



the register

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Sneak Peek

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See what the athletes are up to.

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Get the play-by-play you may have missed.

Dates to Remember

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April 13....Prom

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« Living in the past is painful, living in the future is dangerous, and living in the present is nearly impossible - but it's the best for us.



Emily Beck, page 11

Another Championship

The CHS Bowling Team strikes their way to become Metro Bowling Champs.

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FOUR PEAT

JENNIFER ROONEY
Editor-in-Chief

Senior Akoy Agau jumps on top of the student section while every fan is beginning to get close together to embrace that last minute of victory. The words "Four Peat, Four Peat, Four Peat" are chanted in the background as a tremendously large trophy is carried high in the air by Agau and senior Tra-Deon Hollins. These are the moments that leave history and a legend behind. This is the fourth year in a row that the varsity boys' basketball team has become the state champions.

As the weekend of the very important games came closer, the boys prepared themselves personally, physically and mentally. Coach Eric Behrens told all of the players to play their hardest. Players like Hollins watched films over and over again. The whole team arrived at Central before each game to go through a few drills in preparation.

The first game was on March 7 at 9 a.m. at the Bob Devaney Sports Center in Lincoln against the Papillion LaVista South Titans. The starters included #0 Akoy Agau, #44 Tre'Shawn Thurman, #3 Kevin Scott, #4 Tra-Deon Hollins and #5 Deandre Hollins-Johnson. Agau tipped the ball.

Agau has been a starter and has won state all four years in high school. "It feels very special. It is a blessing and I am very happy to be put into this situation. It's something I can tell people, even my kids someday," Agau said.

Many fans were there to celebrate and support the guys each day, even the band. The fans even started the first game with a chant: "We own Lincoln, we own Lincoln, we own Lincoln." Hollins started off the first game with the first basket, a three pointer. The game also involved a lot of passing and missing shots for both teams. And soon Agau wooed the crowd by making the first dunk of the weekend.

Central opened up with a 12-2 run and were unbeatable. All they did was block and swat the ball out of the Titans' hands. This is how first

Continue to 'STATE' on page 2



PHOTOS BY JHALISA ROBINSON/THE REGISTER

Seniors complete the journey to become Eagle Scouts

EMILY BECK
Executive Editor-in-Chief

Joe, Troop 42

Getting Started

Fitzgerald has been involved in Boy Scouts since first grade, when he became a Cub Scout. His father encouraged him to join, and "after about a year or two, my dad became the Scoutmaster," Fitzgerald said.

From there, scouting became not only a pastime for him, but also a way to connect with his family in a unique way.

"It was a good bonding experience for my dad and me, and my brothers," he said. "We have a relatively small troop," and sometimes during camping trips only Fitzgerald, his brothers and a few other scouts would attend.

That time alone in the wilderness or around the glow of a campfire allowed their relationships to grow in a way that they could not have, if not for scouting.

"It was a different thing," he said. "My parents definitely encouraged me, but it's always been something that I personally enjoy, so that's why I stuck with it."

Memorable Moments, Lessons Learned

Fitzgerald said that Boy Scouts is, "as most people might stereotype, mostly camping."

But that isn't all. Boy Scouts offers "about 120 merit badges," according to Fitzgerald, including unusual ones like nuclear science, music and a PetSmart badge. Some of the boys from his troop have even attended a "Boy Scout University," where they spent the day working to earn a badge.

Fitzgerald has also spent a lot of time at camps around Nebraska, where boys go to earn badges and take outdoor classes.

Every summer, he said, his troop went to Camp Cedars in mid-July, as well as camping at Chalco Hills and Walnut Creek.

"I've taken classes from canoeing, to...geology, fish and wildlife management," he said. "There's a lot of different ones you can do. You can take an aviation class, and at the end of the week you get to fly an airplane."

He also said that "canoeing was a lot of fun, but my favorite would probably be metal work."

Continue to 'EAGLE SCOUT' on page 3

JAMbassadors work to create a strong community through artistic programs

JAMES DE MOTT
Contributing Writer

As Pablo Picasso said, "The purpose of art is washing the dust of daily life off our souls." Central students feeling the need to wash off that dust have found an artistic cleanse in Central High's iconic neighbor, the Joslyn Art Museum. Central volunteers work directly and behind-the-scenes in order to support Joslyn's art education programs.

Students such as junior Kalli Imig get to work in a place of amazing beauty, with marble walls, high ceilings and many priceless works of art which populate the space in and around the museum. Imig, one of Central's premiere art students, was recommended for the program by her art teacher, Jane Taureti, and has been volunteering since October. Imig has had

the opportunity to work at Joslyn through a number of educational courses for both children and adults.

The program, known as JAMbassadors (Joslyn Art Museum Ambassadors), has been offering students the opportunity to volunteer to work towards greater a community in art education. Anyone in high school over 14 can apply in October for the program. Not exclusive to Central students, JAMbassadors is a program that allows students from all over the city to engage in volunteer work.

Imig called those she's met at the Joslyn friendly. She has found the Joslyn to be a vibrant, welcoming place for the community and a symbol of the importance of creativity. Imig went on to discuss how great the Joslyn's free Saturday program was. "It really gets people into the museum," she said. The program encourages regular people who may not be all

that interested in fine art to come in to see what striking images Omaha's premiere art museum has to offer.

Imig found she really enjoyed working with the children who come to classes.

"They really know their materials," she said, speaking of the children she gets to work with through the program. "Tempera versus acrylic, do you know the difference? They do."

Imig went on to say that working with the kids had been a really rewarding experience; though much of her time spent was working behind the scenes, doing things such as setting up for classes and firing up the pottery kiln. Activities sponsored by the JAMbassadors include printmaking workshops

Continue to 'ART' on page 3

Fast Food Fallacies

Fast Food Fallacies

With obesity rates on the rise, *The Register* examines America's obsession with fatty foods.

See Inside, Page 11

Stroke of Genius

Junior Yaremi Ochoa discovers her hidden talents in art.

See Inside, Page 20

The Register

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

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The Register is an 11-time Best-in-Show winner for large newspapers at the JEA/NSPA national conventions in San Francisco, 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.

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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.

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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.

Boys bring home state title for fourth straight year

Continued from 'STATE' on page 1

quarter ended and every other one: Central leading the way. With six minutes left in the second quarter, players passed the ball to one another down the court and Agau ended up at the basket and dunked the ball. That wasn't the only time though. With three minutes left, the same thing occurred and Agau dunked once again. By halftime, Central was still ahead 33-20.

In this game, every player contributed, including freshman Christian Harmon. At the end of third quarter, Central was ahead, 49-28. This wasn't the end of the game, though. For fourth quarter, the starters were back in and right away a player dunked and swatted a Titan so badly that he fell over the player and slammed head-first into the court. It was all over for the Titans after that, and all of the fans knew it. The game ended 61-41. Central was one step closer to becoming state champions once again.

The next day, Central played the Benson Bunnies with the same starters, Agau tipping the ball. "I believe that we will win" was chanted across the fans with the hope of Central taking another game like a piece of cake.

When the players were announced for each team, a few people were flustered. Could Central do it? The Bunnies had a player just as tall as Agau, tall enough to block him or even tip the ball to the other team. His name was Thik Bol.

Senior Hollins-Johnson made the first shot that morning. Both teams kept shooting the ball and running up and down the court, causing viewers' necks to creak. The referees would keep calling fouls, thinking Central was creating them. The Eagles simply kept jumping higher than ever in order to catch the ball in midair, or to grasp a rebound. By the end of the first quarter, it was 16-15 and the Bunnies were up by one.

In the second quarter, Agau decided to put on the pressure with layups. Central was catching up to the Bunnies with a lot of passing and teamwork throughout the players.

Everyone tried to push through Agau during the game, creating a lot of free throws for him, but nothing worked. By the time halftime arrived, Central was in the lead, 37-23.

Third quarter started with an intentional foul, giving two free throws for Agau; he made two out of two.

Later on, the player as tall as Agau, Bol, jumped so high over a player that he slammed face-first into the ground and was out for the rest of the game. With five minutes left in the third quarter, Central swatted the ball out of Benson's hands and senior Kevin Scott dribbled the ball down the court alone and dunked the ball into the basket, adding two more points for Central. Another surprise dunk was from #12, senior Nick Billingsley, with 30 seconds left on the clock. Third quarter ended at 63-40. Central was nearly over 20 points ahead.

With a minute left in the game, the coaches allowed those who had been benched for most of the game to play, since Central was so far ahead. Benson didn't have a chance; Central won with a 30 point lead, 80-50.

It was time for the final game, this one against the Papillion LaVista Monarchs, who Central had lost to earlier in the season by seven points. Central was missing the strength of many key players, such as Hollins and Scott. Agau also had leg pains throughout the game.

Many fans and players were disappointed Central did not play South for the State Championship, because they lost to Papillion LaVista.

The Eagles were not too intrigued to play the Monarchs. "I was disappointed I didn't get to play South. Last time we played Papillion LaVista, they didn't shake our hands and I felt disrespected," Agau said.

This game included the same starters and Agau started



PHOTOS BY JHALISA ROBINSON/THE REGISTER

off tipping the ball to Scott. This game was when the fans filled most of the seats, even ones in the nose bleed section. The Monarchs started with the same "I Believe That We Will Win" chant familiar to Central students. This time the Eagles didn't score the first basket. From a foul, the Monarchs threw one out of two free throws in the basket, scoring the first point to the championship game.

Central's student section wanted to compete with Papillion LaVista's student section. They started repeating their chants and would chant "Offense" when Papillion LaVista chanted "Defense," and so on.

The teams ran endlessly back and down the court. Neither team would make a basket for awhile, until both teams gave each other fouls. Both teams could not get many rebounds, but kept on trying for those layups.

Central also would not stop stealing the ball from Papillion LaVista in order to throw it down the opposite side of the court. By first quarter the score was 19-10. Central was in the lead. Again, Central would not stop swatting and stealing the ball from Papillion LaVista in order to win the State Championship. Central never gave up. With four minutes left in the first half, junior Tre'Shawn Thurman dunked the ball into the basket, but didn't get the approval on the scoreboard.

Central didn't get the points because Thurman hung on the rim too long after he dunked. A Monarch received two free throws of the personal foul, but only made one. The Eagles tried to hold the ball at the last 30 seconds in the first half with a lot of passing between other players.

The Papillion LaVista fans did not stand for this and started chanting "Boring! Boring! Boring!" Finally someone threw the ball out of the line, but Hollins threw it back in to Billingsley, letting him score the last basket. It was halftime and Central was 15 points ahead, 35-20.

After that, the game became serious. Four minutes into the second half a flagrant foul was called from #30 on Papillion LaVista. Hollins and #30 ran down the court, but #30's arms went around Hollins' neck and they both fell to the ground.

Hollins hit his head on the pole and #30 fell on top of him, kneeing him in the groin. The crowd roared and the players gathered, but it stayed professional and Hollins shot two free throws, making both of them. "I

just tried to stay calm. I had to let the team know I was fine. I just didn't try to get angry," said Hollins. With three minutes left in third quarter, Agau once again surprised everyone in the crowds and dunked the ball right through the basket.

Third quarter ended 54-30, with Central still in the lead.

The fans already knew with five minutes left that Central was on their way to winning. Fans began to leave because Central was 30 points ahead.

Scott passed between his legs, throwing the ball to Agau, but he missed the dunk. Agau said he wished he had been a little closer to the rim in order to dunk. With three minutes left, the benchers of each team were in the game. Harmon even scored later on.

Central's fans knew the future. They started to sing "We are the Champions" with a minute left in the game. The game ended 69-44, with Central as the State Champions for the fourth year in a row. Each Central player cut his own piece of the net, leaving Akoy Agau and Deandre Hollins-Johnson with the last two pieces. Hollins-Johnson even threw some pieces to the spirited student section.

Each player received a medal and the whole team was awarded a tremendously large, shiny trophy.

"It was a very exciting moment. We accomplished something that will live on forever. We made history, not only for Central, but for all of us," said Agau. "We've been through all these four years together and it was our last chance to play with these guys. We left a legend."

Holocaust survivor speaks at Central about her experiences



Holocaust survivor Inge Auerbacher tells her life story to Central students.

SAN JUANA PARAMO
Staff Writer

On March 7, speech and English students had the opportunity to attend the presentation of Holocaust survivor Inge Auerbacher.

Auerbacher shared her story through pictures and memories of her childhood during the tremulous times of the Holocaust. She shared her experiences and let Central students get a peek at what life was like when she was young.

Inge Auerbacher was born a year after the Nazis came to power; she was the only child of Regina and Berthold Auerbacher in the southwestern village in Germany called Kippenheim.

Many years later, Auerbacher became a prize-winning author, writing three books depicting her life as a child of the Holocaust. Auerbacher is also a chemist.

Though now she is full of accomplishments that she would have never thought of as a child, life was difficult for Auerbacher. She spent three years between 7-10 years of age in the Terezin (Theresienstadt) concentration camp in Czechoslovakia.

Books, movies and people have a dif-

ferent view on the Holocaust, some saying that it did not happen. Before starting her story, Auerbacher told the students to treat her as a friend, a sister they could trust, someone who was there. "Here you have somebody you can see, you can touch," Auerbacher said.

Throughout her presentation Auerbacher put a light tone to her story. Cracking jokes here and there, telling a humorous story from her childhood, Auerbacher made everyone feel at ease.

She talked about her family; being the daughter of a textile merchant and a war veteran, Auerbacher and her family were able to escape being sent off to a concentration camp.

Auerbacher and her family were sent to Terezin (Theresienstadt) after avoiding their first deportation to a concentration camp, where she lost her grandmother.

At the age of six, she experienced horrors that we only see in movies. Living in poor conditions, many of the people in the camp had all types of vile diseases and "dropped like flies."

After the Russian army came and liberated the people from the camp, she and her remaining family members moved to New York.

She told the students that she is able to tell her story through pictures because of the courageous woman that was a maid to her mother. "She wasn't killed by an enemy gun," Auerbacher said. The women who saved her family memorabilia died of a shot fired through the door after she hesitated in opening the door to allying soldiers.

At the end of her presentation, the students were able to ask Auerbacher questions. One that stood out the most was, if she was able to forgive.

"I can't forgive the ones who put the pellets in the gas chambers, the ones who shot innocent people," Auerbacher said "But I believe in reconciliation, becoming friends again. In Jewish faith, if it is premeditated murder, then only the person who was shot can forgive...I will never forget and I will forgive the actual people who did it."

She remembered other children who went through the same horrors as she. "Their life was mine, my life was theirs."

Auerbacher concluded her presentation by encouraging students "To be kind to each other, to not bully, to stop hating to start loving each other."

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ON THE ROAD

Current eighth grader Miles Kay plans to take Central by storm.

GISELLE TRAN
Business Editor

An eighth grader at McMillan Magnet Center, Miles Kay is not just any prospective Central High student.

Kay has ambitions beyond those of an average middle school student. His success in junior high and his impressive standardized test scores led him to attend Central High School part-time. Already showing talent and work ethic at his junior high, Kay plans to attend Central next year.

He chose McMillan because of its attractive gifted program, introduced to Kay and his parents at the annual open house. The gifted program, headed by Elizabeth Figueroa, has seen much of Kay as he is the captain of gold quiz bowl team and a member of the after-school bridge club. The Bridge Club, coordinated by Figueroa, practices every Tuesday from 2:45 to 4 p.m. Kay and his partner, Bennett Ray, won a bridge tournament that included middle schools from across the district.

Bridge is a card game that tests one's memory, prediction, communication skills, tactical skills and knowledge of probability. Kay commented, "It's a challenging game that I'm good at."

In Science Olympiad, Kay is an active participant. With his partners, he has placed in the events Awesome Aquifers, Keep the Heat and Water Quality. Kay competes in these events to learn about the various scientific disciplines and to challenge himself. He plans to participate in Science Olympiad at Central.

While Kay is active in his school clubs, he also enjoys playing a good game of tennis. Playing since he was about three or four years old, Kay started to excel after he started taking tennis lessons. Kay can often be seen hitting down at the Hanscom Tennis Center, where he practices his strokes and develops his game.

Kay said, "I'd like to win most of my matches and maybe someday work my way up to No. 1 singles or doubles. It's kind of a big goal, but I think I can accomplish it with hard work." He aims to play for the Varsity Boys Tennis Team at Central.

Kay is not only an excellent student in terms of extracurricular activities and athletics, but he also has the numbers. Although he does not wish to disclose his test scores, Kay already has a head start in terms of standardized testing.

The enthusiastic eighth grader already attends high school. In order to maximize his learning potential, Kay is enrolled in Honors English 1-2, a high school freshman-level course, at Central. After receiving his critical reading score on the ACT, Kay realized that he wanted to challenge himself.

Because Kay is technically a high school English student, he was able to participate in Poetry Out Loud, a national recitation contest limited to high school students. Kay was the best performer in his English class, which allowed him to go on to the school round.

Kay said, "Originally, it [poetry] was just an assignment for Ms. Luehge's class for a speaking and listening grade. In seventh grade, I realized I really liked poetry and competed in a poetry slam."

At Central's poetry slam, Kay did remarkably well for an eighth grader competing with high school students. The young performer made it to the second round of the competition, though he did not win and go on to Regional Poetry Out Loud. Along with Poetry Out Loud, Kay plans to participate in



PHOTO COURTESY OF MILES KAY

Miles Kay sits with his tennis racket, just one of his hobbies.

Louder Than a Bomb, a series of poetry workshops and competitions that allow students to write their own poetry.

Kay's parents are proud of their high-achieving son, but his McMillan teachers and relatives have also shown support in all of his endeavors.

Kay commented, "All my teachers at McMillan have been really supportive. Sometimes, when the schedule is really different, my teachers have been really flexible... Other members of my family have been really encouraging. They're just as encouraging as my parents."

Looking to the future, Kay is excited to be reunited with many of his old friends at Central. He knows that he will be challenged athletically and academically at Central and is looking forward to his prospective enrollment into Central's International Baccalaureate program. Kay is focused on academics, but he understands the importance of balance. He follows his mother's advice: "Your life has already been planned out, so live it."

"I'd like to be somewhere in the top percent of my class, but I also know that there are a bunch of really intelligent people," Kay said. "I don't care about how I finish as long as I push myself and accomplish some of my goals. It might be nice if I was in the top five."

Kay aspires to be an author but is considering going into finance. The eighth grader has high scholastic aspirations as he dreams of attending Princeton University in New Jersey for college. Although Kay says Princeton is his dream school, he is keeping his options open. Kay said, "I'd be happy to get into any of the Ivy League schools... I really want to go to a school that fits my interests—good math, economics, English departments."

Kay's ultimate goal for the future is to write a New York Times best-selling novel. While he has lofty goals, his parents taught him the importance of independence and balance. Kay said, "I'd just like to be happy and successful in life."

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Correction from the Feb. 8 issue of *The Register*

In an editorial titled "Challenging Gun Owners" in the Opinion section, the Second Amendment was mistakenly called the Sixth Amendment.

Two Central seniors beat the odds, possess what it takes to earn the title of Eagle Scout

Continued from 'EAGLE' on page 1

Becoming an Eagle

The last step in earning the title of Eagle Scout is coming up with a final project and leading its execution. Fitzgerald did a landscaping project in the Central parking lot where he cleaned up some of the not-so-appealing foliage. "I thought it would be cool to do something for Central," he said. "I went to Dr. Bigsby with an idea that wouldn't really work out, and he gave me a few options, and none of them really hit with me. And then I asked if I could do anything [with the parking lot], and he said yes."

"All the weeks it took to prepare I had to consistently and continually work and make sure everything was in order," he said. "I didn't have time to take a break from it or anything. Every day I had to keep continuing with it."

From the project, the scout learned "what it really means to be a leader, what it means to fully take on a project by yourself." But Fitzgerald wasn't completely alone. "Miles actually helped out on my project, and I got scouts from probably four other troops," he said. Central senior Taylor Cook helped him as well, along with scouts from other schools. The assistance he received really illustrated the inter-connectedness of the Boy Scouts and their willingness to lend a hand where it is needed. Fitzgerald called that one of the "cool things about scouting." Despite the aid he received with his project, the road to becoming an Eagle was not an easy one. For Fitzgerald, the most difficult thing about all the years of scouting was keeping himself motivated.

"Once you get towards the end of your journey, or toward the Eagle Scout rank, there are less specific requirements," he said, "but they require you to do more on your own."

An understood rule, especially for older scouts like Fitzgerald, is fully following the Boy Scout Law, which requires boys to be "Trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent."

"Those are the points of the Scout Law that you're supposed to follow every day," he said. The scout thinks that bravery is the most important, and probably the most difficult to uphold, aspect of the Scout Law. "Every day," he said, "I make sure I do something that an Eagle Scout would do."

Just Another Beginning

On Feb. 19, Fitzgerald earned the rank of Eagle Scout, marking the nearing end of his time as a Boy Scout. He is able to stay involved with his troop until he turns 18 in mid-May. "But after that, I'm not sure how much I'll be able to be active with it in college," he said. "But I definitely want to be involved in it." In fact, Fitzgerald wants to become a Scoutmaster later on in life, mentoring boys who share a passion for the outdoors.

"I really did not feel any sort of conclusion when I earned it," he said. "It just felt like another beginning."

Overall, Fitzgerald is glad that his parents encouraged him to join Boy Scouts. He has grown into a young man with the moral and physical and responsibilities that come with being a Boy Scout. Although his journey hasn't been easy, he has definitely benefitted from it. He has formed memories and skills, as well as lasting bonds with his family and fellow scouts.

"There are a lot of good things you can get out of it," he said. "There are a lot of good experiences."

One of the most important things becoming an Eagle Scout has taught him has been independence.

"As my senior year is coming to a close, and as I'm starting to get into college, more and more things are becoming solely my responsibility," he said. "And so it's taught me how to motivate myself, how to do things on my own."

As he looks to the beginning of his college years, Fitzgerald knows that he will never forget how much being a Boy Scout has done for him. His Eagle Scout rank "will always be there to remind me of what I live by, and it'll be a symbol of who I am," he said. "I'm technically a Boy Scout until I'm 18. But I'm an Eagle Scout forever."

Miles, Troop 597

Getting Started

"I started Cub Scouts when I was five," said Russell, "and then you bridge over to Boy Scouts when you're 11."

Responsible for his fate from the beginning, the senior remembers a special cartoon character that put in him the desire to don a uniform.

"I was in kindergarten. There was a sign, and it had Garfield in a Cub Scout uniform saluting, and it said 'Join Cub Scouts' on it. It was outside Washington Elementary, and I saw it and said 'I want to do that,' or something of that nature," Russell said. Although he doesn't remember specifically saying that, he does remember the sign. And he is glad that he saw it. One reason: the program has allowed Russell to bond with his family.

"There are a lot of things that parents and children would never do outside of scouting that they get to do inside of scouting," he said, such as camping, backpacking and the famous Pinewood Derby, which his father was particularly fond of. The latter takes place during Cub Scouts, and parents and scouts work together to build a toy car to race against others. "Pinewood Derby is kind of the main thing in Cub Scouts," he said.

After becoming a Boy Scout, though, things became more serious. While the program continued to be fun, its seriousness grew, and Russell realized that he wanted to someday become an Eagle Scout. He said that the main reason was because he "associates being an Eagle Scout with a certain type of man, something [he] wants to be like."

Memorable Moments, Lessons Learned

Russell said that Boy Scouts allows for "lots of socialization with kids outside of school." According to Russell, troops are led by the boys, not the adults; they are simply there to supervise. Since boys enter Boy Scouts at age 11, they are led by the older kids in the troop, who are usually 16 or 17.

"You learn how to be a young man from them, and eventually that's your spot, and you try to teach the younger kids how to be young men." Russell said that he also tries to teach the younger scouts how to get along with one another, as well as how to be leaders. He said that in scouting, you get all kinds of different kids. "You learn to deal with different kinds of people, and how to get along with everyone," he said. "You learn how to be a good follower, and be a good leader too."

One of Russell's fondest memories—the highlight of his Boy Scout career—was the two High Adventure trips he took to New Mexico and Montana. These backpacking trips were where he learned survival firsthand. Russell said that generally, the backpacks "weigh like 40 pounds or so. Your tent, your food, your water, your clothes, anything that you need" is carried throughout the duration of the trip.

The first was in the summer of 2010 at Glacier National Park in Columbia Falls, Mont. The second was during the summer of 2012 at Pihlmount Scout Ranch in Cimarron, N.M.

"The first time [2010] we hiked about 70 miles in a seven day track...

Joslyn provides unique opportunity

Continued from 'ART' on page 1

and a Draw-A-Thon.

The range of courses offered to the public at the Joslyn art museum is highly impressive.

Ranging all over the artistic spectrum from photography to pottery to all varieties of painting classes, Joslyn's art programs have something for everyone, children and adults alike.

Imig, sole current International Baccalaureate art student at Central High, spoke a lot about how it is to study art at the IB level.

"Printmaking right now," Imig said,

is her current medium. "IB art is really different, I really enjoy it, there's a lot of ways to go about it but I've gotten a system worked out."

Imig went on to say that the goal of IB Art is to think, not just create, but really think and write about the art and its importance. "I'd say it's probably a 60/40 split between my art and writing," she said.

Imig is currently entertaining the possibility of attending an art school or a school with a strong arts program somewhere in Chicago.

"Anywhere from interior design to architecture, really," she said. "I could see myself doing something in art."

Becoming an Eagle

The main thing Russell has learned from Boy Scouts: patience. Regarding the twelve points of the Boy Scout Law, he said that "It's hard to choose one of those [as most important]."

One of the reasons so much patience is required: getting merit badges can take a lot of work. Many take several weeks or even months, but at the same time they may take only a few days to complete. Sometimes it simply depends on work ethic.

One particularly challenging badge was Family Life, where scouts are required to do projects around their houses. Russell rebuilt a stone wall in his yard, and did another, more complicated project in his basement. That one takes about three months to complete, and during that time Russell had to keep track of all his chores in addition to the aforementioned projects.

"What Scouts taught me personally isn't actually in there...perseverance. It takes a long time to get your Eagle," he said, "and there's a lot of paperwork and you have to jump through a lot of hoops...It's easy for a lot of kids to give up, because scouting isn't really seen as a cool thing to do. You know, they want to go hang out with girls or their friends. Most kids don't have the dedication that it takes to stick it out and do all the work it takes to get your Eagle, because it takes a lot of time, and a lot of kids don't have patience."

