lot of different ages in a high school.

In a grocery store you see people from all ages: teenagers wasting money buying random snacks, mothers and children with WIC checks or EBT cards because they really can't afford things on their own, or even the older couple that comes in every day buying bananas walking down the aisle very slowly annoying everyone that is trying to walk around them.

I remember when I helped a middle-aged woman outside with her groceries and all she did was talk about her life story. She told me how she defeated cancer and was always made fun of in school, yet she is still going strong. At first I thought, why this random lady is telling me things that don't and will never mean anything to me, but after I did talk to her, I realized it did matter.

It taught me that these things really happen in life and people go

through these each day and don't ever judge someone from what's on the outside because the inside is so much more meaningful.

Almost every day that I'm working at Hy-Vee, there is this same guy that walks in needing help to peruse the store picking out groceries to put in his basket leading the way with such a stick that he would never be able to go somewhere without it. He is blind in both eyes.

To him, being blind doesn't matter. It stuck out to me though. I've always wanted to hear his story and how he understands this world and how he "sees" it. Seeing him helped me not take life for granted and be thankful for what God has given us.

I see different people and how they act especially working at the paystation part of the store (the dining room). I receive most of the older crowd because they really have nowhere else to go.

They usually hold up the line putting their money away so slowly and without a care in the world. They never fail to be happy no matter what happens, which makes me happy in return. The way they smile and joke around makes me laugh because their life is so different from most. For example, an older man comes in to buy dinner most days and pays with mostly change and he laughs that he can never get rid of all of his pennies, yet can never have enough.

They don't become stressed and they never become unhappy with what they do in their life. To me, they are also so wise. They have lived through so much in this world, but to them that is just the past. They just live to live.

At paystation, we also have what we call "the usuals." These are the people who come in each day and just hang out. I probably see these

customers more than my co-workers. They know what I go through each time I am at work as well which makes me quite happy. We talk about the normal things in life, but more than I would with just a regular customer that I haven't had the opportunity to get to know.

For example, one group of our "usuals" are the "coffee guys" that come in about every Sunday. Sometimes many are there and other times just a few are in. They sit in one of the bigger round tables in the back of the dining room and stay almost all day and drink coffee and talk to each other. Usually they will get a little snack or dinner too. A few of them drive Harley Davidson Motorcycles. Usually I hear them talk about the government and what is going on here in Omaha. It was the most interesting to hear them when the last presidential election was going on because they all are so wise because of their age and know what is best for this country.

Although they may have different opinions on things, they all have something in common: they're older men and have been through a lot more in life than many.

Another "usual" is John and his best friend (whose name I still struggle to remember). They both hang out at Hy-Vee and buy dinner each night. John's best friend was also a journalist and talks to me about what he did to get his career started, which I really enjoy since I have the same love for it.

All in all, working at Hy-Vee has taught me to not judge the various people that walk into your life because they have such a different life than yours. Working at a grocery store for my first job was the best decision I have ever made because it has changed my life and made me be able to know how to act in different circumstances in things that come into your life each day.



NEVER WOULD I EVER  
A Column by Jennifer Rooney



CARTOON BY KEALI FRENCH / CONTRIBUTING CARTOONIST

## Hobby Lobby and other private business owners have rights, too

Freedom of speech, freedom of religion – and Obamacare seems to be disregarding these basic rights.

Clad in orange and blue font, arts-and-crafts retailer Hobby Lobby just recently became the biggest corporation to go against the new Affordable Care Act regulations.

Hobby Lobby's Evangelical Christian owners have made the statement that they object to the healthcare mandate on religious grounds – requiring them to provide coverage for birth-control – specifically the morning-after pill.

Consequently, the Oklahoma-based chain is looking at fines from the IRS reaching up to as much as \$1.3 million per day. This is in compliance with the Affordable Care Act, which states that refusal to comply with any regulations could end up in fines of \$100 a day per employee for businesses.

This case is now being eyed particularly closely by fellow religious groups, determining how Obamacare regulations will be intertwined and applied to non-religion affiliated businesses whose owners state that the law is a violation of their conscience.

Hobby Lobby as a corporation with 13,000 employee body with 300 stores is the largest private company to protest the mandate.

Obamacare in itself is a touchy topic for each and every individual and corporation in the United States. While everyone holds their own opinion on what should and should not be, Obamacare should not be forcing their mandates down the throats of privately

owned businesses.

Simply because the dominating view, arguably that of a more liberal side, is the one more widely accepted, it still does not make it the "correct" or "politically correct view" to uphold, rather an opinion.

Because majority of society feels that birth control or abortion is the correct view, society seems to view those who feel otherwise as "bigots" rather than individuals upholding an opinion.

Thus fining Hobby Lobby because of its owners personal views only succeeds in further narrowing down the lines between a conservative and liberal viewpoint, perhaps enlightening the liberal as being correct.

Not only this, but what are the hopes behind Obamacare? Arguing that employees purchasing birth control may not directly affect the conscience of company owners seems valid, it still lacks the validation behind the fact that the company is still the one paying for this outlet.

Private business owners should keep and maintain the right to do so as they please.

Pressing this matter on Hobby Lobby or any other group, even if it is a religious-stance on a policy, is only supporting a government-control feel – something we as America do not need.

It is not fair that private business owners such as Hobby Lobby should be forced to pay for something that is against their own morale – if they are, what has become of moral and individual freedoms?

## Resolutions actually take work, effort

It's midnight, and the countdown begins. All over the world people are eager to ring in a New Year with family and friends. New York's Times Square is filled with people bearing the cold winter night waiting for the famous crystal ball to drop, bring a New Year and with it hopeless goals that no one will ever be able to keep.

Counting back from 50 seconds, eager people around the world get their grapes and champagne ready, waiting to get their New Year's kiss. Loud booms resembling thunder fill the night sky, with it magnificent displays of color in all shapes and sizes and thus the New Year begins.

As the New Year makes its big entrance so do the overly annoying, absolutely useless and dreadful New Year resolutions. I hate New Year's resolutions to be blunt about it. They have lost their meaning over the years and people don't even try any more. It's all talk and no action.

Have we as Americans gotten so lazy that the most we can do is brag about our resolutions and in the end make an enormous ridiculous excuses as to why we just can't resolve them? This generation is slowly but painfully killing me.

New Year's resolutions are a tradition that started in Rome celebrating Janus, patron of endings and beginnings and protector of gateways, doors and arches.

Simple resolutions that were mostly on reflecting on the New Year and the old, resolutions that included praying and fasting. They were commitments to treat their neighbors better, avoid sins and employ their talents to better use.

What happened to those simple resolutions, the ones that ultimately made you a better person? Not the absurd ones that involve losing a ridiculous amount of weight in less than two months, or the ones involving wealth and materialistic needs.

For me, the world would be perfect if our resolutions included being nice to each other, avoiding sin and reflecting the old year to learn from our mistakes and become better people. But alas, that perfect world only exists in my dreams.

They are simple resolutions that can be kept, unlike the resolutions that we tend to give ourselves that are way beyond our reach.

Nothing irritates me more than people who talk about their resolutions non-stop, and in the end they call it quits once the month is over. But it doesn't stop there. Now they talk about how "difficult" their resolutions were and how, as hard as they tried, they just could not keep them.

Studies prove that by February most everyone who had a New Year's resolution called it quits. And my question is did they even try?

People do realize that if they want to lose that extra weight, they have to get up and work, like go to a gym right? That if your resolution includes finding a job, you have to actually go out and find one, right? Want to find Mr. or Mrs. Right, you're going to have to go out and have some type of social interac-

tion, right? It's not going to just fall on your lap while you're watching some reality show eating your life away; it involves time and effort, and so guess what, you're actually going to have to do some work!

So get off of that couch, go for a run and don't stop unless you puke, faint or die (wise words from fitness guru Jillian Michaels). Work for your goal, be the person you wanted to be all these years, you can thank me later.

It is hard work, and it takes dedication. You will be able to achieve your resolution and you will be so proud of yourself when you do. So don't stop, keep going even if it gets rough. Sure life will throw you a few curve balls every now and then, but that just means you're closer to your goal.

Next thing you know it will be the holidays again and you're going to be able to look back and see all of the progress you've made. Sure it won't be that special someone, but one rejection won't kill you. Half of the things you want may not even be close to the things you actually need. Stop spending money like it's the end of the world, but buy what you need not what you want. You'll feel richer, better and smarter.

Over time I have gotten pulled into these useless things, and every time, I failed. I was never determined enough to keep up with all the work resolutions come with. I was expecting the easiest thing in the world, yet it turned out to be the hardest.

Just imagine if I was determined enough to save all that money, to stray away from temptation and only buy necessities. I would be rich by now, without worrying if would I be able to buy lunch that day. If I committed to say no, I wouldn't have all the useless, meaningless junk that now fills my bedroom.

If my determination was strong, my will stronger and I could speak up and say "NO," who knows just how well financially I could be by now (well as well as a high school student can be, which isn't much.)

Aside from my little pep talk here, let us get serious for a minute. Do both of us a favor, play it smart and please, please, be realistic! I beg you, don't make resolutions that are, like I said before, way out of your reach. Don't decide that you want to be Superman or Superwoman and lose 25 pounds in one month. Keep it real people!

