



A high school newspaper practicing professional journalism.

Omaha Central High School

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THE REGISTER

# register

## CHECKMATE

CENTRAL HOSTS ITS 13TH ANNUAL CHESS TOURNAMENT



Emily Beck | The Register

By Micah Martin  
STAFF WRITER

Central hosted the 13th annual Central High School Chess Tournament on Nov. 23. In total, there were 71 different schools that came to play and over 300 students, beating the yearly average of 270. This K-12 tournament is put on with the hope to promote chess and ultimately give aspiring players the opportunity to play people other than those from their local schools. Drew Thyden, who runs the tournament, said that the things that he enjoys most about this particular event are working with people to make everything run smoothly and seeing all of the kids having fun.

Central's tournament is the largest in Nebraska, which is one of the main reasons that it draws schools from all over the Metro and surrounding area. Brian Kim, chess coach from St. Mary's Elementary, said that he came because it's the biggest tournament in town while Michael Gooch, President of Omaha Chess Community Inc., said, "I think it's amazing how Thyden is able to organize an event with 300 kids. Him being able to sort out the pre-registration, trophies, prizes and volunteers is truly incredible."

This tournament is separated into two sections. In one of these sections, there are the K-12 grades where no membership is required and the

games are played in a round-robin fashion. This means that the larger section is split into smaller ones by grade and experience.

Those people in the smaller subgroups play everyone else in that section. In the end, everyone's games are scored by Thyden to see who has scored high enough to win.

Every section has its own trophies, so in the end, there are over 100 trophies given out.

"I like that everyone in the group gets at least a chess piece to show off," said Walt Valentine, a chess coach at Marris Magnet Center. Not only does every student get the chance to play many games of chess, but everyone will go home with a prize even if they do not win a trophy.

The other section of this tournament is adults who participate in rated play. This is more serious than the other section and it is overviewed by the United States Chess Federation.

During these games, every move is written down and a clock is used. Unlike the other section where everyone gets a chance to play everyone else, the winners only play the winners.

Because of these two sections, this tournament is catered toward those players that are serious about chess and those that want to have fun while learning an intellectual game.

Nicholas Nicholas, a fifth grader who played in the tournament from St. Mary's Bellevue, said

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## HONORING LEGACIES

A NEW WAY TO HONOR THOSE WHO HAVE WALKED THE HALLS BEFORE US

By Kelsey Thomas  
STAFF WRITER

Central recently announced plans to build a Legacy Plaza on the Dodge Street side in front of the school.

The Legacy Plaza will honor "top eagles" according to Todd Andrews, Director of District Communications. The honorees will be special alumni, staff or supporters of Central.

Designers from Urban Alchemy and Dahlin Studio worked together to create a monument that kept in the historic, classic look of the school while adding in a touch of modernism. Both designers are graduates of Central High, in 89' and 84'. The Legacy Plaza will not only celebrate special people from Central, but it will serve as a place for seating of students or staff outside.



A view of the plaza looking west, facing the Joslyn Art Museum.



A view of the plaza looking north toward Seemann Stadium.

## Food drive success despite short notice

By Maya Durfee O'Brien  
STAFF WRITER

A canned food drive, run by National Honors Society, Latino Leaders, Future Educators of America and Student Council, took place the week of Nov. 17-25. Students were to bring cans to the area in front of the "C," where they were proudly displayed.

All of the non-perishable food items donated to the drive were distributed to the Food Bank of the Heartland. Candi Kadar, the advisor for FEA and Student Council, said that she was asked by a worker from the TAC building if Central wanted to participate in the drive on such short notice--Kadar and the other teachers involved only had a week to prepare. Despite the delayed notice, Kadar said they would help with the food drive.

Kadar knew that incentives were necessary to encourage students to bring food, so she talked to her students and asked what kind of prizes would be a good incentives. Kadar then met with the other members of the team of teachers involved, Paul Nielson of NHS and Alejandra Soto and Eduardo Suarez of Latino Leaders. The team came up with the idea of having three different prizes for students to win. First a mini iPad, second a \$100 gift card to Westroads mall and finally a \$100 gas card. The teachers had their own prize; a Nook which is a portable e-reader. Soto said these prizes played a big part in getting cans donated in the short time allotted. For every five cans a student brought in, they were given one ticket to put in one of three bins, from which winners would later be drawn. Kadar was impressed because some students brought in five or more cans and didn't even want to be entered to win a prize--they just "wanted to help."

Kadar, along with the other advisors, chose to have the students drop off their goods at the "C" so that students and teachers alike could see the amount of food that was coming in.



Keali French | The Register

Cans line the C. Central donated 1,300 cans to the Food Bank.

A big difference in this food drive was the amount of clubs and organizations involved. Many student leadership clubs contributed.

"In previous years, just one club had done it [the drive]," said Kadar.

CONTINUE TO 'CANNED' ON PAGE 2

## Cancer diagnosis can't destroy family's hope

By Jordan Young  
STAFF WRITER

Sometimes we wonder why bad things happen to good people—and in sophomore Kevon Kaylor's case, he has every right to ask that same question over and over again.

During September 2013, Kaylor began experiencing unusually long headaches every day, which became so severe that he began throwing up. At first, doctors categorized the symptoms as results of an ear infection, but when the headaches continued and a later CT scan revealed a terminal problem, something ominous and foreboding about Kaylor's condition hung in the air.

"I knew there was something wrong," said JoAnn Kaylor. "And then they found the tumor."

It turned out that Kaylor wasn't suffering from a mere ear in-

fection, but instead from glioblastoma multiforme—an extremely aggressive stage four terminal cancer.

"When the surgeon told me 'it's bad,' it made me sick to my stomach," said his mother. "I thought, 'Oh my God, my child is going to die.'"

Despite how terrifying that moment was for Kaylor's mother, she wasn't allowed to share the news in the beginning with him until he was stronger.

"I think he had an idea that something was wrong... And then we told everyone else. I said, 'Did you already know?' and he said 'Yes.' I had an inkling he already knew," said his mother.

But Kaylor was already showing signs of sheer strength and fearlessness as his only thought at the moment he realized cancer was his newest enemy was "let's get it out and get it done."

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BAND FESTIVAL ▶ page 6



JUNK FOOD JUNKIES ▶ page 11



VARSITY BASKETBALL ▶ page 16

An overview of the first annual band festival held to help support the music department.

The Register takes a closer look at how the junk food made available to students impacts them.

Abigail Niebrugge shares details about her upcoming fourth year on the girls varsity basketball team.



# Annual chess tournament successful, over 300 students partake

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that he enjoyed the fact that he could make new friends while continuing to learn to play.

There are many repeat schools and competitors in this tournament who gladly help to contribute to its success.

"There are many ability levels for students to play. There are also lots of volunteers with a wide range of chess knowledge, and it is very well run," said J.T. Watson, another chess coach at Marrs Magnet Center.

There are varying reasons why people decide to go to the Central Chess tournament, but it is undeniable that it is a well known and re-

**“** I think it's amazing how Thyden is able to organize an event with 300 kids. Him being able to sort out the pre-registration, trophies, prizes and volunteers is truly incredible. **”**

MICHAEL GOOCH  
president of omaha  
chess community inc

spected event.

"I like to work with the kids and I think that chess is a wonderful game. This tournament is a place for kids to come and try new things," said Gooch.

Not only do the tournament's participants get to play a game that they love, but they are also able to develop their skills in an educational environment.

Everyone hopes to make it home with a trophy, but if they do not, they can still walk away knowing that they were a part of a tradition of excellence at Central High School.

# Seniors enlist in the military early, eager to begin service

By Kira Hawkins  
STAFF WRITER

Since before America was even America, young men (and women) have proudly served our country. What most don't know is there are already service members walking among us in the halls. When the call to serve sounds, our Eagles answer loud and clear. For them, this was not just a thing that you sign up and walk away. For them, this is service.

Juan Lopez, senior, enlisted in the United States Army on Sept. 25, 2013 at MEPS.

He decided to enlist because he felt that it was a great opportunity that would give him the experience of a lifetime that he couldn't get anywhere else.