According to Russell, a little less than four percent of kids who begin involvement in Boy Scouts of America ever complete the requirements to attain the rank of Eagle Scout. "You have to stick with it," he said. "It teaches you patience."

Just Another Beginning

Russell is still part of his troop, although now that he has surpassed his 18th birthday, he is no longer considered a Boy Scout. Instead he is an Eagle—currently the youngest adult in the troop who is often required to do some of the less-appealing jobs. He wouldn't give his accomplishment up for anything, though. Once an Eagle Scout, always an Eagle Scout, according to Russell. Those individuals are responsible for upholding the ideals of the scouts, and the honor of the rank.

"For the rest of my life, I'm expected to be trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent," he said. "You pledge on your sacred honor that you will uphold the Scout Oath and the Scout Law, so it's a good burden on you to live to that standard."

His sacred honor—that really struck a chord with Russell. The scout realized that one is not often required to swear on one's sacred honor, and that solidified the importance of his new rank even more.

"There is no one who watches you to make sure you do it," he said. "You have to monitor yourself. You say, 'I pledge my sacred honor'...it's a powerful thing. There aren't many things in your life that you do that for."

Overall, Russell is proud of himself for obtaining his Eagle. He has beaten the odds and, thanks to his friends, family and Boy Scouts, has grown into a respectable young man.

"It's serious. You pledge yourself to it and you live by it," he said. "Being an Eagle Scout, it never ends."

FOUR STUDENTS. STORIES. JOURNEYS

Four features highlighting unique faces of Central

THE CHEERLEADER

SYDNEY HALONEN
Staff Writer

Freshman year, for most, is a transition year. A year to figure out the whole “high school thing.” Experimenting between different outlets, electives, activities, and friends, high school is a drastic change. As the year comes to a close for the freshman class of 2016, freshman Kayli Bighia seems to have it all figured out. It was not difficult to make the decision to enroll in Central High School, after spending her middle school years at Buffet Middle School. Although nervous about the transition to high school, she knew one activity she would get involved in without much debate.

Soon after, Bighia attended Central’s week of cheer practices in early April, prior to try outs hoping she would land a spot on the freshman cheerleading squad. Unlike many other freshmen, this was not her first time around the block in the world of cheerleading. Bighia had been cheerleading since she was only eight years old.

The 14-year-old explained she had participated club cheerleading with clubs such as the Omaha Chiefs and the Skyhawks. Bighia had also been a practicing dancer from a young age. After a long week of after school practices, learning the cheers, and meeting the other freshman hoping for a spot on the squad, her time had come. Early Saturday morning it was time for Bighia to try out, explaining her emotions as nervous and anxious. After an afternoon of nerves, Bighia came back to Central took look at the list of names stating who scored high enough to land a spot on the squad. Sure enough, Bighia had made the squad, she would be an Omaha Central Cheerleader!

Throughout the summer Big-

hia attended countless cheerleading practices ranging from early morning and night, along with other events along with the other members of the squad. Memorizing all of the cheers, chants, and dances required to keep a hold of her spot on the squad. Bighia said that she plans on participating in cheerleading all four years of her high school career.

Although cheerleading takes up a majority of her free time, Bighia is also involved in other activities; being enrolled in honors classes and still taking dance classes on nights she has free. Bighia plans to keep these activities going as well throughout high school.

Even though Bighia seems calm and adjusted now, she said her first day in high school was not the same emotion wise.

“Coming from a middle school where I knew most of my peers, it was a really odd feeling being in the hallways with countless people I did not know,” Bighia said. She described her first day at Central in words such as “hectic” and “overwhelming,” also explaining how she was nervous as well. After getting her schedule of classes under control, Bighia was ready to take in all that Central had to offer her.

Now that freshman year is coming to a close, Bighia is preparing herself for the 2014-15 cheerleading tryouts, and is ready for her week of spring break. As a whole Bighia enjoyed her freshman year, and is excited to see what her remaining years at Central bring to her plate. After a year of transition, she is now ready to start off a strong sophomore year.

Bighia explained, “The best part of my freshman year was getting to come to a new school, meeting new people, and having so much more freedom.”



Photo by Mekenzie Kerr

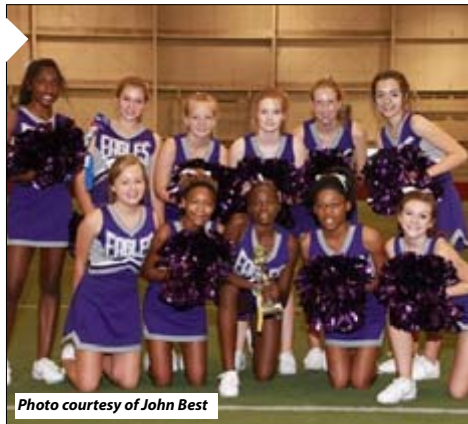


Photo courtesy of John Best



Photo by Stephanie Paul



Photo by Jhalisa Robinson



Photo courtesy of Chelsi Balentine



Photo by Cheyenne Alexis

1. Junior Jordan Kuiper works hard to keep up her grades since transferring from Marian. 2. Freshman Kayli Bighia poses with her squad. 3. Bighia completes an English assignment. 4. Senior Jake Reed leads the band during one of the state basketball games. 5. Kuiper poses with her new friends before the homecoming dance. With Kuiper are juniors Precious Gaspard, Chelsi Balentine and Asya Beasley. 6. Junior Alex Everitt chooses photos to place on a yearbook page.

THE BAND KID

CHEYENNE ALEXIS
Staff Writer

Central’s Performing Arts department is made up of many individuals who sing, act, or perform in band or orchestra.

The Performing Arts have many talented students, and one who has been associated with Central’s band since his freshman year is Jake Reed.

Reed, who is a senior, plays the tenor saxophone, which he has been playing since he was in the fifth grade.

“I grew up in a fairly musical family and it always sounded interesting doing music,” Reed said.

While performing for Central’s band, Reed said “It’s taken a lot of time and it’s given me a lot of leadership experience for dealing with a ton of people who don’t always want to do what you want.”

He took on the vital role of Drum Major, which eats up a lot of time, especially during the marching band season.

Reed conducts during halftime shows at football and for pep band during basketball games.

Reed said that overall, “I love it, that’s why I stayed in it. I think it’s a very productive group.”

To Reed, he said that band “means a lot if it takes a lot of my times. Arts education is an important component to me.”

While in band, Reed said that “You meet a lot of kids you wouldn’t in any other class since they take a ton of different classes...You also meet kids from around and meet other bands from other schools.”

He said that “the [band] directors

are great—you know them well and you are comfortable around them.”

Besides being involved in Concert Band, Reed is also in Jazz Band, and he took a class called AP Music Theory the previous year.

He said that he is “more of a double bass player-main instrument, and I do band for fun.”

Reed said that it is “hard to judge” how he has grown as a person while being included in Central’s band.

He said that if anything, “The leadership role has helped me grow, and I have grown as a musician and learned about music.”

Some negative aspects in the views of Reed are that “there is no funding, no necessary repairs for instruments, no great facilities, too compressed.”

His wish is that the band members had their own place to play their music, rather than sharing the field to practice.

This is especially problematic at the beginning of the school year, when students in gym classes are outside on the track. Besides taking part in mainly music classes, Reed has also joined Chess Club, Ultimate Frisbee Club, and other various groups outside of school as well. He is involved in Relay for Life and National Honor Society.

For now, the future isn’t set in stone for the music student. For college, Reed said, “I’m pretty undecided, but I’m keeping music around.”

He added that if he did decide to do anything with music, he would get a minor while in college, but regardless of anything, Reed said that, “I plan to play all the time.”



Photo by Emily Beck



Photo by Mekenzie Kerr

1. Jake Reed conducts the band during the Omaha Marching Exhibition. 2. Alex Everitt works on perfecting a yearbook page.

THE TRANSFER STUDENT

MEKENZIE KERR
Copy Editor

Formerly a Marian student, junior Jordan Kuiper has retired her legacy at Marian and started fresh at Omaha Central High School. Athlete, honors student and friend – Kuiper, as a transfer student, has found her place among the thousands of students at Central.

While Marian served as a decent and memorable experience, Kuiper felt the need to look elsewhere once her junior year hit.

“It was a build-up of things,” said Kuiper, “I honestly did not think I fit in well at Marian.”

Kuiper loved the school and the well-structured education she received, but felt that the atmosphere of her peers was a bit different of a story. While all of the girls at Marian were “acquaintances”, she found that her closest friends were seniors that she was not able to see quite as frequently as she would have liked.

Not only was Kuiper not able to see her senior friends often, but eventually they would graduate and leave her to ponder even more seriously, the idea of finding a fresh start elsewhere, an entirely new school. The decision of staying had its sets of pros and cons, one dominant one being that Kuiper was a dedicated member of Marian’s softball team.

“I had been thinking of transferring for a long time, but softball was what kept me there,” said Kuiper, “I ended up not seeing eye-to-eye with my coaches, and didn’t end up finishing my junior year season; since softball was the only thing keeping me there, but it was now taken from me, [I figured] ‘why keep myself miserable everyday?’”

With the final lock removed, Kuiper immediately began “taking

action” and looked elsewhere, looking at a place that she “knew” she would be “welcomed in”. Thus she turned to Central for her first choice, though leaving options open.

A majority of Kuiper’s friends attended Central and she “heard nothing but good things” – namely the level of diversity Central takes pride in.

“At Marian I stood out as being one of the few minorities,” said Kuiper. “There had been stereotypes and racial issues my two first years, and I knew it wouldn’t be the same at Central due to the plethora of people. I knew there were many people just like me, and that alone told me I would be more comfortable.”

Not only did Central offer Kuiper the opportunity to feel a part of something whole, it also provided the athletic and academic challenges she sought out in her ideal high school.

As Kuiper reminisces and looks back on her decision to transfer, she most fondly finds that “the environment and friendships made” have made a strong impact on her life now that she is a Central Eagle.

Feeling more “alone” at Marian, Kuiper noted that “here, people were in your face and talking to you from the beginning.”

“I went from being alone all day to consistently having a friend or friends to walk with to class everyday; they say high school is where you make friends for a lifetime, and I believe I’ve found them at Central,” said Kuiper.

Kuiper is managing the latter half of her junior year at Central as time dies down, yet the “vibe” that she felt the instant she toured the halls of Central still remains – and seems as if it will her entire high school career.

That vibe, Kuiper describes as none other, simply, than “home.”

THE STUDENT JOURNALIST

CHEYENNE ALEXIS
Staff Writer

The yearbook is an important remnant for people when they leave high school, and in order to obtain a great yearbook, there must be a good staff preparing it.

Junior Alex Everitt, who is the upcoming editor for the O-Book, is very passionate about being a part of the yearbook, as she feels that “A year without a yearbook is nothing.” Though it is her first year on staff, she has ranked up to being editor for the incoming school year. Right now Everitt is a staff member, but even so, she is doing more of an editor’s job.

While being on the yearbook, Everitt said that it “has taught me to get stuff done.” Some good aspects while being on yearbook for Everitt include, “being more involved in school activities, because it’s something that you have to do-which is a plus because I’ve always wanted to be more involved.”

She said that it is also nice because she is around more people, “not just in your circle of friends.”

A few negative aspects in Everitt’s experience would be disagreement when covering certain topics to add into the yearbook, “When someone doesn’t agree, you have to change-you want something everybody agrees with.” Also, “the hardest thing would be getting someone involved and nagging them to get their work finished-something you need to get done.”

The main sacrifice Everitt has to overcome is staying afterschool and not being able to enjoy freetime with her circle of friends. “I have to sacri-

fice hanging out with them... I love yearbook, so I have to split hanging out with them and doing activities,” she said.

If she would change anything, Everitt said, “Probably more efficient deadlines. I’d love to see everything done on the due date-that would be fabulous.” She said that she would also enjoy seeing “more creativity-new ideas to improve the yearbook,” as the staff goes off of the older issues to form ideas.

“I absolutely love it,” Everitt said about her overall opinion while being associated with the O-Book. “It’s a great way to get involved, and you have to have school spirit... [It’s] an overall great thing to be involved in.”

Everitt was involved in Pep Club last year, but she is not currently in any other activity besides the O-Book. “I kind of want to focus on yearbook rather than others-it’s easier to focus on one thing at a time.”

Though she is on staff, she does not to be in any type of journalism career.

“Journalism is just a hobby because I love it--nothing in the future. It’s something that I’d do on the side on my own time.”

Because she is going to be the editor next year, she said she will be faced with many responsibilities. “I’m really excited to put my ideas down and see what it’ll do-nervous because it’s a big responsibility. If I don’t make the right decisions, it’ll affect the whole school. But overall, I’m very excited,” Everitt said.

Moving up from a staff member to an editor in the span of a year would tire out some, but being that

MOST LIKELY TO SUCCEED

Senior Maya Gogoi has her hand in just about everything, from Relay to Life to National Honor Society to Student Council to Honor Roll. Her many endeavors are sure to pay off.

TIA SPEARS
Staff Writer

As one can tell from Central's Hall of Fame, there are numerous renowned, accomplished alumni. Senior Maya Gogoi is projected to be one of them with all of her activities and leadership positions.

Gogoi is of Indian descent, but was born in Omaha. Her family values education and pushes her to perform well academically. She holds them responsible for much of her motivation. "If I hear about something cool I try to see if I have room in my schedule to pursue it," she said.

As the president of Student Council and National Honor Society, countless skills are needed in order to complete her duties. With such profound leadership positions, Gogoi shared that tenaciousness is key. "I'm a hard worker. When I start stuff I make sure I finish it. I don't just stop working on things," she said. For National Honors Society, she works to select students of the month and leads the meetings that are held every three months. Inducting new members and making sure everything runs smoothly within National Honor Society are just a few of the things she is responsible for.

Gogoi also runs the well-known Relay for Life, dedicated to raising money and making efforts in the fight against cancer. "I'm the event chair for Relay for Life. We run the Youth Relay. Omaha Youth Relay is the only teenage relay event in Nebraska," she said.

Last year Gogoi and her team successfully gained more than 400 participants, which is the pinnacle of the cause's success. She mentioned that it was a fulfilling experience to be a part of the most prosperous year for the renowned program.

"My favorite is called Look Good...Feel Better. You have women who have had chemotherapy and stuff help them feel better about themselves," Gogoi said. The program helps women boost their self esteem and develop a newfound beauty while fighting various types of cancer.

Gogoi not only performs well academically, but she makes sure to continue the hard work outside of school and into her community as well. Relay for Life is one of the activities she exemplifies her character, but she is also a dancer.

"I do ballet, point, tap and jazz as well as a classical Indian dance called Bharatanatyam," she said.

Bharatanatyam is a dance native to her culture. It is a classical Indian dance from South India, but is said to originate from Thanjavoor of Tamil Nadu. The dancers wear ornaments on various parts of their bodies. Gogoi achieved her goal of becoming an instructor after performing the cultural dance a couple years ago that lasted for a total of two and a half hours.

"It doesn't matter how smart, talented or good-looking you are. As long as you work hard it'll work out in the end."

~ Maya Gogoi

However, the achievement was not easy to come by.

"About eight weeks before I had to perform I broke my hip. I couldn't walk for six weeks," she explained. The injury did not cause her any hindrances within her educational endeavors. Without question, Gogoi continued to dance and continued in her efforts to become the dancer she set out to be.

"I practiced for two to three hours every weekday and four to two hours on the weekends to prepare," she said. Subsequently, she achieved her goal and added yet another leadership position to her list.

As one could assume, being a leader means working with many different types of people. This is a task difficult for some, but Gogoi tolerates it.

"I haven't had any major problems, but when I'm working in a group and others don't get their work done." Nonetheless, it doesn't distract her from what she has her heart set on. Her ambition surpasses any annoyances and she always pulls through. "My family and friends are always motivating me and congratulating me for what I do... that's where I get my motivation from," the senior said.

With all of the things Gogoi is involved in, it's logical for one to ask how she balances it all while still being a successful student.

"When you're involved in so many things you can't give all of your commitment to one thing so sometimes you have to make decisions," she said. She explained that she uses a calendar regularly and checks her email a lot. "Sometimes it's hard... You really have to prioritize but in the end it's okay because you get a really well rounded perspective," Gogoi said.

Double majoring in microbiology and Spanish are in Gogoi's plans as well. She commented that she isn't sure on where exactly she will be attending school, but she has already applied to 18 different schools. "I recently got accepted to the medical scholars program at St. Louis University, the UNO honors program, Creighton and the University of Missouri at Kansas City," she shared. She hopes to complete internships in various science labs and with her outstanding resume, it seems definite in her future. "I've already talked with someone who is hopefully going to get me an internship," Gogoi said.

Throughout all of her hard work and relentless efforts, she says that there's one thing that makes her feel prosperous—making her parents proud. "I know they appreciate all the things that I do. I would have never been successful with anything without all the support that they've given me," she said.

Gogoi comes from a family of hard workers herself with a mother working two jobs and a constant, but encouraging urge to reach new levels of success. "My dad always told me that if you work hard good things will happen to you. It doesn't matter how smart talented or good looking you are. As long as you work hard it'll work out in the end," said Gogoi.

First year for Speech Team noteworthy, more sure to come

Natalie Nepper
Contributing Writer

"The person who did this to you is out there somewhere!" said Kelsy Spangler, a sophomore, as she practiced a line from her poetry selection. She, like many others, had been preparing for the competitive speech team's district tournament for over a month.

Feb. 23, Central High's speech team attended the pre-qualifying District's Speech Tournament in Lincoln, Neb. at Lincoln North Star High. The accumulated points from competitions through the National Forensics League qualified the group of 12 to go to the tournament.

"I like seeing my work being paid off," said Joslyn Jenson, a junior and qualified member of the team. "And we get to act, which is cool." Each team member selected one or two events to compete at in the tournament. Jenson competed in duo along with her partner, Veronica Hatfield.

"We've worked really hard," said Hatfield, a sophomore, about their duo. Jenson and Hatfield showed off their skills with a dramatic duo interpretation about identical twins.

These speech tournaments have been held throughout the school year across Omaha. Each tournament consists of two or three rounds, with judges in each round. A general meeting and time to practice is held before the rounds start.

Students give their speeches against others and are scored by the judges. Those who make it past the first couple of sessions then move on to the final round. Everyone on the team was very nervous and excited as Districts came around. Before the tournament, Spangler said, "I've practiced much harder so I'm hoping to do better at Districts," said Spangler. "This one will be farther away but I'm assuming it's going to be nearly the same deal."

Lincoln North Star High has catered this competition to numerous schools, meaning that five rounds took places rather than three.

"The competition is strong," Jenson said at the tournament, "I'm not expecting to place; however, I can always dream."

Even the group's coach was a little nervous. Jayme Prisbell has been the coach of Central's Speech Team for two years. "All you can do is do your best," she said while encouraging her students.

Quite a bit of work has gone into this year's speech team. Students in the class, Applied Forensics, have worked countless hours inside and out of school to prepare. Besides getting ready for tournaments, the competitive speech class has been writing numerous speeches, including those of impromptu and informal types. Those who take Applied Forensics experience speaking and acting workshops with correspondents from The Rose Theatre.

"It's very, very productive," said senior Sam Bennett. "We've learned a lot: how to be better actors and generally be more creative."

It is not uncommon to see speech team members dressed in snazzy business suits for competitions. Judges are encouraged to critique competitors on their entire performance – including what their wearing. Attire is a must at

tournaments.

Girls on the team are expected to have their hair pulled out of their face for competitions, as well as wear no distracting jewelry and dress appropriately in a non-wrinkled pantsuit or skirt. The boys wear simply a suit and tie with no extra distractions. "Oh I love it. I love suits," said Bennett about the apparel.

Dressing for success isn't exactly cheap; neither is paying for tournaments and trips. That is why it is crucial for the speech team to continue raising money throughout the year.

Students may have seen members of the speech team selling gourmet lollipops for \$1 each this fall. Sales were high and it soon added up, buying each member a pantsuit for the tournaments.

Preparations for the tournament continued up until the very last minute possible. The morning of the big day, students met at Central and carpooled to the competition.

The District's competition was too tough for the Eagles and no one from the nest placed. "I didn't know what to expect," said Spangler. "I was hoping to advance but it's not the way it worked out."

As the speech team's season came to a close, the team remembered what a great year they had. "It was our first year and we didn't have as much experience as the other teams," Jenson said. "But being able to be there with the team and qualify was amazing."



Speech team members pose proudly after their final competition in Lincoln.

Project unites two schools, community

MAYA DURFEE O'BRIEN
Staff Writer

While most students spend their Sundays relaxing and doing homework, senior Tal Margalit is helping homeless children. She and other students from Central and Westside participate in what is called The Turtle Project at the Siena Francis House.

Located on 17th and Nicholas Streets, the Siena Francis House is devoted to helping serve the homeless. The shelter has three separate sections and even has its own recovery program. The Project takes place Sunday afternoons from 1-3 p.m. Margalit is the leader and organizer for the Central portion while Eva Phillips is the leader for Westside. The project was started by Rita Paskowitz, and got its name because when people are homeless, they carry their lives on their backs.

The missions and goals of Turtle Project are to give the children attending a fun experience, to show them what it is like to not be homeless—almost like a distraction, and to just let them be kids.

"I love seeing their smiles," said Margalit. Some children will even ask Margalit and other student volunteers "What are we doing next week?" They are eager to return to this fun gathering. The most rewarding thing for Margalit is the experience.

"It has been great to obtain the leadership opportunities that I have over the past two years." She has served on the board for two years along with Paskowitz and her mother, but has helped out with the project for the three years it has been in existence.

She learned about the project from Lily Phillips, who attended Westside and became involved through a Senior Project. Margalit was curious, so she decided to see what it was all about. Other Westside/Central students became involved as well. Paskowitz noticed this and asked Margalit to become the head coordinator/leader for Central.

During a typical Turtle Project meeting, the kids are provided a snack and some sort of activity. That could be arts and crafts, playing outside or maybe even a scavenger hunt. This year the group of students who run it have started to have themed weeks in which the focus would be on one activity. Margalit likes Central and Westside working together, and hopes that more schools will get involved in the future. She wants to make it "more of a legacy" and for "more people to be involved."

The project that started by meeting only once a month has gone beyond that. It has received a grant from its sponsor, UNMC, so that it is able to continue on into the future.

The kids in attendance are encouraged to express themselves and for that amount of time forget about their homelessness.

"We are making a difference," Margalit said. "It is a great project that people really enjoy and that the kids really enjoy. Central should continue to be a part of it."

Science Olympiad successful at Metro

SETH ARTER
Staff Writer

As Central's Science Olympiad team has moved through the season, the team looks back on the regional competition and their great success.

"I think we've done a lot better than we have in a long time," said Science Olympiad advisor and physics teacher Matt Aguilar. After watching the season and improvements, Aguilar knows how the team has come to where they are now.

"We've never had a team as dedicated as we've had this year and they've worked really hard on a lot of their events," said Aguilar.

Even as Central was prepared for the regional competition, the challenge of doing well was still a great one as competing schools turned up the heat. Among the toughest competitors were Bellevue East, Bellevue West, Lincoln Southwest, Lincoln Science Focus, Omaha Burke and Omaha North.

As the team may have made it seem easy as the regional competition came around, they weren't ready over night. Every Wednesday, the team meets for practice as they work with forensics and practice with real life situations. "We make sure that the kids have what they need to practice their events," said co-sponsor Jackie Morales who is also a physics teacher. The team members are also tested in each event to ensure the accuracy of events. "We've ordered old tests from previous years for the events we participate in," said Aguilar.

Taking first in the "Lever" and "Write-It Do-It" competitions, junior Lindsay Wilson felt good about her part in the regional competition. "I feel lucky," said Wilson.

Even though she is pleased in her performance, she has not soon forgotten about the tough competitors she and the others had to watch out for. "We were just trying really hard to beat Omaha North," said Wilson. The hardest part of the competition was the weather and distractions.

"It was pretty cold outside and it's hard to go the events and not just run around the zoo," said Wilson.

Like anything else, preparing didn't happen overnight. "We worked on the boomilever design for a couple months," said Wilson.

As the state competition comes around, the team is ready for the challenge as they are going to be competing in the same events as the regional competition. As Central will be competing against all the same schools that were in the regional competition, other schools from smaller communities will also be added to the equation.

Feeling confident after seeing the results of the regional competition, the team is having nothing but positive thoughts as the date gets closer. "I think we can get in the top 5," said Aguilar. As the positive thoughts are circulating, so are the competitive ones as Aguilar and the team know they will have to bring their A game.

"I think we can maybe beat all of the Omaha schools, but we'll have troubles with the Lincoln and Bellevue schools," said Aguilar. With schedule conflicts always being a concern, the results will also depend on each team members' attendance.

While the team is hard at work, Aguilar wants to remind everyone that Science Olympiad is just one of the multiple science clubs that Central has to offer. "There are also Physics/Engineering Club, Science Bowl and Vex Robotics," said Aguilar.

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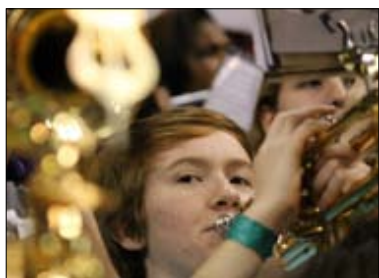
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SPORTS



Junior Abigail Niebrugge pushes through in an attempt to score during the Bellevue West game, which took place the second day of the NSAA 2013 State Championship Games.

PHOTOS BY JHALISA ROBINSON / THE REGISTER

LADY EAGLES TAKE THIRD AT STATE

While the girls' season didn't end with a title, they didn't fall completely short during their time at the Devaney Sports Center.

JENNIFER ROONEY
Editor-in-Chief

Although the girls may not have won state basketball, they did come back to defeat Millard West and take third place, ending the season with alley-oops by seniors Paige Muammad and Sylvia Smith-Gatson.

The first NSAA Championship game was on Feb. 28 at the Bob Devaney Sports Center in Lincoln at 2 p.m. vs. Millard North. The starters for each game were #3 Megan Gamble, #4 Paige Muhammad, #13 Abigail Niebrugge, #24 Sylvia Smith-Gatson and #25 Sydney McGruder, who tipped the ball.

To prepare for state, the team had many dinners to become closer with each other, and studied their strengths and weaknesses as well as other teams'. Coach Tom Lee watched films reviewing the teams and their abilities.

