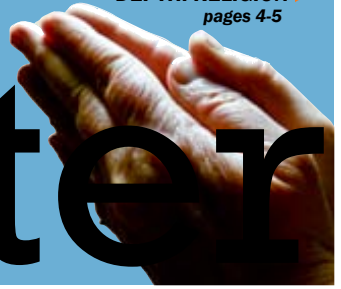




register



Laura Bush speaks at CenturyLink for Phoenix Academy event



Kelsey Thomas | The Register

Former First Lady Laura Bush speaks at an event for the Phoenix Academy.

By Kelsey Thomas
STAFF WRITER

On Oct. 22, the former First Lady of the United States, Laura Bush, spoke at an event for the Phoenix Academy at the CenturyLink Center. The Phoenix Academy held a luncheon in order to raise money for the school so they could provide children with scholarships who wish to attend the school.

The school is located in Omaha and serves as a center for children who need help with reading, writing or math. The Phoenix Academy was founded in 1991 by a woman who saw that a change needed to happen in the way that schools teach reading. It started with one student, and now hundreds attend.

Typically, a student will come to the Phoenix Academy from another school, public or private. They are tested on their abilities and subsequently put into a classroom with others at their level. Most students spend a year or two at the school, and then leave to return to their old school, all caught up.

At the luncheon, several past students spoke of their time at the school and how it affected them.

One student enrolled at the Academy and made three years of progress in reading in just 11 months. Now that student is a grown man with children of his own. When he saw that his daughter was a little behind with her reading and writing, he moved his family from Blue Hills, Neb., to Omaha just so she could attend the Academy.

Another past student was told when she was younger that she "probably has a learning disability" like dyslexia. The doctor told her parents that she would probably never go to college, but now, that girl is on a scholarship at UNK for Music, all because of her time at the Phoenix Academy.

A boy who is now a freshman at Omaha North High School also spent some time at the school. He had issues with his math, but his teachers said he "didn't give up." Now, he is a "talented athlete" and is in Honors courses for math and English. The boy's

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AFTER THE STORM

THIRTEEN IB STUDENTS CONTRIBUTE TO RELIEF EFFORTS IN WAYNE, NEB., AFTER TORNADOES DESTROYED THE TOWN

By San Juana Paramo
STAFF WRITER

Wayne, Neb. was struck by a tornado on Oct. 4, leaving people injured and houses destroyed. International Baccalaureate students took the initiative to help those in need and drove out to help the victims of the natural disaster.

Thirteen students from the IB Programme, juniors and seniors, along with teachers Cathy Andrus and Jean Whitten, drove out to Wayne on Oct. 12 to help with tornado relief efforts.

"They (Wayne) had a tornado relief hot line, so I called to see what needs they had," Andrus said. After explaining that the students were from Central High and were looking to see if there was a "need they could fulfill," they set out on their journey.

The idea to help with relief aid came from a student. From there, Andrus informed the students that only 15 could go, and 13 went out to help.

The group of students arrived at the First United Methodist Church, where they helped unload boxes filled with food to stock and store a food pantry along with Wayne natives. "The kids had to unload the truck, and then they had to carry it into the church where they had to unpack all the boxes and organize the food," Andrus said. "I had never volunteered in an opportunity like this, but it was interesting," student Valeria Magallanes said.

Andrus helped alongside the students, packing and organizing boxes with them. "When the kids



Photo Courtesy of Cathy Andrus

IB Juniors Caroline Pitts, Brittany Margrave and Isaac Pavkovik help unload boxes at a Wayne food pantry.

were ready to take over, that's the role of adults to step back and let the students do their thing," Andrus said.

Two students, Magallanes and Angelica Vazquez, helped families waiting in line that needed translations between Spanish and English. "It was a really great experience," Magallanes said.

"They were great Spanish speakers who helped with some of the people who needed translating," Andrus said.

The people of Wayne had been waiting since 8:00 a.m., way before the group of students arrived. "The food pantry didn't open until 10, some people waited two hours to get their food," Andrus said.

The IB students got lots of "kudos" and positive feedback from the people of Wayne.

"Everyone kept mentioning the students from Central High School," Andrus said. "When you're working together and you're being of service to people, it feels great," she added.

Central students weren't the only ones who helped; a group of science students from Northwest High School was also there to lend a helping hand. "It changed my view about volunteering. It's a fun and nice experience...and to know that

CONTINUE TO 'WAYNE' ON PAGE 2

Security guard keeps school safe behind the scenes

By Georgia Chambers
STAFF WRITER

Passing throughout the bustling halls of Central, one might catch a glimpse of a tall, older man with a smile abroad his face sporting a vest with the word "security" displayed across his back. This is all one might know--few probably do know the life behind that security jacket.

Central security guard Joe Venditte grew up in Omaha's Little Italy. "Everyone did know each other and helped each other," Venditte recalled.

He had a fun-filled childhood, running around the streets and going to the corner bakery. He had a family of six boys and one girl and said the best part of his childhood was having brothers.

Italians also have a way with their cooking, and Venditte recalled his mother's meals were some of the best. Pizza, mocciolone, cannoli and roasted peppers were among his favorites. However, he favored his father.

"I loved the wonderful times I had with my father," he said. Venditte also enjoyed playing ball in the dirt lots, playing marbles and going to the Italian dances with his brothers.

During his youth, Venditte never thought of becoming a security guard. His first job was in the eighth grade bussing dishes. It taught him responsibility and honesty and he made \$7.35 a week, which he always gave to his mother.

Even though he was maturing, he still did things he laughs at now. Venditte and his friends would go down to the streetcars and detach the trolley attached to the back of the cart.

CONTINUE TO 'VENDITTE' ON PAGE 2

Two alumni travel cross-country, create urban farming documentary

By Jordan Young
STAFF WRITER

In their newly released documentary "Growing Cities," Central alumni Andrew Monbouquette and Dan Susman venture into the world of urban farming and through the film not only entertain, but more importantly inform viewers about a new positive way of contributing to healthy living in America. And it all started here in Omaha.

"We just kind of ended up back here in Omaha and I was interested in agriculture, Andrew in movie [making]," said director Susman. He and longtime friend Monbouquette worked in collaborating their very different interests and talents to create the movie.

"[It was] a blending in that way," said Monbouquette. "I've always been interested in films in high school."

In fact, the future filmmaker created short-films during school, a passion that would later drive him to make "Growing Cities."

The same could be said for Susman, who took an interest in agriculture and even worked on a farm before the two decided to create the movie.

But similarly, both men had grown up in families that made planting and growing produce a part of

their lives.

"We had a lot of space in [our] backyard," said Monbouquette. And with this space his family planted produce like tomatoes and other products as well. It was throughout the time that Susman worked on a farm that his interest in urban planning spiked and during a winter break he introduced the idea to Monbouquette. They decided to do something about it.

Later, fresh out of college and with their minds set on a real adventure, the two set out on what Susman called a "passion project" in which they drove across America in a van (with one other companion, production manager Brent Lubbert) to explore the works of urban planning in different cities.

What had really pushed them was what they saw in Omaha, a place that needed more urban planning and they wanted to investigate the rest of the country to see what they were doing in relation to it.

What is urban planning?

CONTINUE TO 'CITIES' ON PAGE 2



Sydney Spangrud | The Register

Andrew Monbouquette, Brent Lubbert and Dan Susman discuss "Growing Cities," a film about urban farming, after its screening at Film Streams.



SAYING NO THANKS

Three former Central students form new punk rock band The No Thanks.



MINIMUM WAGE

Face off: should the government raise the minimum wage, or keep it where it is? Which decision would be better for America?



O-CLUB

O-Club returns to highlight varsity athletes who excel in their sports as well as in their classes.

Central grads live out dream of filmmaking and changing the world

CONTINUED FROM 'CITIES' ON PAGE 1

Susman explained it as "a lot of different people doing anything to produce food."

This includes everything from rooftop farming in New York city (growing food on top of buildings) to harvesting bees in your backyard to produce honey.

"You can grow in a lot of different ways. People from all different backgrounds...it's a strong movement," Susman said.

And indeed it is. All across America people are finding every way possible to plant produce.

As the two alumni dug deeper into the project, traveling 13,000 miles and visiting 80 urban farms in 22 cities, they would learn that urban planning can produce a lot with only the planting of a couple seeds in a backyard. It also brings communities together

through all generations, ethnic groups and creeds.

In the documentary, people had all different reasons for urban farming. For some, it was to teach kids about agriculture, for others it was about the community—whether it was to help people who were incarcerated get back on their feet, or to help the environment or even use up vacant spaces to transform ugly places into beautiful ones.

In all, it reaches all types of people while mainly reaching to impact the future.

"Through research it seemed like there were special people—just hippies, just hipsters—[who are doing it]. But it's everyone and anyone," said Monbouquette.

"Places that you think are abandoned and other places in cities that [seem] to have no potential of being good[can be]," he added.

Before all this could even come to be, they had

to work hard. For four months they researched, then spent three months on the road and finally through last September spent time editing hundreds of hours of film footage.

But to do this and get as far as they had, the two needed support and found it abundantly.

"Definitely our parents, our folks definitely helped us out," said Susman. "We had a really great community in Omaha to help."

And Susman wasn't kidding about that. During a Kickstart Campaign, 800 people from across the world supported them. From community gardeners to people back in Omaha, Susman and Monbouquette had many people in full support.

For the whole project, the two have done special events in Portland, Ore. and community screenings. They have even visited colleges and don't plan on stopping in Omaha.

In fact, they suggested that there are always possibilities for a "Growing Cities 2."

"I'm really proud that it's a film that's unique," said Monbouquette. "...Instead of focusing on what's wrong with the food system we saw what people were doing."

The two alumni are also helping bring this movement into Omaha with their business called Truck Farm Omaha.

As an "edible education project," the business consists of them and other "truck farmers" who drive around with literal farms in their truck beds.

"[It's to] educate kids about farming and eating healthy," said Susman

They talk to local schools, the YMCA and other places like the Boys and Girls Club.

"[We are] about to live out a dream," Susman said.

Security guard Venditte grew up in Omaha's Little Italy, served in the army

CONTINUED FROM 'VENDITTE' ON PAGE 1

"It was fun to be with my friends; which we have remained friends to this day," he remembered.

Moving on to his young adult years, Venditte did not attend college, but enlisted in the Army and Navy. He and three friends went together into the army. Coming from a small neighborhood, it was hard to be away from home. "I missed my family very much," Venditte admitted.

He got married and had seven children. To this day, four live in the western part of Nebraska and three live here in Omaha.

The stereotypical security guard is the tough guy who has been to jail, but Venditte doesn't fit that description.

He laughed and said he is anything but the tough guy. "I am soft and mellow; your biggest best friend," he said.

Before coming to Central as a security guard, Venditte was employed as a security guard at a nearby hospital around 1992.

He recalled the time he helped save a life: A man was at the roof of

the hospital, about to jump, and Venditte talked to him and convinced him not to jump.

Venditte's friends were the ones who brought him to Central in 1995. He has been here ever since. He wants students to recognize this and know that he is a nice guy.

Working for Central, his responsibilities are to keep the students safe and the building free of intruders.

He said that the best part of Central was the students.

"They keep me young," he said. According to Venditte he is 75 years old, but in mind, 75 years young.

"I plan on working here 75 years more," he stated. He wishes to do nothing else the rest of his life.

Looking back on his life, Venditte jokingly said the only thing he wishes he had done was stayed single.

Joe Venditte, a kind-hearted man, one most definitely not to be afraid of.

He keeps all of Central's interests at heart and has made an impact on everyone from the freshmen at their lockers that will not open to the patient on top about to fly for a brief time before ending his life.

Venditte is anything but a small town boy.



Keali French | The Register

Security guard Joe Venditte, who has been at Central for 18 years, patrols the halls. "I plan on working here 75 years more," he said.

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IB upperclassmen help relief efforts in Wayne

CONTINUED FROM 'WAYNE' ON PAGE 1

you've made a difference by helping others in time of need," Magallanes said.

The students had fun helping out. Andrus was able to overhear them and catch snippets of conversations.

"It was eye opening to them to see that people waited two hours in line to get food; it was eye opening to see how much need there was," Andrus said. "Working together does build bonds and it's something those 13 students who went have in common, that's different from everybody else."

Most of the people of Wayne lost their jobs because the tornado leveled the Pacific Coast manufacturing plant.

"Until the factory can be re-built and opened...that will take months and months," Andrus said.

Other workers were fortunate, those who worked at the John Deer factory were relocated. "But there isn't another Pacific Coast to send the people to," Andrus said.

After the students finished helping at the food pantry, they went over to a different church and helped with a community barbeque.

"They helped people both of the community who needed to be fed and also the workers who had come to help," Andrus said. "The students helped fill the boxes with barbeque and buns and potato salad."

The students drove through affected areas hit by the tornado, including the high school principal's house that was leveled by the tornado.

"The first two houses that we saw, one was completely gone and one was two thirds gone, the house that was not completely gone was the high school principal's home, and the one that was completely gone was a math and special education teacher's house from the high school," Andrus said.

"Anytime students are given an opportunity to serve improves who they are, it improves their outlook on things and that just goes out," Andrus said. "Just like when you throw a stone on a lake, and the ripples go out, you don't always know where they go, but they make a difference."

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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 Blayney at hillary.blayney@ops.org or come to room 029 to discuss your idea.



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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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LEARNING THE LANGUAGE

JUNIOR FRANCES JOYNER VENTURES TO A FRENCH TOWN CALLED DRAGUIGNAN, FACING CULTURAL AND LANGUAGE CHALLENGES AS AN EXCHANGE STUDENT



"It's something that anyone can do, you just have to do the work for it," said Frances Joyner about studying for a year in France.

By Maya Durfee O'Brien
STAFF WRITER

Frances Joyner, who would be in her junior year, is spending the year in France. Joyner is part of The Rotary Exchange program, and has been in France for about nine weeks now.

Joyner first heard of the opportunity to study abroad last year. "My friend Mary [Knickrehm] was hosting an exchange student in her home," said Joyner. She talked with the student, named Katrine, about the idea that she too could go to a different country to study for a year.

"This is really cool that this is a thing that people do--it's a possibility," said Joyner. She then talked with her step mom who told her it was a possibility. "At that point, I wasn't 100 percent sure that this was something that I could do," said Joyner.

Joyner, however, decided that she wanted to take on the challenge. "It's something that anyone can do, you just have to do the work for it," she said. After filling out a lot of paperwork and essay writing, she sent in her application not knowing if she would be accepted into the program or not. She was accepted and had an interview.

Joyner is staying in Draguignan, France, located in southeastern

France, close to Italy. When she first arrived, there were some big differences Joyner had to adhere to and made observations about. "The whole education system is completely different," said Joyner. Her classes are quite peculiar.

"It's sort of like rewind to elementary school where you go to every single class--you have the same schedule as everyone else in your class, so you go class to class with 20 other people," said Joyner. This aspect Joyner likes because she is able to get to know the people in her class well.

Grades are different as well. They go backwards in number. The closer students get to graduation, the closer they get to year one, or first grade.

"There are many pauses or breaks throughout the day as well," said Joyner. Almost like recess in elementary school, a pause is a time where Joyner usually can be found studying, getting help from her teachers or hanging out with friends.

Joyner has noticed a lack of individuality among the students in Draguignan. Everyone dresses the same, Joyner said. It is very unlike Central in the sense that no one dares to be different. "There's one girl with blue hair at my school," said Joyner. "That girl is not made fun of

by the students really, but by the staff."

This bothers her. "At Central everyone has their people," said Joyner. "In Draguignan that is not really the case; there are people, but they are not her people. The lack of diversity within her school too makes her miss Central all the more.

Adjusting to life in France at first was not easy for Joyner. She misses many things from Omaha. Her friends, her family and of course the places she frequented. "I'm missing so many things in Omaha- I'm missing a lot of school stuff, a lot of friend stuff, I'm missing so much stuff!" said Joyner.

"I'm not losing a year of my life, I shouldn't dwell on all the movies I'm not seeing," said Joyner when referring to one of the places in Omaha that she misses the most, Film Streams. Joyner also misses Donut Stop, a popular hangout spot for her friends and her to inhabit. A girl at her new school, Mallory made a kind gesture to Joyner in light of her desire for donuts. During one of the breaks they have during the school day, Mallory went home and came back with a croissant and a donut, both for Joyner. Joyner said Mallory said something to along the lines of "Combine French and American" to her. "It was one of the kindest things," said Joyner.



San Juana Paramo |The Register

Dr. Bigsby, Mr. Roy Katskee and Dr. Pat Salerno hand former athlete Dr. Jack Lewis a new O-club sweater.

Hall of Fame welcomes nine Central alumni, one distinguished educator

By San Juana Paramo
STAFF WRITER

The fifteenth annual Hall of Fame induction at Central was held Oct. 3. Ten Central alumni were recognized for their excellence after high school and their continued commitment to the Central community.

The evening started off with the registration of the inductees and their families in front of the "C" and led into the courtyard where they reminisced with old classmates. Among those in attendance, Keith Bigsby, former Central principle, was there to offer his congratulations, along with current principle Ed Bennett, who also spoke.

Annunciata Garrotto, Pegi Bryans Georgeson,

Ann Kennedy Goldstein, Les "Pee Wee" Harrison, C. Lowell Harriss, Edward "Chip" Jepsen, Louis J. Miloni, Henry Monsky and Allan Noddle were all inducted into the Hall of Fame. Along with those Central students, L. Zenaide Luhr was honored as distinguished educator.

After her time at Central, **Annunciata Garrotto** went on to become an amazing opera singer. She sang in over 16 countries during the 1930s, with significant roles in more than 150 performances. Along with her husband they performed together around the world.

Pegi Bryans Georgeson served as drama teacher for 25 years, and to this day still substitutes for the district while being an accomplished actress herself. As a CHS drama teacher, she directed school plays

and performances to the professional level.

Ann Kennedy Goldstein was known for her continued supportive leadership around the Omaha community. After teaching with OPS for five years Goldstein directed many leadership initiatives. She was also a founder of the Omaha Children's Museum.

Les "Pee Wee" Harrison is Central's first basketball player to be inducted into the Hall of Fame. He went from playing at Iowa Western Community College to being a Harlem Globetrotter with Meadowlark Lemon's Harlem All Stars. He is a nationally known motivational speaker and founder of A.P.P.L.A.U.S.E., a program with an emphasis on bullying.

C. Lowell Harriss is nationally and internationally recognized for his teaching and research in the field of economics. He wrote several books and thousands of articles on the subject. He's also received the Fulbright professorships which has led him to the Netherlands, England and France.

Edward "Chip" Jepsen served in the U.S Army Reserves while working for the accounting firm Price Waterhouse as its youngest partner. He is a successful CEO of many companies, along with his family. Jepsen awards a \$40,000 scholarship (\$10,000 a year for four years) to two seniors annually.

Louis. J Miloni was an outstanding halfback on his senior football team, and was also an excellent wrestler. Winning two state titles and three All-Metro titles, he became the team's most outstanding wrestler. He served as a coach for Westside's wrestling team for 36 years.

Henry Monsky dedicated himself to social justices; he helped the Rev. Edward Flanagan with legal expertise as a lawyer, and guided youth through the juvenile justice system. He established the AZA, the world's largest Jewish youth organization, and received appointments from Presidents Roosevelt and Truman.

Allan Noddle reached the pinnacle of food distribution industry during his career. He was the first American on Royal Ahold's board company in the company's 114 year history. He has been a guest speaker and teacher working with consumer products, companies and universities.

L. Zenaide Luhr was honored as a distinguished educator. Luhr was Central's art teacher and Art Department head and an artist and jewelry

maker. Luhr also helped establish the Artist's Cooperative Gallery in the Old Market.

The inductees were introduced by National Honor Society members to an almost full auditorium. Then with students (and plaques in hand) they were photographed to capture the moment.

During the ceremony the Central physician was honored for the work he has done at Central. Because of his focus on sports, both during and after his time at Central, he was given a new "O Club" sweater and award. He was recognized for the work he has done throughout Central sports wise.

The following day, Friday, three inductees visited Central classrooms. "Great respect for Central... the foundation for whatever success I've had learned it from there," Jespen said.

The inductees told stories of jobs they've had and programs they have developed. They were able to interact with the students, answer questions and, like Harrison, show off their skills

Jepsen, Harrison and Noddle shared their experiences at Central. "It was exciting, I was in a transitional period in my life, it met all the needs. I met some great teachers, and some great friends. It impacted how we look at the rest of the world, the operating and function of the world," Harrison said.

When Noddle was informed that he was chosen for the Hall of Fame he thought it was a "mistake." Harrison and Jepsen thought along the same lines as Noddle. "I couldn't imagine it was me... I was very humbled," Noddle added. "Surprised; it was a great honor," shared Jepsen.

Being a member of such an "exclusive club" means different things to the inductees, but to Noddle the induction is "something that I could share with my late brother Harlan, who was inducted in 2006. It's a very special situation," he said.

They are happy to be inducted and hold a place next to other inductees who "did some fantastic things... anyone would be proud to have their name on that wall," Noddle said.

Central became an important part of the lives of these inductees, and they know that such an honor is special, especially because Central means a lot for them.

"Anyone who came here through the early years," Noddle said, "holds a dear place in their hearts for Central High School."

Library Book Club discusses six different authors' works, engages in Skype visits

By Natalie Nepper
STAFF WRITER

Regardless of the changes to Central's library this year, the book club is still being held by Beth Eilers, previously a librarian at Saddlebrook Elementary. Her improvements and adjustments include making sure the book club gets to experience new opportunities, one of them talking with six authors over the course of the school year. Five of these talks will be held over Skype after the students read the author's novels and discuss them.

Eilers had no idea where to start. "We talked about how we were going to choose what books to read. We all like different things so how are we going to decide? Should I come up with a list and we pick from those?" Eilers said. She was soon given the opportunity to have Skype visits with certain authors throughout the year. This prompted Eilers to have the students read those author's novels.

"Last month we had Elizabeth Eulberg Skype with us and she is a chick-lit author who has four books," Eilers said. "We were able to read those for book club and then all get together with her on Oct. 3 and actually Skype with her." The students spent time asking Eulberg questions about her novels as well as discussing how to become better writers and get published.

"The author that we recently Skyped with gave some really good advice to everyone," said freshman Katie Bohn, "and she helped explain some of the things in her books that were harder to understand." Bohn has never been in a book club before but was excited about joining the library's and plans on continuing the club into future years.

One of the six authors will actually come to Central for a brief visit with the book club. Rainbow Rowell, previously a columnist for the Omaha World-Herald, has shifted her career into becoming a published author. One of her most well known novels, "Eleanor & Park," sparked international interest when it was released earlier this year. She also released a second novel titled "Fangirl."

"It's going to be really cool to have her here," Eilers said. "She is hilarious and she's already very successful in a short time." Rowell will be visiting Central Feb. 5 from 11 a.m. to noon. All of the other author visits, dates and times are listed under the Library tab on the website.

The book club meets twice a month, every second and fourth Tuesday for 30 minutes. Each of their meetings begin talking about the book(s) that they just read and discussing the plot. After that, they discuss other books they like to try and find common interests. Originally the club only met once a month, but Eilers soon realized that there just wasn't enough time to cover what needed to get done.

Joining book club is fairly easy. All a student needs to do is talk

to Eilers, pick up the novels and show up to the meetings. Everyone is welcome to add to their existing 12 members. Students who wish to come to the Skype visits should read that author's novel(s), bring three questions to ask and notify Eilers first.

"I always say, if you're the kind of person that gets that feeling when you get done with a book like 'Oh my gosh, that was so good. Who can I share this with?' then you're the type of person who ought to come to book club," Eilers said. Anyone is encouraged to participate.

"I'm really picky about books and I never know which ones I'm going to check out," Bohn said. Her love of reading brought her to book club and Bohn said she's thankful she joined because of all the recommendations for novels she gets. Additionally, she likes getting to know other reading enthusiasts in the school building.

"I just think that it would be a good thing for anyone to join because it's really casual," Bohn said. "You don't have to be a writer. You don't have to be in love with reading. If you just want to go to find new books that you haven't read before then you can."

The library book club is a great way for students to get involved and expand their knowledge through reading. Students interested in having great experiences with different authors as well as learning a lot about writing and reading are the type of people who should consider participating.

Former First Lady advocates, speaks about aid offered by the Phoenix Academy

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ON PAGE 1

mother stated that she needed financial help, and the Academy helped her. "They will always help you," she said.

Aside from providing academic progress, many students make behavioral progress at the school as

well. One student's mother said "her confidence, self esteem have been boosted."

Another said that their child's "self esteem was very low," but the Academy helped her.

After some testimonials, Laura Bush was invited to the podium to speak. During her husband's presidency, one of her main focuses was on reading and education.

This made her "the perfect speaker." As Bush got onstage, one of the first things she said was, "This is right up my alley."

For the first few minutes, Bush filled the audience in on what had been happening in her life during the past few years.

She talked about her husband and family. "Turmoil in east Timor is not an excuse to not pick up

your socks anymore," she joked, referencing her husband's lack of doing household duties.

As she spoke, she talked about how necessary education was to children, as well as confidence.

She said that at all costs, kids should be provided with the help they need, and the Phoenix Academy does just that for them.

RELIGION.

PEACE. TURMOIL. FULFILLMENT. CONFLICT. HUMANS HAVE FOUND AND LOST THEMSELVES IN RELIGION AND BELIEFS FOR CENTURIES, AND NOW WE EXPLORE THE DIFFERENT ASPECTS OF THE PHENOMENON, APPARENT WITHIN CENTRAL'S WALLS.

Photography by Lucy Simmons. Layout and Design by Emily Beck.

Burmese refugee enjoys religious freedom in U.S.

After escaping Burma and Malaysia, the Christian's dream of education came true

By Jordan Young
STAFF WRITER

He closed his eyes and raised the precious wooden instrument to his chin—a violin compacted with years of family history. He plants his feet firmly, tilts his head slightly, raises the bow to the white plucky strings waiting to be tickled then plays.

Sweet melodies, those of Bach and Beethoven, the music of legends, flow from the instrument.

And to the side, his teacher sits astonished, dumbfounded that a boy with little English skill or knowledge could do this or moreover that this boy, a refugee who fled his own country could be here giving off such a confident glow and self-assurance.

If you would have asked Tu Hkwang that day why he was there or how he made it, he would have only replied along the lines of a few simple words: it was the work of God.

"[The first time I met him] he was very respectful and very confident," said Linda Ganzel, head of the ELL (English Language Learners) Department and Hkwang's first teacher at Central High.

"...he seems to know where he's going," she said.

Just like the day when Ganzel asked the refugee student to bring his violin to class and play for her, she was amazed by him.

"He's very intelligent, and very wise," she said. Hkwang would push through his first year at Central with a hunger for knowledge and consumed it all quickly.

"I always came up with extra things..." said Ganzel. "[He deals with] no nonsense. He just has no time," she said jokingly. Not only was Hkwang a leader in the classroom and an academic achiever, but a talent in the arts as well; he had the whole package.

"He just carries himself with a lot of confidence and humility," Ganzel said.

But behind the rich character and talent of the mere 15-year-old teen who Ganzel was only beginning to understand was a life experience that had pushed him to be stronger than most kids would ever have to be at such a young age.

And unlike others like Kanye West or Johnny Manziel who give themselves full credit for gaining their success, Hkwang gives full credit to his God, the Christian God, who has helped him through the many trials of his life. It was through Hkwang's first ESL project that Ganzel learned his life story.

"We have many good things in our country, but the government is not really good," said Hkwang. "Our family had many problems... [So] when I was in sixth grade—I was like 10 or 11 years old—I didn't know what was going on with my family. [But] we decided to move to Malaysia in 2007."

The problem with the Burmese government isn't just a scandalous issue here or there, the real problem, as Hkwang put it, is that they just don't like Christians.

"They don't want our Kachin people to worship God," he said. Burma is a mostly Buddhist country, with a few Catholics that Hkwang can remember and an even fewer amount of over denominations. And Hkwang's people—the Kachin—are a mainly Christian people and this raises more than an issue with the government.

