



A high school newspaper practicing professional journalism.

Omaha Central High School

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# The Register

## IB Seniors to be honored for Extended Essay completion

By Micah Martin  
STAFF WRITER

On Wednesday, Oct. 2, the International Baccalaureate Pinning Ceremony will be held at Central High School. At this time the IB seniors who have completed their extended essays will be recognized along with their research question. "The kids get to have a moment were everyone

says, 'look how smart they are, look at what they've done.' Everyone realizes how much knowledge the students had to have to even ask the questions that they did," said Christina Flaherty-Colling, the IB extended essay coordinator at Central.

An extended essay is done over the span of nine months. Through this process, the students will become IB learners. During this period the students will continue to develop the ten IB traits.

The program strives for its students to finish the program being inquisitive, knowledgeable, thinking, principled, communicating, open-minded, caring, risk-taking, balanced and reflective individuals. These essays are one of the three core pieces of the IB program.

Everything that students learn in this program allows them to be successful. These seniors have been obtaining the skills that they will need for these es-

says throughout their whole IB journey.

Doing an extended essay is mandatory for every IB senior who wants to receive a diploma.

The students start by picking a topic in their field. These fields include history, visual arts, math, literature and psychology. Then they write an essay

CONTINUE TO 'ESSAY'  
ON PAGE 2

## POLISHING THE DIAMOND

DR. EDWARD BENNETT, THE "NEW DR. B," STRIVES TO MAINTAIN AND IMPROVE THE DISTRICT'S "CROWN JEWEL."

By Emily Beck  
EDITOR-IN-CHIEF

Growing up in a family of teachers, Dr. Edward Bennett was destined for education. His mother was a music teacher, his grandfather a band director, his other grandparents teachers—and at a young age he decided to join them.

"I didn't want to do everything my family did, but I wanted to be involved in school somehow," Bennett said. "They said, don't ever become a teacher. There's no money in it. But I noticed that they were really happy all the time."

CONTINUE TO 'BENNETT' ON PAGE 2



Keali French | The Register

In his office, Dr. Bennett handles Central's endeavors and relations with the community.

## New committee aims to amplify student health

By Natalie Nepper  
STAFF WRITER

The Student Wellness Committee has one goal at Central: to spread the message of health to the student body. Started just this month, members are getting involved with Fuel Up To Play 60 in order to succeed with their goals. Sponsor Lisa Studer has her hands full with a bunch of eager young ladies ready to get active.

It all started when students began to notice the lack of healthy options at lunch; brown lettuce and bruised bananas just weren't cutting it. "It [school wellness] needs improvement with the healthy food choices," said sophomore Megan Duden. Duden, a volleyball player, joined to make a difference in the school and the community.

"I love to exercise and I bring healthy food," she said. Duden's very dedicated to the club, especially since Fuel Up To Play 60 is involved. To become a school committed to health and wellness, or a "Touchdown School" as Fuel Up To Play 60 calls it, there are six steps that need to be followed.

A school begins by recruiting a sponsor and team members to plan a "Kickoff." The kickoff is an event, big or small, that spreads the word about Fuel Up To Play 60. If the kickoff is successful enough, schools can earn up to \$4,000 to promote wellness and even receive visits from NFL players. After that, the program advisor or sponsor completes a School Wellness Investigation and selects a healthy eating and physical activity plan for the school. From there, Fuel Up

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ON PAGE 2



Left: Seen speaking at the fall pep rally, Dr. Bennett introduces the fall sports season as well as all of the fall sports athletes, coaches and upcoming meets/games.

Right: Working lunch duty, Dr. Bennett shares a few words with administrator, Mr. Sand, while shooting an authoratative look across the cafeteria.

## Humanitarian Razia Jan returns to Central to promote new book

By Jordan Young  
STAFF WRITER

Last year, founder of the Razia Jan's Ray of Hope Foundation, one of CNN's Top 10 Heroes in 2012, and humanitarian Razia Jan visited Omaha Central High in hopes of educating students about the lives of Afghan girls in the fight for an education, and this year, she has returned to speak about her new book "Razia's Ray of Hope: One Girl's Dream of an Education," which illustrates the lives of these young women.

The book is based on the true story of an Afghan girl who desperately wants to get an education at Zabuli Education Center, the school Jan established in the district of Deh'Subz, 30 miles outside of Kabul, and convinces the men in her family to let her do so.

The idea for the book came up at a fundraiser in 2009, and author Elizabeth Sunebly decided to take on the task.

"When I attended a fundraiser for the school, I heard Razia Jan tell stories of the girls at her school and as I gazed at photos of the girls, and watched videos of them, it struck me that even as an educated woman, I only had an intellectual understanding of their reality and the reality of the 69 million school-age children who are prohibited from the fundamental human right of an education," said Sunebly.

"And I thought, if an adult can't wrap her head around this, how can a kid? So, I thought sharing a story like the ones I heard would help students understand, get outraged, and stand up for education for all," she said.

This ultimate goal of sharing the stories of the many Afghan girls through the book was also applauded by The Razia Jan's Ray of Hope Foundation.

"I thought it was a nice idea. I was always curious about how we could reach U.S. students here and how we [could] educate girls around the world," said executive director of The Razia Jan's Ray of Hope Foundation Patti Quigley.

Upon reading the book for the first time, Quigley said, "I knew she had brutally captured the feeling of living in Afghanistan as one of those

girls." And that was the exact objective of the book.

"I wanted readers to understand that many girls are not able to get an education in Afghanistan. I wanted readers to learn that even brothers (not just parents/grandparents) have power over their sisters' decisions - unbelievable to us living in developed countries. Without an education, girls do not have a voice, self-determination or self-confidence to know there are options for them to be productive members of society, their communities and their families," said Sunebly.

Sunebly said that women and girls in Afghanistan are treated like

owned property and girls as young as 11 could be traded as wives.

Before it was released, there was a process to producing the inspiring book that exists today.

The first step was, of course, to get the agreement of Razia Jan and her foundation to work with Sunebly on the book. When they agreed, Sunebly interviewed Razia Jan for the stories of the girls, chose one that

CONTINUE TO 'RAZIA' ON PAGE 5



Sydney Spangrud | The Register

Humanitarian Razia Jan sits in Central High's library. She is the founder of Razia Jan's Ray of Hope Foundation.



MARYSSA BROWN

page 6

Senior Maryssa Brown, stage manager for the upcoming musical, shares details of her internship and responsibilities.



FEMALE FACE-OFF

page 12

Opposing views on the Powder Puff football game in September collect the attention of all.



NEW COACH

page 17

Teacher Alexis Grenfell takes on a new position as the new cross country coach.



# IB essays incite higher level research skills, scholars work to complete

CONTINUED FROM 'ESSAY' ON PAGE 1

that is very much like a college thesis. Extended essays are meant to engage a topic that the student is interested in. Meanwhile, they learn what it means for a project to be self-directed.

"At first I didn't like doing the extended essay. All of it seemed daunting. But I ended up having a blast," said James DeMott, a senior whose extended essay subject was English Literature. These essays have a maximum of 4,000 words, with no set minimum requirement. But if the essays are too short they will not score high marks when graded. They are sent to different countries, to be evaluated by many different scorers.

"Some of the scorers are the people who have written the textbooks for IB so you might be quoting the person that is scoring you," said Flaherty-Colling. This means that a copious amount of effort has to be put into these papers in order for them to be the best that they can be.

"Having my work sent across the world to be scrutinized by a

stranger was somewhat intimidating for me to think about," said DeMott. This is a self-directed project, but students have an endorsed supervisor who helps guide them throughout this demanding process. These supervisors help the students better their question and paper organization. The supervisor is also the person that a student goes to if they need advice, such as where to find the most efficient researching materials. One is usually in a Masters level of work before contributing a written work to their given field of interest. Yet IB seniors are doing this while they are still in high school. An IB senior is given some assistance, but is expected to complete the work on his or her own.

"This required tedious hours of research and late nights at the library, but I still enjoyed this. It was a great learning experience," said

Alec Williams, a senior in the subject area of history.

Extended essays expose students to higher level research skills that are needed in college. Students learn how to use research libraries and research librarians. Extended essays not only help students gain skills that will be needed in the future, but they also introduce them to college level research.

"This is one of the great transformative processes in IB. It changes who you are as a researcher and a scholar. It has been one of the coolest experiences for me when a student comes to me struggling to figure out what their subject area should be, going to, I almost have this done and it's neat!" said Flaherty-Colling.

These essays require a significant amount of time, but help everyone that goes through this process to become better scholars.

“At first I didn't like doing the extended essay. All of it seemed daunting. But I ended up having a blast.”

JAMES DEMOTT  
IB senior

# New year new experience: Bennett shares his past experiences, present goals

CONTINUED FROM 'BENNETT' ON PAGE 1

Bennett felt that same happiness during his own educational pursuits. In high school he played football, basketball and golf, played piano in the jazz band and sang in the chorus. But he wasn't sure where he was headed.

"I [didn't] know what I want[ed] to do with my life. Then one day it hit me," he said. He admired his school's athletic director (his then-girlfriend's father) and could see himself doing something similar. "That's not what a lot of kids want to do, but it sure seem[ed] to fit," he said.

Bennett came to the conclusion that "if I can be a good teacher, and have kids like me and look decent every day, and really enjoy what I'm doing, it'd probably be a pretty good gig." And he set out to do just that.

come in and teach [the] class...I think everyone wants a boss who could do what you do. You have to feel confident that they're not just telling you how to do things, that they could actually do it," he said.

He desired to defeat the lazy, coffee-drinking principal stereotype. "That was one of my goals," Bennett said, "plus not wearing polyester suits."

**Breaking Off**

In 1998, Bennett began questioning his career in education. "Am I just interested in education because...it's what the family has always done?" he asked himself. For two years he sold insurance, but simply didn't possess the same passion for it that he did for education.

"The money was really good," he said, "but I missed being around kids." He missed the excitement and drama of being in school, as well as the activities and events.

So he called OPS, expecting to be turned down after leaving—but instead received a job offer.

Bennett served as the curriculum specialist at Bryan High School for three years, then received an interim position at TAC, where he was in charge of curriculum for secondary education. Several years later he moved to Buffett Magnet Middle School, where he was the assistant principal for a year. After that came an assistant principal position for data at Central for five years, then a principal position at Buffett for two.

Now Bennett is back at Central after "ping-ponging across the city."

wants to "keep everything rolling," comparing his job to polishing a diamond and maintaining the positive aspects of the school while improving the lesser pieces.

From his duties as Assistant Principal of Data, Bennett had "built good relationships with teachers, and I felt like they wanted me to come back," he said.

"The staff has been wonderful...I think there was some influence from the staff wanting to get somebody back here who knew how to run Central," he said.

A big influence was former principal Dr. Keith Bigsby, who often told Bennett that he would succeed him. The two still keep in close contact. "Working for Bigsby...it was hilarious," Bennett said. "I'd love to do it again."

"He taught me a lot of things," he added, "not simply by what he told me but by watching him. He was such a positive force for Central."

Bennett has worked to become a positive force as well. He is currently working with on various projects with the Central High School Foundation to benefit both current and past students.

A gate in the fence that separates the Joslyn Art Museum from Central's campus, a Legacy Walk that will be constructed on the west side of the building and feature names of alumni—these are just a few of the plans Bennett is working on.

His daughter, freshman Morgan Bennett, recognized his love for the school. She said that he spends more time away from home, but she is still able to see him mornings and weekends. According to Morgan, being the principal's daughter isn't so easy. But it has its perks.

"Teachers know who I am so it's nice to have a relationship before the school year gets started," she said. Not to mention she gets to attend all of the Central events, like football games.

"He likes to bug me about my friends," Morgan said. Overall, aside from his job, Bennett is a typical dad.

"I want every Central kid to have a great experience," he said. And he's willing to do everything in his power to make that happen.

"My goal is to leave the school in a better place than I found it," he said. "And it was in pretty darn good shape."

**Head Honcho**

"When you get a call from Central, you say yes," Bennett said. After the experience he had already gained from working at Central, Bennett "knew enough to be dangerous." And he knew more than any other candidate could. "Central is a monster building...and with the alumni base...it's gigantic," he said.

"Unless you have a feel for that it's hard to come in and pick up and figure out how to do everything."

Bennett didn't want to start over and "recreating the wheel—" he

**Background**

His first teaching job as an English instructor, coincidentally in Bennett, Iowa, allowed him to get involved in many areas of the school. "I was a substitute bus driver...I was a referee, I was the head boys basketball coach...I was the yearbook sponsor," he said. "When you're in a small school...you have to do a little bit of everything. That was fun for me, because I got to do so many different things."

For three years Bennett taught in a K-12 building before moving to Omaha, where his wife (a lawyer) had received a job.

He began teaching at Northwest High School, which was "a little bit of a culture shock, but really educational for me in terms of learning how to work with all kids and where they came from," Bennett said.

An advocate for college prep, as a teacher he had to find new approaches for students who didn't see college as an option. Many of them, he said, had to worry about where they would be sleeping.

"I had to learn...how to reach kids," he said.

While Bennett loved teaching and being involved in the inner workings of school, his goal from the beginning was administration. "Sometimes you can have a bigger influence [than with teaching]" he said.

"I always wanted to be...somebody who teachers knew...could

to Play 60 can help build a success story.

"We hope to improve students' outlook on their own health and wellness," sponsor and PE teacher, Studer, said.

Her constant involvement in aerobics for 16 years as well as being chair of the Staff Wellness Committee has led her to begin the newest club at Central High School.

Her personal goals include bringing back the soup and salad bar that Central used to have in addition to starting a walking club before school.

Emily Mayberger, a sophomore and member of the Pom Squad, joined the Student Wellness to motivate the student body. "I wanted to be more involved in the school."

Mayberger said. "Also I like to eat healthy and want to promote healthy eating at Central."

She, as well as Duden and fellow member Kayli Land plan on continuing with the committee into future years if it proves a success.

Marilyn Blanchard, sophomore, in addition to numerous students across Central, works out often and eats healthy to promote and improve her personal well being.

Although she didn't join the club to make changes in school wellness, she's still just as excited to be involved.

Health and wellness will only continue to improve if the Student Wellness Committee reaches their goals and earns Central the title of a "Touchdown School."

Until then, any student is welcome to join, become a supporter, or visit FuelUpToPlay60.com to help Central out. "If it is a success," Mayberger said, "I think it will impact the school's activity and healthy eating."

Ultimately, a healthy lifestyle will lead to more involvement in learning, and that's just what the Student Wellness Committee is aiming toward.

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# Student Wellness works to motivate others into healthy living, fitness

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**the register staff**

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Hillary Blayne

**ATTN: The Register**

124 N. 20th Street  
Omaha, Neb. 68102

Phone: 402.557.3357  
Fax: 402.557.3339

[central.journalism@ops.org](mailto:central.journalism@ops.org)

It is the goal of the Central High Register to represent the student body in issues affecting their lives as young people and students. If you feel that 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 Hillary Blayne at [hillary.blayne@ops.org](mailto:hillary.blayne@ops.org) or come to room 029 to discuss your idea.

The Omaha Central High School Register seeks to inform its readers accurately as to items of entertainment, interest and importance. The staff strives to uphold the principles of journalism in all of 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. Unsigned editorials are the opinion of The Register staff and do not necessarily represent the opinion of Central High School.

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# THE CHOSEN ONES

AN INSIDE LOOK AT  
ADOPTION

## Looking into the lives of two adopted students

INTERNATIONAL

By Cheyenne Alexis  
COPY EDITOR

LOCAL

Senior Andy Gelbart is a South Korean adoptee. Born in Seoul, he was adopted in 1997 at age one to his parents. Gelbart lives with his mom, dad and sisters—one older and one younger. His sisters were also adopted, but they are not biological. His parents decided to adopt when his mom could not have children.

Gelbart loves his parents. Because he is used to his parents—being that he grew up in only their care, “I don’t know anything else, so it’s a good relationship,” he said.

“That’s the only family I know, so I’m used to it.” Gelbart said that he does not recall anything from South Korea, “just the American way.” With other adoptees, Gelbart said that if they are adopted young, they will feel the same way, as they will grow up in a society of their own without really adapting to the culture of their real parents.

Being treated differently has never occurred for Gelbart, and while he was growing up, he never really knew any other live outside of his own, so he was “just used to it.” He has never

been faced with any challenges, either, concerning growing up as an adoptee.

For being born in another country, there is a whole different process in which the parents have to adopt the child. While kids born in America vary with their adoption, as it could take up to a year or a shorter period of time, according to [holtinternational.org](http://holtinternational.org), South Korean adoptees are less likely to be adopted so quickly. According to the website, a child born in South Korea could take 18 to 20 months to be adopted.

“I was put up for a reason, so whoever did [put me up] must have been protecting me from something,” Gelbart also commented about significant changes with being adopted. Though there are misconceptions about adoptees and their previous circumstances that their biological parents could have had, Gelbart does believe that he was adopted because he was being protected.

“[Adoption is] a chance for everyone,” Gelbart said. “It’s seen throughout my family, so it also means family.”

“It’s basically a second chance. Not only for you, but the people who raise you. You get to be in a proper home and treated good while growing up,” said sophomore Ann Marie Bell.

Bell is a Fremont born adoptee. At the age of eight months, she and her biological sister were adopted by her cousin.

Besides her biological sister, Bell also has two other siblings who are part of her adoptive family.

Bell said people often are surprised when people find out from her that she is adopted. “A lot that don’t know when I tell them will say, ‘Oh, no you’re not!’ but come to find out I am—it’s a shock to them,” she said.

Her parents had decided to adopt Bell and her sister after they already had two kids prior and were unable to have any others. “They decided that it would be something good for the family,” she said.

Some difficulties for Bell include a slight difficulty while growing up.

“It was a little different for the first few years. I called mom by her first name and my sister had issues with stuff like this. She was basically the person who took care of me as a kid, and in the last three years she has been gone a lot,” Bell said.

Faced with confictions of knowing or finding out that you were adoptive, Bell said that “it just depends on when they came to terms of knowing. Many people don’t know for years if they are adopted, but it just depends.”

To Bell, adoption is, “You have two families who love you the same, but one just can’t care for you and wants you to have a better life.”

With Bell’s biological parents, she said that she has not seen for some time. Because she was adopted through an open adoption, she does not feel as distant from her parents. “I haven’t talked to them lately, but when I was younger it was good. You get to know right away you were adopted and know things about your parents,” she said.

“Just because you are adopted, it doesn’t mean you aren’t different,” Bell said. “You have to live with it.”



## The Adoption Process

CHRISTIE GOETZ SHARES HER STORY

By San Juana Paramo  
VISUALS EDITOR

“The Bible says ‘It’s a Christian thing to take care of widows and orphans,’ and if I can’t have my own children I know there are children out there who need to be taken care of,” said Christie Goetz, Central High math teacher.

Goetz had trouble getting pregnant, so she and her husband made an important decision. They decided to adopt. Through a long and tedious process the couple became the parents of now two year old Jimmy Goetz.

“It’s (adoption) feeling like you have so much to give to a child, and you want so bad to have a child to share your life and blessings with and you can’t manage to have that happen naturally,” Goetz said.

Adoption was something that Goetz looked into as she got older. “I knew that as I got older I would have trouble getting pregnant.”

Asking questions to acquaintances who had adopted, Goetz began her search on adoption. “I went to a meeting an adoption agency had at my church, I asked a lot of questions,” Goetz said.

With her husband by her side, she embarked on the final decision to go through with adoption. “I felt it was important that we decided together, I wanted to make sure he was okay with it in case I couldn’t get pregnant,” Goetz said.

Goetz’s family were more than excited to find out the news of the possibility of the couple adopting, “They were all for it, they were happy about the possibility that we could get kids,” Goetz said. Close friends and colleagues were very supportive as well.

Bethany Christian Services was the adoption agency Goetz and her husband went through. Goetz attended support groups, read books, watched videos and then reacted to them to further enhance her learning on the topic.

The adoption agency assigns a person to look at prospective parents along with home studies, and another person to work with birth mothers. Bethany Christian Services was the

agency Goetz had more knowledge on, which helped influence her decision in choosing the agency. “As well as being a Christian agency, I felt more comfortable with that and birth parents knowing that they were putting their children in a Christian home,” Goetz said.

It took Goetz and her husband six months to turn in all the paperwork in, while Goetz’s finger prints were returned three times from the state patrol on the basis of “not being good enough”. It set the couple back an entire month each time they were returned. “It seems like it takes forever, I think they do that (the process) on purpose to make sure you’re serious, and not making a snap decision,” Goetz said.

Filling out the paper work was only their first step; they had yet to have their home study signed off and the process of a birth mother to choose them. “We felt like we shouldn’t be so hopeful about it, like we were going to be disappointed, and not get through,” Goetz said, “And we did.”

After the process of paper work, interviews and discouragement, the Goetz finally told that they could adopt. “We were very excited, we just wanted to have the chance,” Goetz said. It was a process that was very eye opening for Goetz, “It was very eye opening just that we had to prove ourselves, and that any little flaw we had would make us not good parents,” Goetz said. “There is no such thing as a perfect parent.”

The agency signed off on their home study on June 2nd of 2011, and not even two weeks later on June 11th Goetz received a call telling them that they had been picked. “They said congratulations, we have a baby for you, he was born yesterday (June 10th) and you can take him home tomorrow,” Goetz said. “It was so cool, we were so shocked.” That same night Goetz and her husband were able to see the baby for the first time. “I didn’t have anything for a baby because I thought I was going to wait a long time,” Goetz said. “They say adoption takes forever, you never know when you’re going to get pick.”

Goetz and her husband know that they are



able to provide the best for their child; they plan to raise him in a multiracial background. “He’s going to grow culturally in different ways,” Goetz said. They recognize that while he grows up challenges on his race will appear, “As he gets older he will start to recognize that we are not the same color,” Goetz said.

Goetz recommends adopting to anyone who can and wants to, even if they are able to have their own children. “I can’t say that I love my child more because of how hard it was for me to have him, but I feel like I love him more than a normal mother, I know it’s not true but it means a lot to me,” Goetz said. Goetz and her husband are open to adopting more in the future.

“My husband and I our families just prayed that God would bring us a baby that would fit perfectly into our family,” Goetz said. “I would say he is such a special addition to my family my husband’s family, he has brought all our families closer together.”

## The Nebraska Foster Care System

By Tia Spears  
EXECUTIVE EDITOR

Adopting a child in the state of Nebraska, according to the Nebraska Foster and Adoptive Parent Association (NFAPA), is a process divided into three different parts: pre-Placement, placement, and adoption finalization. Within these parts, there are steps necessary to advance the prospective foster parent toward adoption.

After deciding to adopt, receiving the information and applying, the licensing process starts. A home study, a detailed report about the family environment and home, is required. Parenting skills are assessed as well as the home itself.

Background checks and a self-study are also required. The self-study is a questionnaire every adoptive parent must do covering most, if not all, the topics gone over in the home study. After the adoptive parent passes those steps, licensing is next. The PRIDE foster care pre-service training, a 12-hour training to prospective adoptive parents, has to be completed.

Prospective adoptive parents at this point are legally approved to learn of the child’s needs through a notification. The child’s worker as well as the home study worker put together the first contact with the adoptive parent and child. At this time, learning about the child’s needs and background will be detailed in a written summary. The prospective adoptive parent will get

the opportunity to meet with their child over the following weeks.

Before the child is placed with their new family, the social worker will assess everyone’s readiness. Once the placement date has been scheduled, the court will be notified by the social worker as well as the child’s biological parent, attorney, and new foster parents. Medical information, notification of the child’s school and an explanation of responsibilities and rights after the placement will be gone over.

On Placement Day, a Statement of Disclosure issued by the Nebraska Health and Human Services System, a Child Placement Agreement, a copy of the Foster Care Payment Determination Checklist and an Adoptive Placement Agreement will be given to the foster parent(s).