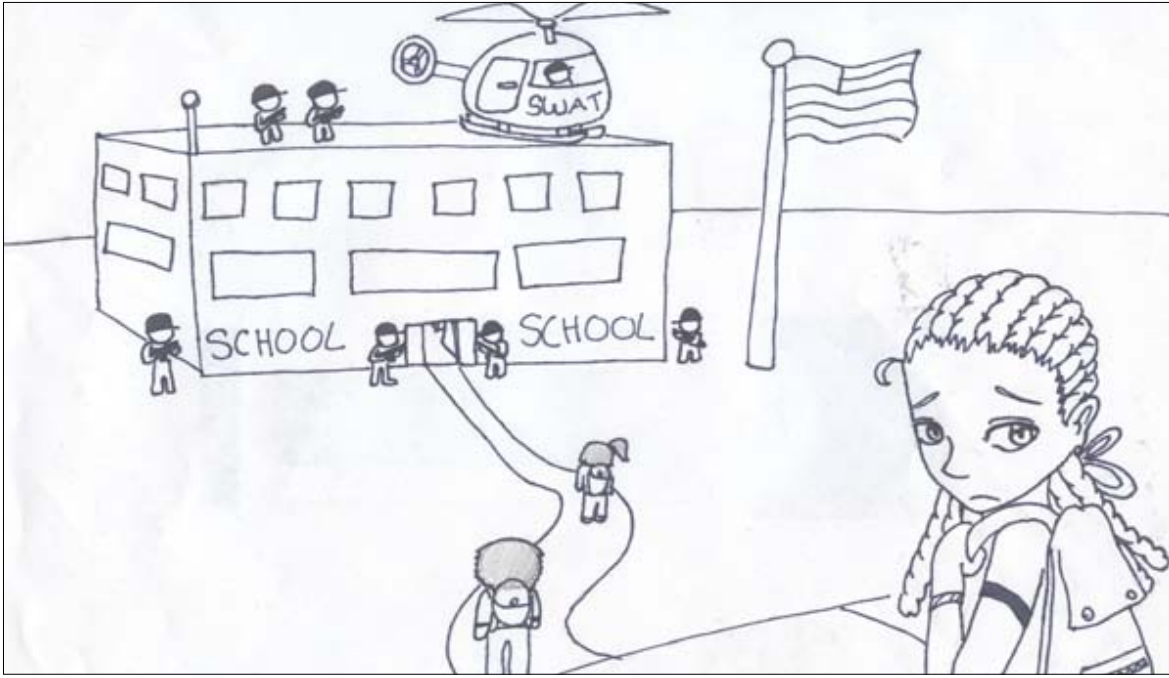
In order to follow through with your resolutions, make them realistic. That way not only will you feel motivated but you are also going to actually achieve them. Many of the reasons people don't follow through with their resolutions are because they seem close to impossible!

Make 2013 your year. Do things the right way and have faith in yourself. Don't be like the rest and give up by the end of the month. Be the first person in the history of forever to actually stick and follow through with your resolutions!

Word to the wise; keep it simple and be real. I'll be cheering you on from the sidelines.



HAKUNA MATATA  
A Column by San Juana Paramo



## ARE WE REALLY SAFE AT SCHOOL?

*The Register explores the issue of school safety, and asks the question: how safe are we?*

Is every school safe from gun violence? No one can clearly say, because it can happen everywhere, any day, at any time. It happened on that frightful day in December, when a 20-year-old man walked in, shot at faculty, and then fired at helpless children and defenseless adults.

Sandy Hook Elementary, just like any other school, tried hard to make the school a safe environment. In school, they did the usual drills to prepare in case of an emergency, where the children and adults huddle in a corner and remain quiet behind locked doors until they are safe. Even so, the principal of Sandy Hook Elementary, who was among those who were killed, set up a new security system during 2012. On CNN.com, an article explained that the security system, “required visitors to ring a bell, sign-in and perhaps produce a photo ID. After 9:30 a.m., the doors were locked.” The school did indeed provide that sense of safety, but in December it received the title of home to one of the worst school shootings in the history of the United States.

The biggest issue that occurred on that day was the fact that the killer, Adam Lanza, must have been able to get inside of the school before 9:30 a.m., otherwise he probably would not have been able to get in. But how can schools possibly lock the doors before a certain time, since there are kids who come late, and the fact that schools open so early? Basically, anyone can come into a school early in the morning with a gun, as they could come later during the day. It’s almost unavoidable.

On another article at CNN.com, forensic and clinical psychologist Daniela Schreier said, “There really is no safe place. That is just our imagination.”

While it is hard to even think about, it’s unfortunately true. Schools everywhere know what to do in case of gun violence threats, and that is lockdown drills, but sometimes those can’t help. If a person comes in with a gun unnoticed, what will students and staff do? The only way they would know of a shooter in presence is if someone with a gun is noticed by someone and is taken away, or if one ultimately starts shooting.

What can be done to assure safety of schools everywhere?

Well, it’s hard to say. Setting up security systems can work, but only if done correctly. Even if schools lock before a certain time, anyone can still get in. Lanza may have gotten in before that time and went into classrooms shooting at children and teachers, but it makes one wonder about other schools.

What if Lanza had gone to a middle school, or perhaps a high school, where students are changing from class to class every hour or so?

A good idea is to set up law enforcers to be present in school each day at the doors. Now, that is another difficult scenario, being that police officers of course have other duties. There should be separate police aid for schools. Some schools have that, but not all. Security guards in schools cannot carry guns, so it is hard to enforce any sort of threat when they are unarmed. Some, also, leave their posts in front of the doors to walk around and make sure everything is in order, so during that time anyone can walk in.

It’s hard to initiate any sort of security system requirements as well, because it can conflict with a school’s budget. But in times of danger, can’t schools be a bit more expensive in protecting kids? Shouldn’t schools focus more on the lives of their students and faculty rather than debating on whether to spend more money on something they need? Metal detectors can be used, but does that really provide safety? Think about it; someone can walk in with a gun, be buzzed by the metal detector, and stopped to get checked on, but that doesn’t assure everyone that they won’t shoot.

Plus, how can parents know that their child, no matter what age, is going to be safe every day they enter school? Though being safe in schools is sometimes inevitable, since no one can always prevent gun violence, no parent wants to feel threatened that their kid is unsafe at a place they trust is helping their child. How terrible can it possibly be to wake up one day and know that your kid is in danger at school? No one can be safe in schools; it is a fact. Can anyone really stop someone or lock a door before a shooter comes in? It does not matter if it is in an elementary school, middle school, high school, or college, schools can never be safe enough.

CARTOON BY IMANI BROWN / CONTRIBUTING CARTOONIST

## The undying purity that comes with simply being a child



**UNCOMMON NONSENSE**  
A Column by Giselle Tran

Kids are interesting. They think most everything is magical and that “big kids” or adults can solve anything.

One year, I visited California and woke up one morning hearing the laughter of children outside my window.

Someone I know said, “Oh, the sound of children’s laughter in the morning.”

I was about to reply when the person added, “Isn’t it annoying?” I used to share the belief that kids comprised that group with which adults dealt. But visiting with my endearing large and rambunctious extended family over winter break revealed that kids are funny and endearing in their own way. They still believed in Santa and the tooth fairy and the Easter bunny. Seeing the extra gifts from “Santa,” I wondered why I hadn’t capitalized on St. Nicholas more when I was a child.

They’re so innocent that they’ll believe almost anything. I remember my oldest sister once told my middle sister that crayons were made of whale throw up and that the car windows were voice-activated. My oldest sister had fun taking advantage of those fantasies.

But kids can be adorable and sweet. They can get attached to a small, white, fluffy dog named Cookie and jump on you to wake you up. On Christmas Day, I awoke to the sound of my six-year-old cousin saying, “Wake up...my dad and mom said we can’t open presents without you.” Needless to say, kids are extremely persistent and I was “awake” in a matter of minutes.

I love the curiosity in every kid. When you’re forced to grow up and act like an adult, you lose something.

Kids can ask fascinating questions, and they have the most creative imaginations. They’re easily pleased, and they can’t take “no” or “because” for an answer. I remember I had a 7-minute conversation with my four-year-old cousin who kept asking “Why?” when I said “because” and all of its variations, finally ending the conversation by saying, “Because that’s just the way the world works.”

Kids aren’t perfect. They cry, they whine, and they cause trouble. But in all parents’ eyes, their kids are the best.

Parents love their children unconditionally, and it’s not without merit. When my cousin curled up to me and said she missed me while I was out playing tennis, I had to admit that it was sweet.

Sometimes, I long for childhood again, like Ralph in *Lord of the Flies*; not because I would be able to get away with just about everything but because I wish I could be that innocent and imaginative again.

## Embracing the Kind Diet: why one girl decided to turn to vegetarianism

Continued from ‘VEGHEAD’ on page 11

no to meat, so by continuing to read the book it showed me that not eating meat could help me to be a healthier, happier person.

Although the book was meant for someone interested in becoming a vegan (A vegan is someone who abstains from eating all animal products), I still found the information useful. Not only did the book have statistics and facts about the problems with meat and dairy. It said that cow’s milk is not meant for human consumption, and that it was made to help baby cows get plumper. Us humans who drink this milk are letting it be okay for us to get fat. It also had recipes one could make to support a vegan diet. “The Kind Diet” the name of the diet, and the name of the book, was not limited to eating habits. It also showed how you could live a differ-

ent way of life. There are many ideas of how you can shop while helping the Earth. For example when buying clothes, Silverstone recommends that you shop at local thrift stores. You will be helping the Earth because not only are you reusing clothing, you are helping reduce production which in turn saves energy, time, and money.

This book showed me how great it is to become a vegetarian. After finishing the book I decided that I too would become a “reborn” vegetarian. I have thankfully stuck with it since then, and continue to do so. I use a lot of the tips in the book, especially the tip about not drinking milk. Since finishing it I have decided to switch from drinking cow’s milk to drinking almond milk. I also try to eat my protein everyday. I get this from nuts and beans primarily, and sometimes even whole grains. Overall being a vegetarian is a big change but anyone can do it if they really want to.

## Many teachers bluntly show biases towards favorites while ignoring other eager students

It’s apparent to me and fellow people that I’m probably one of the most socially awkward, quiet people in school. It’s fine with me, because I’m proud to say that because of my lack of interest in people, I have hardly any problems in my life. I don’t usually talk to “peers,” but I also don’t have strong communication with teachers either. I think that’s fine, but there is definitely something that irritates me about some teachers in the past and present.

I hate when teachers have biases.

It’s one thing when there are those students that are always grubbing for grades and always trying to kiss up to teachers, but it’s worse when the teachers have biases. It’s wrong, and quite bluntly, annoying.