Lopez said that not only will this help pay for college, but it will put him in the door of the world. It was his mother that first made the suggestion. She helped Lopez get to the Military Entrance Processing Station (MEPS) to sign up and supported his choices.

He admitted that he was scared at first, and felt that he was almost signing his soul away. He didn't know what was in store for him in the next six years, but will bear with it.

"It's a way to show how dedicated you are to your country. It's a means an end of struggle," Lopez said. He thinks that the reason other high school students don't enlist is because it can be scary and some believe that it will change the ways that you have become so used to.

His uncle had spent some time serving and was medically discharged after a while. His advice to

students thinking about enlisting?

"Don't be scared. Honestly, take one step at a time. Just be prepared to work hard. Try not to get into trouble. It's only more work."

Andrew Clark, senior, enlisted in the Army National Guard on Jan. 4, 2013. He felt that it was a big decision. Clark was at ease leading in.

It wasn't until he swore in that he started to feel just exactly what he was doing. Clark also signed up at MEPS. He decided to enlist because it had been his plan since freshman year. He went to JROTC to help with planning. Clark isn't sure if he plans on making this a career or if it's just to help with college.

Both his grandfather and older brother served in the army. Clark said that at first, his family was calm, believing his decision to be another temporary idea.

It wasn't until he really started to get into things that they realized that he was serious and began stressing that they wanted him to be sure. Clark thinks that not as many youths sign up because of lack of endorsement.

"I feel it's just not an option always pressed. It isn't the normal routine. It's definitely worth it, but you have to have the right mindset."

Clark was told to leave a week early.

It hit him that it wasn't going to be a normal summer. He explained that he was in shock while on the plane. He chose the Army National Guard because it was the only option for a 17-year-old, looking to start his life.

Ashley Klukowski, freshman, hasn't enlisted. She's too young. But while she may be just a freshman, Klukowski has big plans for her future. Her



Kira Hawkins | The Register

Andrew Clark and Juan Lopez are enlisted in the Army National Guard and the U.S. Army, respectively.

plan is to be a proud member of the United States Marine Corps—not an easy feat. But Klukowski is it good company.

"I reason behind it (gender separations/limitations) but I hate that it has to be this way," she said.

Klukowski chose the Marines for a very specific reason.

"I wanted to be one of the best. I like the challenges that I would be put to."

Her father served in the Army National Guard and her grandfather and uncle were both in the army.

When she told her parents of her plans, while they weren't shocked, they were both proud and worried. For Klukowski, that's all she needs.

Central High Eagles are proud and strong, just as our nation's serving men and women. For each, we take off our hats, put our wings over our hearts and say thank you.

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## Can drive successful

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The involved students' jobs were to collect the food from students. They also helped load the food on the bus on the last day of the drive.

"We did it for a week and a day," said Soto. She believes that if the drive went on longer, they would have seen bigger results—but there's always next year.

"To fill a bus," said Kadar when describing the goal of the food drive. Other schools were involved with this event as well—Saddlebrook and Omaha South just to name a couple. The food donated will go to the Food Bank of The Heartland.

Overall, the drive was successful according to Kadar and Soto. More than 1,300 cans were collected in all from Central—a message that shows Eagles really do care.

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If you would like to write a story for your student newspaper, please contact Hillary Blayney at [hillary.blayney@ops.org](mailto:hillary.blayney@ops.org) or come to room 029 to discuss your idea.

The Omaha Central High School Register seeks to inform its readers accurately as to items of entertainment, interest and importance. The staff strives to uphold the principles of journalism in all of its proceedings.

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

The Register has won multiple NSPA Pacemakers, which is considered the Pulitzer Prize of high school journalism. It has also won many Cornhusker awards from NHSPA, and has been awarded the Gold and Silver Crowns from CSPA for its overall work. Unsigned editorials are the opinion of The Register staff and do not necessarily represent the opinion of Central High School.

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# Sophomore Kevon Kaylor fights terminal cancer

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He also has support from other friends and family. They've helped him through his disintegrating physical condition, which decreased rapidly after doctors found the tumor. Eventually, he couldn't lift his arms or hands.

His heart rate accelerated abnormally high and he even reached a 104.8 degree temperature for two days. And currently, he can't walk or talk. But his family, friends, mother and father continue to stand strong



Photo Courtesy of JoAnn Kaylor

**Kaylor sits upright in a hospital bed. He faces stage four cancer.**

as he continues to get better.

"...He is a fighter, he's very determined. He's gone through quite a bit in his life—I told him 'I'm with you from now until the end and we're both gonna fight,'" she said. "Every day he smiles... That's a good thing."

His smile is not only a sign of the fight for life, but doubles as a sign of hope for his mother who battles her own struggles that

come with trying to be superhuman for a boy who needs it.

"There's no crying around him," she said, eyes brimming with tears. "I only cry when I'm away from him—like now."

Most kids with this type of cancer don't live past 14 months...but there is a small percentage—four percent to be exact—who live longer, for around five years.

"I'm hoping he's in that four percent," his mother said softly. "It's very hard. He's my only child."

But hope, like his smile, keeps shining bright.

"I'm hoping he gets through this—I want him to walk again and I want him to talk again... [I] hope he has the best quality of life for as long as he has it... Stay strong and positive."

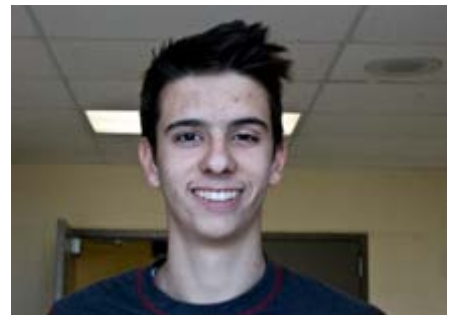
And indeed, it is more than possible that Kaylor is in that four percent. He is described to be doing well for his condition.

"I feel blessed with how well I'm doing," said Kaylor. In fact, he's breathing on his own, writing and he's slowly getting all of his movement back.

"I'm going through radiation treatment now. That's shrinking my tumor. Next I'll have chemotherapy. That's supposed to kill the cancer cells," he said.

Indeed, the boy who loves listening to music, reading, playing his PS3, watching movies and shopping for videos and comics has been dealt a rough hand, but he is still the same boy who is a resilient fighter—a believer in hope.

And right now, he isn't going anywhere, but staying with mother and family, with God on his side, set to conquer adversity. And as Kaylor said, his "story isn't over yet."



San Juana Paramo | The Register

## Exchange student brings little piece of Italy to Omaha

By Trenay Newsome  
STAFF WRITER

Lorenzo Pallotti, an Italian foreign exchange student, is adjusting well to Omaha. "I live in a small town that has about 30,000 people," said Pallotti. "I live near the sea so the weather is a lot different. The temperature is warmer and it only snows once [every] four or five years."

He is a senior and graduates after this year, although he has another year of school to complete in Italy.

The schooling system in Italy is different than America, such as the age requirements and also the pricing of schooling.

The format of the school is different also. "We don't have classes like here. We have just one class and the teachers switch classrooms; we have the same classmates throughout the day," said Pallotti. "I mean I got here three months ago so yeah I'm still getting used to the switching of classes, although I'm not as confused as I was on my first day."

"The teachers here at Central are more organized than in Italy; I like them," said Pallotti. "They also try to help more than in Italy." The schooling system pleases someone, which can prove an effective way of learning for everyone.

"If I had to describe myself in one word it'd be friendly," said Pallotti. Daijahnae Payton, a student at Central, said, "Lorenzo is a really funny person, I enjoy class time with him." Other friends described him as a relaxed person and they like him.

Pallotti likes America and his host family very much, although sometimes he feels sad about being away from his family and friends in Italy. "I like to be friends with Americans, it's interesting for me," said Pallotti.

"The stereotypes about Americans in Italy are the same as the stereotypes here that they have about Italians, like how we eat a lot of pasta," said Pallotti. "But some stereotypes are that you like football, you don't like soccer and you also eat a lot of meat."