Although there wasn't a band or mascot supporting the girls, the Millard North fans didn't stand a chance against the student section, led by the Varsity boys' basketball team. They started the night off with an "I believe that we will win" cheer. Millard North's student section was fairly quiet throughout the game.

Gamble made the first shot, a three-pointer that put Central in the lead. The first foul was against the Lady Eagles, although they missed two out of two shots.

The games started out very fast-paced--someone in the audience got slammed in the face with the ball. With 30 seconds left in the first quarter, "You Got Swatted" was chanted across the audience because Smith-Gatson swatted the ball and prevented a point. The first quarter ended with Central in the lead, 11-6.

Second quarter started with #23, sophomore Jackie Bea-

gard, making the first shot.

By halftime Central was up by nine, 25-16. But before that, they received a personal foul and a Mustang was able to make all three free throws. The score was 25-19.

The starters were back in at half and Smith-Gatson made the first shot. Some people believe the game didn't start until the second half; that was when all of the players began to push and shove and fall over like they were tripping over their own feet. The Lady Eagles still stood tall, though, working as a team and passing to each other throughout the whole quarter.

When Smith-Gatson tried to shoot again, two Mustangs swatted the ball out of her hands. After that a girl on the other team received two personal free throws, making it 35-34, only one ahead for the Eagles. The third quarter was filled with a lot of fouls for both teams.

At the end of third quarter the Eagles were up by two. Millard North began to get ahead, but that didn't stop the Eagles; they fought through and were quick on their feet to get ahead. At that point Niebrugge and Smith-Gatson were working a lot together to access layups and shoot.

There were many time-outs in the last five minutes of the game. It was 56-55 with one minute left. The Eagles were only one point ahead. Smith-Gatson wanted to stall and waste the minute just passing to other players, but then finally there was a foul and Gamble received two free throws.

With 30 seconds left on the clock, a Mustang got the crowd going and went for a three-pointer without missing. It was tied, 58-58. Once again Smith-Gatson tried to hold the ball after Muhammad made a shot for the last seconds on the clock.

Continue to 'GIRLS STATE' on page 7

Central defeats No.1 team

TIA SPEARS
Staff Writer

Feb. 9th, the Central High varsity boys' basketball team accepted an invitation against Virginia's Oak Hill Academy at the Heartland Hoops Classic tournament. With over 5,000 eyes eagerly watching, the Eagles earned the biggest win of the season with a final score of 70-63.

After catching national attention in the City of Palms Classic in Fort Meyers, Fla., the prospects remain high for the team. The team set the bar despite their loss against Whitney Young by a mere three points and inevitably played harder at the game against Oak Hill.

The Warriors had their share of leading scorers. Their key players were 6'6 senior Troy Williams (Indiana recruit) who averages 15.8 points per game. 6'5 guard Sindarius Thornwell averages 15 points per game. R.J. Curington, a 6'5 DePaul recruit averages 14.2 points per game and is another key player in the Warriors' eight man rotation. The rest score between six and eight points per game. "They have a really good team," Coach Eric Behrens said. "They have a couple Division One players, so they're very talented."

The Warriors may have a talented team, but that didn't stop Central from earning another victory. Central's key double-digit scorers are Tra-Deon Hollins, Tre'Shawn Thurman, KJ Scott and the highlighted Louisville recruit Akoy Agau. Nick Billingsley, UNO recruit, and Deandre Hollins-Johnson don't fall far behind. Overall, Agau had 20 points and nine rebounds. Tra-Deon Hollins

Continue to 'OAK HILL' on page 7



Five members of the varsity boys' basketball team huddle up during a time-out.

PHOTO BY TIA SPEARS / THE REGISTER

Definition of 'eating right' not always clear



GOOD KID, MAD CITY
A Column by Tia Spears

Countless times I've seen ads and commercials promoting weight loss. I've also underwent numerous lectures about how eating right is absolutely vital to get the results one strives for with rigorous workouts and unfair diets.

So many athletes (especially wrestlers) have to pay close attention to their food intake and maybe even do dreadful calorie counting. Truth is, everyone's body is different. Everyone's metabolism varies.

Clearly, people are of all different shapes and sizes. So is all this talk about "eating right" really making people eat right?

I'm not critic. I'm a part of the audience that this targets. I don't struggle with body image, but I do try and maintain a certain weight that I find ideal for my height and body type. I've been on diets and didn't go through with them.

I've even tried the much talked about P-90X workout video. None of that gave me the results I was looking for.

I didn't understand how I was following all the rules—eating right, limiting sweets and working out every day, but there were barely any results.

Surprisingly, what worked for me was eating whatever I wanted and how I normally ate before the workout venture came about. I also worked out a lot and it seemed to balance it out.

All of the fruits, vegetables, and immense amount of protein I was supposed to be eating weren't key parts of my diet. I'm sure I'm not the only person that found dieting and workout regimes inefficient in some ways.

I won't name anyone, but I have friends who are athletes and some of them (mind you, these are the most successful ones) don't pay much attention to their diets.

Continue to 'BOWL' on page 7

Continue to 'HEALTH' on page 7

Central's bowling team wins Metro Bowling Championship

CHEYENNE ALEXIS
Staff Writer

The bowling team recently won the Metro Bowling Championship, a big accomplishment for the Central High athletics, the team, and the coach.

Central's bowling club team has been a club for three years, ever since the coach, math teacher James Jordan, started at Central. Rather than it just beginning, however, James said the club "restarted."

"It's a club, not a sport per say- it is an activity. We do participate against other schools in Metro," Jordan said. The team practices every Thursday from about 3 to 5 p.m. The girls' team consists of five girls, one who is from Burke, and there are six boys from Central and a few additional players,

but Jordan said that it takes five people to bowl on a team.

The team bowls in a league every Monday, and then they lead up to any other competitions. Jordan explained, "The girls bowl on weekends, too. We're bowling probably nine separate tournaments. My girls were easily bowling three days a week, more depending."

Other competitions deal with the league competitions, or others held by schools or bowling centers. Other schools that have bowling teams include Bellevue East and West, Millard West and South, Gross Catholic, Northwest, Papillion-LaVista, Papillion South, and Burke is working on getting their own team. The boys and girls each have their



PHOTO COURTESY OF JAMES JORDAN

Members of the bowling team celebrate their win at the Metro Bowling Championship. The team was restarted three years ago by James Jordan.



State Swimming Results

See Inside, Pages 10



Spring Sports Preview

Check out how athletes have been preparing for the spring sports season, now in full swing.

See Inside, Pages 8-9



Eagles Take Down No.1 Team

See Inside, Page 7

Girls fall short at State, still come home with a third place victory

Continued from 'GIRLS STATE' on page 6

It still wasn't the end. The game was intense--Smith-Gatson made one of two free throws and a Mustang made two of two free throws. Finally there was half a second left; there was no chance for Millard North. It was 61-60 and Central had won the first step to becoming state champions.

The next game was against Bellevue West (26-1) the following day. Their record didn't bring the Eagles down, though. The same starters began the game, and McGruder tipped the ball again.

This day there were more fans to cheer on the team, including the band. Bellevue West made the first shot, a three pointer, but the first foul shot was by Smith-Gatson. She made one of two. The first quarter ended with one missed free throw from Bellevue West. First quarter ended 19-14, and Bellevue West was in the lead.

In the second half, Central began to catch up and the game was back and forth. One second Bellevue West was ahead, Central the next. At halftime, Bellevue West was in the lead, 32-30.

After half, Smith-Gatson made the first shot and first free throw. No one knew who was going to win. There was finally one minute

left in the game and Bellevue West tried to hold Central. McGruder made two of two free throws, but Bellevue West came back and scored. Smith-Gatson made the next shot, but they were still down by two. With seconds to spare, Bellevue West had many chances to get ahead, but they could not make any of the free throws from the fouls Central was making.

With five seconds left, Bellevue finally made a free throw and Central was down by three. The ball was taken down the court, and Niebrugge went in for a layup instead of a three-pointer. Central lost by three, 53-50.

The loss didn't stop the Lady Eagles. The very next day, while Lincoln Southeast was destroying Bellevue West in the state championship game, Central finished in third place after winning against Millard West, 65-57. They celebrated that night with another team dinner.

"I don't think it was meant to be with the ball falling out of the basket so many times the last minute. But we need to keep moving forward. We are competing at a state championship level and we need to prepare for that," said Coach Lee. "We need to keep it going and give ourselves a chance each year."



Coach Lee gives a pep talk during a time-out as basketball players look on.

PHOTO BY JHALISA ROBINSON / THE REGISTER

Central Eagles take down the Oak Hill Academy Warriors at Heartland Hoops Classic in Grand Island

Continued from 'OAK HILL' on page 6

had 13 points and Kevin Scott had 10.

Central began the game with high energy, scoring the first six points. The lead was 13-3 before the middle of the game. By the end of the first quarter, Hollins scored six points, Agau scored four, Hollins-Johnson scored three, and Billingsley and Scott scored two.

Within the first five minutes of the second quarter, the Warriors scored the first eight points and temporarily held the lead at 22-17. Central came back when they scored five consecutive possessions, which Scott helped initiate by scoring three baskets.

Within the quarter, Thurman sprained his left ankle, but was able to recoup and continue playing in the game. Ultimately Central had a 17-14 lead by the end of the quarter. By halftime, the Warriors were scoreless for the majority (six and a half minutes to be exact). Central had a 33-32 lead.

Oakhill never had more than a five point lead and fell back for the remainder of the game with a minute and eight seconds left on the clock. "Our coach reminded us that all we have to do is play harder than them for 32 minutes and we could do this, also bringing up the Florida games and how close we were," Thurman shared as time was running down.

The beginning of the second half was prosperous

for the Eagles. They embarrassed Oak Hill with seven turnovers. They had five blocks total (three of those made by Agau).

Eagles led 43-45. With 6:49 on the clock, the Warriors Ike Iroegbu scored a three pointer. Thurman went scoreless in the first half only had a free throw in the third period, but made a three pointer.

The lead was kept at six points and with 2:02 on the clock, Agau made two free throws.

Central was set back with 17 seconds left on the clock when Oak Hill's Troy Williams made the score 66-63. Hollins and Hollins-Johnson were both two for two at the free throw line luring every member of the crowd in. The score was then 70-63, therefore

declaring Central High the winners.

After the game, the morale was very high.

"It felt amazing knowing that we knocked off one of the premiere powerhouses in the country," Thurman said.

One of the key players in the eight man rotation, Tra-Deon Hollins, continued to perform his best even with a recently healed injury. Similar in the optimistic mindset, Scott said, "The only thing that was on my mind was to win. I wasn't really concerned about anything else." Hollins added that it was no ordinary win, and compared it to winning State.

"Everyone knew what we had to do," Thurman said, "and that we can only do it by working together."

New rugby team begins at Central, other teams sprouting up across Omaha

EMILY BECK

Executive Editor-in-Chief

The newest addition to Central's long list of extracurricular activities is set to begin: a rugby team. Students were enthusiastic toward recruiting efforts made by Rugby Nebraska, a local league looking for high schoolers to join a Central team.

The Central High Rugby table proved to be a popular spot during the week of recruiting. About 50 kids signed up. Regardless of size, "everyone's going to get playing time," said Central alumnus and Head Coach Nate Hall, who is responsible for setting up Central's rugby team. He works for Rugby Nebraska and has been playing for years. "If you want to be on the team, you're on the team," he said.

Both genders showed interest in playing, but their leagues will be run differently. The men's team will play 15 on 15, while the female's team will play 7 on 7 with shorter halves.

The men's league follows a six week regular season. The first game will be against Burke, followed by teams like Creighton Prep, Sioux Falls and Council Bluffs. Papillion schools have a team, and other schools (like South, Bryan and Roncalli) have banded together to form teams.

"Back then it was a team of Central and Prep kids and was called Omaha United," he said. Two years ago Hall was the Head Coach of Omaha United; he went into assistant coaching right out of high school. An avid rugby fan, he wants to see it get big at Omaha high schools.

Senior Jake Reed jumped at the chance to become a part of Central's team—he has been interested in it for several years, ever since he saw it on television. "It's really a huge international sport," he said.

While recruiters have been preparing for the season by engendering interest during Central lunch periods, players planning to go out for the team have been prepping themselves to play.

"I've been trying to go to the gym a few times a week and I've been watching clips on YouTube for pointers," Reed said. He plans to reap the rewards of getting involved in rugby. Hall said that the sport offers a large amount of benefits, especially for those who play other sports.

"Overall, it's pretty awesome for football players," he said. "It gets you in great shape. You're mixing the tackling and hitting of football with the running of soccer...For football players, it's a lot easier for you to learn to tackle."

Tackling seems to be the main worry on potential players' minds.

"Everyone is really worried about getting hurt," Hall said. "There are

actually less injuries in rugby than in tennis." He also said that rugby is a lot less violent than many seem to think.

Safety is of primary importance to both Hall and the other Central coaches. They intend to "teach kids how to tackle and how to go down when tackled" to prevent injuries.

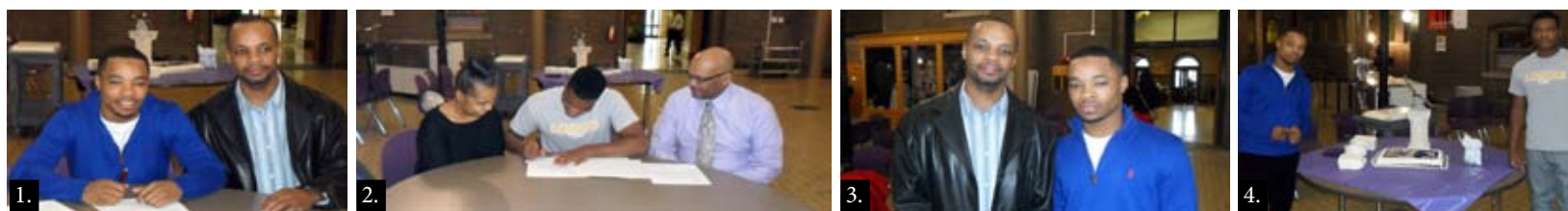
Certain rules and regulations are also in place to avert harm to players. As an example, Hall said that "there's no dumping players, so you can't pick them up and drop them."

However, accidents "come with the territory." There is no denying that rugby is a rough sport, and that some minor injuries are bound to happen.

"You accept that if you're going to play rugby," said Reed.

The overall goal in setting the grounds for these different teams, according to Hall, is to get rugby "to be a Nebraska school-sanctioned sport."

With the growth of the sport in states like Utah, Oregon, Washington and Pennsylvania, "more school districts are acknowledging it and starting to push for it to be a varsity sport," he said. At Central, "we want to have a varsity and JV of our own." He encourages everyone interested in rugby to sign up. "Just come play," he said. "It's a really fun game."



1. Jackie Davis and his father prepare to sign documents for Augustana College. 2. Devontay LeFlore signs his Kearney papers as his parents look proudly on. 3. Davis and his father pose for a shot. 4. Davis and LeFlore celebrate.

PHOTOS BY JILL BEST

Central athletes Davis and LeFlore sign with respective universities for college football

SAN JUANA PARAMO

Staff Writer

On Feb. 6, two seniors--Jackie Davis and Devontay LeFlore--signed with their respective colleges to play college football. A dream for every high school athlete to play for their dream college became true for these two Eagles. "Of course everyone's dream as a football player is to sign," LeFlore said.

Their coach Jay Ball is proud of the boy's accomplishments.

"I'm very proud of them, for a lot of young men that's a goal for them, a dream for them and now they get the opportunity to go on and play college football, it a great way to lead your life," Ball said.

Both LeFlore and Davis have been playing football since they were young and have continued playing for Central's team.

LeFlore transferred from Burke to Central his sophomore year and continued playing football. "I have been playing football since I was nine, so for nine years, I've been playing for Central for three years," he said. Other than football, LeFlore played basketball his sophomore year and ran track.

LeFlore will be playing for the University of Nebraska at Kearney, after choosing the school instead of University of Nebraska at Lincoln, which wanted him to walk on instead. "I didn't want to pay all that money not to play, so Kearney was my choice because they offered me a great tradition," LeFlore said. "Kearney offered me a full ride because they believe in me and know I can get the job done and I can help out in the future," he added.

Opting for Kearney, LeFlore knew that he had to leave home, going to a place he hasn't been to before--into the unknown. Going to Kearney will help him grow and learn. He hopes to "be more mature and grow up and see what is out there in a different area that I've never been to and

just have fun," LeFlore said.

Having a supportive mom at his side and his coaches helped LeFlore choose a college.

"Coaches of course, Coach Ball has been talking to me, my mom," LeFlore said, but with so many people supporting there had to be others that weren't so pleased with the idea.

"My uncle Mark still didn't want me to attend Kearney, he wanted me to go to UNL because my cousins went there. I visited Kearney and said 'I want to go here,'" LeFlore said.

"They have my major, business administration, and free tutoring and that will help me bring my education to the next level, I'm looking forward to it," he added.

It is a big decision for any senior to pick just one college out of so many; there is a lot to take into account. Not only does it have to be right for one's area of study, but a student also has to feel comfortable and at home there. LeFlore knew this, and knew that it was something that influenced his pick for Kearney. "I kind of get out of the equation," Ball said. "I don't want to be the one that made the decision for them; they have to develop a relationship with the coaches."

"When I visited it was a great experience. I hung out with the players and the coaches; I also took a tour of the school and met some teachers. I felt like I was home, I thought 'this is the place,'" LeFlore said.

A big decision that had to be made, LeFlore turned to his mother for advice and let her guide him in the right path. "My mom really helped me a lot, she was very proud of me and really happy," LeFlore said. "She knew no doubt that I was going to Kearney."

Coaches play a big role in athlete's lives and there is no other person that is more excited than the parents of knowing that their athletes accomplished a great feat. "They were happy and proud, they were proud of me and Jack that we signed, they were there to support us," LeFlore said.

Coaches are the ones who lead athletes in the right path, athletically, but they also know what to tell them when the field gets bigger. "When you go to college everyone can play, everyone can hit. One thing I always tell young men is that college gets more mental, it's much of a mental game as a physical game," Ball said.

It is exciting to not only attend the college of your dreams but more so to play for their team, a great experience that no one can deny. "I'm excited, I can't wait, I report to school in June for summer conditioning and practice and I can't wait," said LeFlore.

Davis has been playing since he was six years old and was on a football team when he was just eight years old. He has been playing football for a total of eleven years. "I started playing for Central my freshman year," Davis said.

A player for most of his life, Davis sees no need to stop any time soon. "I have been since I was little so I didn't want to stop and I don't plan on stopping," he said.

Not only does Davis play football, he has also been on the wrestling and track teams. "This year I'm more focused on school than sports," Davis said, who is also a member of the O Club.

Davis signed with Augustana College in Illinois. He was offered spots at Kent State University, Iowa State and Kansas State.

Davis said that he chose Augustana because "it's not too far from home, the people there are really friendly and the scholarship."

Knowing that he would have to leave Omaha, Davis said that his family helped him make the huge decision of going to an out of state college.

These two Eagles are ready to leave the nest and make Central proud, representing their high school and making their future colleges proud.

"Playing college football is a dream," LeFlore said, "no matter what level it is."

Health, calorie intake, exercise depend on the individual

Continued from 'HEALTH' on page 6

This is not to say they indulge in a McDonald's meal before game time, but they don't watch their weight as closely as one would think. Each of them eat whatever they want, but the difference is that they work out ten times harder. Thus, when it's time to perform they can play to the best of their ability.

That, to me, was rather interesting.

This eating right ordeal reminds me of our suggested calorie intake the First Lady, Michelle Obama, has instilled for students ever so ignorantly.

The purpose wasn't ignorant, however she forgot to include a very important factor. It's more than apparent that kids range in shapes and sizes, especially in high school.

Everyone does not need the same amount of calories and food in order to function healthily. For example, I am not going to need as much food as the 6 foot whatever, 200 pound line backer next to me in line would.

In addition, he may not need as much iron supplemented foods that

I do because of my hemoglobin deficiency. So the question is, how does one establish a healthy medium between what's supposed to be eaten and what is actually eaten?

That answer relies on the individual doing the eating. People should generate their own ideal weight and amount of food that they should be eating.

For me, I found that when I'm in the mood for a snack, one sweet is okay but I should probably fit some fruit in my diet at that time.

An athlete would most likely be more particular as opposed to someone like me who could care less about what I eat as long as I'm exercising and can balance my intake with output (exercise).

Don't mistake me; eating right is not dumb and useless. I simply think that it is strictly effective when and only when nutrition is altered to the individual's needs... Not just a general guideline. There are different ways around losing weight.

You don't have to starve yourself and long for that delicious piece of cake sitting across from you on someone else's plate. Just work out and live a balanced and healthy life.

Dedicated bowlers wrap up season, win local tournament

Continued from 'BOWL' on page 6

ista, Papillion South, and Burke is working on getting their own team. The boys and girls each have their own team.

This year, there are no more bowling competitions, as Jordan said "We just wrapped up," but next year, the team will surely have more for anyone to attend.

When the team won the Metro Championship, Jordan said he was "Very excited, very proud. This is my third year and I have the same girls from three years ago. We won JEV league the first year. I'm really proud of how much they've grown and how they compete. They have lots of fun and it is always fun coaching them--It makes any coach proud."

For now, the team is only meeting up at West Lanes to bowl, but in the future, there will be more chances to watch the bowlers perform and do what they love best: bowl.

TURN UP THE HEAT WITH THE

As spring comes around the corner, gather your shorts and cheer on the Central team, the soccer teams, the baseball team or even the champion track team. to say and what these athletes do to prepare

Girls Tennis

MAYA DURFEE O'BRIEN
Staff Writer

Spring sports season is upon us. The girl's tennis team is coached by Bob Tucker and Tracey Menten. Menten is excited for the season, as are the rest of the girls. The girls featured are some returning players as well as new members to the team.

The team has not been able to practice outdoors as it has been too cold. To make up for that, the girls have been doing a lot of things indoors to better prepare themselves for the start of the season. "We've been doing a lot of pre-season conditioning--cardio, footwork, core. So much of tennis is involved with your core. We've also had some open gym times," said Menten.

Although the players do not have any special diets they need to follow, they must be conscious of what they eat. "One of the things about tennis is that it does require endurance, so the day before a match you eat some good carbs; some of it is diet and some of it is rest," said Menten.

A few key players to watch this season include: seniors Giselle Tran and Allie Brock, juniors Sydney Peterson and Kate Bonham and sophomore Libby Bullerdick. Tran, Brock, Peterson and Bonham are strong returning players. "Libby is a 10th grader who I anticipate will do well this season. It will probably be her first season playing varsity," said Menten.

"We want to win, obviously," Menten said in a sort of joking, sort of serious way. "We want to have a winning sea-

son, get better and build a strong team." Menten and Tucker also want to rebuild the program. "We want to become a competitor to the schools to the west. A lot of those players are born with a tennis racquet in their hands. They start playing tennis when they're around a young age like five. Some of our players pick up a racquet in 9th grade so we have to teach them literally right when they enter high school."

Tennis is a team sport, but individual players still have their own goals. "Giselle Tran is a very good contender to do well at State. Her goal would be to get as far as she can in State. Allie Brock is also returning and she would like to do well at State also," said Menten.

Tennis is a unique sport because it requires individual goals and wins as well as team goals and wins. "You compete as a team and as an individual. You win your match and that's points for the team, so you kind of win overall," said Menten.

Predictions for the season are high. "I think we are going to do really well. To me it seems like we are going to have a really strong season. The girls are very excited, there is a lot of good energy and I think we will probably have some state contenders this year," said Menten. She stresses that the tennis players need support.

"Come out and watch them play. We'd like people to come out and cheer us on!"



Key Players



Giselle Tran (12)

Position:
No. 1 Singles

Favorite Shots:
Volleys and overhands



Allie Brock (12)

Position:
No. 2 Singles

Favorite Shots:
Serves and overhands



PHOTOS COURTESY OF GISELLE TRAN & JOHN BEST

Boys Golf

STEPHANIE PAUL
Visuals Editor



Key Players



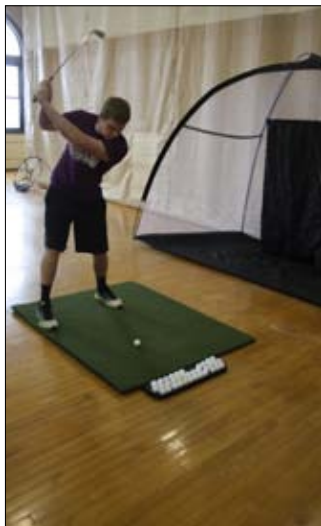
Miles Russell (12)

Position:
No. 1 Varsity



Nate Morris (12)

Position:
No. 2 Varsity



PHOTOS BY STEPHANIE PAUL / THE REGISTER

As the snow melts off of the green golf course at Shoreline Course in Carter Lake, Iowa, the boys' golf team at Central will start to practice their golf skills. But until the snow melts, the team is reviewing golf techniques.

The boys golf coach, Ben Mihovk, is excited for the boys to start their spring season sport. Mihovk has many goals for the team this season.

"I want the boys to go to State this year as a team, not just to go to play, but place well as a team," said Mihovk.

Other than the team, Mihovk is hoping for some individual players from the team to go to State and place high.

Some of these players he believes will go to State are returning key players from previous years. These players are Miles Russell and Nate Morris.

Since he believes those players are key for State, Mihovk said, "I want the players to be on the hunt during individual tournaments. And also during districts for State."

He wants the players to be at the top of their games so that they can contend titles for themselves, and also for the team.

Russell is looking for both small and large improvements. According to the golfer, if he wants to fulfill his main aspiration for the season--to win the state tournament--"All facets of my game will have to improve, but my short game

and putting in particular."

The boys initially prepare for the season by studying the fundamentals of golf. Once the boys are done studying the fundamentals, they get to go on the driving range to start hitting.

They, just like many other Central spring sports, have been forced inside by the cold, icy weather. The team has been practicing in the cafeteria.

Throughout the season, the boys practice every day after school by getting out onto the course and playing nine holes a day.

All of the spring sports have unique and often hidden qualities about them. Golf is no exception; it has quirky rules just like the rest.

"In golf you call penalties on yourself, and unlike other sports, it's player versus the course," said Mihovk.

In golf, a player is victorious after obtaining the lowest score, or par, against the course.

For the players, golf is not a sleepy sport that one falls asleep to while watching on television.

Instead it poses an exciting daily challenge. Mihovk said that golf is one of the hardest sports to play and master--which many may not be aware of.