For example: I can look around a classroom and point out which students are always called on versus the ones who are always trying to get in the spotlight, only to be ignored by the teacher.

I hate it when the student always called on or praised is not the brightest crayon in the box. If they raise their hand and the teacher calls on them, they usually have stupid questions to ask, which are totally irrelevant to whatever is being taught. Usually, however,

the teacher will gladly answer it and smile all peachy-like. But if there is another student who asks a relevant question, the teacher would say, “I already went over it; pay attention.”

One particular teacher I had this year was extremely biased to my classmates, and it became so irritating. The teacher would always start talking to the kids in the middle of the lesson and just ignore the rest of the kids who had a question or were more focused on learning.

The teacher always talked to this one kid all the time, and even they could tell that he student didn’t pay attention or do any work, yet the teacher always let the student get away with everything, and always praised the kid for doing nothing.

Me, on the other hand, the certain teacher didn’t know my name, and if I was called on, I was usually called by my sister’s name, which always resulted in me throwing an unpleasant glare.

I don’t like it when the teachers pick out which students are “smart” versus the ones who aren’t. I can relate to that in yet another of my classes this year. Most kids in this certain class are yelled at every day by this

teacher of mine, and are usually kicked out for doing absolutely nothing. If one of the kids not branded as “smart” asks a question, this teacher will ignore them completely or say, “Go ask this ‘smart’ kid, he/she knows lots about this topic,” or will actually say, “You’re annoying, stop asking stupid questions.”

What I hate more than anything is when I get a test handed to me and there are story problems involved, and inside the story problems are the names of the same annoying students who always get called on.

I like teachers who are open to all students, not just ones who constantly participate or who always pass tests. Why can’t they pay more attention to the quiet kids who mind their own business? Teachers should definitely call on all kids and answer every question, no matter how ridiculously stupid it may be. I wouldn’t even mind if they went old-school and got those Popsicle sticks where the teachers write down the names of kids and reached to choose a random volunteer, because that would make me happy knowing the teachers kinda care enough about every student.

Maybe I’m just jealous that I’ve never been a teacher’s bias, but when they choose favorites, it seriously bugs me. Every teacher should treat each student with respect and should not pick one as their shining, glorious student.



**BIG BOW STRIKES AGAIN**  
A Column by Cheyenne Alexis

## Lingerie Football League endangers the integrity of professional female athletes everywhere

Several months ago I opened a copy of the Omaha World Herald and the front page story of the Sports section caught my eye—something that doesn’t happen often.

I’m sure it caught many others’ attention too...after all, the story was called “Omaha to get Lingerie Football team.” It’s not every day that one sees ‘lingerie’ and ‘football’ in the same sentence...or news headline.

As I began reading the story, which talked about the Lingerie Football League, I found myself getting more and more upset. “Not much description is required here,” according to the World Herald story. “Leggy women in pads, bras, panties and little else strap on hockey-style helmets to duel in seven-on-seven arena football games.” The league is to play games at Ralston’s Sports and Event Center.

The league has its roots in pay-per-view programming, and in recent years has gained such a following that it’s become a full-blown affair, with teams predominantly on the East and West coasts. And now they’re trying to assimilate themselves into the Midwest, via Nebraska.

Most of my disgruntled feelings came from the fact that this screams sexist...not to mention it seems a little trashy.

It really ticks me off that “after three years in business, the LFL claims it’s the country’s fastest-growing sports league and the most successful female sports organization,” according to the World Herald story. My immediate response to that was are you kidding me?

Because it’s disgustingly typical of our society to revere a women’s sports team simply because of its participants’ skimpy attire. Women’s teams have struggled for decades to gain followings—not to mention

respect and regards as serious teams—and receive equal funding as men’s teams (although we all know that will never happen). And the struggle that women undergo to be appreciated as serious athletes, especially in a “man’s sport” like football, is being completely undermined by this Lingerie Football League business. It’s almost like they’re cheating.

While I believe that the men in our society are in part to blame here (because obviously this wouldn’t have had to happen if they took women’s athletics seriously while they are fully clothed), the women hold just as much fault. They make up the other half of society, thus should also be blamed for not taking member of their own gender seriously either. The women who I believe are the most at fault, though, are the ones who agree to stoop so low as to play in this league. Have they no self respect? Do they realize what they’re doing? It’s not just a matter of uniform—it’s a matter of how this will affect other women.

From a psychological standpoint, what is this teaching young girls who may come along to these games? Will they begin to believe that, in order to be successful/good at sports/paid attention to, they’re going to have to show off their bodies to be ogled by others? Is this teaching our young girls to dress themselves like pieces of meat to be enjoyed by the men of our society?

Frankly, I don’t think that women should have to compromise themselves to get that kind of attention. And thankfully I’m not the only one with this belief. Unfortunately, those who stick to this principle find themselves at a disadvantage—namely, players in Nebraska Stampedede,

a semiprofessional, unpaid women’s football league. They play with all of their clothes and padding on, and have “struggled to make ends meet playing football in the Omaha area for three seasons” according to the World Herald article.

Curtis Webb, general manager of the arena, claimed that the arena will have to meet a budget. He also said that “We’re in the event business, and we want to make sure we’re providing diverse entertainment, but in a professional way so we can grow and the building can grow.”

But even he can’t deny that this is not exactly family friendly or professional entertainment. How are community members going to feel about this? That’s my big question. Who, demographics-wise, does Webb think is going to come out to watch these games...besides men? Are women going to feel empowered by viewing these games? Is a Lingerie Football League game something you would take your grandma to?

I don’t think so.

I guess it was only a matter of time before a group of people sat down and asked themselves, “how can we make this popular? What’s gonna sell?” The answer? Sex.

I find it entirely pathetic that women have to take off their clothes in order to get a little respect (It’s really a question of decency)...although respect is probably not what they will be regarded with if this whole operation goes through in Ralston. No, the seeds of men who will undoubtedly be turning out to watch Lingerie Football League games will most likely not be keeping their eyes on the ball. We all know what they’re going to be ogling.

Tell me, what man wouldn’t get enjoyment out of drooling over toned, tanned, buxom young women tackling each other?



**I MADE THIS FOR YOU**  
A Column by Emily Beck

Culture



“Welcome, you have reached the home of Omaha-based rock band, Back When,” proclaims the opening of the website of history teacher Joe Mickeliunas’ band Back When.

Not only has Mickeliunas been teaching at Central as a social studies teacher, but he has been in a punk rock band since 2002 called Back When.

He is not an original member of the band, though; the group had been together for awhile before he joined in 2002. Mickeliunas became a part of the band when the original drummer quit; the guitarist took up the drums, leaving a spot open that was calling Mickeliunas’ name.

The band includes Mickeliunas on guitar and keyboard (and at times vocals), Jonathan Tvrdik on guitar and vocals, Chris Kelley on bass and Aaron Broveak on drums. Originally, the band had a different singer as well, but Tvrdik and Mickeliunas took that over after 2002.

The name of the band—Back When—serves as a sort of tribute to the glory days the group members had as younger punk rock artists. It all began with a group of friends who had common interests hanging out and working at a local punk rock venue called the Cog Factory, which used to be located on 22nd and Leavenworth Streets. It had a lot of open space with a stage, and countless shows and performances took place there. It was there that Mickeliunas performed every job thinkable, including taking care of door and venue operations—but he mostly made his way in the venue by taking care of the sound.

At the end of 2001/beginning of 2002, the Cog Factory closed down, but Mickeliunas stayed in touch with the friends he had made there. It helped that they had formed multiple bands with one another.

After the Cog Factory closed down, the gigs didn’t stop—they simply relocated, often to one of Mickeliunas’ friend’s basements.

Usually \$5 was charged for entry to the performances, and the shows would have to end before anybody could call the cops on them. The band’s first performance, however, occurred as a four piece at Ted and Wally’s.

The teacher has been playing guitar since the age of 19; he began learning after being inspired by Nirvana. The first time he watched one of their music videos, he was amazed and intrigued. He has also been playing piano since he was six years old.

“Music has always been a part of my life,” he said. “Seeing bands like [Nirvana] made me want to do it too.”

Mickeliunas has been in bands and performing since he was just 16 years old. His first band was named The Faint and he played bass. His first concert was in his high school’s gym.

“I was nervous because I knew all of the people I was playing in

Continue to ‘MICK’ on page 17

ALTER EGO

On the outside, Joe Mickeliunas looks like an average high school history teacher—but during his off hours he is a guitarist for local punk rock band Back When.

BY JENNIFER ROONEY



PHOTO COURTESY OF JOE MICKELIUNAS



New artist Kendrick Lamar challenges the foundations of rap music

In the 1970s, rap music was created in the urban parts of New York and spread rapidly. Notable rappers include 2Pac, Notorious B.I.G., Dr. Dre, and many more. However, in today’s rap music genre a new artist has graced the ears of many listeners with his poetic lyrics and is on his way to becoming a legendary figure in rap history. His name is Kendrick Lamar, a 25-year-old rapper from Compton, Calif. He started as “K-Dot,” but changed his name after the release of his mixtape “C4.”



GOOD KID, MAD CITY A Column by Tia Spears

“The Recipe” featuring Dr. Dre was the first song that I ever heard. As an individual who is extremely versatile when it comes to the type of music I listen to, it quickly became my favorite song at the moment. I fell in love with his poetic way of rapping and the catchy beat that introduced the track. After hearing the song, I was inevitably lured to listen to more of his music. Subsequently, I surfed YouTube for more of his music and discovered his mixtape “Section.80.” Again, I was extremely impressed. I became aware that the very song I fell in love with was from his debut album, “good kid, m.A.A.d City” in which the basis for his inspiration was

the city he derived from; Compton, California. Some of my favorite songs include “Poetic Justice” ft. Drake, “Real”, and “Money Trees”. A common attribute that I noticed in his music was his experience with homicides and a prostitute he knew growing up. He explains his experiences intelligently utilizing an extensive vocabulary and metaphors cleverly conjured. Listening to his music is similar to reading a novel. Every bar gives a clear picture of what he went through in his childhood and adolescent years.