Going into a new environment can be nerve wracking for anyone because they are away from their families and everyone they were once close too. "When I go on the plane for America, I was excited because I wanted to be here, I wanted to be an exchange student, but I was a bit nervous and anxious because I didn't know what was here, I didn't know what to expect," said Pallotti. "I was also a bit frightened because it was something new and beautiful, but it was also intense because I was going to be away from my family for a long time."

## Parents fundraise, support marching band

By Stephanie Paul  
STAFF WRITER

Everyone knows the marching band--students see the band perform at every football game during halftime shows. We see the band perform on the field, but do we see who is on the sidelines?

If one looks closely enough, one may notice the Pit Crew on the sidelines--a group of adult volunteers from the CHS Band Parent Organization who assist the band by getting them on and off the field with their instruments.

These parents are dedicated, helping the students with everything from fundraising to moral support and everything in between.

The organization has nine members on a leadership board, which organizes events for the band and helps out Peter Wilger, head of the performing arts department. The leadership board includes two co-presidents, two co-vice presidents, a secretary, a treasurer and many other event heads who help out with planning.

Dana Siek is one of the co-presidents who has been on the Leadership board for the past three

years. Her daughter, Christina, is a junior. Siek has always helped her daughter with her chosen activities, so helping out with the organization was nothing new to Siek.

"We [she and her husband] have always been active parents in Christina's life," said Siek.

Siek was the Vice President last year and this year, and is considering continuing next year, but has not yet decided if she will continue to have a leadership role with the band parents.

"It is a lot of work, but I really enjoy getting to know the kids and the parents that help out; it is fun," said Siek.

One of the most important things that the band parents are involved in is measuring the students for their marching uniforms in the summer months before school starts. The members who volunteer do not mind it at all, and truly love what they do for the band.

At each game, the band parents sit in the next section by the band at games to cheer them on.

Marching band students appreciate the band parents, especially because of their help and support during games.

Joe Romaire, a senior tuba player who has been in band since freshman year, referred to them as "helpful." Students are particularly grateful for the snacks and water that are provided after the half-time shows.

Parents sponsor the band through fundraisers to provide money for food, transportation to events, trips and materials to clean and maintain uniforms.

According to Drum Major Keali French, the parents also give holiday bonuses to band directors Tom Cosby and Wilger to thank them for their dedication.

This year, the parents started to put together a "going out fundraiser." So, each month they have a restaurant night fundraiser to raise money for the band. This year, they have been to Outback Steakhouse, Don & Millie's, Sam & Louie's and Five Guys Burgers and Fries. It has been successful thus far.

The band will always be grateful to the Band Parent Organization, and the band parents will always be proud of their kids and will always continue to fuel the organization.

## Eagles showcase musical, vocal and band talent at All-State

By Natalie Nepper  
STAFF WRITER

Many choir, band and orchestra students across Nebraska have waited for the All-State concert for months. Over the course of three days, those selected had the privilege of showcasing their talents to the state. Out of the hundreds upon hundreds that auditioned, 16 singers and musicians as well as six alternates represented Central.

Preparations began months ago. Those who wished to audition were given sheet music and sent to work. Students practiced during their music classes and on their own time. Although they would only have to audition certain sections of the music, they rehearsed it all anyway.

"Basically, you just rehearse it for a long time and make sure you know every part of every music," said sophomore Jimmy Lowe, who participated in the choir. Lowe was proud to take part; it was his first year being selected.

Lowe mentioned how much time he spent practicing at home with the rehearsal CD; the opportunity to audition meant a lot.

The process of auditioning was a change from last year. This time around, the audition tapes were recorded and sent to the Nebraska Music Educators Association to be reviewed. After about four weeks, the list of those chosen was posted.

Alex Bielewicz, Molly Rogers and Joe Romaire were the only three students from Central who represented band. Saint Alea Bilyeu and Patrick Nolan were chosen for orchestra. Those from choir included Melissa and Gina Comstock, Samantha Quintana, Michaela Fox, Jessica Prescott,

Jamie Covin, Jonathon Hinkle, Jory Boynton, John Fitzgerald, Luke Gregerson and Lowe.

Additionally, six students had the opportunity to be alternates at the concert. Erin Budesheim, Miranda Jansen, Keegan Lathrum, Dan Hangman, Noah Zaleski and Emma Lacroix were given the chance to showcase their talents if a student were to drop the concert.

"I got alternate," Jansen said. "Somebody dropped out... So it was really exciting for me." Jansen, sophomore, has been singing since a young age. She noted that after getting into choirs, the singing really stuck with her.

The musicians traveled to Lincoln Thursday morning. Over the course of three days, the group had numerous practices, which often lasted for hours. Needless to say, there was plenty of groundwork set in place before the concert on Saturday at the Lied Center in Lincoln.

"I think I did pretty well, but I could've done better," said Romaire, senior. "As a group, I think we did outstanding." Ultimately, his success at All-State and well as everyone else's will certainly be memorable.

"It's hard to know how you did personally," said Lowe. "You just had to throw your voice out there. You don't want to stand out, you want to blend in."

Other students, such as Jansen and Lowe, were thrilled to sing and plan to try-out again in future years. "I want to do All-State my junior and senior year," Lowe said. "I'm definitely auditioning." Overall, the experience of auditioning, rehearsing and performing brought the group close.

"The director said we were all really well prepared and he was very surprised," Jansen said. The group of students plan to wow the director again next year.



Sydney Spangrud and Keali French | The Register

Chorus members, some of them selected for All-State, practice in the choir room.







Sydney Spangrud | The Register

**Above Left:** Members of the Register and O-Book pose in front of the ocean at Revere Beach in Boston. **Above Right:** Students dine at Boston's Hard Rock Cafe in Quincy Market on the first night of the conference.

**By Georgia Chambers**  
STAFF WRITER

Eighth place "Best Show" at Nationals is the award Central's newspaper received in Boston on Nov. 16. This is one place better than what they received last year, even beating out Westside. However, the trip served many more memorable times than just this.

Hillary Blayne, the journalism supervisor, commented, "The students learned a lot. There were a lot of different opportunities for them with different presenters and with different workshops and different competitions. It is also something they can't get in the classroom. Overall, it was a great experience."

The conference was laid out over a span of four days. Students from the yearbook and newspaper department chose their lectures themselves. The times ranged depending on what lectures students chose to go to.

Natalie Nepper, a sophomore on the newspaper staff, is one of the students who went to Boston. "I went to photojournalism and I learned a lot from this guy who worked 26 years as a freelance journalist in Boston. I learned a lot about writing stories and how to make the stories different. Like if you are writing a story about clubs, you can make each club story unique and take different angles on the story. I also got a lot of new ideas for our newspaper that I hope to use if I become editor one day," she said.

Nepper, along with the whole staff, realized how many options there were for students to participate, and how she hopes to see more people participate and further the chances of seeing their team get more involved. "It would be great to submit a bunch of yearbook pages for yearbook and do as many competitions as possible; that way we get more

awards," Nepper said.

Nepper pulled in another title many cannot say they received, along with the newspaper's Editor-in-Chief Emily Beck, who received a "Superior" in a review write-off competition. Beck had to listen to a woman perform Shakespeare for half an hour and then write a review of the skit. "I felt super good because I was up against literally hundreds of other writers and that was the first time I won an award from a write-off. It strengthened my confidence in myself and in my writing abilities," Beck remembered.

Nepper competed in advertising. During this portion of competition, students applied what they had presently learned to test their new and improved skills. The hour of the competition, 35 to 40 people crowded into the room, all hopeful to pull in a title.

The students were given instructions to take notes while questioning a client asking for an ad. The students then were given an hour and a half to complete their ad. Nepper ended up receiving an Honorable Mention. "There was advertising for yearbook that was announced before and we didn't realize that wasn't my category, we thought that was my category, so when they didn't say my name I was really crushed and it was about 15 minutes before they announced my event. So when they announced the advertising, the one that I was in, I realized I had placed and then I was 10 times happier because I had felt what it was like to lose before I won," Nepper said.

During their spare time, students spent much time alone. Since a lot of people had different schedules, many students found themselves looking at the bright lights around by themselves.

"The conference itself was really big, but my favorite part was definitely seeing the city and spending a lot of time in Boston and learn-



ing about the history there, going to the beach, riding the subway for the first time and getting on an airplane. Just the whole experience was amazing and a lot of fun," Nepper concluded.