Girls Soccer

TIA SPEARS
Staff Writer

After experiencing their first ever winning season last year, the girls soccer team prepares to match last year's successes.

Doug Trenerry, the head coach, stated, "We're looking to make Central High School the destination school for girls in Omaha who want a great academic program, and quality soccer program as well." After setting a school record last season, the girl's soccer team is on the rise.

Last year they went 13-5; the motive is to surpass those successes. However, the effort will not be an easy one, considering that several seniors are no longer part of the team. Subsequently, the talent will be fairly new.

Trenerry mentioned that Jacinta Christensen and Michaela Bigsby, who graduated last year, will both be hard to replace.

He is looking for about 18 players on both the varsity and junior varsity teams, leaving a total of 36 players.

"We do have eleven returning players from last season who were a big part of the 2012 team's success," he commented.

Another slight concern he has is the difficulty of the teams scheduled to be played.

He said, "At first glance, the schedule appears to be a little tougher than last season." Nonetheless, Trenerry is gener-

ally excited to build up even more talent in the team's newest members and has great expectations for the team this year.

"We will be a younger team than last year, with fewer seniors and more freshmen, but the overall quality is on the rise," he said.

Junior Sydney Peterson relates to Trenerry in his outlook for the season.

"I think we will struggle to rebuild our team this year, considering we lost a lot of seniors last year," she shared. Although the team lost some talented seniors, the expectation is that the freshmen will replace the talent.

Peterson added that there are freshmen ready to step up, and the main goal is to just get better. Last year the team set a school record, and they hope to surpass that this year.

After such a grand accomplishment, the morale of the team is high.

"I think our main goal is really just getting better," Peterson said. "Over the season we plan to just do our best and get better both individually and as a team."

The thought is that if they take it one game at a time, success is inevitable.

And even if the girls are unable to match the record that was set last year, that won't bring them down. This younger team is ready to take on the spring season.



Key Players



Sydney Peterson (11)

Position:
Forward/ Midfield
Height:
5'2

Position:
Defender

Height:
5'5



Brita Sjogren (12)



PHOTOS BY STEPHANIE PAUL / THE REGISTER

PHOTOS BY STEPHANIE PAUL / THE REGISTER

SPRING SPORTS PREVIEW

athletes, whether they are the members of the girls' tennis team, the boys' golf
Get the scoop on each team by reading about key players, what the coaches have
for the season. All brought to you by *The Register*.



Boys and Girls Track

TIA SPEARS
Staff Writer

Key Players



Races:
4x1 and 4x4

Best Time:
100 = 12:03
400 = .58

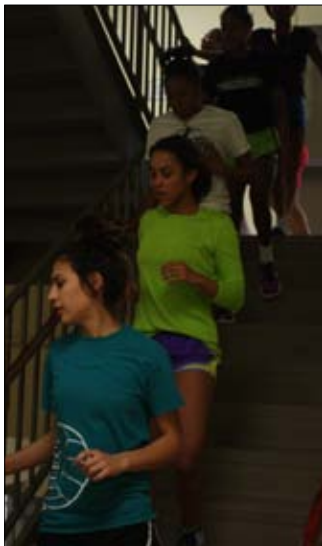
Chelsea Baker (12)

Races:
100 m, 200 m,
400 m

Best Time:
100 = 10:80
200 = 21.80
400 = .48



Devin Barfield (12)



PHOTOS BY SETH ARTER / THE REGISTER

The spring sports season inaugurates nothing but success for the boys and girls track teams. The expectations are high and the prospective is exceptional.

"My expectations are always to do well because we've had a history of success," boys' coach Elliott Evans said. "We've been the state champions for three years." Evans started coaching in 1971 and ran at Drake University during his collegian years. "Just to see young people mature and advance as the years progress is the most rewarding part of being a coach," Evans said.

The boys on the team really appreciate his words of advice, encouragement and positive mental attitude towards themselves and the sport.

"He believes in all of us. He believes that everyone's varsity material," junior Kris Saunders said. Saunders plans to run the 100 and 200 meter dash as well as the 4x1 relay. He foreshadows an issue within the team as a whole. "The egos could be a problem. People who are good sometimes get cocky so we just need to work as a team," he said.

Evans, however, has other concerns. "Right now we're looking for throwers," he said. Although Evans is concerned with the amount of throwers, the success of the team overshadows that issue. "Devin Barfield is a two-time state champion and Tre Sanders medaled twice," he shared. Other

notable runners are sophomore Daevon Harker and seniors Steve Daley, Elliot Lafollette and Will Smith, who make up the two mile relay team. Evans mentioned countless athletes that he has had and currently has; he makes it a point that each and every one of them has reached his potential, and that makes him proudest as a coach.

For a team that has so much talent, the one thing that it doesn't get is publicity (according to the coaches and team members).

"Track doesn't get a lot of attention. All of the meets are off campus so support is needed," Evans said.

The girls track coach, Trent Lodge, has different worries. "The weather is the one thing that really could hold us back," he said. "Other than that my goal for the team is just to win State." He expressed no concern with rival teams or individual runners. This could be seen as necessary with UNL recruit Chelsea Baker on the team.

Baker didn't initially plan to go to college for track, but ultimately decided to accept a scholarship to run. As for this season, her goals are the same as they have been. "My goals for this season are to win state individually and for my team to win because I feel like we all deserve it."

Here at Central there is a tradition of excellence and these two team will be resilient in their efforts to do just that.

Boys Soccer

ELISSA WIENER
Staff Writer



The soccer team is going to have to get into gear quickly in order to be prepared for the upcoming season. Things are a bit different from last year.

"We will have to replace several senior leaders from last year. We are going to have to rely on several sophomores and freshman to contribute," said Coach Peter Pham about the team.

There are, however, some seniors who are still a part of the team. Bobby Gibbs is excited for the upcoming season.

"I think our team is hoping to stay in shape in order to keep pace with a lot of other teams in the metro so we can become contenders in district," he said. "My personal goals are to do my part in keeping underclassmen disciplined and prepare for the season, as well as hopefully working towards a starting position perhaps."

Tryouts for the soccer team began on Feb. 25. They lasted for a few days and hopefully brought in new players. Although tryouts didn't start until then, that doesn't mean the team wasn't still preparing for the upcoming season.

"We've had conditioning, weight training [and] scrimmages during the off season," Gibbs stated.

Obviously, the goal of the soccer tryouts was to find new players to replace the ones that left the team last year and to find good players in general. In order for Pham to achieve

his goal of playing in state he needs great players, both old and new. According to Pham, some of his key players are Drew Barnhart, Noah Egger, Visit Hawking and Christian Rodriguez.

These four players, along with the rest of team, work hard to win and play for the love of the game. Egger, a sophomore, says he likes "the laid-back attitude and a lot of positive reinforcement (most of the time)" best about the soccer team. However, his favorite thing about soccer in general is "the feeling after completing a nice crisp play or the joy one feels after scoring a goal." Gibbs' reasoning differs from Egger. "The subtle strategy and patience involved really makes soccer a highly intelligent and intriguing game to me," he said.

While Gibbs wants to help the underclassmen get better, Egger's goals for the upcoming season are "mainly getting into a rhythm of playing and being affective on the field, which would hopefully result in coming out with more wins than losses."

Both guys, along with their entire team, are already hard at work training and preparing for the season. Hopefully, all their hard will pay off and Pham's goals of going to state will be achieved.

Key Players



Position:
Defender

Height:
5'11

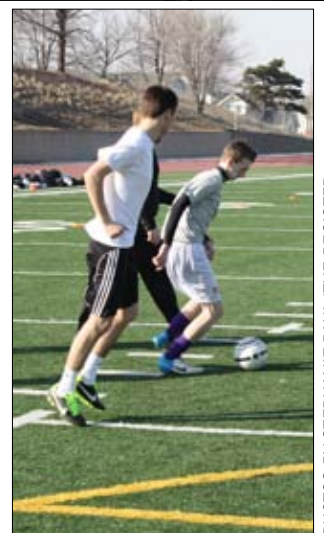
Bobby Gibbs (12)

Position:
Midfield

Height:
5'10



Drew Barnhart (10)



PHOTOS BY STEPHANIE PAUL / THE REGISTER

Baseball

STEPHANIE PAUL
Visuals Editor



Key Players



Position:
Pitcher

Aaron Ridner (12)

Position:
Infield



Zach Wilson (11)



PHOTOS BY STEPHANIE PAUL / THE REGISTER

Baseball, an all-time American sport, is more than ready to begin at Central after a harsh Nebraska winter.

The season usually begins in February and continues through the summer to August. Right now the Central baseball players are gearing up for the spring season; they began preparing in the fall for the season.

During the winter months, the team participates in weight conditioning to build muscle for the road ahead. They're conditioning for the American League in the spring. The team works all year long to play the spring American League that almost every baseball team plays.

With the spring comes a brand new, fresh start: Central's baseball team is getting ready for a new season with a brand new coach. Gerald Kreber is the new varsity baseball coach; this will be his first year coaching with the varsity team.

Kreber said, "I'm excited for the first game, even though the weather hasn't been good."

With the winter weather still sticking around, it has been hard for the team to go outside and really practice on the field.

So far this season the boys have only been able to go outside twice to have practice on a real field.

Since the boys haven't been able to practice outside, they

have been using the Central gym for practices.

The gym is quite large and can be used to practice out-field scrimmages, as well as other things.

Another unique thing about using the gym for a baseball field: there is a batting net that can come down from the ceiling and be used for batting practice.

This allows team members to perfect their swings even though they don't have an actual batting cage.

"I feel like every team right now is going through the same problem as us," Kreber said, referring to the difficulties that come with lingering winter weather. Many other high school teams have been forced off of the field as a result of snow and ice. However, teams have been able to problem solve by finding indoor spaces in which to practice.

Since it is Kreber's first year of coaching the team, he feels slightly nervous about the season, but he is very confident in it as well.

He believes the team will do well, since they have been practicing very hard and well inside the gym.

"We have a very strong team this year with several juniors and a strong senior class," he said.

Central's baseball team is looking quite strong, indeed, with a new coach and several upperclassmen who are ready to lead the team to State.

Senior Ronald Wells wrestles his way to another state title, while team places sixth

GISELLE TRAN
Business Editor

Valentine's Day may have been an appropriate starting date for the Nebraska State Wrestling Tournament as most champion wrestlers would say that wrestling is the love of their lives and the greatest sport ever.

For Burke and Grand Island, the Wrestling Championships were a battle where the Islanders edged out to win their fifth consecutive Class A State Championship.

It wasn't the fairy tale ending for the Central wrestling team as the Eagles ended up sixth in the final standings, but it was pretty close to perfect for senior Ronald Wells.

Wells was one of eight Class A wrestlers to enter the state tournament undefeated. At 138 pounds, Wells defeated Adam Willman from Lincoln East to win his third State title.

Wells said, "I feel great. That's really sick to win three times. I wish it could've been four, but that's all right."

Although says it's "all right" to win yet another State title, the people who know the story of his freshman year would understand why Wells' elation is dampened by some reserve. Wells' success in wrestling during his high school career may be driven by the final five to 10 seconds of his freshman season. Because the moment occurred three years ago, many people have forgotten the reason why Wells isn't joining the list of wrestlers that have won four State titles in Nebraska history.

A heavy favorite to win his district freshman year, Wells was upset in the finals. Disappointed, frustrated and caught up in the moment, Wells slammed his

headgear and blurted a choice word to no one in particular.

The referee hit Wells with two unsportsmanlike infractions, effectively disqualifying him from the State tournament.

Given a similar story a year before, where a wrestler was ejected for unintentionally bumping an official and the disqualification was eventually reversed, Coach Jimmie Foster, Wells and the Central wrestling team thought a similar discussion could be organized on Wells' behalf.

But to no avail. Wells was forced to watch all three days of his first Wrestling Championships from a seat in the CenturyLink Center's upper bowl.

Wells never quit and learned from his freshman experience. To Wells' credit, he never used his age—he was only 14 at the time—as an excuse for his behavior. And he admits that he's learned to be the better person and rise above a loss or a seemingly unfair call. In Wells' case, he took the road of no losses.

Wells commented, "Even though it sucked, I actually learned from it."

The senior wrestler agrees that his freshman experience propelled him to work harder and win his third State title.

Wells inspires athletes to come back from devastating losses to achieve greatness.

Sophomore Central wrestler Markell Vaughn met an obstacle during the State Tournament. Five minutes before his next match at the State Tournament, someone's heel hit Vaughn's eye, preventing Vaughn's from wrestling his best.

These next few years, Vaughn will "focus on pretty much putting gin 110%." Next year, Vaugh says he hopes "to go out there and demolish everybody."

Trying to keep his weight down, Vaughn's ulti-



PHOTO COURTESY OF JIMMIE FOSTER

Ronald Wells prepares to face his opponent. The senior wrestler entered the state tournament undefeated.

mate goal is to "leave everything on the mat."

Leaving Central, Wells wishes he could have more time with Coach Foster. They'll keep in touch, but Wells realizes he'll never wrestle for the Central Eagles again.

When Wells was asked about his third State title, Wells said, "It was kind of bittersweet because that was my last match with Coach Foster. But to go out winning three times is nice."

Vaughn is disappointed that the Central wrestling team didn't have another State Champion to accompany Wells, but Vaughn commented, "We're just

gonna have to work harder next year."

Wells is confident that the Central wrestling team will have success in the future, noting, "It's a young team, and I think they're all good." Wells believes that Central will have a few State champion wrestlers next year.

Although Wells hasn't made a decision about his future college or career, the senior sees wrestling in his future.

Wells' last comment: "Wrestling is the greatest sport ever."

NASCAR driver Danica Patrick works to market herself, shows no signs of slowing down

When a stock car is running at 196 miles per hour, it's impossible to tell if the driver is a man or woman. It's just a blur that the audience watches in awe.

In every race, Danica Patrick's situation is exactly the same of that of a man's—staring out of her helmet and hurling down the road, encased in 3,400 pounds of carbon and sheet metal.

I don't think a racecar knows the difference when a girl steps into it. At least, I would hope racecars are genderless. It was natural that people would raise questions of gender after Patrick became the first woman to ever win the pole position for the Daytona 500.

What's more impressive than Patrick's gender, however, is perhaps how she deals with being a woman.

If she does well, she's a barrier-breaker for women. If she finishes poorly, she's just an oversold pretty girl.

Either way, no matter what, she's a source of public attention.

It's unknown how NASCAR fans, who tend to care more about the driver's personality than his or her skill, will receive Patrick.

With Patrick, it was difficult for her to build her "brand." No one would sponsor her.

In 2006, Patrick changed race teams and found a new sponsor in GoDaddy. After struggling with her marketing strategy and brand, Patrick turned to a strategy based on her sex appeal.

Some critics have called Patrick's approach "distasteful," given her talent and accomplishments. Others, however, understand why Patrick chose such a marketing strategy.

"You have to use the tools you have to market yourself, along with your driving ability," said NASCAR driver Kyle Petty. "It's how you look, how you speak, how you handle yourself—it's the whole package."

Patrick has chosen a racy marketing strategy that focuses on her

sexuality. Her GoDaddy commercials are risqué, to say the least.

They feature Patrick unzipping her racing suit and stepping into a shower, drawing much attention and criticism. In fact, one of Patrick's three commercials was banned from the Super Bowl by CBS because of its raciness.

What's impressive about Patrick is her disregard for all of the hype and attention surrounding her success.

Her accomplishments will pique people's interest and raise many questions about whether men and women truly are equal despite many physiological differences. But she carries on.

Despite her difficulty in creating the Danica brand, Patrick has managed to stay true to herself and prevent Danica the Driver from becoming Danica the OverBlown Doll.

No, her accomplishments do not quite meet her accelerated public prominence. But there is still time. Patrick has managed to prove that a girl can drive a stock car faster than anyone on a track. And what's more is she is not satisfied, nor is she finished.



UNCOMMON NONSENSE
A Column by Gisselle Tran



PHOTOS COURTESY OF TAMMY WILLIAMS

Members of the State swim team pose at their practice pool at Norris Middle. Bottom row, left to right: Megan Bruce, Samantha Bradley, Lena Wolcott, Hanna DePriest, Katie Walenta, Violet Brusnahan, Mira Williams and Naomi Kirkvold. Back row, left to right: Evan White, James Grundke, Nick Fields, Ethan Dibbern, Alec Williams, Chris Pospisil, Oliver O'Brien and Lukas Meyer.

Members of Central's State swim team bring the heat to Devaney, boys finish in 12th spot

Alex Bohn
Contributing Writer

"Strength and hard work," that's what sets state swimming qualifiers apart, according to Central Swim Coach Mike McGuire. The Eagle swimmers who are in this elite group competed in the State Swimming Competition in Lincoln at the Devaney Center Feb. 21-23.

Sophomore Chris Pospisil automatically qualified for two individual events and two relay events. Automatic qualifiers meet or beat an established time in a given event during the season to secure one of 32 spots in the state meet.

"Chris is surprising coaches all over the state with his success this year," said McGuire.

Pospisil qualified in the individual 100 freestyle, individual 200 freestyle, and 200 and 400 freestyle relays. He said his favorite event is the individual 200 freestyle and his goal was to medal in at least one event at State. Like McGuire, Pospisil said swim team is hard work and a big commitment.

"It's hard to focus on academics during swim season. State preparation is even more serious; there's not as much joking around," said Pospisil.

Senior Lukas Meyer qualified in the 100 and 200 individual freestyle events along with 200 freestyle and 400 freestyle relays.

For the second year in a row, Evan White qualified in four events. He swam in the 50 and 100 individual freestyle and the 200 and 400 freestyle relays.

Sophomore Oliver O'Brien joined Meyer, Pospisil and White in the 200 and 400 freestyle relays. O'Brien and juniors Alec Williams, James Grundke and Ethan Dibbern made up the State-bound medley relay team.

McGuire said his team goals for State were to see the three relay teams advance to the finals.

"I also wanted to see Chris, Lukas and Evan ad-

vance to the finals in their individual events," he said.

All season, the swimmers build up their strength by swimming as many yards as they can during practices. They practice every day, both in the morning and after school. Automatic qualifiers go through a rest period – called the "taper" – prior to state. The taper includes less swimming, a good diet, rest at home, and 8-10 hours of sleep each night.

"The taper helps them swim their fastest at State," said McGuire.

In the preliminary rounds, Pospisil qualified for the finals in the 200 freestyle and consolation finals in the 100 freestyle. Meyer qualified for the consolation finals in the 200 freestyle as well as the 100 freestyle. The 400 freestyle relay qualified for the finals and the 200 freestyle relay qualified for the consolation finals. Unfortunately, the 200 medley relay was disqualified.

After all finals commenced, Pospisil earned 7th place and Meyer 14th in the 200 freestyle. In the 100 freestyle, Pospisil and Meyer earned 11th and 16th, respectively. The 200 freestyle relay, featuring Meyer, White, O'Brien and Pospisil earned 10th place, and the 400 freestyle relay, featuring the same swimmers, earned 8th place.

Overall, the Central boys swim team earned a 12th place finish with 58 points.

Prior to the State Meet, the swim team competed in the Metro Swim Meet, where they placed 7th.

"I'm happy with our finish at Metros," said McGuire. "We were competing with schools - like the three Millard High Schools, Papillion High and Creighton Prep - that have year round swim programs and feeder programs."

Another outcome of the Metro Meet was the recognition of McGuire as the 2013 Metro Outstanding Swim Coach of the Year.

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Opinion

IF FAST FOOD KILLS US WHY ARE WE STILL CHOMPING?



In the OPINION of the REGISTER

Did you know that "obesity is the number two cause of preventable death in the United States. 60 million Americans 20 years old and older are obese. [and] 9 million children and teens ages 6-19 are overweight?" according to GetAmericaFit.org

Obesity is one of the biggest problems in America. Not only does it increase the risk of type II diabetes, but it also increases the risk of breast cancer, colon cancer, osteoarthritis, sleep apnea, gallbladder disease, coronary heart disease, hypertension and strokes. Obesity has serious major side effects. If this is the case, however, why are there 58 million people overweight, 40 million obese, and 3 million morbidly obese in the United States alone?

There are many answers to this question. Obesity can, unfortunately, be genetic. Many people who are overweight or obese had parents or grandparents who had the same issue. "Your genes may affect the amount of fat you store in your body and where on your body you carry the extra fat. Because families also share food and physical activity habits, a link exists between genes and the environment," says the National Heart, Lung, and Blood Institute, "Children adopt the habits of their parents. A child who has overweight parents who eat high-calorie foods and are inactive will likely become overweight too."

Continue to 'OBESITY' on page 12

GRAPHIC BY JHALISA ROBINSON / THE REGISTER

FAST FACTS

Many preservatives used in fast food are also used in products like antifreeze, embalming fluid and dyes.

The phosphoric acid found in cola can dissolve an iron nail in four days.



One hamburger from a fast food joint may contain meat from 100 different cows.

Willard Scott, the first Ronald McDonald, was fired for being too fat.

INFO COURTESY OF GUYISM.COM



CARTOON BY KEALI FRENCH / CARTOONIST

Public figures held to higher standard

From the moment an individual takes on a position of power in a state or government office, our hopes are that they will act just with good morals and a good sense of responsibility. Unfortunately, this isn't the case a good majority of the time.

A discovery of infidelity was recently discovered right here in Nebraska. On Jan. 26, Lieutenant Governor Rick Sheehy resigned from his position because of questions which were raised about possible infidelity; reports emerged of Sheehy using his government-issued cell phone to talk to four different women other than his wife.

The question for Sheehy and other former politicians who have been accused of dirty scandals: what would possess them to carry out such acts? Infidelity is extremely looked down upon in general, but when a politician is involved, it's looked at from a completely different angle.

When citizens vote for a certain politician, they are voting for them because they agree with their political views and morals. How dare someone take that oath and fulfill such a position knowing that they are dishonest and don't always have good ethics?

From the moment that individual is sworn in, he or she is being watched and looked up to by those citizens who believed in them enough to vote for them. It is vital that all people in positions of government power think about how their actions are going to affect all of their voters and supporters. Don't work

hard to get everyone to perceive things the way you do if you are conceited and dishonest. Voters and supporters are only a small percentage of people who are affected when politicians make unethical decisions.

Are these people in office forgetting that once they run for office, they are automatically a public figure? As soon as the media starts covering their campaign, the public knows who they are.

All of their decisions are public knowledge whether they are ethical or not. Not only do people know who they are, but they also know who their friends and family are. We don't understand how politicians don't think about how their families' reputations will be affected based on their unethical decisions. For example, Nancy Sebring of Des Moines, Iowa was not able to become superintendent of OPS as a series of racy emails were discovered via her work e-mail. Sebring has children who were more than likely completely humiliated and ashamed. We know we wouldn't want to go out in public if my mother or father was in a similar situation. Sebring's husband was also most likely ashamed and embarrassed as well.

We believe that a majority of athletes, celebrities, politicians and all types of major public figures feel as if they have a right to do whatever they want without considering the right or wrong factor. Life is

Continue to 'SHEEHY' on page 15

Elders teach us youngsters how to live

My best friend has an oxygen tank. The tubes which connect him to his physical life source snake through his house, and I try not to step in the loops for fear of causing him to topple—he does that enough on his own, stepping over his garden fences or seeking out other sorts of mischief.

The air he needs to breathe; he can go about five minutes without it until he begins to feel the dizziness and realizes the tube has loosened from the tank. But I know he's really breathing in something even less visible, yet at the same time more realistic, than air. Something that is truly his life source.

Merle likes to hold my hand as we sit, or sometimes as we walk. His mostly steady strong arm grabs around my waist possessively, and he likes to introduce me as his girlfriend. But he kisses me on the cheek and tells me that I am his second chance at a daughter. I'm not sure of his exact age—perhaps early 80s—but I know that he was a young boy during the Great Depression.

As a father he was always working, putting hours under his belt and racking up paychecks and saving so that his family could live comfortably. But with those many working hours came a sacrifice: a real, honest-to-God relationship with his daughter. By the time he retired, she had grown up, and he missed his chance to truly witness it.

Merle and his wife Dorothy (of about 65 years) have cultivated an impressive web of family, which stretches across the United States. They have relatives in every direction, and in younger years often traveled to visit them. Now, though, they are the owners of the self-christened "Hansen Hotel"—essentially their house is a bed-and-breakfast for relatives either just passing through or looking to stay for a few days and shoot the breeze.

They are, in one word, a hoot. We've gone to church together since before I was conceived, but it was not until Confirmation came around that we really struck up a friendship. As "confirmands" (a word created by my pastor), we were to choose a mentor and meet with them regularly to discuss real-life faith. That was when the dinners began, when Dorothy and Merle really became my substitute grandparents. We began by visiting places like Village Inn and Olive Garden, and slowly decided to be more adven-

turous...I'll never forget the awful Indian restaurant we visited, where we were served what Merle decided looked like baby barf.

Recently Merle had a heart attack, and I feared that I would lose him, and that fear began gnawing at my insides and hasn't really stopped since, even though the attack was considered mild and he is home from the hospital.

While I have spent a good amount of time with Merle, it is nowhere near sufficient. People who are as old as Merle are wildly unique in their perceptions; they are comparable to small wrinkled treasure chests that many don't realize are teeming with wealth. Us young folk have so much to learn from them; from these elders we can take hard lessons learned and connections with worlds which have long passed. They are our only key to the past—and we are their keys to being a part of the future.

One important thing Merle has taught me (he isn't aware of it, though): living in the past is painful, living in the future is dangerous, and living in the present is nearly impossible—but it's the best for us.

To be frank, for a while I couldn't stop thinking about his impending death. We'd all like to think that hearts beat forever, but they simply do not. And coming to terms with that fact, rather than ignoring it, is one of the most difficult things to do as a human. It tortured me until I realized that I was living too much in the future. The best thing, I decided, would be to embrace the time I have with him now—to truly live in the small moments. To rack up seconds and minutes and hours with him that would be so much more valuable than a silly paycheck.

One thought that brings me comfort is the fact that Merle has had such a long and happy life (as clichéd as that sounds). He has created a beautiful family that will succeed him and he has gotten to watch his grandchildren and even great-grandchildren enter and become a part of the world. If that isn't a part of the human dream, I don't know what is.