Kendrick Lamar excels in painting a vivid mental picture with his lyrics. The fact that he is not stereotypical makes him

Continue to ‘LAMAR’ on page 17

“Notes from the Underground” full of surprises; group blends rock and rap



PHOTO COURTESY OF POLYDOR

CHEYENNE ALEXIS Staff Writer

After almost two years, rap-rock band Hollywood Undead recently released their new album titled “Notes from the Underground” on Jan. 8, 2013. This new album is full of surprises, and a whole load of amazing songs to listen to. One thing is for sure; it is definitely not a boring CD to purchase.

Since their formation in 2005, they have written and produced three studio albums, released 12 singles and made 11 music videos. The band is known for their usage of pseudonyms and wearing masks in their videos and while performing. The band has six members who either play instruments or provide vocals. Hollywood Undead uses unique genres of music and has very distinct songs; none of them sound the same.

Hollywood Undead has produced three studio albums, and none of them are disappointments. Their albums have all been successful, and it is no wonder why, since they are so unique with their sound and lyrics with every song. Their songs have a great upbeat sound to them, and they can be quite surprising. For example, the song “Tendencies” on their album

American Tragedy is very fast and has more of a rock feel to it, and a song on the same album called “Comin’ in Hot” is more of a rap song, with lyrics not suitable for the faint of heart, as they refer to drinking in a lot of their songs. But even though they do, those songs are what define them, and they’re good songs anyways.

The new album is titled “Notes from the Underground,” and the band released the song “Dead Bite” on Oct. 19. On Oct. 29, they released their single “We Are.” The CD has 11 tracks on it, with seven bonus tracks depending on the version purchased.

“Dead Bite” is the first song on the album, which has sort of an eerie feeling to it, with a chorus that is very loud and aggressive. The next song, “From the Ground,” starts off soft, but soon progresses into a fast rock song. Another track centered song is “Another Way Out” which is the third song on the album. “We Are,” which was the band’s first single, also is more upbeat and loud.

Two of the darker songs on the album are “Rain” and “Outside.” The most interesting fact about this band is their different use of genres, and it shows

Continue to ‘NOTES’ on page 17

review [ALBUM] NOTES FROM THE UNDERGROUND



PHOTO COURTESY OF UNIVERSAL PICTURES

An almost unrecognizable Hugh Jackman plays the prisoner Jean Valjean, the lead role in “Les Misérables.”

Stars bring audiences to tears in timeless tragedy “Les Misérables”

EDDIE SCHOOLER Contributing Writer

I dreamed a dream that director Tom Hooper’s adaptation of “Les Misérables” would not shame what, in many circles, is regarded as the greatest musical of all time. With superb acting and generally talented voices, the film did not disappoint.

For anyone who has ever loved another human being, the emotional impact of the film is remarkable.

The story of “Les Mis” is complicated but essentially follows Jean Valjean, a bread thief, who is released from prison after 19 years by the policeman Javert and is treated poorly by society.

He steals some silver from a priest, who returns the favor by inspiring him to change his ways and to give his life to God.

Valjean assumes a new identity and years later meets Fantine, a dying woman, who has done everything in her power, including prostitution, to provide for her child Cosette.

Just before Fantine dies, Valjean promises to raise her child as his own and does so while always on the run from Javert.

The student revolution (also called the June Rebellion) later begins, and the now young adult Cosette falls in love with a revolutionary boy named Marius—whose best friend Éponine is also in (unrequited) love with him.

The students join together in the fight that will give them the right to be free, but as the history books tell, they do not prevail.

Viewers will be amazed as they watch the transformation of Jean Valjean, who turns from hatred and learns to love through finding faith and raising Cosette—and in the end we are

reminded that mercy will always prevail over justice, and that a people can be victorious, even if they lose their physical battle.

The 2012 movie adaptation of “Les Mis” is NOT a Broadway musical.

It is, as advertised and made very clear, an adap-

Continue to ‘LES MIS’ on page 17

review [MOVIE] LES MISERABLES

How to Lavish Your Love for Less

Stumped over Valentine’s Day date or gift ideas? We’ve got you covered!

See Inside, Page 20



Get Your Crepe On

The Register reviews new nearby eatery The Corner Creperie. Just minutes from Central and locally owned, it’s sure to be a hit with Central kids.

See Inside, Page 19



Go Shopping with The Register

All of the information you need to have a fun thrifting experience in Omaha. Read these five reviews of Omaha’s best vintage shops and get shopping!

See Inside, Page 18







PHOTO COURTESY OF JOE MICKELIUNAS

Joe Mickeliunas and his other band members pose. Back When performs on tours in and around Omaha.

## History teacher doubles as musician

Continued from 'MICK' on page 16

As 20-year-olds, Mickeliunas and his bandmates were simply angry with the world and wanted to play aggressive music that represented that. Then they began to grow up, and their music started to evolve; they began to challenge themselves musically. At that time, they played short, loud, technical songs that were considered different than all of the other bands out there. Then their sound continued to change after their first record came out. They went from playing two minute long technical songs to playing eight minute long dynamic songs. And, finally, they added a keyboardist.

"The songs are more structured and we feel that we have refined our sound. We were no longer the angry hardcore kids from the Cog Factory, we were now adults with jobs, wives, careers and mortgages," said Mickeliunas. "We had lost the aggression and maybe some of the volume, but we still have the same passion that we have always had."

The last gig that Back When performed was in August, although they were supposed to play in December. Unfortunately, during December one of the band members became horribly sick, and despite his desire to play regardless of his condition, the shows could not go on. The members of Back When meet every Wednesday night to practice. They either write music or prepare for an upcoming show. As of right now, they are doing a lot of writing for new songs, with just a little bit of rehearsing.

They have released seven albums to date. In 2003 and 2004, they released "Celebration of Alceste" and "Swords Against the Father." In 2005, they released three albums: "Split 7th with the Setup," "Noise Before God" and "We Stand as Ghosts." Then they slowed it down and only released one album in 2006, "In the Presence."

Between 2002 and 2006, they went on five or six tours, sometimes for more than a month. But sud-

denly a pretty nasty car accident occurred during the tour, which caused them to slow things down and take a break.

In 2009 the group reformed and created their latest album, "Champion Hologram." Their record release was on Dec. 28, 2011 at the Slowdown. They have recently played there, as well as Sokol Underground and The Waiting Room.

"I have played in front of 600 strangers before, but it's not a big deal," said Mickeliunas. "The nerves are all in the past." Back When recently played on Jan. 19 in Kansas City at the Riot Room, with one of Mickeliunas' favorite local Omaha bands, Lady Finger. After that, their most recent performance was at the Waiting Room once again on Jan. 27. The band has its own web page, set up by Tvrdik and called WeAreBackWhen.com. They have Facebook and Twitter pages as well.

"Take four men with The Pixies, Milemarker, Failure and Radiohead in their veins and let them loose on the abstract and blistering world of heavy music," reads the website. "Through ten years of tours, careers, marriages and one baby, you'll find a group of four men honored in the fine arts of reinvention."

Mickeliunas really loves playing in the band, and somehow manages to balance it with his busy life. Mickeliunas and his wife agreed to make a point of making time to do things that they love on their own to keep themselves happy. His favorite song is "Swans Drugged Dead" because it is really energetic and challenging to play and sing. It is an "in your face" song and he enjoys how the fans react to it—speaking of fans, Mickeliunas and his band have been tattooed on an obsessed fan's body.

"I love being in a band. It's something I will never stop doing. Too many people pressure me to keep playing and even want to play with me," said Mickeliunas. "There are so many types of music out there and I love the sense of creating something that people can interpret in different ways."

## "Les Mis" elicits emotion, tears and joy

Continued from 'LES MIS' on page 16

tation. Many critics and fans alike have been giving the film harsh reviews because particular actors' (cough, Russell Crowe—personally I enjoyed his performance) voices do not stand up to the standard of onstage performances. What these individuals fail to realize is this is not a musical, but a film.

I firmly believe the majority of people who were disappointed showed up for a musical and got a movie. It was not the content itself which disappointed these people, but the comparison between the screen adaptation and the musical production.

What the movie lacked in musical talent was made up for and surpassed by emotional effect and incredible acting.

Hugh Jackman's portrayal of the parole-breaking Jean Valjean is phenomenal.

His internal struggle after his soul is "saved for God" is astonishing and his story of raising Fantine's child out of love is heartwarming to say the least.

In the same breath, Anne Hathaway, whose portrayal of Fantine snagged her the Golden Globe award for best supporting actress, practically stole the show.

She evoked unprecedented emotion with the well-known "I Dreamed a Dream" and surpassed the standard of excellence to which that song is held.

Apart from this dynamic duo, the musical featured Russell Crowe as Javert, the misguided and over-zealous legalist policeman who is hunting Valjean (Jackman) for breaking parole; Amanda Seyfried as Cosette, Valjean's adopted (from the dying Fantine) daughter and "the best of his life" as well as Marius's lover; Sacha Baron Cohen and Helena Bonham Carter as the Thénardier's, the wicked innkeepers who provide ample comic relief; Eddie Redmayne as Marius, Cosette's lover and a student in the revolution; Samantha Barks as Éponine, daughter of the Thénardier's who is hopelessly in love with Marius; Daniel Huttlestone, the "street urchin" and everybody's favorite little kid; and Aaron Tveit as Enjolras, the fearless leader of the revolution.

For the most part, this cast nailed their roles and delivered a level of emotion that cannot be displayed

on a stage. They were well-selected, and each seemed to be perfect for his or her role.

Stage productions are for telling, while movies are for showing. "Les Misérables" both told and showed the viewer Victor Hugo's beautiful story to create a level of emotion which has never been rivaled.

With the use of close-ups (although sometimes seemingly overdone) and shots of majestic French scenery, the movie exceeded what can be done onstage.

In the musical world, Russell Crowe's performance has been both commended and condemned. Those who address it with words of malice generally complain about his singing, phrasing, intonation, etc. These people really just need to get over themselves.