This trip even resulted in a life changing experience for Seth Arter, Business Manager of the newspaper staff. Being a senior, Arter had first thought of becoming a businessman, but after an experience of talking with a journalist, he got an eye-opening and real-world experience.

"It was cool to talk to someone who gets to do this in the real world and get experiences from them," Arter said.

Arter explained the dilemma coming home. Originally, the students and Blayne were to catch the flight out of Boston to Chicago on Sunday and then catch a connecting flight to Omaha out of Chicago.

However, the flight out of Boston was delayed, and due to the weather in Chicago, the flight into Omaha was canceled. With the students running out of money, the students and Blayne did not have many options.

Everyone became stressed out, Arter explained, because American Airlines could not even ensure seats on the flight the next day.

Through and through, with the help of Dr. Ed Bennett, the students found themselves staying at a hotel for the night and a flight through Dallas the next day.

"At first everybody kind of thought of the last day of like a drag because we got stuck there and everyone had schoolwork to do and we all wanted to get home to our families and stuff like that, but that next day when we were waiting for our flight to take off, we went to the ocean before we went to the airport... A lot of people ended up saying the last day was absolutely worth it," Arter stated.

All agreed that they would not trade this experience for a thing.



## Night custodian puts down mop after 19 years, looks forward to retirement



Sydney Spangrud | The Register

**Night custodian Frank DeGeorge leaves Central for his last time as an employee on Friday, Nov. 22. "Even though it's been almost 20 years, it does not seem like it. I enjoyed it so much," he said about Central.**

**By SanJuana Paramo**  
STAFF WRITER

Frank DeGeorge has been a custodian at Central since May of 1994. After almost 19 years, DeGeorge is saying goodbye. He first started working for his family's wood working business, his first ever job prior to working at Central. He sold the family business in 1987. "I did just about everything there; running machinery, and packaging materials to be sent out," DeGeorge said. "It was manufactured wood products."

It was tradition for DeGeorge to work for the family business. "We worked there for many years. My dad started it many years ago, before I was even born," DeGeorge said. "In 1987, we had the opportunity to sell it, so we took advantage of that," he added.

Prior to working at Central, DeGeorge had two other jobs besides working for his family business.

"I worked at the Omaha World Herald and I wrote the obituaries for about five years as a part time person," DeGeorge said. "For Greyhound bus line... I worked there for about four years. I was the information person."

DeGeorge first decided to work for Omaha Public Schools in 1994. "I spent 19 of my 20 and a half years at OPS and Central High," DeGeorge said. He didn't think about moving to a different high school, but when he first started working, OPS transferred him to Burke High

School. "When I first started... When I went full time, they sent me to Burke for about four months but I turned around and came right back to Central [as] soon as I had the opportunity," DeGeorge said.

The staff was what attracted DeGeorge to work at Central. "The staff are fantastic, everybody has been just great over the years. I've gone through six principals and they've all been great," DeGeorge said.

Starting in May of 1994, Central became a "great place to work" for DeGeorge.

"I met a great group of people. We all worked together, they've all retired now," DeGeorge said. "I am the last one actually of the bunch."

During the first year of working at Central, Dr. G. E. Muller was the principle. Central has remained the same throughout the years, DeGeorge noted, though there are small changes.

"It was smaller," DeGeorge recalls of the building, and its lack of air conditioning during his time at Central. "No air conditioning; it was pretty hot in there," he remembered.

"It's always gotten better," DeGeorge said about the change in principals throughout the years. "Each principal has been great. I can't say anything bad about them and that's the truth."

What DeGeorge remembers most are the students back then.

"The kids were great," DeGeorge said. DeGeorge has seen many of the physical changes of the building, "I think they've all been a positive

change," he said. "The staff has changed somewhat over the years, still a lot of people there before I came, it's all been positive...I really can't say anything negative."

The biggest difference DeGeorge has experienced at Central is sport related, especially the addition to the varsity football and basketball games at Central.

"That's been quite a change over the years; working here, it used to be at Norris Junior High," DeGeorge said.

Over the years, he has experienced about the "same amount of kids" at Central. "The kids have changed; 95 percent of the kids are great," DeGeorge said.

The friendships that DeGeorge has made over the years are what he'll miss most about Central.

"All my many friends, students and staff alike," DeGeorge said. "I think I'm leaving at a good time in my life," DeGeorge said about his retirement. "It's time for me to move on."

During retirement, DeGeorge wants to relax, but "Hopefully I'll be doing some traveling, and perhaps get a part time job somewhere." He plans to keep up with the happenings around Central during his retirement. "I'll be back for varsity football and basketball, I guarantee you that," he said.

His family was "all for it" and they thought "it was a good time to go," DeGeorge recalled. His family was happy about him working at Central as long as he was happy. They never thought he would work so long for Central. "No, I never thought I would either; I enjoyed it, I really just enjoyed it."

“I’ll be back for high school football and basketball, I guarantee you that.”

FRANK DEGEORGE  
retired night custodian



# WORTH A THOUSAND WORDS

WORLD RENOWNED SLAM POET JOAQUIN ZIHUATANEJO SHARES HIS STORY AND INSPIRATIONS WITH STUDENTS THROUGHOUT THE DISTRICT



Chris Winchester |The O-Book

Former English teacher and current slam poetry champion/motivational speaker Joaquin Zihuatanejo has countless expressions. He shared four poetry pieces during his 45-minute performance for students.

By Emily Beck  
EDITOR-IN-CHIEF

Joaquin Zihuatanejo is in his element. Surrounded by young, malleable eyes, the world-renowned slam poetry champion commands the stuffy room's attention, building words with his fingertips and painting pictures with his voice. The Dallas native has a resume too long to list, beginning as a teacher and eventually becoming a famous slam poet.

Zihuatanejo is part of a student outreach initiative put together by the Heartland Latino Leadership Youth Empowerment Summit. Along with two other motivational speakers, Zihuatanejo visited area schools Nov. 12, 13 and 14 to encourage students to embrace the power that he believes lies in their words.

Toni Hernandez, OPS's Tobacco and Drug Prevention Specialist who is also in charge of student workshops and community engagement, gauged the interest of OPS high schools via email. Many were interested.

"For the first time ever, they were doing individual high school presentations and then doing the big event," said Alejandra Soto, bilingual liaison. "We had an opening the day before the conference to book him. I right away chose Joaquin."

Zihuatanejo, whom Soto described as "a celebrity," made efforts to incorporate encouragement into his performance in order to inspire his young audience members.

"I want students to know that there is only one voice on this planet that sounds like theirs," he said, "and that the stories and poems that are inside them waiting to be found are nothing short of astonishing."

Zihuatanejo's 45-minute performance included portions of his own

“To see something like that, a lot of kids can relate, because they also have a troubled background or difficult upbringing...To see him succeed, it helps them.”

ALEJANDRA SOTO

bilingual liaison

backstory and inspirations as well as selected poems.

In what he called an "Invocation to the Muse," Zihuatanejo spoke of his grandfather, who inspired him to be a poet.

"He planted in me this idea of a dream...Of being the best at one thing," he said. His first piece was entitled "Abuelo's Garden," which he dedicated to the grandfather who raised him.

The next piece, "Speaking in Tongues," stemmed from the father of two's frustration at the barrier many people place between speakers of different languages; "December" was a funny family tale from Zihuatanejo's youth, in which several batches of ruined tamales resulted in

mutiny; lastly, "Poem for John," which won Zihuatanejo the 2009 World Cup of Poetry Slam in Paris, featured ruminations about learning the language of a deaf student.

For the last (which includes sign language), he earned a perfect score from (French speaking) judges.

Zihuatanejo sprinkled bits of his own life amongst his slam poems; students received advice from him such as "don't mess with a poet, we'll write about you," and to look for inspiration in unusual places (like Laundromats).

He believes that every young person should be a poet.

"I always say I think the world needs more poets, and that the stories that exist in the lives of students would make extraordinary poems," he said. Zihuatanejo desires to inspire those who see him perform to "think, write and live more deeply."