Let me tell you something about Merle. Never before have I met someone so full of love for the world. When he does his grown-man giggle, or gives a warm laugh and sneaks in an 'oh, I love you,' my

Continue to 'MERLE' on page 12

Exploring the Role of Women in Combat. The Register discusses the end of the 1994 ban on women serving in the combat roles of the military. See Inside, Page 13

Boy Scouts Teaching the Importance of Diversity or Not? An organization that promotes morality and ethics prepares to vote regarding the ban on gay scout troop leaders. See Inside, Page 12

Ending Saturday Delivery? Why the United States Postal Service should get rid of Saturday delivery to save itself. See Inside, Page 13



GRAPHIC BY STEPHANIE PAUL / THE REGISTER

CHANGING THE BOY SCOUT LAW

As the Boy Scouts of America prepare to vote regarding lifting the ban on gay scout troop leaders, *The Register* argues that this organization that promotes morality and ethics should stop promoting discrimination.

"The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law."

This is according to the Boy Scouts of America website. Shouldn't some of the moral values taught be the acceptance of others, regardless of one's religion or sexual orientation?

The Boy Scouts have had trouble with this. They were having difficulties on whether or not to lift the ban on openly gay people becoming Scout leaders.

Sadly they have postponed the voting for this until May, because of the "complexity of this issue, the organization needs time for a more deliberate review."

What more "review" could they need? We live in a progressive society that needs to be accepting of others and their differences, so the postponement of this is very disappointing.

According to the New York Times, Deron Smith, a spokesman for the Scouts said, "For more than 100 years, Scouting's focus has been on working together to deliver the nation's foremost youth program of character development and values-based on leadership training."

What kind of leadership is being shown when people are not allowed to join because of their sexual orientation? Not any. The boys are being taught to discriminate, which is not okay.

The somewhat good news now is that in a recent poll done by Quinnipiac University found that "this week found that 55 percent of Americans want the Scout gay ban to end; only 33 percent support it," according to the Boston Globe.

In 2000, the US Supreme Court ruled in favor of the Boy Scouts of America to discriminate against people because it is "free speech by a private organization."

Although a private organization can do what it pleases, it still impacts the United States very much. The message being sent to young boys all across the country is that it is not okay to accept people for who they are.

That is the type of morals the boys are being instilled with discriminatory, hateful morals. The ban needs to be uplifted for the good of the United States and for the good of the scouts.

The Boy Scouts also face other scrutiny. Something that is equally disturb-

ing is the lack of background checks on Scout leaders. The organization could be letting in criminals or sex offenders.

The bad thing about this is because the failure to do background checks could be harmful to the boys.

Many people are outraged by this, but "Scouting officials argued that background checks would cost too much, scare away volunteers and provide a false sense of security," according to the LA Times.

An instance where the lack of background checks harmed some Boy Scouts happened in the fall of 1997 in Providence, Rhode Island. A man named Egar-do Luis Ortiz, who was just released from prison for sex crimes became the assistant scoutmaster for a Boy Scout troop. A few months after working for the organization, Ortiz was accused of abusing two boys on a camping trip.

The Providence Journal asked the scouts why they do not do background checks. A top official said, "We just don't. I don't know why. It's just a procedure of the Boy Scouts of America," according to the LA Times.

With this being said why would we want to support an organization that does not support others? Why would we want to support an organization that promotes discrimination?

The answer is we wouldn't. People as a whole should not support an organization that does not accept others for who they are, and one that does not protect the welfare of young boys.

Accepting people is part of what makes one a great human being or a well rounded one. Having the Boy Scouts discriminate against gay leaders could hurt the boys and the adult men in the long run. They are being taught that it is okay to segregate, and not like others who are just being themselves.

Parents risk the possibility every time they allow their children to go to the Scout meetings. They risk the young boys being in harms way. Who could they be talking to? Could it possibly be a convicted criminal or a pedophile? The families will never know because of the lack of background checks.

This is the 21st century and the Boy Scouts of America needs to realize this when making decisions related to their leaders. They need to learn acceptance. This is an organization that does great things for young boys, but still has a long way to go.

Wise choices the only way to fend off effects of excessive fast food

Continued from 'OBESITY' on page 11

The problem of obesity can't all be blamed on genetics though. There are also hormone problems that could cause obesity and being overweight. These issues include underactive thyroid (hypothyroidism), Cushing's syndrome, and polycystic ovarian syndrome (PCOS).

National Heart, Lung, and Blood Institute explains underactive thyroid as, "a condition in which the thyroid gland doesn't make enough thyroid hormone. Lack of thyroid hormone will slow down your metabolism and cause weight gain. You'll also feel tired and weak."

"Cushing's syndrome is a condition in which the body's adrenal glands make too much of the hormone cortisol. Cushing's syndrome also can develop if a person takes high doses of certain medicines, such as prednisone, for long periods.

"People who have Cushing's syndrome gain weight, have upper-body obesity, a rounded face, fat around the neck and thin arms and legs.

"PCOS is a condition that affects about 5-10 percent of women of childbearing age. Women who have PCOS often are obese, have excess hair growth, and have reproductive problems and other health issues. These problems are caused by high levels of hormones called androgens."

There are also ways a person who may not have been born with genetic or medical problems that gave him/her a higher risk of obesity can become overweight. There are certain medicines that have a weight gain side effect such as antidepressants and seizure medicines.

When a person's emotion runs high many people tend to eat to compensate for their feelings. Overeating and lack of exercise are obviously causes of weight gain.

The diet that most people eat is extremely unhealthy and a major contributor to weight issues. America is built on fast food restaurants. Every state has dozens of McDonald's, Burger Kings, Wendys', Arbys', Pizza Huts, and more. While all this food might be enjoyable to some, it is also some of the unhealthiest food to give your body. A regular meal at McDonald's may consist of a cheeseburger, medium fries, and a medium coke. This one meal adds up to 1560 calories.

For many people this is almost as many calories as they should be consuming in the entire day. Much fast food is highly processed, frozen, and then deep fried in oil.

Anyone who has seen "Super Size Me" has seen what fast food does to the body. It shows a man living only off of McDonald's food for as long as he can. He records his extreme weight gain, increase in risk of diseases, and all the other side effects of the fast food. Eventually the doctors tell him he has to stop his diet or else he will die.

Yet, fast food restaurants are still all over the country. Why? Their food tastes good, so it's easy not to think about whether it's bad for you or not. Realistically, eating fast food regularly is terrible for your body and quickly puts you at risk of obesity and other diseases.

It is also well-known that daily exercise is essential for health and healthy weight.

Yet too many Americans are inactive, spending

too much time indoors surfing the web, watching television, or playing computer games instead of getting exercise. These habits add to our national weight problems.

Unfortunately, becoming overweight or obese is extremely easy compared to shedding the extra pounds. However, considering the state of the country it might be time to try to control the weight in the country.

Yes, there are many people in the country who are not overweight or obese, but the fact of the matter is that eight out of ten Americans over 25 are overweight. So how can this be changed? The only way to stop this rapidly rising problem is to think before you eat and choose wisely. You have to maintain a steady diet and exercise routine to maintain a healthy weight.

For example, instead of choosing doubles on the cheesy breadsticks with cinnamon rolls in the lunch line, choose the sandwich and apple.

Whether or not people choose to see it, the cafeteria and the courtyard have healthier options to eat for lunch. They may not be the best food but it's a step and it's better than fried who-knows-what pressed into rings impersonating chicken.

You don't need to go out and only eat fruits and vegetables and run five miles every day. You can, however, choose a salad instead of a burger or even just small fries instead of a large.

Every effort makes a difference. America is so much more than just fat and lazy, and it's about time the rest of the world sees that too.

Feminists can enjoy free date nights too



UNCOMMON NONSENSE
A Column by Giselle Tran

There exist many women out there who say, "I'm a feminist, but..." followed by phrases such as "I like it when guys open the door for me" or "it would be nice if he paid." While some people criticize the girls with this viewpoint, others believe that you can still be a "feminist" without rejecting those niceties and courtesies.

I have a friend very close to me who is a staunch feminist. Now in college, she told me she scorned her high school self for enjoying the fact that her prom date bought her dinner and a corsage. She says that when a guy pays for a meal, it forces the girl to be indebted to him and he in turn feels a sense of power and ownership. In my opinion, it's not wrong to enjoy a so-called traditional prom and relationships are not constant power struggles.

Some feminists may say (and my friend would probably agree) that you're not being a "true feminist" when you expect the guy to pay for dinner. I would never expect a guy to pay for every single lunch and dinner and movie date, but I still believe that you can be a feminist even if the guy pays for dinner once in a while. It hardly makes the relationship unequal. Tit-for-tat isn't the only way to ensure equality.

While splitting the check 50/50 is a surefire way to have neither person feel indebted to the other, I believe it also bypasses some of the relationship building, romance, and overall goodwill that happens when people do each other favors once in a while without expecting anything in return. If a girl feels more comfortable splitting the check every single time, I encourage her to do so. Or if a guy expects more than a "thank you" after dinner, maybe there should be a discussion.

Most of the problems that stem from such feelings of indebtedness arise because the girl does feel indebted to the guy or the guy paid for dinner with unrealistic expectations. I don't think the issue of indebtedness occurs because the girl isn't a feminist.

Feminism, unlike most religions, is not a monolithic ideology. In other words, there is not a rigid set of standards or qualifications to be a feminist. There is no way to quantify feminism or judge someone to be more or less of a "feminist" than someone else. Technically, there is no such thing as a "true feminist."

Asking for equal opportunities is one aspect of feminism, as is paying for dinner. There are many women who would characterize themselves as feminists because they would like to climb the corporate ladder but may still expect men to pay for dinner. I realize that this seems to pertain to relationships between men and women, but the same principle applies to all relationships. Open communication about what people want would prevent the discussions of "I'm a feminist, but..." Yes, you can be a feminist and still enjoy your date bringing you a corsage at prom.

Feminism isn't a strict ideology that forces people to change their views to conform to the vision of a "true feminist." Making a relationship equal depends on the people, not the labels.

Elderly friends provide life lessons, inspiration

Continued from 'MERLE' on page 11

heart melts. Because, you see, he is my second chance at a grandfather. Both of mine were lost when I was nine, much too young to understand the value of the elderly.

He also serves as an important father figure in my life, because I experience a situation similar to that of Merle's daughter. He is someone for me to look up to, to listen to, to draw from and to love.

He and Dorothy may not be the most religious people, but they know a whole lot about love and how to live.

They have not lost the sparkle in their eyes. As mischievous as young teenagers, the two are still as in love as they were when they were married at age 19.

They inspire me to live to the fullest extent.

Merle has got too much to live for, possibly more than most adults who are half his age. He told me that he has not yet lost love for life, and I believe that he never will.

Doctor-prescribed cigarettes will still take a toll on smokers' lungs, don't make sense

"More doctors smoke Camels than any other cigarette," claimed Camel Cigarettes. "Taste me! Taste Me! Come on and Taste Me!" begged Doral Cigs. Before the 1970s tobacco and cigarette advertising ran rampant among magazines, newspaper and poster ads.

P. Lorillard and Company presented America in 1789 with what is recognized as the first known advertisement in the United States for snuff and tobacco products.

Eventually the subsequent negative effects of smoking lead to the ban of advertisements in the late 1900s. Side-effects, deadly or not, haven't hindered Americans from taking their fair share of a nicotine puff.

It is fair to say that the outcomes of smoking a cigarette are still widely known by most if not all Americans, so why, under any circumstance, would they ever be doctor prescribed?

A bill proposed in the Oregon Legislature in late January would make cigarettes and all other tobacco products available strictly to those who had a prescription. Ironic, right?

The hopes for the bill are that, if passed, people (specifically smokers) will "actually think about it," said Rick Cannon of Salem in an interview with Fox 12 Oregon.

Cannon claims that there are "less and less smokers every-day because they know how bad it is for them," his hopes being that people just "wake up and realize how bad it actually is."

Though valid, this hope is high strung. Yes, smoking cigarettes is preposterously bad, but it's the addiction that holds people down. Roughly 43.8 million U.S. adults were reported cigarette smokers in 2011, according to the Centers for Disease Control and Prevention (CDC).

This is a staggering 19 percent of all adults, or every 1 out of 5 individuals. There is a staggering 19.9 percent of Nebras-

kans who smoke daily (2007), and 23.3 percent of teens.

Go ahead and tell the smokers all day long that their habits are ones that will kill them, but the addiction won't let them stop. If any state attempted to pass this bill the faults would definitely outweigh the pros, starting with illegal exchanges.

Worries have been brought to light regarding the bill as a catalyst for criminals to begin illegally vending cigarettes to smokers in Oregon, and inevitably be able to charge high prices.

A smoker who spends about \$4.50 to \$5.00 per cigarette box (and taxes) ends up spending around \$35-\$40 a week, \$208 a month and over \$2,000 a year.

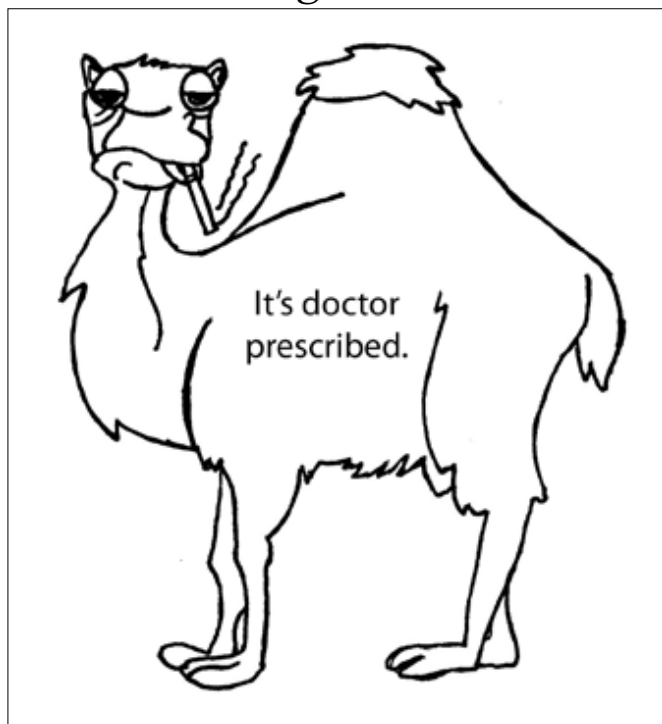
If a smoker is willing to spend that much to get their nicotine fix legally, the cost they might be willing to pay to get their addiction satisfied illegally could be that much more costly.

As a law in itself, it just doesn't seem to make much sense. Why would a doctor ever, in their right mind with side-effects, short and long term known, prescribe a slow death sentence to their patients?

No matter what state you're in or what medical history you have, cigarettes will take their toll on your lungs and overall body if smoked long enough. It almost makes it seem as if the prescriptions of cigarettes won't ever actually happen calling into question the doctor's credibility and professionalism. At the same time - people want their cigarette cravings filled - but under what circumstance may they be prescribed?

The law, while full of good intentions, has a lot of pitfalls within it.

While advocates of preventing the general public as best it can from the dire effects of a little roll of nicotine, tobacco and poison - the law also puts more obstacles in the way for both doctors and civilians.



CARTOON BY EMILY BECK / THE REGISTER



GRAPHIC BY KEALI FRENCH/CONTRIBUTING CARTOONIST

WOMEN IN COMBAT

The Register explores what the lift of the ban for women fighting in combat means for the future of the military, America and women everywhere.

As the New Year began, the role of military women took a different direction; it was decided that women had officially “proved” that they could be in combat. Leon Panetta, the Pentagon Defense Secretary, and General Martin Dempsey, Chairman of the Joint Chiefs of Staff, signed a memorandum ending the 1994 ban on women serving in the combat roles of the military.

The pressure allowing women to serve in combat positions in America has been growing over recent years. In November 2012, four female soldiers, with the support of the American Civil Liberties Union, stated that they were suing the Department of Defense because of the restrictions of women being banned from serving in front line warfare.

Men and women are required to reach the same physical and mental abilities to fight in combat. Some people feel that men being intermixed with women may cause them to lose focus on their goals, instead being distracted and attempting to impress or “help out” their female counterparts.

These women have fought through many things and can be just as strong as any other man in the front. During World War I and II, women served as nurses and cared for the suffering men who had been fighting. Why weren't there women requiring medical aid in the hospital? Because they were banned from fighting. Women can be just as strong as men, physically or mentally. Women have already been fighting and dying in combat roles--they just haven't been publicized.

In 2011, the Pentagon's Military Leadership Diversity Commission recommended eliminating the ban of women in combat in order to remove the barriers and open the “closed doors.”

The concept of women fighting in combat already creates the problem of

sexual harassment or abuse from the enemies or commanders. The sad truth is that many men and women of the military have already been sexually assaulted or abused. Before entering into the war, soldiers are aware of what might happen to them on the front line or even “behind the curtains.” They know what they're getting into.

According to The Guardian, President Barack Obama issued a statement enthusiastically welcoming the decision.

“Today every American can be proud that our military will grow even stronger, with our mothers, wives, sisters and daughters playing a greater role in protecting this country we love,” he said.

Women make up to 14 percent of the military's 1.4 million active members. And today that number can grow because more women can now fight for their country. This could now open up to 230,000 new roles to women as long as they meet the requirements for any post. Women are already allowed to fight on the front line in Germany, Australia and Canada, but not Britain.

The question arises that if women are now allowed to serve in combat, should they sign to the Selective Service Act? Well, to represent equality, it would be fair for women to sign also. Some women would rather not serve in the army, but there are men who would rather not serve in the army as well. There is no difference. America fights for equal rights.

With this shift, America once again makes another step to equality and respect toward all of its Americans. Women's ability to fight in combat aids in a shift toward less gender degradation and demonstrated competence. It is a good thing for not only the women of our country, but also our military, and the country as a whole.

In the
OPINION
of the
REGISTER

Questioning teenage trends: Gauges are taking it too far

There are always new trends that people everywhere will adopt as they become popular. A few years ago, everyone put as many colorful feathers in their hair as possible, and a few years before that everyone was still collecting silly bands. Trends can be something that make sense to do... or not. I understand that. What I don't understand is why gauges have suddenly become the next big thing.

Everywhere I look in Central someone has huge holes carved out of their ears propped up with round pieces of plastic. They come in varying sizes and colors of course. I have seen people with tiny blue gauges that only a thin strip of paper could fit through, and I have also seen people with big black gauges that are big enough to fit a shot glass into.

But why? Why has ripping apart your earlobe suddenly become the thing that everyone is doing?

Frankly, it's not the smartest decision in the world. Maybe today your ears stretched to fit around giant holes, but will you feel the same way in ten years?

If you have a size double 0 in your ear today, then ten years from today what happens if you want to take it out? The gauge will have been holding the earlobe stretched for so long that it will have become dependent on the gauge. The skin on the ear itself will no longer be stretched across the gauge but it will be loose and floppy and torn without it, and if that isn't a horrific sight I don't know what is.

My friend works in a coffee shop, and she recently told me a gauge-filled horror story. She was working an early morning shift when a man entered the shop. He was clearly very tired from the exciting night he had had before. Except his state of mind wasn't the only off putting thing about him. The man usually had big round gauges stuffed in his ears and one gauge in his nose. How-

ever, it seemed that sometime during the previous night he had shed the actual gauges and was simply left with their imprint. Both his nose and ears flopped around loosely with every step that he took. Gaping flaccid holes took over his ears and commanded everyone's attention in the coffee shop.

If this horrific story doesn't scare you away from gauges I'm not sure what will. In the future, when you are going in for a job interview, hot pink gauges are going to look extremely unprofessional. However, taking them out isn't an option as it would be just as distracting to have floppy ears. So once they're in your ears, their mark lasts forever.

Now, why anyone would want to have saggy ears is beyond me. I won't deny that some of the small ones may look somewhat fitting on some people, but most of them are just unattractive holes. Aside from the look, the holes created with the gauges are literally rotting flesh torn apart to make holes. The gauge itself smells putrid once it has made the hole in a person's ear.

If you don't believe me just smell your friend's gauged ear. At your own risk.

I'm not saying that anybody who has gauges made a horrid decision and they now look supremely unattractive.

All I am saying is that I just don't understand the sudden craze with putting holes the size of cups through your ears. That used to be reserved for the people in the Guinness World Records who literally put shot glasses in their ears, but I've seen people with gauges that would give them a run for their money. Think about it.

In the long run, wouldn't it just be better to get big distracting earrings or earrings that look like gauges but don't actually ruin your ears?

Perhaps this is one trend that never should have gotten started.



TO INFINITY AND BEYOND
A Column by Elissa Wiener

Late starts should be implemented into school schedules to ensure student success

It's barely Tuesday; you wake up rubbing the sleep from your eyes, not so ready to start the day. You're slowly walking up the front steps into school for the first class of the day.

The teacher is talking about quiz material, yet your mind is somewhere else. You find yourself sleeping in class...again. By the time school starts, more students are asleep than awake. Half of the class is either asleep or in the process of falling asleep. It frustrates teachers, parents and believe it or not, students as well.

Nothing irritates a teacher more than a student falling asleep in his/her class. They come ready to teach, so students should come to school ready to learn, not to get extra shut-eye.

There are many solutions to this problem-- the better being late starts. Not only would it give students more time to sleep, but it would also help academically. It is obvious that students who fall asleep in class have trouble with school; their grades slip, their behavior changes and most of all, the relationship between student and teacher is put on the line.

A study conducted by the Center for Disease Control in 2011 showed that 70 percent of high school students are not getting the recommended 8.5 hours of sleep for school nights. With tons of homework given to students every night, involvement in extracurricular activities, and part-time jobs, it is no wonder that students sleep in school. They are fighting everything to get that extra hour, and at the same time fighting with all their will to stay awake. It's a battle that they can't win. If schools were to start an hour later, students would be able to perform better academically, feel better and be more prepared to tackle the school day.

Kyla Wahlstrom, director of the Center for Ap-

plied Research and Educational Improvement, has been studying the effects of late school times on academic achievement.

“When they're (students) going to school at 7:15 a.m. the brain is still in sleep mode, and that's when the problems arise. Most people they think teens are just trying to separate themselves and be independent by staying up late, but this truly has a biological basis,” said Wahlstrom.

Teenagers aren't trying to be cool staying up late every night, just so they can end up crashing the next day. They are put under a lot of pressure, trying to complete tasks by the next school day. They are using every hour of the day they can, even if it means getting less than six hours of sleep. They fight the urge to sleep in class the next day, and they always end up losing.

It would make sense to give our students a late start to their day and have them fully prepared than fighting with them every morning.

There are plenty of states that have been implementing late starts to their schedule and have seen academic and behavioral improvements. Late starts will also leave more time for sports, homework and extracurricular activities.

There are pros and cons to every decision, but the positives overrule the negatives. If there is anything that can be done to help our students improve academically (and the school as well), it's an opportunity that can't be missed.

Late starts offer many great opportunities for students, teachers and parents. Students have more confidence if they're well rested. Parents feel reassured knowing that their kids got a good night's rest. Teachers are relieved to know that students are no longer snoring away in their classes.

In the
OPINION
of the
REGISTER

Ice skating ends in unforgettable fear



BIG BOW STRIKES AGAIN
A Column by Cheyenne Alexis

I'm someone who is afraid of almost everything. There are some fears that I have that are really stupid, and there are also some that are phobias. And there is one fear I have that is not ridiculous, and I have a legitimate reason to fear it.

I'm afraid of ice skating, and it is all due to one horrid day in June when I was 11.

I had enrolled in summer school because I had nothing better to do, and I stayed for an after school program. The group went on many different field trips, and one that I was dreading more than anything was to the ice rink.

I'm clumsy beyond all reasons, so I knew that I'd fall plenty of times, but I still decided to go and try it out, because maybe I'd eventually learn. I was wrong on so many levels. The group arrived and I was putting on the skates, and I could hardly walk on the floor, let alone the ice rink. I thought, “This is bad,” but decided to shut off the smart part of my brain and try it anyways.

My guy friend and I were walking out to the rink. He knew how to ice skate, so he was trying to assist me. We made it about halfway across the rink when we started falling. We fell once, got back up, and fell back down yet again. This went on for a couple more times before we just gave up.

Then, his sister came over and said, “Oh my God, you're bleeding!” so I looked down, and saw that my right index finger was indeed, gushing out blood. The guys' ice skate had sliced my finger at an angle. I pretty much had a mental breakdown inside my head, but then the teachers who were supposed to be watching finally decided to help me. Of course, trying to get back to the outside was difficult since I was freaking out and also couldn't keep my balance.

The teachers washed my cut with only water, and none of them suggested, “Oh, maybe we should call an ambulance, since her skin is coming off.” No, instead they asked me if I was okay and wrapped it in gauze.

Of course I was not okay, my finger was peeling off and I was having a spaz attack. Unfortunately, I was a dumb child, so I decided that I would be okay, and told them not to call my mom.

I feel it was their fault, however, because they shouldn't have listened to a naive 10-year-old who is scared of hospitals. The rest of the day I ignored my finger. I thought that just because my skin was coming off after being cut by a rusty ice skate and it was probably going to get infected if I didn't put antiseptic on it, it didn't mean that I had to get stitches.

After my mom heard about it, she was explosive. She had to go ahead and tell me that I was going to the hospital and I was probably going to get stitches. I started crying. Stitches to me meant I had to get a shot, and I would stay in the hospital with creepy doctors, who I absolutely hated.

We got to Bergan Mercy Hospital late at night and I was bawling and shaking. The front desk people couldn't get me in right away so I had to wait and foreshadow the events about to occur to me. When I had to go up and say what happened, the front desk ladies looked at my finger. Then, to make things worse, the idiots kept pressuring me to bend my finger, which had gone stiff in the process. I was crying and they kept saying, “Bend your finger!” so I did, and the pain was unbearable. When I bent it, the skin that had gotten cut by the ice skate popped up, so again, I freaked out.

I got seven horribly prepared stitches and a teddy bear that looked like it was squashed by a hammer, and to this day I can't feel the skin on my index finger where I was cut. After about three weeks of having my stitches and not being about to write, I realized that I was never going to ice skate ever again, and soon it became one of my biggest fears.

My lesson was definitely learned, and though I'm scared of plenty of things, I still can't get over what happened that day.



CARTOON BY IMANI BROWN/CONTRIBUTING CARTOONIST

Spoiled kids should be thankful for what their parents provide



PLEASE EXPLAIN THIS
A Column by Seth Arter

What is a parent's responsibility? To me, it's a lot of things, but teaching a child independence and responsibility is a vital part of growing up for all children. No child is going to be ready for anything when they reach adulthood if they have no sense of responsibility. A child needs to learn to be somewhat responsible for their actions and should earn some of their own money and material possessions.