Although musically it was not phenomenal, his job of portraying Javert was excellent—and I mean, come on, he's a Hollywood actor, not a Broadway performer.

I'm fairly certain most of the people complaining about his performance could not do half the job he did, and again must remember this is a movie adaptation, not the musical itself.

Finally, as someone who has performed this musical as a member of the pit orchestra, I have a personal complaint to file: the score (or musical arrangement) for the film was lacking.

Many of the compositions were changed so that there were more strings (violin, etc) and less brass and percussion.

I felt this was unnecessary, for the brass parts are extremely well known and recognizable. The orchestra did an extraordinary job, but the arrangements themselves were less than ideal.

The orchestra was also not mentioned in the credits, but that's just the world we live in.

Anyone looking for an emotional journey, an enthralling musical experience or just a good cry will find their home with "Les Mis."

It truly is the story of the miserably during the French revolution, but ends in way which will warm the heart and leave you smiling, no matter how many tears streamed down your face throughout the story.

Tom Hooper has done the cinematic and musical world well and will be remembered and commended for his work.

Do you hear the people sing? Because I sure did.

## New Hollywood Undead record impressive

Continued from 'NOTES' on page 16

through these songs. After listening to songs which describe drinking, it is odd in a pleasant way hearing the same band singing such meaningful songs with heartfelt lyrics.

The song "PigSkin" is more in the rap genre sang by three members. There are two drinking-centered songs on the album, "Up in Smoke," and "One More Bottle." For the most part, the songs are quite superior, but there are those that stand out, too. For instance, "Lion" is a fantastic song. It is empowering and the lyrics alongside are very uplifting; it is one of their more dark rock songs. Another song, "Kill Everyone"

is also exceptionally good. The beginning starts off with a shouted quote, topped off with violent lyrics throughout the song. Lastly, a final great song is titled "Medicine," which is probably one of the most interesting. The song is centered on prescription drugs, but it is the background music and lyrics that really define it as a masterpiece Hollywood Undead song.

This CD is full of surprises, but one thing for sure: it is not a disappointment.

Hollywood Undead has delivered yet another glorious album that can be enjoyed for years to come. No one will become bored listening to this. If purchased, it will become extremely loved, whether enjoying it with friends or alone.

## Emerging artist Kendrick Lamar impresses listeners, possesses talents unique to other rappers

Continued from 'LAMAR' on page 16

that much more alluring as a rapper. I would much rather learn about someone's personal experiences that ignited self development than hear boasts about promiscuous ways and drug use. It tends to be a common trend for rappers to rap about irrelevant things in their music nowadays. As a genre that started in such an unexpected way, I feel that it is detrimental in the utmost manner to speak solely on using drugs and bragging about materialistic things. Yes, he has a song called "Swimming Pools" that mainly talks about drinking, but it is overlooked in my eyes because of the content of the majority of his music. Kendrick Lamar on the other hand is extremely impressive because of his artistic ways and

symbolizes to the purpose of transitioning the content of rap music.

Kendrick Lamar has collaborated with notable artists such as J. Cole, Lady Gaga, Dr. Dre and Drake (all artists who are exceptionally talented). His collaboration with Drake is what led me to further believe that he is an artist on the rise. I admire Drake for the talent he possesses as a lyricist—however, Lamar is ten times more poetic. I did not think that anyone could easily replace Drake's spot as most talented in my eyes; little to my expectations, Kendrick Lamar took his spot rapidly. It took me two songs to be hooked and amazed.

One thing that I will pick apart is the auto tune that he at times uses. I am not a fan of auto tune itself (T-Pain couldn't even pull it off) and I feel like it unnecessary in his music. I also noticed that his voice tends

to sound different in various songs. It doesn't lessen the value to me, it just is slightly irritating when I am trying to really listen to his music and the unpleasant sound of auto tune distracts me from being able to do that. Since he has impressed me so far, I am looking forward to more influential music that he will eventually put out. I am assuming that he will gain more attention worldwide (more attention than he already has). Hopefully he earns Best New Artist or Best Rap Album this year at the BET Awards and any other award ceremonies he will attend. With his poetic way of rapping and remarkable talent, it is certainly more than conquerable. I highly suggest people listen to his mixtape "Section.80" and his debut album "good kid, m. A.A.d city" as it will further prove my opinion that he is the greatest new rapper since Drake.

**Songs** Now Playing

<b>Oblivion</b>	A
Visions - Grimes	B
<b>Pyramids</b>	C
Channel Orange - Frank Ocean	D
<b>Climax</b>	E
Climax - Usher	F
<b>B**** Don't Kill My V...</b>	G
good kid, m. A.A.d city - Ke...	H
<b>The House That Heav...</b>	I
Celebration Rock - Japandroids	J
	K
	L
	M
	N
	O
	P
	Q
	R
	S
	T
	U
	V
	W
	X
	Y
	Z
	#

Artists Songs Albums Videos More

# Top Tracks of 2012

*The Register represents the beginning of 2013 with the top five tracks of the previous year. At the end of 2012 Pitchfork media, a music website, put out the top 100 tracks of 2012.*

MAYA DURFEE O'BRIEN  
Staff Writer

JENNIFER ROONEY  
Editor-in-Chief

1. Oblivion

The number 1 song on Pitchfork's top 100 tracks of 2012 is called "Oblivion" by Grimes. "Oblivion" comes from the album "Visions" by Grimes that was released on January 31, 2012. The song features very high pitched vocals - a unique sound that Grimes is known for. In the song Grimes talks about someone breaking another person's neck. Those lyrics actually happen to be based on personal experience. Grimes said, "I was assaulted and I had a really hard time engaging in any types of relationships with men because I was just so terrified."

2. Pyramids

The nearly 10-minute song called "Pyramids" by Frank Ocean is a very unusual song. It still has an R&B feel and sound to it, but with different elements. "Pyramids" is off of Ocean's album "Channel Orange" and was released on July 10, 2012 on Ocean's tumblr. It was later released on July 17, 2012 to CDs and things of that nature. The song has a physcedelic flair to it, almost like something one would hear in a stereotypical space movie. It even features a guitar solo from John Mayer. Overall a unique song which is number 2 on the list.

3. Climax

Usher has had his fair share of chart toppers, making his 2012 hit no exception. The song "Climax" was released on February 22, 2012, and is on the album "Looking For Myself." This track inhabits a very popular style for the year of 2012 - dubstep. The song is third on the list of 100 tracks, and is actually a collaboration with DJ Diplo. The song reminds those of what old Usher used to sound like. The R&B style shines through on this track, although still having the dubstep elements without being too overbearing. It is the perfect mix of pop, but still has the concepts of dubstep. This track helps us to remember why we loved Usher in the first place.

4. B\*\*\*\* Don't Kill My Vibe

The fourth track on the list is titled "B\*\*\*\* Don't Kill My Vibe." This track is by a somewhat new rap artist Kendrick Lamar, and is off the album "good kid, m. A.A.d city," which was released on Oct. 22, 2012. The lyrics are real and raw. "I a sinner who's probably going to sin again. Lord forgive me." Not very many rappers can be so blatantly honest about themselves. That's what is admirable about Lamar; he is not afraid to be himself. The original version of this song was actually done with Lady Gaga, but that would have messed with the song's main lyrics- "Sometimes I need to be alone," and Kendrick Lamar did need to be alone for this track. Lamar is not like any other rapper. He has a unique style and tone that does not need to talk about degrading women and other things of that nature. Lamar can solely rely on his voice and his words to carry him through his songs. This song is a key example showing that Lamar stays true to himself.

5. The House that Heaven Built

Track number five on the list is called "The House That Heaven Built," and is by the Japandroids. This song is off of the band's second album entitled "Celebration Rock," and is described by Brandon Stosuy, a Pitchfork writer, as one that "reminded me of music and sensibility from my youth wanderings" and a "punk spirit" is not "relegated to the past." This song was something people could believe in, it was an anthem of sorts for all those wanting to be saved. It reminds us why we go to concerts. We go so we can leave wanting more and also so we can have something new to believe in. That belief of pure music can overwhelm your soul and even sometimes even save you.

# OMAHA'S BEST VINTAGE

REVIEWS BY EMILY BECK, MAYA DURFEE O'BRIEN AND SAN JUANA PARAMO

*The Register* delivers the Metro's best local shops to seek out the finest (and most affordable) vintage and secondhand finds.

## PAPERDOLL VINTAGE

**EMILY BECK**  
Executive Editor-in-Chief

Since April of 2009 Paperdoll Vintage has anchored itself in Benson. Originally in a somewhat lonely location just on the outskirts of the Benson Business District, the store now inhabits the old Benson Grind coffee shop space at 61st and Maple Streets.

The place is beautifully decorated, emanating a warm, friendly feeling. Clothing lines the walls and there's locally made art everywhere—both on canvases, in frames and in the form of jewelry. Kelsey Riewer, the savvy owner of Paperdoll, is a huge advocate for local artists, so the majority of Paperdoll's jewelry is handmade locally.

One can find just about anything in the store, from crazy printed tights to A-line skirts to cool t-shirts to old-fashioned dresses. Riewer is not only the owner; she does the majority of the buying, sometimes travelling far to bring treasures to Omaha, and has incredible taste.

Paperdoll had humble beginnings; its space was tiny and became uncomfortable, crowded and stuffy when the number of shoppers exceeded three. It also had short hours, only opening its doors for a few hours Thursdays, Fridays and Saturdays. Fortunately, all of this has changed within the last year.

After the Benson Grind closed its doors, Riewer jumped at her chance to expand her store—which was quickly gaining popularity. Since the move, both Riewer and her customers have enjoyed a bigger

space, creative window and merchandise displays, and an increase in local artists' products.

I only visited the store three or four times while it was in its old location, but I've taken many visits to the bigger store. The prices are very reasonable—often you can pick up a skirt or cool shirt for around \$16, a t-shirt for \$8 or a dress for around \$25.