Also an author, Zihuatanejo has released two books of poetry, "Barrio Songs" and "Of Fire and Rain."

Soto was inspired by his performance, and thought it had a positive impact on students in the audience.

"To see something like that, a lot of kids can relate, because they also have a troubled background or difficult upbringing," she said. "And to see him succeed, it helps them, I think, to see how he's a role model."

"I think it was a great message that he had," she also said. "It was for all students and adults...it wasn't just his story, it was...About succeeding in life and being open to everybody...Accepting of all people."

## Philosophy Club challenges student intellect, inspired by TOK

By Chyenne Alexis  
COPY EDITOR

The love of obtaining wisdom defines philosophy, and on Nov. 21, that investigation was put to the test with the start of Philosophy Club. At the club, there were eight-10 members.

At the beginning of the meeting, junior Joseph Ferris, president, brought in potential members and persuaded them to join.

The first meeting consisted of the members watching a short video clip focusing on Plato's allegory, "The Allegory of the Cave" followed by a discussion on what the clip meant to them. The club meets after school on Thursdays from 3 p.m. to undefined, because the discussions could continue for longer.

Ferris said he decided to start Philosophy Club because of an interest he acquired from his Theory of Knowledge class.

"We always start really interesting philosophical conversations in there, but we never get to actually explore them outside of class, so I thought this would

be a really great opportunity to look at some of those and talk about them," he said.

His inspiration to start the club was his Theory of Knowledge teacher, Tracey Menten and the club sponsor, Jonathan Flanagan.

Ferris said the purpose of the club was "to get some students thinking," as he said that's what philosophy and the study of it is; to think and love to do it.

Flanagan, who is the sponsor, decided to sponsor because of Ferris' interest. "Joe approached me in IB English and he asked for a sponsor and asked if I could do it. I loved it. There were students who were interested in starting Philosophy Club and talking about knowledge... So I just wanted to support them."

To get people to join, Ferris brought in his

friends and people whom he felt would be interested in the club.

Ferris hopes to get the word out about the club through the morning announcements and other means of advertising, so more people will join and share a similar interest in philosophy.

For activities, the club will go over short texts or videos and discuss them afterwards, asking questions about what it means and defining in their own words what they see the certain allegory or philosophical text indicates.

Philosophy's purpose to Ferris is "To get people to just think...It's not a science, technically, philosophy is just the love of learning...It's just learning, enjoying learning and looking at different perspectives of things."

As soon as the club starts to fully develop, Ferris

wishes to "Make people kind of take different perspectives and bring out people's creative side and kind of weed out the ignorance of people and get people to question things—and that's what I really want people to think about." Rather than teaching any member in the club, Ferris and Flanagan, will be "Introducing philosophical ideas and different philosophers and their personal ideas."

Rather than teaching about philosophers such as Plato, Ferris hopes that it's already prior knowledge, so the club can be more of a discussion rather than a lesson, and the members have a deeper understanding than simply being told this and that.

"I think philosophy is just...Necessary for everyone to think about," Ferris said.

"I don't think enough students in school come to learn, or think about some of the things they're told or think about some of the things that they've accepted as just knowledge," said Ferris. "And it's [philosophy]... Just exploring knowledge...And you should be thinking about what you're learning, not just learning what you're learning."

## Fishing Club stays afloat despite wintry weather conditions, ice

By Jacob Rutherford  
STAFF WRITER

Fishing clubs have become very popular at many different high schools in the past couple of years. The Fishing Club is hosted by Mary Beth Polivka. The clubs meet every Thursday after school.

"We discuss many different things at our meetings," said Polivka. "We talk about when we are all available to go fishing, what we could do to get more people to join the fishing club. We are always in need for more people. As of now, we have five people in the club who are all very talented and dedicated to the club."

Although the Fishing Club has many dedicated and talented members in it, there hasn't been a lot of fishing lately.

"It's hard to find somewhere to go fishing when it's cold outside. Everywhere we go in the winter time, the water is always frozen and that makes it tough to fish," said Polivka.

The only way to fish when the water is frozen is to go ice-fishing, which has become more common amongst other high schools.

"We have discussed going ice-fishing a lot, but we haven't come around to it yet. We'll have to wait

a little bit longer so we have solid ice on the water," said Polivka.

"I wanted to start the Fishing Club because it's something that I thought many students would be interested in and would enjoy being involved in. Now we just need a few more students for a great Fishing Club," said Polivka.

One of the students in Fishing Club is Morgan Robbins, sophomore, who joined the club in November.

"I always loved going fishing with my dad when I was younger, so I was really excited when I found out that Central had a fishing club," said Robbins.

"All of us are friendly with each other. We all know a lot about fishing and it helps us when we are fishing," she added.

All of the students who are in the Central High Fishing Club obviously know a lot about fishing.

"A lot of people might think that the Fishing Club isn't a club that many schools have. That's one of the things I love about Central. We have clubs and other activities that other schools do not. The Fishing Club is a great example of that," said Polivka.

The only thing that would make the club better now, is a few more students to join.

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# arts & entertainment

## BAND FESTIVAL

CENTRAL'S FIRST BAND FESTIVAL TO OCCUR ANNUALLY

By Georgia Chambers  
STAFF WRITER

The first annual Band Festival occurred Saturday, Nov. 8 at Central. Peter Wilger, the band director, is head of the event and was happy to host it. "We created the festival to improve our program and help other bands have a quality performance experience," Wilger summarized. He plans to make this an annual occurrence.

The band festival is another chance for students to perform, but this time in front of well-known musicians. "Concert band experiences are the center of our curriculum and we wanted to give our students the chance to perform for nationally known clinicians who are band directors," said Wilger.

Wilger said that planning for the event was at times tough; however, it went smoothly. "Preparing is challenging, but satisfying," remarked Wilger.

"[I hope the band] plays high quality literature at a high level of performance," Wilger said.

Mentioned above, students will be performing in front of experienced and nationally known band directors. The hope is for students to take away helpful advice from the advisors and to walk away with more than what they came with.

"Students share experiences where they all work towards a goal of being the best they can be," Wilger stated.

Wilger also hopes that the students do not only take away from this experience personally, but as a whole together. He wishes them to work together "to achieve a great performance."

Wilger concluded that he has plans concerning the lives of his band students after their graduation. "Our goal is to have life-long musicians. We want our band members to have skills they can enjoy well beyond high school. We want them to be part of a college group, community band, etc. By performing at a high school level and having high expectations, we hope our students will have that life-long love of music," Wilger said.

With this in mind, the festival is a way to bring the students together and give them an experience that will help them achieve the goal Wilger has in hopes for them.



Sydney Spangrud | The Register

Top: Band director Peter Wilger conducts the wind section. Left: Wilger conducting. He plans to make the Band Festival an annual event. Right: Junior Alexander Bielewicz plays his clarinet.

## Money over art: truth behind the music industry isn't pretty

My sister loves Katy Perry. Most people do. Why wouldn't you? Her music is infectious, easy to listen to and sing in your car and widely accessible on pretty much any media. But Perry's music isn't really her music. In fact, most of her most famous hits have all been written for her. A 42 year-old Swedish music producer and songwriter named Max Martin has written "I Kissed a Girl," "Hot n Cold," "California Gurls," "Teenage Dream," "E.T.," "Last Friday Night (T.G.I.F.)," "Part of Me," "Roar," "The One That Got Away" and "Wide Awake," as well as 10 of the 13 songs on her new album "Prism," and many of her other songs.

Perry is not alone, however. In fact, Martin has written or co-written 16 Billboard No. 1 hits in addition to those he wrote for Perry, including "So What," "Raise Your Glass" and "F\*\*\*in' Perfect" by Pink, "My Life Would Suck Without You" by Kelly Clarkson, "...Baby One More Time," "3" and "Hold It Against Me" by Britney Spears, "We Are Never Ever Getting Back Together" and "I Knew You Were

Trouble" by Taylor Swift. "One More Night" by Maroon 5, "Dynamite" by Taio Cruz, "DJ Got Us Fallin' in Love" by Usher, "Whataya Want From Me" by Adam Lambert and "Beauty and a Beat" by Justin Bieber.