Starting with money, the more you give it to a kid, the more they expect you to hand it over when asked. Teens should have part time jobs or do extra work around the house in order to earn what they want. A friend of mine from another school constantly asks her parents for money, and they fork it over instantly. On the rare occasion when she doesn't get the money or item she wants, she gets pretty upset at her parents. She is the perfect example of someone who is not going to be prepared to leave her house when she graduates high school.

Not that I'm saying a child has to work their fingers to the bone while in school, but it's completely reasonable for them to work one or two days a week. Kids can pay for simple things like gas, some clothes, movies and some dinners out.

If you care enough and want people to think you're a hard working independent person, doing the little things could entirely change the way people think of you. Even making some of your own car payments or paying your own phone bill shows some independence. Teachers and bosses love people who seem to be independent because they know they can trust you to complete important tasks. No matter what age you are when you apply for a real-world job, telling your interviewer that you've been independent with your own job since a very young age shows great leadership and initiative.

Being irresponsible is by far not the only problem that people run into who have grown up being spoiled. If parents allow their kids to treat them that way, then they will leave that house treating other people that way as well. Parents: teach your kids to be respectful and not spoiled brats who get everything they want. If your kids are brought up to be responsible they will avoid less conflict with other people such as teachers, bosses, co-workers and friends.

Working with others is going to be a huge problem for you if you're used to getting your way all the time. Group work requires collaboration and patience and it's something that all of us do at least a few times throughout school. People who are used to making others give into their demands cannot handle a specific task unless it's something they want to do. Not only will your classmates and teachers be frustrated by your lack of cooperation, but you may receive a failing grade. In the worst case scenario, your teacher may not care that you didn't do your fair share. Your whole group could easily get a failing grade too. Parents need to raise their children to not be that person that drags the whole group down.

THE END OF AN ERA

The Register explores the positives of the end of Saturday mail delivery from the United States Postal Service. Will it last—or will Congress demand delivery?

The United States Postal Service has been delivering mail Monday through Saturday since 1863, with few breaks in-between. Recently it has announced that Saturday deliveries will no longer occur as a result of severe financial instability and the billions of dollars the service loses each year.

The Postal Service has reportedly been planning this for several years, and it should come as no surprise for Americans; stamp prices continue to increase and the USPS has been struggling financially for years.

According to CBS, "The plan to shrink delivery from six days a week to five would only affect first-class mail, while packages, mail-order medicines, priority and express mail would still get delivered on Saturdays."

Daily mail delivery really is a privilege; while it is essential to our nation's success, it really is something that we take for granted. The Register feels that overall, the USPS is doing itself a favor. Where is the harm in cutting out one day of delivery in order to save about \$2 billion per year? Would this really be completely detrimental to the Postal Service...or are the companies which will be harmed only making it a bigger deal than it really is?

In a poll put out by National Public Radio, out of 6,035 people 58 percent said that they "would not miss Saturday delivery if it was discontinued."

While the USPS plays an important role in the United States, the paperless move that many businesses and individuals have been making has diminished its importance. Email and social media networks (as well as things like e-cards or electronic greeting cards) have taken the place of handwritten letters and cards sent via "snail mail." So it makes sense that more than half of those surveyed didn't view the ceasing of Saturday deliveries to be a big deal.

Those who will be affected by this change are employees of the Postal Service, as well as marketers for various businesses who send out advertisements for sales or specials; no doubt a decent amount of mail carriers and sorters will be laid off. They will have to find work elsewhere. But as for the marketers...they simply have to find creative ways to solve this problem.

Greeting card companies may suffer as well. The National Association of Letter Carriers and the Greeting Card Association's leaders are not happy; many are hoping that Congress will stop the Postal Service from making this change.

This isn't the first time that Saturday deliveries have been stopped—for two months in 1947 they were cut as a result of budget issues, and in 1957 it was decided by Postmaster General Arthur E. Summerfield that they were to be abol-



CARTOON BY KEALI FRENCH/CONTRIBUTING CARTOONIST

ished. According to the USPS website, "On one Saturday – April 13, 1957 – there was no mail delivery. Public outcries prompted President Dwight D. Eisenhower to sign a bill more fully funding the Post Office Department three days later, and the next Saturday service resumed."

But can that happen this time? Does Congress have the right—or means—to force the USPS into keeping Saturday delivery alive?

In today's world, adaptability is key. Technology is constantly evolving, and businesses must as well. Greeting card companies should digitize their cards and perhaps set up websites or apps that allow customers to purchase and send cards electronically. As for marketers: they'll have to time mail shipments carefully so that what they're sending out is timely. Perhaps they should begin relying more heavily on digital promotions and advertisements.

Many believe that cutting Saturday delivery will "only accelerate the Postal Service's demise," according to Mark Memmott of National Public Radio. However, the money which the USPS will be saving will no doubt benefit the service, and will probably aid in getting things back on track.

Many believe that mail will always have a place on the table in American homes, and The Register agrees. But businesses must embrace the move toward wireless communication—and individuals must learn some patience. Even if that means waiting until Monday for that letter to arrive.

In the
OPINION
of the
REGISTER

Face-to-face communication shouldn't be destroyed by technology

It was just another, mundane day of work as I stood in my already-splattered-with-split-pea-soup apron, pulling my iPhone 4 out of my pocket to send a quick text and check the time. What is and should be a very swift, simple-minded task ended up setting off one of the temporary workers from the agency that was working that night.

"No offense, but you teenagers cannot walk, breathe or talk without those stupid cellphones," yelled the temp with the conviction of a thousand men, finger pointing and wild arm gestures included. I was baffled, trying to think of some way to get this frantic, red-haired lady off of my case. Within 5 minutes I was lectured by a mid-50s woman's outrageously negative opinion on all things technology, along with her suggestion that instead of texting or Tweeting I should go make "some real friends."

As heart-jerking and riveting as this run-in was, I can't say that I completely disagree with her opinion. Kids ages 8 to 18 spend around seven-and-a-half hours a day, seven days a week on the internet, cell phone and watching television. Total that up for a staggering 52.5+ hours a week, and 210 hours a month – take into consideration that that's just an av-

erage from a study done by the Kaiser Family Foundation, and many teens spend much more time than that engaged in technological activities.

I just recently got texting and an iPhone as a combo during the start of my senior year of high school, keep in mind this is the first time I've ever had texting via phone. Suddenly the world of technological and communicational convenience opened up and I was (and, unfortunately am) hooked. Smart phones make a texting conversation ten times easier, giving me the super hero ability to hold multiple conversations rapidly all at once.

And sure, it's keeping me connected with all of my friends, along with Twitter, Facebook and Instagram – but is it also hindering me? Emojis that are happily shedding a few tears or smirking to the right of your screen send a message, but that can only send you so far.

Nothing, and I fervently repeat, *nothing* will ever beat a face-to-face conversation with someone. Body language, facial expression and voice tones are all vital parts that play into daily communication – something that is being lost and buried under texting, instant messaging, really any social networking site or form of communication.



THIS IS RANDOM BUT
A Column by Mckenzie Kerr

Today's high school students lack work ethic needed in the real world

In this era of technology, computers can do most of the work done previously by people. This phenomenon is not, however, limited to jobs. Students, too, have been benefiting from technology, and this often leads to laziness and ineptitude on the part of students.

The attitude of America today has not encouraged student motivation, and the people are losing the meritocracy that built this nation. Students are not taught that hard work and determination and perseverance will create their future.

Instead, many students learn that "getting by" is acceptable in many schools. High school students, in particular, express this ideology because of the lack of encouragement of a progressive learning environment.

The concept that what students do in high school will affect their future is not impressed upon high school students. It is not that grades are necessarily the goal, or even test scores. It is the work ethic, qualities and skills that students gain in high school that ultimately determine the outcome of their futures.

America was founded by people who had the drive and motivation to do well, to not only make their parents proud but also represent their city, state or country in a respectable manner.

Today, students are not taught the same values.

Many American high school students feel entitled because of what their parents accomplished. They expect certain rewards or benefits without putting in the hard work.

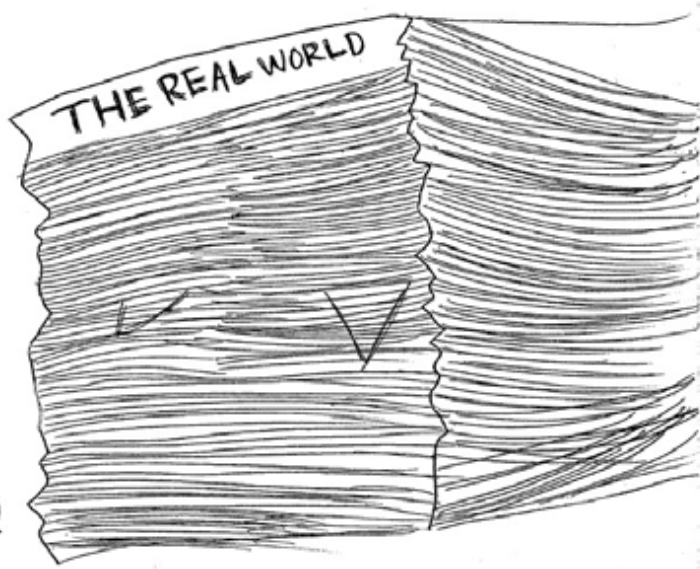
Many high school students simply believe that they can "play hard" without the complementary "work hard."

Not all high school students display these behaviors. Many want to do well for themselves and exhibit the drive that lends itself to success. This attitude owes itself partly to the students' upbringing. Environment is one of the main factors of student motivation, and this environment includes not only parents but also teachers.

High schools don't often force students to reach their potential. Many principals and teachers believe that a high school award like winning State in a sport will be the highlight of many students' lives.

It shouldn't be.

Students, after accomplishing a great feat, should strive for more, want more, expect more of themselves. It isn't easy for many students to change their attitudes. But parents and teachers should teach students the values, principles and standards that will allow students to pursue a bright future.



CARTOON BY EMILY BECK/THE REGISTER

Car accidents, fights and other hazards prove school buses possess a lack safety

The caution-yellow school buses throughout the country have been criticized for their safety for numerous years. Most of the time the long school buses are criticized for having no seat belts, but the seatbelts are just not the issue.

When a child gets on a school bus they are thinking about their upcoming day and what they are going to do in school. When the child gets on bus they don't think they will get into an accident.

Even though most Americans do not think about

school bus crashes, they are more common than we think. Across the country there are numerous and sometimes deadly school bus crashes daily. Other than crashes, there is a danger when the child gets off of the bus. Even though school buses have flashing red lights with a stop sign, some drivers do not obey the stop sign.

While a child is crossing the street to get home they can be suddenly struck by a car on the other side of the road who did not notice the flashing stop sign located on the bus.

Children getting struck by moving cars after exiting a school bus happens more often than we think.

In Pennsylvania two elementary aged sisters got hit by a car after getting off of their school bus on Jan. 27.

The two girls were crossing the street to get home from their bus stop, when a car came and hit them. The school bus had its flashing sign on so the sisters could cross the street, yet the car did not stop, and both of the girls were hospitalized.

Because drivers aren't obeying the school bus stop sign it can become very hazardous to the safety of the American children.

Other than car accidents or children getting struck by vehicles outside of the bus, inside of the bus can be just as dangerous. Inside of the bus chil-

dren can pick fights with other children causing both emotional and physical injuries.

Most of the fights that are on school buses are when teenagers are riding the bus to their schools. With the raging hormones in teenagers it is probably not a good idea to put teens very close together in tight quarters of the bus.

When there are fights on school buses they are usually cleared up in a day or so because of the cameras located in the front of the school bus.

These cameras are viewed daily to make sure the children and teens who ride these school buses are safe from themselves and others on the bus. Sometimes these cameras catch more than just fights.

In recent events, on a school bus in Alabama, an armed man got on a school bus filled with children. The man shot the driver and the driver refused to allow him to take a child. He then shot and killed the bus driver and the armed man kidnapped a child and took the 5-year-old to underground bunker on the man's property. In situations like these we see that these bus nightmares are not figments of our imagination, but can be reality.

School buses are helpful for working parents but the parents should be concerned with some dangers of school buses.



GRAPHIC BY STEPHANIE PAUL/THE REGISTER

Blonde hair, fried chicken and soccer: most stereotypes should be forgotten



NEVER WOULD I EVER
A Column by Jennifer Rooney

“Oh hey look, they actually have black people on their basketball team. We might actually have some competitions tonight,” many fans of Central said.

Is this okay though? Anybody can play basketball. Anybody can play sports, if they really tried. Why is it that a basketball player must be black? They don't.

Even if you don't know it, you stereotype every single day. The minute you notice an Asian student carrying a lot of books in the school, you think “Well of course he/she is smart, he/she is Asian.” That is not an assumption to make.

How would you like it if someone made judgment calls about you and never met you, they just saw your color or how you dress? It hurts. Everything does.

I'm not telling you to not have an opinion of your own, but don't judge people by what you see. Judge from the inside, and not just what you think.

If someone is of the Jewish religion, it doesn't mean that the assumption of them having a bigger nose than others is correct.

We have teachers here at Central that are also of that religion. People pass you every day, and you have no idea what they might have been through or the differences of what you think.

I know a few people that stereotype every day, sometimes I even do it, which I'm not quite proud of. At one point in an American Government class we took a quiz on Martin Luther King, Jr. in recognition of his birthday and one of the questions asked what his favorite food was.

Out of the multiple choice, one of the answers were fried chicken and to tell you the truth a lot of people around me laughed about it and decided to put that as one of their answers.

But that wasn't the correct answer, it was something like pecan pie.

People have their stereotypes because they have their traditions. The Christian white male is not the perfect human being out there.

Even now, America is becoming so diverse that Caucasian Americans will become the minority.

Not all African Americans eat cornbread and play basketball. Not all Caucasians eat hamburgers and pizza and watch television all day.

Not all Hispanics play soccer and make enchiladas. Not all Asians are very smart and eat rice. We all grew up differently and passed new things to one another.

People that have moved to America in search for a new/better life came to America also because they could be who they wanted to be.

They don't need to be judged by the way they have lived their life and plan to continue on. They came here for freedom.

They brought their traditions for everybody to share. Without them we wouldn't have things like the delicious Chinese food that most people enjoy.

Race isn't the only thing used when stereotyping. Many stereotypes are created each day. Whoever decided that blondes are dumb as dirt? People like Paris Hilton and Britney Spears do not make up this society.

In history, blonde hair in women has been very attractive and desirable.

Although blondes were perceived as exhibiting little intelligence and relying all on their looks, there are many intelligent blondes in the world.

The first female president was blonde. She ruled in Iceland in the late 1900s.

The stereotype that disturbs people the most is men versus the women. Although men can be very strong, because they have been gaining muscle all their life because it's something most men always want for themselves, women can plan to be just as strong.

We even have had women on our powerlifting and wrestling teams. What does that tell you? Some of the women are even stronger than some of the men.

Women don't have to be the house keepers and cooks of the family. It's something we may be good at, but whoever said men couldn't be just as great?

For example, my dad cooks a few things better than my mom. O

ur Thanksgiving wouldn't be the same without either of them. They equally make the dinner a success.

This is just how the world began. Men went out and killed to feed the village and women cooked the meals and gathered necessities for the people. This is something that started what we call America today.

Everybody is different it seems, because it is true. They meet new people that change their actions and view points and even how they dress. In reality we are all the same on the inside.

We want to get through the day with a success of goals we planned and want to make the people we care about happy.

Stereotyping can be mistaken by prejudice in some cases because it is based on assumption.

It can start at an early age and turn into bullying which continues throughout their life.

It is not only hurtful, but also wrong. It may be correct at times, but putting someone down like this based on your preconceived perceptions does not encourage them to succeed.



GRAPHIC BY EMILY BECK / THE REGISTER

EXPOSING THE TRUTH

The Register reflects on the meaning of LGBT and expels some common myths about individuals who represent the last two letters: bisexuals and transgenders.

Each day the world is opening up to the LGBT community. While members are constantly having their parades to promote LGBT or taking a step towards legalizing gay marriage, it is apparent that the homophobic community is becoming but a mere illusion.

Many times, however, people do not seem to take a look at the two last terms which are incorporated in LGBT. The 'B' stands for bisexuality and the 'T' for transgender. A lot of times, people are unaware that while they may not be homophobic, they still can be biphobic and transphobic. Bisexuals and transgendered people get just as equal hatred from everyone, whether people believe it or not.

For bisexuality, many people claim it to be a phase of life, everyone goes through it, or the individual is just confused with their sexuality. People see bisexuality as something people will claim they are either for attention or just because they think it's "cool" only later to reveal that they are straight. Truthfully, anyone can claim to be a certain sexuality, but it seems that only when someone comes out as bisexual, people automatically deny it.

Bisexuality, just like any other sexual orientation, has its own personality of some sort. Some people argue that it's impossible for an individual to like both men and women. They are the same people who claim that bisexuals are just "half gay" and "half straight," when it's not like that at all.

The same concept adding to that is that when an individual is dating the opposite gender, they're straight, but as soon as they date one of the same gender, they're gay. If that may be so, then everyone who is single regardless of their sexual orientation should be deemed asexual, because it's only fair, right?

Bisexuals have many common myths to deal with, such as the one that they are confused. There is no such confusion in the bisexual mind; bisexuals are attracted to both genders, it could not be simpler than that. There is also the belief that only the "true" bisexuals are equally attracted to both men and women.

Some bisexuals are like that, but of course there are some who lean more towards one gender than another. It should not rely on how many people a bisexual has dated and which gender, the real thing is who and what they are attracted to.

Some bisexuals will lean more towards one gender, some the other, but they still are attracted to both. This argument would surely try to stop leading bisexuals to label themselves, and make them feel down.

There's one final belief that if your partner is bisexual, they will be unfaithful. Unfaithfulness can happen to any couple, but branding a bisexual as unfaithful is

downright stupid. Yes, a bisexual person can be unfaithful, just like a straight person, a gay person, a girl, a boy, anyone can be unfaithful.

If you're in a committed relationship and know your partner loves you, how can you automatically think that because they're bisexual, they'll cheat? Bisexuality does not require people to date a man and a woman at the same time; it's simply about attraction.

Transgendered people receive just as much hatred as bisexuals.

One common myth about transgendered people is that they are gay. Yes, some of them are gay, but not because they are transgendered. Sexuality has to deal with who you are attracted to, not if you are transgendered or not.

Regardless of what people think, transgendered people are humans, and they have the same feelings and attractions others do. Transgendered means to involve a partial or complete reversal of gender; it has nothing to do with sexuality.

Many people believe being transgendered is a mental illness. People are not mentally ill when they are not comfortable in their gender; they only want to reverse it to be happy. Everyone is entitled to be who they want to be, but lots of people seem to not want that for transgendered people.

When people think of the word transgendered, they may think that if the person does not partake in genital surgery, they are not truly a man or woman. The true meaning is to involve in either a complete reversal or partial reversal. Some transgendered people do go through with surgery, but it's up to them. When thinking about it, it doesn't have anything to do with switching out female parts for male and vice versa; it's how people view themselves and want to live the rest of their lives as; why do woman or male parts need to prove that?

A common myth for all sexualities and being transgendered is that people choose it for themselves. No one can choose anything about themselves; height, skin color, or hair type, it goes the same for being transgendered. If someone feels there is an error to how they were born, they must react to it and change it so everything is right for them, right? Why can't people just let transgendered people be and let them be happy? If that's what they want; to be content and comfortable, so be it.

Everyone needs to stop hating on one's sexuality, but many people need to address biphobia and transphobia, because they are part of the LGBT community, they do exist, and they want equal respect as everyone else does.

In the
OPINION
of the
REGISTER

Benefits of learning a language far outweigh years of vocabulary lists

Let's face it; it's hard to find a high school student that is willing to sit through 4 years of a foreign language classes.

Countless hours spent on worksheets and listening tests, and nights consumed with "studying" vocabulary words. I get it, it's a pain, but is it all worth it in the long run?

Maybe your language teachers have been right all along; being bilingual really is beneficial.

Since the beginning of time, communication has been crucial for human life, first through pictures and sounds, eventually morphing into words to create languages set in stone, many of which we still use today.

With the creation of these languages also comes the beginning of language barriers, which prevent many instances of communication for hundreds of years.

Many of which can easily be broken by holding the knowledge of more than one language.

This ability can be very beneficial to anyone, anywhere. The ability to connect languages opens and breaks barriers for more than just a simple conversation. Being able to connect languages can provide opportunities for trade and countless other business opportunities.

With today's constant urge for speed, being bilingual can help make transactions as quick as possible, through being able to translate one company's terms to another all through one employee.

Being well-spoken in more than one language is attractive when being assessed for a job; in many jobs it is a helpful tool, and some jobs require this trait. Bosses in the business world especially like to see this trait in an applicant.

Being able to provide opportunities to help customers of different nationalities creates an attractive

face for the company. Being bilingual can easily put you in front of another candidate for a job.

Although all of these benefits are incentive, learning the language is the most difficult part of the process. Languages take years to perfect through school courses, as well as hours of practice outside of the classroom. Spanish courses are offered from Spanish 1-2, all the way to AP Spanish/Spanish Speakers.

With this totaling 5 years of classes, the Spanish or any other language program is a long trek to reach success.

Throughout college Spanish is also offered, anywhere from beginning Spanish, to where you left off in high school, even offering opportunities to put your long hours of studying to the test. With programs such as studying abroad, already knowing the language can save students countless struggles once across the new country's borders.

By already knowing the language, less time has to be spent studying what you need to say, and more time can be spent exploring a whole new place. Many countries offer students the chance to attend schools in these countries, and by knowing the native language, one can gain a whole new experience from studying abroad.

Being bilingual is a skill that a student can never stop using. It's always possible to learn new things about the language itself.

By coming in handy at countless times in life, from job applications to entering different countries, even understanding a woman you meet that doesn't quite know English, being fluent in more than one language can always serve as a benefit.

Next time you are in your language class, think; after all this time spent, what will I be able to use my newly learned language for?

Opinions dubbed a vital part of life



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

I hate Fox News. I hate people who chew on ice. I hate when people are late. I hate that the United States might go through with building the TransCanada Pipeline.

Wow, it's so easy to have opinions and dislike or like things. But are these really my own opinions? Or are they the opinions of my parents and peers? The answer is yes in some cases and no in others.

Since, I was a young child people have been making decisions for me. What clothes to wear, what to eat, and in some cases what to think.

That was all fine and dandy until I got to the point in life where I started to question the answers to these questions. Why did the people I asked believe this or feel this way?

Why did they want me to believe or think that way too? Why did they not let me think for myself? It seems as though others feel like their own personal opinions outweigh that of others.

That is not okay. EVERYONE is entitled to their own opinions whether others disagree or not. It does not make a difference because they own their opinions and believe in making them correct no matter what.

I do not know if you can already tell but I have many opinions as does everyone else in the world. I like being opinionated and sharing my opinions with my peers. It helps me to show that I am not just existing, but also living.

I am living in the sense that I know my personal beliefs and views, and I am sticking to them regardless of what others may think or feel about me.

Although sometimes difficult to do I pride myself in knowing what I believe and what I think. It helps me feel unique and different from others as well.

When I got older and started to "find my voice," I was more and more opinionated. I wanted to argue with everyone about every issue. Controversial or not I would argue it. This posed as a problem for me at the Catholic school I previously attended.

There were so many things we were supposed to believe that I just didn't.

I remember asking questions in my theology class (which means the study of God, and is not a religion class) class relating to the things I did not believe in.

I asked "Why are women not supposed to use birth control?" and "Why doesn't the Catholic church support stem-cell research?"

The answers I got were the typical "textbook" definition and for some reason that really bothered me I wanted to be able to voice my own opinion and hear that of others. But in this setting it seemed nearly impossible.

My family has never really gone out and said that I had to believe what they did, but it seems like we have this hidden agreement where we agree on most issues relating to politics.

Even though the majority of the time we agree on these types of issues sometimes it's so hard to see them belittle their Republican counterparts. Once this was very evident.

My dad was very upset because Bob Kerrey had lost the U.S. senate race. He proceeded to bash the Republican running mate, Deb Fischer. Although I too was very sad about the results of this election, I was mindful to not say anything bad about Fischer.

I had to remind myself that she is a person and that belittling her was hurtful.

Not everyone is going to agree on everything, but that is what makes being human great. We can all have our differences but still find a way to find common ground and get along.

Dirty politicians

Continued from 'SHEEHY' on page 11

not about where you live, what you're making or what kind of car you're in.

These public figures who get caught up in these nasty scandals believe that whatever power, fame and glamour they have achieved will make them untouchable.

Last week I went to a performance at the Holland Performing Arts Center with my mom and a dear family friend of ours.

Our family friend and I encountered a snooty woman sitting next to us. Our friend said "People like that think they are much better than everybody because they have so much money, it doesn't matter to me because we all came into this world the same way and we're all going out the same way." I agree one hundred percent with her because in the end, no one has a right to walk all over someone no matter where you come from.

Last but not least, I'm curious as to if politicians realize what a terrible example they set for everyone. Any young person could easily have the "If he/she can do it while they're in public office then I can do it too," attitude. This is not how we want our kids to think. For future generations' sake, I hope children understand that infidelity pulverizes marriages, humiliates families and ruins careers.

Amanda Bynes once said, "You've made your bed and for your sake, let's hope you cleaned the sheets."

Bynes said it perfectly and I don't think anyone could sum it up better.

Arts & Culture

KNOCK, KNOCK IT'S DANIEL BEATY



Daniel Beaty strikes a pose during his performance of "Emergency" for select Central students.

PHOTO BY JHALISA ROBINSON / THE REGISTER

Award-winning writer, composer and performer Daniel Beaty comes to Central to give a condensed performance of his off-Broadway hit "Emergency," and to teach kids about what it means to be free.

EMILY BECK Executive Editor-in-Chief

Performer, writer and composer David Beaty had the students of Central High rocking with laughter during his condensed performance of his one-man show "Emergency" on Friday, Feb. 15.

Beaty takes on the roles of more than 25 characters in "Emergency," an off-Broadway hit, which he performed for a sold-out audience at the Holland Performing Arts Center the same night he visited Central.

A notable part of the performance occurred during his recital of the poem "Knock, Knock," which he wrote based on his own life. The piece is about Beaty's unhealed pain concerning the absence of his father during his childhood and young adulthood.

One of the most impressive parts of the performance, though, was his talent in portraying so many different characters.