"At that time, my father was the leader in the village. Every Sunday we have to go to church service and then worship." The life that Hkwang would have lead if he hadn't left Burma would have been completely different. Instead of a life centered on academics and extracurriculars, he would have spent his time in the agriculture business.

"Our Kachin people, they don't get an education...they don't know anything," he said. In fact, the education in Burma is poor and thus for Hkwang, unfulfilling.

He described a school system that taught only the basics of math, science, the Burmese language and little English. However, there were no such things as extracurricular activities, no art, drama or chess club.

So when Hkwang was young, a dream developed in his mind, one that he never knew he could ever achieve. In Burma's capitol city, Yaheon, was what was called an International School; A school that had all these activities, much like all schools in Omaha—from public to private—and Hkwang dreamed of nothing more than to attend one of them.

"At that city [they] had international schools from many countries, like India," Hkwang recounted.

"Many times on T.V. shows, [I saw] people talking English. I really wanted to



Photos Courtesy of Tu Hkwang

Tu Hkwang sings during a service at his church. The student came to the United States as a refugee from Burma.

be like those students...and at that time I pray to God every night and sometimes I was crying: 'why can't I be like other people?'" Unfortunately, Hkwang's family couldn't afford to send him to the expensive schools. However, his dream didn't die in Burma as his family transitioned from Burma to Malaysia and the hardships there only continued.

“ I just pray[ed] to God...I want to really escape this country...give me strength for my family. ”

TU HKWANG

Burmese student
at central

"We spent three years in Malaysia," said Hkwang. "We didn't have any documents; we didn't have anything." His family arrived as refugees and had to take on the struggles of living on their own with absolutely no help at all.

"[In] Malaysia we don't have a [refugee] camp—we were just struggling on her own," he said.

This struggle only became more excessive with the fact that they were not only refugees, but illegal ones as well. Because of this, Hkwang couldn't get an education and even more difficult was job hunting, a responsibility Hkwang took on at the age of 15. "I don't have an education at that time [so] I found...a housekeeping job," he said.

They also had to watch out for police.

"If we saw the police [and they see us], we could go to jail. [If] we didn't want to go to jail we would have had to pay money...it was bad," he said. The only way they could get out was by bribing the police with money, but since the Hkwang family had close to nothing, only the vicious cycle of being refugees repaid them, and they had to get out.

"At that time, I remembered one of the [Psalms in the Bible]...I prayed to God again. I really wanted to go out of the country, like to the U.S. or like Europe. I just pray to God—you know—I want to really escape this country...give me strength for my family," Hkwang said.

However, the process of getting out of Malaysia and into one of these countries was no easy task. For some families who wanted

to leave, a five year process had to take place. For others, it could take longer. It all varied and depended on certain things.

"[It] depends on your story and your back story," said Hkwang. "If they suspect anything, they would take longer."

Families had to visit the UNHCR office (a place for refugees) for interviews and other things repeatedly over many months.

"They interview you about OPE...if you want to go to the U.S.," he said. "After two months they will call back about immigration interview... [Then] you have an American immigration check up."

Despite the complications of immigration, Hkwang's prayers were answered. "In 2011, my family moved to [the] United States," said Hkwang.

By that time, his dreams were becoming a true reality.

His family first lived in Washington state for a week, then moved to Omaha to connect with the Kachin community here. The Lutheran Service, a family service that helps refugees, helped them find a job and place them on their feet.

For Hkwang however, he did a lot on his own.

"I didn't know where Central was located. They just told me I was going to Central," he said. "First you have to go to the TAC building and I took some tests. At that time, they gave me the map..." That is, the map of Central, a maze that's not easy to decipher. On Hkwang's first day, he did a lot of things himself without much help, except from Ganzel. Since then, he has been living his dream.

"At that time, I realized my dream had come true, but today I have this opportunity in the United States," he said.

Today, his opportunities in the U.S. are nearly limitless, but back at his home in Burma, things haven't been smoothing over nearly as well. Since Hkwang and his family arrived in the U.S. during 2011, a war between the Kachin people and Burmese army has been fought.

"Many people are dying right now," he said. The government had been discriminating to the extremes by burning down some of the many churches the Kachin people worshipped at and over 100,000 refugees are fleeing homes and villages at this moment to escape religious persecution.

"This is a really long situation between Burma and the Kachin people...our Kachin people went freedom and the same for Burmese people."

But again, the Burmese government just doesn't want Chris-

CONTINUES TO PAGE 5

RELIGIOUS MYTHS DEBUNKED.

1 All mormons are polygamists.

Polygamy is actually rejected by the Church of Jesus Christ of Latter-Day Saints (the official Mormon church). Members practicing polygamy are excommunicated.

2 Muslim women must wear scarves.

While strict dress codes are enforced in some Middle Eastern countries, women around the world are given a choice concerning wearing a head scarf (called a hijab).

3 Hinduism is polytheistic.

Hinduism is actually a monotheistic religion. Followers believe that Hindu "gods" are different forms of the same Supreme Being.

4 Athiests worship Satan.

Athiests do not worship Satan; they don't worship any power, higher or lower. Other groups, however, do worship Satan, but these are typically members of Satanic cults or simply Satanists.



CONTINUES FROM
PAGE 4

tian people in Burma. The fight, however, continues as the undersized Kachin people live in faith fighting against the powerful Burmese government.

"We are only small people," said Hkwang. "They are stronger than us. [Like a] 1000 to 300 ratio. I hope we can win...[it seems] impos-

sible...but we can stand...We don't have many weapons or helicopters, but we know that God will help us."

But for now as Hkwang hopes for the triumph of his people, he is soaking in the blessings he's already received. He uses a verse to describe it: Proverbs 16:3—"Commit your work to the Lord and your plans will be established."

"God has a plan for us, just believe him. I just prayed a long time as a child for six or seven

years," he said.

"My dream has come true...I realize if I work hard I can get my goal." He said he's learning a lot from Central, his teachers and the community around him. "I want to graduate from high school and go to college...and I want to thank the Lord for guiding [me], I want to thank the United States and all the American people who support refugees," he said.

"...this is what God made me for."

Muslim student maintains less than typical life

Originally from Kenya, she remains a normal high school girl

By **Natalie Nepper**
STAFF WRITER

Halima Osman is just one of Central's many Muslim students. Despite being only a junior, Osman has experienced situations that typical American teenagers will never fully understand. At 11, Osman and her family traveled to America from Kenya for greater opportunities.

"I came to America on an airplane to have a better life, go to school and have a better education," Osman said.

They lived in several places around the U.S, including Columbus, Ohio, but finally decided to settle in Omaha because of the job opportunities. Osman's mother is a single mom and believed Nebraska could provide for her family.

Although Osman is used to it now, she said that American culture is very different from life in Kenya. She shared her experiences of being late to school and being beaten by the teachers. Osman also spoke about not having much to eat.

"I want to go to college and I want to be a next top model," Osman said. She also dreams of being able to "design something" and work in the fashion industry, many of the things that Osman would not be able to do if she still lived in Kenya.

One of her best friends, Maryan Issac, a sophomore, also came from Kenya and aspires to be a surgeon or a lawyer, although she's not quite sure yet. Issac is Muslim as well and has friends with Osman since freshman year.

Although each girl has high expectations for their future, marriage and having kids is not out of the question. It is not uncommon for women to marry young and have children at an early age.

Osman has a six month old baby boy, whom she calls Sharmaake. She says that she might have more kids in the future, but not anytime soon.

"If you have a husband, your husband can marry four wives but he has to treat you equal," Osman said. Although this is not very typical in America, it can still happen. Also, Muslim women are expected to only marry Muslim men. The mixing of religions is forbidden.

Despite popular belief, marriages are not commonly arranged and dating is allowed.

There are no strict rules to getting to know your partner, or as Isaac puts it, "You can date anytime you want! It doesn't matter."

Osman is raising a baby and still maintaining a normal teenage experience in high school. She also continues to embrace her Muslim heritage by wearing distinct head scarves to cover her hair, as well as long sleeves. Without these, Osman said women can be considered "naked" in the eyes of men. Additionally, women are not required to shake hands with men. If they choose to do so, they must cover their hands usually with their sleeve.

Muslim women typically do the cooking and cleaning of the household. One time of the year, they especially enjoy cooking for their families is during the holiday Eid Al-Adha. This is one of two holidays Muslims have each year.

"We have time to think about the things we've been through," Osman said about Eid Al-Adha. "We ask Allah to help us and make you better." Families come together to pray, give thanks, eat food and wear new clothing. It is highly enjoyable.

The other Muslim holiday is Eid Al-Fitr which is celebrated after Ramadan, a month of fasting. During Ramadan, they do not eat or drink from sunrise to sunset in order to provide nourishment for the soul. This time period can be shortened to 10 days if the family desires.

Even though Islam may seem foreign to many Americans, it's not so different than what one believes. Both Issac and Osman are extremely proud of their religion and where they come from, and neither woman would trade it for anything.



JEWISH HOLIDAYS



YOM KIPPUR

The "Day of Atonement," Yom Kippur is considered the largest Jewish holiday. "It is a day set aside to 'afflict the soul,' to atone for the sins of the past year" according to Tracey Rich, owner of the website Judaism 101. This holiday is specifically for making amends and repent. No work is permitted on this holiday, and eating and drinking is also prohibited (it's a full-day fast, unless one is unable to do so because of health or age reasons). Other restrictions are in place as well, but are not observed by everyone (such as washing/bathing, wearing leather and engaging in sexual relations). Jewish people typically spend the majority of the day at a synagogue, going home only in the middle of the day to take a nap before returning.

ROSH HASHANAH

The Jewish New Year, this is one of the holiest days of the year. Like the American New Year, on Rosh Hashanah, Jews often make resolutions for the coming year. Other practices include eating apples dipped in honey (for a sweet new year) and Tashlikh, where one "walks to flowing water, such as a creek or river, on the afternoon of the first day and empty...pockets into the river, symbolically casting off...sins," according to Rich. Jews spend most of their day at a synagogue, where they partake in perhaps the most important traditional observance of the holiday: hearing a ram's horn being blown (a shofar).

PASSOVER

One of the largest Jewish holidays, Passover celebrates both the harvest season and the exodus of the enslaved Jewish people from Egypt. The name comes from the story of God "passing over" Jewish houses while killing Egyptian firstborns. This lasts for eight days, and work is not permitted on the first or last two days of the holiday. Families have special meals (called a Sedar) the first one or two nights of Passover, and observant Jews don't eat bread or any type of grain that has been leavened.

SHAVU'OT

A celebration of the time when the first fruits were brought to the Temple as well as the giving of the Torah at Mount Sinai. This takes place about 7 weeks after Passover begins. No work is permitted on this day. Customarily, one stays up studying the Torah the first night and prays early in the morning.

SUKKOT

A joyful harvest festival that takes place five days after Yom Kippur. No work is permitted during the first two days. A commemoration for the 40 years that the Israelites spent wandering through the desert, families are to build a sukkah, or a booth, and dwell in it as much as possible for the seven-day duration of the holiday.

HANUKKAH

An eight day festival of lights and rededication, Hanukkah is not a religiously significant holiday for Jewish people. It commemorates the time when two groups joined in a revolt against an oppressive Greek government and rededicated the Temple. After the revolt succeeded, only one night's worth of oil was left for burning in the lamps. Yet the lamps burned for eight days and Hanukkah was declared.

Rich writes that "The only religious observance related to the holiday is the lighting of candles," which are situated in a menorah. One new candle is lit every night of Hanukkah, with certain meanings and blessings behind each candle. Some traditions include playing dreidel, eating fried foods and giving small monetary gifts called gelt.

WHAT IS...

...an agnostic?

When asked: "What is an agnostic?" many respond with, "a fancy word for an atheist." However, if this were true, why would it have a different label? By definition, an Agnostic is neither someone who claims that there is a God nor denies it. It is different from Atheism by the simple fact that atheists believe there is no God.

Put a different way, agnostics do not let religion affect their lifestyle. Since they do not claim any opinion in the debate of religion, agnostics do not pray, go to church or claim to believe in Heaven or Hell. Most agnostics wait for the exposure of evidence to draw their conclusions.

Since agnostics do not follow the Bible, they are more open-minded on matters and usually are people who believe in evolution and believe that abortion is acceptable. They usually also believe in the death penalty.

This "religion" is unknown to so many for the reason that it is a neutral mind-set. Likewise, no one remembers the people in debates who take both sides. They are unlike Christians, Catholics and Hindus who believe in a higher power and unlike atheists who have a belief that there is no God at all. They live in the middle and are not affected by it.

...a mormon?

Mormonism is based on their Articles of Faith, the living prophets (Abraham, Moses, Isaiah and the apostles) and the Godhead. They also claim to be Christian, but distinct from other Christians. The Articles of Faith are thirteen different statements of the Mormon beliefs. They believe in God, the Eternal Father, Jesus Christ and the Holy Ghost. They use the Bible and the Book of Mormon as the proper word of God.

Mormons believe in God in a human type of mindset with human beings having the potential to be like God. Although they believe someone could be like God, they indicate that no one can replace God. The Godhead is three separate beings that they feel acts as one through unity.

God the Father, Jesus Christ and The Holy Ghost make up the Godhead. God the Father is an all knowing physical person that has never been non-existent.

Jesus Christ, indicated as Jehovah in the Old Testament, is also a physical being and is the first born spirit of God. The Holy Ghost does not have a body or a spirit and is separate from Jesus Christ and God the Father. He can only be in one place at a time, just like Jesus Christ and God the Father, but has a spirit that is everywhere.

...a jehovah's witness?

Besides the stereotypical morning knocks on the door, the people of the Jehovah's Witness religion are dedicated to a larger purpose—serving Jehovah, the only true God.

Love, justice, wisdom and power are the outstanding powers of Jehovah. Jehovah's son is Jesus Christ, but Jesus is not seen as a god in their eyes.

Though they do not see Jesus Christ as a higher figure than Jehovah, they do credit him for spiritual doings. Though Jesus Christ is inferior to Jehovah, he is superior to angels and does rule as a part of God's heavenly kingdom.

Another significant belief is that Jesus did not die on a cross, but simply on a stake and was appointed by God to judge each human. Jehovah's Witnesses believe that no human has existence once deceased. That is because in the Bible, it says no human has an immortal soul. They do not believe in Hell or the Trinity (the Father, the Son and the Holy Spirit).

The Bible is interpreted as Jehovah's words and is historically accurate to them. They view the Bible as the main way Jehovah communicates with humans and is interpreted for its literal meaning. They never view human writers as the authors of the Bible.

...an atheist?

Atheism, put simply, is the disbelief in any god or deity. American Atheists Inc. defines their belief as, "The mental attitude which unreservedly accepts the supremacy of reason and aims at establishing a life-style and ethical outlook verifiable by experience and scientific method, independent of all arbitrary assumptions of authority and creeds."

Alek Ward-Stoural, sophomore, identifies himself as an atheist. Ward-Stoural said, "I just don't believe that there is a higher power or God or anything."

Ward-Stoural comes from a background of Catholicism. His mom grew up Catholic, and his dad is a Christian. When he was younger, his dad would use the Bible as an excuse to do whatever he wanted. This made Ward-Stoural skeptical of Christianity and religion overall. "The Bible made me question some things," he said.

Ward-Stoural said that many people believe that atheists are bad people. "They all associate it with bad stuff," he said. Overall, he believes that "all religions have their good points and bad points." He says it's hard to believe in a God that cares if you go to church or pray every day. Ward-Stoural said, "As long as you're nice to people, why should it matter? Just be nice to people."



Photo Courtesy of Kalpana Gurung



Photos Courtesy of NBC

Hindus and Buddhists celebrate annual Festival of Lights

By **Tia Spears**
EXECUTIVE EDITOR

The Festival of Lights is the grandest festival of the Buddhist religion. Initially it was called Dashara and spans over five days. On the third day the main festival of Diwali, the Festival of Lights, is celebrated in which they seek blessings from the Goddess of Wealth. Exchanging of gifts, blessings, fireworks and candles are incorporated with this festival.

The date of the beginning of the festival depends on the position of the moon. A "no moon day" is considered to be the ideal day to celebrate Diwali. Sophomore Kalpana Gurung says that it normally occurs in October or November. This year it was started on Oct. 12.

Kalpana Gurung, a student who practices the Buddhist religion, shared, "We celebrate Dashara because one of our gods, his name was Ram, his wife was taken by the evil man." The story that leads to why Buddhists and Hindus celebrate the festival of lights surrounds that very story. "They had a big war between the evil man and the God. When he brought his wife back, Sita, she was the prettiest girl and the evil man wanted to take her," said Gurung. "He [Ram] killed that evil man."

There are many special aspects Gurung described, but the one elaborate doing is the placing of the tika. "During Dashara, older people, parent or grandparent, they put tikas in our foreheads and bless us," she said. The blessings, she said, were for things such as long life, and in some cases their elders give

them money. Tikas are made of rice. Hindus' tikas are red, but Gurung said, "Because I am Buddhist mine has to be white."

After placing the tikas and receiving gifts, other selfless acts are carried out. "We go to other homes, knock on the door. We sing and dance and after doing all the things in their home, they will come outside and give us some kind of rice and a special decoration," said Gurung.

Gurung and her female family members enjoy the dancing. "We are going to do a cultural dance," she eagerly stated. "We have to wear the same dress when we're dancing."

Throughout all of the things that happen during Dashara and the Festival of Lights, Gurung enjoys going to her friend's and families' homes the most. Giving and receiving gifts is her favorite part.

Big shoes to fill: Latin teacher prepares to leave her own legacy

By Cheyenne Alexis
COPY EDITOR

For many years, Rita Ryan taught Central's Latin course, and last year was her final year. Though many would consider her a legacy to Central, there was to be a replacement to fill in for her position. The replacement was Brigid Freymuller, a Tufts University graduate with a degree in Latin. Though she had big shoes to fill, thus far, Freymuller has shown her passion in Latin and teaching overall.

Freymuller teaches all four levels of Latin, and this is her third year of doing so. "This is my first year teaching high school. I taught college before," she said. She worked at Tufts University, but she was not an official professor, as she taught "technically."

Besides knowing Latin as a second language, Freymuller speaks German; not to mention she can read French as well as Ancient and Modern Greek.

Teaching Experience Thus Far

Freymuller described her teaching experience so far as a "crazy" one. Nonetheless, Freymuller said she appreciates Central's diversity. "[Central's] a good school to be at. There's never a dull moment," she said.

In regards to her teaching and the response from students, Freymuller said that, "For the most part, they're responding well. I'm very different from Mrs. Ryan, but the ones who had her before are responding well. They are working hard and improving, and that's all I can ask for."

The other teachers who she has met so far have been great, Freymuller said.

With teaching, Freymuller said that "There is never a dull moment." Besides teaching the students, her own teaching is her own learning experience. "I learned more about teaching Latin in the first month that the two years in grad school."

Latin in the Eyes of Freymuller

Freymuller said that her interest in teaching Latin started out of fascination with the language itself. "I enjoy the language very much,



Keali French | The Register

Latin teacher Brigid Freymuller explains root words to her first year students. "I'm happy to be here," Freymuller said.

but it's taken off of the curriculum in high schools a lot," she said.

Latin, Freymuller said, helps to learn better grammar, logic skills and the history of Romans and her knowledge has increased through her studying Latin. "The history of Romans to me is absolutely fascinating," Freymuller said. "We can learn a lot about them and their mistakes."

What Freymuller enjoys about Latin is the meaning that it conveys all the while learning the language.

"If you can read a text in its original language and think about what those words mean and the culture, you have a better understanding of what their world was like," she said.

Freymuller's grammar has gotten better, she said, through studying Latin. "Cultural studies made me see the world in a completely different way," she also said about Latin's impact on her.

Teaching at Central

Before being interviewed for the position as the Latin teacher, she had never met Ryan, who interviewed her. Freymuller was also unaware of Latin in the curriculum. "I didn't even know Central still had Latin," she said.

Freymuller said that other teachers in the building have told her that she "knows her stuff," but also, they have told her that teaching proves to be a difficult task. "But in general, [the students are] working hard and responding well—Mrs. Ryan and I are like day and night," she said.

Freymuller met Ryan during the interview to fill her position, but even so, she still was aware of her teaching and impact at Central.

"I know she's the woman of myth legend. I know she's taught three generations of students' families, and that's huge," she said about Ryan. In return, Freymuller hopes to have an impact that Ryan had as a Latin teacher as well.

Teaching to Freymuller is not only important for a teacher's aspect, but also forming a good relationship with students. "It's not just the content the district pushes, but that I have a positive relationship with students," she said. "That's the biggest part."

College professors at her undergrad have inspired her most to teach Latin. "[They] really impacted me in grad school. One in school drove me nuts, but he made me pretty good at Latin."

Freymuller plans to stay at Central, "as long as they'll have me." For Freymuller, in similarity to Ryan, she wants her employment to last, "... hopefully a long time. [The] job market is not exactly stellar."

All in all, Freymuller said that her teaching experience at Central has been one without any boring moments with exceptionally hard-working students and helpful staff.

"I'm just happy to be here," she said.

Omaha Entertainment and Arts awards help promote local artists

By Maya Durfee O'Brien
STAFF WRITER

The Omaha Entertainment and Arts Awards (OEAs) are quite a big deal. Local area artists from different categories have the chance to be nominated to get an award. Although the event will not take place until February, it still is something people don't know too much about. The event has all different kinds of art—from music to visual arts, it's covered.

The OEAs have been taking place since 2007. Their mission is to bring awareness to the art around the Omaha area. Next year will mark the 7th year they have been in action. These awards are an annual event and are usually held within the first couple of months of the year.

Emily Engles, a board member, band manager and someone who also deals with the music aspects of the event for the OEAs, reminds us that these awards are open to the public. "That is a common question of people. They think it's for the nominees and their families and

friends only, but it is open to the public. It's a great event for people to see. It's sort of like the Emmys or Grammys. It's not just listing off awards; we have performances with really cool collaborations. Last year we had the Hard Rock nominee and the folk nominee do a collaboration. It clashed two completely different worlds. Then there's the visual art in the hallway, the center pieces on the table...it's a cool event," said Engles. Tickets can be found on their website as the event draws closer.

These awards are a vital importance for the arts. It helps motivate the artists to be better, to work for something. "It's a great pat on the back for your good work," said Engles. "It helps when a band goes out on the road and they have this award. People think, 'Oh wow you must be a great Omaha band' it's something you can put on your 'resume' as a band. It helps to give them recognition."

The categories for submission and nomination are seemingly endless. There are the visual arts, music and theatrical categories. Within these main categories are smaller subdivisions that are more descriptive, such as the Best New Music Category or the Best Musical.

A great way to get involved with the Awards is to volunteer. In the summer there is something called the OEA band showcase. "The showcase is a two day event. Eighty bands are involved in it at seven different venues. There's only three of us who coordinate that right now which is pretty hectic so we're always looking for people to help out with that," said Engles.

The people that help vote for the nominees and help narrow it down are not selected at random. "They're bartenders, venue owners, people who write about local music, sound guys— people who know the local music scene who can vote and know who they're voting for. And it's the same way for the other categories. People who go to a lot of plays, and art openings— just people who know about what they're voting for," said Engles. It's not just the OEAA board—the only influence they really have is making sure that each nomination fits the category that it has been assigned to.

Engles' best advice for anyone who wants to be nominated is to, "Be present and get your name out there."



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Keali French | The Register

New librarian Beth Eilers moves the books around in the library. Fiction can now be found up front.

Eilers begins a new chapter of her life

By Seth Arter
STAFF WRITER

It seems like business as usual in Central's library as the school year goes on. Research is being conducted, students are learning and checking out books, teachers are teaching.

The library is not what it may seem, as the 2013-2014 school year is moving full throttle as Central High welcomed new librarian Beth Eilers. The high school setting is new to Eilers, as she is used to an elementary school setting. Just last year, Eilers worked at three different elementary schools in OPS as a traveling librarian. Among them were Castelar, Bancroft and Saddle Brook. "As much as I love the kids here and I'm having a great time, some days I miss my first and second graders," said Eilers.

Not only is the high school setting new to Eilers, teaching is fairly new as well. Before last year, Eilers received her teaching degree.

Eiler's prior work experience is not limited to teaching, as she worked in the business world for ten years, when she decided to end her chapter in life as a stay-at-home mother.

"Although I look like a seasoned teacher, I am not," said Eilers. Prior to the business world, Eilers was a stay-at-home mother for ten years. "When my youngest one went to first grade, I decided I had to do something else," said Eilers.

Before entering the world of elementary and high school education, Eilers played multiple roles in the business world, as she also has a degree in journalism and she worked in business communications, design and several management positions as well.

After only being at Central for a short amount of time, Eilers is happy and proud to be an Eagle as she is enjoying her new position. "I was very lucky to get to come to Central," said Eilers.

The decision to become a librarian wasn't a

tough choice, as Eilers knew what she wanted for her future during the time of her student teaching at Buffett Middle school.

"I knew that year that I wanted to be in a secondary library and Central was open because Mrs. Devlin was retiring, so I hopped right on the position," said Eilers. She is not only enjoying her new job, but takes a lot of pride in Central as she thinks highly of the historical high school. "As far as I'm concerned I got the crown jewel of high schools," said Eilers.

Eilers loves many things about Central. "I love the diversity and the staff members have been very helpful and the students have been friendly," she said.

Eilers isn't the only new addition to the library this year as there are a few changes being made: the fiction books are being relocated.

"The biggest change that we are making this year is that we are bringing all of the fiction books towards the front of the library," said Eilers. With the relocation process nearly completed, Eilers has hopes of providing more convenience and easier access to Central students.

A special event is also going to take place as Central students will have the opportunity to Skype with young adult authors as well as meet one in person. Former World Herald columnist Rainbow Rowel is scheduled to visit Central early next semester.

Another goal of Eilers' is to make all students at Central feel welcome at the library.

"I don't want anyone to feel [unwelcome] and what I'm hoping to do is have it be a comfortable place where people feel welcome," said Eilers.

Changes being made are not only changes in the library, but outside of the library too. Eilers has enhanced the quality of the CHS library webpage.

"Knowing that our young people today spend so much time in the virtual world it's very important that our library becomes very virtual," she said.



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arts & entertainment

“Born Sinner” outdoes rival rap albums



TIA SPEARS
YOU NEED TO RELAX

Poetic bars and genius metaphors have seemed to dominate modern rap artists' music these days, including rapper J. Cole. His album, “Born Sinner,” dropped over the summer on June 18, 2013. However, as music often gets to the Midwest much later than the East and West Coasts, I just recently heard it. The album incited an impressive remark on my behalf. Popular songs on the album include, “Crooked Smile” and “Power Trip” featuring singer Miguel Jontel.

“Trouble” was actually the first song I heard as I was riding in my friend’s Neon on the way to the mall. The bass wasn’t too impressive then, but when I purchased the album on iTunes and listened to it, I replayed it about 50 times. I was skeptical about purchasing the album because there seemed to always be at least three or four songs I never like even on my favorite artist’s album, but that was not the case. Every single song jerked some sort of emotional remark from me and that is why I rate it so highly.

The release of the album was the same day the renowned and rebellious Kanye West released his. By far, Cole’s album was superior.

West lacked the classic baseline and relatable lyrics Cole placed into his music. West’s album sounded morphed and demonic and in-

CONTINUE TO ‘ALBUM’
ON PAGE 12



Camille Stout (‘10) and Mike Huber rock out during a No Thanks band practice.

Sydney Spangrud | The Register

SAYING NO THANKS

THREE CENTRAL ALUMNI START A PUNK BAND THAT’S QUICKLY GATHERING A FOLLOWING.

By Maya Durfee O’Brien
STAFF WRITER

No Thanks, a new and upcoming band, features three Central alumni. No Thanks is Brendan Leahy and Camille Stout (‘10), Blue Petersen (‘12) and Mike Huber (Burke). They describe themselves as a “punk band,” the only genre that sort of fits their somewhat different sound.

The band formed early sometime in 2013. Leahy had wanted to form this band for a long time. “I’ve been trying to get them [Huber and Stout] to be in a punk band with me for like two years,” he said.