Martin got his start writing pop in the 1990s and early 2000s, and wrote some of the most popular songs of our generation, including "I Want It That Way," and "As Long As You Love Me" by the Backstreet Boys, "Oops!...I Did it Again," "Stronger" and "You Drive Me Crazy" by Britney Spears, "I Want You Back" by NSYNC, "Since U Been Gone" and "Behind These Hazel Eyes" by Kelly Clarkson, as well as many others. These are just a few of the popular songs he has written over the last 20 years.



PATRICK NOLAN  
GUEST COLUMNIST

Seriously, look him up. You will be surprised at how many songs on your iPod were written by him. It is staggering.

Max Martin, then, is an interesting testament to what the music industry has become: A blatantly commercialist machine focused on profit and completely ignorant to the fact that they are

bastardizing music as an art.

Let me explain. Music is supposed to be an expression. It is supposed to be emotion, inexplicable in nature, embodied in melody and harmony. In the words of French poet Alphonse de Lamartine, "Music is the literature of the heart; it commences where speech ends."

Max Martin's music has plenty of words, but it doesn't say anything. It is completely meaningless, and exists only to make money. That is the essence of the problem.

Music is no longer an art, but a commercial industry. It is a complex of record companies who have determined that the best way to turn a profit is to take prewritten songs engineered to appeal to a certain demographic and give them to a moderately talented but very attractive person who will spend five minutes squawking into a microphone while a sound engineer autotunes it into a catchy pop song, ready to be sold.

The companies have discovered that attractive people selling catchy and vaguely relatable songs written by people like Martin sells by the

CONTINUE TO 'MUSIC'  
ON PAGE 7

## French teacher's ukelele sparks new club open to all musicians

By Cheyenne Alexis  
COPY EDITOR

A new club for ukelele lovers at Central was established Oct. 22 by freshman Elizabeth Ronsick and French teacher Micah Ringlein. The idea for the club was brought up to Ringlein by Ronsick.

"The idea started when Elizabeth just asked me because I had a ukelele hanging in my office," Ringlein said. Both play the instrument.

"We meet the first and third Tuesday of the month—every month in room 122 from 3-3:30," Ringlein said.

Ringlein, who also sponsors the French Club, said the idea for a Ukelele Club sounded "great!"

"I like the ukelele, I like music, and as far as I knew, there was no Ukelele Club, so I thought, 'Absolutely,'" he said.

Ronsick has a passion for assisting people with

playing the instrument. "I thought it would be fun to teach people how to play, because, I mean, I learned to play by myself and it was fun to have a whole bunch of people together playing—I thought that would be pretty awesome," she said.

To get more people to attend, Ronsick said, "I play ukelele in the hallways. And I told people, 'Come—it's gonna be fun!'"

Ringlein said he wanted to sponsor the club because, "I love music myself, I've been playing the guitar for about nine years and I picked up the ukelele when I was in college because it was \$20 and I happened to have \$20, so I thought I'd try and learn it. And I had a lot of fun with it. I haven't been playing it as much, so I saw this as an opportunity to spread my love of music to other students and inspire them to pick up an instrument as well."

CONTINUE TO 'UKELELE'  
ON PAGE 7



Keali French | The Register

"I saw this as an opportunity to spread my love of music to other students and inspire them to pick up the instrument as well," said sponsor Micah Ringlein.



MISS COVERGIRL ▶

page 7

Junior Ruby Alvarado shares how she prepares for the pageant.



WINTER FASHION ▶

page 8

Get cozy with The Register's picks for winter fashion. Keep up-to-date on the latest trends and how to rock them.



NEBRASKA CROSSING ▶

page 9

Get the story behind Nebraska's newest shopping center and what you'll find there.



# COVER GIRL

JUNIOR RUBY ALVARADO COMPETES  
IN THE 2013 MISS COVER  
GIRL PAGEANT

By Tia Spears  
EXECUTIVE EDITOR

On Sunday, Oct. 12, junior Ruby Alvarado competed in the 2013 Miss Cover Girl pageant at the Kroc Center. This was Alvarado's first pageant and jumpstarts her aspirations to take center stage. "It's like a Latino thing. There are some other ones for Americans and they don't let other Latinas in and it's not fair," Alvarado shared.

The pageant was an experience Alvarado was more than pleased to take part in. "I just searched it up on the internet. I asked her [friend] about it and she told me how to sign up for it," she said.

Preparation for the pageant consisted of practicing interview questions, practicing the pageant walk and maintaining an elegant presence on stage. "We have to do a commercial for 30 seconds on the stage," she said. "All we're doing is just practicing questions right now and saying why we want to be the next Cover Girl."

The amount of time that was spent on preparing for the pageant meant spending a lot of time with all of the girls who competed in the pageant. Alvarado shared, "You just



Photo Courtesy of Ruby Alvarado

Ruby Alvarado (third from right) takes a boat ride with her new "family" during a bonding outing with some pageant friends.

compete against other girls, but technically it's not a competition because we all became like a family."

Although in the end the girls became like a family, it wasn't always just smiles and laughter. "At first so many girls were like 'Oh I don't like her,'" she said. "We just spend so much time together, at times like 10 hours in heels. It gets stressful."

Whether it's on stage or off stage, the girls would always be around each other. "Sometimes we all pitch in money and say let's go eat," Alvarado shared. All of the involvement with the girls and the pageant itself has helped her with her confidence, she mentioned. "Right now, I'm not as nervous as I was. It helped me throughout everything. I have more confidence in myself," she shared.

Another large part of the pageant is support. Alvarado and the other participants are all selling tickets which will assist them in the pageant. "The judges will also see that 'Oh Ruby has a lot of support,'" she said. In addition to financial support, spiritual support matters to her even more. "They [family] said that even if I win or lose it's fine because I still win something. Like I have a little family now."

Alvarado's friends and family helped support her through the pageant with words of wisdom and encouragement overall. "My parents support me a lot. My friends are helping me sell tickets and help make posters. They're very nice," she said.

"So far I need to finish this and if I win or lose it's fine because then I will join the Expo magazine which is related to

that and I'll just model dresses," Alvarado shared. Most of her time preparing for the pageant is spent remembering all of the skills she has learned and will implement on pageant day. "I'm pretty sure I will be nervous. I'm worried like what if I trip or if I fall," she said.

After the pageant, Alvarado plans to use her skills and experience with similar future endeavors. So far she is still unsure as to what she will do in colleges but plans to model dresses in a catalog sponsored by the pageant. "Just hairstyling and modeling. That's all," is what she said she's interested in. "I just don't know where to start. I have been looking for colleges," she said.

Ultimately, Alvarado did not win the pageant, but is still eager to continue her modeling and cosmetic ventures.

## Ringlein, Ronsick collaborate to create new Ukelele Club at Central

CONTINUED FROM 'UKELELE' ON PAGE 6

For now, there are no set-in-stone activities being conducted. "We haven't nailed anything yet. We'd like to get some of our players together to do a Roadshow audition... Maybe an outing," Ringlein said. "Everyone who's in the club is still trying to kind of think about what is there to do with ukuleles in Omaha."

Ringlein also said that during the first meeting, there were five

members, but more came to the second.

"Hopefully we can get more and the number goes up and up. I know there's been a couple of teachers here who are actually coming as well," he said.

Ronsick, besides the ukulele, has other interests in music, as she plays the bass, double bass, violin, ukulele, guitar, mandolin and piano. "I've played for five years on all different instruments, so it's been a wide spread of just different things. And I make YouTube videos," she said.

What she wants to bring out in the club is, "talented people. It's fun to have the talent of music," she said. She thinks that clubs are, "a way of learning without being forced, so it's like an option. And it's really good because you get to learn new things, meet new people by your own choice. And have fun while doing it."

To join Ukulele Club, "Just come, bring a ukulele, bring yourselves, open mind, be ready to be embarrassed with what they don't know," said Ringlein.

## Engineered songs, pop star puppets strip music of its art and meaning

CONTINUED FROM 'MUSIC' ON PAGE 6

millions.