"His physicality was by far the most impressive thing," said junior and Advanced Drama student Alexia Childers. "That's the hardest thing to come up with as an actor, the way your character moves, walks, the way they say their words...it was amazing to see him so quickly transform in and out of those characters."

Several of his characters included Clarissa, a young girl with lots of attitude, Peter, a nerdy kid, an African slave, a television reporter, an old woman, a troubled father and a teenage slam poetry performer.

"I wanted to talk about what it means to be free," Beaty told Cen-

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Netflix beats out Redbox, provides all the comforts of a significant other

Multi-faceted interest in numerous television show genres, prefers staying at home rather than going out, can be with me comfortably around all my friends, doesn't expect me to spend a lavish amount of money from my minimum wage paycheck - sounds like the world's most ideal significant other, am I right? I think you'll be pleasantly surprised to find out that this wonderfully perfect thing is available to everyone. It's a little something more commonly known as Netflix.

none - seriously, the movies are always gone, frustrating to the max. Movie theaters? - what else to say besides way overpriced? And televised movies are great if you happen to be lucky enough to catch one you actually like.



THIS IS RANDOM BUT A Column by Mckenzie Kerr

Introduce Netflix and you've got a world of televised opportunity. Just recently my parents invested in a Roku box and got a Netflix subscription to stream through it, and since then it's been history.

I mean sure, other ways of watching movies have their perks too, but having hundreds of various movies and television shows all at your disposal for however long and for a reasonable price? That's like passing up free money, I kid you not, Netflix is seriously that

being my addiction to certain television shows). Netflix provides hundreds of movies, already divided up into categories by genre - super convenient. If I want a mother-daughter flick, Netflix has it, if I want a documentary, Netflix has it, or if I want a television show, Netflix? Done!

My favorite memory with my significant other, otherwise known as Netflix, was the spawning of my addiction to "Workaholics." Three office-ridden, substance-abusing guys (one who hails from Nebraska) join together to concoct disasters and glories that amount to, what may legitimately be, the funniest show I have ever seen. Due to my lack of cable connections, Netflix made the world of "Workaholics" available (even if I only have season 1), and for that I am thankful.

One other seriously wonderful perk of having Netflix is that it is full on compatible with my iPhone. What does this

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Fast food joint Raising Cane's satisfying, lives up to the hype

JENNIFER ROONEY Editor-in-Chief

A tall man with a raggedy looking t-shirt walks into line. Basketball players with their jackets screaming "we just won this game!" walk proudly into the line. A family of four rustling through anything they see, stressing to stay together drag themselves to a packed line. A couple that looks so in love they can't keep their hands off of each other smile their way into this line. What do all the people in this line, beginning to get packed, have in common? They all want chicken from the newest Raising Cane's in Omaha.



the chicken, the Texas toast, and that "special" sauce that comes with it.

It opened at 9:30 a.m. with a ribbon cutting and the doors flew open at 10 a.m. The very first 100 customers received a free t-shirt and coupon for a free box combo that could be used during a later visit.

Even between Jan. 31 and Feb. 7, these Omaha customers were eligible to enter a drawing to win a \$1,000 donation to a local charity of their choice, along with free Raising Cane's for one year. This restaurant has locations in 16 other states, including another in Lincoln. A second Omaha location is even planned to open in Westroads Mall this March.

There are four different combos to choose from. The one I bought was the 3 Finger Combo which includes: three chicken fingers, crinkle-cut fries, one Cane's sauce, Texas toast and a regular drink. There



PHOTOS BY RYAN CARTER

is also the Box Combo which includes: four chicken fingers, crinkle-cut fries, coleslaw, one Cane's sauce, Texas toast and a regular drink. The Caniac Combo includes: six chicken fingers, crinkle-cut fries, coleslaw, two Cane's sauces, texas toast and a large drink. Lastly is the Sandwich Combo which includes: three chicken fingers, Cane's sauce, lettuce, a Kaiser roll, crinkle-cut fries and a regular drink. Each one is under \$10.

Now if you aren't pleased yet and you love having

huge parties, I would listen up. They also have tailgate options. You can order from 25 up to 100 chicken fingers and buy gallons of freshly brewed sweet and unsweetened tea and/or freshly squeezed lemonade.

Everything ever made at Raising Canes is completely fresh too and never was and never will be fro-

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Two Central '12 grads make up half of new music company Heartless Productions

CHEYENNE ALEXIS Staff Writer

For former Central High students Eric Agesen and Harrison Maxwell, formerly Harrison Leitch, their dreams are being fulfilled with the start of their record company, Heartless Productions. The group consists of four members; Harrison Maxwell and Zadeeg Haroian who are both the singers of the groups, and Eric Agesen and CJ Parr, who are the rappers.

The company was started by CJ Parr, whose stage name is Heartless. "We decided to come up officially on Aug. 28 and decided we wanted to make a company and start a multi-genre group," Parr said. The company's name came from Parr's stage name, which he said he "had for three to four years now."

The members "each have our own specific genre," Parr said. "Hip-hop, R&B, and pop."

Agesen and Maxwell, who graduated in 2012, met during their junior year. After graduating the two started attending Columbia College in Chicago, where they met Parr, and they later met Haroian at a drum convention. Heartless Productions is located in South Downtown, Chicago.

Maxwell said he had been in music "since elementary." Parr said since he was seven years old, he has been rapping. Agesen has been rapping for about a year and a half.

When attending central, Agesen and Maxwell were both in acapella,

Central High singers, and jazz choir. Maxwell was in CH choir and also competed in the Roadshow. "Being apart of acapella choir and vocal jazz choir definitely pointed me in that direction, as well as quitting the basketball team and sports altogether," Agesen said.

When starting Heartless Productions, the group members explained that it takes a lot to prepare until the company is official. "After everything is settled, we're going on tour in the summer-our long term goal," Parr explained.

"[The company] is still starting," Maxwell said. "[It's] still in process. It's taken a couple of weeks up to this point."

Parr explained the process of starting their company. "We made sure everyone was grouped, made sure everyone was loyal, we signed a contract, made videos, bought equipment, booked shows, and put our music online."

"Since it's our own label we have to promote our own music and we have to be our own production labelers," Agesen said.

Recently, the group sold out in Chicago at a place called Gorilla Tango Theatre, which was their first show. "It's going well so far," Parr said in regards to how the company has been doing. For the next upcoming shows, the group only wants to "see what happens next." Agesen said he hopes that the group gets to perform in Omaha in the future.

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PHOTO COURTESY OF HARRISON MAXWELL.

Chicago is home to the four members of Heartless Productions.

Hungry?

Fill up your stomach without emptying your wallet with The Register's Cheap Eats.

See Inside, Page 18



UUVVWWZ

A Lincoln-based band showcases a combination of blues, jazz and rock on its new album.

See Inside, Page 19



YouTube

The Register discusses three artists singing their hearts out from across the nation who started it all on YouTube. See who these three talented artists are.

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JUST DANCE

Junior Madeline Koester's hard work in the studio has paid off—she is a recipient of a Young Artist Award for dance.

GISELLE TRAN
Business Editor



Dancing is Madeline Koesters' sport. It's not hard to believe, since she spends up to eight hours at the studio practicing for upcoming shows.

Koesters was selected by the University of Nebraska-Lincoln's Hixson-Lied College of Fine and Performing Arts faculty as a Young Artist Award winner in the area of dance.

Each year, the Nebraska Young Artist Awards annually recognizes 11th-grade students from Nebraska who are gifted in the areas of visual art, dance, music, theatre and film, and new media. The students who are recognized show exemplary talent and creativity in the fine and performing arts.

Eighty students from more than 40 high schools across Nebraska have been selected to participate in the day of festivities and activities on April 3 at UNL. In order to be considered for the Young Artist Awards, students provided an example of their work as well as a teacher letter of recommendation to UNL. Applications were received from 166 students across the state of Nebraska, from which 80 were chosen to be recognized at UNL.

Honored students and their parents are invited to UNL for tours and activities. April 3 is also reserved to educate students on careers in the arts and the college curriculum available.

Young Artist Award winners will also be asked to nominate a teacher or educator who has been most influential in the development of their special talents.

The day of recognition will conclude with an awards ceremony in the Sheldon Museum of Art's auditorium, where students will receive a certificate and an original piece of artwork commissioned for the Young Artist event.

Dancing began at a young age for Madeline Koesters. Starting at the age of four, Koester's mom introduced her to dance at the Omaha Theater Ballet Company.

While many kids take dance but eventually quit by junior high, Koesters discovered her passion for and talent in the performing art. Unfortunately, the Omaha Theater Ballet Company closed during Koester's 8th-grade year, and Koesters enrolled in dance classes at Creighton University. As a junior, Koesters has an early-out (after 6th hour) and participates in a dance program at Creighton for individuals who want to minor or major in dance.

Every day, Koesters attends Creighton dance classes from 12:30 to 4 p.m. Each year, Koesters may perform in as many as five shows. Currently, the junior is preparing for Creighton's Spring Show that will occur from Feb. 28 to March 3. Although Koesters is unsure of where she will attend college, she hopes to audition for one of the many dance programs across the United States next year. While Koesters was recognized for dance as a performing art, the young dancer believes the art is a sport.

Koesters said, "I think that physically and mentally, you have to have the same kind of work ethic that any athlete would have to have."

Just as Koester's mother encouraged her to take up dancing, so Koester's mother also encouraged her to apply for the Young Artist Award. When Koesters discovered she had been chosen as a Young Artist Award winner, she was overjoyed.

Koesters remarked, "I was really excited. I just thought it was an honor to get an award like that."

Just as with any passion, commitment is a key aspect of dancing. Koesters finds it difficult to juggle the dedication required by dancing, as well as the time she puts into school. While Koesters may spend hours upon hours at the studio, it is all worth it when she can go onstage and perform. Koesters commented, "My favorite part is definitely getting on the stage and performing. Classes and rehearsals can become kind of strenuous, but I think it's all worth it—to actually get on stage and perform in front of people." Next year, Koesters will continue dancing at Creighton just as she does now. In college, Koesters plans to major in dancing and hopefully go on to dance with a professional ballet company.

Similar to a sport, dedicating one's entire life to dancing is risky. An injury to the ankle or the hip can ruin one's career.

In response to these fears, Koesters said, "To me, it is worth it. Regardless of getting injuries or not, you can't dance forever."

Koesters shared her plans of enrolling in a pre-physical therapy program in college and attending physical therapy school after her dancing career ends.

Absurd YouTube stunts result in 15 seconds of fame, lifetime of shame

YouTube, just another place where we can see videos of people doing completely crazy, stupid stuff, because essentially they are crazy and stupid. Television, just another place where we see people do equally crazy, stupid stuff, except they get paid for doing it. Of course we also can't miss movies, these are just really good edited versions of YouTube and television clips, expect we're the ones paying to watching that crazy, stupid "stuff."

What do all of these media outlets have in common you ask? That's right, they all have people who do the most absurd stunts that have all of us watching with our mouths open (and a few of us visiting the bathroom afterwards.)

As I see it, every year there are people who are trying to out-do themselves by pulling off the most insane, ludicrous stunts. And it's always on YouTube!

You know that one place where you're watching a really nice video and the next you're watching a video of a girl eating her own tampon?

Ladies and gentlemen, I want you to meet Giovanna Plowman, a girl of about 16 who did the most disgusting thing on the planet! How many screws do you have to be missing in order to even think of doing something like that? Let alone how many do you have left to actually do that?

What about her "best friend," Dino Brusia, who ate his own feces? Can I just suggest that these two be locked away in a mental asylum for a few years! I can only imagine how proud their parents must be.

The thing is, even though I am blaming them (and I am deeply concerned for them too), I'm really blaming us: teenagers, adults and even children.

How many of us (and let's be honest) have sat and watched "Jersey Shore," or any show in general, where there are people partying, drinking and fighting? Most, if not all of us, (myself included) have.

Shows like that are making kids think that it's acceptable to fight like a pack of wild dogs for whatever reason, that it's okay to party all night and drink until you're seeing triple, and that you can do whatever your little hearts desires.

What have we done, cultivating this culture of virility! Hollywood is so far away, but making a YouTube account is so easy!

Even 12 year olds have YouTube accounts, aren't you supposed to be reading or something? While some of us are in the bathroom upheaving our breakfast, Giovanna is doing her little happy dance because she's "famous" now.

"What I did was stupid...but so what? I'm famous for that, I'll be on Ellen, I'll get verified, I'm getting money to show up at some parties!" Giovanna said

on her Twitter account.

She got her fifteen seconds of fame, can we move on with our lives now?

She is known for all the wrong reasons; she is mistaking it for fame. One day she is going to look back at this and feel sorry for herself.

All of them, every single person out there, who is using the internet to do these insane stunts to get famous for a few days, might just end up ruining their lives. Sure you can delete that video, but just as it happened, it could be shown again and bite them in the butt.

It used to be that kids would imitate their friends to be cool (I've done it, I'm sure you have too). Now with the internet, kids can imitate just about anyone. It isn't safe, it isn't right, and you just shouldn't do it.

Both of them will never live it down, what will happen when they're older and have children? Are they going to be embarrassed by their parents? Or as the saying goes, like mother like daughter/like father like son?

Let's not forget that they are teenagers, and like teenagers they fight. Yes, they are fighting for who has more fame, who is better known, and who did the grossest thing. It is not something to fight about; it shouldn't even be a topic of conversation. I hope that they realize we aren't cheering them on; instead we're deeply disturbed while laughing at them like we just saw a Jim Carrey movie.

I wouldn't even touch them with a stick.

The whole world is a digital amphitheater now, with free use to anyone. Everything is connected, the world is flat, teenage integrity and moral values are gone, forgotten, tossed out a window. My question is, where are the parents?

Shouldn't they be responsible for their own children? Shouldn't they know what they are doing, even if it means being overprotective?

It is the parent's duty to know what their own children are doing, to teach them that what they see on television can never be reenacted! That the internet is for everyone, everyone can see just about anything, and that obviously you shouldn't do stupid things online.

They are not children. They should have known better. Not only is it the media's fault (the availability of the internet), but the parents' fault too.

My only hope is that these kids get their lives together, that parents start taking responsibility for their children, that the media stops showing crazy ho-ligans, but most of all that that people have self-respect and know right from wrong.



HAKUNA MATATA
A Column by San Juana Paramo



The many faces of performer Daniel Beaty were displayed during a performance of his off-Broadway hit "Emergency!" at Central. A workshop, led by Beaty, followed.

World-famous performer visits Central before hitting the Holland

Continued from 'BEATY' on page 16

tral's audience of more than 200. He said that he wanted to create a story about dynamically different characters who were all exploring the meaning of freedom.

According to Leo Adam Biga, a writer for The Reader, this "provocative" play "imagines a slave ship rising out of the Hudson River in front of the Statue of Liberty in present-day New York City. When this worst symbol of slavery rears its ugly head before our greatest symbol of freedom it throws into relief the inconvenient truth that liberty still eludes many African Americans."

After the performance of "Emergency" ended, members of the Advanced Drama class stayed to participate in a workshop where Beaty shared some of his tips to turn performances magical and memorable.

During the workshop, participants read a poem that Beaty wrote about his mother.

According to Childers, the group discussed the "important components" of writing poetry and performance pieces such as his—and how one can keep them emotionally connected.

After discussion, Beaty had the group write their own poems and "talked about how we needed to address it specifically to someone using things from the past, generally bad circumstances," said Childers.

"The end of the poem was incredibly important," she said. "It talked about the hope for the future and how we are to achieve those great future things for the particular situation we had written about in the poem."

From there, several students went onstage to perform their poems, utiliz-

ing the guidance they had received from Beaty. Childers said that "He helped us connect to the stories we were telling, and helped us reach that point of vulnerability that we need to truly be great performers and connect better with audiences."

Ultimately, students benefitted from the experience with Beaty. "It helped me open up and talk about things I'd never talked about before," said Childers. This helped her to feel safer onstage, and allowed her to reach a new point of vulnerability that will no doubt assist her in future roles.

Beaty has certainly benefitted from these techniques, although he has not always found immediate success with his endeavors. "I've had a lot of moments of rejection," he told the Central audience.

"When you do something different, not everyone understands it," he said. "You have to keep fighting, keep pressing."

And press he did for his screenplays, which were deemed unusual by some in the past. Beaty, though, said that his one-man productions have a "storytelling magic" that simply isn't present in normal shows.

From this determination has come a vast reward. Beaty has an impressive history and resume; the Yale graduate is the recipient of countless awards for his plays and performances—several of them include "Mt. Joy," "Resurrection," "The Tallest Tree in the Forest" and "Through the Night." In 2004 he became the Grand Slam Champion at the Nuyorican Poet's Café and the Fox Network's National Redemption Slam Champion.

"He was incredibly impressive," Childers said. "It was mind-blowing."

Raising Cane's no ordinary fast food

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zen. The tenders are marinated for 24 hours, hand battered and cooked to order.

The Texas toast is brushed with real butter and garlic and finally grilled on a flat top. The coleslaw is mixed fresh daily, made cool and crisp with creamy dressing. And to save the best for last, the secret dipping sauce is made to perfection and the recipe will never be revealed.

This all happened because one man had a dream: "One Love," created by founder and CEO of Raising Cane's Chicken Fingers, Todd Graves.

Graves had a dream right out of high school to create his own chicken finger place. He attended seminars, read books, spoke with business people and began to take business classes at Louisiana State University.

He was turned down many times, but never gave up. He traveled across the nation all the way to Alaska and finally created his very first business in 1996 back home in Louisiana.

Graves' vision is to have restaurants all over the world and to be the brand for quality chicken finger meals, a great crew, cool culture and active community involvement. He is just as determined to fulfill this dream as he was to create the very first Raising Cane's.

I chose to eat at Raising Cane's twice because I wanted to receive a full feeling of a new accomplished restaurant coming into style. The first time I went, it was during the opening week, and everyone was buying tenders left and right.

I decided to take mine to go because there weren't many places to sit (except for the comfortable curling-around long chair in the waiting area where you wait for your name to be called when your food is ready).

The workers were very enthusiastic towards the customers and they seemed excited to be working at their new job.

They talked with the customers, making them laugh and making fun of them like they already knew them from years ago, seeming like they wanted to impress people.

The last time I went, the workers were much more comfortable with everyone. They knew what they were doing now and could just get their work done.

It was a completely different attitude, but it felt as though it wasn't a very new restaurant anymore.

I was completely pleased with Raising Cane's—by the atmosphere of happy customers and hardworking workers, by the scenery, by Napoleon Dynamite on the wall and the bright colors, and by the delicious, fresh-tasting food that warms your tummy.

All of it makes you feel that although it may be a chicken finger joint, it is not any normal "fast food" restaurant.

I suggest you go check out the newest addition to Omaha because it's both tremendously appetizing and satisfying.

In the mood for tears, screams or laughs?

The answer is Netflix

Continued from 'THE NETFLIX' on page 16

mean? Ahem, it means that I can stream anything on Netflix via my Netflix app and watch it anywhere I want too, various locations including: my bed, the bathroom or even while I go running – bet you can't do that with your Redbox DVD can you?

The main part of Netflix that is a slight turn-off, and something I've coped with, is that brand new shows, seasons and movies are not likely to be found there. 'The Hunger Games'? Not there. Which is a little disappointing considering the average time length it takes for a movie or show to be put on Netflix is about a year to three years. If you get hooked into a show, like myself with "American Horror Story", it's rather disappointing to find that no other season exists on Netflix after the first.

The only downfall that I see with Netflix is that it's birthing a myriad of new televised obsessions within me. I've found a love for obscure British television shows, documentaries on religions and for 'Portlandia'.

Therefore, rather than doing my homework (sorry teachers), I find myself gravitating towards the big white couch arranged conveniently drop dead center to the tv. Addictions, hard to break, are just that much more difficult when your addiction is both free and bodily harmless. Netflix divides each and every movie up by (obscure) genres that make my search for the ideal movie even more convenient.

I don't know about you and your movie preferences, but whenever I'm feeling down in the dumps I just have to remind myself: who needs a significant other when I have Netflix? Because let's face it – it's true – Netflix fulfills all your television screen needs from tears to fears.

Alums the frame of Chicago-based music company

Continued from 'HEARTLESS' on page 16

For the future, Parr said the group "hopes to be in our own studio or own a business. Hopefully we'll be able to make and produce people's music- Grammy's in the future."

So far, the group agrees that everything is running smoothly.

"It's been great so far—everything's organized. We're making our way to the top. People are looking at us from around the world. That's a good sign," Parr said.

Aagesen said that if he were to do anything besides music they'd "just going to school majoring in sound engineering and nothing else really."

"Being apart of Heartless Productions has given me goals and dreams of really becoming a performing artist and producing music of my own," said Aagesen. "If I wasn't part of heartless productions I wouldn't have any music out right now."

Website offers laughs, offbeat humor, stories



UNCOMMON NONSENSE
A Column by Giselle Tran

Television has lost some ground to YouTube, and both have lost some ground to the likes of Tumblr and Pinterest. I've recently discovered a website called The Hairpin.

It's an entertaining website home to blogs, chains, forums and advice. My favorite part of The Hairpin is the advice not only to hear the guidance and counsel but also to read other people's weird, quirky and unique problems.

It sounds a little sadistic, but it's really not! I don't derive enjoyment from hearing about the issues that are eating away at people's heart and souls. I am simply interested in what people believe all them.

For instance, someone asked for a solution for the sodium laurel sulfate in shampoo that is supposedly harmful to your hair. Lauren O'Neal came up with "How to Quit Shampoo Without Becoming Disgusting" and invites everyone to join the "No-Poo Movement!" This encourages people to quit using shampoo in order to save resources, money and their hair. Instead of buying shampoo several times every year, people can slowly convert themselves from shampoo users to baking soda and vinegar users. Apparently, shampooing your hair every day will destroy your hair and strip it of its natural oils. I attempted this for about two days, failing to follow through because your hair looks like a rat's nest for about a month, I heard. Nevertheless, it was entertaining for me to read about the No-Poo Movement and the theories surrounding shampoo.

One of the interesting advice columns/blogs that I discovered was "Ask a Dude." It's an advice column directed at mainly females who want the counsel of an unbiased male usually about their respective significant others.

It's hilarious because I never realized how many unique problems a relationship can have. I won't delve too deeply into Ask a Dude, but not only is the advice sometimes helpful but the problems are also insightful.

The Hairpin is chockfull of blogs and advice and new ideas that I find extremely entertaining. Pinterest can be a little hackneyed because there are only so many times I can look at a picture of Zac Efron or a cute braid or an artsy cup.

Pictures can be worth 1,000 words, but words can be worth much more if they force you to pick at your brain. Settle down and check out The Hairpin. It's a pretty entertaining time.



PHOTO COURTESY OF SADDLE CREEK RECORDS

UUVVWWZ's latest album "The Trusted Language" provides a myriad of sounds and effects that would satisfy listener's enjoyment. From anger to contentment, the sounds that UUVVWWZ brings to the stage are versatile, creating something unique.

Sophomore album mixes blues, jazz and rock

A Lincoln-based band releases its second album after working on it for two years. All eight tracks showcase their unique sounds and talents.

Local band UUVVWWZ (pronounced "double-U, double-V, double-W, Z.") released their sophomore album on Feb. 5. The album is called "The Trusted Language." A self-proclaimed "Avant blues quartet," the Lincoln based band is made up of Teal Gardener, who is the lead vocalist, Dustin Wilbourn, David Ozinga and Jim Schroeder make up the instrumental part of the band. UUVVWWZ has got the blues, jazz and rock down which is showcased very nicely on this album.

The band took two years to put together this eight song album. In an interview with The Reader the band talked about their creative process when making "The Trusted Language." They say that there is no set technique. Sometimes the lyrics will come first, and others the music, either way their music is very intentional. On this album the band looked for a way to tie all the songs together rather than having them all be separate songs.

Schroeder will start the song writing process by picking up his guitar. He will then begin improvising with Gardener for 30-45 minutes, according to The Reader. Schroeder says it is a different process every time, but usually begins with Gardener and him.

When compared to their self titled debut album "UUVVWWZ," this new album is quite different. Gardener said that the first time they wrote music together is was sort of by accident. They were beyond the experimental phase and it changed the way things work for them on this album. The songs have more of a dark and deep tone to them compared to their previous album.

The opening song called "No Apart," is a great start to the 35 minute album. The song is about technology and our reliance on it in society. Gardener sings about the lack of leaving a message on the machine which refers to talking on the phone.

The technology dependency is shown through when Gardener sings, "Thanks to them we can learn to laugh at dust collected on the screen where I live in the house that I keep."

"Open Sign" is more of an angry and noisy track. Although it starts off soft and slow, the music picks up and reveals a loud and mad vibe. In the song Gardener talks about a "double language," which hints back to the album title, "The Trusted Language." The double language Gardener is referring to could also refer to things that have two different meanings. Gardener also repeats the word "so" in a stutter manner which gives the song a unique and interesting flair.

"Perfect House," is a song about just that, the perfect house. This song is not as mad or loud as prior songs. It has more of a soft rock sound to it. It talks about the dark, night, and the city lights that you see. It references to things you would find around your house such as the "Sunday paper." Almost halfway through the song Gardener changes the direction of the song and raises her voice into an almost screaming manner. It creates a great effect to a somewhat neutral UUVVWWZ song. It turns the song from ordinary to extraordinary.

Another great song on the album is called "Possible Project." In the beginning of the song it starts off quiet, almost like a ballad. It starts to pick up quite a bit and becomes more intense by the use of vocals and instruments. Near the end it traces back to the album's beginning roots and becomes quieter which has a nice effect.

Overall, "The Trusted Language" is a must hear. With its dark and physchedelic tone it is a wonderful yet crazy thing to hear, and is seemingly different than the band's debut album. On this album one can better understand what the band is all about. It is amazing to hear what Gardener and the rest of the band can do with their instruments and voices. It is something you won't want to miss out on.



Central students win awards, keys in Scholastic Art competition



PHOTO BY JHALISA ROBINSON/THE REGISTER

Scholastic art winners' works adorn the halls of the TAC building on 32nd and Cuming.

TIA SPEARS
Staff Writer

In February, ten Central students achieved the Scholastic Art Award for Photography. Three gold keys were awarded overall as well as seven silver keys and honorable mentions. Juniors Danielle Young and Becca Burkhardt, and senior Britney Czarnikow were amongst the ten winners.