When the child is legally free for adoption (meaning that all appeals are gone), the family is approved and the placement agreement is signed, that is when DHS considers it an adoptive placement.

The adoption is finalized after the child has been placed with their parent for at least six months. This includes in the circumstances/conditions of a foster care placement or pre-adoptive placement. Securing an attorney is necessary for this process. After, the worker will send the adoption packet to the attorney. The hearing for is mandatory. At this point the adoption process is complete.





# 2207 PIGPEN MILITIA

JUNIORS AND ALUM CREATE CLOTHING, MAKING OMAHA MORE FASHIONABLE

By Sydney Halonen  
STAFF WRITER

2207 Pigpen Militia is a name that is new to the market, yet quickly making a statement through the school's student population. Omaha Central juniors Mykez Moore and Colbie Foster, along with 2012 Central graduate Norbert Pieper, are attempting to fill the countless orders that are flowing through their hands. The trio recently began a t-shirt printing business, displaying their own designs and providing Central students an opportunity to sport them.

"It took around 3 months just to come up with the name," said Foster.

One of their many goals is to keep the quality of the products high and keep their designs and marketing scenes well thought out. Foster started the business during the summer months when he learned how to use his mother's t-shirt printing machine which features the ability to press on designs that the members create on a computer program and began making shirts for his peers. The company started buying plain t-shirts in their neighborhood and printed the designs from the orders as they received them. The name was derived from a code that the designs often feature called pigpen. The code is made up of various symbols which may seem meaningless to much of the public.

The idea was originally inspired from an older graduating class' idea to sell shirts, commonly known to the Central population as "Gold Slugs." Although the Gold Slugs shirts featured their logo printed on each shirt, the Pigpen Militia members create their own designs and simple add a small copy of their logo on the shoulder of each shirt that is made.

Students are able to purchase the shirts and place orders through each of the partners and through the various

social media sites that the members have provided. The members are hoping to soon have a website dedicated to presenting their designs, thus having the ability for eager customers to place their orders.

"Our ultimate goal is to sell our products in stores," said Moore. "In a year from now I can see our site being up and running and maybe even sold in stores."

The trio is also working on new designs such as incorporating tie-dye and monochrome designs into their product list. Along with shirts, the company has also started to make sweatshirts and cut-off sweatpants by popular demand. The average shirts sells for somewhere between \$15 and \$20, making them more affordable than most shirts that a customer could get at a retail store.

"As we grow as a company we want to make sure that our merchandise stays affordable to our current customers," said Foster. "For me, it's not about the money, it's more about being able to get our designs to the public and eventually sell it in retail stores."

While all three of the members are responsible for making the popular designs, Pieper and Foster are mostly in charge of making the shirts, and Moore is in charge of marketing their designs to the public and most importantly the Central students. This job includes using the social media that they made and promoting it to help sell their designs on a larger scale.

"I enjoy creating my own style," said Foster. "I like having the ability to morph my own fashion sense and not abide by how a certain brand or brands style their clothes."

This being said it won't be long before more and more students are wearing this brand that is quickly growing in popularity. Their commonly used designs such as floral, animals and King Tut will make their much waited debut, and maybe they'll even be seen widely by the public on the shelves of retail stores one day.



Keali French | The Register

2207 Pigpen Militia members Kolbie Foster (far left) and Mykez Moore (far right) model some of their designs with friends.

# Marching band gains experience at Millard West Wildcat Classic

By Jacob Rutherford  
STAFF WRITER

The Central Marching Band competed in the fourth annual Wildcat Classic hosted by the Millard West High School Marching Band.

The event took place at Millard South High School's Buell Stadium on Saturday, Sept. 21. This event was an early season contest that allowed the bands to get a feel of what it's like to perform at Millard's Buell Stadium like they will later in the season for the Nebraska State Bandmasters Association (NSBA) State Contest.

The Central Marching Band was scheduled to perform first at 2 p.m. However, the performance lineup was switched and Bellevue East was the first band to perform followed by the Eagles. There were eight bands that competed in the competition and all of them advanced to the finals competition.

According to the Central band members, the competition was in no way easy. John Kramer, sophomore band member said, "It's not as easy as it looks to play in front of a lot of people while carrying an instrument. It can be

really tiring." Sophomore band member Seth Franksen said, "By the time we're done at halftime, I'm usually sweating. I was even more tired when we were done on Saturday."

The bands were judged in eight different areas by eight judges: Music GE by Tim Gray, Music Ensemble by Brian Anderson, Music Individual by Larry Rathbun, Percussion by Edward Argenziano, Visual GE by Rich Kemp, Visual Ensemble by Marie Czapinski, Visual Individual by Michal Lisowj and Color Guard by Dee Ely. The highly qualified panel consisted of regional and national judges.

After a solid first performance by the Bellevue East Marching Band, the Eagles responded with a fantastic performance as well.

Central performed their band show called "Picture This." The Eagles were very thorough with their performance without a single error.

The Eagles Marching Band showed what they have been working on all year and had a flawless performance. Because of the great show they put on, the Eagles received an excellent rating.

# Physics no longer required course

By Kelsey Thomas  
STAFF WRITER

Starting in the 2013-2014 school year, several changes in the science courses at Central were made.

One of these changes was concerning Physics. In order to graduate, students need six credits, or three years of science. It is the same in the Millard Public Schools district and at Creighton Prep. In past years, it has been required for students at Central and other OPS high schools to take Biology, Chemistry, and then a Physics course to fulfill these requirements. Beginning in the 2014-2015 school year students will only have to take Biology and Chemistry and for their final two credits they may take an elective.

This change was made district wide, throughout all OPS high schools. It was made in order to relieve pressure on non-college bound students. For most colleges and universities, the Biology, Chemistry and Physics track is required to be admitted. Jean Whitten, the head of the science department at Central stated that many students at Central don't intend on furthering their education after high school, so Physics is not necessary. Physics will still be offered to students who wish to take it in non-Honors, Honors and Advanced Placement (AP).

Although Physics won't be required, two credits still will be. In order to fulfill these credits, four new options of science classes are available. All of these are one-semester long and are

offered in non-Honors and Honors.

The first is Forensics. In Forensics, students use science, information technology, digital microscopy and writing skills to analyze crime scene evidence.

Environmental Science is another new course. The class will learn basic knowledge concerning ecosystems and the environment.

Marine Biology/Oceanography is the third new course. During the semester, an "overview of the marine environment" will be provided.

Astronomy is the final new course offered. It studies the solar system, their size, composition and relation to one another.

There are three other non-physics related electives that have been available previous to this year, Anatomy and Physiology, Science Seminar and Earth Science.

Although there were many new courses added on, the Central science department didn't see any new teachers. There are still seventeen teachers in the department.

Although Physics won't be a requirement, many students will still take the course and are encouraged to do so. Physics provides more college preparation than a course like Marine Biology and to many students, Physics is a much more difficult and rigorous course.

Also, the added new electives will provide more variety and a wider array of science electives to take. To many kids, the change of Physics as a requirement will be a huge weight off their shoulders.



Trenay Newsome | The Register

Temple Israel is located on 132nd and Pacific. Inset: Nearby ground where an Episcopal church and Islamic Mosque will be built.

By Trenay Newsome  
STAFF WRITER

"The goal of this company is to bring together the three Abraham religions and respect each on as a whole," said Nancy Kirk executive director of the Tri-faith Initiative. The idea of Tri-faith came from Rabbi Azriel, senior Rabbi at Temple Israel, in 2006. Later that year this idea became a widely known company and all needed documents were signed.

The goal of Tri-faith Initiative is to bring together the three major religions that trace back to Abraham. These religions are Judaism, Muslim and Christianity.

"Bringing together these religions on the 34 acres of land is the first goal;

this is called the 'Abrahamic phase,'" said Kirk. "The second goal is to hold programs in the tri-faith center, currently being built, and bring all religions together building a bridge of respect, celebration of differences and understanding."

On Sept. 18, World Religion students took a field trip to Temple Israel, the place where everything started, and they took a deeper look into the Jewish world. Here they met Rabbi Azriel and got a tour.

"Omaha is going to be the only place with a place of worship for Judaism, Muslim and Christian religions so close together," said Azriel.

The mosque being built for the American Institute of Islamic Studies and the church for Episcopal Diocese of Nebraska architectural plans should be done by Nov. 1. The church is now in partnership with Evangelical Lutheran Church.

"Other churches joined this community in partnership because they wanted to be open to more things, expanding the Christian religion and making it more

conclusive than anyone thought it would be," said Kirk.

Because the Christian religion is has expended beyond the first goal of Tri-faith Initiative, it gives a whole new idea to how wide spread Tri-faith soon might be. They have a mission in bringing together not only race but other cultures and backgrounds.

In 1997 Rabbi Azriel won the Martin Luther King - Living the Dream Award.

This award is for Americans who are living the dream, they are living by what MLK wanted for the future and by bringing more than just race together Rabbi Azriel is living the dream a step further.

"Although the building was intentionally only going to be built because the old one was out dated, Rabbi

Azriel thought having nice, but different neighbors would be a great idea - and here we are," said Kirk. "We're looking to the future."

Although the mission is to bring the Abraham faith groups together, there are some obstacles that stand in the way. "The one rule that everyone has

to follow if they want to stay on the tri-faith campus is to respect each religion and not attempt to convert other people into a religion," said Kirk. "By law they can do this down the street, but here it is unacceptable because it ruins our image of respect and understanding."

"If they break this rule they will be asked to stop; but the leaders of each religion do a nice job of convincing them not to break the rules," said Kirk.

With Tri-faith Initiative being the only company in Nebraska to bring religions together and build a bridge of respect, it sheds a new light on the state as a whole. Bringing in attention from around the world, giving the company bad opinions and good. In the end, the Tri-faith Initiative could be the start of something big.

“Omaha is going to be the only place with a place of worship for Judaism, Muslim and Christian religions so close together.”

ARYEH AZRIEL  
rabbi



# Alumni pursues career in modeling

By Georgia Chambers  
STAFF WRITER

Alumni and model Brittany Story is making her mark on Omaha. Even though she is not with an agency, Story is filling up her schedule with countless jobs. These are not common, but rather ones people have probably seen on the show "America's Next Top Model."

Story completes editorials, photo shoots for local brands and designers, models for Omaha Fashion Week, models for online stores and also does shows for charity. Story likes to go with the flow and do things as they come to her.

"I know a lot of people in Omaha and a lot of designers which are my friends. They'll ask me on the street, text me or let me know on the social network," Story stated.

"I always have wanted to be a model since I was literally four years old. I bought subscriptions to model magazines and stacked them up and read them all through," Story said. She went through an emotionally tough time in middle school.

"I didn't have a lot of friends," Story went on to say. Because of this she turned to modeling. Story's mom and dad have been two of her main supporters. Her mom always drove her around for free fashion shows when she was younger. As she got older and had to deal with the rejection of agencies, her parents urged her on and were very supportive.

Story first got noticed when she was a student at Central. She was 16 when her friend Allison Dutton asked her to be in the Omaha fashion show. Dutton is also a Central graduate and is now a fashion designer and model.

By accepting this offer, Story found her yellow brick road. She described her anxieties as she was preparing for her first fashion show. Both she and Dutton, along with another friend Shani, were very anxious and Story was sick to her stomach the whole day.

As it was their turn, they went onto the stage and the nervousness left their faces.

"Everyone was gawking at us. After we went off of the stage, we both broke down crying," Story recalled. She now had her feet wet in this business, and she did not have a friend named Dutton, but a best friend. Story's awkward stage was more than over.

The modeling business is not just what is seen on the walkways, such as "ANTM" might portray. It also has a lot to do with people behind the scenes. In the future, Story also hopes to become relevant in the fashion world and known for multiple things such as marketing, business, visuals, etc.

"I want to be versatile," Story concluded. Honors Fashion Marketing is a class offered at Central, and during her senior year, Story took this class and she said it helped her learn things both career wise and about herself personally.

There is a lot more work that goes into modeling that people do not understand. Story ad-

mitted that it is harder than she thought it would be. She has studied the shows such as "ANTM" and watched models and how they walk and pose.

"Many people think it's easy, but getting into the business is really hard. You have to be really patient and it's a lot of hard work; fun, but hard at the end of the day," Story said. "A lot of people don't know." It is a hard business to get on top.

From her experiences so far, Story has realized who she has become through modeling.

"It's made me become who I am and I have evolved from it. I feel as if I have gained a lot of confidence with it and I really found personal strength with it."

Sometimes she had doubts, about her legs being too short or not having the image, but she did not let that get in the way. Story has many opportunities lying ahead of her, and students might see her among Tyra Banks in the fashion business.

Story's wish is to have more alumni following her footsteps. "I want everyone in Omaha to follow their dreams and make an impact. More specifically, I want to see more successful Central students make an impact." To get there, Story advises students to: "Be yourself and stick to your gut instinct. Don't let anyone corrupt your dream. Possibilities are endless - no matter where you live. Just be motivated." Omaha might just be a small town, but in the words of Story herself: "Coming from a small city, we can still do great things."

# JROTC takes home 2nd place in annual orienteering competition



Kira Hawkins | The Register

JROTC students pose with their trophy after the annual Orienteering Competition at Platte River State Park.

By Kira Hawkins  
STAFF WRITER

Hearts pound as they run up the hill, their teammates screaming at them, urging them on. Everything depends on this. The tent is just ahead. The last few seconds count down. Time.

Sept. 21, started with temperatures that required jeans and a cup of coffee. Students stand huddled, making jokes at a boy who shivered in basketball shorts. It's 6 a.m., but all are relatively awake. A bus pulls up, and the students climb aboard. They're headed to an orienteering competition.

Orienteering originated in Scandinavia and came to America in the 1940s. It is a competitive form of navigation in which participants use a map and compass to navigate between checkpoints. The goal is to locate as many points as possible.

Competitors travel quickly from point-to-point to ensure they have located and correctly marked all points. The points are located in valleys, wooded areas and along trails. Teams compete at the annual Orienteering Competition held at Platte River State Park.

In preparation, all cadets receive hands-on training to gain the skills required to read maps, locate grid coordinates and use compasses.

Teams have about 10 members, in two-person teams. Each team must take a test prepared by the National Guard.

The clock begins after the test, when participants use their maps to plot checkpoints. After checking to make sure participants have correctly plotted their points, they depart into the woods to locate as many markers as possible. After all teams have returned, test scores are tallied with scores and times to determine the winner.

In addition to the two-member teams, the school with the best combined scores for the four highest wins

the school category. Each team gets two hours and 10 minutes to complete their round. Central's team had 11 members, five teams and one alternate.

Second Lieutenant Andrew Clark has been in JROTC for four years. He enlisted to help with college, and because he felt that it's right to serve your country.

Some participants may be better at finding points on a map, but struggle with finding them on the ground. The rules are strict, ensure fairness and to teach survival in certain situations.

"Being put in that situation really tests your skills. Both mentally and physically. You have to take what you learned and put it to the test, and if you paid attention and fully grasped the concept, the competitions are very fun. Knowing that you succeeded because of your own hard work is a great feeling," Clark said.

Sergeant Emily Keebler said that the competition is interesting and entertaining. Sergeant Carlos Enriquez, alternate, said, "For the orienteering contest is fun, it puts your skills to work." Sergeant Joshua Flynn, paired with Second Lieutenant Danielle Jorgenson, finds that while he excels in the written test, he enjoys hanging out with his partner.

While the competition requires hard work, the entire team had fun, and spent time waiting for schools playing games, urging a teammate not to touch a poison ivy reaction or helping pull stickers off sweatshirts.

The students that competed are as follows: Second Lieutenant Sam Lyons, First Lieutenant Eric Paulsen, First Lieutenant Harrison Bourne, Commanding Sergeant Major Yael Calderon, Sergeant Emily Keebler, First Lieutenant Albert Joseph Klukowski, Sergeant First Class Devin Sutton, Sergeant Griffin Stilwell, Sergeant Carlos Enriquez, Sergeant Joshua Flynn and Second Lieutenant Danielle Jorgenson.

The team left in good spirits, excepting a well-deserved second place trophy like true champions.



Sydney Spangrud | The Register

A sign on 50th and Dodge directs traffic away from restricted lanes. The project began Sept 29.

# Construction causes headaches for students

By San Juana Paramo  
VISUALS EDITOR

Streets in the Omaha Metro area are currently facing a resurfacing project, restricting lanes and leaving drivers in a frenzy during commutes.

The project that started in September has restricted lanes on Dodge Street, from 29th through 52nd Streets. The new construction project affects all drivers.

Omaha drivers have seen the change and adapted to it, but so have Central students who drive to and from school. Omaha Public Schools' Student Transportation has also seen a shift in their routes, complicating the drive for the first few days of the project.

Travis C. Sallis for Student Transportation welcomes the new construction project and has had routes alternated to accommodate the students and drivers. "Great construction improvement on streets is welcomed anytime," he said.

The city contacted Student Transportation before they started construction to inform them about any possible routes that could be affected. "For a busy street like Dodge, major construction projects, resurfacing the city will contact our services to let us know," Sallis said. "They give us a heads up, to know the location for any possible detours; we will let our drivers know through radio in case of any bus hold ups."

Sallis is usually involved whenever there are construction projects that could cause conflicts with bus transportation.

Though his involvement has been relatively small on this project, he is working with Transportation Services to make the best of the construction.

"Transportation Services always welcome

projects like these," Sallis said.

Many routes have bus stops along the lanes that are being worked on, which causes a headache for students and drivers who have to accommodate to the situation, especially since they have to take into consideration the student's safety.

"Yes, we always make sure of any alternates for routes" Sallis said. "If there is a stop along where the construction is being done we will accommodate it for the students."

Busses have been doing well throughout the construction. No major problems have faced busses. In fact, the new streets have made bus rides more comfortable for drivers and students. "Not any [problems] that I'm aware of, drivers look forward for any type of resurfacing project," Sallis said. "Especially for older busses, makes for a smoother ride."

They have made sure to make the rides as close as possible to how they would be without detours. They allow for the appropriate time scheduling on detours to get the students to school on time and home as close to their drop off time. "We accommodate for smoother rides, and shorter periods of time on alternate routes. We allow for a safe and fast detour to get students at school on time," Sallis said.

What has resulted from the resurfacing around the Metro has been positive and has made commutes better for everyone. With small problems in the beginning mostly due to finding alternate routes and lane restrictions, in the end it will be worth the trouble.

"I think we are doing better; we always appreciate new resurfacing projects," Sallis said. "It makes for smoother streets for our busses to drive one, no pot holes or anything."

# Children's book published to support Jan's mission to provide Afghan girls with education

CONTINUED FROM 'RAZIA' ON PAGE 1

was the best fit for a book, then made sure she had all her information correct.

"Once the manuscript was in good enough shape, I approached a publisher - Kids Can Press -- with whom I have a relationship to gauge their interest. Fortunately they were interested, we signed a contract, and then I worked with the editor to refine the text," said Suneby.

"The next step was for the publisher to find the right illustrator for the project. And then I worked closely with the art director and illustrator to ensure the illustrations depicted life in the village of Deh Subz realistically," she added.

That wasn't the only process in the making of the book. Suneby and the foundation also had to make sure that the book received publicity and support.

"As soon as it was completed it was an easy process to get support. They [the fan base] were all excited," said Quigley.

With the support to propel them forward, Suneby and the foundation sped their way into getting the book's name out into the world.

"We just started our promotional tour in Denver and Omaha. We spoke to students, we were on the radio, we presented to the librarians from the Denver Public School system, we were interviewed by news-

papers," said Suneby. "In addition, we rely on social media, other events and all the publicity we can generate."

With all this going on, it has taken truly committed people to handle the pressure and work it takes to balance such a large project—this includes Quigley herself.

"Well, I would say it's kind of difficult organizing events. It takes persistence [and] patience. It's difficult but it's what I do—it's fun," Quigley said.

Although it's fun for Quigley, and Suneby has created yet another masterpiece, the real reason this has been done is to make people more aware of the difficulties young women in Afghanistan have to go through to receive an education.

They also wish to help others see that they shouldn't take anything for granted.

"It has taught me not to take education for granted. Not to take the fact that I and my daughter and many women in North America have the education to be able to shape our own opinions and destiny," Suneby said.

She went on to say that "Finally, it has made me realize that each

and every one of us can truly make a difference. Just look at Razia Jan and Patti Quigley and the IB and Girls Rock students at Central High - they are making a difference, too!" said Suneby.

Other students at Central High, and even at different schools, can impact girls in Afghanistan as well.

“Without an education, girls do not have a voice, self-determination, or self-confidence to know there are options for them to be productive members of society, their communities and their families.”

ELIZABETH SUNEBY

author

the younger Razia Jan [in the book] and spoke to the men of the family," she said.

"[You] can see how Razia Jan affects girls around the world," said Quigley.



# arts & entertainment

## SHINING FROM BEHIND THE CURTAIN

SENIOR MARYSSA BROWN TAKES ON STAGE MANAGER FOR THE UPCOMING FALL MUSICAL, AS WELL AS AN INTERNSHIP AT THE ROSE THEATRE.

By Georgia Chambers  
STAFF WRITER

Senior Maryssa Brown is involved with this season's upcoming musical, and is participating in the Roadshow as well. During Roadshow, she will be involved with CHS singers, A Cappella and technical crew.

Her involvement with drama goes even further than this. Actors and actresses are the people many students think of when plays and musicals are mentioned.

Brown believes the students behind the scenes are often forgotten. "They are very under appreciated- they do a lot of work and hardly anyone thanks them," Brown said. She is among the students often left out of the recognition.

Starting out as a member on the technical crew sophomore year, Brown realized she had a passion for drama.

"I would say that it has been one of the best things that I have done with my high school career. I love being down in the theatre," Brown said. She had considered being the one on center stage, but soon realized it was not meant for her. Brown decided that, "I want to make others look good."

At the end of her sophomore year, Brown found herself as the stage manager for the play.

"I felt amazing, but at the same time scared because I had never been stage manager before, and the thought that I am in charge of all of crew and actors is a little scary," she stated.

So far Brown said there is not a lot of stress, but as the day of the production nears, stress levels raise.

As stage manager, Brown is responsible of keeping track of the time, give lighting and prop cues, keep track of the actors, actresses, the crew team, technical team and much, much more.

If students are interested in becoming involved with the crew behind the scenes, more specifically stage manager, she suggests keeping a binder, taking notes and at least reading through the play three times.

"You are a mess if you are not organized; it is very important that you stay organized," Brown said.

Brown's interest in drama even exceeds school boundaries. During the summer, she is involved with the Rose Theatre.

During this past summer, she served a Rose internship and

CONTINUE TO 'BROWN' ON PAGE 7



Sydney Spangrud|The Register

Amidst the clutter of the prop storage room, seniors Maryssa Brown and Nathan Daugherty search for items for the upcoming fall musical.

## Cyrus shocks VMA crowd, viewers with raunchy, lewd behavior

As I sat down to watch this year's Video Music Awards, I prepared by slightly bracing myself for what my eyes were about to witness, considering the fact that once I turned in the television I could never un-see whatever train wreck was soon to come. After my moment of silence for train wrecks passed, I clicked on MTV and began to watch. To my surprise, I turned to my favorite segment of the ceremony, the red carpet. As usual, the stars were walking around discussing their outfits of choice with reporters asking them the same old questions and making young girls cry due to the fact that they were in the same vicinity as someone on television. As usual, Taylor Swift looked humble yet stunning and Selena Gomez was hoping to catch Justin Bieber's eye with a dress featuring a slit that made the dress look like it was half finished.

At this point I was content, I mean, Justin Timberlake was there so I couldn't exactly complain. I was patiently awaiting Lady Gaga's entrance sporting some new controversial attire, followed by said environmental groups protest. Yet, suddenly I saw something else, not a meat suit or

a walking globe, but two small buns at the crown of a poor star's head.

My first thoughts were something along the lines of "how did those things make it through security" or that they were out of the "Star Wars" movie for that matter. Yet, as the "bunned" star turned around, my mouth suddenly dropped.