When No Thanks first started playing, things were different. “I started out playing the organ,” said Stout. They had an organ player, a guitarist and a singer, but no rhythm. “I figured it’d be easier to have [be] a bassist in the band,” said Stout. They were in need of a percussionist of sorts.

“It was just weird having a guitarist and then somebody on organ and having a bassist or a drummer, we were like, ‘we need some sort of rhythm...right now,’” said Leahy. That is where Petersen came into play, the drums actually.

“Brendan bugged me for about 3 months,” said Petersen. “We all kind of did,” said Stout. Finally, Petersen agreed, but not after

CONTINUE TO ‘BAND’ ON PAGE 7

Sign Language Club aims to impact community in small ways



Keali French | The Register

Teacher Jennifer Statsny shows members of the Sign Language Club a new sign.

By Natalie Nepper
STAFF WRITER

Amidst about 100 other clubs at Central, Sign Language Club is one of the newest and fastest growing clubs offered. After doubling in size from last year, students are busy expanding their knowledge every Thursday in room 229. However, there’s a lot more preparation and behind-the-scenes action that goes into the club than meets the eye.

It all started when sophomore Aaron Borcyk came across a deaf person in the community and decided that he wanted to begin a sign language club.

It took a lot of shuffling around and he hit a lot of dead ends before he was referred to Jennifer Statsny, an English teacher who agreed to sponsor the club.

“My sister’s deaf and my niece is deaf, so I’ve known sign language my whole life,” Statsny said. “It’s a skill I have to offer in a club format.”

To get this club off to a good start, Borcyk and the existing members made signs to hang around the school. They also broadcasted information on the morning announcements. However, a lot of their success is due to word of mouth.

“I ran around telling people I had started a sign lan-

guage club and sometimes they would tell people or I would ask them to tell people,” Borcyk said, “and a couple people ended up showing up.”

Students talked to their peers and would bring their friends to the meetings. A slow progression of members developed into about 15 people; few who knew any sign language at all.

Each meeting begins with practicing and teaching the alphabet to new members and reviewing vocabulary from the previous week’s meeting. There is a lot of finger-spelling, and members receive word lists. More advanced members will often step aside and help newer students get the basics of sign language.

“Most of the people who come in haven’t had any experience with it at all. The reason they come is to learn it for the sole purpose of getting to be better,” Borcyk said. “Eventually when people get out of it, they will start to spread what they know and who knows, maybe those people will spread it.”

Members not only talk about sign language but deaf culture and the way that deaf people communicate. They touch base on how to appropriately act in the deaf community and how to use their lessons in everyday life.

CONTINUE TO ‘SIGN’ ON PAGE 8

Apple falls far from the tree with recent release of new color iPhone

Cell phone businesses around the world are all about competing to get on top, and iPhones are among the top picks. Apple’s newest release has the software update IOS7, as well as the “new and improved” iPhone 5c.

Instead of just black or white, Apple now offers colored smart phones—and they are made of plastic. Yeah, the stuff people put food in to keep it fresh.

The top of the iPhones remain colorless, therefore making the colored iPhones pointless. It is impossible to not drop your phone, so phone users take the steps in protecting their phone: they buy a phone case.

When you would put on this phone case with the iPhone 5c, it would most likely cover up the color on the sides and along the back, especially if you are like me and need an Otter Box to ensure that your phone doesn’t crack.

As they thought they were solving this problem, Apple offers a case to go with this new phone. This case is not like any other, except for the

fact that it displays holes along the lower end of the backside. This case too is offered in the same colors as the ones you can choose for your iPhone: green, blue, yellow, pink, white or black.

Apple employees probably figured that this would solve the problem of not being able to see the phone’s color through the case, but, in reality, this looks anything but sleek. If anything, it looks ridiculous.

Another negative to this phone is the fact that it still requires the charger used for the iPhone 5. Why not go back to the larger charger? This charger could fit more appliances and would prove more convenient if Apple users owned, on top of the phone, an iPad or an iPod.

On the other hand, the other side to this is the fact that this phone now has a longer battery life. It always seemed as if using Instagram for 30 minutes would almost drain the iPhone’s battery completely, though with this new iPhone, the battery can last up to 10 hours.

Some positives to the new software update include ability to zoom in on video, choose from a variety of ringtones and text tones and take better pictures.

Since this new update is so much different from the old IOS6, it is like learning how to use a new phone. Who would want to go through learning to use a different phone after being so used to the old iPhone? Many people have chosen not to get the new iPhone or the update solely for this reason.

The bottom line is when weighing the pros and cons, the weight no doubt falls on the negative side: the pointless color, the absurd phone cases and the concept of a whole different phone. I may as well get a Droid.

I do not care if the phone has better sounds, video or even, if you would consider this a plus, color. I like to stick with the sleek look of the old version of the iPhone.

In the same way, the preview of the new iPhone 6 is online. Seeing this, I have come to hate the thought of seeing the new iPhones in 10 years.



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RACHEL JACOBSON

Learn about the Central alum who started Omaha’s first independent movie theater.



Sydney Spangrud | The Register

Central High alum Rachel Jacobson works at the Film Streams office. In 2007 she launched the non-profit theater.

Alum brings international theater knowlege to create Film Streams

By Seth Arter
ADVERTISING MANAGER

In 2007, a new chapter in the film industry began for Omaha that changed the northern downtown business district. This new legacy all began behind an idea. Central graduate Rachel Jacobson had a unique vision focusing on a great theater. Film Streams, a non-profit theater at 13th and Mike Fahey St., was designed with the intention of quality behind each film.

After graduating high school in 1996, Jacobson continued her education in Illinois. After earning her college degree in English and political science, Jacobson moved to New York City. There, she worked in different arts and non-profit organizations, pondering ideas and gaining experience for a successful future.

“When I was there, I kind of had this idea in mind that I wanted to move back home eventually and start this movie theater,” said Jacobson. Every job she took during her five year stay in New York gave her a real world experience for what she hoped to accomplish.

During Jacobson’s senior year, her English class consisted of Film History and Criticism.

During one semester, she took French and Documentary Film History and Criticism.

“The French side is kind of like the art side of film and the romantic, passionate style side. The documentary side is more about the social stuff and learning about the world,” said Jacobson. While taking the class, she was inspired.

“It was the height of my passion about film,” said Jacobson. Her education and work experience were not limited to the United States as she continued her journey in Scot-

land.

A cinema tech (non-profit museums for films that are found all over Europe) was located near Jacobson’s place of residence. Throughout Jacobson’s experience and education in the film industry, she knew she wanted to begin something different from other theaters.

“Film is such a commodity. It’s really a huge industry and so much money is made from film and so that...makes people think of it as a product,” said Jacobson. At the time, she knew she wanted to move back

“*Film is such a commodity. It’s really a huge industry and so much money is made from film and so that... makes people think of it as a product.*”

RACHEL JACOBSON
central alum and founder of film streams

to Omaha from New York. After gaining an education and work experience, Jacobson conjured up a plan to make her dream become a reality. Before returning home, Jacobson took a month long class at NYU in arts and administration. In 2000, she had a solid image of what she wanted to achieve.

“I learned about a lot of different art administrations in New York and how they function and I kind of wrote the skeleton of the business plan for what’s now Film Streams,” said Jacobson. After forming a structure for the plan, she started to think of the programs and com-

munity involvement she wanted for Film Streams.

Continuing to pull everything together, Jacobson figured out a mission statement and plans for the theater that include donations from various companies and corporations.

“It’s a business model so we’re not just dependent on box office and concessions,” said Jacobson.

She wanted the theater to gain financial stability from sources who are passionate and caring about theaters and films.

“Because we have that support, it gives us the freedom to be able to make decisions that are not just based on money,” said Jacobson.

In 2005, she moved back to Omaha. That year, she received good news from a friend who runs Saddle Creek Records, a local record company. Jacobson’s friend had a great idea for a concert venue and shared the idea with her. At the time, there were not many businesses in the north downtown district.

“My friend Rob called me up in New York and said ‘we have this opportunity to not only build our concert venue, but to do a whole development,’” said Jacobson. City of Omaha developers were eager as they had wanted to turn the area into an entertainment district.

Involvement with several organizations allowed Jacobson to raise \$1.7 million within two years. Jacobson’s father, who is the head of a local law firm, introduced her to many people who were eager to help. A local family also donated \$500,000 to the non-profit organization. Although Jacobson had a profitable group of people to support Film Streams, it was still challenging at times. “Just building momentum takes a lot of time and patience,” she said.

Miss America shows diversity

Immediately after Nina Davuluri was crowned Miss America 2014 on Sept. 15, social media erupted with thousands of tweets and posts about how she was not “American enough.” Davuluri, the first ever Indian-American to be crowned Miss America, was in fact born in the U.S. and is therefore a citizen. Who are these people to decide being of Indian descent makes her less worthy?

I think that people are used to making judgments about those from Asia, the Middle East, etc. Somehow the words “terrorist” and “al-Qaeda” pop up in many people’s minds. They’d be mistaken to assume Davuluri was Arab and/or Muslim when in fact Davuluri’s parents were born in India and immigrated to America.

Despite popular belief, being American does not mean being white or Caucasian. Being American does not mean having descended from multiple generations of U.S. citizens. Being American does not mean backyard barbecues and Fourth of July parties. The United States is rooted in diversity. It has been present since settlers first set foot into the New World. America prides itself for having equality, rights and diversity... or so we think.

How can we appreciate our varied culture if we can’t even accept that Miss America 2014 is Indian-American? Race should not play such a key factor in judging whether she deserves the crown. Sure, the judges were as fair as they could be; after all, runner-up Crystal Lee has Asian roots. Its society in a whole who can’t appreciate that she deserved it fair and square.

As Davuluri is being plastered on magazines and news articles across the country, the real story is coming from her being Indian-American. Very few seem to care that she was a straight A student and hardly anyone appreciates her efforts to become a physician and

follow in her father’s footsteps. We can barely recognize that she overcame bulimia and continues to be an advocate for healthy lifestyles.

Additional news stories ridicule her for being from Syracuse, New York. This small city with only about 150,000 citizens is fairly close to Canada, but still considered “the heart of New York.”

Some people feel that naming a woman Miss America who’s “almost Canadian” is ridiculous. What’s really ridiculous is that Syracuse is, in fact, part of New York and as American as any other city across the nation.

Like I said before, the country Davuluri descends from or the city she grew up in has no effect on the pageant itself. She is American and therefore has every right to compete for the crown. It doesn’t matter if her name doesn’t flow right off the tongue, if she’s into Bollywood dancing or Mexican food; her likes and dislikes won’t determine if she can become a role model for younger generations.

It’s upsetting that more security has been assigned to Davuluri than any past Miss Americas. The traditional toe-dipping ceremony, in which every Miss America dips their toes into the Atlantic Ocean the morning after crowning, had bomb-sniffing dogs and police at the scene. I can’t imagine how hard it is to deal with racist remarks and still be a symbol of beauty for our nation.

However, Davuluri has said in the past that racist comments don’t affect her. She continues to be a role-model to young Indian-American women everywhere, as well as those who have overcome eating disorders. I find it extremely brave of her to do so, especially since this controversy will follow her throughout her reign.

Ultimately, the question of “who/what is considered American enough?” will not deem Davuluri, or any contestant, unworthy of becoming Miss America. The real competition is in the talent, the beauty and the brains.



NATALIE NEPPER
NOT GONNA LIE

Sophomore initiates new club



Keali French | The Register

Sign Language Club sponsor Jennifer Statsny demonstrates a sign during a club meeting.

CONTINUED FROM
‘SIGN’ ON PAGE 7

To Anna Goeman, sophomore, Sign Language Club is “like a little family because we all get to see each other once a week” and for the fact that the members are not “all in the same grade or have the same classes.” To a large majority of the students in the club, Sign Language Club is a good break from the stress of everyday life.

“It’s not necessarily like a class that’s supposed to give you work or be stressful or anything,” Boryck said. “It’s just a fun time.” This “fun time” can help impact the community in small ways, but still leave a large mark.

“Deaf people are very isolated in our society because so few people know how to communicate with them,” Statsny said. “If they can communicate, even in the simplest of fashion, even if they can spell words to each other, it really helps the deaf people feel more comfort-

able and it helps them get the services that they need.”

Boryck said that he’s been in instances at work that allow him to use his knowledge and communicate with deaf people. He explained that, “they get really happy when they see someone who knows how to talk to them in the right way.” Because of this, Boryck wants to pursue Speech Pathology and Interpreting in college.

Statsny hopes the club will continue into future years. “Since they want to continue having the Sign Language Club, I plan to continue having it,” she said, “as long as students are interested in doing it. It’s not something I want to force people to do.”

Boryck encourages all students to come to a Sign Language Club meeting.

“It’s just a place where I think people come to let loose, have a little fun, but still get something done,” he said. “It’s definitely something worth giving a try.”

Alumni combine musical experience into experimental punk rock band

CONTINUED FROM ‘BAND’ ON PAGE 7

some bribery was done. “We offered him Mike’s first born in exchange for him to play one show with us and then he was like, after the show, ‘I’ll do this for real,’” said Leahy.

All the members of No Thanks have some form of prior musical experience. Huber, lead guitarist, started playing the guitar at 13. Stout and Peterson both began playing their respective instruments at early ages, but didn’t begin playing seriously until this year. Leahy, the lead singer, grew up listening to music.

Huber describes their sound as “heavy,” yet “dancy” at the same time. “My guitar tone is all treble which just means it’s really sharp.” They’ve even come up with a new genre to better clarify their music. They call it “Neu punk,” or “Noueva Punk.”

Influences for the band include: Fugazi, Black Flag, The Pixies and Hank Wood. Their biggest influence, however, according to Leahy, is The Clash.

“The band is No Thanks, but we are The No Thanks,” said Stout. The process in which they named their band is not as fancy as one may think. “We were all in a room and we were throwing out band ideas,” said Leahy.

“We were playing around with phrases,” said Stout.

“Mostly I was saying all of them and they [Huber, Stout and Petersen] were ‘no’ to all of them, and finally I said ‘No Thanks,’ and Mike was like ‘I feel like if that had a ‘The’ in front of it it’d be really cool,” said Leahy. Therefore they all decided to make the name interchangeable. So

it could be either No Thanks, or The No Thanks- basically however you feel like saying it at that moment.

Their name is also about “the rejection of grocery shopping bags, we really hate them,” said Huber. “That’s why we wear [leather] jackets,” said Petersen. That way they can store all their groceries hidden away in the depths of their jackets.

No Thanks is recording a split--shorter than an album, just a collection of a few songs. It will most likely be released within the coming months, with more information to come.

The band will go on a southern U.S. tour this summer.

Each band member has their own objective for why they’re playing music. “Well, it kind of varies; some days I want to really get the point across that I’m sick of being unrepresented,” said Huber. “Sometimes I just want cute girls to talk to me after I get offstage.”

Stout’s objectives are quite similar. “I would like people to at least consider communism, and also I want cute boys.” Leahy, the one who brought the band together said, “I want a lot of things. I want to get out all of my angst, I want people to be politically aware. I mean we do a lot of crazy s**t on stage, I’m pretty politically aware and I want other people to be politically aware also.”

The kind of things they do onstage may seem a little ridiculous or weird, but they do have some meaning behind it.

The pumpkin that they smashed on stage at their very fist show had a picture of Ronald Reagan’s face on it, they once were using squirt guns to make a tie back to the crisis in Syria and how their government was

handing out weapons to their citizens.

No Thanks is a lot different from any other punk band in Omaha. “We attempt to actually know how to play our instruments, which is something a lot of bands don’t do,” said Huber. They can play them and they can play them well. “We’re just as arrogant, but more charming. We have souls,” said Stout. They aren’t people pleasers, yet they aren’t too heavy. They try to meet in the middle. “I think we’re only actually punk because there’s not a better way to describe us, we’re pretty different,” said Leahy.

Their song-writing process is a mixture of things. Huber will write a song and Leahy will give a lot of critiques. Or Leahy will write down a lot of words until somebody has some music to go along with those words. Huber says he spends a lot of time writing music in his bedroom which he then shows to his band members. “It’s kind of like having an editor,” he said.

Some songs are easier to write than others. For example, Petersen wrote a song which he then showed to the band, then Leahy spent about 90 seconds coming up with the lyrics. Some take longer--Huber has been working on a song for about three months.

Advice they have for high school kids who are trying to form bands is this: Come to shows, make friends, make commitments and don’t take “no” for an answer.

“Come to our shows, they’re cheap or free half the time,” said Huber. Meanwhile, they have plans to take over the city. Huber says there’s this hierarchy of bands that people already know about, like Icky Blossoms.

The No Thanks is trying to build something that is separate from that from how those types of bands are. They’re trying to be a cool band with a message that people actually want to see and hear.

“*I want a lot of things. I want to get out all of my angst, I want people to be politically aware.*”

BRENDAN LEAHY
lead singer of
the no thanks



Left: Sophomores Collin Podany, Julie Kent and Rhianna Giron warm up for one of their rehearsals. The musicians are preparing for tech week. Right: Pit orchestra director Brad Rauch instructs his students.



PIT ORCHESTRA

By Micah Martin
STAFF WRITER

THESE 21 MUSICIANS BELOW THE STAGE ANNEX THEIR SYMPHONIC TALENTS TO THE FALL MUSICAL

Keali French | The Register

On Oct. 21 at 7:00 p.m., Central performed the first production of "Once Upon a Mattress." The actors and stage crew members are all in the spotlight, but there is still another piece that is as important as those on the stage.

That is the student musicians who produce the music that help to bring the musical to life. "I'm excited for the first performance. It's a new experience and I want to see how it all comes out, it should be really good," said freshman, Elizabeth Ronsick, who is the only double bass player in the pit orchestra this year.

Musicians in the pit orchestra mainly play music that is incorporated with the actors and singers on stage. On their own, they also play an overture before the musical starts. T

his group consists of all of the traditional orchestra instruments, plus the flute, clarinet, trumpet, trombone, horn, guitar and some percussion.

There are only 21 musicians playing in the pit orchestra this year. "I like being able to create such great music with just the few of us. If you think about it, there aren't many of us, only 21 and it's like a full orchestra with the sound of 100," said Ronsick.

"It has to be smaller than a full orchestra to fit in the pit," said Brad Rauch, the director of pit orchestra. The pit is below the stage, which is why the audience is not to be able to see the conductor or the musicians during the performances. "It gets stuffed when everyone is in the pit. You have to watch out for your bow, so you don't stab anyone by

accident," said Ronsick. Even with the close quarters, these musicians are able to power through and focus on making music.

All students from freshmen to seniors that play in an instrumental ensemble are allowed to participate in pit orchestra. That is of course if

“ I like the hard work and dedication of the students. All of their extra work and effort is inspiring. ”

BRAD RAUCH

director of the pit orchestra

you are selected to join your fellow musicians in the pit. To be chosen to have the honor of playing with the pit orchestra, one has to audition for a part by playing a selected excerpt from the musical. "Auditions were intense and the music was really hard," said Ronsick.

If you happen to be a student musician at Central, who is interested in being part of pit orchestra, Rauch welcomes you to audition next year for the opportunity to become part of this musical group.

Pit orchestra is preparing for the musical this year by practicing twice a week for two hours. This happens on Mondays and Thursdays from 3:00 to 5:00 p.m. after school. Ronsick added she personally

spends about 14 hours a week practicing the pieces of music for this activity. Before Oct. 14, pit orchestra has practiced on their own, but starting on the fourteenth, everyone involved in the musical will begin to practice together.

"It's all of the different areas of performing arts combined. The musicians aren't just playing the music, it is tied in with the singing, dancing and narration of the play," said Rauch. That is one of the aspects that really emphasizes the importance of timing for all of the musicians.

"You have to practice really hard! There is a lot of counting and the timing is really important," said Ronsick. Everything is tied together so all of the different aspects have to flow together smoothly to make the musical a success.

"We are seriously like a family. We have the parts of a family that tease each other and the parts that absolutely love each other and can't stop laughing," said Ronsick.

Pit orchestra is about creating music that others will be able to enjoy, but it is also about the sort of family that is created between these musicians.

Without one another, the music that they hope to create would be impossible. Pit orchestra shows that it takes cooperation and teamwork when creating music. "I enjoy working with the kids, I like the hard work and dedication of the students."

All of their extra work and effort is inspiring," added Rauch. Support the performers. Attend a show."

Hispanic successes in movie production inspiring to others sharing ethnicity

I'm always proud when I hear that people of my culture have found success in the American world. After all, the U.S is the land of opportunities. It gives me hope because it shows that I can, too.

Eugenio Derbez, a Mexican superstar, and my favorite actor, literally made history with his first big screen movie. The amount of monetary success exceeded those of high budget movies, like "The Butler." What makes this even more historical is the fact that he wrote, produced and directed the movie.

He insists that hundreds of doors were closed on him when he introduced his movie idea, but that didn't stop him, because of his determination; the movie is amazing and doing way better than he could have ever dreamed of.

There are millions of movies out there, but Derbez's movie has that Hispanic and bilingual twist to it. There aren't many movies that are in Spanish that have attracted the attention of American views like his.

Derbez's movies in Spanish with bilingual aspects add a humorous aspect which comes off perfectly. Seeing Mexicans succeed on a busi-

ness that others have coined their own is incredible.

The world is ready for Mexican movies in an American market. The diversity that this country has to offer is immense, why can't it be reflected in its movies?

Other movies have arisen because of Derbez's success, because of his determination we will see more of great Mexican talent in movie theaters.

It was about time someone of Mexican descent from Mexico made a movie that had that vibe Mexican made movies from Mexico offer. The movie gives a family friendly vibe where even abuelita can enjoy a movie in her native language.

It is safe to say that in the future, our movie choices will include one or two in Spanish, while being bilingual.

The world is more than ready, because we want something that is different than what we are accustomed to. It's in our nature to want that, and if we keep giving Hispanic movie producers, directors and writers that little ounce of acceptance, they will take the American movie world by storm.

American movie producers will now more than ever want to team up with Mexican producers to reach an even higher level of success. It will pave the way for many future starts and movie fanatics.

Not only will Hispanics attain a sense of their culture showed to millions of movie watchers, but other cultures will feel the same way. Who is to say that we won't see a Chinese movie soon? The movie world will change dramatically with these new initiatives from culturally diverse movies.

The future holds many possibilities, those that can award thousands who seek a change in the movie industry. Our movie theaters will be packed with people going to watch a movie in which their native language can be depicted. Our essence of understanding one another's culture will grow with these new types of movies.

Generations can learn from this and take an even bigger step towards these new movies. I for one know that the movie industry will change and flourish for the better.

It's time to show other cultures in movies, we live in a world that is culturally diverse. Culturally diverse movies will be the turn for whole new movie genera. It's time for a new movie revolution.



SAN JUANA PARAMO
HAKUNA MATATA

Brony Club's first meeting attracts those with unique but common interests

By Kelsey Thomas
STAFF WRITER

On Wednesday, Oct. 2, 2013 in room 218, a monumental event in Central High School occurred: the first "Brony" Club meeting was held.

At the first meeting, eight people showed. All were boys. At the following meetings they plan to have nine members. The new person will be a girl. Girls who are fans of the show are called "pega-sistas."

At their first meeting, each boy introduced themselves and discussed what got them into the show. For the majority of them, there was a common theme. Many were first introduced to the show through their younger siblings while they were babysitting. Almost all of the rest of the members got into the show through friends at school or friends they met on Xbox or the internet.

Members also discussed their future plans and goals for the club. One thing they are particularly excited about is the idea of making a Central-themed pony; decked out in purple and sporting an eagle as a "cutie mark" (The unique design on the hip of every pony.)

Jeremiah Amaya, a sophomore, is the student responsible for starting the club. He approached Casey Bigsby, his favorite teacher, and asked her to sponsor the club. She agreed, although she "did not know about the Bronies" until Amaya approached her.

Amaya, like many other members, was introduced to the show

through friends and the internet. He heard about it, and thought that it was "interesting." He said, "I just tried it and stayed with it."

Amaya said that his likeness for the show, "kinda comes from my fondness of reading. I like to see characters develop." Aside from the character development, "believability" and "relatability" of the show, he also really enjoys the images, colors and animation.

Although the group is based off of the television show, there is a whole online world to go along with it. YouTube has channels dedicated to it, and other websites have forums completely focused on the show.

Amaya is mostly excited for the club so that he and others can "expand" on what they know. He stated that he is "a fanatic," so there might not be much others can teach him, but there sure is a lot he can teach others.

What Amaya mostly wants people to understand is that the "Bronies" are "just normal people." They all share a common interest. When first hearing the club was starting, people might think it to be a practical joke. People may have heard of the fan group dedicated to the television show "My Little Ponies: Friendship is Magic" before, but may have never imagined there was an actual fan base in Central.

After attending the meeting and speaking with some of the members, it is evident that what brings these people together isn't that strange at all. And really, if you have fun with something and enjoy it, why not?



Photo courtesy of |wikia.com

Stupidity of beauty standards leads to unrealistic, destructive self-image expectations

You walk into Victoria's Secret and you're surrounded by many photos of "beautiful," thin women (what society tells you to believe). Their legs are perfectly toned, same goes for their stomachs, arms and of course the ever so important boob size which seems to be the best size imaginable--not too big or not too small, just "right."

You take a step back as you're trying on clothing in a dressing room of Urban Outfitters, you see your not so toned legs, your semi-flabby, yet not flat stomach, your arms--where fat jiggles when you shake them and your boobs that seem to be either too small or too big. That picture of the model from the Urban Outfitters catalogue enters your mind. You begin to think, "Why couldn't that be me?" and "When will I be as skinny and beautiful as these women?"

What I want to tell you is to stop thinking this way. You are beautiful inside and out no matter who you are and there are definitely people out there who feel that way about you, so why don't you feel that way about yourself too?

Beauty standards in society are dumb, so seriously, don't listen to

them. I'm pretty sure they were made to make girls feel bad about themselves. I find this sad. It seems like nowadays, young girls are looking up to women who aren't the real, every day women that they're used to seeing in daily life.

When I say real, I mean those women who work, have kids, go to school or even all of the above. These women don't have the time to work out, so it makes sense that they're not perfectly thin. This group of women are the ones that girls should be looking up to, not those Urban Outfitters and Victoria's Secret models. When it comes down to it, we as a society are always moving and seem to be always crunched for time. Because of the lack of time we have, women don't have the time to be working out extraneous hours a day to look good--I hate to break it to you, but those models and celebrities (Victoria's Secret Models specifically) work out with trainers for up-most six hours a day. It's a little ridiculous if you ask me. If a regular woman or girl died that, they would have no time for anything else.

I admire women who are comfortable with themselves and their bodies. If a girl is a little bigger and she knows how to dress in ways

that work for her, that makes her beautiful in my opinion. I've also noticed that those really skinny girls seem less sure of themselves. I am definitely not saying that in all scenarios, but I'm just saying that based on observation I have noticed this. So I guess what I am getting at is that you don't have to thin to be beautiful. You can be beautiful at any size. Confidence is beautiful, so again, quit listening to society and start listening to your thoughts. You are beautiful whether you're drop-dead gorgeous, or just an average regular girl--it's the confidence and self-assurance that makes you beautiful as well as your personality.

People who have good, happy, uplifting personalities are beautiful. They make you want to be around them and you wouldn't want to hang around ugly people, would you? The answer is an obvious no, but the great thing is people can have different perceptions of beauty. What may be beautiful to someone isn't beautiful to someone else. That's why beauty standards for women are dumb. Everyone is different. All beauty is different and I think people need to realize that.

The next time you walk into that dressing room to try on clothes, remember that whether you think so or not you are beautiful. It may not be in the way you want it to be, but you are. You just need to remind yourself that.



MAYA DURFEE O'BRIEN
I GUESS THAT'S OKAY

School of Rock offers ample opportunities to local rockers



Ryan Carter | Contributing Photographer

School of Rock is located at 13720 Millard Ave and offers many different lessons in all types of music.

By Kira Hawkins
STAFF WRITER

The School of Rock is a music school for kids. The goal of the school is to inspire the world to rock onstage and in life.