That isn't music. Music is not developed in a boardroom by marketing executives. It is not produced and sold in the same way that insurance products or shoes are. Music is created by an artist wishing to send a message, pioneer an idea and express the observations and emotions they feel but cannot adequately describe any other way. Music is performed by real musicians with real instruments, and every time it is played exists slightly differently but still conveys the same message. Music is art.

Shostakovich wrote his 5th symphony in protest to Stalin and his totalitarian rule. Bob Dylan wrote "The Times They are a-Changin'" as a commentary on the 1960s and the poverty, racism and social change of the era. Martin wrote "...Baby One More Time" for the Backstreet Boys or the R&B group TLC, but both rejected it, so Britney Spears and Jive records bought and produced it. Surely one can see which one of these lacks emotion, a message and context, and is not actually art at all.

The commercialism rampant in the music industry has blurred the line between the art and industry, and in turn helped hammer every nail in the coffin of art music. It seems that people can no longer care to see the distinction between a symphony performing a masterwork and a 20-something-year-old dancing around on a stadium stage while the same recording the viewer bought plays over the loudspeakers.

It seems people no longer care where their music comes from or what their music is saying, only that it is there and has the name of their favorite American Idol winner or favorite Canadian teenager in sparkly letters plastered all over the front of it. Music lacks substance, but that no longer matters, because substance is not necessary, and in fact, doesn't sell half as well.

Although it may sound like it, I do not hate Martin or any of the pop stars he writes for. I do not hate people who enjoy the music of Martin, and the many songwriters like him, write. In fact, some of his songs I quite enjoy.

No matter how pretentious about music I am, it is impossible not to like "I Want It That Way," and that is a fact. Deny it all you want, but

you are only lying to yourself. But that is beside the point.

I do, however, hate what the success of Max Martin and his songs implies. I hate that it implies music is no longer an art but rather an industry. I hate that it implies that music is heading down a road of complete artistic stagnancy.

I also hate what it means. I hate that it means profit margins and commercialism control the music industry. I hate that it means the quality of music is not being defined by the meaning and emotions of the music but rather by the marketability of the pop star and how well a song might sell in certain demographic groups. Finally, I hate that it means music is quickly becoming an impersonal business of mass production, industry and profit, void of emotion, complexity, poetry and humanity.

I am not asking you to delete your iTunes library and start listening to only Shostakovich and Bob Dylan. I am not asking you to stop listening to or buying music that you enjoy.

I simply ask that next time you turn on your radio, open your Pandora station or fire up your iPod, consider what you are listening to. You might find it isn't music at all.

## JAMBassadors program allows art students to take part in service-learning



Keali French | The Register

A staff member at the Joslyn Art Museum works with clay to prepare.

By Micah Martin  
STAFF WRITER

In October, the JAMBassadors program at the Joslyn Art Museum stopped accepting applications for the 2013-2014 JAMBassador year. It may be too late for some high school students, but for the applicants that were accepted, the volunteering opportunity is just beginning.

The JAMBassador program is ultimately an opportunity for high school students all around the Metro to work with teachers, children, artists and visitors at the museum during public events, such as family fun days. "It's kind of like a service program, but more of an exclusive volunteering opportunity. You have to apply and apparently some people

get rejected," said junior Isaac Pavkovic, who is involved in the program.

To get into this program, one must be currently enrolled in high school and interested in art. These applicants must also go through the process of getting references and signing up online, which also includes turning in an application.

If accepted into the program, some of the activities that these student volunteers are involved in include teaching classes, helping out at public events and occasionally helping to set up galleries of student work. "We are supposed to be the ambassadors of the museum. We are at a lot of public events and classes which is also a huge part of what the Joslyn does," said Pavkovic. All of this takes place after a two-hour training session where the expectations are made clear and a tour of the facility is given.

"The mission is education. The guy who leads it is the Joslyn education director, so I think it's their educational mission. Done to educate the public on art," said Pavkovic. One of the main things that JAMBassadors

“ I get out of my comfort zone, because I work with little kids... You can actually learn a lot from the little kids about art. ”

CIARA WEIHE

JAMBassador volunteer  
and central student

do that relates back to this mission is teaching art classes geared towards younger children.

Ciara Weihe, another volunteer from Central, is helping to teach a word art class for children from the ages of seven to 12. The class that Weihe is involved in meets once a week for four weeks. Not only are classes a means for fulfilling this mission, but there are also family fun days. These combine art education with interesting activities.

This program has what is called a JAMBassador year from October to the following October. During this time span, JAMBassadors must meet a 15-hour volunteering requirement per semester. These hours can be from helping to teaching classes to volunteering at the seasonal family fun days.

With a promising JAMBassador year ahead, both Weihe and Pavkovic agreed that they enjoyed being JAMBassadors and that the program has offered them many opportunities even this early on. "I'll have the opportunity to help people learn, which I think is really rewarding. Maybe I'll help people discover art especially at a young age, which will be cool," said



Pavkovic specifically.

While Weihe stated, "I get out of my comfort zone, because I work with little kids and people my age to teach these little kids. You can actually learn a lot from the little kids about art."

Weihe believes that everyone benefits in some way from the JAMBassador program. Everyone that is involved takes something away from the experience, including the kids, volunteers and even the museum itself.

"It opened my eyes to art," said Weihe. While she works with instructors and other JAMBassadors, Weihe has been able to "open" others eyes to the world of art through teaching and volunteering. It is too late to sign up this year to be a JAMBassador, but there is always next year for any one that might be interested.



# iOS7 OFFERS FRESH NEW DESIGN

By Seth Arter  
ADVERTISING MANAGER

The iOS 7 was the talk of a major change for iPhone users as it was released this fall. Many were eager and anxious to experience the new design and features it had to offer.

That is, until people actually downloaded the new software. They quickly discovered that not everything on it lived up to the hype and excitement that lingered in the air before its arrival.

Many wouldn't classify the new operating system as cool or anything special, but it is quite convenient in certain ways. The slide up bar located at the very bottom of the screen gives users quick access to important features.

From the slide up bar, airplane mode, wifi, do not disturb, blue tooth and portrait orientation lock can easily be accessed. It also provides quick access to camera, timer, calculator and flashlight.

One favorite thing about the slide up bar is that users are now able to control the display brightness right from the bar.

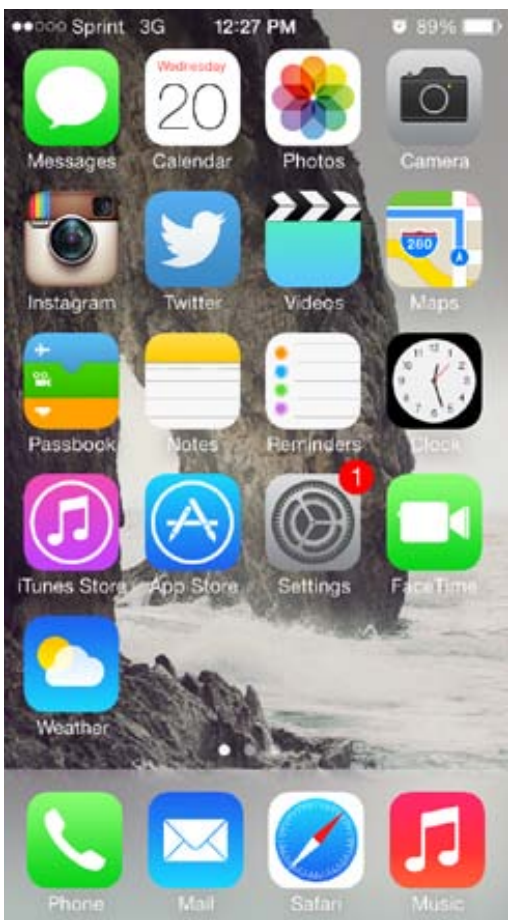
In previous versions of iOS, users had access settings to control the brightness. It's convenient when entering a dark room.

The slide down is convenient as well, featuring quick access to calendar alerts, weather information and other standard alerts such as e-mails, calls or text messages.

Another great feature is having access to current weather conditions and up-to-date forecasts with just the slide of your thumb. It conveniently lets people know how to dress and plan their day based on weather conditions.