SYDNEY HALONEN  
SENIORITIS

It was Miley Cyrus. I couldn't believe my eyes; they were already half closed due to the reflex of what seemed like one million rainbow sequins sown onto some black leggings and a black cropped tee. When asked where the atrocity was from, I was awaiting an answer along the lines of "Limited Too," or the debut of Snookie's new clothing line. My inner fashionista quickly tearing up inside on what horrible things would be said about her on Fashion Police the following night.

As the interview continued, the fan's screams dwindled, as Cyrus revealed that there was twerking in store for later, little did the innocent viewers know that there would be more less than appealing twerking worked into one performance, than one is forced to see at each of Central High's dances.

As the show went on many performances were loved; a few being Katy Perry with her girl empowering new single "Roar," Bruno Mars

and Lady Gaga, who never ceases to impress. It was easy to see that the opening performances were going to be hard to beat, but as Cyrus said, she had something "up her sleeve." As one of the many lengthy commercial periods ended, the time had come, and Miley's highly anticipated performance was introduced.

As the lights quickly dimmed, I quickly assessed the fact that I was yet to view the yearly train wreck, yet as techno music began to play and countless fuzzy bears appeared on stage, my thoughts were quickly cleared. Cyrus suddenly appears, emerging from a large bears stomach wearing another sequined mess, this time with a bear printed on the front of what little fabric the article of clothing included.

As the star began to twerk and attempt to "pump up the crowd" leading into her hit single "We Can't Stop," the crowd could be best described as countless deer in the headlights, every few seconds some dedicated fan would throw in a heartfelt scream. When the music began to play, viewers were quick to learn that they had no idea what they were about to witness, some poor fans from minimal distances away.

CONTINUE TO 'VMA' ON PAGE 9

## 'Play Me, I'm Yours' piano project brings community, artists together

By Jordan Young  
STAFF WRITER

A worldwide art project has found its way into the heart of Omaha as well as into the heart of its community. 'Play Me, I'm Yours' is a special project that displays hand-decorated pianos by local artists all over the city so people can not only marvel at each one's uniqueness, but also play the instruments while becoming a closer-knit community in the process.

The project was first created by artist Luke Jeram who had 15 pianos commissioned by Fierce Earth in Birmingham, United Kingdom in 2008. An estimated 140,000 people played or listened to the pianos and since then the project has caught fire across the globe.

More than 900 pianos have been installed in 36 cities, and now Omaha is contributing to the growing legacy.

The Omaha Creative Institute installed a total of 10 pianos across the Omaha and Council Bluffs areas, including locations in Florence Park, Rockbrook Village, ConAgra Foods Plaza, Memorial

Park, Aksarben Village and more.

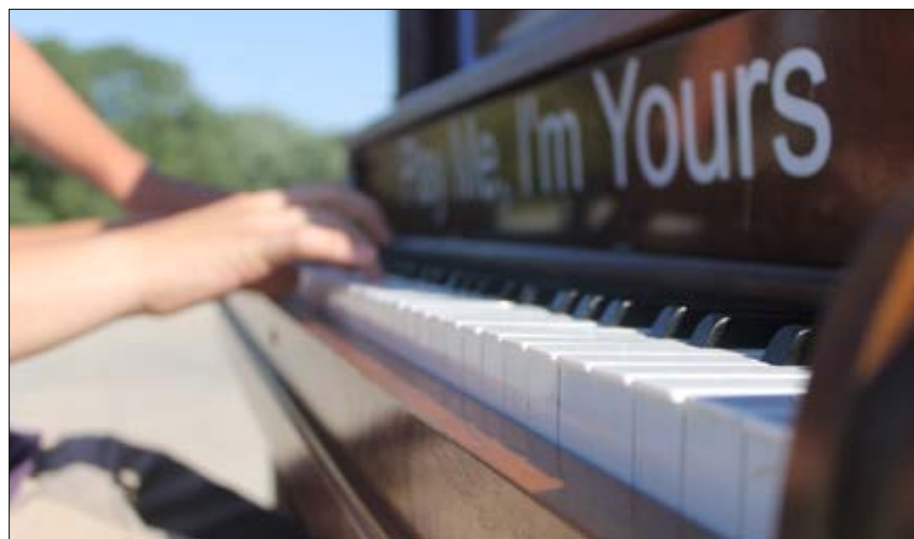
Although the Omaha Creative Institute has had the biggest part in bringing and executing the project in town, other people have contributed as well.

Storyteller Rita Paskowitz took part in planning and presenting an opening event for one of the pianos (the Garden Party Piano) at Memorial Park.

She and artist Lori Elliott-Bartle (who designed the piano) decided to team up for the event with the goal to "publicize and support" the project to bring the community together for an evening.

"As a professional storyteller, I love developing opportunities for people to share stories - and 'Play Me, I'm Yours' seemed like just such an opportunity - particularly since Lori mentioned the possibility that her 'Garden' themed piano might be placed in Memorial Park. After all, everyone has a piano story and everyone who has lived in Omaha has a Memorial Park story," said Paskowitz.

For Paskowitz, planning the event was fun and



Keali French|The Register

A visitor to Memorial Park sits to play a tune on a painted piano. Several are scattered throughout the city.

CONTINUE TO 'PIANO' ON PAGE 7



### FALL MAKEUP

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The Register highlights five of our favorite products--everything you need for a fresh face to bring in the autumn weather.



### BAND

page 7

The story behind Central's own marching band, including the blood, sweat and tears that go into each performance.



### RESTAURANT

page 10

New restaurant dedicated to serving locally grown foods serves admirable meals, but leaves a bitter impression with its price.



## BEHIND THE BAND

FROM PRACTICING TO PERFORMING, BEING A MEMBER OF THE MARCHING BAND REQUIRES MORE DEDICATION THAN MANY REALIZE

By Micah Martin  
STAFF WRITER



Keali French | The Register

**Top:** Junior Elliot Glyn takes part in pre-practice stretches. **Bottom:** Junior Christina Siek, sophomore Saint Alea Bilyeu and other flute players practice staying in formation during band camp.

The Central High School marching band's premiere show took place Aug. 30, 2013, during the football game against Westside. With the amazing sound and the flawless drills, it may seem like an effortless activity, yet the work and dedication that is put into this to make it perfect is anything but that.

### Directors

Pete Wilger and Tom Cosby are the teachers who help the student-musicians learn their music and drills that coordinate with the songs. Along with those two instructors there are three drum majors; Eddie Schooler, Patrick Nolan and Keali French, all of whom have significant responsibilities in the band.

For example, during rehearsals along with Wilger and Cosby, they help their fellow musicians when assistance is needed.

"People primarily know us as the students on the field conducting," said Nolan.

Drum majors can be found leading their fellow peers during the shows, but they have other duties such as helping to brainstorm ideas for certain components of the show.

They are also general musical leaders for the band. One can't just become a drum major; there is a demanding process a student must first go through.

The beginning step is filling out an application and submitting it to the band directors. Then there is an interview process that occurs so the candidates can be more thoroughly evaluated.

Finally, there are auditions to see if the few students left are as adequate for the job in real life as they seem on paper.

Drum majors are a significant part of the band, but without all of the other musicians and the others who pitch in to help, there would be no band at all.

### Performances

When the marching band is searching for new material to perform, Wilger and Cosby, with some help from the drum majors, put their heads together to come up with some kind of theme or ideas for the performances.

Once they have an idea, they get in contact with different arrangers around the country and see what the specialists come up with. If the music and formations is to their liking, they pick that drill.

If not, they keep looking for something that will be more enjoyable.

They showcase these musical pieces and formations at halftime shows and competitions, like the Wildcat Classic and the River City Roundup Band Festival.

At these festivals, the band receives helpful criticism from marching band specialists in the area in order to better themselves. There is always room for improvement, and the Central band understands that. They strive to be a great band instead of a mediocre one, which means they have to have a great sound, confidence and crisp drills that are truly breathtaking.

### Practice

The first practice was held on July 9. A typical day at practice usually starts with playing musical warm-ups and doing physical warm-ups with the upper body for percussion.

Shortly after the beginning of practice, the students review basic marching fundamentals.

They then start practicing the marches and music.

Also during this time, the shows are reviewed, so when it comes time to perform, everything goes correctly.

After July 9 they continued practicing every Tuesday from 6:00 to 8:30 p.m., while the drum line, color guard and percussion also practiced on Thursdays for the same amount of time.

Practice for band members is a minimum of two and a half hours a week depending on what exactly a student plays.

Every weekday at 7:30 a.m. marching band starts their rehearsals, practicing the pieces of music that have been selected until the start of second period.

In one week, the average musician in marching band spends ten to fifteen hours, plus additional time for personal practice on this activity. This substantial amount of time is invested to make everything run smoothly.

### Getting Involved

If you want to become involved in marching band, all you have to do is learn or know a band instrument and contact either Wilger or Cosby in advance of when you want to join.

"Don't be afraid of a little hard work," said Wilger. Know that as a musician you have to be comfortable with your instrument, positive and ready to put in some work. Also know that marching band is a freshman friendly group; they greatly encourage anyone who wants to be band to join.

"It's an interesting experience and I really enjoy being able to play the different songs," said freshman Mitch Fey. The friendships that are made and the family-feel that the band members strive to create are all worth the work that is put in.

If you want to support the band in ways besides playing an instrument, there are a few things that you can do. The easiest one is going

out to the different festivals and showing your support. Many of these events are free of charge.

Or you could always help out by supporting their fundraising efforts. Band is not an inexpensive activity and it is not fully funded by the district. The band can use all of the support you can offer.

There will always be a specific memory that sticks with marching band members.

"I always have an incredible feeling of pride when I get to conduct the "Star Spangled Banner," knowing everything that it stands for," said Schooler.

This is just a single opportunity that marching band gave one of its members that nothing else could. Not only is it about representing Central, it's about finding out what it means to be part of something bigger than yourself.

## Marching Band By the Numbers

**1,469**

Pieces of sheet music

**113**

Band members

**68**

Broken reeds

**58**

Hours spent  
rehearsing this summer

## Brown hopes to one day join the technical world of Broadway

CONTINUED FROM 'BROWN'  
ON PAGE 6

was on the technical crew for one of their productions. Her plans are to be the stage manager for this spring's play at the Rose. "I am super excited; I can't wait for people to see it," Brown stated.

Since Brown is a senior, college is in the near future. Her plans for college are to work her way through small theatre companies in Chicago to hopefully one day find her way amidst the professional business--Broadway.

Along with the hard work comes the gratification of seeing the production put on. And memories come along with it. Brown recalled the humorous event that happened during her first performance.

Smoke was used as a prop, but because of the thick smoke, the fire alarm went off.

The whole audience had to evacuate! She recalled it being embarrassing but also quite comical.

Brown also said that her favorite play that she has been involved with while at Central was A Midsummer's Night in the OC went to district in Lincoln.

Brown said, "At first I was like really? A one-act version of the spring play? But as it went on, I started to feel really proud of the cast and crew that were a part of it, and I was really happy that we at least got fourth place."

Even though the days of the production are busy and very eventful, Brown believes it is worth it.

Readers should understand just how much crew does for productions. All of the props, set, sound and lighting arrangements are thanks to the crew.

Without them, plays would not exist. Of course actresses and actors are important, but not any more important than students such as Maryssa Brown.

So, when attending the musical and future plays, keep in mind just how much Maryssa Brown and other students behind the curtain do to put on the show and how much they are sometimes underappreciated.



Sydney Spangrud | The Register

**Brown goes over stage plans for the fall musical with other drama students during a rehearsal.**

## Pianos scattered across Omaha bring people of all ages together

CONTINUED FROM 'PIANO' ON PAGE 6

exciting thanks to Elliott-Bartle, who Paskowitz said is a "wonderful partner." Together they advertised the event by notifying people in person, and by email, blog and Facebook.

A generous number of 30 friends and strangers alike showed up at the event in Memorial Park with a night of connection and storytelling ahead of them.

Paskowitz admitted that "No one really knew what to expect, people were a bit tentative at the start but very interested to know about the project, the piano and what would happen next," she said.

"At first, the air was filled with humidity but as the night wore on, it was replaced by music and chat," she added. The night also consisted of guest speakers.

This included a woman from the United Kingdom, who travels with the project and told the history of 'Play Me, I'm Yours.' A staff member from The Omaha Creative Institute also shared the background of the project's relation with Omaha.

Paskowitz had a big part in the event.

"I acted as emcee and facilitated the sharing of stories...I ended up

pairing people with strangers and asking them to share a story about a piano experience with their partner, then I asked if anyone would share..."

"One person spoke about being asked to quit taking piano lessons by her teacher and another about loving to practice but being afraid to perform in public. I moved on to requesting participants to talk about an experience they remember having to do with Memorial Park. There were sledding stories, dog-walking stories and a story about a tai chi class taught near the Rose Garden," Paskowitz said.

She shared a few personal stories herself, and by the end of the night, she and Elliott-Bartle had reached their goal to unite the community and advertise the 'Play Me, I'm Yours' project.

"The thirty-some people who showed up were friends and strangers who, by the end of the evening, had become a community connected through music, art and story. Everyone played at least two notes - dissonant or melodic - and no one was judged. The piano and its bench were an invitation too charismatic to resist," said Paskowitz.

The charisma of the "Play Me, I'm Yours" pianos were not only evident the night of Rita Paskowitz' event, but continue to be for people living around Omaha, and even in other Nebraska towns.

Sharon Noyd, a Stromburg, Neb. resident visited all 10 of the pianos in the Omaha metro area during one day, along with her sister and friends who happen to be former Omaha Central Eagles.

Noyd's sister read about the project in a newspaper and decided it would be the perfect girl's day out activity.

"They made me play the same song every time," Noyd confessed jokingly. Despite that, she acknowledges to having a lot of fun.

"We all have music backgrounds, we sing together [although] not professionally. [We perform] as a family group for funerals, churches, etc...Music is a vital part of our lifestyle and is such an uplifting thing towards the community. Anything that has to do with music I support 100 percent..."

Noyd said she has visited the Joslyn Art Museum and has even taken kids to the Orpheum Theatre, but there is a definite difference and uniqueness in the 'Play Me, I'm Yours' art project.

"Towns have done [sculptures of] cows, horses and different sculptures, but the piano is such a hands on thing," she said.

And that it is, a truly hands-on way of unifying the people of the Omaha area...By piano.



# AP STUDIO ARTIST

SENIOR CARLI BORSH STOOD OUT FROM THE BEGINNING, AND NOW SHE IS HARD AT WORK AS AN AP STUDIO ART STUDENT. SHE SHARES HER PASSION, THOUGHTS AND FUTURE ABOUT HER TALENT.

By **Cheyenne Alexis**  
COPY EDITOR

"Art is just an easy way to express yourself," said senior Carli Borsh, an AP art student. Besides taking AP Studio Art during her senior year, she has enrolled in numerous other art classes such as Arts 1-2 to 3-4, Honors Studio Art and Pottery. Now, she is one of four students taking AP Studio Art.

## What Art Means

Borsh has been painting, drawing and sketching since she was three or four. "Since the time I could pick up a crayon," she said. "It [art] comes naturally. It's not easy for me to do certain things, but it's easy to weigh out." Graphite drawings and portraits are the ideal themes which Borsh creates most. "It's what I always do," she said.

As a role model or inspiration, Borsh enjoys watching YouTube artist Tim Gagnon, whose art revolves around painting surreal landscapes, though her ideal is not landscape painting. All in all, portraits are Borsh's forte. "It's not even portraits of people; I make them up in my head. Like, 'this can be a real person!'" she said.

## Being An Art Student

There are differences between taking AP Studio Art and any other art classes, Borsh said. "There's freedom of medium choice. We pick what and how we draw and get more done. We did [about] eight works in honors, but now we have like 24 different projects," she said.

Art teacher Tanya Simmons taught Borsh as a freshman in Art 1-2, and now instructs her AP Studio Art class. "She's very talented, skilled, creative, hardworking, thoughtful and developed. I've had her from Art 1-2 to AP. She's always been good, but she's very developed--much stronger," Simmons commented.

Simmons said that one of Borsh's talents includes her strong sense of expressive artwork. Simmons said that this particular characteristic has shown through numerous pieces, one in particular which is one of Simmons' favorites: "There is a portrait she did of her looking in a mirror. There's something expressive about it. In 3-4 her portraits were nice, but her level has gone up. Her use of paint is more developed and more depth."

The fellow art students have inspired Borsh. "Every style [the students have] is different--generally realistic. Others are expressive, and I want to do that--expand my abilities."

Her art teachers have motivated her as well, "They give me something to do. It's nice when they point out what could be better. Others hate it when they



Sydney Spangrud | The Register

AP Studio Art student Carli Borsh works on a detailed sketch. She plans to apply to art institutes in Chicago and Kansas City.

do that, but I don't care," Borsh said.

Borsh has won a number of Scholastic Art awards. The Scholastic Art awards hand out "keys" to award the individual artists. Borsh has won several of these, including a silver key her sophomore year and two gold keys her junior year for various paintings.

## Future Artistry

When contemplating the future, Borsh has no specific plans. "Something with art or music--[it's] not set in stone," she said. "I don't see myself anywhere-- a job in some artistic field, music or art." School-wise, Borsh is interested in applying for art institutions around America, and even in other countries "but not in Omaha."

"I've looked at a lot of art institutes--one in London. It probably won't happen, but I will apply anyway," Borsh said. She is also interested in the art institutes of Chicago and Kansas City.

Simmons has branded Borsh as a very passionate and artistic individual. "She stood out in 1-2. Not just technically, but she's very artistic."

When it comes to producing art, Borsh thinks of it as an easy way to express a person's character and personality. While there are people who express themselves through clothing, music and other characteristics, art is Borsh's ideal way of expression. "It's easy to get everything out on a piece of paper or canvas."

## Farmers markets offer fresh food, community fellowship and employment for youth

By **Jacob Rutherford**  
STAFF WRITER

The Farmers Market in Aksarben Village has a Central High student as an employee. Senior Fatah Mir is a manager at the Market. Mir was born in Pakistan and came over to the United States, where he grew up in Omaha. He works at the Aksarben Village on Sundays from 7:30 a.m. to 2:30 p.m.

"It's a really great job. I have fun working there and it pays very well. I have made many new friends since I got the job here," Mir said. "I would definitely recommend getting a job at the Farmers Market. It's a great place for students to work."

"From my experience, working at the Farmers Market has always

been pretty easy," he added. "It can get kind of annoying getting up early on Sunday to go to work, but it is worth it."

The Omaha Farmers Market began over 100 years ago on the corner of 11th and Jackson Streets. The Farmers Market was originally called "The City Market" which was a very popular place for local residents. Many grocers relied on the Farmers Market for different foods such as fruits and vegetables to herbs and honey. Until 1964, growers came to sell their fruits and vegetables.

The farmers market had a pause for 30 years starting in 1964 and was later started up again in 1994 on the very corner lot where the original market thrived. Items at the Farmers Market were once again selling on Saturdays from May to mid-October.

Today, the Market boasts over 100 vendors. In 2010, the Omaha

Farmers Market added another day in Aksarben Village, every Sunday from Memorial Day through Labor Day weekends. In 2011, a third market opened at the Charles Drew Health Center in North Omaha. Starting in 2011, all Omaha Farmers Market locations began to participate in S.N.A.P. (Supplemental Nutrition Assistance Program). The Omaha Farmers Market was the first in the state to offer this benefit to shoppers.

All four markets have always been an easy local place to get fresh food and to learn new things about food. People come out every weekend to see the latest foods displayed.

The customers of the Omaha Farmers Market value the relationships they make with each grower and vendor.

## Celebrity chef visits Career Center, works to give back to hopeful culinary students



Photo Courtesy of Angel Decker

Master Chef Lania visits Career Center culinary students.

By **Tia Spears**  
EXECUTIVE EDITOR

"Design Your Dish - Design Your Life" was held Aug. 16 by Master Chef Franco Lania. The event was intended for Central High students, but was extended to culinary students at the OPS Career Center. Students obtained the opportunity to be inspired by Lania's story and enjoy as well as help prepare a delicious dish. His mission was to inspire all prospective culinary students into beginning their careers as chefs.

Chef Lania knows firsthand what it's like to turn lemons to lemonade. Once an addict and reluctant to work, Lania now appreciates the path he's chosen to walk as he can inspire aspiring chefs. His recovery and love for food stemmed from troubled roots as an adolescent.

"Food saved my life and changed everything that was monumentally wrong with me as I was coming out of my adolescence," shared Lania.

He explained in his biography online that food saved his life as cooking became something he was irrevocably in love with. "Cooking became a way for me to morph my life into something better," he said.

The "Design Your Dish - Design Your Life" event was named due to Lania's philosophy, "as you design your dishes and your meals, you can design your life." Lania painted his future with that mindset and in turn created a better life for himself.

The inspiration he felt from his successes were turned into words of wisdom for the aspiring chefs he speaks to at his events.

His ambition and uninterrupted love for his craft led him to attend prestigious schools like Le Cordon Bleu in London and the Italian Culinary Arts Institute in Italy.

Lania's journey has led him to the kitchens of the most renowned restaurants as well as the hearts of the young aspiring chefs he inspires with his story and his food.

"I think the most fulfilling thing for me is that I can actually relate... At this point I can actually give back to a lot of other people who were in the same predicament that I was," Lania said.

He shared that initially the group of kids he spoke to at the event were a little quiet at first but was genuinely impressed at how engaged they became.

"They really jumped in. I know I hit home," he said. He stressed that for the mere fact that he could relate and and give back to the students or teens that were sitting in the same exact position he was once in gives him a large sense of gratitude.

One of word of advice that Lania felt was most helpful was that "It's okay to not know what you want to be, but the fact that most of them think they want to pursue a career as a chef puts them ahead of the game."

Inspiration at a young age and small words of wisdom given to a young person with a large goal is Lania's goal whenever he speaks at his events. "If I had someone come in and talk to me, maybe I would've grasped something and figure out what I wanted to do with my life," he said.

"Not to let anybody or circumstances discourage them for going for their dreams is the best word of advice he gave," Angel Decker said, who works in Central's attendance facilitator, attended the event and experienced Lania's inspirational talk and impeccable chef skills.

Decker was generally impressed with his advice, but was impressed with the dish that he created.

"He made several things that made one dish. My favorite part was probably the salmon," Decker shared.

"He had a general interest in the kids," Decker said. "He really tried to be a real help." Decker, the students and Lania himself anticipate a possible return on his behalf. Lania shared that he would definitely come back if he is invited once again. As for now he will continue to tend to the young people who can be inspired by his successes and take something from the "Design Your Dish - Design Your Life" event.

## Fine Lines, Louder Than a Bomb combine skills for more writing inspiration

By **Kelsey Thomas**  
STAFF WRITER

Fine Lines Creative Writing club and Louder Than a Bomb (or LTAB), headed by English teacher Deron Larson, will be combining this year in order to encourage more writing inspiration and performances of pieces.

Fine Lines was started at Central in 1991, making this its 12th year.

Louder Than a Bomb started as a poetry slam competition in Chicago almost 13 years ago but has only been at Central and in Omaha for three years.

Since each organization began, the two clubs met on separate days and at separate times, but Larson was in charge of each.

Each week, the LTAB members meet in room 237, where they turn their desks into a circle in the middle of the room, creating a friendly, open environment that welcomes people to share their ideas and work.

They draft pieces, critique each other's work, and perform their poems. Often times, the work turns very personal and in-depth.

Fine Lines followed some of the same structure, where they met and worked on pieces, but a lot of the times, the work wasn't shared.

In addition, Fine Lines focuses on creative writing, but LTAB focuses on poetry.

Although LTAB and Fine Lines are different kinds of clubs, a lot of their goals are the same. Because of this, Larson thought the combination of the clubs would be a smart idea.