Since its opening in 1998, the school has inspired children to rock. It was founded originally in Philadelphia and has grown into an international program, with 69 locations in the United States and Mexico.

Students have performed over 1,000 concerts, to tens of thousands of viewers. School of Rock students have performed at music festivals and at famous places. There are classes for every level of student.

Also offered are different types of music camps, programs and lessons.

Students have found a love for the school, the instructors and each other. During the School of Rock's Open House on Sept. 29, members of Making Mayhem, one of the School of Rock bands, performed for family. The band agreed that they had fun and were all looking

forward to the upcoming concerts. The band members were of different ages but got along nicely. Students interacted with each other, going over lyrics and music or running instruments back and forth back stage, double and triple checking sound. There were other performances from other bands.

The students all listened and clapped for others. Omaha's School of Rock branch is located in Millard, just off Millard Ave. The brick building stands facing a church, which is just across the street. There are often concerts out on the front lawn.

Senior Chaz Liechti is a singer in Making Mayhem. The band performed in the Prince of Darkness tour, which is dedicated to heavy metalists and Ozzy Osborne fans, on Sept. 29 and Oct. 12.

The Oct. 12 show was located at the Arena Sports Bar. In a showing at the School of Rock, Making Mayhem, along with other groups, put on a performance, showing off skills that they learned.

Liechti first discovered his love of music around the age of 10, having spent his grade school years

singing in a church choir. After grade school, though, Liechti's involvement in music dwindled.

It was not until he joined the School of Rock that his love of music was rekindled. "It's (music) always had a special part of my life. Always trying to find a meaning. Hold into it. I have a soft spot for rap, but rock has always been my favorite," he said. He chose this school because of a strong love of rock.

Liechti says that the lyrics, messages and guitar solos are his favorite parts of rock music. He believes rock music helps raise people's spirits and inspires them.

"This is something I can do for the rest of my life," said Liechti. The singer has plans to continue with his band.

Besides inspiring students to rock, instructors guide talented students to improve skills on sound, performance and overall presence.

Talent is recognized and brought out for others to see.

By increasing confidence and helping students to shine, every kid can be a rock star. That has been the goal since the opening.

H&M's 2014 opening in Westroads will be only store in Nebraska

By Seth Arter
ADVERTISING MANAGER

As the trendy, modern clothing store H&M is expanding its market in a western direction, Omaha is one of the primary focuses. "One of the most recent stores opened was in Kansas City, so Omaha is a natural next step for H&M," said Jim Sadler, general manager of Westroads mall.

Not only will the new store bring Omaha residents to the mall, but it will also earn the business of those who typically travel to other cities to shop at H&M. "There's quite a few people that drive down to Kansas City to shop at H&M and hopefully we can retain them here in Omaha," said Sadler. Not only will it attract H&M enthusiasts that already live in the Omaha metro area, but people from out of town as well. "Westroads is the largest shopping mall in Nebraska, so we do get a lot of people from out of town," said Sadler.

Bringing shoppers into Westroads is by far not the only aspect that is exciting, as sales are projected to be prosperous. "We've had several stores that have done much better than expected, and I bet H&M will

be the same," said Sadler.

Even though there are already modern clothing stores similar to H&M at Westroads, it will still have new things to offer to those who like new, trendy clothes. "Consumers are now moving towards a more value oriented retail when they shop, and H&M fits into that category," said Sadler.

So how does a large chain clothing store end up in a certain mall or shopping area? It's something that consumers are quite curious about, but the answer is simple. "It's a negotiation just like anything else," said Sadler. It's only a matter of a store, or a mall contacting one another to reach a negotiation. In this case, Westroads contacted H&M with the offer, which they more than gladly accepted. "It's a long process," said Sadler. Westroads mall has been working with H&M to make a final deal for three years before announcing the store's future arrival.

The three year process of working with H&M to open an Omaha location has been completed, but that only marks the beginning of a long remodeling process that will take place in order to prepare for the new store.

With grand opening to take place in the fall of 2014, there is a lot

to do in a short amount of time. Currently, the future location of H&M is four separate bays, which will change once the construction begins. The store will possess 18,000 square feet by the time the work is completed. Walls have to be torn down, floors need to be leveled, air conditioning units will need repaired and glass needs to be installed for the entry ways. "It will be very extensive," said Sadler.

From a financial aspect, the new store is predicted to increase sales not only for H&M, but for Westroads mall as a whole. "If you have a popular store like H&M, they won't only shop there, but at other stores too," said Sadler.

Consumers are only half the population that the new store will attract, as the number of employees will increase. Westroads currently employs a little over 3,000 people, including all the department stores. Once H&M opens, it will add approximately 100 new employees to the mall.

As the date gets closer, Sadler and Westroads mall are excited to welcome the new addition, with high hopes and vibrant energy. "It's one of those things where it's just going to make Omaha look better and better as more and more retailers settle here."

New art teacher brings unique ideas from experience in the South

By San Juana Paramo
STAFF WRITER

Central welcomed a new art teacher to the building this year: Dane Haggard, a Houston native who made a big change in his life by moving to Omaha.

In middle school, Haggard was "accused of being an artist" by his art teacher. He went into art not knowing what it was at the time.

"I didn't have anybody accusing me of anything else, so I figured I'd try it out," Haggard said.

Thus, Haggard started his educational path. He obtained his Bachelor's Degree at the University of Houston, and attended shows that acquainted him with techniques used now, as well as learning from artist friends. He never stops learning.

"Anytime that I see something that I'm interested in, I want to learn how to do it, not in the means of style, but technique or medium," Haggard said.

Haggard has wanted to be a teacher since the moment he graduated high school.

"I took the long way, it was my eventual goal, and I got here," he said. Haggard got involved with teaching with the help of his third grade art teacher.

He wanted to give back and teaching was his way. "I'm a big believer in giving back, putting back into what you've taken so it's there for others to use," Haggard said.

Haggard found teaching art was something that meant a lot to him, and he thought he should teach something he believed in to make the most out of it.

His six years teaching were spent in Houston in the largest elementary school in Texas; he had hundreds of children under his care, being the only teacher.

"They came to me in groups of 58 to 62, I was the only person in the room giving instruction," Haggard said.

It was then, after teaching elementary students for so long, that he decided to make a change in his life, a

switch from elementary to high school and in a different state.

Haggard found out about job postings in Omaha after careful research with his wife.

After narrowing his choices to three different states, he finally decided on Omaha and after interviews, he chose Central.

"There was a posting online. It was at a district level, I got this position through a series of interviews," said Haggard. "It's the best place I could be."

Haggard attended art shows at the TAC building, studying the techniques that not only students used, but those of the teachers.

Seeing how the students work was presented, the neatness and professionalism attracted him even more to the art program Central had to offer.

His experience has been great during his first few weeks; he enjoys the increased freedom he has with higher grade students that he didn't have with elementary.

He is just there to "give them the permission; they need to keep working beyond what they are able to do."

His experience with teachers at Central have been "world class" to him, making Central an even better choice for him.

He is starting to introduce students to documenting their work, for future reference as well as starting to help them develop their portfolio.

It will help since "many students refer to pop culture references in art, it'll be easier for them to have their own work as reference and keep building it."

In many ways Haggard has been surprised at Central, but one thing that has stuck out to him is the great diversity Central has to offer.

Coming from Houston, he has enjoyed the fact that he can interact with so many cultures.

Haggard is more than ready to become a member of the Central community. "I really like it here," he said.



Keali French | The Register

New art teacher Dane Haggard demonstrates the beginning of a new project during an art class.

THE REGISTER'S FALL MIX CD

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Gets you in that lovin' mood.

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The Avett Brothers

For all the broken love birds.

CREW CUTS

Macklemore & Ryan Lewis

When you want to feel fresh to death.





Georgia Chambers | Staff Writer

film



title
Gravity

director: **Alfonso Cuarón**
genre: **Science Fiction Thriller**

rating | 9 out of 10

“Gravity” earns stellar ratings overall

Dr. Ryan, a.k.a. Sandra Bullock, is lost in space. Though, one thing that viewers do not understand until later in the movie is that Stone is also lost in her life.

This action-packed movie keeps you on the edge of your seat as well as sympathizing with Stone throughout the whole touching story.

The beginning of the movie is totally silent. People can be heard crunching popcorn for at least a few minutes.

This really helps the scene sink into the perspective of viewers: the silent void of space along with a view of Earth. Finally a conversation between the two main characters, Stone and Matt Kowalski, a.k.a. George Clooney, is picked up.

These two are working for NASA and were up in space fixing and researching a U.S. space station.

Not soon after the movie has begun, there is a report that a Russian missile has hit a Russian satellite and debris is now hurtling toward them.

Ryan, unable to unstrap herself, gets hit and finds herself detached from the station and billowing deeper out into the void.

This was when Bullock's acting shone through. Spinning headfirst, literally head over heels, she displayed emotions of panic and soon loss of hope.

Her displays of emotions were more than believable; one could not help but feel sorry and anxious for the poor woman lost in space. Though, Kowalski soon comes to the rescue and shortly after, they are

traveling to the nearest space station to try and get home.

Here we learn that Stone had lost her daughter, and that she did not have much of a will anymore.

Through a heart-pounding scene, Kowalski is lost when the next attack of debris comes, and Stone is left alone for good.

More obstacles were put in her way, but you will have to go see the movie to learn what happens further to Dr. Stone.

One thing I will say is that this movie displays deep themes such as to never lose your purpose.

By Stone being saved multiple times, she learned that on returning she could no longer stay the way she had been, without a will.

It also gives off the theme of courage. Stone had unimaginable tests to overcome throughout the story. But she went through it and made it to tell the story.

This can be reflected to our own lives; it teaches us to not lose hope when things go wrong and to keep going even if it gets hard.

Aside from the storyline and acting, the special effects are monumental. If I had not known better, I would have thought I was looking at two astronauts in space.

The views of the Earth are spectacular; viewers get to witness a life-like sunrise from the perspective of one looking down on Earth.

The debris crashing in various times along with the dramatic music deeply affects the viewer. The meteor shower that occurs at the end of the movie is just as unbelievable.

Through and through, this movie is one like no other. The actors, the storyline, the realistic views, the themes and the special effects all weigh in to produce a story that deeply affects viewers in every way.

I rate this movie a nine out of 10. If you did not see this movie, I recommend you rent it at a movie store.



Cheyenne Alexis | Copy Editor

album



title
Hail to the King

artist: **Avenged Sevenfold**
genre: **Metal**

rating | 10 out of 10

Three years later, album impresses fans

After an agonizing wait of three years following their fifth studio album “Nightmare,” California-based metal band Avenged Sevenfold released their sixth album on Aug. 27, titled “Hail to the King.” This album was a stepping stone for the band, as four years prior, they lost their drummer to an accidental drug overdose. Now with the band fully equipped with a new drummer, the band released a jaw-dropping and simply flawless album this year, and because they are my favorite band, I loved everything about it.

One thing about Avenged Sevenfold is that I can appreciate the time spent creating the lyrics and the music, which the band produces all by themselves. The band itself has distinct-sounding songs, they are not afraid to experiment and in the end, the songs usually end up being fantastic. The vocals on this album stick out the most. M. Shadows, lead vocals, is very efficient in the album, as he has many high and long notes that are wonderfully belted out and on top of it all, his voice is phenomenal. The instruments were simply amazing as well.

The album opens up with the heavy-driven “Shepherd of Fire,” a very adequate choice for the first song. Because they are a metal band, it makes sense to start an album with a very strong song. It begins with an eerie background with different instruments playing, and then switches courses when the first strum of the electric guitar plays. Most songs released by Avenged Sevenfold usually focus

on a religious or darker aspect, and it shows in this song through the deep and meaningful lyrics.

Following the song is their title track “Hail to the King.” The song was released as a single track. It emphasizes more of a 1980s heavy metal sound, with high-pitched guitars and a simple yet powerful drumming. Shadows has gritty vocals, especially sticking out in this song.

The focus this time for the band was to create a more “heavy metal” sound; they were inspired by popular metal bands in the 80s. This shows in the song “Doing Time,” the third track on the album. This song, many have said, is in the style Guns N’ Roses, with the heavy vocals, instruments and lyrics. It is a faster-paced song and one of my favorites.

The band has experimented with ballad songs in the past, and those are some of their best songs, as Shadows is able to perform with his raw, amazing voice. Two ballads, “Acid Rain” and “Crimson Day,” appear on the album. These two are slower and mellow, which adds a bit of diversity to the album itself. The band ends the album with “Acid Rain,” which sends off the heavier songs in a unique way, and it’s my favorite of the ballads.

Of all songs on the album, there are two particular tracks which stuck out the most to me. “Coming Home” is my absolute favorite on the album, as it is the whole package that Avenged Sevenfold has to offer, and I can listen to it multiple times a day. “Requiem” is another favorite, because the lyrics are simply put together.

Overall, this album was the band’s best product by far, as every song is meaningful and different and the band itself is passionate in what they do. I can honestly say that none of the songs were bad; they were all perfect. Avenged Sevenfold is more than likely to produce even better albums in the future, and they are more than anticipated, especially after “Hail to the King.”



Jordan Young | Staff Writer

dining



name
Culprit Cafe

location: **16th and Farnam**
cuisine: **Pastries & Coffee**

rating | 8 out of 10

Cafe brings cozy vibes downtown

Rainy days, warm sweaters, a cup of hot delicious something and a modern twist on your grandmother’s cozy kitchen filled with an aroma of everything good is exactly what the new Culprit Café is all about.

Don’t be deceived by the name, there is nothing “culprit and crime like” about the new café located on 1603 Farnam Street. The overpowering aroma of sweet baked goods is an undeniable force when you walk in, and the inviting and laid back atmosphere is hit successfully by owner Luke Mabie.

The purpose of the restaurant is to create a warm, clean atmosphere where customers can decide what mood and experience they want when they come in.

And there are so many options. They can decide whether they want to arrive with a group and sit on black leather couches or at one of the wooden countertops and tables. One unique spot even looks in on an open space where the chefs (including Mabie) work hard at preparing food.

The dim lighting and modest size of the café adds to the snug atmosphere. The windows provide a huge mood setting also adding not only an open feel, but a view of what is going on outside; not only weather-wise but in respect to the outside community.

The menu is split into breakfast, lunch, coffees, other beverages and daily specials. It’s a true café; however it’s not your typical Scooter’s, Starbucks or even Panera Bread. It has a unique twist on every item, down to their in-house made apple juice that had not only apples, but ginger and carrots in it too.

Culprit also has many organic and vegan choices; there were even vegan blueberry muffins. The

honey they had laying out was raw organic honey from Ralston, Neb. Talk about community oriented! Who knew that you could get honey in Ralston, Neb. anyway?

My favorite of all the food I tried was a pesto chicken and spinach sandwich, which was absolutely amazing. It was warm and crunchy from the tomato basil bread. It had fontina cheese, pesto and sautéed spinach in the sandwich with a side of potatoes.

Mabie mentioned favorites among the customers, including the open face veggie which has red pepper hummus, roasted tomato, zucchini, fried eggplant and swiss; a true masterpiece for a vegetable lover or vegan, however definitely not for me.

Another favorite is their beignet (similar to a fritter), made from a deep-fried choux paste and topped with powdered sugar.

Besides the great food and hospitable workers at Culprit Café, there is one more important element that brings this café from great to absolutely remarkable, and that is its “teen friendliness.”

Students at Central are a diverse bunch, ranging from your everyday comic book and anime nerds to “fashionistas” or even sports fans.

But we all have one thing in common: homework.

I feel that the Culprit Café is a great place to take care of classwork in a comfortable environment, and actually get things done.

It could also be a great place to read (bookworms, I’m talking to you), or just be with friends. It can even be a great spot for a relaxed date.

However, this is not a place for anyone to be rowdy or obnoxious...sorry immature boys and girls. But if that’s not quite your pace, it’s okay.

The food is nowhere close to fast food.

It might require special taste buds and going out of your comfort zone, but is absolutely worth trying.

One slight problem might be the prices. Soy and vegan products are not anywhere close to being cheap and there isn’t a dollar menu anywhere close; this is probably the ultimate problem for students.

Otherwise, my opinion won’t budge: the Culprit Café is definitely worth trying, a solid eight out of ten.



Tia Spears | Executive Editor

tv show



title
Basketball Wives

station: **Vh1**
genre: **Reality Show**

rating | 7.5 out of 10

Viewers seek more drama from the wives

“Last time on ‘Basketball Wives,’” the introductory phrase that snatches the attention of the avid drama seekers who watch “Basketball Wives.” But are these drama-seekers obtaining the content they tune in for every Monday?

For those who do not follow the show, it’s basically about the lives of women impacted by their marriages or previous relationships with professional basketball players. This season on “Basketball Wives” starring the founder Shaunie O’Neil, Shaq O’Neil’s ex-wife, the goal is to not be as violent as last season, influence “woman-power” and show development as women shouldn’t be so negative and spiteful toward one another.

The show has been said to be a “negative perspective of African American women” and a poor portrayal of how women should act. Though the show does not target any ethnicity, as a whole, it definitely showcased violence and bullying, believe it or not.

The effort to eliminate most of the negative fuss thus far is much greater. One of the main people whom I was concerned about corresponding with the new tone of the show was Tammy Roman.

She’s a former “Real World” cast member and has a renowned bold and offensive attitude. She is now seeking therapy with controlling her anger and turning negative situations into positive ones. Understanding what triggers her and why she feels as defensive as she does with the ladies is a big focus viewers get to see between her and her therapist.

In the third episode, there was situation where Evelyn Lozada stuck her hand up as if to say “whatever” which ticked Roman off to the extreme. She was ready to pounce across the table like a lion, tiger

and gazelle all at once.

But she did not. She calmed herself with the help and teachings she learned from her therapist. To me, that is a big step in making “Basketball Wives” a more positive show to watch.

It quickly could’ve turned into a lunch of flying plates, hair and heels and I’m pleased with the fact that it didn’t.

There is a new cast member to help set the tone as well. Entrepreneur and wife of Stephon Marbury is Tasha Marbury, who brings lots of elegance and high maintenance ways to the show.

She’s very pompous in a way, but strives to be as lady-like as possible. However, she did treat someone else on the show in a very rude way that I felt was unnecessary and may have been scripted.

She was upset that the ladies left her birthday party before she arrived, though she was three hours late. Out of all the ladies, she deemed Suzie, another cast member, very passive and targeted her.

After talking with Roman, Suzie ultimately decided to stand up for herself and confront Tasha about her behavior. The conversation ended up in F-bombs and Suzie slapping the hat off of Tasha’s head.

For a second, my eyes got wide, but that was all that the situation ever escalated to. Tasha did remain calm, but on both of their parts, I felt it was a childish way to handle things.

Tasha should have never looked down on anyone and painted Suzie to be a push over.

Suzie should have stood up for herself in a more poised manner instead of going to Tasha’s suite, insulting her back and almost causing a physical altercation.

That behavior is just as bizarre as the behavior they are trying to demolish on the show.

Ultimately, I think the ladies have a lot of steps to take toward being still as dramatic, but less violent. I’m not quite sure if such a thing can really even be done.

I still like the show and hopefully they collectively do something to showcase their loving sides as grown women, mothers and wives.

Art department to begin murals

By Jacob Rutherford
STAFF WRITER

The Central art department is in the process of making an art mural which will have many students participate in the making.

Central's art mural is going to be on three separate panels and will feature three authors. On each panel, there will be a different author and in the background of the mural, it will show the authors' lives and the challenges they went through.

The art students nominated nine authors and the English department decided on three: Willa Cather, Langston Hughes and F. Scott Fitzgerald.

Art teacher Tina Theis came up with the idea. "An art mural is the perfect project for students to get involved. I wanted it to hook them in and make them do something that they enjoy," said Theis.

With a collage big enough to fit three different authors on it, many students will have to be involved and work for most of the year. "There will be about 20 students involved in making the mural. It will take them at least the rest of the year. Anyone one is welcome; we need as many people as possible for an art project this big," said Theis. "We have done many different murals in the past. Last year we did one of Vincent Van Gogh that is on the wall outside of the art department. When we're finished with this one, it will be hung on the wall of the English hallway," she explained.

Jodie Martinez, the English department head, is also involved with the art mural. "We wanted to make the art mural multi-national and different genders to get many people involved," said Martinez.

The mural is projected to be finished sometime near the end of the year. The students will be working on the mural all year and will give 100 percent effort to finish it on time. When finished, it will be put on display outside of the English department office for every student and faculty member to view.



Photo Courtesy of Chikadibia Ebirim

Chikadibia Ebirim calmly poses next to an artistic flaming piano in this scenic backyard. The scene depicts his eccentric nature and deep rooted ambition.

Fashion Week sends alum to the next level

By Trenay Newsome
STAFF WRITER

Chikadibia Ebirim, Central High alum, chose to go down a different path, one that few people would dare to go down. After graduating with the class of 2012, Ebirim has spent his years since his high school pursuing his dream of being an entertainer.

"Around the age of five, I began to act after watching 'The Mask' with Jim Carrey. Ever since then, I just loved the thought of performing. I started getting into plays and acting which unraveled into modeling," Ebirim said. "I then started modeling for Pamida," which is a grocery and department store that operates in small towns (since bought out by Shopko); he modeled for the store in Auburn, Neb.

The next move Ebirim made by pursuing his interest in entertaining was modeling in Omaha Fashion Week, the core of fashion for the Midwest. The goals of Fashion Week are to develop Omaha's fashion consciousness, support cultural movement and provide opportunities for young people. Ebirim was one of a select few who modeled for Fashion Week designers Boris Powell and John Barlett. "I modeled two outfits, one outfit for each designer," he said.

Powell is a man who pursued his fashion image with spirit and creativity.

Designers have a short time to complete outfits and find models which puts pressure on not only them but the people surrounding them. "Everyone is frustrated, but we put that all behind us and try to act nice because of the situation, sometimes it can even come off as a little fake," said Ebirim. "The environment is one hectic place because backstage, everyone is looking for somebody and you can't be afraid to show a little skin during a quick change because everyone is in a rush to go back onstage."

Besides the modeling for Fashion Week, Ebirim has done a vast number of photo shoots with local photographers. "I was in the magazine that was released during Fashion Week," said Ebirim.

He also modeled for Ten 13 Clothing, and has recently signed a contract with Develop Model Management. "While Fashion Week was one of the biggest shows I've done, I have more bigger and better shows and photo shoots coming soon," he said.

Alyssa Dilts, the owner of Develop Model Management, has done many things to help upcoming models.

Ebirim has signed a contract and will soon be seen in many other magazines and shows.

Over the course of time he might be seen locally or even all over the world. "I love what I do," he said.

J.Cole's album surpasses Kanye's, adds unique feel to hip-hop music

CONTINUED FROM 'ALBUM' ON PAGE 7

cluded head-banging rhythms (the word rhythms used loosely here) that don't jive with the modern crowd, in my opinion.

New instruments are important for a sound that meets classic hip-hop, but smoothness from jazz and reggae influences are always respected. West's very technological/electric approach and groaning voices saying "I am God" were so interesting.

Cole's album told a story. Stories that could be found amusing, sad and interesting.

His song, "Forbidden Fruits" featuring west coast rapper Kendrick Lamar is one of my favorites because of the hook and the amount of humor the two put into it.

Lamar himself is known for doing the same. The stories Cole shares are surrounded by funny bars talking about his life experiences and personal views. In the song "Trouble," J. Cole says "Gunshots all in the air,

but I ain't scared for my life." In the song "Forbidden Fruits" he shares his views on sinning with the line, "Do you believe that Eve had Adam in check? And if so you gotta expect to sip fruit from the forbidden fruit and get loose."

It explains a biblical reference in which he believes it's okay to not be so uptight.

Lamar takes more serious forms of expression on topics such as these; J Cole is much more relaxed which I really like.

"She Knows" featuring Amber Coffman & The Cults is a song from the album that I place on repeat. "She Knows" begins with low notes on the piano and is very attention snatching.

It still has a hip-hop feel, but it adds a different flavor to it. The content of the song includes some offensive language of course, but it's a funny way of admitting to his promiscuous, charming behavior the women he decides to pursue.

He explains that he knows these women see him as unfaithful with

no intention of commitment, but they never hesitate to accept his intimate proposals.

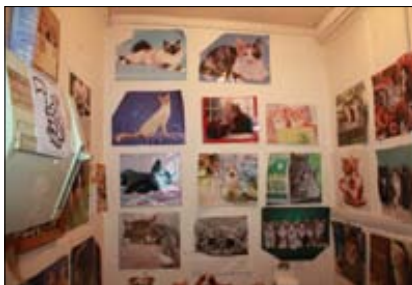
"Cause I told her I was sleep but I creep with this pretty young thing/ She could be doing the same thing I suppose... I can't be what you want for me, but alright" is my favorite part because of his brutal honesty and understanding of the wrongs he does justified through him admitting to it in his music.

Ultimately, the album receives an eight out of 10 because of the mere fact that I get to know a little bit more about him as an artist and enjoy a laugh or two while doing so.

Very rarely can a rapper straddle the fields of boasting and popular topics and being honest about their life at once.

Most of the time the vast differences cause difficulties in doing so, but J. Cole effortlessly completed the task that I was looking for. He is now amongst my top favorite rap artists shadowed by Drake and Kendrick Lamar.

Twenty six years and counting for Donut Stop, legendary spot



Sydney Spangrud |The Register

Above: Hal Rodgers makes pastries in the Donut Stop kitchen. Top Right: College kids play a board game while enjoying chocolate milk. Bottom Right: The Donut Stop bathroom is great for cat lovers.

By Emily Beck
EDITOR IN CHIEF

Twenty six years ago, what is now a staple in Omaha's nighttime culture opened its doors: Donut Stop.

Famous for its irregular hours, interesting crowd and cake donuts, the shop was opened by married couple Hal and Marlene Rodgers, who still manage it today. The somewhat dingy walls, eclectic cat décor, stacks of board games and friendly service make the mom-and-pop joint a friendly and familiar gathering spot. The shop is located at 1256 South 13th Street. Originally a typical bakery with "normal" hours, the shop began staying open into the late night hours. With that transition, Donut Stop began receiving a different crowd.

"Then we started getting all the kids in," co-owner Marlene Rodgers said. The joint quickly began attracting Omaha's teenage crowd, looking for a place to go after dusk to drink coffee, enjoy pastries and play board games. "It's...the overall atmosphere," she said. "It's conducive to a gathering."

A fixture especially for Central High students, Donut Stop has been a popular hangout for its entire existence. Central alum Tammy Williams ('89) vividly recalls her time at the shop.

"I remember first venturing in there during my

years at Central High School, and it was mainly at night during the week for either study group or a place to hang out and have coffee and a donut with my friends," she said. "[It] has been around for as long as I can remember." "We went there for the atmosphere, the conversation and the people," she added. "At times, some very interesting people would wander in."

The atmosphere attracts "every crowd imaginable," Rodgers said with a laugh. "From young to old." Senior citizens, adults, high schoolers and children with their parents can all be found passing through Donut Stop's doors.

"I just remember feeling part of something special with my friends there; it's this community at Donut Stop," Williams said. "The same community of friends that I met at Central. The experience at Donut Stop is as unique as Central and the students that attend there." The Donut Stop tradition has continued for over 40 years, according to Rodgers. "This is our fourteenth one," she said. The others, she said, have been open across the country. "One in Honolulu, Nebraska City, Omaha...Ireland," she said. Omaha's Donut Stop, however, is their last one.

While the hours sometimes change, Rodgers said that they open 8 p.m. Mondays through Thursdays until 1:30 a.m., staying open until 3 a.m. on Friday. Their morning hours are 5 a.m. to 10:30 a.m.



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perspective & commentary

RAISING THE MINIMUM WAGE



YAY

By Tia Spears
EXECUTIVE EDITOR

In recent efforts to increase the financial enhancement in the United States, there have been some opposing opinions. Nonetheless, there is one change President Obama has proposed leaving a large majority of Americans pleased. That change resides in the raise of minimum wage from \$7 to \$9.