And there are sales all the time...on Labor Day the store had a secret sale (only shared with Paperdoll's Facebook and Instagram followers!) where everything was buy one get one free. That was everything...furniture, jewelry, you name it. I managed to score an adorable pleated dress and a very gaudy, very floral 80s dress, all for \$30. Needless to say, it was a very good day.

Riewer does an excellent job of keeping a healthy-sized men's section stocked as well. Guys can swing by the store for warm winter sweaters, cool jackets (I've spied at least one vintage Members Only jacket there...), an array of ties (bowties too!), t-shirts and hats.

Riewer is a very generous (and stylish) woman. She recently held a gargantuan \$2 sale, practically giving away tons and tons of vintage treasures, and gave all of the proceeds to The Open Door Mission. This took months of preparation, but in the end it paid off—with the help of several other Benson Businesses, \$3,879 was given to the charity.

Generosity, style, art...what more could you want? Overall, Paperdoll is a great store to visit no matter your gender. You're sure to find whatever you're looking for—tell Kelsey *The Register* sent you.



PHOTO COURTESY OF KELSEY RIEWER



PHOTO BY SAN JUANA PARAMO / THE REGISTER

## LUCKY'S VINTAGE

**SAN JUANA PARAMO**  
Staff Writer

Who would have known that a former grocery store (once called Buda's) would be home to a unique shop in South Omaha?

Lucky's Vintage is more than a boutique; it's a place for people who love all things groovy and superb. Owned by Jacqueline and Jeannie, Lucky's is the place to be if you're looking for that timeless treasure.

Opened April 6, 2012, Lucky's will be celebrating its first birthday this year. With a warm and friendly atmosphere, you will find yourself getting lost in the myriad of clothing, jewelry and charming timeless knickknacks, from a porcelain mint-green alarm clock to antique typewriters.

Not only is Lucky's full of neat clothing but of history as well, not to mention some Central history as well. From a familiar purple Central Wrestling shirt, to a three ring binder layered with stickers announcing Central's O-Ball from 1966.

You can find almost anything at Lucky's, whether it's a cute ring, a vintage ice-skating outfit, or even a pair of ruby red flats that instantly make anyone think of Dorothy from "The Wizard of Oz."

If clothing isn't your thing, don't worry about it--Lucky's has got you covered. With a cool selection of jewelry to choose

from, you'll end up falling in love with one of the many accessories Lucky's has to offer to as complete that perfect outfit. The friendly owners take a personal approach and will answer any question you would have about any particular item, to make you feel at home and ease. It's the warm and familiar atmosphere that sets this store apart from the rest.

Lucky's gives a vibe that made me feel at home, and not once did I feel lost. I could find whatever I wanted by asking the friendly owners, who were always there when I needed them. With their help I found very unique items-- and their stories as well.

While walking around the store with the help of the owner Jeannie, it was intriguing to find out that of all the clothes they carry, they also give away to the needy and homeless. There's nothing more that I loved about the store more than to find out that they care about the community. And it was nice to get to know the owners; it felt like shopping with friends. They were very open to all my questions and didn't hesitate to help me. Their customer service was great, I couldn't ask for more.

Shopping at Lucky's was an experience that I'll never forget. A nice cozy store, with friendly employees, Lucky's is the place to gather with friends and enjoy the love of all things different and unique. So next time you're in the area, walk in, ring the bell and get lucky.



PHOTO BY MAYA DURFEE O'BRIEN / THE REGISTER

## LION'S MANE VINTAGE

**MAYA DURFEE O'BRIEN**  
Staff Writer

Lion's Mane Vintage is located off of 66th and Maple in the Benson Area. Owner Rachel Haas has always loved the Benson area, and vintage so in April of 2012 she decided to open her own shop. Before starting Lion's Mane, Haas worked in retail, at Francesca's Collections for a number of years, and then decided to open up her own business. Haas is very enthusiastic about her store and about vintage clothing. She said she opened up Lion's Mane Vintage because she wanted to share her vintage pieces with others, so that they could enjoy them. Haas's goal is to sell quality vintage for the modern person.

"I want to help people wear vintage clothing for the modern times, because now all of things from the past are coming back into style," she said. Haas is very friendly, bubbly and seems to love helping out customers. She chose the Benson area for the location of her shop because "Benson is growing," and the type of people who would shop at a vintage store for the most part "already live in the area."

The store itself has a welcoming, warm, and cute feeling upon entering. Although the inside of the store is a bit small, the wonderful assortment of hand-picked vintage clothing makes up for it. Every piece that is in the shop is picked by Haas, and some are even from her own collection. While browsing through the clothing rack, one notices the quality and uniqueness of each item. There is everything, from sweaters to dress shirts. The clothing is arranged on racks that are easy to maneuver through. There are displays located around the store with ideas for outfits. Other vintage pieces are used for display as well. An old-fashioned trunk is open and brimming with shoes, and a mannequin has a typewriter nearby. Things like that make the vintage feel more memorable, and real.

The store is located in a bit of an odd area, across the street from Benson West on Maple, but is not in the heart of Benson. There is nothing wrong with that, seeing as the inside of the shop is so adorable. Parking also does not seem to be an issue. Another unique feature of the shop is Haas's dog. Customers should not be alarmed--the small pup is sweet and would not hurt anyone.

The pricing of the items is quite reasonable despite their vintage quality; it's actually just the perfect pricing for anyone who is on a budget, but wants to purchase high quality vintage clothing.

Overall, the small vintage shop is a must for anyone who likes vintage looks for less money, without the loss of quality.

## SECOND CHANCE ANTIQUES | BLUE FLAMINGO

**EMILY BECK**  
Executive Editor-in-Chief

Second Chance is definitely one of my favorite vintage places. The top floor, where one enters, is filled to the brim with all sorts of old treasures that one could spend hours and hours looking through and exploring.

If you venture to the basement, though, that's where you'll find the real treasures—hundreds of vintage jewelry, shoes, clothing and fabrics.

There's a fantastic balance of men's and women's items—at least I think so. Most clothing stores that have stuff for both men and women often tend to allocate only very small sections for the men's merchandise, but this isn't really the case at Second Chance. There's a wonderful collection of men's shoes, jackets, slacks, blazers, ties and shirts.

Both the casual and formal stuff is great. There's an impressive mix of clothing, age-wise. They have just about everything, from Victorian clothing to 40s dresses and hats to 50s bowling shirts to psychedelic 70s jumpsuits (although I've only seen that last one once) to even some more recently produced items. Regardless of how old you want to go, you can find it here.

One of the only bad things about Second Chance's basement is the dressing room, which, to be frank, is crappy. A haphazard, not completely opaque curtain that doesn't exactly provide the best privacy is in place of a door. I'm hoping that they decide to change that soon. A second downfall to the store is one I don't really mind: the clutter. I have seen the store tidy and disastrous, but some untidiness is part of the excitement.

The prices at Second Chance are pretty reasonable. Obviously their staffers are quite familiar with vintage clothing and accessories, so they know how to price accordingly. I cannot recall a time that I've strongly disagreed with a price. I mean, my prom dress was \$40. How could you complain?

Overall, Second Chance is one of my favorite vintage places in Omaha. It's an adventure every time you go in—there's always something new to be discovered, and that is purely exhilarating. Check it out.



PHOTO BY MAYA DURFEE O'BRIEN / THE REGISTER

**MAYA DURFEE O'BRIEN**  
Staff Writer

Located on 19th and Leavenworth, Blue Flamingo is so much more than a vintage store. It has everything from books to housewares to fair trade items.

According to their website the Blue Flamingo is a "non-profit thrift, vintage and fair trade shop providing new and donated goods at affordable prices as a neighborhood based ministry."

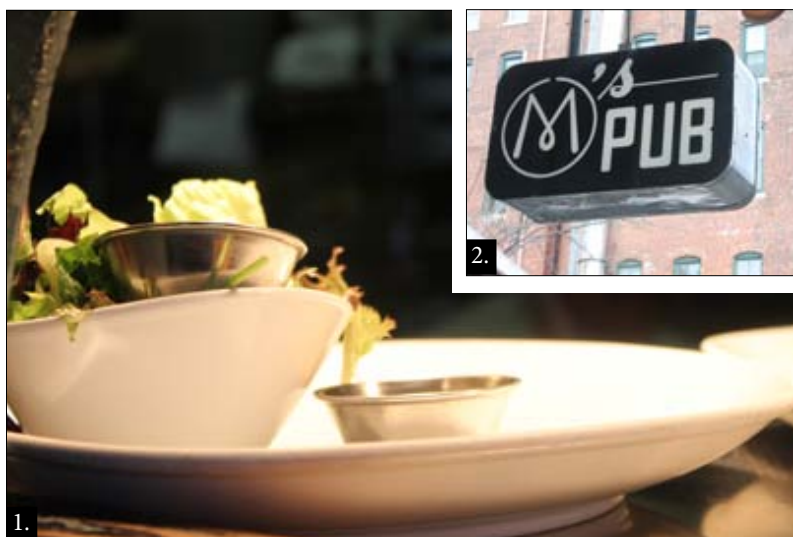
The store is run by the United Methodist Ministries and is determined to help those in need find inexpensive clothing and other goods. It all started in 2004 with a clothing giveaway at the Dietz Memorial United Methodist Church. Fellow churchgoers were very impressed with the amount of goods they were able to give out, so they decided to open their own store.

Blue Flamingo has a great selection of items ranging from men's to children's clothing; the thrift and vintage items are also rather inexpensive. The balance isn't perfect, though; women's items can be found in greater abundance than men's and children's.

Fair trade items are made for the global market and produced by people who make a fair living wage; typically they come from natural or recycled materials. The fair trade section at Blue Flamingo is impressive. They have everything, from scarves to coffee. It feels really good when you buy fair trade, because you know that you are helping someone in need.

The staff at Blue Flamingo is very friendly and committed to their store and community. Whether you are rich or poor, you can feel good shopping at the store.

An interesting feature at the Blue Flamingo is the large community garden it has in its backyard. The store also has a monthly book exchange and gives free books to children. Overall, the store is a must for anyone who likes helping the community and those in need.