The Fine Lines members are more "quietly motivated" and are more reluctant to perform their pieces than the Louder Than a Bomb kids, said Larson.

But their own hesitation to perform doesn't mean they don't want their work shared.

The LTAB students are eager to both write and perform and are willing to present other member's pieces as well.

The combination of the clubs gives Fine Lines students a chance to share their pieces and LTAB students a chance to get on stage more.

The participants in the two clubs are very excited for the merge. Veronica Hatfield, a junior, who was originally a member of Louder Than A Bomb, states that its "one of the best things to happen to LTAB."

She would like to get the chance to perform some pieces that maybe aren't her own, and thinks being around other students who love to write will be a good learning experience, and she hopes they can all inspire and feed off of each other.

Aside from the clubs joining, a change noted by both Larson and Hatfield was this year's turnout.

“Louder Than a Bomb and Fine Lines are key in identity formation.”

DERON LARSON  
english teacher and  
LTAB sponsor



# MATTRESS MANIA

LIGHTS, CAMERA, ACTORS:  
PREPARING FOR THE PLAY

By Kira Hawkins  
STAFF WRITER

Auditions for the upcoming school musical, "Once Upon a Mattress," were held Aug. 26-28. Putting on a production, especially one with a twist on "The Princess and the Pea," requires quite a few actors.

But acting isn't the only aspect of a theater production. A stage crew is also necessary to keep everything running smoothly. Students who love theater, but suffer from a little stage fright can consider the stage crew as a second option. It's not just painting scenes; stage crew members also work on lighting, sounds, costumes, props and make-up. The actors have to focus on their lines, not whether that light above them are about to come crashing down. It's no small task, and not everyone can do it.

When it comes to auditioning for a musical, there are three parts: acting, singing and dancing. Hopefuls were asked to prepare a song, learn a dance and perform a scene selected for them in order to be considered for a part.

Actors also have to learn how to say their lines, move naturally on-stage, and perform in costumes with props.

Main characters have even more work to do, more lines to learn. Junior Donovan Daniels auditioned for the part of Prince Dauntless. Daniels admitted to having only spent five days preparing for his audition, but has worked in some form of drama productions since age five.

"I was really nervous at first," Daniels said. "Everybody is. But as time goes on, and everyone starts to get to know each other, and learn their parts and lines, you discover that the audition isn't as nerve-wracking as you'd originally anticipated. You have fun."

During Drama Club's first meeting and kick-off party, the co-presidents both stated that, while a ton of work must be put into each production, everyone gets along famously and each person has plenty of fun. The key to having fun in this club?

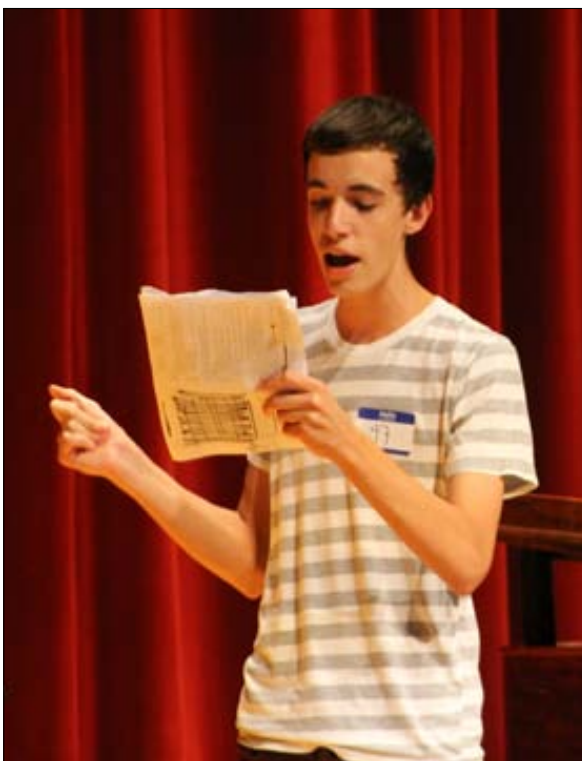
"Just be dramatic. In drama, you can be dramatic, and it won't look bad. Eccentricity is essential," said sophomore Jalaya Daye. And you don't have to participate in the production. Any drama lover is welcome to Drama Club, with meetings every other Friday.

The opening performance is on Thursday, Oct. 24, with two other shows on Oct. 26. "Once Upon a Mattress" is not your typical bedtime story.

This musical has all types of songs: funny, romantic and melodic alike. Most people know the story of "The Princess and the Pea," a pea is put under twenty mattresses because the king and queen believed that a true princess is so delicate, so sensitive, that she can feel even the tiniest of peas under her mattresses.

Many princesses came, slept upon the multi-mattress bed. But when they didn't feel the pea, she was shown the door. The final princess came, and had a horrible night. She couldn't sleep, claiming her mattress too lumpy. The prince and princess were married soon after.

But how will the story differ in this musical? Students, parents, staff and drama fans will have to wait until late October.



Keali French | The Register

Sophomore Jacob Murray auditions for "Once Upon a Mattress."



SETH ARTER

ARE YOU SERIOUS? GET OUT

## Instagram Flawed By Unnecessary 'Selfies'

Memories are very special. Photographs are supposed to capture those moments so one can remember them one day. Instagram is made for that purpose and that purpose only. It is not made for girls who think they are prettier and better than everyone to show off.

Instagram is always so interesting and fun to look at until you see that same person time after time again posting a selfie.

I'm not trying to say that selfies are forbidden or that it's wrong to post them, but when it comes to selfies, moderation will be your best friend.

Seeing the same people post selfies on Instagram almost takes the life out of social media and replaces it with repetitiveness that makes it feel like a dull, boring place lingering in cyber space.

How many times can a girl post a duck face selfie before she realizes that it's so over-rated? Apparently not enough.

If you're pretty and you know you are, that's great.

Having a little confidence is never a bad thing—until you take it so far that every single one of your followers thinks you are the most conceited person ever.

Those who consistently like people's selfies and leave the "pooh you're so pretty" comments are just making it worse.

It's okay to tell someone they're pretty on occasion, but telling them over and over again will do nothing but go to the person's head.

My opinion is not sexist, because I am fully aware that as girls, it's just done in a different manner.

It is awesome to see that your friend or classmate has worked so hard to lose weight or tone his body, but seriously boys, enough is enough.

There are so many vital things going on around the world that are far more important than making time to look at your body online.

From starvation in Africa to America's trillions of dollars in debt, your posts have no meaning if you just want to show off.

No one cares to see your muscles or your six pack.

If you are at the pool or if your friend happens to take an embarrassing photo of you with your shirt off, then that's one thing.

If you're into your body, that's awesome.

Don't take away from your attractiveness by showing off.

Quiet confidence is the best confidence. I believe that you can be as proud as anyone else without being obnoxious over social media.

Almost worse than looking conceited, is selfishness. It looks very selfish when a person posts photos of themselves constantly because it makes me think, "wow, you really think the world revolves around you just because you're pretty and have a lot of followers."

What type of message does it send to people when you make yourself look extremely selfish? Not a good one.

You don't want people you know thinking you're selfish.

It's probably one of the ugliest traits a person can be known for.

However, people should post pictures that are sentimental. The beautiful thing about Instagram is that it contains photographs from some of the most important events in your lifetime.

Anything from a dinner with an friend to homecoming night with your significant other. The photos I post online are the ones that contain my friends and me.

Yes, that is done all the time Instagram users, but the value of those photos with my friends is something that is special to me. When someone or something becomes a special part of your life, I want people that are important to me to see what I value. Sure selfies are nice.

Maybe relatives or friends that you don't see very often like your selfies because they get a little glimpse of you, but that little glimpse is nothing compared to a photo of someone or something special.

I also love that Instagram goes beyond just photos. I love that people aren't afraid to show the world their hobbies.

I like seeing people being proud of what they created.

My favorite thing on Instagram is when people post a picture of their favorite place in Omaha or their favorite vacation spot.

I also love it when people take pictures at simple events such as family picnics or car shows.

This is really what Instagram was created for: sharing different aspects of and events in your life with your friends and the world.

Not just an endless stream of your face.

There should always be much more to someone's Instagram profile other than their duck face or muscley body.

## There's a lot more to life than Twitter followers

Sloan Stephens, a 19-year-old African-American tennis player, recently beat Serena Williams in a match in the Australian Open.

In an interview with Sports Illustrated afterward, Stephens stated that she didn't know how much the prize money would be if she reached the semifinals (\$500,000), but she did know how many twitter followers she gained after her winning match (29,000).

Stephens perfectly exhibits the issue at hand. According to Sports Illustrated senior writer Jon Wertheim, twitter followers are the "great currency" to teenagers.

Without an adequate amount of this "currency," young people are highly subjected to feelings of low self-worth.

In my opinion, the new way of deciding the social totem pole, through likes on pictures or followers on Twitter, is harmful to the wellbeing of kids today.

It fills them with anxiety, depression and low confidence.

Social media not only hurts kids' feelings, it can also make them judgmental and rude.

Because one's amount of Twitter followers makes them more popular, this sometimes makes them cocky and conceited.

A person with 800 Twitter followers may not speak to a person with 50, all because of some number on the Internet that doesn't mean anything in the real world.

The social lives of teens today are much different than their parents' were 20 years ago.

In the past, young adults had to leave their homes to make new friends, meet people from different schools or gain popularity.

Nowadays, if someone can come up with some funny or relatable tweets or keep over 500 followers on Twitter, they automatically know everyone in the city and are very well-liked.

Other parts of Twitter, aside from the followers count, can be harmful as well.

Pictures uploaded of girls you wished you look like or statuses posted about parties you weren't invited to can make you feel bad about your own life.



KELSEY THOMAS  
NOT FEELIN' IT

## Cyrus' twerking 'trainwreck' at VMAs leaves viewers sick

CONTINUED FROM 'VMA'  
ON PAGE 6

As the star continued with her song, the dance moves were becoming more and more graphic and I became more and more uncomfortable and I became more and more uncomfortable, even though stationed countless miles away from the deranged performer.

When the song ended, fans smiled with a sigh of relief, sparingly clapping her off of the stage, most likely hoping to see One Direction or a group resembling them to get back in their right mind after what they had undeservingly

witnessed.

Suddenly the lights dimmed, and Robin Thicke ran onto stage, by the time the camera could get back to Cyrus she was stripped down in nude, latex bra and shorts, most likely causing some older viewers their lives. Cyrus accompanied Thicke in the performance of his new single "Blurred Lines," (as if everyone and their mom hadn't heard it on the radio already!).

With my jaw nearly brushing the ground and my eyes reluctantly glued to the television, I then saw Cyrus present moves, too graphic for this newspaper, including a wonderful image of twerking up against Thicke, a suiting image for Cyrus to present to good ol' Billy Ray to see on

his birthday!

Foam finger in hand, helping the crowd feel increasingly uncomfortable as it went places a foam finger should never go, the performance of what seemed hours was finally over.

As the star twerked one last time, her time on stage was done, applause began to roar, most likely cheering because the train wreck of the night was complete and Cyrus was finally out of the general public's site.

"Welp," I said to myself, turning off the television and deciding it was time to hit the hay, now everyone really does know Hannah Montana is dead, and most likely rolling in her grave.

## FALL MAKEUP 2013

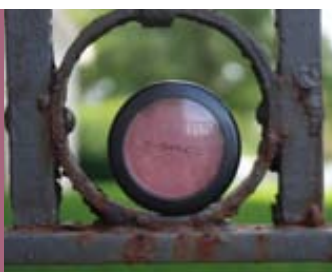
By Sydney Halonen  
STAFF WRITER

FALL IS APPROACHING QUICKLY. DON'T GET CAUGHT IN LAST SEASON'S TRENDS! HERE'S A LOOK AT FIVE AFFORDABLE PRODUCTS FOR AUTUMN.

### WARM CHEEKS

MAC Blush Sheertone  
Shimmer Blush

A bronzy glow adds definition to face and cheekbones. Our last chance to hang on to any lingering traces of that summer tan.



### BRONZE EYES

Maybelline  
Color Tattoo

Makes eyes pop. Add a matte brown for an everyday look.



### POPPY RED LIPS

Maybelline Lipstick

A timeless trend, and great for fall dances and outings. Don't be afraid to experiment.

### NUDE LINER

Rimmel London Eyeliner

Adds definition without using harsh black liner.



### DEFINED BROWS

Covergirl Brow & Eye Markers

Define your face while instantly darkening your look for autumn.







Maya Durfee O'Brien | staff writer

# film



title

## The Spectacular Now

director: **James Ponsoldt**  
genre: **Drama, Comedy**

rating | 9 out of 10

## New release breaks away from typical teen romance

A coming-of-age story first released at the Sundance Film Festival, "The Spectacular Now" is not your typical teen romance. The stars of the movie, Shailene Woodley and Miles Teller, made the movie what it was—spectacular. It focuses on what really happens to high school kids.

Sutter is known as the life of the party, (which is evident by the flask he always carries with him), while Aimee is the quiet, modest girl. After a 6:00 a.m. run-in on a stranger's lawn, a romance begins.

"The Spectacular Now" breaks free from the superficial-ness of regular teen movies. Aimee Finickey is not a cheerleader or the super hot girl. She's just your average, sweet, shy girl, which many girls can sympathize with.

To add to the thought of breaking free of the superficial type attitude of regular teen movies, the characters in the movie seem to be wearing little to no makeup.

Sutter's acne is clearly visible and Aimee seems to have on little to no makeup. This minor detail helps to make them seem like real teenagers, adding to the realistic effect of the movie.

Their beginning exchanges are awkward, as well. There is no Hollywood glitz added to their relationship; Aimee has a cute awkward laugh and Sutter is still hung up on his ex-girlfriend. Nothing in their

love story is ideal., which makes it all the more real. Sutter and Aimee are very different people. Sutter falls very behind in school and only cares about what party is happening that weekend, while Aimee is very academically driven.

Her goal is to get out of their hometown and go on to do bigger and better things. She begins to see Sutter more and more when she tutors him in Geometry. Sutter lives in the now, while Aimee focuses more on the future.

She plans on going to a university, while Sutter will be lucky enough to even graduate from high school. Trapped in the "now," he's only concerned with drinking and having fun. He has a job at an upscale suit shop, but even that he doesn't take seriously, sometimes showing up to work "loaded."

One day Sutter invites Aimee to go to a party with him to which she replies with an answer that shocks Sutter. She had never been to a party before, so Sutter feels it's his duty to bring her with him.

While at the party, their relationship is somewhat defined because he kisses Aimee for the very first time.

Through trials and tribulations, mostly on Sutter's side of the relationship, the pair grows.

That is probably one of the best aspects of the movie. The viewer gets to see their growth and how they change within a short period of time. We see Sutter and Aimee meet Sutter's dad, go to prom and graduate from high school.

All in all "The Spectacular Now" is a great movie. It is one of those movies where you can't always see what is coming next.

It's real and raw; a true picture of what life is like sometimes for the teenage American. There is not a character in the movie that someone could not relate to in some way.

"A great thing about now is there's another one tomorrow," Sutter realizes at the end of the movie.



Natalie Nepper | staff writer

# album



title

## Blessed Unrest

artist: **Sara Bareilles**  
genre: **Pop**

rating | 7.5 out of 10

## Artist creates ideal album for a rainy day

Pop artist Sara Bareilles released her newest album "The Blessed Unrest" on July 12, 2013. Since then, the record has landed No. 2 on Billboard 200 Albums and was given a 2.5/5 in "Rolling Stone" magazine.

Bareilles surprises her usual fan-base with this experimental and risky album.

Some spots seem a little alternative, but "The Blessed Unrest" does not disappoint. The entire album is moody and touchy, but a great listen. For Bareilles, it's not about the acoustics, but the lyrics.

My favorite set of tracks start off with "Brave." This energetic tune seems to be a bit overplayed on the radio, but still manages to show off Bareilles' attitude. Co-written by Jack Antonoff from the band Fun, "Brave" is addressed to a friend of Bareilles who recently struggled with coming out as gay.

Bareilles reflects on moving to a new city with this slightly anthem based track, "Chasing the Sun." The eerie undertones reflect the lyrics, "It's a really old city, stuck between the dead and the living, so I thought to myself, sitting on a graveyard shelf, and the gift of my heartbeat sounds like a symphony played by a cemetery in the center of Queens." It sends shivers up my spine.

"I Choose You" is equally as fun and poppy as "Brave." The lyrics are easy to catch on to; unfortunately this song is not radio material just yet. If she remixed the chorus, I think it would be a hit.

"Hercules," another one of my favorites, is

probably the darkest and deepest track on the album. Bareilles experiments with background vocals, which add a nice touch.

The last of my favorite songs on "Blessed Unrest" is "Islands." Personally I think that this song could make you cry but also inspire you to be amazing. It can be quite powerful because of the abstract harmonies and distorted piano tracks.

"Manhattan" starts off my least-liked track list as a slower ballad, living up to the classic Bareilles style. It's a great song for a rainy day, but it's not my personal favorite.

Low drums and piano start "Satellite Call" and "Eden" off in a strong and confident melody. The layered voices "Satellite Call" do wonders for Bareilles' voice.

"Eden" is so techno that it's not modern sounding whatsoever. Neither songs are my cup of tea, but they are brilliantly executed in terms of lyrics.

However, "Cassiopeia" ruins the happy feeling with strange and experimental beats. I would personally not recommend.

Once again, Bareilles focuses on her lyrics to make "1000 Times" as emotional as possible. The violins create a depressing mood; it gets difficult to distinguish this sad song from the rest.

"December" is similar to Taylor Swift's hit, "Back to December."

It could be the titles, but I think the sad and regretful lyrics reflect onto both tracks.

Despite these few mishaps, the "I Wanna Be Like Me" bonus track is exactly what "Blessed Unrest" needed to finish the album. The previous five songs had been so depressing that this song ends the on the right page.

Overall, I am quite impressed. Bareilles took a step out of her comfort zone. The level of talent is undeniable and I cannot wait for Bareilles' next masterpiece.



Emily Beck | Editor-in-Chief

# dining



restaurant

## Kitchen Table

location: **Downtown**  
cuisine: **American**

rating | 6.5 out of 10

## New eatery inviting, not so affordable

A farm-to-table restaurant, Kitchen Table's menu changes daily with the offerings of the season.

They focus on finding the best quality food from right here in Nebraska. Open every night of the week, you can find something different for dinner with every visit.

I visited with family on a Sunday during the brunch rush, and had the opportunity to sit at the counter, a front-row seat to the open kitchen.

Two men worked diligently to feed the tables of hungry guests—one of them was the owner, Colin Duggan, who runs the restaurant with his wife Jessica.

Their mission is to provide customers with quick, seasonal meals and to unite them with local farmers.

The restaurant also offers "the dining room," which is an intimate space where patrons can hold business meetings or private lunches for up to 12 people.

Patrons order at the front counter and are brought their food. With only two people putting meals together, the wait was understandably a long one.

We didn't mind, though—it gave us a chance to relax and enjoy the homey atmosphere of the place. Despite the hustle and bustle of the chefs and server, and the noise of conversation from the roomful of guests, it was easy to feel right at home. I think that had an impact on how much I enjoyed the meal.

The décor is a mixture of organic and modern. Plants grow out of the east wall, and the rich brick walls and wooden tables contrast nicely with the steely kitchen surfaces (the tabletops are made from repurposed wood). The name of the restaurant justi-

fies the at home vibe with the simplistic interior design.

The lighting is dim and lends to the relaxed mood of the place. Water is served in charming mason jars.

Brunch is offered for \$15, and diners can choose from a 1-2-3 menu—one item from each section. One can also order a la carte, or from a regular lunch menu.

We went with the a la carte option, ordering whole wheat pancakes with cinnamon molasses syrup and hot brown rice cereal with brown sugar, mixed nut butter, candied peanuts and dried strawberry slices. Altogether brunch cost \$15—the pancakes were \$9, the hot cereal \$6.

The pancakes, made with grains and corn meal, were a healthy alternative to the usual kind one finds at greasy spoon joints.

Drizzled with a deliciously sweet (and delightfully unusual) syrup, smothered with soft and melted butter, these would make a perfect breakfast any day.

The hot cereal, served in a mug, was also an indulgent-yet-healthy meal in itself. The mixed nut butter atop the coconut brown rice was my favorite part of the dish (my only criticism is that it could have used a lot more—once reaching the bottom of the mug, the cereal lost its pizzazz).

Portions were not exactly adequate. Three pancakes for \$9 is not within most people's budgets, especially high school students.

However, the high prices are there for a reason—a result of the restaurant's focus on using locally-sourced foods.

They make a point of supporting both local farms and the environment, and that, these days, comes at a cost.

I think that visiting Kitchen Table with this in mind would help a guest get more out of the experience—and the smaller portions force you to savor each bite.

Overall, Kitchen Table is great for the health-conscious or anyone looking to make a difference by just ordering lunch.

A worthwhile splurge.



Sydney Peterson | Contributing Writer

# concert



band

## Maha Music Festival

headliners: **Flaming Lips, Matt & Kim, Bob Mould**

rating | 9 out of 10

## Third time's a charm for all festival fans

On Aug. 17 a crowd of around 5,000 music enthusiasts came to the Maha Music Festival at Stinson Park in Askarben Village. It was the third year of the festival, and it was definitely the biggest and best yet.

The festival featured two stages and a comedic tent as well as booths for Omaha non-profit organizations. The day kicked off by the local hip-hop group Purveyors of the Conscious Sound at noon, ending with the Oklahoma psychedelic band The Flaming Lips at midnight. It was ideal weather for an outdoor concert with temperatures averaging 70 degrees, avoiding the typical sweat-infested atmosphere. The perfect day promised a pretty spectacular festival.

Omaha always provides a great lineup of local bands. This year included bands Criteria, Digital Leather, Millions of Boys, HERS, Purveyors of the Conscious Sound and The Millions. The Saddle Creek band, Criteria, and synth punk band Digital Leather have toured and released albums on a national level. (Saddle Creek Records is a record label based in Omaha founded by Mike Mogis, Robb Nansel and Conor Oberst) The local bands were a great reminder of our flourishing music scene.

The touring bands (The Thermals, Thao and the Get Down Stay Down, Rock Paper Dynamite and Sons of Fathers) were all unique and unpredictable groups that played throughout the day. The Thermals, Portland-based punk rockers, recently joined Saddle Creek Records and made sure to make their Omaha connection heard. The crowd of head-banging fist-pumpers went absolutely nuts. The Thermal's lead guitarist perfectly summed up

an incredibly energetic performance by falling to his knees and shredding his guitar.

Another noteworthy performance was the Sons of Fathers. They had a very sophisticated neo-folk sound with tasteful Texas twang. All in all, the small groups added a diverse music range and were enjoyed by all the concert goers.

The three headliners, Bob Mould, Matt & Kim and the Flaming Lips, ended the festival on a high note. Bob Mould brought a different demographic of listeners which contrasted the swarms of hipster rockers. Following on the main stage was Matt & Kim, who came completely out of left field. It was initially the most overlooked performance but turned out to be the most entertaining show of the evening. Beach balls, confetti, strobe lights and hip hop beats filled Askarben. At one point Kim "crowd walked" and danced on the hands of the concert goers.

Once Matt & Kim made their exit, the amped-up crowd had to patiently wait for The Flaming Lips' elaborate set to build. The stage transformed into an intergalactic and futuristic set full of tubes and silver half-spheres covering the floor with a pedestal for lead singer Wayne Coyne, who eventually came up onstage in a blue spacesuit cradling a baby doll that he consoled through half of the show. The light show was sensational and the music was hypnotic. Shimmery confetti lingered over the crowd; to say the least, it was weird. Really weird. But, when the time came to depart, everyone left with resounding enthusiasm.

The Maha Music Festival has some pretty big shoes to fill after this year. Attendance nearly doubled from last year.