Increasing minimum wage to a minimum of \$9 an hour has its cons, but there are more perks to it than many people realize. This country is in a major deficit and is taking steps towards pushing America to what it is renowned for pertaining to its financial successes. A quote on behalf of Theodore Roosevelt is very fitting to the American perspective of what wages should really be. He said, "We stand for a living wage... enough to secure the elements of a normal standard of living—a standard high enough to... provide for education and recreation, to care for immature members of the family, to maintain the family during periods of sickness, and to permit of reasonable saving for old age."

Clearly, it has always been viewed as a positive thing. Education, recreation, caring for the old and retired and health necessities are amongst the reasons why it is purely logical for minimum wage to be raised. The raise will not impact everyone as no government law/bill ever does, but it will impact a large magnitude of hard-working Americans that deserve a wage suitable for their penny-pinching lifestyles.

The raise would be beneficial to many families as the prospective household income would rise. According to economist James Galbraith, it's a family friendly



NAY

By Emily Beck
EDITOR-IN-CHIEF

Before 1938, when Franklin Delano Roosevelt was trying to get the United States out of the Great Depression and establish a healthy standard of living for all Americans, there was no such thing as a minimum wage.

It was the one of the first of its kind. Since 2009, the wage has sat at \$7.25, "low by international standards" according to The Economist.

One of the original goals of the minimum wage was to allow Americans to achieve middle-class success and the ability to live comfortably with a full-time (often blue collar) job. That mission hasn't changed since the 30s.

The wage has increased steadily over the decades since FDR's term, keeping up with inflation for the most part.

"Something changed in the early 1970s, however, and since then, the minimum wage has fallen by around 25 percent," according to NPR, which also claimed that "in 1968, you'd make the equivalent of \$10 an hour in today's money."

Today, many believe that the minimum wage needs to be increased. But this may not be the answer for a healthy economy.

Job loss, price increases and several other negative consequential possibilities must be taken into account.

The Economist writes that David Neumark and William Wascher, studies and critics of the minimum wage, claim that "a higher minimum wage costs some low-skilled workers their jobs while helping those who keep them."

CONTINUE TO 'MINIMUM WAGE' ON PAGE 14

Free Spirit Conference in D.C. shocks and inspires editor

Al Neuharth, founder of USA TODAY, was a walking oxymoron—a success, a failure, a family man, a scoundrel, a shark—but to me he is an inspiration.

He was an innovator who was made of Teflon; he lived for criticism, never allowing anyone to bother him. He saw that life was a game, and he wasn't afraid to play it. This is how I aspire to be.

I was not fortunate enough to meet this man, who passed away last April after 89 plentiful years. But I've been altered by his wisdom and his life.

The man came from "the wrong side of the tracks" of a small South Dakota town, but was destined to make waves with his success. He lived a true American Dream, and made it possible for me to experience my own week-long dream.

Al Neuharth, founder of the Freedom Forum and the Newseum, began the Free Spirit and Journalism Conference in 1999.

This provides one student from each state and the District of Columbia the opportunity to embark on all-expenses paid trip to Washington, D.C. for a five-day conference.

I was fortunate enough to be the chosen representative from Nebraska (the first from OPS) and spent July 13-18 experiencing an absolute adventure.

Surrounded by all of those impressive young people, I was never more proud to be a journalist. So many adults question the worth and intelligence of our generation (I've possessed my share of doubt), but after my experience in D.C., my views changed.

What struck me was the fellowship. Student journalists have a natural drive like no other teenagers. Constantly questioning, inquisitive, professional, gregarious, a little eccentric, caffeine-fueled—we were all wildly different versions of the same person.

In less than five days the 51 of us became a close-knit family, each providing a unique piece to the Free Spirit puzzle. I had never felt more at home amongst strangers—but those kids didn't stay strangers for long.

The week was a flurry of seminars, debates, tours, group photos, advice, new friendships and growth. We challenged one another and introduced each other to our own perspectives and ways of life. I learned

that flip-flops are called "slippers" in Hawaii, that practically no other states have Village Inn and how similar teenagers can be who have come from such different walks of life. I am now able to say that I have a friend in every state.

I will always remember standing in the hotel dining room amongst my fellow free spirits as we watched the ruling of the George Zimmerman trial together. The anger and indignance we shared made me proud—we were united and we cared about our world. This is often uncommon for a group of young people. Then again, free spirits are anything but common.

D.C. was our stomping ground, thanks to the Freedom Forum, the Newseum and the late Al Neuharth.

We sat up straight during taping in the "Meet the Press" television studio, passionately proclaimed our First Amendment beliefs to one another, explored the six engaging floors of the Newseum, sat under a live spacewalk occurring above us on a jumbo

CONTINUE TO 'FREE SPIRIT' ON PAGE 14



EMILY BECK
EAT YOUR VEGETABLES



PREGNANCY ▶ **page 15**

Does kicking pregnant girls out of school help or hinder them?



E-CIGARETTES ▶ **page 18**

Do e-cigarettes harm those who smoke them, or are they as harmless as many seem to believe?



INSANITY ▶ **page 14**

Pleading not guilty because of insanity: a true excuse for crimes, or a way to dodge the system?

NOT GUILTY?

PLEADING



Sydney Spangrud | The Register

INSANITY

By Micah Martin
STAFF WRITER

In Nebraska, any person that is prosecuted for an offense may plead that he or she cannot be held responsible due to the reason of insanity at the time that the offense occurred.

If the defendant chooses to go this route, it is up to them to prove that they were not sane at the time of the crime.

No evidence can be offered with the intention of pleading insanity unless the county attorney is told that this is the plea that is going to be relied on.

This must be filed at least 60 days before the trial. If anyone can plead insane, how is this plea helping to keep the justice system in check?

The Register believes that the insanity plea is not helping the system. Mainly due to the fact that anyone can attempt it in order to dodge taking responsibility for their actions.

An insanity defense is pleaded if a defendant believes that he or she is not guilty due to the fact that at the time of the crime, they lacked the mental capacity to realize what they were doing.

Another plea they can use is that they understood what they were doing, but were unable to control themselves. This is the reason that the insanity plea is sometimes dubbed the "irresistible impulse."

The reason behind this is to attempt to morally check a system that is largely based on weighing the facts and evidence.

This allows juries and judges to decide that some defendants are not responsible for their actions even though in other circumstances, they would be.

How can someone commit a crime, but after the fact not be held responsible for their actions?

Not every state has this law. Some states have decided to abolish it. Others have changed it to be guilty but mentally ill. This definitely makes more sense than being responsible but not guilty. In Nebraska, the M'Naghten Rule is used. In this rule, proving insanity is laid on the defendant's shoulders.

With the M'Naghten Rule, a test is ad-

ministrated to determine if the person accused of the crime was sane or not at the time that it was committed in the end, ultimately proving if the person is criminally responsible.

How can a test administered days, months or maybe even years after a crime is committed show if the defendant was mentally ill at that time?

It seems as if this test is a bit farfetched when trying to prove insanity.

This may be one of the reasons that these types of cases are not very successful.

People who are acquitted under an insanity defense rarely walk free. Instead, they are sent to treatment centers.

They will then stay there until officials believe that they no longer pose a threat to themselves or others any longer.

Many times, these people never make it out of these institutions, because most of those people are actually insane. For the ones that were able to feign insanity in the first place, it is like a get out of jail free pass.

The Register staff believes that the insanity plea is not helping the system due to the fact that there are a significant number of people that misuse it.

If only the people that this law was meant to help took advantage of it, we would not have anything to say about it, but that is presently not the case.

If a defendant is able to successfully feign insanity, they could be granted convictions that are less severe or possibly win their acquittal.

If you were a defendant and knew yourself to be guilty, why not pretend to be insane? If you are successful at it, your consequences could be less harsh and if you are not, you will face the same sentence that you were looking at receiving no matter what.

The point is, how can this plea help the justice system when there are so many ways to misuse it?

You would have to be truly insane not to see how you could use this to your advantage. In order for this plea to work, changes have to be made to make it harder for defendants to misuse the system. Otherwise the insanity plea will never truly function as it was intended to work.

Isolation keeps close friendships limited

I have never considered myself an extrovert, because I don't try to get close to people. It's not because I'm shy (contrary to the most popular belief), but rather, there are people who would not understand what goes on in my head, and frankly, I don't care to know the same about them.

Yes, this negative attitude has been haunting me since I was about three and no matter how hard I try, it will never go away, because I'm so used to this mentality.

I sort of detest extroverted people, only because I don't understand how people can be so friendly and can talk so freely with so many others; it's beyond me.

But most of this feeling was granted long before now; as it spanned when I was a child-an infant. I was the most quiet and shy child, and for that, it has made me the awkward and strange person I am today.

When I was three up until five, I refused to speak to anyone besides my mom, sisters, brother and grandmother, sometimes my aunts, but otherwise, that was it. All throughout kindergarten, I didn't talk to my teacher, and for that, she hated me as if I was the devil's spawn.

Now, I am to blame for this as well as my sister. When you are born a twin, some say that you kind of have a friend. It was sort of, kind of true when we were younger. We did only talk to each other, and any other potential children our age would get the cold shoulder. This is probably why I don't have many friends nowadays.

As kids, we isolated ourselves completely. We never went over to play with whatever friends we had in elementa-

ry school; we stayed home all summer. We had an abundance of toys, so really, who even needed friends? Plus, we had the same imagination it seemed, so why hang out with kids who wouldn't even understand what we were doing?

Isolation is a virtue to me. For one thing, I don't try to acquire many friends. I understand that many people are definite on how many friends they have or want, but I am the exact opposite. I am perfectly content with the handful of friends I have because that equals less drama (because I make sure they are drama-free) and we are almost the same people. They may be quieter than me, or even louder, but they have the same thoughts and oddness that I do, so they understand me.

Of course, being anti-social has caused problems for me. Because of this, I have zero interest in trying to understand a person, which means I have no clue how to communicate with them. I used to avoid eye contact, and though I'm better now, I had just gotten used to it. Whenever people converse with me, I feel bad for them as opposed to me because I sit there awkwardly, nodding and laughing and they can't even do the same for me.

This is another reason as to why I probably have a minimum of friends. I've been anti-socially immersed since day one, and frankly, I don't have that big of an issue. My life doesn't revolve around how many friends I have or how well I work with others. I like focusing on the more important things, like getting my work done in school and out. Being socially equipped probably would have destroyed my life.

CHEYENNE ALEXIS
ARIGATO

Recent Disney shows promote bad values

When I was five or six, my favorite show was "That's So Raven."

"That's So Raven" focused on an African-American teenage girl named Raven Baxter, who was funny, witty and had dreams of working in the fashion industry. Raven Baxter was also "fat."

And, even though she was a little curvier than the other characters around her, she embraced it. She loved that she looked a little different. In my opinion, Raven was one of the most confident characters I've ever seen on television.

From this show, Disney was teaching a lesson. They were telling girls that they didn't have to all look like Barbie dolls to have self-esteem and to be considered pretty.

But now, Disney Channel doesn't teach those kinds of lessons anymore. Every character is stick thin and has perfect hair and a gorgeous face and straight teeth and has tan skin.

In several episodes of "That's So Raven," Raven would struggle to get hired to work jobs in the fashion industry, like at a magazine or a photo shoot because she didn't look like a runway model. In each of these episodes, Raven stood up to the stereotypical, tall, skinny, dark-lipped, hair-slicked-back-in-a-ponytail, pencil skirt-wearing editor-in-chief of some magazine.

In Disney shows now, young female characters worry on screen about how to "stuff" their bras or if they've had a first kiss yet.

I think that it's too bad that little kids today, and especially girls, have to watch that kind of stuff. Not only is it not helpful, it's harmful. Disney recognizes the fact that

everyone is different, but they don't reassure everyone and say that it's okay like they used to. Characters that look different now are ridiculed on screen for it and get visibly upset. In most episodes, these characters are trying to find a way to fit in with everyone else.

The shows on Disney today promote the typical doll-like, nearly impossible figure, with big boobs but a tiny waist and long legs without any hips.

When I watch Disney now, I start to feel self-conscious. The actors and actresses are all perfect, without a flaw in sight, and they still feel bad about it. If you think you're ugly, jeez, what am I?

Aside from the messages sent, I feel like the plot and ideas have just progressively gotten worse.

Maybe it's just because I've gotten older, and my sense of humor has matured, but the Disney Channel "Original" Movies and television shows have gone downhill. They used to be interesting, cool or funny.

Now, they are none of those things. I loved movies like "HalloweenTown," (Which I still look forward to watching every October) "Smart House" or "Don't Look Under the Bed" when I was growing up.

Even High School Musical was pretty good! Now, movies follow the same dumb plots with the same predictable ending.

If the Disney Channel shows had stayed just like they were when I was five or so, I'm pretty certain that they would've kept my attention. I don't think Disney lost me as a viewer because of my age, it was because of the dramatic shift in their attitude and values.

KELSEY THOMAS
NOT FEELIN' IT

Once-in-a-lifetime conference widens scope

CONTINUED FROM
'FREE SPIRIT' ON PAGE 13

screen, had the time of our lives on a Potomac River cruise, battled the humidity and mosquitoes during nighttime monument tours, belted out John Mayer songs during bus rides, drank cupful after cupful of coffee and tweeted about it all constantly.

I still question whether that life-changing week actually happened or not.

We had the opportunity to hear former Freedom Rider Dr. Ernest (Rip) Patton and civil rights champion John Seigenthaler speak, as well as CNN reporter Sara Ganim, winner of the 2012 Pulitzer Prize for news reporting (the woman who uncovered the Sandusky scandal).

Also gracing our presence and wholeheartedly answering our many questions were technological whiz Val Hoepfner, PBS anchorwoman Judy Woodruff, Ron Nessen, former White House Press Secretary to President Gerald Ford, U.S. District Court Chief Judge Royce C. Lamberth

and many others.

Throughout the week, we were shocked, inspired, guided and molded.

The advice I received, particularly from Sara Ganim and Free Spirit alumni Catherine Cheney and Elicia Dover, has stuck with me: to give myself every opportunity to grow, to surround myself with those more talented and experienced so that I may become a better journalist, to allow myself to financially pursue my dreams, to never stop working hard.

They embodied for me the kind of woman I hope to one day become.

The Free Spirit program changed me. It has given me new friends who share my passion, hope for the future and confidence in my own still-developing skills.

I never really thought of myself as a free spirit before this experience.

Now, however, I have been inspired to embody my own definition of the term: free spirits leap over bounds which do not faze them, reject mediocrity and corruptness and possess an uncommon ache to do what has never before been done.

Debate to raise or maintain minimum wage: analyzing both dueling opinions

YAY

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NAY

policy that could assist over 20 million Americans. With the raise, people will feel more inclined to do beneficial things for themselves that they never would have been able to do. For instance, going back to school or choosing to retire. Yet another reason supporting the raise of minimum wage is that it would get the economy back on track. Because the people who spend in the real economy (regular people and not the abnormally wealthy who only save money or invest in financial products) will have the spending power. Also, it will attract workers and motivate those who are already working as sort of a reward. It is vital in keeping the economy going.

When the economy is doing poorly, that means that employees have little or no power to demand a raise and the employers have less incentive to give raises. What does that mean? Labor productivity increases and leaves people with their hands out looking towards the government for more money. It is very critical for the government to raise the wage as the labor productivity should be compensated for due to the increase of labor productivity.

Research now shows that raising the minimum wage now will most likely have a small, but positive, effect on the economy as unemployment rates would decrease. In the same breath, studies suggest that the decline of minimum wages caused an increase of eco-

nomics inequality over the past three decades.

That dangerous trend can be reversed when minimum wage is raised.

Some would argue that everyone would not be pulled out of poverty due to the raise, however the ratio of people who will benefit from the raise is significantly larger than those who won't. Some would also argue that people would lose their jobs. Many economists have honed in on this very attention catching topic, the increase is prospected to have no major declining affect to unemployment. That means there is not a downside to the raise and therefore leaves little to no room to challenge the raise.

It's a win-win situation for all excluding those wealthy, but frugal individuals that live to harbor their money.

With the reasons provided, it is unarguably simple to see the upside of raising minimum wage. The effects on working people will in turn be a great effect on the economy. After all, that's what the government has been striving towards since the recession.

Raising the wage will be a simple, yet necessary change vital towards the well-being of the United States. If minimum wages goes unchanged, then it is blatant that the economy will be skipping an important step in reversing the downward spiral it is descending in.

By attempting to increase the standard of living and quality of life for families who are living on minimum wage earnings, an increase could harm them more than it could assist them. By looking at simple economic beliefs, raising the wage will cause companies and businesses to lay off workers or cut their hours in order to save money; some small businesses may not even be able to afford to pay multiple employees without suffering significant losses.

Companies may attempt to more heavily utilize outsourcing (hiring workers in foreign countries who are willing to work for lower wages). This takes jobs away from Americans, ultimately causing jobs to be more difficult to attain.

Inflation and unemployment could both drastically increase.

Some government officials who are pushing for a higher minimum wage (Senator Tom Harkin of Iowa) have claimed that unemployment wouldn't be affected.

"Harkin says there's simply no proof of that. He says they've found that when minimum wages were increased, employment actually went up," according to NPR.

However, simply because this has occurred before does not mean, in the face of our current economic troubles, that the same will be true.

Basic economic logic tells us otherwise.

Still working to dig ourselves out of the 2008 recession, increasing the minimum wage has more cons than pros.

Living on minimum wage is difficult enough. Approximately 10 percent of adult United States workers earn \$7.25 per hour, or roughly \$15,080 per year (working 40 hours per week for 52 weeks).

According to the 2013 Federal Poverty Guidelines, the poverty line for a family of three is \$19,530. A single-parent household with two children would not be able to meet all of its needs.

Increasing the minimum wage to the proposed \$9.88 per hour would increase annual earnings to \$20,550.

However, if the company that the single parent was working for decided to drastically cut back that employee's hours, then what would the parent do? Say the company cut the employee back to 30 hours per week instead of 40.

Even with the increased minimum wage, the parent would only make \$15,413—only a slightly higher amount than the parent started with.

Thus, while this increase in wages could potentially help the economy, it could also make the situation worse for American households.

CARRYING EXTRA WEIGHT

SHOULD PREGNANT HIGH SCHOOL STUDENTS BE KICKED OUT OF SCHOOL, PUBLIC OR PRIVATE? THE REGISTER SOUNDS OFF.

By San Juana Paramo
STAFF WRITER

The birth rate for girls ages 15-19 dropped to 29.4 births per 1,000 from 2012, and a 31.3 per 1,000 in 2011 (Reuters.com). Teenage pregnancy has been at a historic low for the United States, almost in all ethnic groups.

Because of the decline, teenagers out there are making better decisions; teenagers are having less sex and are using more contraceptives. Yet there are still some teenagers who become pregnant while in high school. It opens up a question for debate; should girls be kicked out of school because they are pregnant?

There are obvious reasons why they should and should not be kicked out of school. Pregnant or not, they still have the right to an education whether in the school itself or at home. Will being in school and in a stressful environment where there is constant motion be a danger to the mother and baby? Or could young mothers being bullied be a problem as well?

Different schools have different policies which are highly influenced by the beliefs of the school. Private school's views on teen pregnancy will vary with public schools' views.

It's the same for a school with high religious views. Not only do the views of the school have to be taken into consideration, but also how the parents will react, what their views are and how that affects the school.

Teen moms are the ones who end up living with the consequences of their actions; they do not in any way affect their fellow students whom they've only seen passing by in the halls or in the classroom. After high school, the chances of seeing classmates are slim; they may even forget that their former classmate was pregnant while in school.

There is no reason as to why the student should be kicked out of the school for being pregnant. It does not impair the learning ability of the student, or that of others. By simply kicking the student out of the school, the school is failing in its ability to teach.

The school is taking away the right to an education, especially if the school is private or religious and the education is paid for by the parent, just because of that reason alone the student should not be kicked out. The parents are paying for the education of their children; the least the school should do is teach.

Even though the student is pregnant, she still wants an education. She is not spreading a disease by going to school with a child in her womb. Isn't school a place where one goes to feel safe and not be judged by the people who offer them an education? It used to be that students were cruel to each other, but why are adults involving themselves where they are not needed?

No one is perfect; everyone makes mistakes, how bad they may be depends on the person. There is no perfect school; it may be perfect from the outside, but what really happens inside, between the students as well as the staff, proves that it's not. Every school has its flaw, and working together toward a solution will be the best decision they have ever made.

The student is kicked out and allowed to return once the baby is born, but is that really a solution?

Trying to hide the fact that a student got pregnant by not allowing them to come to school until the baby is born is ridiculous.

Teenagers aren't stupid, rumors will surface and if the student is gone, connections will be made and even though the student is not attending the school, everyone will know that there is a pregnant girl in the school.

This is definitely not the solution; you can't simply kick out a student because she is pregnant. What's next; are you willing to kick out a student because they had sex and school administrators hear about it?

Let the students attend; they are not harming anyone. Just because they are pregnant doesn't mean they can't learn; they have the same rights in the school as any other student.

If adults or teachers are concerned, it does not affect them in any way. They are adults and should stay out of teenagers' business; their decisions they make do not affect anyone but themselves.

There is no harm in having a pregnant, teenage girl in the school whose only objective while in the school is to learn; as adults you should be able to respect that.

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Sydney Spangrud | The Register

COLLEGE CORNER

SCHOLARSHIPS? TUITION? FINANCIAL AID? SENIORS SOUND OFF ABOUT PAYING FOR COLLEGE.

By Sydney Halonen
STAFF WRITER

As senior year is coming along more quickly than expected, the deadlines start to approach more quickly, causing stress for nearly every senior. Central High students, as well as students around the country, start to ask the question of how they are going to cover the college tab.

This has been a question most of the senior class has heard from their parents for years, or maybe saw a sibling already go through the struggle of how they are going to pay for college, yet now it is becoming more and more real.

It's not hard to see through recent media and most likely from worried parents that tuition costs are on the rise, rising much faster than the country's inflation, and it's becoming nearly impossible for many families who thought they were in the clear to be able to afford to send their kids to school once they graduate.

Public university's tuition has sky rocketed, leaving many students in the dust. It's hard to imagine the days where it was impressive to simply see someone graduate from high school or even attend high school at all. In this day and age, it seems college is necessary for most careers, even many who didn't used to require a college degree.

Countless seniors are feeling the many pressures of society often telling them that they will not be successful if they don't attain a four-year degree, which in many cases is not true. Just

because a student can afford or doesn't have a need to attend a four year university to work in their desired field doesn't mean that they will be any less successful. Just by looking around, it is amazing how much a student can find in the realm of education, there are trade schools and two year programs, as well as countless other options that don't include a four-year degree.

However, many professions do require a four-year degree, and many more schooling after that. Imagining having to pay for school beyond the first four years is a lot to take in, not to mention finding the funds to pay for it. Students that work hard and are successful in high school shouldn't have to be worried about how they can possibly attend a school that offers their field of study.

With tuition prices on the rise, it would only make sense for federal aid funding for students to grow as well; this is often not the case. The federally provided Pell Grant helps students that the government believes need help paying for their tuition after looking over their completed FAFSA form. The FAFSA is a form that seniors fill out in the winter before their first year of college; this helps calculate how much the student's parents are hypothetically able to provide for their student's tuition, by looking over factors such as other children in the family and the family's income. This is a quality and helpful grant provided for students, yet in 2011 the Pell Grant covered an average of 20 percent of student's tuition, whereas the grant covered an average of 70 percent in the 1970's. Financial aid from public universities is also not increasing quickly enough with the need for students as

time progresses, forcing many students and their families to look into loans instead. Private university tuition is also on the rise, yet not nearly as quickly as the public schools. Private universities often scare many away due to their high tuition costs and often small population, yet statistics show many small and/or private schools give out far more financial aid than many large public universities do.

As many students and parents feel as though they are running out of options, student public and private loans are on the rise. In this day and age, it is much harder to receive a loan than it used to be, considering how many thousands of dollars students are borrowing to attend the university of their choice. Many parents who are eager to find money for their student's educational needs turn to loans and are often denied. This puts the pressure on students. Not only are they attempting to pay for books, school and food, but than have the burden of having to work to begin paying off the astonishing sticker price for college in this day and age. As more loans are being taken, many public loans are now giving students the help of making each payment income bases, making sure that they are able to focus more on school than having to work a full time job just to attempt to fulfill their student payments.

Time will only tell how students in the future will be able to find the funds to attend a university. As inflation continues to rise at an astonishing rate and many schools are getting left in the dust, it will be interesting to see how the next generation experiences the same thing that many students are facing today.

on general expenses

on financial aid

By Cheyenne Alexis
COPY EDITOR

At a time where seniors are bombarded with numerous requirements and responsibilities, a very vital element is to not go unnoticed. When preparing for college, a senior is encouraged to apply to multiple schools of interest and then see which ones accept them. But something people can overlook is the fact that many students, with the less than stable economy or low wages of parents, are unable to pay for college.

Though not every senior will be attending college after graduation, there are plenty who have at least considered it at one point or another. But, as everyone is aware, college is not something that costs a few dollars a month.

According to collegedata.com, "In its most recent survey of college pricing, the College Board reports that a 'moderate' college budget for an in-state public college for the 2012-2013 academic year averaged \$22,261. A moderate budget at a private college averaged \$43,289." Things needed to consider paying for are tuition, fees, housing and meals, books and school supplies and personal and transportation expenses, listed on collegedata.com.

Between the student's possible income they may receive from a part-time job or their parents, it is safe to say that many kids are unable to pay themselves. For this, there are helpful and vital tools to assist in the financial aid needed for those qualifying students. In order to qualify for grants and scholarships, it is necessary to apply the FAFSA form, which assures help in financial

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aid, so long as you fill it out every year. One way to pay is through grants and scholarships.

Grants and scholarships are "free money," as seen on studentaid.edu. This means that if given a grant or scholarship, the student will not need to pay back.

To apply for scholarships, a student must do their research and apply to those they qualify, and frankly, there are a myriad amount of scholarships that a student can apply for, so long as they meet the deadlines. Though there are some setbacks indeed for scholarships, there is also an advantage for minority scholarships available.

But also, this is an unfair reality, because besides the minority students, there are many other non-minorities who do not receive the chance to get a scholarship.

Grants are another source of "free money" that colleges can offer, and these are offered through filling out the FAFSA form as well. Grants are either federal or government money, but some colleges will offer them as well.

The requirements are "available to students who have applied for enrollment in a postsecondary institution that recognizes the program, and these students must not yet have earned a bachelor's degree in any subject," as said on collegegrants.org.

Another financial aid helper is work study. According to ecampustours.com, work study is a program that "...provides part-time employment to undergraduates and graduates to help with college expenses. There are two different kinds of work-study: Federal Work-Study and non-Federal Work-Study." Basically, you can get a job at the school you go to and earn money

for personal expenses, though it is more logical to use it to help pay for school.

Work study is a good choice for financial aid help, because the student not only receives paychecks at the federal minimum wage, but if you are put into it, it works with your school schedule, because they feel school is the first priority, so really, you get paid to work whenever it is convenient for you.

One final source of college financial aid is not free, but it is pretty imperative for those students who may have a job. Student loans are self explanatory: You apply for a loan from a bank or another establishment and after graduating, you start paying it back. There are three types of loans: federal, private and state. The only bad things about these are the commitments.

As explained on collegefinancecenter.org, first, you must realize that you are going to have to pay back more than you borrowed, because the lender is going to charge more depending on how you use the money.

Second, you have to pay interest, as you would for any other type of loan. Third, there are many fee charges the lender will expect paid. Lastly, there must be a cosigner to be "jointly responsible for repaying a loan along with the borrower," as seen on the website. This is the seemingly less popular choice, but for some, it could work well.

Anyone pursuing a college career can follow these assisting benefits to help them. There are many options for help with financial aid, and for this, it is a grateful reality, because with the harsh economic times and the desire to attend college, a little help in financial aid can go a long way.

Keeping 'Redskins' name: controversial decision for coach

By Jacob Rutherford
STAFF WRITER

It's one of the NFL's biggest rivalries, the Cowboys vs. the Redskins, and intentional or not, the Oct. 13 game occurred during Columbus Day weekend, increasing the debate about whether the "Redskins" is a racial slur to Native Americans. Many Native Americans think it is unbelievable that a major sports team in the nation's capital fails to see the word's offensiveness, especially during the Oct. 13 game, whose rival mascots bring up real bloodshed between cowboys and Native Americans.