1. A simple yet tasteful salad sits waiting to be eaten by a happy M's Pub customer. The restaurant has been serving high quality food since the early seventies. 2. The classic M's Pub sign invites patrons in from outside.

## M's Pub still exciting after 40 years

ELISSA WIENER  
Staff Writer

The Old Market is full of history; there are dozens of clothing stores, book stores, record stores, restaurants and more, everywhere you look. If you walk down 11th Street and keep your eyes peeled, you might just run into M's Pub, a place that's been there for 40 years.

According to Ron Samuels, co-owner for 27 years, the pub was "established by Mary Vogel in 1970 to late '72 or '73," though they aren't entirely sure.

She was a well-traveled woman that had a really strong vision: she wanted to develop a small neighborhood pub in the Old Market before it was really a neighborhood. It was a small, intimate restaurant when it first started.

The M's Pub that Omahans know and love now is a transformation from the one 40 years ago which only had about 12 items on the menu.

The changes made to the restaurant made it that much more appealing to people, and M's Pub has continued to be very successful.

"We've been very blessed over the years to have attracted some very talented, unique individuals that love this place so much that they gave extraordinary amounts of time and energy and artistry to their jobs," Samuels said, "so after that amount of time, that gets woven into the fabric of a place.

"The clientele that we have now, sat where you sat as a 4-year-old or 5-year-old, and had their first taste of lavosh or escargot or some of the things we serve here, and so now they're bringing their children down, so we have four generations or five generations of people over the years that have kind of grown up with M's as a part of their family, really."

Aside from being open for many years and remaining very popular in a place with many other great restaurants just around the corner, M's Pub has a unique quality that few other places share. M's has both a casual and a more upscale side.

One could dress up in a cocktail dress and eat a delicious, more expensive meal on a Saturday night, and then put on jeans and a jumper and eat an inexpensive burger the next day.

"It was always a very popular bar that had some really popular food. About 20 years ago when I started working with my partner Ann Mellen, we sort of made a decision that there was a market for...a style of food that was very similar to some of the food served in the fine dining restaurants down here like the French Café and V. Mertz, but they were so expensive.

"And we thought that we could do the same basic food that they were doing, for less money...we were able to, say, a steak at, say, the French Café, that was \$45—that was more fine dining...but we didn't have their overhead, because we didn't have, say, linen on the tables.

"We had more business coming in, we had a real-

ly active bar. So we had income streams coming from other areas, so we didn't have to make the same price point on that steak as they did," Samuels explained about the restaurant.

Because it became such a popular restaurant, the place had a certain image to maintain.

It was important for M's to keep the menu fresh and up-to-date with the atmosphere of the pub itself. Doing this was easier said than done.

"We all read and study a lot. We all travel a lot. We all cook a lot. We discuss things a lot, we fail a lot. We're experimenters, and we just keep trying new things all the time," Samuels said.

He enjoys surfing the internet for new trends happening in big cities across the United States, sometimes using this as inspiration for new menu items.

"It's fun to see what trends are happening. And we try not to get too trendy here, but what we do try to do is make sure when we do make a change in the menu that it's going to fit the profile of the rest of the menu and bring something fresh that our clientele seems to be looking for," Samuels stated.

Going to the restaurant with a few friends is a great experience with excellent food. The pub is set up so that, even though there isn't a lot of spare room, the place seems to be much bigger than it actually is and there seems to be plenty of extra space around you.

The servers are delightful and the food is prepared and served fairly quickly. The only hard part about eating at M's is choosing just one entrée off of the vast and delicious menu.

According to Samuels, "The most popular [items] are: the Greek turkey sandwich... a very simple sandwich, but it's been a huge seller forever. Our lavosh, which is almost like a pizza, an Armenian cracker that we top with different things and Havarti cheese. Our escargot, and scampi dishes are very popular. And that would be the main things."

The food itself is very appealing and leaves you wanting a second helping.

The atmosphere of the pub is fun and exciting while still somehow maintaining a state of calm and comfort.

It is a brilliant place to grab a scrumptious bite to eat no matter the time of day.

"The energy of the place, it's a combination of the people who work here and the people who frequent this place as a regular stop in their week," Samuels said.

"I love the conversation. I love learning new things and I'm always learning new things. It's just a very creative environment and I love being around creative people."

Even after forty years, M's Pub is still a wonderful place.

So whether it's for a night out on the town or just a quick bite to eat with a friend, M's Pub is the perfect place to go to relax, have a good time and enjoy some mouthwatering dishes cooked to perfection.

PHOTOS BY JHALISA ROBINSON / THE REGISTER

## For some, writing is far more than a hobby

Writing has influenced me to be the person I am today. I am a writer, and I ultimately want it to be my job. I feel as though it is a job right now, however, because I do write and I do set deadlines for myself, though I have never met or thought about talking to a publisher.

I find it more of a passion rather than a hobby. I can really emphasize my expressions through writing, and I definitely add my own personality to the things I write and the characters I come up with.

Though I have many hobbies, writing is my favorite. I feel that writing is a great pastime, and it can be done by anyone. Writing an original story is so much better than actually reading one and being disappointed with the outcome.

For one thing, when writing, hours can go by and someone can become so engrossed in a pen or keys on the keyboard. It's way better than watching TV or doing something unproductive. I don't like typing personally, I like writing in notebooks, but either way, it's more time-worthy than being lazy.

I've picked up many books at many libraries, and I read the first page or even just the summary. Yes, no one should judge a book by its cover, even when referring to actual books, but there are some really dumb books out there.

Besides almost all of the ones in my English classes, I wonder how some people became authors. Seriously, I can pick five random books up and they're all the same thing; girl meets boy, girl falls in love, they get married, the end. Who wants to read books like that when someone can step up and make a story ten times better? Someone could have the best idea for a book, but they shouldn't avoid it, write it down!

I may love writing, but I only have a handful of

books that I actually like reading. Rather than checking out new books, I re-read all of the stories which I've loved. My favorite book is actually one that I love to hate. I think authors should really portray more feelings into their characters and stories. My favorite book is called "David Inside Out" by Lee Bantle. If someone were to check it out in the school's library and looked at the dates, I guarantee more than half are mine.

The book makes me happy, sad and angry all at the same time. It's a book that I love to hate and hate to love. But aside from the emotions, that is the type of book that I wish more people would write, not a lovey-dovey cliché novel that ends the same as the next one.

I have read some really stupid books in my life ("50 Shades of Grey"), and that's the main reason I want to become a writer.

I know not everyone will agree with my plots, and hardly anyone will even understand what they mean, but that's okay with me. Writing is like my best friends, and I can open up to it in so many ways. We laugh, cry, and fight, but I still love writing.

I like writing short stories better, and I like making my own plots. I think everywhere people look, there can be a story.

If someone looks at a box of cereal, they can instantly come up with a story idea, which is what I love to do. I get really saddened by stories that are so boring or dull, and I am always paranoid that someone out there will think the same about mine if they ever get published.

Hobbies are what keep me entertained, but there's nothing like writing for me. It's something I've done for many years, and I don't intend to stop it anytime soon, even if no one reads my work.



BIG BOW STRIKES AGAIN  
A Column by Cheyenne Alexis



Seniors Grace Easterby and Joe Fitzgerald do the famous "Gangnam Style" dance during the halftime show.

## Pom Squad pairs with senior boys for dance

GISELLE TRAN  
Business Editor

It's not necessarily to see the dancing skills on a Broadway show, but it's for laughs and kicks—the senior boys' dance.

Every year, Central's Pom Squad invites the boys of the senior class to join the dance team during one of its halftime shows at a Central basketball game.

With only a couple of practices, 18 senior boys are supposed to learn and dance a routine. But the Pom Squad knows very well the talent of untrained dancers and so created the dance routine to entertain the crowd.

Auditions were held on Friday, Jan. 11 after school, where boys tried to prove they could dance in front of the Pom Squad and Coach Katy Bezy.

Several were shy at first and needed encouragement to get up and perform. A few Pom Squad dancers pulled the reluctant seniors into the spotlight.

Ross Harding, partnered with co-captain Emma Turbes, commented, "I know I can't dance."

Co-captain Anna Hamblin seconded Harding's statement when she said, "You do not have to be able to dance. A lot of the boys have no experience."

This didn't prevent Harding from joining the senior boys' dance, however. Harding said, "I chose to participate because I saw people from other grades

doing it in past years and I thought it looked fun. The dance is so fun. It's goofy and just a good time."

Hamblin agreed with Harding, saying, "It's a fun experience with the senior boys and it gets them involved. I think it is fun because the crowd always loves it."

The senior boys' dance was on Saturday, Jan. 19 during halftime at the boys basketball game.

The boys danced to songs including, but not limited to, "Bring 'Em Out" by Jay-Z, "Gangnam Style" by PSY, "Thrift Shop" by Macklemore, "I Know You Want Me" by Pitbull and "What Makes You Beautiful" by One Direction.

Hamblin said her favorite part of the senior boys dance is "seeing the crowd's reaction [and] teaching the dance because all the boys goof around and struggle learning it."

The auditions gave a glimpse of the senior boys' dance, supporting Hamblin's statement. The crowd was, of course, entertained.

Harding said, "My favorite part is just everyone not caring how stupid they look but just enjoying themselves."

For the seniors, this is one of the events that marks the end to a great four years. One of the last basketball games and one of the last halftime shows will remind seniors of this class of 2013.

PHOTO BY JHALISA ROBINSON / THE REGISTER



1. The Corner Creperie's sign has a simple yet modern design. 2. Coffee comes in different, well-priced sizes. 3. The eatery offers many different varieties of lattes and coffee, which go nicely with a steaming hot breakfast crepe.

## New modern restaurant inspired by European travels, utilizes local produce

SETH ARTER  
Staff Writer

If you're looking for a restaurant that's reasonably priced, has a good selection of food, desserts and coffee, try the Corner Creperie. I was a little hesitant to try the restaurant, but my worries vanished almost instantly as I quickly found out how friendly the staff was. That was just the first of many things I enjoyed about the restaurant. Not only did the menu have a good selection of crepes (sandwich wraps stuffed with yummy items inside like fruits, meat, vegetables and cheese), but the coffee menu had ten different types to choose from. I had a latte while waiting for my lunch to arrive, and let's just say it was so good that I couldn't put it down.