This means they might get bigger names to headline and continue to expand the festival. Rumors of Wilco playing have even been circulating. But no matter who performs, if there is a music event, Omaha is bound to deliver a pretty massive crowd.

The Maha Festival was a major success and, as Wayne Coyne so passionately said, "It's a good thing when weirdos get to do their thing."



# perspective & commentary

## President shows patience, resolve in dealing with Syria

By Emily Beck  
EDITOR-IN-CHIEF

For the past month, the world's eyes have been intently trained on Syria—although it didn't all begin on Aug. 21, 2013, the day the Assad regime was accused of subjecting Syrian citizens to a chemical weapons attack that killed 1,400 in the country's capital, Damascus. Uprisings against the Assad regime began in early 2011, and since then mass killings, marches, attacks and riots have claimed almost 100,000 lives (according to the United Nations). Many of these deaths have occurred at the hands of the government.

war" for the United States—has transitioned to talks and solidifying plans to take control of and destroy Syria's stockpile of chemical weapons.

This more sensible approach will hopefully ease tension between world leaders and their respective countries—particularly Russian President Vladimir Putin and President Barack Obama, who in the past have struggled to agree on matters.

The world has expressed outrage over the alleged actions of President Bashar al-Assad, who has reportedly used chemical weapons twice within the past two-year conflict—a civil war between the Assad regime and rebel groups wishing to oust it.

Obama especially was enraged over the human rights abuse, and with good reason. What kind of a leader allows his own citizens to be

gassed? That seems to be the question everyone has been asking. Hospitals in Damascus and surrounding areas were flooded with victims following one of the attacks. Children were murdered in their sleep. It's easy to see why Obama wished to take action right away—to take out Assad, to right his wrongs, to attempt to begin to fix the mess in Syria—he's only been trying to do what is right as a leader.

And he has exhibited his leadership qualities by ceasing to take hasty, emotionally-charged action. While he at first made known his anger at Assad's actions and desire to intervene, the world watched his mind change. In a sense, he cooled down and thought through the situation and its possible consequences.

CONTINUE TO 'SYRIA' ON PAGE 12



### BEST DRESSED?

MIDRIFF TOPS, SAGGY PANTS, SHORT-SHORTS, LEGGINGS -- WHY DOES THE ADMINISTRATION FAIL TO ENFORCE DRESS CODE RULES?

Sydney Spangrud | The Register

By Stephanie Paul  
WEBSITE MANAGER

Central has been in school for cover a little bit over a month now, and since school started, the weather has been quite warm.

Since the weather has been warm, the student body has shown it by the girls wearing short shorts and the boys wearing tank tops. With the inappropriate clothing, the students should have more punishment and a talk with their administrator.

When the school year begins, every student receives a student handbook. In the handbook, it only talks about appropriate dress twice. Out of those two times, it does not say how long the shorts can be, but it does say that students can-

not wear loungewear. Loungewear can include sweat pants, pajama pants, leggings and yoga pants.

So, students can wear shorts that go up to their butts, however, they cannot wear yoga pants or leggings? This does not make sense. Other students would rather see their classmates in non-see through leggings rather than booty shorts that you see on Hooters waitresses. The people who do wear short shorts in school should be disciplined.

The hand book does not say how long shorts have to be in both of the sections of the handbook clothing is located in, but shorts should be longer than the student's fingertips with their arms to the side. That seems like a decent rule that should be followed by the students that attend Central.

IN THE OPINION  
OF THE REGISTER



CONTINUE TO 'DRESS' ON PAGE 12

## Raising debt ceiling proves irrational



MICAH MARTIN  
I MADE THIS FOR YOU

The United States Government gives about \$37 billion dollars in financial aid every year. This makes the United States the world's top benefactor. Yet when you look at our own country's debt, it is over \$16 trillion. On top of that, our government has had to raise the debt ceiling on 78 different occasions.

Raising the debt ceiling is done in order to prevent an economic crisis from arising and to keep the government from defaulting on legal obligations. Basically, this means that in order to stay out of a recession, the government raises what the debt level can be, so that the debt is once again within its restrictions. Doing this does get the country out of a pickle for the time being, but it does not solve the problem in the long run. Instead, it allows our leaders to borrow more money instead of paying any of it back.

This brings me to my point: why, while our own country is struggling financially, would we give financial aid to other ones? It just doesn't seem logical for the U.S. to give money away when it could be used here at home. Instead of giving away \$37 billion a year, why don't we put that toward our debt or some other programs that the government funds? Taxpayers in Douglas county alone in a single year will pay \$44.84 million toward foreign aid.

This substantial amount of money could be going toward military salaries, tax refunds, Social Security, Medicare or even the interest of our country's national debt. If we did this, we would be able to start paying off our debt instead of having to raise the ceiling in order to stay within our "means." As a matter of fact, in the last four years the debt ceiling has risen

CONTINUE TO 'AID' ON PAGE 12

## Computerized baby making: designing perfect babies unethical

By San Juana Paramo  
VISUALS EDITOR

What if you were given the chance to pre-determine the genes of your baby? To choose their hair color, eye color or even intelligence? What if you could even choose the athletic ability of your child, or the type of talent your child will possess?

Would you do it? Or would you let nature do its work?

It seems absurd, something out of a movie or maybe even future, but it's as real as choosing the toppings of your pizza. You may think these questions await you years from now, but it's been happening since 2004.

Where once nature took the wheel in deciding what traits your child would have, as well as what traits they would develop as they grew up, they can now be decided by the parent. Parents can decide for their own children, way before they can form opinions on their own.

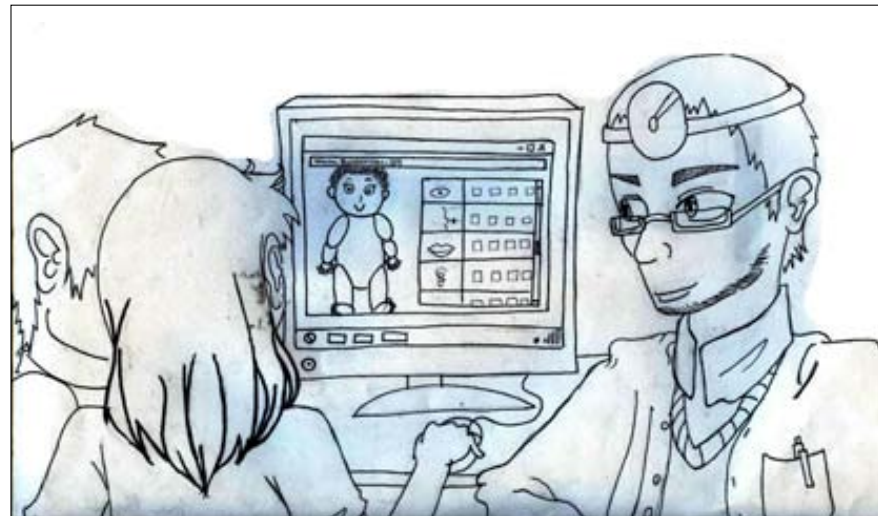
Designer babies are "genetically engineered in vitro for specially selected traits," Embryo.ASU.edu explains. Parents are able to choose from lowered diseased-risk to gender. Pre-implantation genetic diagnosis is used to select the desired traits of a child.

From the first time it appeared in 1996, when parents Monique and Scott Collins saw doctors to choose the gender of their child, in vitro fertilization has been a debate about ethics. In 2004, new technologies were used to not only prevent disease in unborn children carried by parents; now parents can go as far as choosing the eye color of their children.

Instead of letting nature do the work, parents can literally build their perfect baby. Being able to ensure that your baby would not carry diseases that you are prone to pass on is understandable. But choosing traits that can be developed throughout life and naturally is unethical. Babies should not be treated as Build-A-Bears.

CONTINUE TO 'BABY' ON PAGE 15

IN THE OPINION  
OF THE REGISTER



Imani Brown | Contributing Artist



STREET ART ▶ page 14



SUGAR AND SPICE ▶ page 12



INDIE MUSIC ▶ page 15

The story behind the origins and practices of street art—and why it's far different from the graffiti that we are familiar with.

Is the term "Powder Puff" offensive, or perfectly acceptable for an all-girl football team? Two females go head to head on the issue.

What does 'indie' actually mean? The Register explores the original definition of the term and the new meaning it has taken on.



# SUGAR AND SPICE



IS THE TERM 'POWDER PUFF' OFFENSIVE, OR PERFECTLY ACCEPTABLE? TWO GIRLS FACE OFF.

The dictionary definition of the term "Powder Puff" is the following: A soft, feathery ball or pad of cotton or down, for applying powder to the skin.

To have a women's football game by the title, "PowderPuff Football" is essentially to state that the two nouns are synonymous. This suggested interchangeability implies women, or more narrowly, the female upperclassmen here at Central are fragile, disposable and comically incapable. Powder Puff football sends the fundamental message that when a woman does something it is somehow less than if it was done by a man and the explicit message that a women's football match is, in its nature, something to give an adorable, patronizing name to and be amused by the notion of just once a year. These are the ideas that were broadcasted in earnest earlier this semester to all of Central staff and students, men and women alike.

Powder Puff football games (typically junior v. senior girls' flag or touch) have been played throughout the U.S. and Canada since the 1940's. They are even a longstanding, homecoming week tradition in many high schools and universities. Does this give the name a more valid ring to it? Hardly. There are some other far from accurate names, used widely in the 40's that come to mind, ones Central's superiors would, likely, more seriously reconsider posting in neon above all the building's water fountains.

Though the slang "Powder Puff" is not used as hatefully as many other derogatory terms, it is still in its connotation highly derogatory. Though the game being a several decade old practice does not make its name any less of an offense, it is a greater offense yet for Central to now, half a century later, take up the custom.

The word "reconsider" is appropriate under the circumstances. Principal Dr. Ed Bennett, as well as other members of the Central administration, was repeatedly contacted regarding the issue. A quick change of name, to something a little more straightforward (such as Junior V. Senior Women's Football) was all that was requested. The possibility was briefly debated, then easily dismissed, with Dr. Bennett saying it was simply "Too late" (Noted, this was before even the initial meeting for the event had taken place). That may be one of the saddest facets of the matter, its decided unimportance.

There is certainly no reason why such an innocent event must go by such a harmful and degrading name, especially at a school that prides itself as much on its acceptance and diversity as Central. It is unjustifiable and moreover unnecessary.

The sponsors of the Powder Puff game had no more control over the light in which women's football is viewed than any individual might, but giving the game its ridiculous name dashed any chance there was of it being taken as anything beyond a novelty.

Hopefully in future years, those responsible will weigh their influence a little more heavily. It's true that other high schools, even ones in Omaha, host the very same event, by the very same name yearly. However, Central is supposed to hold itself to a higher standard (a nod to "The Eagle Way") than those other institutions (Westside).

**P**owder-puff: of, relating to, or being a traditionally male activity or event done or played by women.

This definition clarifies the meaning of the commonly named powder puff football games that have been played countless times at high schools and universities around the country. A fundraiser commonly used to raise money for the school's homecoming dance or another school event, games are commonly played just as many of the varsity men's are, minus the pads and some of the injuries. Girls have the ability to sign up and show off their skills while raising money for a good cause all at the same time.

This year, Central added powder puff to its fall schedule, sending mixed opinions through the Central student body. This gave Central girls a chance to show their competitive side while raising money for a good cause. Juniors and seniors dressed up in their football gear and after many practices got their deserved time under the spotlight.

Many students have presented the idea that the game is sexist, due to the name of the event and the idea that girls have to have a special section and time devoted to them playing football rather than just playing with the men's team. However, powder puff is simply a time for girls to raise money for a good cause while enjoying their time as well. Although many powder puff games are presented at half-time during the homecoming game, Central's was played on a separate night not for entertainment purposes, but for the game itself. The participants played a full game with many of the same rules as the varsity boys' team. Participants practiced on their own time and had to present a lot of commitment to participate in the final product.

Powder puff all began in 1945 after the signing of the peace treaty with Japan after World War II. A small university in South Dakota wanted to celebrate with an addition to the newly planned homecoming dance by a football game and, with only three men enrolled for the fall term, the administration turned to the women for help. As more and more women signed up, the list of attending spectators grew right along with it. As the day of the game rolled around the school was shocked at the small town's high rates of attendance to see what the girls had up their sleeves. This small university's event sparked a movement for decades to come of schools incorporating powder puff football into the fall schedule.

Powder puff is a great opportunity for junior and senior girls to raise money for the school. Although it is always fun to spread a little sparkle around your outfit before the game, that's not all that the game is about. Powder puff is about beating the other class and showing your competitive side. It is easy to throw a label on this sport, and we get it, a powder puff was originally an object used to apply one's makeup. Yet, although there is a lot of cute makeup looks presented on the field prior to the game, you're lucky if you come out with un-smudged mascara, because once you sign up there is no turning back.

## Combating violence with force not the answer in Syria

CONTINUED FROM 'SYRIA' ON PAGE 11

His resolve to "hit the pause button twice on his decision to launch airstrikes to punish Syria for using chemical weapons on its own people reflects a refreshing open-mindedness and a reluctance to use force," wrote Peter Baker for the New York Times. "In this view, Mr. Obama is a nimble leader more concerned with getting the answer right than with satisfying a political class all too eager to second-guess every move."

The situation has obviously been very trying for the president, who holds a lot of power in his hands over the situation. As a leader, he was horrified at the thought of a fellow president gassing his people (espe-

cially children), and was determined to make the man and his government accountable for their actions. The clear plan of action? A military strike.

"The purpose of this strike would be to deter Assad from using chemical weapons, to degrade his regime's ability to use them and to make clear to the world that we will not tolerate their use," Obama said in an address Sept. 7. He called the attack a threat to national security and reasoned that if no action was taken, other countries would think similar actions pertaining to chemical weapons use acceptable.

The ongoing conflict in Syria has twisted the Middle East up into an ever-growing mess.

Not only is there fighting there—disagreement and struggle have found their way to other parts of the world, intensifying national relations. Since Obama

addressed the world Sept. 7, announcing his desire to show the world that what happened in Syria is far from acceptable, Americans have been uneasy about the possibility of military intervention.

Frightened feelings have lessened since Obama has met with Congress and met opposition from other leaders. France backed the United States in using military force, and although United Kingdom Prime Minister David Cameron supported military intervention, members of Parliament refuted it. Leaders in Germany, China and Russia also vocalized their desire not to get involved in military action.

Talks in Geneva have produced a plan to take control of Syrian chemical arms. This undertaking will not be easy, but it is the right answer. Boots on the ground—furthering violence—are not.

## U.S. headed for recession

CONTINUED FROM 'AID' ON PAGE 11

such an amount that it is now equal to the sum of all of the previous years. That should say something in and of itself; obviously the United States government is spending more money than they can afford to.

According to the U.S. government, only one-percent of the budget is put toward financial aid. This would mean that one percent is roughly \$37 billion. That is a significantly large sum of money to only add up to that minuscule percentage. Foreign aid is said to assist victims of natural disasters, promote free democratic societies and to support the worldwide counterterrorism efforts. These are all notable causes that better the world, but how long will the government be able to go on like this?

Eventually there will come a time when not even raising the debt ceiling is going to save us from recession, when we will become the country that needs assistance. Will there be a country that can help us if that time arrives? The leader of the U.S. can always put off the problem by increasing the debt ceiling and going on as if nothing is wrong. Yet there will come a time when our economy comes crashing down, no longer able to support itself.

That might be 10 years or tomorrow, but a more important question is, are our leaders going to wait until that day comes to try and solve the problem?

## Dress code needs to be strictly enforced year round

CONTINUED FROM 'DRESS' ON PAGE 11

book guidelines more. During the second week of school, teachers received an email from the administration to remind their homerooms to dress more school appropriately according to the handbook. The email also said to address students who are dressing inappropriately to dress more properly. Even though all teachers received the email, did they actually enforce these rules? No, it seems like the teachers have not enforced the rules. As the weather became warmer, the skirts and shorts seem to get shorter. And, once the fall weather starts, young ladies will once again wear pants or other leg wear that is not see through.

Rules need to be followed and enforced. Regardless of the temperature the administrators should act and enforce the prohibition of loungewear mentioned in the handbook. The administrators should act now to warn the ladies of Central that wearing see through yoga pants and leggings as pants are inappropriate. Also, for the whole entire student body, it should be required to have tank top checks which should have inch-wide straps.

Boys should learn how to pull up their pants. When guys wear pants that are too big for them it makes them look sleazy. Sagging and the fashion trend that shows guy's underwear is unattractive. Undergarments do not need to be shown by anyone, which is stated in the handbook, which is yet another rule that

needs to be followed. With the undergarments not shown, the abdomen/pelvic area should not be shown during school hours. Ladies, people do not want to see your new belly ring piercing, so let's stop wearing midriff tops.

This trend came out two years ago and it is just now becoming popular with young ladies.

The truth about this fashion trend: the handbook states that no one can wear them. Even though the handbook says students cannot wear such clothing, it seems that no one bothers to follow the rules set forth in the clothing section.

The whole handbook needs to be followed by everyone in the school, including students, faculty and administration.

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# NSA, CIA hold too much power, don't protect citizens

By Georgia Chambers  
STAFF WRITER

There are many opinions about the National Security system in the United States. The Register believes that it needs some major improvements.

The National Security system is an organization that became stricter after Sept. 9. There are 16 different categories under this broad organization, one of which is usually familiar to students, the CIA.

The laws that were passed after Sept. 9 to try and help cease terrorism are known as counterterrorism laws. Many foreign countries have passed counterterrorism laws. These laws have been proven to apprehend citizen's rights, even though officials state otherwise. Statistics show that 144 countries acquired these laws, but some of these countries revised the new customs put in place. The Human Rights Watch reviewed the original counterterrorism laws and found that 130 of the laws reviewed could lead to abuse.

Many of these laws are not only used to "protect citizens," but also to gain political power. Even though this might not be the goal of installing these new laws, and that it is even questionable if it's legal, some people use this to gain information about their political opponents.

"While every government has a responsibility to protect its population from attack, many have used the new measures to prosecute journalists, protesters, opposition politicians, and religious or ethnic groups under the guise of counterterrorism," according to the Human Rights Watch.

The official CIA website, CIA.gov, reads that the CIA cannot legally spy on Americans, but with the freedoms the organization is granted and with all of the technology it has access to, do students actu-

ally believe they would not do this? And if they did, that they would inform the public?

This website stated, "The CIA is prohibited from collecting information concerning the domestic activities of U.S. citizens."

It goes on to say that, "The CIA's procedures require senior approval for any such collection that is allowed, and, depending on the collection technique employed, the sanction of the Director of National Intelligence and Attorney General may be required."

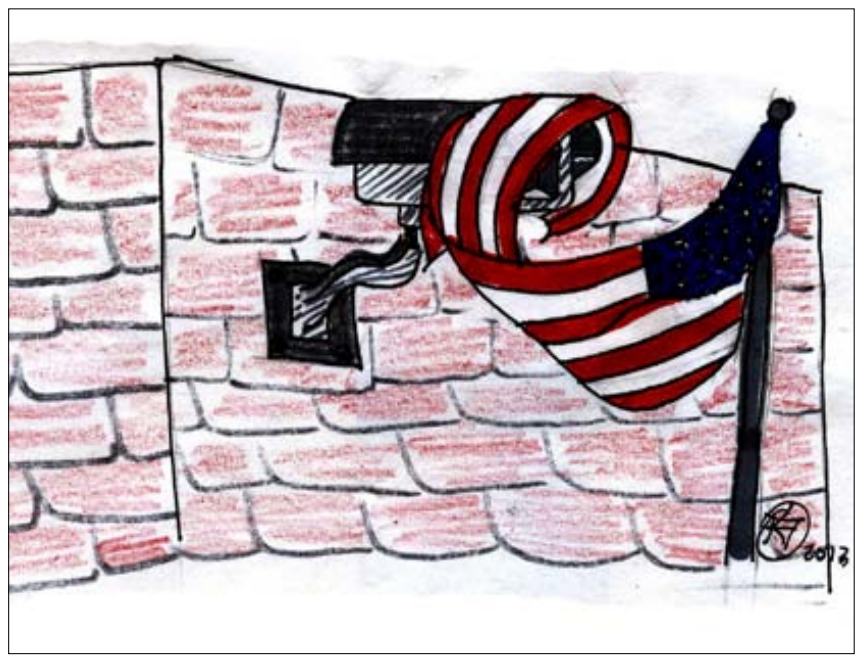
If students are still unaware of the power of the CIA, they might be shocked. The CIA gives a large amount of power to whoever is in control.

"The elements that raise grave human rights concerns include overly broad and vague definitions of terrorism—such as "disrupting the public order"—as well as sweeping powers for warrantless search and arrest, the use of secret evidence, and immunity for police who abuse the laws," Human Rights Watch stated.

On top of the power the CIA has, the group's budget also gives yet another reason as to why there should be some revisions in their new regulations. Last year, the CIA spent \$14.7 billion. Not million, but billion. The National Security organization as a whole had a budget of \$52.6 billion. The funding has continued to rise. Our current position in this world's economy does not allow us to spend much more money, especially a couple extra billion dollars. Also, what they do with their money is kept secret. If they are doing what they were claiming and not spying on Americans, why would they have to keep their whereabouts and affiliations a secret?

The sad reality is that even though the CIA has access to both the technology and money to run their programs, sources show that it is still unable to inform the president on all national threats.

It all comes down to this problem: these coun-



Keali French | The Register

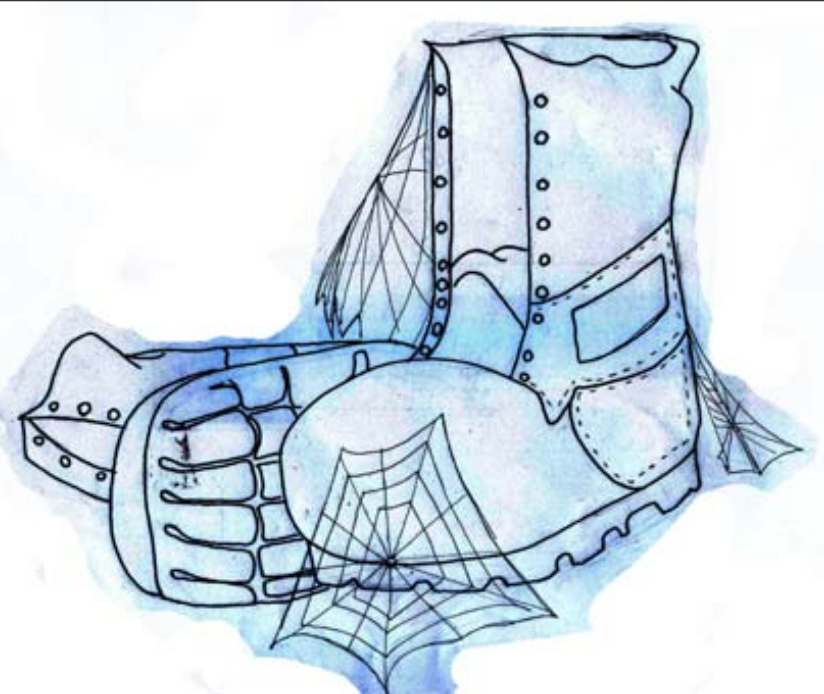
terterrorism laws are, by far, too broad—from the rights these groups have to the amount of money they can spend.

The Register believes that the groups hold too much power and that they have access to technology that enables them to violate people's first amendment rights: Freedom of speech, religion, expression, peaceful assembly and press. If students do not be-

lieve these opinions written before them, they just need to search Guantanamo Bay in Google.

If the CIA is not adapted, some people will see a continuance to this unfair treatment.

Taylor (last name not listed), from Human Rights Watch, sums this up perfectly: "Human rights violations don't uproot terrorism—they help it grow."



Imani Brown | Contributing Cartoonist

## Time for the USA to pack up for good

By Kira Hawkins  
STAFF WRITER

Since late 2001, the United States had troops stationed in Afghanistan. Osama bin Laden is dead, but troops are still there today.