Last May, Washington Redskins owner Daniel Snyder said he would never change the name of the team, despite receiving numerous calls from Native American groups, lawmakers and others who feel the term is insulting. These calls have grown increasingly louder. National Football League Commissioner Roger Goodell said last month that the league should listen to those who are offended by the name. "If one person is offended, we have to listen," said Goodell in a radio interview.

Even President Obama gave his opinion, saying that if he was the owner of the team, he would consider a name change. The problem, though, for Obama and those on his side of the debate, is that the owner of the Redskins, Snyder, is definite that he is not changing the name of his team. Snyder arguably summed up his point best when he told USA TODAY earlier in the year, "We will never change the name of the team."

There are many other professional sports teams that have a name that may be considered offensive such as the Atlanta Braves, Cleveland Indians, Kansas City Chiefs and Chicago Blackhawks. However, the Washington Redskins are

the first team name that has been considered offensive enough to change. An online poll by the Washington Post shows 43 percent of fans say the team should change its name; however, 57 percent say they should keep the name.

The name "Redskins" is getting more attention than the team. Too many people are getting offended by the name of the team, but we have to remember, this is only a game of football. If you don't like the name, then don't watch them.

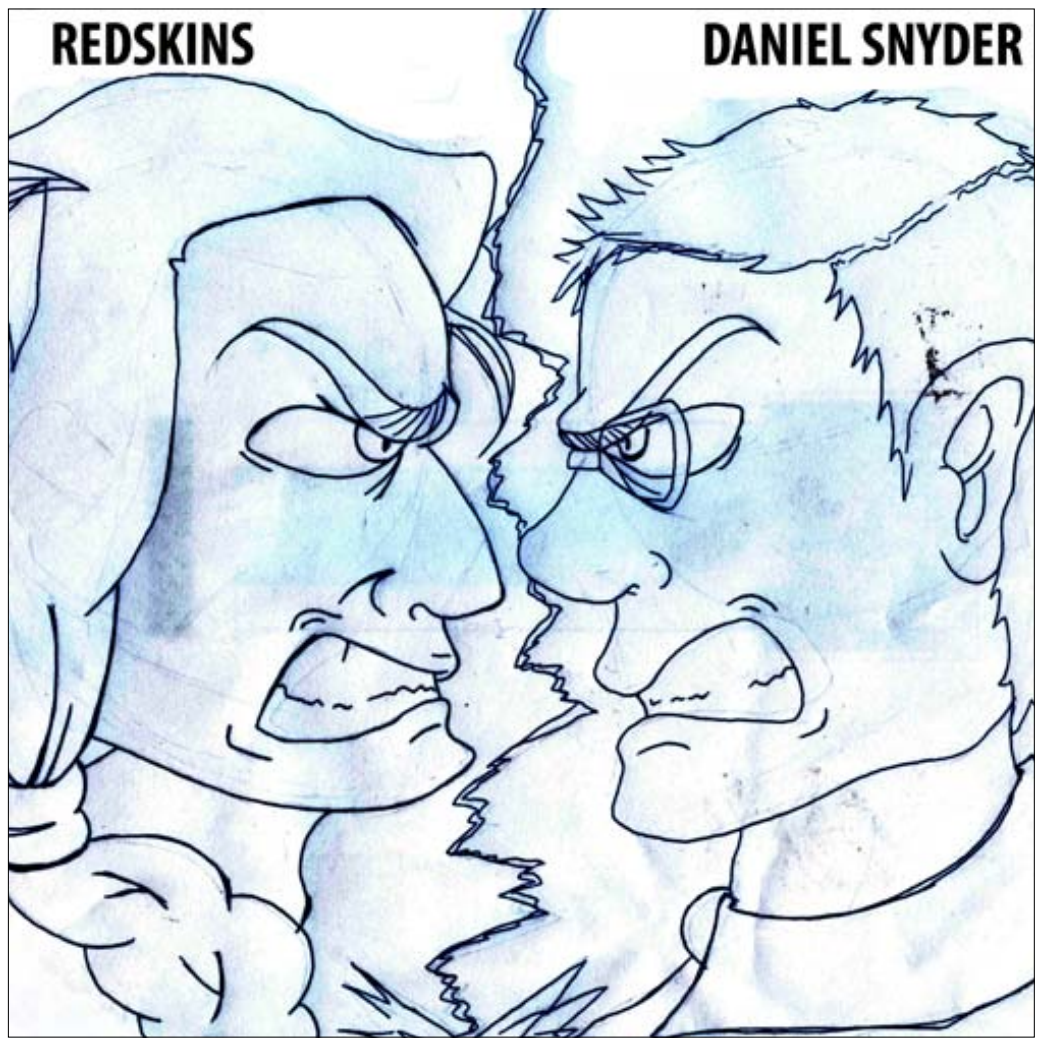
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With all the talk about Washington needing to change their name, it may bring up many negative things about the Redskins such as they have started their season 2-4 and statistically, their chances of making the playoffs this season is around seven percent.

The good news for the Redskins is that they do have one of the most exciting young quarterbacks in football, Robert Griffin III, who they have every reason to expect will be healthier and better. With Griffin, they will be well positioned to contend for a Super Bowl in the next few seasons.

Think about how loud this name-change controversy has gotten already. Now think about how loud it would get if Washington went to the Super Bowl. It would be national news, every day leading up to the game. Is that the way Snyder wants to win the team's first title in more than two decades?

RGIII will be just as elusive and accurate; his chances of leading his team to a championship are just as good. Bringing a Lombardi Trophy to Washington would be a great way to start a new era. It would take much of the sting out for fans who felt their traditions were being insulted. In sports, winning is the cure for everything.



Imani Brown | Contributing Cartoonist

Canceling myths, stereotypes of private school teachings

By Kelsey Thomas
STAFF WRITER

A common misconception when it comes to education is that private schools are always better than public schools. In some cases, private schools are better than public. But not always.

People can choose private schools for a lot of reasons. In Omaha, most parents that choose private schools for their kids so that their kids are educated religiously, stay out of trouble and get a "better" education.

Without a doubt, if a Catholic or Jesuit family wants their kids to be taught about their faith, a school like Prep or Marian is the route to go. But, the idea that sending your child to a private school will keep them away from drugs or alcohol is completely false. Plenty of private school kids go to parties, have sex, drink and smoke.

Of course some kids at public schools do that stuff too, but the assumption that many people have that kids at Central or North are the only ones that do is also inaccurate.

Because of test scores on the ACT or SAT, people automatically assume that the school with the highest average score is the way to go. Yes, Prep, Marian and Mercy all have higher average ACT scores than Central or any other OPS high school. People look at that and make decisions without any

further information. The mistake that many people, children and adults alike, make is leaving out the factor of socio-economic status.

Private schools cost money. Public schools don't. When a school requires payment to go there, of course the student body will be more wealthy than an average public school.

When kids have more money in their family, they're going to do better in school. It's a fact.

When kids have more money in their family, their parents are already good role models of how to be responsible at work or other places. Their parents will motivate them to do better in school. There are plenty of kids at private schools that work, I don't mean to say they don't.

But, it's less of a necessity. Kids at public schools often work two to three jobs, which are a necessity for their survival. It's awfully hard to study for the SATs when you're worried about finding a job to support your family with.

In my experiences, public school was a much better option than private. Through second grade, I went to Holy Cross, a private Pre-K through eighth grade Catholic school.

After second grade, both my mom and I knew that I wasn't being challenged enough in school. At Holy Cross, the problem was that they taught to the average.

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They didn't help the kids that needed a little extra guidance or provide any more challenge for the more advanced students. For the rest of elementary school, I went to Dundee Elementary.

I couldn't be happier with the experience I had there, and I know that I was challenged to my fullest potential. Of course, I can only speak for one private school, and my experiences at only a few public schools.

Another thing I would like to address is the high amount of "private school kids" that assume that they are easily more challenged in school and that they have more homework than us. One girl from Mercy tweeted, "I wonder what it would be like to go to a public school and be able to do something besides homework 24/7."

The average student at Mercy may have more homework than the average student at Central, but classifying the entire public school system as easy as homework-less is ignorant. I take nine classes, all Honors or AP, am involved in over five clubs and I stay up until at least 11:00 p.m. every night in order to get it all done.

For some people, private schools may be the best choice. For others, public might be the best route. But, it seems to me that people constantly assume that private is a better option no matter what. Take into consideration more than test scores, and see where it takes you.

Homestyle dining beats all chain restaurants by far



NATALIE NEPPER
NOT GONNA LIE

There are hundreds of places to eat around the metro area. Most of these are typical chain restaurants with large-scale corporations that span their businesses across the United States.

But among those, there are still many small-town eateries with authentic cuisine and a memorable dining experience. Personally, these places offer much better food for a realistic price. I prefer the traditional home cooked meals with friendly service, which is why I like places such as The Summer Kitchen and Dolce Café.

It seems as though waiters and chefs enjoy their jobs 10 times more when they get to work in a small environment with amazing people.

The service in local restaurants is generally a lot friendlier and easier to deal with. The people working there thrive off of the community and only want to make it as wonderful as possible.

I think it's cool when people get to know the owners of little businesses. It's clear when certain restaurant owners really love what they do and have conversations with their customers.

It's also awesome that local businesses can switch up their menu whenever they'd like to, without the hassle of going through a corporate office.

There can also be daily soups and specials and homemade bakery treats every day. Bakeries such as Cuppycakes and Jones Bros have welcoming atmospheres and adorable displays, just the kind of businesses that every city needs.

Local businesses also tend to have the best food. Who doesn't love produce from the Omaha farmer's market? It's great when restaurants use local foods, the flavors are fantastic. Salsa from Fernando's is always delicious and fresh.

Large chain restaurants such as Olive Garden and Mimi's Café have delicious food, but it's often way too expensive. It doesn't matter where in the nation you go, the menus in these eateries will always be exactly same. Often, there is no fresh or local produce but instead the meals are shipped and served.

While traveling around the world, it's great to experience all sorts of local restaurants, cafés and bakeries. Local crab stops on the East Coast will always taste 10 times better than the Red Lobster smacked in the middle of Omaha.

Obviously, the food will taste the best coming from the place it originated, which is why fresh local produce and meats make local restaurants so delicious. Besides this, eating at a local restaurant supports local businesses and helps them grow and expand.

By assisting our businesses, we are helping our city flourish as well as lending a helping hand to the people who began the shop in the first place.

Why choose a typical chain restaurant when you can have the dining experience of a local, family-friendly business? They always have so much more to offer.

Modern day pirates threaten coast; calls for sea patrolling

By Georgia Chambers
STAFF WRITER

"Captain Phillips," a recent hit in the box office, is not only an entertaining story, but also an informing one. This movie was based on actual facts and evidence pertaining to pirates along the coast of Somalia and the horn of Africa. Supposedly, pirates are said to have disappeared, but the history of these pirates proves otherwise.

Either way, precautions should be taken to ensure the safety of crew members or even vacationers.

As readers have probably concluded, these Somali pirates are not the stereotypical pirates, such as Captain Hook and his accomplice Smee. Instead of having a patch for an eye and a block of wood for a leg, these pirates look like everyday people native to Africa.

Working in groups of around 10, these men often travel by small speedboats or skiffs and attack at night. These pirates target large barge or cargo ships, hoping to make millions by taking over the ship or holding captives and demanding ransom. Some target vacationers sailing of the coast.

"For a Somali pirate, the prize for a successful capture of a vessel can now be up to \$40,000 per man, a fortune in a country where the average income is around \$600 a year and there are few jobs anyway after two decades of civil war," as seen on dai-

lymail.co.uk.

Since 2008, international forces have begun patrolling the sea to try and impede the crime and the profits they gain from this.

However, these crime-stoppers do not go too far off the coast, and boats drifting away from these added eyes are the ships the pirates target.

There are not many options for the members of the ships farther away from shore. Large cargo ships display hoses alongside the perimeter of the ship to try and counteract the pirates from latching on and boarding the ship.

Though, this often just delays the persistent pirates. On board the ships also contain locks and other barricades, but these are again nothing more than a gnat in their faces.

Once through the defenses, the crew's options for protection are even more limited.

Due to regulations stating that crew members cannot carry weapons, these people are at the mercy of the pirates.

The Register believes that these regulations should be overridden.

The purpose of the rule was to try and prevent crew members from going on a craze and injuring their peers.

Though, the training necessary for crew members prior from boarding the ship almost takes this problem out completely.

Another option The Register believes to be better would be to deploy



Imani Brown | Contributing Cartoonist

retired navy seals on the ships to ensure security and to ensure the safety of the members.

Either way, something has to be figured out.

Patrols off the coast have driven away pirate groups. "... fewer pirate groups were operating from bases in Somalia because of increased patrols by international navies and more effective security measures on ships," said the New York Times.

Though, this just relocates the pirates and drives them to other areas. Readers know that reports of pirating have been released just in this past year. There is no way pirates would give up their long-lasting interest that puts more than just food on their plates.

Health hazards of eating genetically enhanced foods

By Maya Durfee O'Brien
STAFF WRITER

We're all familiar with the term GMOs or Genetically Modified Organisms, but do we know the risk that we're taking each time we eat foods that contain these modifications? And what does it really mean to us, the consumers? Well, first off, genetically modified anything is bad, so this is definitely harmful in some ways.

Amy Brown of Edible Omaha magazine says that it is a resource where students (consumers) can find out about locally grown food. "We believe that knowing your farmer and knowing how your food is grown is critical," said Brown. This is all very true and good, but a lot of people don't know where their food comes from, or even more importantly, what is in it.

For starters, GMOS cannot exist naturally. They are man-made plants and/or animals. They are genetically engineered and because all of the merging of different DNA altogether, it in turn creates unstable combinations of plant, animal, bacterial and viral genes, according to gmoawareness.org.

GMOs are also being linked to health problems people have begun to experience. That's why 61 countries have either banned genetically modified foods, or put large restrictions on them.

However, in the U.S. they are not banned, but instead common and acceptable to consumers and citizens. Companies, especially the major ones, like Monsanto, in total spend \$8 million dollars per year lobbying government officials so that they will take their side on the issue. Many former Monsanto workers also hold positions in the FDA and other prominent food related industry jobs, which too helps them get on the good side of the food industry, making it okay for them to sell us these products that they are modifying significantly.

An alarming fact about Monsanto is that before they decided to get involved with the food industry, they used to make chemicals for the Vietnam War; chemicals like Agent Orange which they told us were safe- which we now know are not.

GMOs are also not labeled. Scary how they can just do that to us just like that. These people are so powerful they can get away with doing it, but that's also partially because we have been letting them do so for quite a few years.

The effect GMOs have on the environment is a bad one. According to gmoawareness.org, more than 80 percent of all GMOs grown around the world are engineered for herbicide tolerance. Because of this, the use of toxic herbicides like Roundup has increased 15 times since GMOs were first introduced. The GMO crops



Keali French | The Register

are responsible for the emergence of "super weeds" and "super bugs": those of which can only be killed with even more toxic poisons like 2,4-D (a major ingredient in Agent Orange). They are a direct extension of chemical agriculture, and are made and sold by the world's biggest chemical companies. The lasting effects of GMOs are unknown, and once released into the environment they can never ever be recalled.

So why are we saying it's okay to eat Genetically Modified Foods? Why are we giving into the possible risk? Mostly because it is so

much cheaper to buy foods that are modified, but that definitely does not mean they are the best alternative. It is hard to know what foods are modified and what foods aren't, but a good rule of thumb is to stick to purchasing organic foods. Buy organic meats, eggs and dairy, because who knows they might have been fed a GMO plant!

When more information is shown on this topic take it with open ears and open hearts. Be aware of the food you are eating and where you are getting from, because who wants to deal with eating foods that you don't know where it's coming from or it contains?

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Government shutdown leaves thousands unsure, seeking actual resolution

By Seth Arter
STAFF WRITER

The government shutdown has affected people all across the country. It temporarily left many government employees without jobs and frightened those who aren't government employees, but worried bystanders.

While a deal made has been made between politicians, the U.S. continues to struggle financially as the deal made is only temporary.

Prior to the government shutdown, many Americans did not realize how many government agencies existed. Therefore, people did not truly understand how much money the government needs to fund these agencies and pay those who work for them.

One question could change the way many Americans look at the shutdown. Is there a need to have so many government programs? It's understandable that some government agencies are vital in terms of making sure our country is safe, successful and secure.

Take the department of labor into examination. This is a necessary department of the United States that Americans need. Without it, companies would easily be able to take advantage of workers. The department of Labor consists of two major topics regarding workers: pay and safety are crucial to anyone's place of employment.

The department has labor laws in place to ensure that all employees are working in safe conditions and that those in charge do everything in their power to ensure the safety of their employees. Without

money and wage laws, many companies would rip their employees off without getting into trouble with the government.

Another government agency that many consider to be most vital is the department of Homeland Security. The country would be in serious trouble if it weren't for this department. Yes, financial stability seems to be a crisis in America today, but it is still considered a safe country to live in. Human trafficking, terrorism, border patrol and economic security are just a few topics in which the department covers. This is a department that is worth every tax dollar because it simply ensures the safety and well being of Americans.

It's too bad that all departments aren't like the two mentioned previously. Despite greedy politicians and poorly designed budgets, the government has another problem that is to blame for the government shutdown: the government needs to permanently shut down a good handful of agencies.

If it isn't a matter of money, public safety or foreign affairs, why are tax payers paying the extra money for? There are definitely some programs that this country can continue on without, or at least until the government consists of a more stable budget that can afford to fund these programs.

Ability One, which employs nearly 30 people, was completely shut down during the recent financial crisis as were many others. Ability One is a government-funded agency that focuses on helping those who are blind or who have other disabilities find a good place of employment. It's good to know that the American government has programs like this because it shows that it is a country who cares and

wants to help everyone.

The only downfall is that this agency is not a necessity to the country. It certainly is not a waste of money, but there are other agencies that need to be funded before one such as this. Even though every day one can turn on the news and see bad things happening, there are still a lot of good people out there. There are other groups/organizations other than the government funded agencies that can assist those with disabilities.

The only problem with cutting agencies that comes into play is reactions of American citizens. Once we cut some of these, then accusations will be brought against the government saying they don't care, or they are selfish.

Truthfully, cutting some of these agencies would not mean that whoever decided to close them are selfish, however.

The Advisory on Historic Preservation is another agency that is not needed in order for this country to survive. This agency works to help preserve America's history in many aspects.

Even though it only employs 39 people, agency was still entirely shut down during financial frenzy. That in itself is a sign that it really is not that important. If it's one of the first to close, then it's not a huge necessity. Even though 39 people isn't a large amount, it's still a government funded facility that hard working Americans continue to pay for as the government is shutting down.

The thing that is most unfair is the fact that some government workers who were affected by the shutdown crisis will receive compensation for the time period in which they received no money but many

Abusing pink ribbon as crutch for business profits

By Natalie Nepper
STAFF WRITER

As October comes to a close, Breast Cancer Awareness Month slowly fades out. However, that doesn't mean there won't be hundreds of pink ribbon products still sold throughout stores. But be careful when choosing a breast cancer awareness product, because a large majority of the time, they are falsely advertised.

Companies will use the pink ribbon as an advantage for sales. Most of these businesses never donate any money to cancer charities or awareness foundations. It's absurd to think that they could get away with these scams, but since no company officially owns the pink ribbon symbol, anyone is free to use it.

Often, the products with the pink symbol will not specify how much money is going towards an organization. Some businesses will even cut off the amount of money donated towards breast cancer, but still continue to sell the product.

For example, in 2010, Dansko shoe company sold clogs with the pink ribbon symbol.

Instead of donating a portion of the profit from the sales, the company set \$25,000 aside for their donation to a breast cancer awareness organization. It didn't matter how many or how few shoes costumers bought, the amount stayed at \$25,000.

Similarly, in 2010, Reebok produced apparel and shoes with the pink ribbon emblazoned onto them. The company had set a limit of \$750,000 raised. When they met that goal, they failed to inform costumers about the maximum donation and did not stop selling the apparel. The profits then went to the Reebok corporation rather than continuing to donate to the Avon Breast Cancer Crusade.

Even if there is the stated organization the money is going towards, the "cap" on donation sales and correct use of the pink ribbon, companies still don't realize that their product could contribute to breast cancer itself. Many hair products and dyes, perfumes, nail products and lipsticks contain chemicals that have been known to cause cancer.

Although each company has good intentions, it does not excuse their use of the pink ribbon to gain sales. The term used to describe these businesses is called "pink-washer." A large majority of pink ribbon products were created and sold by pinkwashers.

It may be hard to believe, but Susan G. Komen for the Cure is considered a pinkwasher. Although the organization raises awareness and funding for the research of breast cancer, they misuse the pink ribbon with product sales. In 2011, their perfume Promise Me had several unlisted chemicals that were linked to breast cancer and demonstrated negative health effects. One of the unlisted chemicals, Toluene, is banned by the International Fragrance Association (IFRA) for being mildly toxic to humans.

Through the work of the Breast Cancer Action organization, the product was removed from the market.

Many people don't realize that breast cancer awareness organizations could be pinkwashers themselves. This only shows that business is money, and sales are important to everybody.

There are a few organizations out there that aim raise funds for breast cancer in a smart way, while continuing to disprove other awareness groups. One of these organizations, Breast Cancer Action, works not just to create understanding about genes with cancer, but also provide knowledge of social justice in the breast cancer community. Their side campaign, "Think Before You Pink," coined the term "pinkwasher."

Another one of their side campaigns, "What the Cluck?!" is attempting to shut down Susan G. Komen for the Cure's partnership with Kentucky Fried Chicken. They use pink chicken buckets to raise awareness about breast cancer throughout thousands of restaurants across the nation. However, KFC has been known to sell chicken with high levels of PhIP, a byproduct that is unknown to be safe for consumption. There's no telling if the chemicals in it could lead to cancer. It's absolutely absurd for a breast cancer organization to pair up with a greasy fast food restaurant, so props to Breast Cancer Action for taking control.

It's great to see small groups step up and find a cure for breast cancer the right way, without the scandals of other organizations.

However, it's a real shame to see something as serious as breast cancer used for business and to gain sales. Pinkwashers are like a slap in the face to people who have ever suffered from breast cancer, or known someone who has. Just remember, it's important to research pink products before you purchase them.

You never know what kind of false advertisement could be in place.



Paige Colburn | Contributing Cartoonist



CLOUDY PERCEPTION

ARE E-CIGARETTES
HARMLESS OR A HAZARD
TO YOUR HEALTH?



Keali French | The Register

By Jordan Young
STAFF WRITER

Smoking is coming back in style, this time in a dangerously new form known as the electronic cigarette. This faux device is a stainless steel made look alike of the cigarette, pipe or cigar and instead of containing tobacco and emitting smoke when used, the e-cigarette emits vaporized liquid nicotine or regular vapor.

Users inhale the vapor, also known as “vaping” and exhale as if smoking a traditional cigarette.

They can be made with or without nicotine and even have flavors like bubblegum, grape or chocolate in the vapor when smoked.

Cool right?

Well, maybe not so much.

The e-cigarette is said to have quite a few problems.

Number one on this list is the group of feared and deadly toxins that may be present in the vapor that substitutes smoke. According to the FDA in 2009, e-cigarettes contained certain deadly chemicals that can be found in anti-freeze.

In a public announcement, the FDA stated, “In one sample, the FDA’s analyses detected diethylene glycol, a chemical used in antifreeze that is toxic to humans, and in several other samples, the FDA analyses detected carcinogens, including nitrosamines. These tests indicate that these products contained detectable levels of known carcinogens and toxic chemicals to which users could potentially be exposed”

Claims similar to these are also used to support the statement that these “vapor fumes” can cause harm similar to that of secondhand-smoke and that tobacco may be present in them as well.

There are even theories that the metals in the material lead to contamination and nicotine can be found in the cartridges of all e-cigarettes, even within those that aren’t supposed to have a single trace of it.

These amounts of nicotine can vary from cigarette to cigarette, which is a

pretty big problem as well.

The Philadelphia Department of Health stated that the other complaints reported to the FDA include “hospitalizations for pneumonia and heart failure, second degree burns, and a possible infant death from choking on a cartridge.

Short-term negative impacts on lung functions have also been documented. In addition, acute nicotine administration increases heart rate, blood pressure, and impairs circulation.”

So, now your impression of this new gadget probably circulates around the idea that it’s a potentially deadly device and just another one of mankind’s stupid creations that could potentially kill you, but that actually isn’t entirely true.

Although these health concerns have been expressed by efficient and significant groups such as the FDA and other health departments and while others have conducted experiments, all these claims about e-cigarettes aren’t entirely true.

We aren’t saying that you and your friend should just go to the store thinking, “Yeah, I can just go out and buy an e-cigarette because The Register staff said they’re actually not that bad!”

Recent studies have cracked some of these half truths about the presumably deadly elements of e-cigarettes.

One study done by the Drexel University Department of Environmental and Occupational Health School addressed the many claims in relations to toxins and deadly chemicals in e-cigs.

In the summary of their experiment, they basically said that more research is indeed another factor of e-cigarettes.

Why should we take their claims serious, you might ask? Well, Drexel University did over 9,000 tests—which makes them pretty relevant.

Still, there are other offsetting arguments claiming that there are heavy metals and such in emitted vapors.

And the fight only continues to be battled. However, there is one

thing you can do to win: just don’t smoke them.

Don’t look at them, don’t breathe on them and don’t even think about them!

E-cigarettes are definitely marketed in a way to attract the eyes of teenagers and we believe in this no matter what others say opposing that.

They not only have different flavors that might sound good to any sane person but are cheap as well. Not to mention it’s electronic for goodness sake! Everyone knows how tech savvy teenagers are and how we are attracted to the new and fancy.

Others have fallen into the trap lured by the claim that e-cigarettes are presumably safer than regular cigarettes.

This also is another half-truth.

E-cigarettes are healthier in the long run because they don’t have tobacco in them but they do have nicotine in them.

In comparison, smoking a regular cigarette is far worse than smoking an e-cigarette and studies have shown that.

But e-cigarettes are only a better option and they aren’t anything you should play around with if you aren’t a smoker.

Another study, this time done by the Lancet identifies that e-cigarettes can possibly help in the quitting process of smoking cigarettes. But in their summary, they state that more studies still need to be conducted.

So in the opinion of The Register staff, we believe that no student at Central High or any teenager at all should try e-cigarettes if you have never smoked before and you don’t intend on it. (And to all those who are smoking a cigarette or e-cigarette, stop! We need you to be as healthy as possible!).

We aren’t saying it’s a gateway drug or that you could potentially be poisoned by anti-freeze chemicals.

The fact is, e-cigarettes may be a new, shiny gadget but they are nothing to be messed with. We highly suggest no “vaping” here.

Race-neutral colleges sway acceptance according to ethnicities; inconvenient

By Trenay Newsome
STAFF WRITER

Race is a word that can be described in many ways and used in many different aspects throughout life. According to “A History of World Societies,” race was once defined as culture and beliefs; instead of skin color. Over time, words have changed and evolved and now describes us as a category; the color category.

In the earlier 1800s and late 1900s race made up the social ranks in the United States. This would be called racism. Although times have changed, racism still exists in many different ways. One way is being judged with stereotypes rather than being judged on your character.

On March 29, 2013, Suzy Lee Weiss, senior in Pittsburg, replied with a sassy, yet truthful article published in The Wall Street Journal. The article called “To (All) the Colleges That Rejected Me” is about all the difficulties students face throughout high school and once they finally get to the moment of choosing what colleges to apply for.

For example, she said, “Diversity! I offer about as much diversity as a saltine cracker,” and “I salute you and your one 1/32 Cherokee.”

The past few years, college admissions have gotten trickier, instead of being judged on grades and sports, students have been judged on color and/or background history involving college admissions.

This process has been defined as “race-neutral” admissions. The newly evolved theory allows more students that have had a tough childhood to go to college, but it also makes others who also work hard and have not had a hard childhood feel bad about themselves and how they grew up. Using race in admissions decisions, trying to gain diversity in the student body does nothing but stereotypes people by their race.