While sitting at my table, I noticed there were many physical aspects of the restaurant I thought were unique. It had high ceilings and artwork on the walls. I liked the fact that the restaurant had a lot of windows; I enjoy a good view any day. The only potential problem I saw was that there wasn't a lot of seating in the restaurant.

The Corner Creperie has seven different lunch/dinner crepes and

seven dessert crepes to choose from. The lunch/dinner crepes are filled with various things such as ham and bacon, while the dessert crepes fillings such as lemon, yogurt and chocolate.

The owner of the new crepe shop, Didi Olsen, received her inspiration for the Corner Creperie from traveling all across the county and the world.

"From all the travels we had done in Europe and along the East and West Coast, we always thought how neat would it be to have something like this in Omaha," she said.

Olsen and her husband Derek had plenty of reasons to choose their location. She said that "this is my stomping ground, and we thought it would be a good location for Creighton and Central students." Olsen is a Creighton alumni with a degree in marketing—and she's put her degree to good use. The restaurant opened on Dec. 8, but it was kept quiet so the Olsens could make sure everything ran smoothly. "We just wanted to work out the kinks," she said.

Business is quickly picking up as the people of Omaha are discovering the cool, new restaurant.

"It started a little slow as we hoped to kind of get our feet under us," said Chase Grove, the restaurant's head chef.

Prior to the grand opening, the space which is now the crepe restaurant was completely empty and had no use. This meant a lot of renovating for the Olsens.

"We started getting ready in April and didn't open until December," she said.

Being the head chef of a brand new restaurant, Grove knows things can go wrong at any time.

"The unexpected happens," he said. "I think for any business at the beginning you do have a lot of unexpected things to work out."

As a new owner, Olsen has constantly worried that things may or may not go as planned. "I'm worried about getting the word out there and have the peace of mind that it'll take off," she said.

The most unique aspect to me is that the Corner Creperie gets the majority of its food products right here in Nebraska.

"Most of our food product is local," said Grove. The Corner Creperie buys all of its produce from Omaha in the summer. A local business that buys locally shows me that the restaurant has been good to the community.



PHOTOS BY JHALISA ROBINSON

# Lavish YOUR LOVE FOR LESS



BY EMILY BECK AND MEKENZIE KERR

As Oscar Wilde said, “Who, being loved, is poor?” But as Valentines Day approaches, more and more people are scrambling to find ways to express this love through gifts and special outings. And what worse of a deterrent than lacking the money to do so? No fear! Gifts and dates that radiate your love and care without breaking your bank account are here!

1

**Make a special meal for your significant other and dine in.** Go all out—light candles, pull out the fancy table cloth, the good china and the cloth napkins and set up a special spread for just the two of you. Find a recipe online that suits you and your date’s tastes—try Pinterest or Allrecipes.com and work together to make it happen!



2

**Look at the stars.** Do you have a friend or relative with a pickup truck? Pack the truck bed full of sleeping bags and blankets and trek out to a spot in the country with minimal lights. If you have a Smart phone, you can download an app in advance that helps you to find constellations. Use it to impress your date with your knowledge! Try The Night Sky or Star Walk—both are relatively cheap and available in the iTunes App Store.



3

**Hit up a local coffee shop.** They’re all over town, and each is a perfect place to lounge, relax and simply enjoy each other’s company.

**Our Recommendations:**

**Caffeine Dreams** has board games like Guess Who and Battleship, and a comfy atmosphere—but it’s often crowded at night.

North Downtown Omaha’s **Blue Line Coffee** has a very relaxed vibe, especially in the evenings (business is often slow when no one is playing at the nearby Slowdown). It’s a good place to spend a chilly winter night with your love...and a caramel macchiato.

**Crane Coffee** (located at both 77th and Cass Streets and 60th and Center Streets) is a great local joint (one of the writer’s favorites) with a chilled down mood and, of course, great coffee. Try the Venetian.

4

**Escape for an afternoon.** Venture to a nearby city like Lincoln or Council Bluffs and check out the local haunts.

**Here Are Some Ideas:**

**Lincoln**  
Visit Memorial Stadium, the Lincoln Children’s Zoo, the National Museum of Roller Skating or the Mueller Planetarium, or take a stroll in the Historic Haymarket District and treat yourselves to dinner. Ask some of the natives what the best places in town are.

**Council Bluffs**  
Take a trip to Mount Crescent, where you can ski or tube (they make their own snow, so even if it isn’t snowing you can still go!), the Historic Dodge House (if you want to brush up on some local history) or the Lincoln Memorial Monument, which is a lookout spot that has a great view of Omaha.

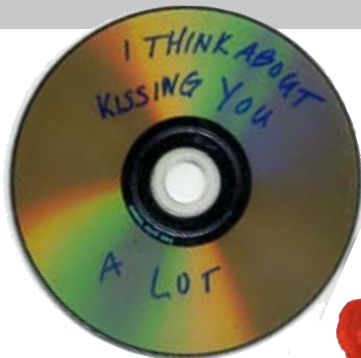
5

**Fill them up with warm fuzzies.** Decorate a glass jar, or perhaps even a box, with various craft items. Then type out or handwrite on small pieces of paper compliments and/or love notes, making enough to fill the jar. To get creative add small candies in the jar (like Kisses, Hershey minis, etc.) and present the jar to your sweetheart.



6

**Give them a good deal, one they can’t resist.** Who isn’t an advocate for coupons or getting an out-of-this-world deal? Create an “IOU” coupon book for your significant other, tailoring it specifically to them. Whether that’s a round of their most beloved video game or satisfaction for their sweet tooth with a dessert date--there are endless possibilities for your coupons.



7

**As long as you’re not just “full of hot air,”** put your thoughts to action and write “I love you because...” notes on small slips of paper and insert them into balloons. (The notes can be personalized in any way that you please.) Blow up the balloons and sneak them into their car, room or wherever else they may be found.



8

As Shakespeare said, “**If music be the food of love, play on**” – and a mixed CD is the perfect way to “feed” your love. You might think this is a little cheesy, but it is easy if not virtually untouchable on your bank account and exemplifies your thought and consideration. Compile a playlist of songs that you both love, or perhaps even “your” song as a couple, and burn them all on a CD – a simple, inexpensive gift with radical sentiment.

## Country stooges of MTV’s new show “Buckwild” give a new name to bad television

TIA SPEARS  
Staff Writer

Nowadays, it is difficult to watch television without catching a glimpse of the ruthlessness reality television shows air. Popular reality shows are renowned due to their beefy drama and mindless behavior. Notable shows include “Jersey Shore,” “Mob Wives,” “Basketball Wives” and the various “Real Housewives” shows.

Recently, a new show has been annexed to the swarm of chaos. After various complaints and pleas that the show not be aired, “Buckwild” made its season premiere on MTV Jan. 3. The show documents nine “buckwild” young adults of West Virginian roots.

Unlike most reality shows, it offers a blend of country habits topped off with the party-like habits of modern young adults. The people on the show don’t do anything outrageous and extraordinarily dangerous, despite insinuations from the previews.

As opposed to utilizing Twitter and other social networking sites to connect with their friends, they actually go out and spend time with them, which is respectable.

These country stooges choose to partake in activities they create on their own (for instance, “cesspool,” which is swimming in dump trucks). Watching “Buckwild” is similar to adjoining “Jersey Shore” with “Here Comes Honey Boo Boo” on TLC.

Previews of the have incited sour opinions from the public. It appeared as though the creators had formed a new definition of useless television. When the previews first started appearing on MTV, it was easy to conclude that the show would broadcast reckless behavior. That isn’t exactly a new trend for reality television.

But by adding a country flare to the equation, the hope was to create a new perspective on that particular behavior. If these nine kids are next in line to be reality television’s starlets, the future of reality shows is

questionable.

First there were the catty Real Housewives shows on Bravo, then the Italian juicehead takeover with “Jersey Shore,” and now some irrelevant show on displaying 101 ways young adults push the limit of witlessness.

Nevertheless, there are differing opinions (as one could assume). Kenny Wells, a sophomore at Central, possesses one of these opinions; he said that “I like it because they do fun stuff I wish I could do.”

If people appreciate shows that are dedicated to “displaying real life” then this show will be of their liking.

“They do stuff you wouldn’t think of and are always entertaining,” Wells said.

After all, reality shows stay on television according to high ratings. If “Jersey Shore” and “Honey Boo Boo” were successful with their ratings; then who knows the future of this foolery?

“I think it’ll last and have following seasons,” Wells stated. The show did have an impressive amount of 2.49 million viewers. That is over one million more viewers than those who first tuned into “Jersey Shore.” Whether people liked the show or not, they tuned in; ratings are not influenced by whether the viewers liked the show or not.

The show started out with an episode with a girl meeting another girl. Then things became worse as one guy started speaking with such a deep country accent that the producers had to add subtitles.

Later on in the show, a neighbor of one of the cast members came over complaining about nothing. The cast member technically assaulted her and then proceeded to call the cops.

After watching that foolery, it is easy to conclude that this is not show worth watching. It has been said that “Buckwild” constructs a stereotypical image of young people from a specific community by characterizing their outrageous (and often inappropriate) behaviors as part of their overall cultural heritage.”

The nine cast members are Shain (Gandee Candy, The Sexy One), Shae (The Spicy Southern Belle), Anna (The Ringleader), Joey (Justin Beaver), Ashley (The Tomboy), Cara (The Firecracker), Tyler (The Pretty Boy), Katie (The College Girl), and Salwa (Bengali in Boots).

As one can tell by their names, this is a particularly interesting group of people. The future of the show’s hands lies strictly in the hands of the viewers. What it boils down to is whether or not people will watch.



The eight members of the “Buckwild” cast cool off by splashing around.

PHOTO COURTESY OF MTV