In 2003, American troops were sent over to Iraq. By the end of 2011, U.S. troops on Iraqi soil came home. The reason? Saddam Hussein was gone.

Why is it that America does not leave when the job is done? Is there more fighting going on or is the government just scared to pull back? Are United States forces still needed in Afghanistan or is it finally time to "bring our boys home?"

The war on Afghanistan began on Oct. 7, 2001. The United States government believed that Afghani forces were harboring Al-Qaeda members, the terrorist group responsible for the attack on 9/11.

Since then, over one million men and women have served in Afghanistan from every branch. There have been 2,144 casualties, and more injuries. But with the number of troops still going strong, there still may be a need for U.S. forces.

Most of these attacks, though, are being made on American soldiers. If Americans left, there would undoubtedly be less attacks, because there wouldn't be soldiers to attack.

There is a plan to minimize troops to only 20,000; which is smart. But why are we still overseas? The Taliban attacks have been increasing more and more.

Casualties, the total death numbers for the past 12 years, are significantly lower than a single battle from previous wars. Nonetheless, there are still losses.

Is Afghanistan still a threat to America? When America was attacked on Sept. 11, 2001, the entire nation was stricken. Three days later, the U.S. was in war.

We believed the Afghan government to be harboring Al-Qaeda members. Since then, we have taken down key Al-Qaeda members, including Osama bin Laden, Ayman al-Zawahiri and Nasser Abdul Karim al-Wuhayshi. Those are just a few on the list.

The Register believes that while we needed to defend America, extensive forces are not necessary. Congress should go through with their plan to leave 20,000 soldiers overseas, and bring the rest back state-side to their families.

Leaving excessive military force overseas is only drawing out the war and prompting more violent Taliban attacks.

The time for the end of the war has long since been upon us. It is time to try to bring more peace back into American lives.

## Christianity nothing to be ashamed of

I am a Christ kid! Okay, sorry I said that out loud. Sorry I brought religion up, it won't happen again.... Actually, I lied. I am a Christ kid and willingly admitting it. A Jesus freak, conservative, Christian and any other name you can think of, whatever you want to call it.

However, with this claim comes the big whopping sign on my forehead that says "this girl is lame"...and judgmental, is a goody-two-shoes, delusional, doesn't know how to face reality, hypocritical...the list goes on and can range from the mildest comments to ones that make me want to throw my hands up and say "that's it I'm done with people."

But I won't because Jesus says (fill in the blank with whatever comes to mind—only if you want to).

I'm not saying all this to rant (maybe a little bit), but what I'm trying to get across is that preconceived judgments are old, but I guess they are also an ultimate reality and frankly, everyone just has to get over it.

Life is difficult and not easy.

As a teenager it sucks to realize that, but it's true. We all just want to tell each other "hey man, go do what you want. Be yourself, etc."

But guess what? In this world at this time, that isn't Going. To. happen.

I wish all the time that everyone can just get along, respect each other's beliefs and move on, but unfortunately it doesn't happen.

Think about how this has worked out at this day in time. Yeah, it's great for people like Miley Cyrus, who can go around licking hammers and swinging on a wrecking balls completely naked and still be considered artistic and is "just being herself".

Or someone like Macklemore who smacks down the Bible (pretty much saying it's dumb and to disregard it) in his song, but think about it, did you actually care when he said stuff like that? No.

But when it comes to a sports reporter on Fox News who voiced his opinion last year explaining how he didn't support gay pride because it isn't a part of God's plan, he was fired this year from a job on ESPN. For saying literally only that, and it's not like he's a politician or speaking on some political show trying to push his agenda on everyone.

He was just speaking what he believed and his job was centered on sports! He wasn't even rude or mean like the delusional picket signers who say stuff like "God hates gays" and make up other crazy ideas while protesting at a soldier's funeral. In any case, he was fired anyway.

And this is a problem.

Of course not everyone is like those who jump on other people's backs and try to make them believe what they believe. A lot of people I know are (or at least probably are) cool about and respect different views.

But admit it, everyone despite what they believe in—an almighty God or not has done it. We are humans for goodness sake, completely and absolutely flawed. So everyone has judged someone else more than a couple times. From the executives at Fox News to everyday people.

I'm not stupid. I know that being a Christian isn't exactly mainstream and you don't get a thumbs up for being one. But it has to mean something. Trust me, I would not be worrying myself about all this if I just wanted to be "better than other people", "make up some god to make me feel better" or "just in needs of spiritual enlightenment." I laugh at that, literally.

I've also seen and heard comments saying things like "Christians are delusional people who don't know how to face reality"...ouch. I admit that one hurts, and maybe I am a bit delusional, but I can't say that I actually care (okay, maybe a tiny bit, but I'm not perfect).

There have been a countless number of movies and TV shows that display this delusional and psychotic person of faith who loves to harass people and make them feel guilty all the time. That persona makes me cringe every time I see it. A really good example is in the movie Easy A.

Now, don't get me wrong, I love Emma Stone (she's amazing!) and the movie is pretty good. But the insane character Amanda Bynes plays makes me tense up (it is pretty funny though). And when the small group of kids were having a little "church pow-wow" during lunch—including acoustic guitars and holding hands—I slapped myself on the forehead, really?!

Of course everyone makes fun of each other, and it can be funny...but sometimes I just give up.

In my opinion, cut us some slack, even though we are asking for it most of the time. The crazed picket signed people, the preachers who preach against homosexuality, the stupid kids who are always singing "Jesus Loves Me", those insane people who choose to wait for sex until they're married, those who don't drink or curse...it's a travesty! A real life horror story, actually. In the meantime, I guess us Christ kids can just stay lame.



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## Bettered by Boys State experience



**JAMES DE MOTT**

What's up with competitive applications? For some, the competition is the sole motivator, the concept of beating others excites. For others, the concept of applying without the certainty of acceptance is worrisome enough that they won't even bother. Still, for others a selective application causes a relaxed sort of "why not?" appeal. Applying causes me to lose little, and if so many people want something, it might just be worth the effort.

That's how I thought about applying to be one of Central's representatives to Cornhusker Boys' State. The program seemed mysterious, political and a lot better than sitting around at home all week during summer. I went in without expectations; I hadn't talked to the guys who'd done the program in years past, seeing only their posts on Facebook, standing seriously in the same t-shirt in a rainbow of colors. These were boys I looked up to; boys who I know are now on their ways to lead lives of greatness, boys whom I wanted to be counted among. So I applied. What was the worst that could happen? Getting in?

Several days after being interviewed, Eddie Schooler, Patrick Nolan and I received the same acceptance letter and celebrated together later that day in AP Chemistry. We had few expectations. We knew that it was a week long, a series of elections and a totally social experience. Patrick, Eddie and I knew we'd have to balance being as loud and obnoxious as possible while trying to actually make friends and "do well," whatever that meant. We knew that, if nothing else, this would be an interesting experience of our own culture as Nebraskans.

So we got there, elderly men in veteran's hats proudly proclaiming Nebraska across the sides greeted us like old friends and welcomed us to boys' state. They told us about their experiences, that this would be a life-changing week. Skepticism abounded that this could possibly be as cool as they said, but there was ambition in the air to get to know absolutely everyone and be elected to high office.

Everywhere I looked, I saw kids sizing each other up, judgmental but clearly not narrow in their judgments, open to the possibilities of being proven wrong. The whole idea about being as loud and obnoxious as I could was more easily said than done at first. I realized I'm quieter than I consider myself to be.

I quickly made friends with another kid from Omaha. Curtis and I bonded over being IB students and all of the things that go into that. Comparing the differences in IB classes between Central and Millard North, we laughed at the similarities of personalities present in both groups.

The big thing at boys' state is to run for governor. On the second night, we were already in the midst of running for office. The whole thing was just answering the question of who can be the most over the top, and Curtis and I decided the only way to truly commit would be to turn the entire building into a campaign sign.

We commandeered paper, markers and tape and set about creating huge pieces of paper to spell out Curtis' last name on, asking guys if they'd mind us putting up a sign on their window and taping up the signs to satisfy our political ambitions.

The next morning, our work showed in its full glory. We'd put up the signs on the side of the building facing the courtyard we used to say the pledge of allegiance. Curtis failed to get past the primary election, but we succeeded in being obnoxious, and isn't that what really counts at the end of the day?

I found meal times to be intense. Smiling coyly, our new friend Davis Erker, a student at Prep, asked us once at dinner, "So what do you think about abortion?" But this too was an interesting aspect. So often it's difficult to have these conversations with kids who you don't want to offend, either in class where political correctness borders on censorship or among friends where there's pressure to not make people uncomfortable. Here I found neither, but rather a place where ideas could be talked about with the understanding that everyone was so stubborn that no one would try and convince another but rather just talk about the ideas.

An activity we all got really excited about was a visit to the National Guard base in Lincoln. Abandoning their disgust for the escalating national debt, my friends got fired up to see helicopters and airplanes at the base. Growing up in a house which preached pacifism as a moral, ethical and religious duty, I again had my eyes opened to the feelings of these guys who believed that war could be appropriate.

We came from really different places. Whether in terms of geography, politics, upbringing or personality we often failed to see eye to eye. However, despite our differences I never experienced a descent into disrespect.

Though perhaps misunderstood, I never felt invalid or irrelevant. The young men I met were men with guiding principals, ones I was able to disagree with intelligently and politely. I thank my community for giving me the opportunity to do it. I'm a better man for it.

## AMERICAN GRAFFITI

THE STORY BEHIND  
STREET ART -- AND WHY  
IT'S FAR DIFFERENT  
FROM GRAFFITI

Sydney Spangrud | The Register

words "the truth," on a poster that says "If you repeat a lie long enough, it becomes the truth." Social messages are also often found in street art. One famous piece shows a little girl in a pink dress patting down a soldier bearing camouflage.

These works can be used to show people a new way of thinking, and help keep citizens more informed or open to different beliefs. Some pieces can also be funny, like a broken bench in England that has "Chuck Norris sat here" painted above it. Sometimes, the work doesn't have a message at all; it's just meant to look cool or intricate. Unlike graffiti, street art doesn't contain vulgar images or cuss words.

Some cities, like New York City, will arrest someone for doing street art if they are caught. Other cities don't seek out the perpetrator, but will paint over street art if they see it. Some places, like Omaha, appreciate the art and seem to encourage it. Over the past couple years, it seems Omaha is getting more and more into the phenomenon. This can be somewhat accredited to an independent movie that was released in 2009 called "Exit Through the Gift Shop." It followed one very famous British street artist that goes by the pseudonym Banksy and the man who was making the movie about him. "Exit Through the

Gift Shop" was shown at only one theater in Omaha, Film Streams, and coincidentally, Film Streams has the most street art near it than any other business. One of these pieces of street art near the theater shows a little girl holding an umbrella and balloon.

Another kind of street art has also been easily spotted around Omaha lately is murals. Some of these, like the four up and down Leavenworth Street, have been paid for and designed by the building's owners. On Leavenworth, these murals show patriotism, fancy cars, fruit or simple design patterns. Other murals around Omaha that were painted secretly are more often found downtown.

Yes, street art is technically illegal, and putting paint on someone's property without their permission is a crime, and under law now, street art is the same as graffiti. Many city councils and building owners complain and threaten to sue when street art is found on their property. They have a right to be upset; not wanting a painting on the side of their building they didn't ask for is understandable. But, most regular citizens and passer-bys can agree that street art can be a nice little splash of color or an interesting thought on the otherwise plain concrete buildings we pass by every day.

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By Kelsey Thomas  
STAFF WRITER

Grffiti isn't the only thing being spray painted on city walls anymore. In the past few years, graffiti has taken on a new life form. Now, people called "street artists" use several items such as spray paint, tape, or paper print-outs to make the concrete jungle a little more interesting. Some people call this a crime, but in the opinion of The Register, it is a beautiful and really cool art form.

A lot of people don't understand the difference between graffiti and street art. Graffiti is most commonly used by gang members who sneak around at night and paint large, bubbly, illegible and inappropriate words on trains or buildings to claim territory or promote a gang name. They have no intentions of making the place they're at prettier to look at. They aren't trying to convey any political or social messages; they just want to make it clear that this is "their property."

Street artists, on the other hand, primarily use their work to try to convey a message. It could be political, like one piece of street art seen in London that shows a little boy painting the word "Politics" onto the

Prison overcrowding is caused by a variety of issues such as inadequate room, a change in crime rates, changes of laws and improvements to law enforcement tactics. The United States has a history of punishing minor offenses with major punishments such as drug offenders. This creates less room in the prisons.

A solution for this could be to not punish the minor crimes as badly as a murder or another major crime.

At the end of 2010, the state and federal correctional facilities housed over 1.6 million inmates. At least seven states are currently at 25 percent over capacity with the highest being Alabama at 196

percent. Nineteen states are operating above maximum capacity. Operating prisons over maximum capacity is not only expensive, but is also very dangerous. Prison riots are very common in an overcrowded prison environment which can lead to prisoners being violent with each other.

There are many risks of overcrowded prisons. One of those risks is stress among inmates and staff. Because of a prison having too many inmates, it will cause stress and could lead to unnecessary violence. With an overcrowded prison, the possibility of disease is also a major problem because it could spread fast and everyone could be affected. Perhaps the most dangerous risk of overcrowded prisons is the prisoners who are released. The prisons overcrowding causes prisoners who have committed minor crimes to be let out of prison. This may release potentially dangerous offenders into society.

One of the main solutions to prison overcrowding focuses on increasing the prison capacity. This includes construction of new prisons and expanding the space within prisons that has been used for other purposes. Other solutions include keeping offenders with non-violent crimes or less violent offenses out of jail and punished with community service, probation or house arrest. Although it may be potentially dangerous, another solution is giving inmates early release from parole.

Although prison overcrowding has not yet become a serious issue in the United States, if nothing is done to solve it soon, we may be looking at a bigger problem than many people have expected.

## Overcrowded prisons detrimental to inmates, community

By Jacob Rutherford  
STAFF WRITER

Overcrowded prisons are quickly becoming a serious issue in the United States. U.S. prisons overall are operating at 99 percent capacity, which puts the U.S. in the middle of the world in that category. Topping the list was Haiti, whose population of 9,904 inmates was housed in a system of 17 prisons operating at 336 percent occupancy level in 2009. Without a change in the way the U.S. runs the prisons, we may be facing a bigger problem than many people expect.



Paige Colburn | Contributing Cartoonist

## Teaching in U.S. and Finland undervalued, low salary

By Lucy Simmons  
CONTRIBUTING WRITER

Teachers are underpaid. It's a well-worn statement that most citizens have heard—if not stated themselves—time and time again. Seemingly, it's a fundamental concept with a simple solution: pay teachers more. Yet, school funding is being stripped, teachers are being let go and students are arguably not as content or well-educated as in many other countries. Therefore, somewhere between the lines of a simple statement with a lot of potential, and a brighter future with more innovative minds, some vital concept is not being grasped.

The concept that must be acknowledged is that the value placed on teachers cannot solely be a monetary one, but must be a complete appreciation and respect for their profession, as well as a trust that they can help in the policy-making regarding their challenging job. And teachers do, in fact, have a challenging job. Citizens trust them to educate their children, entertain their children, feed their children and protect their children in crisis. Teachers are necessary in many facets of life, and throughout life, in a formal

education setting for 15 or more years. Essentially a teacher's job hones the leaders, artists and creators of the future. In Finland, a complete change in the infrastructure of secondary education was made in the 1970s, which has culminated in a rich learning environment and extremely high test scores on the PISA (Program for International Student Assessment). American students have scored towards the middle of the pack on this same test for the past decade. Potential for student ability is not the problem; the problem is the lack of teacher appreciation.

The education system for teachers in Finland ranks them in positions comparable to the American treatment of lawyers and doctors, in that only the top tenth of the national graduating undergraduate class goes on to be educators, and all are required to obtain a master's degree. A more comprehensive education for teachers creates a domino effect, making a more comprehensive education for their students much more likely. Schools in Finland are smaller and proportionally more numerous than those in the U.S. creating an environment with emphasis on individual attention on students. Teachers are able to focus more, and are more easily able to dis-

cuss plans and questions with other educators.

However, teachers in Finland are not paid more. The average annual salary for a teacher in Nebraska is \$30,086, which is slightly below the national average of a first-year teacher of \$37,595. In Finland, the same national average is \$30,587. This leads to the conclusion that pay is not the sole motivator in the quality of teaching. If monetary rewards were the only incentives for educators, finding a good teacher would be as challenging as finding a pig flying through hell as it was freezing over. Indeed, teachers that care do so because it is their passion. Giving them more of a voice as to where the money funneled into the education system goes would likely result in a more efficient system, and a more successful student population. This would result in a more flourishing local, national and global future.

This leads to the conclusion that the statement "teachers are underpaid" is not the complete problem, though it is a facet of it. The truth is that teachers are undervalued—monetarily and intellectually—and for a more successful future, the worth of teachers must be more fully understood and respected.



# Military family sacrifices not fully respected



**KIRA HAWKINS**

LIVE IN THE ADVENTURE

Ever since the beginning of man, there has been war. There were wars in the stone age over food, wars over treasures in ancient times and over freedom. There have been revolutions and defense form attacks.

With wars come soldiers and with soldiers come military families. In some countries and times, military families were revered and treated better than other families. When something happened to a soldier, others would be there for the family, giving food, money and provided a burial for the fallen warrior. Soldiers had honor and wished to go down in battle then surrender. When a warrior was killed, the family was told as soon as possible. But in other times and in other countries, soldiers were considered lowly, at the bottom of the classes. Families were very lucky if a loved one's comrade came by to deliver the news of death or capture. Bodies were not returned, but usually buried in a ditch. Financial support wasn't available, and personal effects were rarely returned.

Today in America, men and women in the service are highly respected. Their families get benefits, healthcare, life insurance and discounts. But is it enough?

Those families make a huge sacrifice, sitting on edge, waiting for a loved one to return home safely, or for the doorbell to ring with the arrival of the casualty notification. While this does not mean that the family has lost a loved one, it is still difficult, for casualty can mean anything from wounded to dead to ill.

Fortunately, when a service member is suffering from a traumatic injury, Traumatic Injury Protection Insurance provides financial assistance during recovery time. Military spouses also receive benefits such as \$2,500 per academic year provided for spouses receiving an education.

Families may be eligible for assistance, though they have to meet standards set by Congress. Depending on the VA office's decision, service members in prison or on parole may still get benefits, but they are not as generous as those of an honorably discharged member.

When service members are overseas, they can send letters home and receive them from family and friends stateside, and sometimes, a phone call can be made. The American Red Cross can send urgent messages to family overseas, including the death of friends or family, or the birth of a child or grandchild.

## Altering genes not worth risk

CONTINUED FROM 'BABY'  
ON PAGE 11

The options are endless when it comes to "designing" your baby, it can seduce anyone who would want their child built to the prime.

A major question that can arise from this new and growing trend: is it morally correct and safe to use on humans?

Genetically modifying humans can lead to many problems. New diseases can be accidentally passed on to an embryo through the mother.

Problems can arise for the mom and baby that can lead to defects and injuries.

New diseases could be transferred to the baby, some of which scientists may not know how to cure. The human gene pool can be affected. Our ways of reproducing and evolving naturally to our surroundings could suffer as well.

Designer babies would interrupt nature's job. Growing up, they will be able to develop the traits parents could impose genetically.

Debates can arise if genetically modifying young ones is taking the place of a high deity.

In the opinion of The Register, it is morally and ethically wrong to predetermine the genes of a baby.

Is it responsible parenting or irresponsible parenting?

Genetically modifying a baby to be well-behaved is the same as teaching them as they grow.

Will you be considered a responsible parent if you had to genetically modify your child to know right from wrong right, or be looked as a parent who can't take time out of their day to teach them?

Designing your child to be what you want them to be is wrong, rather than letting your child learn and find their place in the world.

Parents are genetically engineering their children to reflect what they could not be, athletic, intelligent or blonde and blue eyed. No human can be perfect, and parents must accept the fact that their child probably will not turn out exactly as they envision.

Are you willing to genetically alter your offspring into the perfect human being, or let nature do the work?



Sydney Spangrud | The Register

## Definition of 'indie' broadens, loses meaning

By Maya Durfee O'Brien  
STAFF WRITER

You've all heard it- that music, the songs you've never before heard in your life. It's different from the usual top 40 pop radio stuff- it's deeper, more meaningful and is slowly making its way onto the field of the mainstream market.

To understand indie music, you first must understand what the term "indie" means. Originally derived from the word 'independent,' indie is a shortened version of that word. A typical band in the indie music realm is usually signed to an independent record label which is just a record label that is on its own and free from the big company music industry. Some bands also self-produce their albums as well.

This term, however, seems to be gaining a broader meaning. Not only is indie associated with music, it is now being more accepted with clothing and an overall attitude for how people behave in the certain groups they belong in.

It's hard to even realize that there is a popular section in the indie music realm because many view the scene to be underground. Some of the more popular music in the genre are bands that, although some might have heard of, they probably only know a cer-

tain song by them. Some bands that are like this include Arcade Fire and Vampire Weekend.

It seems that those bands are beginning to not fit under the category of indie. The release of Vampire Weekend's most recent album, "Modern Vampires of The City," topped the Billboard Charts as a number one album. This is unheard of in indie music.

Indie music is different than mainstream music, so by Vampire Weekend topping the charts, they sort of "sold out" and hopped on the bandwagon to the larger music industry. The band began to play larger arenas instead of small venues.

Not to discredit them though, they still are a good, quality, band they just are not really indie anymore.

Because of Vampire Weekend's "selling out," it lessens the line between what is indie and what is not. Bands like Kings of Leon or Imagine Dragons or even the dreaded Nickelback can now be seen as indie when viewed in a certain way.

They, too, started out to be unpopular at first, but worked their way up to the mainstream stage- the same thing that Vampire Weekend seems to be doing now.

Indie isn't just associated with music, it is now being associated with behavior.

Groups of people once deemed "hipsters" are now

being seen as indie kids. They may fit the same stereotype of a "hipster," but they are the kinds of people that when someone calls them a hipster they are quick to defend saying "I'm just an indie kid!"

Basically the same meaning of words, when used in a different context, the outcome of the word sounds better than being called a "hipster."

They too, like the "hipster" listen to underground music and believe that their opinion in music is the best overall; they just usually tend to be nicer about it.

Someone who is deemed "indie" usually would listen to the most underground of the underground music scene.

Still, they would listen to the popular selections of indie music accrediting their quality, but their opinion usually would be that the non-mainstream-y artists are better.

Indie music is also beginning to lose its meaning. The once deep meaningful lyrics are being traded for poppy beats to help try to sell their songs. Not all bands and artists are doing this, just the ones that are happening to become more apparent than in the past.

Independent music is slowly fleeting.

If we are to help improve this genre we must first redefine the term and its criteria. Then we all can enjoy being indie and listen to rad, seemingly undiscovered music.

## Stand Your Ground law offers much-needed protection

By Seth Arter  
ADVERTISING MANAGER

When it comes to gun control, everyone has a different point of view. It's a heated topic that many politicians banter back and forth over.

There are certain problems relating to gun control that Americans consistently seem to debate, such as minors getting a hold of guns, owners not keeping their guns secure or mentally unstable individuals having access to them.

There seems to be one issue that is especially striking and even makes some think outside of the box.

In the United States, the "Stand your ground" law gives people with weapons permission to violently hurt others if they believe that they, their loved ones or their property is in danger.

This law has given a lot of citizens that peace of mind that may make them feel safe and secure.

On Sept. 6, this law was demonstrated in Longmont, Colo., when 18 year old track sensation Premila Lal decided to play a harmless joke by jumping out of closet and scaring the house sitter.

At least, she thought it was harmless until tragedy struck. Since Lal and her family had recently moved, a family friend was keeping a close eye on the home to make sure no one took advantage of the family's absence.