While it’s called racism to reject someone for their skin color anywhere else, for colleges it’s okay? No this does not add up, it is not right to reject anyone from any ethnic color solely based on the color of their skin.

Fisher vs. University of Texas at Austin went into court on Oct. 10, 2012 because Abigail Noel Fisher was denied acceptance to UT because of her skin color. Because of the admissions and procedure policies at UT, which grant preferences to students of certain races and ethnic backgrounds, was the reasoning behind Fishers denial.

In 1996, the Texas Legislature adopted the “Top 10 Percent” law, a race-neutral undergraduate admissions policy to increase minority enrollment.

The law promised every student who graduated in the top 10 percent of a Texas high school a seat at one of the campuses of the University of Texas. At the University of Texas, the race-neutral policy had a positive effect on minority enrollment.

Except after the Supreme Court’s decision in Grutter vs. Bollinger, in 2003, which held that race could be used as one of many factors in admitting students to the University Of Michigan School Of Law, the Regents of the University of Texas system changed the admissions policy, authorizing each school to decide whether to consider an applicant’s race.

In 2004, UT changed its undergraduate admissions policy to include consideration of an applicant’s race in some situations. Students denied admission to UT sued, argued that the new admissions policy violated their rights to equal protection under the Fourteenth Amendment.

While it is good and minorities have a better chance of getting accepted into college, the race-neutral policy is still unfair. It adds diversity to color rather than life experience or thought or character, which is much more important than anything.

Racial diversity in a student body is important, but is does not guarantee a diversity of experience and prospective. It is unrealistic and wrong to try and select people by their race, it’s something cannot control.

With murders come profits, unjust attractions

In October especially, haunted establishments open up to the public hoping to send customers running away screaming all the while making a significant profit. The places that have tragic pasts are the ones that seem to be even more popular. With the possibility of running into supernatural entities, people seem enthralled with these establishments. But is it morally right that people capitalize on real tragedy or murders?

At the Villisca Ax Murder house in Villisca, Iowa, the Crawley family and two of their young children’s friends were murdered; coming to a total of six lives lost. At night, an intruder broke into the house as everyone inside slept. The perpetrator then used an ax to crush the victims’ skulls while they slept.

To this day, the murderer has not been found and that is not because of negligence during the investigation. It seems almost as if the intruder vanished into the night, leaving the mysterious murders unsolved.

Years after these murders, the house was converted into a bed and breakfast. This seems like an odd fit, because it does not seem like murders would be a selling point for a B&B. Yet, this does not appear the case, because the B&B is still in operation. It has a lofty price of \$428 for a single night’s stay. This rate allows for one to six guests to stay; coming to about \$71.34 per person. That is an outrageous price to pay for a single night.

Ultimately, the payment is for the opportunity to encounter something of the paranormal sort.

The Whaley house is another place that has been made into an attraction after a violent death. Yankee Jim was convicted of a crime and sentenced to death by hanging. The hangman improperly set the noose, so Jim’s feet were able to graze the ground pro-

longing the process of his hanging. After that, a man by the name of Tom Whaley bought the land and built a house there.

Now the Whaley house is a registered historic site and a museum. At the Whaley house, admission is \$50, but there are many people who go there not for the historical significance but the possibility of seeing the ghost of Yankee Jim or at least hearing the sound of his clomping boots.

If something violent enough happened to Jim that he is haunting the land that he died on, he has had enough happen to him. We should at least give him the respect of letting him rest in peace.

This brings me to my point that profiting from tragic murders is not right.

Why is it okay to profit off of victims’ brutal murders? It seems to me that these people went through enough without having to have their tragic ends advertised and put into the spotlight in order for others to make money.

All of these establishments almost seem to have glamorized these murders in order to make a quick buck.

If you were murdered or had a family member murdered, would you want someone to buy the land on which it happened and turn it into a haunted attraction? Would you be okay with people coming and paying outrageous amounts to be scared at the expense of your demise?

Personally, if I were murdered I would not want my death to be capitalized on, especially if it was for something as petty as attempting to frighten others.

What do you think, is it right for people to profit off of others tragedies? Or do the victims have the right to find peace after their violent deaths?



MICAH MARTIN
EVERYDAY’S ANOTHER
CHANCE

New targeting rule flawed by inconsistent penalties

The 2013 College football season is many weeks in and there have already been quite a few controversial calls regarding the new targeting rule. The targeting rule states: No player shall target and initiate contact vs. opponent with the crown of his helmet.

It also states: No player shall target and initiate contact to the head or neck area of a defenseless opponent.

In a way, the rule does make sense because it’s about protecting the players from head and neck injuries, but isn’t that what a helmet is for?

There’s a certain point when they just have to let the players play and not stop the game every play for a penalty.

The automatic ejection is the new part. A 15-yard penalty is one thing; an ejection is huge, especially if it happens in the second half of a game — because it carries over to the first half of the next game.

This is exactly what happened in the first week to Texas A&M defensive back Deshazor Everett.

Everett was thrown out of the game after he targeted a Rice wide receiver.

Because the penalty was in the second half, he had to sit out the first half against opponent Sam Houston State.

One of the problems with this new penalty is that we never know how consistent the referees are going to be with their calls

from week to week.

In one game, they may call a penalty and the player will be ejected, and in another game, the player may receive a penalty and no ejection on what looked like the same hit.

On Saturday Oct. 12, Nebraska Corner Back, Stanley Jean-Baptiste, was ejected in the second quarter of Nebraska’s game at Purdue for his hit on a Purdue receiver where it appeared to the referees that Jean-Baptiste lead with his helmet on the tackle.

Earlier this year, Nebraska’s head coach, Bo Pelini, had some concerns about the new penalty.

At Media Day this summer, Pelini said, “I understand it’s about player safety, but we have to make sure we’re not messing up integrity of game and how it’s played.

It’s going to be pretty subjective ... In my opinion it’s going a little overboard,” said Pelini.

Coaches are not allowed to challenge the targeting penalty, but they are allowed to challenge whether replay can reverse the ejection.

The ironic part of that is if replay has clear, indisputable video evidence that it should not have been an ejection, it is basically saying that it’s not a foul, but replay can’t reverse the call they can only reverse the ejection.

The player’s safety is one of the most important things about football and that’s what the new targeting rule is about.

However, with all the controversial calls, the new targeting penalty is now going to be the target of much criticism.



JACOB RUTHERFORD
LIVING THE DREAM

sports

REVIVING CENTRAL'S OLD TRADITIONS

O-CLUB IS BACK, WITH A MISSION TO CULTIVATE WELL-ROUNDED STUDENTS

By Seth Arter
ADVERTISING MANAGER

Student athletes at Central are being recognized with an old school tradition. O-Club, which was brought back just last year, recognizes the hard work and dedication put in by those who have outstanding athletic and academic achievements.

"I was a student athlete and so I know what it takes to maintain good grades and be a strong athlete at the same time," said O-Club sponsor Jessica Renshaw. Not only does O-Club honor student athletes, but it also encourages others to attempt to meet the athletic and academic standards to join the club. Every Friday, O-Club members wear their letter sweaters to show that they are working hard in what they do.

Not only does O-Club encourage hard work among its members, but it's helpful for the future too. "It's very similar to if you were in NHS (National Honor Society). O-Club is another one of those clubs where you can be recognized for the effort that you are putting in and it's going to help you at the next level," said Renshaw.

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ON PAGE 20



O-Club members Alec Williams, Lauren Wegner, Maureen Bigsby and Anna Folsom represent Central athletes.

Project aims to enhance athletics, experiences

By Jordan Young
STAFF WRITER

In a collaborative, the Central High Foundation and administrators at Central High are currently working on a project that will soon give Central newfound exposure and support from abroad.

This new project's objective is to find a website that will record school events while webcasting them on the internet for anyone to see.

However, this is only a small piece of an even bigger plan envisioned by former principal Keith Bigsby last spring.

"I hoped we would get two things," said Bigsby.

One of the two things was to recreate the gym lobby into a more guest friendly area by making the five flat screens capable of displaying the current game at the moment, ads and even the ESPN channel. The other being the presently unfinished project: webcasting. And half of this vision has been made a reality already.

Workers have already set up a recording system and installed wiring and cameras. They have also tested the equipment on a volleyball game.

"You can run the volleyball [game] on all 5 screens. Or you can just run ads on a couple different screens, you can be watching ESPN on another...it's a pretty slick deal," said athletic director Tom Lee.

The accomplishments achieved in the first project such as the wiring and installations of cameras were important feats that are crucial to reach-

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ON PAGE 20



San Juana Paramo | The Register

Les "Pee Wee" Harrison signs flyers and paraphernalia for fans.

Globetrotter returns to his roots

By San Juana Paramo
VISUALS EDITOR

Les "Pee Wee" Harrison started his basketball career at Central, and went on playing for Iowa Western Community College, afterwards becoming a player for Meadowlark Lemon's Harlem All Stars, where his career took off.

Harrison transferred from Creighton Prep and almost immediately started playing for the Central basketball team. "My first year and a half of high school, I was at Creighton Prep. I transferred to Central the second half of my sophomore year," Harrison said.

Central was the only school Harrison had on his radar to attend.

"I could have gone anywhere that I wanted to go and I went to Central because of the reputation, academically and athletically," he said. Coming from a private all-boys school was "quite an adjustment" for Harrison.

"I enjoyed it, they accepted me, they embraced me from being an outsider," Harrison said. "I have some life-long friendships from Central," he added. Friends of who were and are staff at Central; Harrison's anti-bullying program centers around his best friend who he met at Central.

Though Harrison had a plethora of classes at

Central, DECA was one of his favorites "outside of PE," he said.

He was a member of the Fellowship of Christian Athletes club at Central, due in part to his coach James Martin.

Upon arriving at Central during the middle of the year (after Christmas, when the basketball teams were already selected), Harrison was put right on the team.

"When I came from Prep, they put me right on junior varsity," he said. "It was the worst basketball team I could have been on in my life," Harrison said. "But the best experience I could ever have."

Harrison's coach was the dominate part of keeping his interest on the team. "He was all of it," Harrison said.

During his Hall of Fame acceptance speech, Harrison didn't forget to mention his coach, Martin. "He had taught me about integrity, he was the guy that was a big time coach," Harrison said. "I learned a lot, before I went there, he had all these all-star players and three championships. Central was known as a powerhouse."

Harrison recalled that even though "Central

CONTINUE TO 'PEEWEE'
ON PAGE 20

Fantasy league in prime earning gross amounts of money

According to research by the firm Ipsos, Americans spend about \$800 million a year on three industries: taxidermy, Girl Scout Cookies and Fantasy League sports.

It seems that people lately, boys especially, have become obsessed with their "fantasy teams." It's a chance for them to compete against their friends and learn more about the sport(s) they are obsessed with. They can win money or even better, bragging rights.

Many companies are cashing in on this. Magazines publish issues focused completely on fantasy teams; who to pick, when to pick and why to pick them. Websites put out lists annually telling the "Top 200" players, but only if you're willing to pay for it. To easily track your team, apps are available in the App Store, but once again, for a price.

Forms of the activity have been around since the 1950s. People used to do play fantasy leagues by hand, but as computers and the internet have become more popular and available, and the simplicity of fantasy leagues has improved, so has the participation.

The Fantasy sports industry has grown by over 60% in the past four years, and now an estimated 32 million people over the age of 12 are in some sort of Fantasy League in either America or Canada.

To play in a fantasy league, one has to first find a group to do it with. Each person must register on an ESPN or Yahoo! program to start their membership and then make a league. After choosing a sport, leagues conduct a draft. These drafts contain several rounds and each participant chooses their players. These participants are sometimes called "owners."

Points can be calculated in several different ways. In

hockey, points can be added on for goals, assists or wins. In football, points can be tracked through touchdowns, field goals, completed passes or running yards.

Competitions can last varying amounts of time. Leagues can choose to go for a whole season of a sport, or for a specific shorter amount of time.

Another form of fantasy leagues are brackets. Brackets are most commonly used during the college basketball playoffs and finals known as "March Madness."

Recently, the popular show "Breaking Bad" on AMC ended. People put together and bet on brackets based off the outcome of the show and what would happen to characters. One bracket was simply based off if certain characters lived or died.

Most often, people will put in some amount of money for their leagues. Usually the amounts are pretty small, about \$5 or so per member. By the end of the season, the

CONTINUE TO 'LEAGUE' ON PAGE 22



KELSEY THOMAS
NOT FEELIN' IT



ROCK CLIMBING ▶ page 20

The Rock Climbing Club, started by teacher Jean Whitten, utilizes UNO's facilities once a month.



WINTER SPORTS ▶ page 21

A preview of the winter sports season, as well as everything you need to know about the details of each sport.



RIFLE RANGE ▶ page 23

A look inside the rifle range, an often unknown part of the building used by JROTC students practicing marksmanship.



Rock Climbing Club allows for unique exercise

By Micah Martin
STAFF WRITER

Rock Climbing Club's first meeting was on Monday, Oct. 14. This club was started in 1998 by Jean Whitten who is currently the sponsor.

"It was started when I had a student who heard that I had climbed during the summer in Wyoming and he was a climber. He approached me and said, 'I would like to start a climbing club,'" said Whitten. This truly shows the passion and dedication that is at this club's foundation and that the members to this day continue to possess towards the recreational activity of rock climbing.

This club meets once or twice a month. Unlike some of the other afterschool clubs at Central, they do not have traditional meetings. Instead, they go to UNO's facilities and climb the rock wall they have access to. Rock Climbing Club is able to be held all year round because of the indoor setting; the weather does not hinder their ability to climb.

At UNO, there is a required fee and rental that any person participating in this club must pay each meeting. There is a four dollar entrance fee and a \$4 equipment rental. For a mere \$8 total cost per meeting,



Left: Sophomores Melanie Dryak and Jin Milroy and junior Alex Gregerson clip. Right: Gregerson uses his strength to get to the top of the wall.

club members are able to do something that they love. To participate in this club, you do not have to own your own rock climbing equipment. Rental from the UNO facility is available to those climbing there. The equipment that is needed to climb on the wall includes a helmet, harness and carabiner.

Rock Climbing Club has approximately 10 students involved per year. If you have an interest in this activity, get in contact with Whitten for more information about joining.

"I enjoy that it's fun and really physically challenging. Rock climbing burns as many calories as lifting weights, so it's not easy, but it's fun and different," said Ryan Goding, one of the two presidents of this club. He is currently a senior and has been involved since sophomore year.

Goding became a president by helping to organize this activity and by stirring an interest in his fellow peers. Whitten also added that the only thing a student needs to join this club is an interest for climbing.

Not only is it a high calorie burning activity, but it also helps to build leg and arm muscles for those who regularly participate in this

activity. Rock climbing is a prime example of a physical activity that is good for your health and physically demanding, all the while in a non-competitive environment.

"It's a blast and I really enjoy it," said Goding. Not every sport has to be competitive and grueling in every aspect, rock climbing without a doubt takes hard work, but it can still be fun for those who partake in it. When looking for an activity to keep you physically fit and entertained, rock climbing should definitely be kept in mind.

"It's the joy of seeing students who haven't done anything like this become successful," said Whitten. To be a rock climber, one does not have to be what others would consider a typical athlete. Yet you do have to have the determination to keep going even when you may feel like giving up, or that the top of the wall is impossible to reach.

"When you can climb and get to the top, it is a powerful feeling. Because it's all self, you did it yourself-- nobody helped you do it. I think that everyone enjoys that feeling of accomplishment," Whitten added. Give something different a chance. Go for a climb!

Webcast 'The Cube' receives support for its production

CONTINUED FROM
'WEBCAST' ON PAGE 19

ing the goal of webcasting events. It also helps that Central is wireless.

"Other than that it's pretty much up and running," said Lee.

But there is one big issue that is in the way of making the website available now: what company and website should be used?

That's the tough question that the foundation, faculty and specifically Bigsby are trying to answer.

"Live-casting is the easy part," said Bigsby. The four companies that are being negotiated with are High School Cube, UStream, LiveStream and StrivTV--a Nebraska based company.

Bigsby also explained that the core problem is the cost depending on what each company wants.

They all require a special computer to run the program and that still needs to be purchased. But other factors come in to play as well.

For example, High School Cube is a free program, but it does its own advertising, and Bigsby doesn't like that idea.

"My role is to work with companies to get what we want," said Bigsby.

Although there are many complications that seem to outweigh the positives at this stage of the project, there are still major benefits that will tip the

scale.

This includes helping students and their families.

"[I first heard about it] because I have a niece who lives in Chicago and she had concerts, basketball games and things that I really wanted to go see," said Principal Ed Bennett. "...So on their school website there was a link to this thing called the High School Cube. You could click directly from their website to the cube and then the cube had listed all these school events. If you wanted to watch a concert you could click on the concert...then all of a sudden it was on my computer screen. It was really cool."

"It wasn't the same as being there, but it enabled me to send her a text or give her a call and say I saw that...she has a lot of family here in Omaha so we are able to watch and share that with her," said Bennett.

"I think that it's an exciting possibility for more kids to get involved, more families to get involved in what's going on in the lives of kids," said Bennett.

Not only will the program help unite students and their families, but also display the talent of kids who may not participate in a sport or other activity and keep them involved. The main example Bigsby mentioned of this was having kids, specifically from the Career Center, operate the special computer that will run the program in the concession stand. Meanwhile, the program is set to be finished by

the start of basketball season and begin recording and webcasting the games.

Events from the road-show to football games will be displayed on the chosen website and the possibilities are nearly limitless.

"It gives great exposure to our athletes," said Lee. "[It] puts us ahead of the game."

Not only does it put Central ahead of the game, but gain support from Central alumni as well.

"We have a lot of alumni who live all over the country," said Bennett. "They remember with fondness their experiences with participating in activities at Central. We get phone calls from now and again [asking] 'do you have a DVD of the road-show I live in California and I couldn't make it...or 'could you send me a recording of the basketball game'. This enables this to happen all the time."

The last way that this project will be beneficial, is in supporting not only Central, but the surrounding downtown area.

"If it helps former people stay in touch, current people watch and generates revenue for us...I guess I'm not seeing a downside at all," said Bennett.

Bigsby mentioned that ads would most likely be for downtown businesses to help promote them as well.

He finally commented on the underlying goal of his plan was, saying that "it's about sending the message."

Harrison returns to share story and spread motivation

CONTINUED FROM
'PEEWEE' ON PAGE 19

was on its down years," Martin continued coaching the team as a powerhouse.

"Coach Martin still coached and worked with us like we were a powerhouse," Harrison said. "He taught me a lot; he never wanted to get that image of him jumping on us because we were losing, he was very instrumental in my leadership."

Harrison claimed that he is the man he is today because of all of his influences during high school. "There were people that gave me Les, Coach Martin, my mother and father and teammates," he said. "They were forming Les, they helped form me."

Then there is the part that Harrison had to sacrifice, the "Pee Wee" part; spending time with his wife and kids.

"The 'Pee Wee' side is my family, my wife and kids. They had to be sacrificed, 'Pee Wee' was a sacrifice," Harrison said. He had to sacrifice time with his children and wife due to the constant traveling he had to do.

"You had two sets of people there," Harrison recalled. "Because of the formative years, I was put in a position to be able to be inducted into the Hall of Fame and because of the sacrifice of my family, it allowed me to go out and speak around the country, and play around the country and the world."

"Both of them are together to make a Hall of Fame inductee, they had significant roles in my induction," Harrison said.

Harrison's fifth grade teacher told him he was "such a clown that he should be a Harlem Globetrotter."

Harrison received a basketball scholarship to junior college, to a four year college and got to travel with the Boston Celtics. "That's what put it in my mind, 'Hey, maybe I can do this a little bit better,'" Harrison said.

When Harrison first joined the Globetrotters, the team underwent many name changes. "It was

during a transitional period for the Globetrotters, Meadowlark Lemon, Curly Neil and the whole team had left the Globetrotters," Harrison said. "Meadowlark started a team called the Bucketeers, then the Shooting Stars."

Everyone still referred to Harrison and his fellow teammates as the Harlem Globetrotters, even though they played "with a different name on the uniform."

Harrison said, "The team went through differ-

“Because of the formative years I was put in a position to be able to be inducted into the Hall of Fame and because of the sacrifice of my family, it allowed me to go out and speak around the country, and play around the world.”

LES 'PEE WEE' HARRISON

hall of fame inductee,
motivational speaker,
central alum, former
harlem globetrotter

ent name changes, Shooting Stars, Harlem Globetrotter Legends, Harlem Globetrotters, to Meadowlark Lemon's Harlem All Stars."

Harrison said that what he did for the team was a "job," a job that entertained thousands.

"Our job is to make people laugh, I realized that no matter what is going on in our lives, people expect when we hit that floor to bring joy to them," Harrison said.

Harrison has been around the world twice now, and he recalls that he wasn't good with geography and history in school, but once he started to travel, everything started to lock into place.

"I got to go to Buckingham Palace, Saudi Arabia, the Mediterranean," Harrison said. "It all started

to add up in my mind and I enjoyed it." While traveling, he started to focus more on the historical aspects than the partying aspects.

Traveling the world can lead to many great opportunities; Harrison never gave up when amazing experiences came his way.

"There are two things: one, no matter where you go, people are all alike, there are more things that are common that are not common anywhere else," Harrison said. "Two: a lot of people deal from presumptions without investigating the reality."

Harrison is now a business entrepreneur, along with being a motivational speaker; he is still traveling around the world communicating with both youth and adults.

"I get the opportunity to control my own destiny, and my destiny was to not get dictated by a time clock over someone else's schedule," Harrison said.

Being a motivational speaker is "something that I really like to do," Harrison said. "It's something I don't have to practice for, it's just being me," Harrison said.

The A.P.P.L.A.U.S.E program deals with anti-bullying and 3 Guys And A Ball, a program that raises money for elementary and middle school programs for athletic programs.

"It started out [the program] with the Shooting Stars and Nancy Reagan, started a program called Just Say No and we would go and speak at schools about just saying no," Harrison said. "I never stopped doing it, but Just Say No got old and I developed the A.P.P.L.A.U.S.E program."

"When I do my performances, I just talk about friendship and how it's a two way street and how we have the responsibility to our friends to be there for them," Harrison said.

"I'd like to be back at Central more often and speak to the freshman, sophomore and senior class," Harrison said. "I love my experience at Central; it's an honor to be inducted into the Hall of Fame."

O-Club produces athletes, scholars and volunteers; open to juniors and seniors

CONTINUED FROM 'O
CLUB' ON PAGE 19

In order to be nominated for O-Club, student athletes must be a junior or a senior and must maintain a cumulative GPA of 3.0 or higher.

Nominees must also letter in two different categories, including one varsity sport.

Throughout the year, O-Club members are required to do a certain number of community service hours. O-Club's first volunteer project was cleaning up Elmwood Park.

In the near future, club members may also get involved with volunteering for Central athletics and Omaha's Open Door Mission. O-Club President Alec Williams swims for Central, but also participates in club swimming. O-Club members will also have the opportunity to volunteer at some of his competitions as well.

Renshaw believes the volunteer hours completed by O-Club members are beneficial far beyond academics and athletics.

"It helps them understand what it means to be a well rounded person and that they're not just athletes, they're not just smart and working on maintaining academics, but they're also community members," she said.

Also enthusiastic about bringing O-Club back to Central is Vice President Lauren Wegner.

"It's a really good way to get Central into the community," she said.

Throughout high school, Wegner has lettered in softball and track.

The excitement has also come with a bit of a challenge, as not everything is fun and games when starting up an old school tradition.

"It's kind of hard to start something new that no one really knew about. Our challenge is to get a good routine going and to get people aware of it," she said.

As an O-Club member, Wegner truly understands the challenges of balancing school and sports. "You just get into your rhythm of doing it and staying focused," said Wegner.

Williams is in charge of the meetings and coordinating the volunteer activities.

He is nothing but enthusiastic as he seizes his opportunity as O-Club president.

"I absolutely love it. It's a totally fun experience because I've never gotten to lead a club before and then here I am planning and initiating meetings, directing people and helping them when they need help with anything," he said.

As for now, Williams isn't faced with too many challenges, but will need to make sure that he keeps all club members involved, especially as the winter sports season approaches.

While the year progresses, Renshaw, Williams and Wegner are excited to bring back an old Central tradition.

With many volunteer opportunities to come, O-Club members and its leaders are eager to get Central involved in the community and hope to encourage other student athletes to achieve academic and athletic goals in hopes of gaining more O-Club members.

WINTER SPORTS PREVIEW

By Cheyenne Alexis and Natalie Nepper
Design by Emily Beck

BOYS

Boys' swimming tryouts begin on Nov. 18. New JV coach Kristoff Berzins explained that to determine who is on varsity, they are tested on their 550 yard swim.

Tryouts do not have a set

amount of time, as Berzins said, "[It] depends on how long the swimmers swim. Depended on stroke looks, yards, flap turns, heads down, nice, long strokes and stroke techniques."

The placement of the

members is based on the proficiency level. Qualifications such as how well the strokes are, the time to complete events and the commitment they put into the team.

Berzins is this year's new JV coach.

GIRLS

Girls' swimming tryouts last for three days the week of Nov. 18.

"We look at experience, endurance and speed," said Coach Samantha Zickefoose. "[We're] more likely to put swimmers who specialize in a stroke, rather than a free stroke."

They will also look for how well the members do during the 550 swim and the fastest times for strokes. After determining that, "Coach McGuire and I will select varsity and JV after practice."

They look for how well they are in shape and how long they have swam year-

round as well, as well as their technique.

After this, the coaches determine which strokes and events each will participate in.

At tryouts, girls do different drills such as short distance workouts and speed exercises.

SWIMMING & DIVING

coaches

JV
Berzins,
Danielson

varsity
McGuire,
Zickefoose

tryouts

Nov. 18-19

season

Nov.-Feb.

CO-ED

Power lifting's tryouts are "hard to determine [when begun]—wait for football to be over; [it] depends on the playoffs," said Coach Dennis Baker.

Tryouts are one week for three practices for one and a half hours. They last from 3-4:30 p.m. on Mondays, Tuesdays and Thursdays.

To tryout, the players are to be depended on their weight and weight classes, as said by Baker. At tryouts, the players do this activity

called a "lift-off," which is basically who can lift more and who can't.

"[We] look for technique, flexibility and [if the players are] physically incapable. These kids do not make it," Baker said. The tryouts are equal for both genders, however, as they practice the same and lift and exercise the same. The only difference of sexes is their weight class, as the guys' weight class is a minimum of 114, girls at 98.

POWER LIFTING

coaches

Baker, Calder, Barna

tryouts

After football
playoffs

season

Nov-March

BOYS

Basketball for boys does have tryouts to endure, and they last for two hours a day for three days, as explained by varsity Coach Eric Behrens.

To determine which players are eligible for the team, Behrens said they look for "basketball skills, conditioning, effort, attitude—A whole series of things."

Behrens said that during tryouts, they "basically run it like a regular practice, but we evaluate at the same time."

At tryouts, the players do shooting, dribbling and passing drills, which is covered during the three days of tryouts.

GIRLS

The girls' basketball tryouts begin Nov. 18 and last until the twentieth. "We like to go three days, and by Thursday they practice with their own team," said Varsity assistant coach Alexis Grenfell.

To determine who gets on the team depends on "lots of things," said Grenfell. "One; how they do at tryouts, their involvement pre-season, [if they took part in] conditioning, open

gyms, who they are as people, grades and attendance."

At tryouts, the members do different drills such as ball handling, shooting and openly playing with different teammates. At tryouts, they warm-up and stretch before other activities. The girls will do different activities divided on different baskets and divided in teams, as explained by Grenfell.

BASKETBALL

GIRLS

coaches

Kuhn,
Grenfell,
Morley,
Brandt,
Marion

tryouts

Nov. 18

BOYS

coaches

Behrens,
Landstrom,
Rice,
Hamill,
Hunter

season

Nov-March

CO-ED

Head coach Jimmie Foster said that when trying out for wrestling, there is really no determination for who is to join or not. "Everybody who wants to join can join—we don't make cuts," he said. "If you're tough enough to stay on, then you're on varsity or JV."