Czarnikow achieved an honorable mention. She submitted a picture that was initially an assignment for a class. The picture was of a Pikachu and it used blurred action. She started drawing when she was two, but started photography later on. Next year, she plans to take three more art classes. Czarnikow also wishes to enroll at an Art Institute in Kansas City. However, she isn't sure what college she will attend. "I honestly have no idea what my college plans are. I know I want to attend an Art Institute that I think is in Kansas City," she said. Czarnikow plans to continue with both art and photography to possibly go achieve more awards, but at the moment she is "just doing what she loves."

Young was also one of the recipients. She received one gold key as well as a silver key and an honorable mention. Two of the pictures were shot in Washington, D.C at Georgetown University. One of the pictures was shot in the school parking lot on a rainy day. Despite her remarkable achievements, photography is something that she didn't initially plan to do. "Photography is something I fell into a couple of years ago,"

Young stated. She asked for a camera and immediately started practicing with scenery in her neighborhood. She isn't taking any art classes, but is enrolled in a photography class at the Career Center. Young plans to continue with photography up until her senior year.

For Burkhardt, this wasn't her first time receiving a gold key. This time, she was awarded a gold key, two silver keys, and a silver portfolio. She has taken photography for two years. She likes to do fine art and thinks timed exposures are interesting. In fact, her gold key was awarded for her timed exposure photo called "Crystal Clear." "I like trying to mess around with things and just manipulating things in the dark are fun," Burkhardt said. Even though she has been particularly successful in her efforts in photography, the two-time gold key recipient wants to be a teacher. "What I want to do is still continue photography and put up my photography in my classroom just to show kids that you can still be creative even if you can't draw."

Ultimately, all are at different stages of their art careers. Czarnikow is still unsure, Young is sticking on her path of photography, and Burkhardt will implement her talents in her classroom. Juniors Emily Beck, Breanna Crum, Tasmyn Welch and Stephanie Paul, as well as sophomores David Morrison, Toni Roth and Tasmyn Warde were some of the other recipients. The students who received this award are amongst national winners, but are classified in a specific region. Most of them are enrolled in classes at the Career Center and/or are taking art classes at Central.

Anime helps to avoid boredom



BIG BOW STRIKES AGAIN
A Column by Cheyenne Alexis

I tend to avoid television because everything that I watch on MTV or any other station makes me sad. My mom and sisters usually sit around the television and watch all of those reality shows on MTV and I stay there for about two minutes before walking away. They all claim that the shows annoy them and they think they're stupid, but yet they can be engrossed in a program for the whole day, only stopping to go to the bathroom or eat.

The only type of show I watch is anime. I've been watching anime even longer than I realize; from watching "Dragon Ball-Z," "Hamtaro," "Yu-Gi-Oh!" and "Pokémon" when I was a little kid. I didn't really start watching anime continuously until I was 12. I think because I started watching it, I became even more socially awkward than ever before.

Anime is violent, hilarious and heartwarming, which to me tops any type of reality television. Anime to me is cartoons with actual meaning, nothing like reality. The shows not only have a true meaning to them, but they are also in a whole new language. It took me a while to adapt to that, but now I could learn Japanese if I wanted to.

My first "real" anime that I watched was "Bleach," and it quickly became my favorite show, and I was always waiting until school ended so I could go home and watch it. I'd watch more than 5 shows a night, just so I could catch up with the actual programming on Adult Swim. I developed a love-hate relationship with the show, but I'm happy that I started watching it, because it opened more doors for other potential anime to watch.

My all-time favorite anime is "Junjou Romantica," but there are plenty more that I've watched that have really changed my perspective on television. The show "Lovely Complex" is one that I finished quickly, but even if I re-watch an episode every day, I'll always laugh.

I recently finished a show called "Full-metal Alchemist: Brotherhood," and it was probably one of the most intense, breath-taking anime I've ever watched. I was so immersed in it that I cried during the last few episodes; which I could never do during any regular show. There are scenes in an anime that occur which make me so sad or happy that it's almost overwhelming.

I'm terrible with keeping up with shows, however, as I'm currently trying to watch a show called "Code Geass," but again, there are those scenes that happen where it's very hard for me to continue, which happened to me while watching that show.

Anime has definitely helped me get through boredom. There are so many choices of genres and hundreds of shows to choose from. When I disappear from the world during the summer, I'm usually watching anime all day. It's even better when the show is really, really long and really intense, because then I can just watch it and never get bored. I would hate to sit around and watch "reality" television, because I think that is the worst creation known to man.

Usually anime shows have theme songs, and many of them are very catchy. The first song I heard in Japanese was when I watched the first episode of "Bleach," and I became attached. Without anime, I would have never heard any Japanese music, which is one of my favorite genres. It not only shields from boredom, but it increases my love for awesome music.

Anime has helped me escape boredom, but it's also hindered me from meeting any people. Plenty of people watch anime, but many of them don't revolve around it like I do. Because of my constant watching of anime, I don't talk to many people because I don't know how. I'd rather spend five hours in my room watching Bleach than going shopping with any friends that I have.

Regardless of that little fact, I'm grateful for anime. If it wasn't for "Bleach," I'd never watch it and I would never have escaped the horrible American television shows. While I haven't watched that show since my favorite character died, I'm still happy that I got to experience it, and know that anime is something I'd never let go of.

Posting online while emotional very often leads to miscommunication, unnecessary drama

I believe it's safe to say that if you have a social media account such as Twitter, FaceBook or Instagram, you have probably tweeted at an emotional time. As many turn to social media to relieve stress and anxiety, it is very possible that people may get the wrong impression. People can obtain false assumptions about one's feelings and personality based on what they post online.

For example, there have been times where my crush would tweet something nice but not make it obvious as to whom it's about. In those cases, I never knew whom the tweet was directed at, so you have to be careful about what you assume, which can be frustrating. It can cause confusion for friends, family members and couples. The confusion isn't the worst part as it can cause far worse problems.

This, a friend of mine from Marian was dating someone from Creighton Prep, learned the hard way. A few months into the relationship, their communication and bonding started to diminish. As signs of change had been occurring, the guy she was dating tweeted something about her being confusing. The tweet also referred to her as a female dog.

(If you know what I mean.) Not only was she hurt when she viewed the tweet but she also became very confused as he claimed his friend took his phone and composed the tweet himself. Not only did it cause an argument between the two, but a lot of confusion also occurred.

If there is a lack of communication, anything can be assumed based on social network posts. If two people haven't spoken in a while or get into a fight, feelings can be hurt by online posts if they don't know what is going on. It's best to keep emotional tweets to a calm level, or make sure your friends, family or significant other know who exactly your post is about.

Not only can negative social media affect your relationships, but it can also affect your relationships with anyone you come in contact with. Sometimes people find it easy to use social media as a stress reliever. I know I have, but truth be told, you're posting at a time when you're not feeling normal. People are seeing your thoughts at the wrong time which can seriously affect the way people view you as a person. Don't let your emotional social media posts change the way people view you.

Not only can inappropriate posts harm your reputation and relation-

ships, but it can also become tangled up in your school and work life. I'm not saying you have to overboard and completely filter yourself, but some sort of filter is needed. When I was in middle school, two of my classmates got into a fight on FaceBook. The school was small, so nothing was easy to get away with. The principal somehow found these posts, printed them out and gave in-school suspension to both parties involved in the scandals.

As if my first two examples haven't been eye opening enough, there's a third. In the beginning of my junior year, a fellow co-worker of mine lost his job due to a post to a post he made referencing an incident that happened at work. Needless to say, after he was let go our bosses told us that people at corporate headquarters of many different businesses monitor what their employees are posting on the internet. It really was a shock to me, that's for sure. The worst part is that it really does just take one post to screw up completely.

All-in-all, I really wish I could say my three stories weren't true because they brought hardship to those individuals. However, I'd like to view them as life long lessons I could apply to my own personal life. Sometimes it's best to see the consequences some individuals face because it's the best way to learn a valuable lesson.



PLEASE EXPLAIN THIS
A Column by Seth Arter

CHEAP EATS

1 PANA 88

3201 Farnam St.



Peanut Butter Chicken



Chicken Lo Mein

A clean, minimalist atmosphere, a well-lit white space, a pan-Asian menu—Pana 88 is all kinds of modern. Its simply designed space denotes quality despite its quick service. This Asian “fast food” restaurant is affordable, and its portions are fantastic.

On my first visit to Pana 88 I immediately recognized the simplicity of its menu; at the same time, though, there are tons of options. One can feed the need for Americanized Asian food with “Pana Wings” or “Pana Ribs,” or take the classic route with sesame chicken or sweet and sour chicken. Many menu items are vegetarian friendly, offering meat-free options. For example, a diner can choose a noodle and rice dish and select just vegetables. Entrees like seasonal vegetables with rice are also on the menu, as well as other vegetarian-friendly dishes such as garlic edamame, seaweed salad and kimchi.

I chose the lemongrass curry with chicken. Peppers, mushrooms, pieces of chicken and unusually shaped noodles, all swimming in a thick, hot and savory sauce, filled a large dish—definitely worth the \$7. It came with a mountain of rice and a side of lightly crisp crab Rangoon—a nice change from the usually extremely greasy crab Rangoon typically served at other Asian restaurants.

My friend, a vegetarian, ordered a gigantic steaming bowl of noodles and soup. Ramen noodles were united with sprouts, broccoli, mushrooms and scallions, all in a hot savory broth. I was surprised at the value of the soup—the bowl was as big as my head, and it only cost my friend \$6.

The only slight disappointment came with dessert. There is only one item on the menu to serve as a sweet post-meal treat, and it was definitely a little out of the ordinary. Mochi (pronounced moe-chee) is a strangely sweet red bean paste stuffed inside a doughy, mostly tasteless exterior. It came in its original Asian packaging, and was heated up by our server, although not thoroughly. I think it was supposed to be served hot, but it was only lukewarm, which perhaps added to the slight grossness of it. However, maybe I didn't like it so much because it was so unusual. In any case, I definitely wouldn't order it again, but I'm glad I had the experience of trying it.

The menu was impressive, and I would like to go back to try some of Pana 88's other dishes, in particular the Pana Wings and the peanut butter chicken. I'd recommend this place to anyone looking for something fast yet healthy at a good value.

Fact: High schoolers get hungry. A lot.
The solution: It's at your fingertips.

So sit back, relax, and plan your weekend around a visit to one--or all--of these one-of-a-kind joints.

Reviews by James De Mott and Emily Beck. Photography by Jhalisa Robinson.

2 EL BASHA

7503 Pacific St.



El Basha Mediterranean Grill offers a variety of Eastern treasures. The place is friendly even to those who have never tried Mediterranean food; the menu includes awesome dishes like gyros, lentil soup, falafel, hummus, lamb kabob and my personal favorite, chicken shawarma. Patrons have an extensive menu to choose from, whether they're in the mood for soup, salad or a wrap.

I've visited the restaurant twice, and both meals were excellent. The decorations are authentic and charming, giving the space a cozy Middle Eastern flair.

One wall is completely mirrored, which opens up the dining area, and the other walls are a rich red hue, adorned with tapestries and other decorations.

During the warmer months you can take your meals on the patio, which is brimming with a variety of flowers and other pleasing-to-the-eye vegetation. Eating lunch in a shaded garden isn't such a bad way to spend an afternoon.

El Basha is a seat-yourself restaurant; upon entering, one orders up front at a counter and takes a number, and a server brings out the order. The place offers a variety of both Mediterranean and Middle Eastern cuisine. I've yet to try the falafel or hummus (next on my list), but I can attest to the deliciousness of several other menu items, in particular the gyros (which are very authentic).

If you're feeling really hungry, get a sampler plat-

ter—they're great for sharing with an equally hungry friend.

A bowl of hot lentil soup with lemon followed by a huge plate with a bed of lettuce, tomato, onion and rice, roasted vegetables, a lamb kabob, very tender gyro meat and to die for chicken shawarma...all drizzled with a creamy Greek sauce.

It may sound a little intimidating if you've never tried Mediterranean food, but none of it is too exotic. To be frank, you won't be spending the night in the bathroom.

If it's your first time visiting, I would recommend getting a chicken shawarma wrap, which was my order on my first visit.

Ringling in at about \$7, this intricately wrapped up bundle of joy consists of very fresh lettuce, char-broiled chicken, tomato and pickle soaked with a mouthwatering garlic sauce, all held together with warm pita bread. Your taste buds will be thanking you as you eat this.

I plan to go back to El Basha as soon as possible to try all of the other exotic treasures on their menu.

Overall, El Basha is one of the best places in Omaha to get great Mediterranean food. Menu items range from about \$7-\$15 (the platter mentioned above was \$13).

I can assure you'll be getting the best quality and value for your money.

2 NIGHT FLIGHT



Easy to miss, but hard to forget, Night Flight Pizza is situated in a delightful strip mall at 4636 Dodge Street.

Bored at 2:30 a.m. with a hunger for pizza piled high with pineapple, ham and cheese on top of Night Flight's signature organic, no-sugar-added sauce? Toasted (also known as fried) ravioli? Vegan cookies? Night Flight's got you covered with deliveries any time after 4 p.m. until 3:45 a.m. This place will certainly come in handy when a late night study session calls for 16-inch Woodstock pie, loaded with mushrooms, onions, green peppers, olives, tomatoes and cheese.

The storefront is less than enticing. When reading the menu online I assumed from the numerous mentions of a commitment to organic ingredients and vegan options (not just for one pizza but also for all of the crusts and the available cookies, and even the concept of a “Woodstock” pizza) that the restaurant might seem a little bit more homey and more relaxed, but I found the atmosphere to be rather dry and disappointingly normal.

With several tables to enjoy a dine-in meal one could spend hours munching on the delicious kitchen productions. Ordering out with my parents, we enjoyed the barbequed chicken pizza along with all the appropriate fixings needed for three people—like another two pizzas (Hawaiian and bacon cheeseburger), as well as an order of fried ravioli. Our order

was served up promptly and whisked home. The ravioli was criticized for being more fried than toasted as well as less ravioli and more fried batter.

Perhaps not as healthy an appetizer as one would assume from a place that boasts about its vegan options, it was still delicious soaked in the organic marinara sauce. The Hawaiian pizza was delicious, a personal favorite of mine. It satisfied all of my non-kosher and exotic fruit cravings in one bite. The barbequed chicken was decent. Careful attention was paid to the (necessary) onions, and the munch was maintained. The real question is, who could not love the bacon cheeseburger pizza? The two greatest foods abused by the American public and a possible reason for sky rocketing heart disease wrapped into one grease-dripping monstrosity of a dish left me gasping as I finished off the last bites.

All of the above-mentioned pizzas came with very thick crusts. Though not always my personal preference, I thought it worked for the meat-heavy pizzas, though the crusts were in places a little doughy (which can be pretty bad). Though we did not order the vegan pizza, I'm deeply excited that there are so many vegan options present.

Though it has not happened to me yet, I'm excited at the prospect of getting a good vegan pizza at 3:30 a.m.

5 CALI TACO



California Taco, located at 33rd and California Streets, is about as un-Californian as you can get.

As a guy that can appreciate both healthy, finely crafted, healthy fare and the most disgustingly deep fried creations, I've always loved California Taco.

Coming here with my brother since I was a really small child, I can attest to the fact that it has always been as divey as it is now, and just as deceiving to the “California” title that is so often associated with healthy food.

My last visit consisted of a chicken California taco, and an order of bean dip with corn and flour chips, which were all washed down with a nice orange Crush. The entire place is colorfully decorated with completely random things loosely associated with Mexico or the Southwest...we're talking piñatas, cacti (sculptures only), large plasma screens, vintage style signage, and unfortunately a spray-painted portrait of Guy Fieri (accompanied with a television tasked specifically with looping the epi-

sode of “Diners, Drive-Ins and Dives” featuring the restaurant).

Guy Fieri's unfortunate presence aside, the crowd consists mostly of Creighton undergrads or people working at the hospital.

After placing the order at the counter, tipping and receiving the customary bell clank and receiving your number, the order arrived at the table in separate plastic baskets.

Apparently what makes a California taco Californian is that the entire shell is totally deep fried before being stuffed with the desired ingredients and covered in shredded cheese. At this point it's up to an individual's discretion to either load up on the salsas and other provided fixings like peppers and olives or to go plain and traditional.

Either way, the taco is a greasy bite of heaven. Paired with a mix of both corn and flour tortillas the bean dip (mostly nacho cheese) is amazing and really tones down the deep fried tacos.

Cali T is definitely worth a try.

4 LOUIE M'S

Louie M's Burger Lust is the perfect hangout for teenagers. This classic sit-down restaurant, located at 17th and Vinton Streets, has a relaxed feel.

The décor creates an informal atmosphere. The walls were brick, the dining area was well-lit and neon signs hung everywhere—your eyes will never get bored as a result of all the random wall hangings (in our booth hung two frames featuring Middle Eastern currency).

The service was personable but not perky or pushy—just the way we prefer it.

Just about everything on the menu rings in at under \$10—a great value for the amount of grub you're given.

Louie M's doesn't just do plain burgers (although that is an option), the place offers a variety of out-of-the-ordinary menu items such as a taco burger, a naked burger, an Italian burger and a guacamole bacon burger...just to name a few.

The menu contains dishes other than burgers as well...one can choose to dine on like Greek chicken or lox-style salmon salad, nachos, soup, hot wings, coney dogs, fish and chips, Philly cheese or Rueben sandwiches...the possibilities are endless.

Louie M's even offers breakfast—cinnamon rolls, biscuits and gravy, chicken fried steak and eggs, breakfast burritos or cold cereal...they've got it all. Heck, you can even have a New York Strip steak if you want it.

Emily had a classic bacon cheeseburger that didn't disappoint. It came



Photo courtesy of Louie M's

with a side of lettuce, onion and tomato slices, as well as a huge helping of fries. The burger itself was great—the cheese was all melted, the bacon was greasy and the lettuce was crisp—but the fries weren't too impressive.

They were perfectly golden and crunchy, but simply too plain. They needed some seasoning.

Altogether, though, the meal was very satisfying.

James had the brie burger with the truffle fries—the special of the night. Both were delicious. He assumes the truffle fries were just regular fries with parmesan cheese and truffle oil, and liked all of it and thought it was a cool idea for a special. The fries were a little dry, but they

were still delicious.

Maya, a vegetarian, had the veggie burger, which she had nothing but compliments for. It was perfectly balanced with vegetables and “meat”—not choked with veggies, but brimming with just the right amount.

We'll definitely be back to try other Louie M specialties. Ten visits probably wouldn't be enough to get the whole menu covered!

Overall, we thought that Louie M's was fun, comfortable and relaxing, with an impressive and extensive yet reasonable menu that anyone—especially a horde of hungry teenagers—would love to visit for breakfast, lunch or dinner.



The Register delves into the world of musical artists YouTube has been bringing to light since its beginnings in 2005.

MEKENZIE KERR
Copy Editor



Kierra Folsom

Clad with a guitar and an acoustic song from Canadian singer-song-writer City and Colour to an instrumental version of R&B sensation Beyonce's 'Party' - Kierra Folsom hits each genre's note with an unprecedented musical grace.

Though still relatively 'local' to Portland, Ore. her total of 66,178 followers makes her YouTube accomplishments seem much more massive.

Folsom's humble beginnings began back in her blue-walled bedroom during the summer of 2010 with a jaw-dropping ukulele cover of Drake's 'Best I Ever Had'.

Amassing over 5 million views her fan base as soared around the United States, even following her to her perfor-

mances in two countries outside of the US - although this outcome was only inevitable.

Folsom's voice is poised, breaking all limits of genre and style. Covering Miguel, City and Colour, even Kings of Leon - this young lady's voice demands your attention with every note she produces.

While many singers are limited to acoustics or R&B, Folsom has a way of transforming every song into an acoustic rendition, yet upholding the R&B or hip-hop values with the tangible power of her vocal talents.

There is much to be expected in Folsom's future as she continues on with her YouTube aspirations.



Boyce Avenue

It's been said that two is company and three's, well, a musical sensation waiting to happen. Boyce Avenue, comprised of Floridian brothers Alejandro, Daniel and Fabian Manzano, is best known from their YouTube channel chalked full of covers and originals.

Formerly signed to Universal Republic Records, Boyce Avenue has been producing their own music on their independent record label called 3 Peace Records since mid-2011. While they produce a large amount of impressive covers through YouTube, their originals are an even larger testament to their raw talents.

Alejandro, who is often the lead vocalist for the trio, possesses the vocal stylings of an al-

ternative singer's voice that has been beautifully married to a singer-songwriter's. Boyce Avenue's lead vocals are compelling, powerful, melodic. While some may consider the vocals to be generic, radio sensationalized talent - the real talent is behind the fact that A. Manzano's voice is strong with each and every genre they conquer. The vocals are soft enough to be paired solely with an acoustic guitar, but strong enough to add life to songs such as 'With Arms Wide Open' (Creed).

Boyce Avenue, whose musical roots are already cement within the production world, is and will continue to be relentless for producing five-star covers and originals.



Sam Tsui

He competed on ABC-Family's 'The Sing-Off', was featured on Oprah, oh and not to mention - was a 2011 graduate from east coast, ivy league school Yale. Ladies and gentlemen, welcome Sam Tsui whose musical fame started from video streaming site none other than YouTube.

Active all through high school in musicals, 23-year-old Tsui is most well-known for covering radio hit artists like Bruno Mars and Adele. His voice has the strengths of a pop singer - smooth and clear - but also a jazzy quality of its own.

Most impressive to Tsui are his a cappella covers, many of which have gained him an impressive sum of fame. Featured on Oprah, Tsui's mash-

up of Michael Jackson's most renowned songs simply titled 'Michael Jackson Medley' has accrued over 30 million views and is well on its way to 40. Seamlessly combined together by the fluidity and solid nature of Tsui's voice, it is risky yet an opinion shared by many - Tsui came close to giving the King of Pop's work justice.

Tsui also covers songs more simple from 'We Are Young' from Fun to 'Don't You Worry Child' by Swedish House Mafia. While his voice is strongest in a cappella and choir formats, Tsui manages to captivate each song he covers with a miraculous styling all his own.

Young, vibrant and full of musical talent - Tsui has a future full of musical genius.

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Central artist receives Scholastic mention, hopes to fill her future with art

SETH ARTER
Staff Writer

In a school so densely populated as Central, it's not always easy for talents to be recognized. But that's not the case for junior Yaremi Ochoa. Since seventh grade, Ochoa has been passionate about drawing and many other types of artwork. After being inspired by her friend Leslie's artwork, Ochoa discovered her own hidden talent as an artist.

"I just kind of got into it and I didn't even know I could draw," Ochoa said. Leslie is just one of several individuals who encourage Ochoa's true talent.

Among those who encourage Ochoa the most is her mother, her boyfriend Dalton and his mother. With all the encouragement, Ochoa has enrolled in several art classes throughout the years, the first in 8th grade. In her freshman and sophomore years of high school, she took Art 1-2 and 3-4. This year Ochoa is currently enrolled in Honors Studio Art.

Like many people with talent, Ochoa has one place in particular where she can focus solely on her artwork. She recently received an arts and crafts table for her birthday which is now placed in her room.

Ochoa looks up to famous artist Pablo Picasso. "I like his brush strokes because they are really emphasized," she said.

With art always somewhere in Ochoa's mind, it's not too difficult for Yaremi to come up with creative ideas. "I'll just be sitting down, and all of the sudden I'll just have the urge to draw and I just draw," she said.

Even though Ochoa had to give up Art Club for Stage Crew, she still seizes every opportunity to show her artistic ability.

"Stage crew influences my art a lot because it really tests my skills," she said. Ochoa has painted a lot of graphics on various pieces of the scenery for the plays. Last year, she painted the orange surfboard and the "Les Taco" sign for the "Midsummer Night In the OC" play.

"It makes me feel great because I feel like my talent can not only be used to sit there and look good, but also help a scene come to life," Ochoa said.

Painting and drawing aren't the only creative things she does: she also makes jewelry. As Ochoa

has witnessed her mother make jewelry, she has been inspired. Ochoa uses hemp for her jewelry while her mother uses real crystal beads and gold. She also created some hemp necklaces for the Midsummer play as well.

"It was a lot of work, but it was worth it," she said.

Jane Taucreti, Ochoa's current art teacher, analyzes Yaremi's work with her artistic eye and knows it's far from ordinary.

"She does her own thing," said Taucreti. While Taucreti gives general assignments to her students, she gives them a lot of freedom, which brings out the artistic side in Ochoa. While the student works on assignments, Taucreti recognizes that it's no secret that she likes to try new things.

"She is really very good with drawing materials like charcoal, and that's one that other students sometimes are intimidated with, but she can handle that just fine," Taucreti said.

Despite the fact that Taucreti has not had Ochoa in classes prior to this year, she is far from new to Taucreti, as the teacher has noticed Ochoa's work from previous years.

"I knew who she was last year and she had nice work," Taucreti said. Although one of Taucreti's favorite forms of art is paint, she is particularly drawn to Ochoa's charcoals.

Obtaining success outside the classroom, Ochoa has recently received a few recognitions. In the Scholastic Art competition she received two Honorable Mentions. "Scholastics are very competitive so it's good to have two mentions," said Taucreti.

With Ochoa's talent becoming more and more advanced, she is attempting to attend an advanced art class at the Three Wall Sharp Art School this summer in Colorado Springs, Colo.

"She's looking at the possibility of going to a real prestigious, unique class this summer," said Taucreti. "It could be very career changing for somebody to take a class like that." Taucreti has predicted a very bright future for Ochoa and her truly passionate talent.

"I don't see her being a graphic design person but I could see her doing paintings," she said. Although Taucreti does recognize Ochoa's artistic talents, she also knows her personality will help Ochoa get any-



Yaremi Ochoa works on a piece of artwork. The junior received an Honorable Mention award from Scholastic.

PHOTO BY JHALISA ROBINSON / THE REGISTER

where she wants in life.

"She's a very nice person and that will open a lot of doors to her," she said.

As Ochoa remains focused on her short term goals, she is also looking to the future as she wants to use her talents to pursue her dreams. After high school, Ochoa wants to attend art school in Omaha at The Creative Center in hopes of having her own studio after graduating from there.

"I haven't really decided what classes I want to take but I'd really like to draw with colored pencil. I'm also experimenting with graphic design," she said. Ochoa has also been pondering the idea of an internship. While in college, Ochoa wants to work at a museum such as the Joslyn to enhance her skills. In regards to owning a studio one day, Ochoa wants to purchase a large house that has enough room for a studio.



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