Shortly before 8:00 p.m. on that Friday, Lal wasn't as sneaky as she believed she was as the house sitter heard a noise.

Fearing the worst, the house sitter, Nerrek Galley, armed himself with his handgun.

As soon as Lal jumped out of the closet she had been stowing away in, Galley opened fire, not soon enough realizing it was only Lal. She died of her gunshot wounds.

According to police, the stories of witnesses and the evidence match up, therefore, no one is being charged with murder.

Did Galley have a right to shoot the unidentified person? Absolutely he did. Anyone else in possession of a weapon most likely would have done the same thing and no one should be charged with manslaughter or murder. It was pure self defense.

Not only was it truly self defense, but it was also 100 percent legal in the eyes of the state of Colorado.

According to the Denver Post, a person who is using a gun to shoot someone else in self defense "must have reason to believe that he or someone else would otherwise suffer serious bodily injury or death," as stated by the "make my day law" introduced to Colorado in 1985.

This law (when used appropriately of course) is very effective and should be considered preventative maintenance by all Americans.

This is a huge deterrent for criminals.

Criminals may not be the smartest individuals, but they are smart enough to realize one very important aspect: If they break in to a home in which the homeowner has a weapon, it can be used against them and many people aren't afraid to use them if their lives are in danger.



Keali French | The Register

Still don't believe in the stand your ground law? All should know that if you have a gun, a burglar is less likely to hurt you or try to get away with something valuable in your home because they are fully aware that if a homeowner's property is being invaded, they cannot get in any sort of trouble for acting in self defense.

It's logical and it's common sense, which is why everyone should like this law. Still don't like this it?

Take more things into consideration. Take women into account.

They can become the victim of a burglary or an attack because they are less likely to physically be able to fight off an attacker.

The majority of you reading this probably have a mother, sister, aunt, girlfriend etc. who you care about very much. Wouldn't you want her to be protected if she were faced with an intruder?

It wouldn't make you feel very good if she shot someone in self defense and then was arrested for doing so. That's why this law is so important.

In terms of providing great peace of mind and protection, women are just a small percentage this law protects.

Those who live alone are also at great risk of their homes being broke into. Of course criminals have a much better chance of breaking into your home or

carrying out a violent attack if you live alone because they know you would have to fight yourself and would have no one else around.

Before you go around saying you hate guns or that you don't like the stand your ground law, think about this.

A friend, (who actually lives in a safe part of Omaha) and her family were being secretly watched by these men who had plans to burglarize her family's home.

As soon as they figured out the right time, they seized the opportunity and broke in.

Stand your ground could give a family with scared children a great peace of mind that their mom or dad has a gun and has no issues with using it.

The scariest thing that is unfortunate but real, are those who burglarize luxurious houses.

This is where the stand your ground law probably comes into play most.

If you owned a million dollar home, wouldn't you have a gun by your bed side?

There are people out there who may not be bright while carrying out criminal activities, but some know what they are doing, and it's a very scary fact.

You have to be ready for whatever these people are planning, and the stand your ground law helps Americans do just that.



# sports

## Proposed GPA policy targets athletes, pupils

By Emily Beck  
EDITOR-IN-CHIEF

School Board President Justin Wayne has introduced a policy to require a 2.0 or above GPA for all athletes and students participating in extracurricular activities. His mission is not to exclude students, but to build them up.

"If we're trying to send kids to the next level, whether it's in sports or academically...we have to make sure we're giving them the foundation to get there," he said.

Omaha Public Schools currently does not have its own policy. "We're using what the state has," Wayne said. "After you interpret it to apply to OPS...the state policy reads that if you pass two classes, you're eligible to participate in athletics or extracurricular activities."

Wayne doesn't believe that students should be able to receive two Ds and four Fs while still participating in athletics or activities. So he set out to instate a new policy.

His idea came during a trip to Chicago with his youth basketball and football program, where he heard from several "high-level" college coaches that they skip over Omaha while scouting because its "best players in the state don't have the grades to get into the top schools."

After researching and finding truth in the information, Wayne knew that a change had to be made.

"A lot of our best players in the state academically couldn't qualify," he said. And the lack of a real policy was largely to blame.

"We cannot allow coaches just to concentrate on wins and losses," Wayne said. "Coaches have to learn how to intentionally teach what they do on the field, or on the court, or on the diamond, how that applies to real life..."

CONTINUE TO 'GPA' ON PAGE 17

## THE SLEEK SIX

THESE SIX SENIORS KNOW HOW TO SERVE THE EAGLES COUNTLESS VICTORIES

By Tia Spears  
EXECUTIVE EDITOR

### ALEX BOHN



"[Volleyball has helped me] work with other people, you're always going to have conflict. Part of being a team is-yeah you're going to be mad at people, but at the end of the day you have to have their back because you know you're working together."

### KENNEDY LEACH



"What's different about the team is how many seniors we have. Last year we were all juniors, and now we have to take control, we're the top dogs right now, it's all in our hands to get us to state or wherever else we want to go."

### NONI HENDERSON



"We're more together. We get along better. We're more like a family than how we were before."

### AALIYAH DUNBAR

"If I wasn't playing volleyball, I'd probably be fat still, so it keeps me busy," said Dunbar. On a more serious note, Dunbar believes that she will continue to play in her college years.



### AMARA MEEKS

"Volleyball for me has always been my escape from all the drama in the world. It picks me up when I'm down. I go to it as a getaway."



### SYDNI LEE

"Volleyball helps you learn how to become great individually. I don't know what I'd be doing without volleyball."



## Central hosts controversial Powder Puff football game, brings girls together



Sydney Spangrud | The Register

Seniors Megan Carr and Lachell Spencer get ready to make a play during one of their Powder Puff football practices.

By Seth Arter  
ADVERTISING MANAGER

Central athletics have introduced a new twist this year: a Powder Puff football game, featuring the girls of the junior and senior class. The idea was borrowed from Westside High School.

"Westside has a program that has been working for them," said gym teacher Ashley Barna, who coached the junior girls.

She was very enthusiastic about the game, alongside Terry Lee and Mac Clayton (both of whom are parents of Central students). Westside's Powder Puff game, which is bigger than their actual football games, has had success as the students are accompanied by individuals who sponsor their shirts.

The new event gave female students who didn't typically participate in athletics the chance to do so. "It's a fun way to get girls involved in athletics who aren't usually involved," said Barna.

Jessica Renshaw, Central English teacher, coached the senior team alongside Noni Henderson's father.

Not only did the students learn new things and get a good understanding of the game, but Coach Barna learned some new things as well. "I'm learning some new plays too," she said.

"Mr. Lee and Ms. Neilson saw this in other schools and wanted to bring in some school spirit and have something fun for the girls to get involved in during homecoming week," said Renshaw.

All the money collected from the event will be used to create a Powder Puff account that will allow Central to have funding for the future games.

"Hopefully as the time goes on we will be able to use it to offset any costs that we have," said Athletic Director Tom Lee.

As Renshaw worked with her team, she recalled the memories of Powder Puff when she was in high school.

"When I was in high school it wasn't organized like this and the fact that they are having teams and uniforms and the junior girls are really excited about it," said Renshaw.

Although not everything went as smoothly as the coaches wanted, Barna was pleased with the final outcome of the competition. "There were a few confusing things," said Barna. Even with some technical difficulties, the practices paid off as the girls weren't soon to forget what they had learned. "The girls lined up on the line correctly, our back and safety was

CONTINUE TO 'POWDERPUFF' ON PAGE 17

## Another Manziel in the making: Winston earns early Heisman Trophy buzz

In Jameis Winston's first college football game, the Florida State quarterback completed 25 of 27 passes for 356 yards, four touchdowns and no interceptions. He led the No. 12 ranked Seminoles to a 41-13 win against Pittsburgh and surprised the whole college football world with his performance.

Winston completed 17 of his 18 passes for 240 yards and three touchdowns all in the first half. But perhaps the most interesting stat is that Winston is the first quarterback for Florida State to pass four touchdowns since Danny Kanell in 1993 - a national championship season.

Winston was born Jan. 6, 1994. He is a pitcher for the Florida State Seminoles baseball team as well as a very impressive quarterback. Winston attended Hueytown High School in Hueytown, Ala. He was considered the best dual-threat QB recruit by ESPN.com. Winston was drafted by the Texas

Rangers in the 15th round of the 2012 MLB Draft but decided to play college football instead.

Winston committed to Florida State University on February 3, 2012. He was originally considering going to Texas University. However, he said he never got a call back from Texas, an obvious mistake on their part.



JACOB RUTHERFORD  
LIVING THE DREAM

Winston is very similar to Johnny Manziel, who was the first freshman to ever win the Heisman trophy (2012). Both players were recruited as dual-threat quarterbacks as well as having tremendous arm strength and accuracy.

They also both could have been playing for Texas if the Longhorns had been willing to recruit them.

Winston never received a call back from the Texas Longhorns because Mack Brown, the head coach for Texas who has been there since 1998, said he did not believe Winston was considering

coming to Texas, even though Winston continuously said that Texas was his first choice of colleges.

A similar occurrence happened to Manziel. Manziel said he had always dreamed of being a Longhorn, but they never offered him a scholarship to play football because they already had enough quarterbacks and Manziel's play style did not suit their offense.

Although Winston and Manziel are very similar, one way they are different is their first ever college games. Winston was the star of his college debut, completing pass after pass in a very convincing win over Pittsburgh. On the other hand, Manziel was not as impressive in his first colligate game against Florida. Texas A&M lost to the gators and Manziel only accounted for 223 yards of offense.

Manziel shocked the college football world last year becoming the first freshman to ever win the Heisman trophy. Now that everyone knows a freshman can win the Heisman trophy, will there be two freshmen to win the trophy in a row?



ATHLETE SPECIAL

SAMS AND TWEEDY ▶ page 19



STANFORD ▶ page 18



COACH GRENFELL ▶ page 17

Two football players, Malik Sams (a tri-athlete) and Nathan Tweedy, play crucial roles on and off the field.

Senior and star softball player Lauren Wegner verbally commits to play softball at Stanford, solidifying her future as a Cardinal.

New cross country coach Alexis Grenfell takes on her third coaching gig at Central, working hard along with her female runners.



By San Juana Paramo  
VISUALS EDITOR

Central's cross country team started off the season with a new coach: Alexis Grenfell, a Family and Consumer Science teacher.

Friend of Audrey Faltine, the former cross country coach, Grenfell became the current coach after Faltine's leave.

"She looked at me to take over. She knew I liked running; she felt like it would be a good fit," Grenfell said. A good fit for Grenfell who, during her college years, started to run and during practices runs with the team as well.

"I was excited about it," Grenfell said about finding out about her new coaching position. "It was a package deal to do track as well," she added. Grenfell left coaching soccer to coach both cross country and track.

The team was excited about its new coach. "The team reacted good, I knew most girls from class or basketball and soccer," Grenfell said.

The team and new coach are getting along well and that has shown through their meets. "Our first meet was last night, it was a lot of fun," she said.

Grenfell was pleased with the results from the first meet. "The first meet went really well, we placed fifth out of 14 teams, we are happy about that," Grenfell said. For those future meets, Grenfell wants the girls to "overcome their time."

"Each meet we try to get better by 30 seconds to a minute, knocking off their time," she said. "For each girl, to shed her time."

Grenfell has worked with her girls to overcome practices which have been "good and very hot," making accommodations to the heat by holding practices early in the morning.

"The girls are working hard. The heat is

intense but they work through it," Grenfell said, "We practice every day."

She plans to introduce more camaraderie between the girls as well as "team spirit, school spirit," most of which the girls "have a lot of already."

Grenfell's focus is on the incoming freshmen girls and the camaraderie between their older teammates.

She said that making "sure the freshmen know the importance of cheering each other on is one of the main goals."

This year, the team has a lot of freshman girls and "good senior leadership."

"We have lots of freshmen coming in that are up there with the varsity team," Grenfell said. "Expectations for this year are to see where we're going [with the freshmen], to get them acclimated to running a meet and to race."

To prepare for future meets, Grenfell plans to keep her girls consistently running.

"You really can't take a day off with running as your sport," Grenfell said. Teams goals include staying "consistent with our running, [and] better[ing] our mile and five kilometer run."

Being coach, Grenfell doesn't feel overwhelmed taking on yet another sport.

"I'm used to coaching. Last year I was a three sport coach. It's the norm for me, I don't feel overwhelmed," she said.

She's taking it day by day with her teaching job. "It was a little harder for me in the beginning of my teaching career. I've been here for seven years; the teaching aspect is comfortable for me," Grenfell said. "I've found that balance."

Finding that balance has helped her plan to continue being a three sport coach.

"I feel like cross country and track is a really good fit for me. I've always coached basketball and always loved basketball, I feel like these three are a good fit for me," she said.

## LONG STRIDES

TEACHER ALEXIS GRENFELL TAKES ON HER THIRD COACHING ROLE AT CENTRAL: CROSS COUNTRY



Sydney Spangrud | The Register

Top: Coach Alexis Grenfell gives a thumbs up to her runners. Bottom Left: A runner shares a bite of her popsicle with her coach. Bottom Right: Grenfell cheers on her girls during a meet.

## Proposed 2.0 GPA requirement for athletes aims to send kids to next level

CONTINUED FROM 'GPA' ON PAGE 16

We have to provide the standards and rigor...and holding students to a 2.0...has to be done."

Wayne believes that if the district can work to provide resources to athletes and students who partake in extracurricular activities, then they can learn how to administer the same help to every student. "The next step is all students," he said. "This really is a step in a longer-term plan."

Wayne's vision is still a work in progress—but it's quickly becoming reality.

"The next board meeting... we will start crafting more of a policy in writing," he said. The board will implement the policy over a two year period, installing resources such as tutoring for current and future athletes. But at the seven OPS high schools, the programs have already begun.

Tutoring at Central takes place post-practice on Monday nights. All freshman athletes are required to attend once-a-week tutoring, and all athletes who are below a 2.0 must attend Monday night tutoring. Teachers are signed up to help, as well as paid students and student volunteers.

Athletic Director Tom Lee fully supports the program. "There's a lot of good coming out of this," he said. "Our young people are smart and capable; they just have to be pushed."

Other systems are being installed as well. "Every two weeks we run grade [and attendance] checks," Lee said. The athletic staff is also monitoring F-statutes and Ds and working to get students on "alert" the help that they need. "We have a lot of eyes on the program," he added.

Some of those eyes are weary.

Football Head Coach Jay Ball believes that all Nebraska schools should adopt the same policy. He said that if OPS "plays by different rules than other school districts," that puts athletes at a disadvantage. But in the end, holding athletes and students participating in extracurricular activities to a higher standard will benefit them—especially concerning college.

Ball is mainly concerned with his players losing opportunities on the field. "If it [the policy] were implemented today, I would have a few young men that couldn't play," he said. "I'm not a proponent of that aspect of the policy."

"I don't support taking away the ability to play," he said. "I think that taking away the opportunity to play should be a last resort."

Advocates of the policy aren't set on stripping athletes of their eligibility to participate, though. "I think if it's done right, with the right support systems...that kids will get it, and they'll react positively," Lee said.

Ball fully supports those systems, particularly the tutoring program; he called it a "positive approach." Despite the support systems, the possibility of athletes giving up when school gets tough still stands. But Wayne believes that "kids are going to naturally rise to that expectation [a 2.0] if they really want to play."

Part of Wayne's motivation for implementing this new policy comes from his past. A Northwest High School alumni, Wayne did it all—basketball, football, baseball and track—so he "understands student athletes...[and] what they go through."

And one incident hit particularly close to home.

"I had someone very close to me his senior year drop out of school because he couldn't play...because of academics," Wayne said. He believes that if that individual had received the appropriate communication and resources to be successful, the outcome would have been very different.

Wayne doesn't want that to happen to current athletes. He and Ball agreed that not every student is built for school. But they also believe that a 2.0 GPA is attainable. The program is on its way to becoming board policy, according to Lee, who said that he has "already seen it being successful."

“If we're trying to send kids to the next level, whether it's in sports or academically...we have to make sure we're giving them the foundation to get there.”

JUSTIN WAYNE

OPS board of  
education president



Sydney Spangrud | The Register

The girls of the senior Powder Puff team practice at Memorial Park in preparation for their football game.

## Coaches hope to continue Powder Puff

CONTINUED FROM  
'POWDERPUFF' ON PAGE 16

set up right and they knew their positions," said Barna.

Like any other sporting event, there is always room for improvement as errors never vanish completely.

"I think that we learned a lot this year and that if we are allowed to do it again next year there are some things to build on to make sure it's a little more safe and that we emphasize sportsmanship a little more," said Barna.

As for next year, Barna has hopes of another game taking place. "I would love to coach again next year if I was asked. I think that we could build it into an even better event than it was this year," she said.

While the game was fun and successful for some, others didn't have the best of luck.

One senior girl suffered from a broken leg.

"We're sorry to hear about the young woman's leg and I wish her a speedy recovery," said Barna.

Barna wasn't the only one who thought highly of the new event as Lee was also pleased with the results.

"To me, when you're having fun in school you have the tendency to be more successful," said Lee.

Even though many staff members and students raved about the game out of pure excitement, that wasn't the case for everyone. Some complained, saying words of animosity as the name "Powder Puff" seemed to be a controversial topic for some.

"I understand where people are coming from and we have discussed about changing the name and I am all open to that," said Lee.

After hearing several complaints regarding the name, Lee wants to ensure everyone that the game was created as something fun for the young students.

"I just was looking at this as an opportunity for young ladies to be involved in something," he said.

## Men's volleyball becoming prevalent, but still lacking at high school level

By Kira Hawkins  
STAFF WRITER

Ever since Title IX, girls have been able to try out for high school football. But what about boys who want to try out for high school volleyball? Not an option.

In some states, such as California, Illinois, Arizona and Texas, boy's high school volleyball is offered, but for other states, the only option is a club team.

When Title IX came into effect on June 23, 1972, schools were required to allow girls to have equal opportunity to try out for the football team.

But boys are not allowed on the girls' volleyball teams. However, Jodi Brown, Central volleyball coach for 15 years, believes that a boys' team is a good idea.

"I'm all for it," she said. So is Aaliyah Dunbar, a volleyball player since her third grade year. But Brown doesn't think that boys and girls on the same team is a good idea.

"It's a tricky situation," said Brown. "It's just better to have separate teams." Dunbar agreed, adding that you have to work extremely hard to make the team, and that, not having teams for boys of younger ages would leave potential male volleyball players ill prepared.

"Boys should be allowed to play, just not on the same team and level as girls," said Dunbar.

Volleyball is a sport played in most physical education classes, but only covers the basics of the how to play the game.

It's a popular sport, but takes hard work and practice to excel in. Boys' volleyball teams do exist in club sports, other state high schools and even in the Olympics.

Men's volleyball is offered at a college level as well, at universities such as Stanford and the University of Southern California. And in some prep schools, boys' volleyball is an option.

But if Nebraska high schools had boys' volleyball,

would there be enough young men to make up a team?

Freshman Mitch Fey said he would join if there was a boys team, but wouldn't likely play on a co-ed team.

"I'd play for the exercise and skill," he said. Men's volleyball teams are popular, especially on the East Coast, where viewers root mainly for Midwest teams. But men's volleyball is still mostly rooted in the West Coast. The sport is greatly increasing in popularity, especially when young fans get a taste of real men's volleyball.

Some college players even go on to join the team USA Olympic men's volleyball team.

But scholarship opportunities for the sport are limited (only 4.5 given out per team). Nationally, there are around 45,000-50,000 boys playing high school volleyball, around one-tenth of that of girls.

The most popular fall sport for girls is volleyball, but for boys, it's football. Eighty percent of boys play football. This leaves little room for volleyball. Boys have to work harder than girls to earn a scholarship for volleyball, mainly due to the lower popularity of the sport.

Combined with a tough economy, it's hard to convince high schools to add the program, making it more difficult for the boys.

But even though there aren't many high school teams, club teams are continuing to sprout up.

Someday, there may even be enough interest and enough team to have a professional USA league.

But providing scholarships, coaches and equipment can be costly, especially for a sport that doesn't have a pro league. Scholarships alone can add up to over two million, for just a 12 member team.

Boys are starting to see volleyball at a more elite level, and see the power and enthusiasm required, and no longer view volleyball as a women's sport.

“Boys should be allowed to play, just not on the same team and level as girls.”

AALIYAH DUNBAR  
volleyball player

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Left: Senior and future Cardinal Lauren Wegner practices her swing before a game. Right: Wegner and fellow teammates celebrate, sharing high fives in a team huddle. Photos Courtesy of Lauren Wegner

## Wegner plans to join Stanford softball team

By Georgia Chambers  
STAFF WRITER

The softball team is losing senior member Lauren Wegner next year. She will be attending Stanford to both advance her academic and athletic achievements.

Wegner first became involved with softball at the age of six on a Hillside team. She continued playing, and when she entered high school, she found herself on the varsity team freshman year. She knew from there that she wanted to play in college.

Out of school, Wegner competes on a club team and also works individually.

"I play for Nebraska Gold. We practice all winter and work out as well. I also take individual hitting lessons and practice individually on days off," she said. Wegner's coach at Central, Mallory Mohr, stated, "She has grown as a person, more mature than her years. Also as a player, she is sound and highly skilled. She is extremely focused, smart and driven."

Wegner could not have done this alone, she said; her parents and hitting coach had helped her along the way. One very important thing that she said her coaches have taught her is balance.

"It's important to focus on sports, but finding a balance between sports, school, and extra volunteer opportunities is vital. You can't be a one trick pony," Wegner stated. She was not the only one being taught life lessons, though. Mohr recalled that Wegner taught her, "there are still people out there who are willing to work hard and work as a teammate. I've also learned how to be a more effective coach and raise my expectations and goals for my team."

"I was verbally committed to UNL from Aug. 1, 2011 to this summer," Wegner said. She said she never could have believed she would be going to Stanford.

"It was my dream but I didn't think it was attainable," she said. Mohr, on the other hand, knew she was eligible for this. "I knew she was capable, absolutely. She has been talking about other colleges, and it was a surprise. I've always known Lauren to be an achiever of greatness so I am not surprised."

It was not until recently that Wegner became a Cardinal. "I can't quite believe it yet I will be so blessed to receive both a world class education and an excellent sports experience," Wegner stated. Though Stanford is quite far from Omaha, Wegner looks at this in a different way; she finds this a very exciting opportunity. "Immersing myself in a new environment will be a great experience," she said.

To get in touch with Stanford, Wegner had to email the coaches and call them directly. Due to NCAA rules,

the college could not reach out to her.

Aside from athletics, Wegner is reaching for the stars in other areas too. "I would love to pursue a career in either economics or law. I would eventually like to work in a larger city like Chicago," she stated.

"I hope she continues on the path she is. I also hope she continues playing softball. She is a phenomenal athlete, student and person. Wherever she ends up, she will excel and be happy," Mohr stated. Wegner said, however, that "going to a school like Stanford doesn't mean you have to be the next Einstein."

For those dreaming of faraway successes, she advised to "get involved in something that makes you stand out; express your passion and dedication by doing something you really love. Pair that with good academic scores and dreams becomes reality!"

Wegner will be missed by her fellow teammates and coach.

Mohr said that, "She will be missed immensely next season – on and off the field. I know she is destined for great things because of her determination. I don't worry about her because I know she will continue to make positive impacts on others."

To any student who wants to play softball, Wegner said, "Start early. Get in touch with schools and keep in touch. Work individually as well." The only thing Wegner would have redone if she could have would be getting in touch with Stanford earlier.

"Going after a big dream will never hurt you," she said. If students listen to Wegner, they might be next in line to becoming a Cardinal, but hopefully stay an Eagle at heart.

## Gatorade G series all gimmick



TIA SPEARS  
I MADE THIS FOR YOU

Gatorade has been advertising G Series products to athletes across the world that supposedly prepare them before the game, hydrate and energize during the game and to recover after the game. Supposedly, inciting hydration and energy is their purpose; however, it's all a marketing scam. It doesn't have a necessary impact on the athletes that consume the G Series products.