Practices are from 3-3:30 p.m., Monday through Friday.

At practices, because there are no tryouts, the players do different drills to build their strength.

"We practice wrestling moves and get in shape," said Foster. Also, the players are seated into their correct weight classes, which Foster explained are categorized into 14 classes--106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285.

Foster is in charge of both JV and varsity, and has two assistant coaches to supervise—Chuck Mulligan and Matt Storm.

WRESTLING

coaches

Foster, Mulligan, Storm

tryouts

Nov. 18,
no cuts

season

Nov-Feb



ALUM EXCITED TO FILL VARSITY GIRLS BASKETBALL COACHING POSITION
Left: Kuhn observes varsity basketball coach, Eric Behrens. Middle: Kuhn meets up with the varsity girls team; he was also an international basketball player. Right: Kuhn and varsity player, Abigail Niebrugge.

By Maya Durfee O'Brien
 STAFF WRITER

With a new season for girls basketball, there comes a change. A new head coach has made his way into the nest, Kristopher Kuhn. He graduated from Central in 2002 and at 28 years old, he is not that far removed from his high school days. He knows what it's like to be a high school athlete.

When Kuhn decided to transfer from coaching at Burke to Central, it was a difficult decision. Kuhn said that after last year at Burke, he thought he was done coaching forever. He has a family now that he wants to focus on and also has to travel a little bit for his job at Union Pacific. He said he didn't think he would have enough time to coach, but when this opportunity at Central arose, he had to jump at the chance.

Kuhn has a very definite history in basketball, and he has played for a long time. At Central, Kuhn was an all-state contender, was the captain of the all metro team and led his eagles to many victories. Kuhn played Division I basketball in college as well.

He also has experience playing basketball internationally. For five years, Kuhn played basketball overseas in Latvia, Denmark and Barcelona and ended his career in 2009. Kuhn said that the basketball players overseas were a lot less athletic, but "they understand the game a lot better."

This is the fourth year Kuhn has been a coach in general. When he returned home from playing basketball internationally, he started coaching at the Jesuit Middle School, then Burke and now Central.

Kuhn said his favorite thing about coaching is winning. "I'm competitive almost to a fault," he said. An example of Kuhn's competitive nature occurs at his workplace (Union Pacific). There is an escalator for employees and stairs next to it. Kuhn said he races people that are on the escalator to try and beat them to the top.

Although winning is Kuhn's favorite thing about coaching and competing with his team, he says a lot more comes with it. He is big on recruitment, and said his goal is to get his girls to be able to play college ball if they want to.

Kuhn describes his coaching style as interactive. He is and wants to be engaged with his players at every level. That means he sees his players



Keali French | The Register
Kristopher Kuhn, the new girls basketball coach, has big shoes to fill.

not only on the court, but off as well. He said he wants to be able to see his players, each and every one of them as individuals. That way he can help motivate them because he knows them.

He also wants the girls on his team to know that they can't slack when it comes to school. Off the court, Kuhn helps them with their math homework because he wants them to know that they can't play if they

don't get the grades.

Elexis Martinez, a junior on varsity since her freshman year, likes how Kuhn focuses on the defensive aspect of things.

"Coach Kuhn is very, very strict on defense—very strict," said Martinez. The team this year is quite little compared to previous years. "Being as small of a team as we are this year, we're gonna need the defense because we don't have as much offensive threat as we did last year," she said.

Coach's goal for the season is this: be able to get all the seniors who want to play college basketball scholarships so they may be able to do that. The overall goals: to go undefeated and win state.

Predictions and goals that he and the team have for the season are high ones, but not ones that are out of reach. He believes that once they get all the right components together they will be more than capable of performing well. "We will be the best team in the State," said Kuhn.

"He expects only the best out of us," said Martinez. This goal is not far-fetched. Martinez said that he is putting in just as much effort as they are, which makes them more able to work together and, the ultimate goal of course, win.

Kuhn said they have the talent and the drive, now the team just needs to work on their chemistry and all of the new components this year brings.

As for Kuhn coaching here at Central, he said it was not expected, yet still a good opportunity.

He said that no other school besides Central would have gotten a yes from him.

Kuhn said that taking Coach Lee's place was not easy. "[They are] Hard shoes to fill... Coach Lee is an amazing coach," he said. The two have similar yet different values and one of the main challenges Kuhn faces is getting everyone on the same page.

Kuhn does not only want to be coaching basketball. He also wants to be able to provide them with life skills. He wants his players to be able to hold themselves accountable and be responsible for themselves. He said he also wants them to be a team even after practice is over—on the court and off.



Keali French | The Register

Senior Ryan Goding runs alongside a player as he scores a touchdown.

Goding volunteers as referee with Upward program

By Stephanie Paul
 WEBSITE MANAGER

Through a love of basketball, one Central student reaches out to younger athletes by refereeing. Senior Ryan Goding helps kids to become better players on the field by being a referee.

During the weekends of the fall and winter season, Goding spends his time refereeing for flag football and basketball. The players of the sport range from ages five to 11-years-old.

He has been volunteering as a referee through his church which has the program called Upward. This program teaches coaches, parents and the players about good sportsmanship on and off the field.

When Goding was younger, he participated in the program as a player. Goding played for two seasons of basketball through his church. He enjoyed playing so much that he wanted to give back to the program.

Goding found out the program needed more referees on the field from the head referee for his church, that came to his youth group. To become a referee, Goding took a couple of training sessions with the program. This will be his second year as a referee.

Upward is a Christian recreational program. The key for this program is the Circle of Affirmation which is where the refs make the best calls that they can. Then, the coaches support the refs and the parents support the coaches.

"The kids [in Upward] grow up to respect the refs and that their parents respect their coaches, so everyone tries to get along," says Goding.

Goding thinks it is a great program to volunteer for. He loves to watch how the players improve over the season and see how much fun they are having as well. "It's great to be with a group of people who are having a great time," says Goding.

When Goding was younger, he played on the basketball team through his church. Because he had so much fun when he was younger, he wanted to become a referee. "Once I became old enough to be a ref, I wanted to give back and become one," says Goding.

Throughout both seasons of flag football and basketball, Goding says he referees over 16 games a season for both of the sports. Goding volunteers frequently other than at Upward.

He volunteers often with his church, but he also volunteers for Youth Leadership of Omaha and through the National Honor Society at Central.

Other than volunteering, Goding participates in the Math Club, Aca Deca, Rock Climbing Club, the Rugby Club sport and is a senior class representative.

Goding wishes to stay with the program that he loves to volunteer referee for as long as possible.

Senior Class Activities Coordinator juggles it all

By Sydney Halonen
 STAFF WRITER

Each year, leaders in the junior class campaign for the five positions that are available as senior class officers. Positions including president, vice president, secretary, treasurer and activities coordinator are up for grabs and students put their campaign skills to the test by making posters and campaigning to their peers for their desired position.

Shylia Riley is a senior in the class of 2014, and was elected last year to be the senior class activities coordinator.

"My campaign strategy was just to hang up signs to publicize myself as a candidate and make myself known to my classmates," she said.

Her strategies worked, and Riley earned the position she campaigned for. As the year has started to progress, Riley is ready to lead the senior class in all things sports.

"I wanted the position because I love taking on leadership roles, and enjoy being in charge" she said. "I hope the position can help me gain responsibility as well."

This position is more than just the title. Countless hours of planning and expressing her inner Eagle pride have gone into making her position run successfully.

Riley is responsible for coming to each and every school event and helping the crowd and students cheer on all of Central's teams. Yet her goal is not only about attendance to the events, but also making sure she stays on track with her academics and presents herself in a positive manor inside and outside of Central's doors.

"I have not planned as many activities as I wanted to yet, this will change," expressed Riley.

Juggling being a class officer, varsity basketball player and a senior student presents a challenge and takes some time to adjust to and to be worked through in the most efficient manor, yet Riley is ready and eager to continue to take on the challenge.

Although some events have not yet been planned, Powderbuff volleyball is coming up quickly.

Powderbuff is an opportunity for the boys to make teams and play a good old game of volleyball.

Riley helped plan the event and is excited for the game and to help raise money for the senior class.

When Riley was first elected, she was excited to help be a leader, but most of all, to finally have the ability to make her own decisions regarding athletic activities that she had been participating in throughout her underclassman years in the nest.

"Benefits of being elected include being able to choose what we want to do and what we want to wear as a senior class, we get to choose things such as our class motto and help design the senior class shirts," she said.

These benefits are not automatically given to seniors, but are earned by pursuing a campaign and creating your presence as a leader in more than just chants in the student section at countless Central events.

After her senior year concludes, Riley is planning to continue her schooling at a university, and hopefully play basketball at the collegiate level as well. After earning her degree, Riley hopes to become a detective and pursue an overall career in criminal justice.

Riley is excited to see how the year pans out and is excited to spend her last year at Central being able to hold a position like this one. She is ready to take on the challenge. "My ultimate goal in the job," she said, "is to bring our senior class together as one."

Basketball plans to continue tradition with new skills, talent

By Juan Lopez
 CONTRIBUTING WRITER

"Hard work, practice, dedication and motivation pays off," said head boys basketball coach Eric Behrens. Central basketball is entering a state of unease with the loss of seniors: Akoy Agau, Kevin Johnson, Tra'Deon Hollins and Nick Billingsly. The Eagles have won seven of the last eight state basketball championships. However, many within the Omaha high school basketball community doubt that the Eagles can go on to win their fifth straight state title.

Now Central has a new face and they want to show the world that practice and teamwork can accomplish anything.

With the loss of Central's star talent, Behrens wants his players to step up and play great defense, be unselfish and to be able to communicate with the intensity of his previous starters.

Behrens' players have the same mindset as their coach. There are no doubts in senior Austin McGaugh's mind that they will win this year's state tournament. "Hard work beats talent when talent doesn't work hard, but when talent works hard that's Central!" he said.

The senior guard believes that Central practices harder than any other school in the state. "If we lose, it is because we beat ourselves," said McGaugh.

McGaugh is going to be at the front of the Central Eagle defense.

He considers himself to be a lockdown defender, along with fellow seniors Reath Nyoach and Tre'Shawn Thurman, who want to be able to fill the roles that Agau and Billingsly left behind both offensively and defensively.

All three want to be able to prove all of their doubters wrong and be able to build upon the dynasty that Behrens has built during his coaching career.

"Hard work beats talent when talent doesn't work hard, but when talent works hard that's Central!"

AUSTIN MCGAUGH
 basketball team's
 senior guard

"All those doubters just make me want to work harder and strive to be the best I can be," said Nyoach.

Knowing how to play basketball is only half of the game.

"I have to know the opponent's defense and know where I need to be situated so I can score and get better shot opportunities for my teammates. I need to be able to communicate with my teammates," Nyoach said.

According to Behrens, the biggest challenge for the team is "getting my players to cooperate and build team chemistry." Nyoach said playing pickup games and just being friends also helps create better team chemistry.

Chemistry is what Behrens hopes his team will have by the start of the first game and continue to build upon during the season.

Most of all, Behrens wants his players to have fun and be the best they can be and use any negative criticism in a positive way.

Nyoach showed his enthusiasm for the upcoming season, "We're fighting for a prize and we hungry!"

Fantasy leagues earn unnecessary amounts of money

CONTINUED FROM
 'LEAGUE' ON PAGE 19

person with the most points will win all the money.

The most popular sports in Fantasy Leagues are football or baseball, but almost every sport is available. There are more uncommon and odd sports too like surfing, golf

and car racing.

There are also forms of fantasy leagues outside of professional sports. One example is fantasy congress. Participants draft members of the U.S. House and Senate, and earn points through their "players" participation in passing and making bills.

Another popular, non-sport fantasy league is based on the stock market. The pro-

gram gives participants a certain amount of money to spend on stocks and they try to invest it the best way they can in order to make a profit.

The popularity of fantasy leagues has increased by the millions in the past few years, and it doesn't look like it will be slowing any time soon. As long as people continue to play companies will continue to make money.

MARKSMANSHIP STUDENTS
REVEAL WHAT IT'S LIKE
TO BE

INSIDE THE RIFLE RANGE

By Trenay Newsome
STAFF WRITER

A JROTC student uses his marksmanship skills to send the bullet to the bullseye.

Wrestlers shift to new rules for year's matches

By Kira Hawkins
STAFF WRITER

Almost every year, the wrestling rules change. Officials then have to learn the new rules to ensure a fair match. There are always rules, but each year, rules are looked over and looked into to make each match as safe and as fair for the wrestlers as can be possible.

Wrestling is very competitive and also very physical. There are rules preventing wrestlers from competing against others that are too great in difference for weight, to keep athletes from using dangerous holds and positions and to even keep coaches and parents in check.

Sometimes, though, these rules have little hiccups, so they must be revised. Once this happens, the officials learn the new rules and enforce them equally and fairly.

This 2013-2014 season, forfeits will no longer count toward a wrestler's daily match limit, which is currently five matches per day. This rule change was one of five rule changes made by the National Federation of State High School Associations (NFHS) Wrestling Rules Committee during their April 8-10 meeting in Indianapolis, Ind. The limit on matches was set to prevent a wrestler from fatiguing and possibly sustaining an injury. Because there isn't any exertion in a forfeit, the match cannot count toward a wrestler's matches.

Another rule change is the allowance of video recording to be used by coaches and wrestlers for reviewing during a match.

Before, recoding a match, and then having a coach and/or wrestler review the footage was prohibited.

But the use of electronics for coaches and wrestlers to communicate is still not allowed. The only communication coaches have with wrestlers during matches is mostly limited to yelling suggestions at the athlete from the sidelines. Giving instruction through an ear piece is considered cheating, and is against the rules.

There is also a new rule regarding weigh-ins for wrestlers with artificial limbs. Before, the wrestler had to weigh in with the limb if she/he chose to wrestle with it on.

Once weighed in, the wrestler was not permitted to remove the limb during the competition.

Now, with the revisions, wrestlers that have been approved to wear the limb can choose whether or not to do so while competing, but must weigh in accordingly.

There is also a new rule concerning stalling. The committee approved for an addition to a rule that allows bad time if a wrestler is not given the choice of position after a two-point stalling penalty.

Finally, there is the new regulation regarding hair. Starting in the 2014-2015 season, when a hair cover is worn by wrestlers, it must be attached to the ear guards, to maintain continuous action during the match.

Since the wrestling regulations were already in good order, this year's revisions were kept to a minimum.

Wrestling is the sixth most popular sport for boys in the high school level. Because of this, HFHS works hard to ensure that each of the rules and safety regulations are up to par. Injuries are always possible and every measure is being taken to prevent this.

Throughout the halls of Central High, there are many unseen rooms, and one happens to be the rifle range. "If you're not on the marksmanship team, then you probably have not seen the rifle range," said Mike Melvin, head of the JROTC department.

Marksmanship is target shooting, offered to sophomores, juniors and seniors. "Freshmen are not allowed on our team because we feel they are not mature enough to be around the weapons," said Melvin.

The rifle room is where marksmanship students practice and have competitions. "Because marksmanship requires weapons, the weapons are kept in the rifle range under lock and key, but also locked in a safe that only Sergeant Major Sutter and I have the combination to," said Melvin. "Before handling the weapons, students have to pass the safety test with 100 percent, not 95 percent, only 100 percent."

Although these are pellet rifles and pistols, it could really sting someone if they get shot with one of the pellets. Since Melvin has been at the SAI at Central, there have been no accidents with the weapons.

"The rifle range is about 40 feet wide, 60 feet long. We also have the targets that are controlled by strings throughout the range," said Jacob Detlef, senior on the

varsity marksmanship team.

The competitions that take place are split into two categories: the rifle league and the pistol league. They are currently in the pistol league.

"In this league, they shoot for scores on paper targets, the scores are then totaled and the overall cumulative scores are compared against other schools," said Melvin.

"Last week, JV placed in third place and varsity placed in fourth place," said Detlef. Last year, junior varsity got second place and varsity got third place. "If you look at our trophies out there you can see we have a whole bunch of marksmanship trophies," said Melvin.

While marksmanship can be used as a PE credit, it offers a variety of more things. "The best things about marksmanship is mainly the fact we learn self control, learn how to adapt from what you did before and learn what to do next to improve your shooting but not only that, but applying it to your own life as well," said Detlef.

Many did not know about the rifle range, which is by the music room in the basement, and many may never see it. Marksmanship is held in the rifle range but not only does it involve shooting targets but an understanding of self control.

Cross Country: the most misunderstood sport there is

The cross country team doesn't get half as much credit as it deserves. This physically and mentally exhausting sport is considered "easy" by athletes who simply swing bats and throw footballs. Don't get me wrong, I'm sure other sports can be just as draining, especially if they require 100 rules and fancy guidelines.

Each and every day, the cross country team spends two hours running until their bodies collapse beneath them. The workouts are never the same; often, runners could expect uphill sprints, 1000m repeats, six mile long runs, etc. These daily workouts are often a surprise to the team as well.

Running is one of the most mentally draining activities that exist. As your body begins to tire, the only thing that your brain is telling you to do is stop. In cross country, you can't stop. You have to push through all the side aches, muscle cramps and lack of motivation. You have to keep going.

The fact of the matter is, there's one race to run that meet, one opportunity to do your absolute best. There are no quarters or chances to score more touchdowns or get more goals. If a runner does not get out and run an excellent race, they don't get to take a halftime break to increase their motivation like other sports get to. That's why it's so difficult.

Not to mention, the only supporters standing by to watch you are your teammates, coaches and parents. Other students don't bother to come to the meets, which is often disappointing. It's really not their fault, however. Meets are hardly

ever broadcasted on the morning announcements, much less the results, which end up being read about a week later. There are no themed student sections, face-painted fans or friends waving glittery signs to cheer the team on.

There are only determined athletes dripping with sweat. Despite this, the uniforms are worn with pride and the team cheers remain loud and clear.

Also, it's a little disheartening when cross country is continually referred to as track. Yes, the runners understand what you mean, but that's no excuse. Clearly, the sports are completely different, besides the running aspect.

Cross country runners don't do cross country for the recognition. Similarly, volleyball players don't play volleyball to be cheered on by the fans. No athlete does.

Noting this, there's nothing wrong with a little encouragement from the student body.

One of the highest GPA average sports teams at Central is cross country. The team works hard at practice and still manages to maintain fantastic grades. I'd say that's worthy of at least a high-five and maybe a shout-out on the morning announcements.

Regardless of the lack of recognition, cross country still remains fantastic at what they do. Running that often for that long is not exactly a walk in the park. So the next time you see a cross country runner working hard, remember that not everything is as easy as it seems.



NATALIE NEPPER
NOT GONNA LIE

Post-secondary athletic division requires more than talent

By Georgia Chambers
STAFF WRITER

Young children sometimes find themselves daydreaming about the possibility of playing among athletes at the college level. This dream sometimes continues with them into high school, but one thing that these students sometimes do not realize is the background knowledge of recruitment along with the preparations.

Bette Ball, counselor who helps with athletic division options, said, "It has to start your ninth and tenth grade year. If you really believe that you will participate in athletics at the post secondary level, you really have to start planning for it academically and athletically... If you wait to put all the pieces in place your junior and senior year, a lot of times it is too late to happen."

It is brought to the attention of students that academics play a huge part in athletic scholarships, aside from athletics. Thomas Lee, athletic director, stated, "[Students'] grades, test scores and behavior play a big role with college coaches." Lee encourages Central's coaches to market the students, give them exposure to college coaches and promote their programs.

Basic Eligibility

Students in ninth and tenth grade are advised to take various college preparatory classes, earn the best grades possible, alert their counselor if they are interested in participating in sports at the college level and participate in the sport they hope to compete in at school.

In eleventh grade, students are responsible for setting up an appointment with Ball and signing up for NCAA or NAIA online. More in depth explanations of other requirements concerning grades and required tests are listed below.

Seniors have similar expectations. One difference, though, is that they now have to work with their coaches to determine possible colleges. Also, they must request a final transcript to be sent to NCAA/NAIA after graduation.

NCAA Division I

Division I schools are among the top picks of students. Though, in

reality, less than two percent of students nationwide are chosen to play Division I. "If students keep all of their options open, they are able to get a scholarship somewhere. It is those who limit themselves to DI only that they need to realize they are competing for scholarships with people all across the country," Lee said. Division I schools are many large universities, including the University of Georgia and the University of Nebraska. Creighton is also Division I.

Preparations for Division I schools have been altered for current ninth and tenth graders. For current ninth and tenth graders, requirements include that they graduate from high school, and complete 10 core courses prior to the senior year.

Seven of these courses must be in the area of math, English and science. Also, a grade point average minimum of 2.3 is required. Finally, students must acquire a qualifying ACT/SAT score and register on the NCAA Clearinghouse website.

Requirements for current eleventh and twelfth graders are similar, but there are some differences. For one, students at this level must have completed 16 core courses in English, math, science, social studies and world language before graduation. Also, the grade point average minimum is different- it has to be at least a 2.0. The other requirements listed for current ninth and tenth graders not mentioned above are also included.

I think at Central High School we have so many students who have great potential because they are good students and they understand the importance of having both strong academics and athletics.

BETTE NORTON-BALL

counselor

NCAA Division II

Division II schools tend to be smaller colleges - including smaller public universities and many private institutions. The University of

California in San Diego and Georgia State are both examples of a Division II schools.

For current ninth and tenth graders, the only difference in requirements are that the students complete a minimum of 16 core courses including math, English, science, social studies and world language, and that they require an additional year of math, English or science and an extra year in world language, comparative religion or philosophy.

NAIA

NAIA stands for the National Association of Intercollegiate Athletics. NAIA is smaller than NCAA, and it does not contain as many sports as NCAA does.

In reference, Division I of the NAIA is comparable to NCAA Division II. Also, another difference is that the requirements are not as strict. It is necessary for students that they graduate and meet two of the following requirements: minimum of 2.0 GPA, graduate in top half of class, and have a minimum score of 18 on the SAT/ACT. Finally, they must register on the NAIA Clearinghouse website.

Factors

It takes more than being exceptional at a sport to be up for a college athletic scholarship. Lee advised that, "Students need to work hard both in and out of the classroom, need to focus on what they are doing, be themselves, and show growth and maturity."

"Many factors go into being recruited; athletic ability, stats, academics, behavior, and work ethics," he added. The key is to balance their academics with their athletics. Students need to keep in mind that they are student-athletes and not athlete-students.

Students also need to keep in mind that everything matters and what they do in ninth grade will still have an effect on their college career options. If they put out the effort, they have a chance of receiving an athletic scholarship.

In the words of Ball, "I think at Central High School we have so many students who have great potential because they are good students and they understand the importance of having both strong academics and athletics, that the two have to go together. This is a great place to be working with students who want to know more about the process."

Attention Seniors!

Senior photos for the O-Book are due
by December 13. Email them to
Central.OBook@ops.org!

Drop your baby pictures off in room
029 by December 13!



Left: Erickson protects a goalie from offensive player. Middle: Erickson in his stance ready to repel the hockey puck. Right: Erickson anxiously watches for an attempt. Photos courtesy of Kathy Erjckson

Central hockey players dedicated to the game

By Kelsey Thomas
STAFF WRITER

There are more than 2,500 students at Central, but only a handful play hockey. Two of these hockey players are sophomore Nick Broniecki and junior Seth Erickson. Both are goalies.

Goalies are often considered to be the most pressured person on the team and have the hardest job. They are in charge of making sure pucks don't get into the net, and any points made on them they take extremely hard. Erickson said that being a goalie is "Eighty percent mental and 20 percent physical." He said, "It's 80 percent mental because when your team is counting on you and you get scored on, you have to remember not to lose your temper. You have to forget it ever happened and just focus on the next shot."

Broniecki has been playing hockey since he was six. He is currently in the off-season, but he plays for an Omaha Hockey Club select team. When he was little, he went to UNO hockey games and loved them, so he pressured

his parents into letting him play. During the season, he has practices about three times a week and he goes out of town most weekends for games. Usually he and his teammates carpool to tournaments.

Broniecki said that his hockey career affects school "sometimes." He said he would love to play in college and preferably, he'd like to go to Florida State or Michigan.

Erickson has been playing hockey since he was four years old. When he first started playing, he had to try each position, but he quickly realized that he wanted to be the goalie.

By his second year of playing, he was. He plays for the Omaha U16 AAA team, a tier one junior league. Many of his coaches played hockey when they were younger, some professionally and several of his past teammates have been drafted into the United States Hockey League (USHL) and play for teams like the Lancers. Last year, Erickson even played in a couple of games for the Lancers.

Their season begins in September and ends in March or April, depending on how well they do during the regular season.

Erickson said that the "majority" of his time is taken up by hockey. He said that if it weren't for hockey, he would "probably be taking a lot more challenging classes." He dropped most of his honors or AP classes this year and transferred to regular courses so that he had more time to focus on hockey. Typically, Monday through Thursday, he has at least one practice per day about three hours long.

On Fridays, he usually doesn't go to school and begins a bus trip to another city for a weekend of hockey games. He spends all weekend in towns such as Minneapolis or Des Moines and doesn't get back until late Sunday night.

This month alone, he's been to Detroit, St. Louis, Milwaukee and Colorado Springs. The furthest he's traveled is to Buffalo, NY. Erickson started playing because his brother did and he "just kind of followed in his footsteps." Most of his friends he has made through hockey, but none of them go to Central. The majority of them don't even go to Omaha high schools. Kids on his team most commonly come from Papillion-La Vista, Gretna, Lincoln Pius X, or Douglas County West.

Some of the players come from completely different states, like Kansas or Iowa, and have to room with a host family for the season. Erickson also said that hockey has really had an effect on his personality and appearance, but in a "good way."

He has longer hair, which he "grew out pretty much just for hockey." He also said that 95 percent of the shirts or sweatshirts he owns have the word "hockey" on them. Even when he's off the ice and out of the locker room, he still "uses a lot of hockey lingo." In the future, he would like to attend the University of Michigan, Wisconsin or North Dakota to play hockey. Erickson said he loved to play, "for the girls obviously. Duh," with a giggle.

Two Central alumni dive into new JV swimming coaching positions

By Tia Spears
EXECUTIVE EDITOR

Sara Danielson and Kristoff Berzins have assumed the role of the junior varsity swim coaches this year. Though the two are new teachers here, they are not unfamiliar with the Eagle way as they are both Central Alumni. "It's probably the best school in the OPS. I really like the program that they have going here," said Berzins.

The two new coaches are ready to implement their skill into the birth of new talent. "We'll be doing more of the technique work so when [the kids] do become upperclassmen, they can compete on a level with the rest of the varsity teams," Berzins shared.

Berzins is a graduate of the class of 1999 and was a state qualifier in his high school swimming career. Berzins shared, "I made state in

the 50 free, the 100 free and the 100 back and the relays in state." Berzins has coached at Burkehill Country Club and Heartland Aquatics as well. He now assists the Omaha Swim Confederation.

Danielson, too, has had a quite remarkable swimming history as well. What started as a physical preparation for soccer became a major asset in her future career.

"I've coached swimming now for eight years," she said. Danielson has coached for the City of Omaha and a metro Omaha swim team prior to her new position on this team. "When I coached before, it was kind of all ages, but I had the upper [age] kids," Danielson said.

Their own talents will not take the show, nonetheless. Both coaches have things they hope to add to their swim teams. "I'll be able to give them first-hand experience," Danielson said.

The teachings they learned and mastered will be attributed to the

aspiring swimmers that will be on the junior varsity swim team. "We've been there and we've done it so the kids really can't say we don't know what we're talking about," Berzins said. "I've got about 13 years of coaching under my belt."

High hopes and expectations are held for the students and the future junior varsity swim teams.

"I'd like to keep building the swim team and try to build other swim teams around us," said Danielson. Both coaches expect to have swimmers who work to go to state.

"We're trying to feed some of our Central swimmers to the Omaha Swim Confederation to help out their coach," Danielson said.

Overall, the two are eager to begin the season and are prepared to use their talents to build more talented swimmers. Berzins's lasting remark, "It's good to be back in the nest."

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