Any athlete should know that an applied diet and healthy eating habits are what's going to be the most beneficial to them. Not some "Prime Perform Recover" products. If anything, a 99 cent bottle of water from the closest gas station would be better than a bitter tasting and supposedly healthier form of an energy drink.

I recall cheer camp last year when we had to cheer for hours at a time. We were allotted a 15 minute break. On the break, there were these Gatorade square chews that were supposed to be an energizing snack. I think it's absolutely ridiculous because there isn't a reason to eat anything while athletes are performing. True, cheerleading is not a serious, sweat dripping sport, but it still was a physically trying activity. The Gatorade chews were just tasteless squares that assist marketing tricks.

Unfortunately, millions of dollars are spent by major league teams and

CONTINUE TO GATORADE  
ON PAGE 20

## Jezewski uses golf for stress relief, hopes to continue playing during college



Stephanie Paul | The Register

Senior golfer Emily Jezewski practices her swing at Stone Creek Golf Course.

By Cheyenne Alexis  
COPY EDITOR

On Aug. 27, the girl's golf team competed in a tournament against Bryan High. The result was a win, with junior Emily Jezewski being the medalist, earning a score of 42 after a dual she competed in. The week before, Jezewski placed eighteenth at a Papillion-La Vista invite. On Aug. 29, the golf team placed fourth.

Jezewski has been on the varsity golf team since she was a freshman, and since then has been ranked as the No.1 player. Her golf interest began when Jezewski was eight or nine, though she did not play on a real team until she was in the seventh grade.

Jezewski said that being on varsity "is fun. I get to compete with the best golfers in the state. I get to know my teammates and they support me as I support them." Jezewski has played tennis and various other sports, but her forte overall is golfing.

### A Meaningful Sport

Playing on a real golf team had always been imperative for Jezewski. "It was a plan before I came to high school no matter where I was going," she said.

Jezewski's father, she said, is the most inspiration she has in regards to golfing. "He inspires me to do well in everything, school related and in golf. He provides a lot of encouragement," she commented. Jezewski's father and her brothers play golf as well. "It's kind of a family thing," she said.

Jezewski said that golf is "more mentally challenging than physically," and the hardest thing about it is maintaining focus for over four hours during a round. "It's very hard to keep your mind in the right start," she said.

Besides the focusing factor, Jezewski overall claimed that golf is a fun and enjoyable sport, as well as a stress reliever for her, as she is able to unwind and relax while playing.

### Playing at Central

"No one works harder than her at practice," said golf coach Ben Mihovk. "She is energetic, hardworking and thoughtful."

Besides being on the golf team, Jezewski also plays in her free time, which Mihovk said is what differentiates her from any other golfer he has coached. "She takes lessons and works harder. She is more driven than anyone I've seen," he said.

To her teammates, Mihovk also said that she is a helpful individual who picks them up when they are having an off day. Jezewski also said that as a coach, Mihovk is "awesome and encouraging; he knows a lot about golf and he is a lot of fun." Her teammates also play a big role in her golfing, said Jezewski. "They are funny and they make practice enjoyable," she said.

Mihovk has seen a great improvement in Jezewski's game since he has coached her. Now, he said that "her mental game" is even better now than it was before. He said that she focuses a lot better on the course and contributes a lot to the team.

"She's better at thinking her way around... She was good when she started, but she is even better now," he said. Jezewski said that by remaining on the team, she "strives to do well in academic classes and I try to improve. I take lessons and practice every day."

### Future for Golf

For a possible future in golf, Jezewski's goal is to receive a scholarship and play in college, though she is not certain. "I'd love to get a golf scholarship," Jezewski said. "It would be fun to play in college, but it's not something I have to do—academics come first."

Because she is a passionate golfer, Mihovk said, he figured she will go far with her sport. "I think she will have played in college, compete in amateur golf after high school and college even," he said.

"It [golfing] is a big part of my life," Jezewski said. "Academics are first and sports are for fun. It takes up a lot of my time, but it's a big part of my life."

## UNO Hockey reputation damaged after late-night brawl

On the night of Aug. 3, a brawl broke out in the Old Market. At first no one was sure what caused it. It was later found out that it was started by UNO hockey players.

Apparently, two players had called a man walking by derogatory names, then took swings at him. While all of this was happening, a fellow teammate stood watching, doing nothing to stop it.

This incident resulted in two of the players being kicked off of the team. In the process, scholarships were lost. The third young man has been suspended from the team until further investigation can be completed. When I first heard about this, I was utterly shocked.

I have been a fan of the UNO Mavericks for as long as I can remember. No matter how you look at this, what these three young men did was wrong. There is no reason for someone to call others derogatory names, besides with the intent to stir up trouble. Were the players bored and looking for something "fun" to do?

Whatever the reason, the repercussions they faced were exactly what they should have been. Being kicked off of the team may seem harsh, but it was justified. Think of all of the people, young and old, who look up to athletes. Anyone who calls others names and starts fist fights are not good role models.

People find this type of behavior unacceptable for anyone, let alone an athlete who is usually held to a higher standard. It leaves fans wondering if they should support a team with players that behave this way. Not only does this make these three men look bad, but also the school they represent.

Before you do anything, you should always think of the consequences of a

decision. What UNO did shows everyone that they expect their students to be held accountable for their actions.

Not only will this teach the three hockey players a lesson, but it will also discourage any other bad behavior from students in the future. The community expects athletes to be dedicated to their sport and respectful, behavior like this is not encouraged.

Their actions reflect poorly on UNO and causes the community to believe that this is acceptable behavior for students and athletes. Because of this incident I believe that fans are expecting UNO to become stricter with their student body, as to prevent another occurrence like this one.

Some mistakes that are made will never just go away. Life isn't just a chalkboard that you can wipe clean after a you make a bad judgment. Unfortunately, decisions can stick with you helping or hindering throughout your lifetime.

This is why it is important to think in terms of consequences even when it seems like nothing could ever be effected by the decision.

I strongly believe in being responsible for your own actions. If these players believe that they have been too harshly punished, they are missing the whole point. It is about being held liable for your actions. It may be inconvenient, but there will not always be second chances in life. What are we as a society going to do to stop instances like this from happening again? I have always thought that accepting people's differences was a skill mastered at a young age. Is this really the case? To stop problems like this from happening should schools and universities implement diversity training for all incoming freshmen? Is having a lecture or class about diversity really necessary to prevent future problems? I would hope not, but it seems there is a need for this kind of training.



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## Community supports Open Streets Omaha

By **JAMES DE MOTT**  
CONTRIBUTING WRITER

On Saturday, Aug. 24, a strange thing happened on the north side of the city near 24th and Lake streets. Twenty-fourth street was blocked off between Blondo and Lake. Volunteers and community members descended upon the area. Armed with their bright blue Open Streets Omaha t-shirts and a pleasant attitude the volunteers quickly set up attractions to engage neighbors as a part of a series of partnerships between the city and regional wellness campaigns.

The day, which was part of a series of attempts to encourage a healthier Omaha, lasted from around noon until 5:00 p.m., activities were varied but the theme was the same: stay active to stay healthy.

Situated in the middle of the street festival was a stage attracting people to take part in activities like a hip hop fitness class and 45minute long “zumbathon”.

The Wellness Zone at Open Streets Omaha offered simple checks for blood pressure and back posture and directed people to resources about these simple health issues that can have a real impact on people’s quality of life.

Volunteers at the Live Well Omaha booth challenged passer-byers to take the family dining pledge.

The pledge asked participants to agree to cook more at home and sit down as a family to eat.

The health benefits of home cooked meals as opposed to fast food as well as the social benefits of eating as a family were available at the event.

Other areas of the festival included spots to play sports. Victory Boxing club came out with a full boxing setup asking festival goers to step into the ring and learn about boxing.

Other sports such as frisbee, golf and double dutch were also popular.

A major focus of the project was to encourage community members to grow healthy foods in their gardens. The social and health benefits of growing food in ones own garden were discussed by Central students who partnered with local non-profit city sprouts.

Students Lauren Wegner and James De Mott and former Central student Kathryn Berwick welcomed festival growers and talked about City Sprouts and its mission to be active in the community. The students volunteer for City Sprouts on a weekly basis.

The City Sprouts booth let kids build “Sprout People,” cups filled with dirt and grass seed decorated with faces ultimately growing the grass into hair for the face on the side of the cup.

Open Streets Omaha plans to continue the series of festivals again next year.

## DERBY DOLL

TORI FULTON, JUNIOR AT CENTRAL, STEPS OUTSIDE OF TYPICAL ATHLETICS BY BEING A MEMBER OF THE OMAHA ROLLER GIRLS



Photo Courtesy of Kristel Daily

Junior Tori Fulton competes in a roller derby match. Acting as a pivot, Fulton helps set the pace of the pack and blocks the opposing team’s jammer.

By **Micah Martin**  
STAFF WRITER

The Omaha Junior Roller Girls is a co-ed association of eight to 18 year old athletes who are involved in roller derby. Making a comeback, this is presently the fastest growing sport in the world. This group’s mission is to build up their members’ confidence, leadership and social skills.

“One thing everyone should know is that roller derby isn’t as violent as Hollywood depicts it. It’s not just a free for all. There are rules that have to be followed and penalties if they are not,” said Tori Fulton, a junior at Central, who is a member of OJRG.

Roller Derby is a contact sport played on quad-skates. At a single time, there are 10 people on the track, five from each team. Each team consists of a jammer, one pivot and three blockers. These players stay together in a ‘pack’ during the jams (30 minute periods are split into two minute time segments). The jammer’s goal is to get through the pack to score points.

“Basically every player on the track is worth a point,” said Fulton. While the jammer tries to make points, the blockers are working together to block in the other jammer and to open up a space for their own to get through. In the end, whichever team has the most points wins the game.

OJRG practices twice a week to prepare for games at the Omaha Roller-

girls’ practice space. The team showcases what they have learned at halftimes of the adult roller derby games and at other activities like Septemberfest. Players are also encouraged to practice on their own in order to sharpen their skills. At OJRG practices the fundamentals of roller derby are taught.

“When I first started out, I could only skate about three yards then I’d fall on my face,” said Fulton. At the beginning it is important to at least be able to stand on skates, but coaches will be there to help improve skills and introduce new ones.

“Of course at your first practice you’re fresh meat, but after you make it through that one, you become a derby doll. Then at the end of your first game you’re a full-on roller girl,” said Fulton. Players take pride in being able to say that—it means they survived.

“We’re not just a team, it’s like we’re a family!” said Fulton. For fans of roller derby, it is an exciting game to watch while being able to see everything that unfolds on the track. For a player, it requires strategizing, teamwork and determination.

“I’ll never forget when I popped my mouth guard out of my mouth during my first time jamming. I got sent to the penalty box; it was so embarrassing!” Fulton recalled.

“It can get frustrating sometimes when it seems like everyone but you is getting it, but just stay persistent and motivated. The feeling that I get knowing that I’m doing something that breaches gender boundaries is what has really kept me going,” she added. Roller derby players find that the family this sport

“The feeling that I get knowing that I’m doing something that breaches gender boundaries is what has really kept me going.”

TORI FULTON

roller derby girl and  
Central junior

## ATHLETE CORNER



Keali French | The Register

Senior Nathan Tweedy adjusts his helmet after a drill during a football practice.



Keali French | The Register

Malik Sams runs a drill. The tri-sport athlete plays football, basketball and baseball.

## NATHAN TWEEDY

By **Jacob Rutherford**  
STAFF WRITER

Offensive linemen are often forgotten on the football field because of the flashy plays other players make. The only time you are likely to hear about an offensive lineman is when he messes up. The blocking they provide on every play can be taken for granted; however, it is needed to win football games.

Nathan Tweedy, senior, does not have an easy job on the football field. His job is to protect the quarterback and block for the ball carriers. “It takes a lot of energy to play on the line. Every down you have to give 100 percent effort,” said Tweedy. He has played football for Central all four years and has always been on the offensive line position.

“When I was a freshman, the coaches thought that I was a really good blocker and they really liked my footwork so I always played on the offensive line,” he said.

Varsity football coach Jay Ball has always been impressed by how Tweedy plays.

“He is a really good kid and an excellent football player. He always does what he is told and he does it right,” said Ball.

Not only are the coaches very impressed by Tweedy’s play, but his fellow players as well.

Malik Harris, senior, said “We can always count on him to block for us.” Tweedy also really likes having Ball as a coach. “He is a great football coach.

I wouldn’t be where I am today without him.”

One may ask if practicing every day after school in the blistering heat is too much to handle.

“Sometimes it does get really tiring to practice all the time, but that’s what we have to do to prepare ourselves for the season. Some guys will give up because it’s too much for them.”

Apparently Tweedy’s hard work that he puts in every day has been noticed. Over the summer, he was offered to go to a Nebraska football camp and see what it is like.

“I was really excited when I got the invitation,” said Tweedy. “I have always wanted to be looked at by a college football team. To get a chance to play at Nebraska would be a huge honor.”

“I have always wanted to be looked at by a college football team. To get a chance to play at Nebraska would be a huge honor.”

NATHAN TWEEDY

senior  
offensive lineman

## MALIK SAMS

By **Sydney Halonen**  
STAFF WRITER

Senior Malik Sams has been making his mark on Omaha Central since his freshman year. Being a tri-sport athlete is not an easy job. Participating in football, basketball and baseball takes countless hours of free time and an astounding amount of commitment from the player.

Sams has participated in all of these sports since the beginning of his career at Central High and is eager and hopeful to continue his hard work and commitment in college.

“I’ve been playing baseball since I was six,” said Sams. “This will also be my sixth season playing football and basketball.”

Sams started playing football and basketball in middle school and continued at Central. He enjoys competition and enjoys the feeling of success after winning a big game.

Although it has been a long road, the four-plus years of practices and games have all been worth it.

Sams is hoping to take his abilities to the next level, and is currently speaking to various schools in an attempt to score his dream scholarship to Miami University.

Schools have been contacting Sams with hopes for him to attend their university.

Recruitment is a process that takes dedication,

something that Sams is well versed at, considering his background in the world of sports.

“My current top picks for baseball are Grambling state, Prairie View A&M, Gardner City Community College and Maimi University,” he said.

With college quickly approaching, Sams has one more season of baseball before he has to commit.

Although Miami is his top selection, he is eager to play in college regardless of the university because of his passion for sports.

With all of the pressure that comes along with being a tri-sport athlete, a strong support system is key. Sams has this covered with support from his family and friends. He has met countless friends through his participation in sports, expressing this in a thankful and humble manor.

“My biggest supporters are my mom and dad,” said Sams. “My idol is my older brother; he has been a huge part in the road to my success.”

Sams has looked up to his brother since a young age. He remembers attending his brother’s games as a child and anticipating being the one scoring the touchdowns and hitting the game-winning home runs.

“I enjoy being able to showcase the athleticism God has blessed me with,” he said.

Through all of the ups and downs of his athletic career, Sams has been able to stick with what he loves while staying positive.





Stephanie Paul |The Register

**Top:** Flag Corps members move along to a routine. **Upper left:** Erin Rhoten dances in the routine. **Bottom Left:** Courtney Rhoten sparks a smile during half time. **Right:** Akyeampong hold a frame.

## FLAG CORPS

MEMBERS OF THE COLOR GUARD  
LET THEIR FLAGS FLY

By Kelsey Thomas  
STAFF WRITER

From August to October, there is only one thing on senior Erin Rhoten's mind, and that is the Flag Corps, or Color Guard. Their season lasts three months, the same as marching band or football.

The Flag Corps team performs at halftime of the same time as marching band.

Their coach, Jordan Christensen, a recent graduate of Central and past Flag Corps member, choreographs dances to go along with the marching band's performance. These performances typically last around five to 10 minutes.

The routine is learned near the end of the summer or early in the school year, at the same time as when the marching band learns their set. This routine will be used for every home football game of the season. But, their routine isn't ever set in stone, said Rhoten.

Their dances are constantly choreographed again, which leads to "a lot of stress," she complained. Chelsea Akyeampong, a sophomore, agreed. Routines changing two to three times a week make things "a lot harder than they need to be."

The Color Guard's dances can change because of a few reasons. One would be that the marching band's music changes. If the music they are performing to changes, so must their dance.

Another reason is that throughout the season, they are consistently using the same routine, so sometimes the members grow tired of doing the same moves. When that happens, they spice it up by changing the moves.

Rhoten said, "It's kind of bittersweet. The changes we make all the time give us a lot of hassle, but it's made me really good at dealing with stress and being more adjustable."

Near the end of each school year, in late April or early May, the band director hosts tryouts for the Flag Corps.

They hold a week long clinic, where they teach the basic moves and the candidates must learn and perform

“The changes we make all the time give us a lot of hassle, but it's made me really good at dealing with stress and being more adjustable.”

ERIN RHOTEN

color guard member

a routine set to music.

This year, the Flag Corps has seven members. These members include Rhoten, Jacques Todd, Akyeampong, Jordan Black, Emma Schoenauer, Courtney Rhoten and Jazzmine Willcoxon.

Before the school year begins, they attend Guard Camp. This camp is held at Central, and this is the time when they learn their routine. Guard Camp is two days long, on a Thursday and Friday.

Then, because they are part of the marching band, they go to Band Camp the following week. This is held Monday through Friday, for several hours a day.

Once the year begins and so does football season, they have practice every day of the week.

On some days, there are two practices. The members of marching band and the Color Guard spend their first period practicing their set on the football field every day of the school week. Then, on Tuesday nights, all of marching band and Color Guard hold practice from 6:00-8:30

p.m. On Thursday nights, percussion and Color Guard hold practice.

Finally, when Friday night rolls around, marking the time of the football game and the performance, they arrive at the stadium at 5:30 p.m. sharp.

The Color Guard members prepare by stretching and practicing their moves. When halftime begins, they begin their performance. A little more than five minutes later, they're finished. Then, they begin to prepare for the next week.

After Rhoten graduates, she hopes to attend a college with a Color Guard team she can join.

So far, she is considering going to UNO or Johnson and Wales University in Denver, Colo.

Akyeampong is only a sophomore, but she plans on going to Harvard. In college, she hopes to be a part of another Color Guard team or marching band.

Both Rhoten and Akyeampong realized that the Color Guard has been an engaging and valuable experience that they will "remember for a lifetime."

## Energy drink uses advertising ploys to deceive consumers with line of new products

CONTINUED FROM 'GATORADE' ON PAGE 18 professional players to support these items that have been trusted over years.

What happened to the regular idea of drinking water and eating healthy? They're not the only company to make products similar to general Gatorade products. The G Series products are to be questioned solely because of the marketing tactic that they are trying to use. Persuading people into buying these three intertwined items so that they work is unfair to the players that actually think it will work. It's just a sporty energy drink.

I looked up the statistics of the G Series. It is pure sugar and has a considerable amount of sodium as well. How is this supposed to help any serious athlete? Of course, Gatorade never claimed to not have these items. In fact, all of this information is provided on their website in a visual graphic. Surprisingly, as I read reviews, people actually said they think it works. I believe that it is all a mental state of motivation. One might feel like they're more energized and prepared for the game or during a workout, but in actuality it's just because

of advertising tricks.

I don't believe that the products don't help at all. I could see if perhaps an athlete didn't eat well enough or is dehydrated to the max. Then, of course the G Series products will work just fine... As will anything else like a bottle of water. I feel as if people have lost touch of how to be one with their bodies.

Body builders and personal trainers that I see talk about natural fruit blends and getting healthy produce products to build great meals. I wonder what the trainers of these athletes have to say about the G Series products being that it doesn't necessarily fall under the food and energy supplements that they support.

I would hope that athletes consider what they're putting into their bodies and what they're spending money on. I don't think it is a great idea to assume that a trusted brand will consistently produce trustworthy products. The only things to trust wholeheartedly are the foods that are produced from soil, before being processed and dressed up with things to make it more appealing.



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## New Athletic Director brings change, plans to build Eagle athletic program

By Jordan Young  
STAFF WRITER

A new shift has occurred this year in the athletic department staff as Tom Lee has taken the reigns as the new Athletic Director, bringing fresh changes, goals and agendas to the department. However, this new job hasn't just been a walk in the dog park.

"Things are busy, busy, busy, but it's a good busy," Lee said about his schedule. "I love it, I enjoy athletics and I enjoy young people and our athletes. I'm enjoying it all... but until I get into the flow of things, I have to put in some late night hours right now."

Last year, Lee could be found in his office as a dean of students, his main job disciplining kids and enforcing school rules, a complete turnaround from his current job as the assistant principal and athletic advisor.

"Being a dean is a tough job. Anybody who can do it I have a lot of respect for," Lee stated. "Moving into this job is more rewarding because I get to deal with a lot of different things. Even though it's busy and there's a lot going on, the stress is different."

Not only was being a disciplinary difficult, but getting the new job was no easy task either. "To get into this position, I had three people really supporting me...Dr. Bennett, Dr. Bigsby and Mr. Williams," he said.

"I already knew what to expect coming in. But this particular position is different. Different from other high schools, especially with the foundation, especially with a large alumni base. It's a big show. Sometimes I say it's almost like running a D2 organization," Lee said.

Although Lee was happy to be given the opportunity to be the new Athletic Director, he admitted that everything wasn't as straightforward as it seemed. There were different and difficult decisions he would have to make that came to play in his ultimate decision, namely the fact that he would have to give up being the girls' basketball coach.

"The only thing that was a great concern to me was girls' basketball--I loved our team, I loved the young ladies on our team. I thought we would be a top A (eight) team, and so to give that up, that was hard to do. That was the only hard decision I had...but in my heart I knew it was time to let someone come in and continue this program," Lee said.

It seems like Lee would do both if he could, however being Assistant Principal and Athletic Director brought a full-time work load with them.

He oversees the new academic coaching program, the O Club and everything to do with athletics. But he doesn't work all these things alone.

Assistant Paul Nielson helps Lee oversee men's programs, specifically football and basketball while teacher and assistant Jodi Nielsen helps to oversee the women's programs. But above all that, Lee is first and foremost an Assistant Principal.

With his new position as the AD, Lee has made many changes concerning athletics and has future ones in mind as well.



Keali French |The Register

**Lee handles paperwork concerning athletic events.**

"Some of the changes I've made are just logistical changes," said Lee. This includes the sports banquet which is to be held at the end of the sports seasons instead of in the middle of the seasons. "We want our kids to be recognized for their accomplishments and what they do."

Lee is also requiring coaches to do fund-raising and at least one community service which both the basketball teams and football teams have already done.

"Basketball has done it by volunteering at the Open Door Mission and football has taken their kids to the Children's Hospital," Lee stated. Besides these "logistical changes," Lee said that he has made "philosophical" changes as well, the main change that his focus is solely on the student athletes and their successes.

All these changes are only contributing to the ultimate goal Lee has for Central High athletics.

"[My goal] is to maintain what we're already doing (under the direction of Mr. Williams), to get better in all our sports," he said.

Other goals include bringing boys and girls sports to the same level, which Lee said he is seeing already.

The future of Central athletics seem to be going in the right direction--up toward the finish line of success, with Lee leading and supervising his vision for athletes.

Eleventh grader and softball player Alexis Wicken is pleased to have Lee as the director.

"Mr. Lee has become very involved with softball, gives us more support. He helps out and gives a really good vibe. He's very supportive of all student athletes and wants to see us do well--to excel," Wicken said. "He's proud to be a part of Central, it shows in how he comes to games, how involved he is, and his support--he shows a lot of support."

Lee has a message for all student athletes.

"They are a student first and then an athlete. Second I want them to know there is a life after sports. [But now] we have to be teammates, have each other's backs, we have to work hard and we have to be willing to win," Lee said. "Once you walk across that stage as a senior, I want you to go into the world and do some amazing things in this country."

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