Another cool feature located on the slide down bar is real-time traffic updates and conditions. If users have activated certain location settings, the new iOS tracks frequently visited locations and the times users visit those locations.

With this information, the iPhone tracks traffic conditions and tells users ETA right on the slide down bar. Although this is a unique feature, some do not like knowing that their phone memorizes their frequent



destinations.

It seems like a privacy issue.

Those who do not like this feature due to privacy issues can easily shut it off. The best thing about this is that users can control what they see in their slide down notification bar based on their wants/needs.

A couple other unique features included in the new iOS are iTunes Radio and call/text message blocking (which can now be done directly from your iPhone via settings).

Many agree that iTunes Radio is better than Pandora. It helps keep music enthusiasts in the know of new music and artists with "featured stations."

Featured stations often promote music stations by artists that are currently popular or artists who have recently released a new album. This is great, because it gives iTunes users the chance to discover new music by their favorite artists.

One great station on iTunes Radio is Chill Out Ambient. After a long day at work or school, it offers music that usually only contains relaxing sounds, no words.

The biggest drawback of the new iOS is definitely the display and graphics. From the start, most did not like the way the home screen, icons or text messages looked.

The initial thought was that since it was a new display, it would just take time for people to come to like it. It is way too colorful for some people's liking.

The messages and phone icons are in a green color, while the music icon is displayed in a pink.

(It seems like one is watching a children's cartoon when looking at one's display; however, the display moves up and down as you move the phone up or down while holding it, so it is convenient.)

One of the things many use most frequently on the iPhone is Siri. Unfortunately, it often does not function properly with the new iOS.

While trying to complete simple tasks using Siri, it is slow and extremely unresponsive. Something as simple as making a phone call can sometimes take minutes if not longer to do so.

Overall, the new iOS does come with some convenient features that help everyday users plan out their day and stay organized. iTunes Radio is a major plus for those who love new music.

Even though these new features are enjoyable, have the old iOS is preferred due to the obnoxious screen display and malfunctions of Siri.

# Catholic Student Group confirms misconceptions after protesting



SETH ARTER  
IN MY BENZ

Famous singer Macklemore has made a big name for himself this year as his hit song "Same Love" made it to number 28 on Billboard's top 100 chart.

The song played on the radio many times this year supports gay marriage and talks of gay people who should have the same rights and be treated just a straight person would. On Oct. 27, Creighton University was promoting a ticket give-away to one of Macklemore's concerts.

Everything seemed normal, until a few students acted out in protest. Letters of protest were written from Creighton's Catholic Student Group members who were unhappy about the give-away because of Macklemore's support of gay rights. I think it is completely insane that someone would protest this concert.

It was so wrong of those students on so many levels. "We realize that not every act or performer that Creighton promotes will be in absolute accordance with Catholic values, but when artists so deliberately and outwardly advocate such a position, they should not be publicly supported," said club president James Doyle.

There is nothing wrong with giving away tickets to Macklemore. I'd like to be inside the minds of these twisted students to truly understand their ignorant position on the particular situation. The fact that Doyle and other members of this club protested for such a petty reason makes me sick. It was arrogant and extremely degrading as well.

The students carrying out these ridiculous protests should definitely be embarrassed by what they've said. Macklemore just wants everyone to be treated equally. That's not a sin. That's what being holy and Christian-like is all about. Not only should these protestors be embarrassed for what they've said, but they should also realize that they have just put two misconceptions into many peoples' minds. I'm sure people now think that many who go to Creighton hate gays and are extremely homophobic. Thankfully, I know this isn't true as one of my best friends goes to Creighton and is absolutely one of the most down-to-earth girls I know.

The consequences of these hateful statements goes beyond the public's opinion of CU. Imagine what Macklemore, and others may think of Omaha. It was also really disrespectful to do that to Macklemore. The rapper only wanted to promote peace and love. That's no crime. If I were him, I would not be too impressed by what took place. As if the embarrassment wasn't enough, Doyle and other group members were so selfish as to ask Creighton officials to cancel the ticket give-away.

If you don't promote gay rights, fine. You are entitled to your own opinion. Don't go so far as to ruin others' fun just because you're not in agreement with them. If the members of this "Catholic" Student Group wanted to host an event that was protested, they would be livid.

At the end of the day, this can be chalked up to a learning lesson. When someone is trying to do a good deed or promote peace, don't shut them down. There are so many bad things that go on in the world everyday.

The world can be made a better place if we all take a moment to reflect on our actions and think of others.

# "The People's Couch" depicted a different view of television

"The People's Couch" is one of those kinds of shows that you watch for the first time and can't believe it wasn't already around. It's so perfect, so genius, that you don't know how you coped without it before.

This show depicts several groups of friends or families watching the same popular shows along with their reactions, while, as the title suggests, they sit on their couch.

Each one of the couches is different and unique to the others, and can be a reminder of how different the people are.

Each group of friends or families is very diverse and they all experience different reactions to the shows they watch.

A pair of long-time best friends makes up one of the groups. The best friends are two sassy

black women who frequently squeal about the shows, and in one case, spend the whole duration of "The Biggest Loser" researching and obsessing over one of the trainers because he was "yummy."

Another family has two parents and two older teenage boys. The boys are easily excitable, highly opinionated, and fun for viewers to watch.

One time, while watching "Abby's Ultimate Dance Company," one of the boys said that Abby Lee looks like "a cranberry scone muffin."

In the same episode, Lee's criticism of one of the dancers really bugged him and he called her the "B" word at least 10 times.

"The People's Couch" premiered on Sunday, Oct. 6 at 10:30 p.m. on Bravo.

It showed at the same time each Sunday

night for three weeks, but a new episode hasn't shown since.

Bravo didn't release a statement saying that the show was cancelled, but they haven't shown any commercials or previews for it either.

Each Sunday night, I lay in my bed in hopes that a new episode will show, but it never does. I wish Bravo would at least release a statement if it was cancelled, to put me out of my misery.

And, if it was cancelled, that's surprising. I don't think Bravo let it air long enough to decide whether or not it was worth cancelling. Maybe they just didn't advertise enough.

I think if they let the show run longer, more people would watch it. I know that if more people at least attempted to watch it, they would've gotten into.

"The People's Couch" is easily one of the funniest shows, if not the funniest show, I've ever seen.



KELSEY THOMAS  
NOT FEELIN' IT

# THE REGISTER'S WINTER FASHION

Concept & Clothing Selections by Sydney Halonen | Layout By Emily Beck



**BOOTS AND SOCKS**

Essential winter wear, great investments

**FLEECE TIGHTS**

Colorful and super warm



**FLANNEL SHIRTS**

Snag a lightweight one from a store or a heavy one from your grandpa's closet



**CABLE-KNIT SWEATERS**

You can find one just about anywhere in all colors and sizes. Perfect to wear with pants or over a dress.





## Gretna outlet mall brings new brands, maintains popularity



Sydney Spangrud | The Register

Construction on the Nebraska Crossing Outlets was finished in November. The shops are now open in for shoppers to find holiday gifts.

By Kelsey Thomas  
STAFF WRITER

Gretna and surrounding residents now have a new place to shop.

On the intersection of I-80 and Highway 61 and 62, a new Nebraska Crossing Outlets will sit. The outlets will include more than 70 stores and restaurants.

Outlets are different from normal malls in several ways. Usually, they have an open-air setup, which means that none of the stores are connected.

Shoppers have to walk outdoors to get from store to store. Village Pointe on 173rd and Davenport near Elkhorn and Shadow Lake in Papillion both have an open-air set up.

Outlets also offer different clothes and merchandise than a usual store of the same brand. Most outlet stores carry merchandise cheaper than what is offered at a regular store.

That is because the clothes are out of season, overstocked or have something wrong with them. But, that's not to say that outlet stores don't have plenty of cute and stylish clothes to offer.

Most of the time, it seems that they are the same quality as any other store and the only difference is the much more reasonable price.

The outlet mall opens with perfect time. Shoppers will visit right

before Christmas with the idea of getting presents for their loved ones on their mind.

J. Crew, Nike, GAP, Coach, Polo Ralph Lauren, Michael Kors and Kate Spade are just some of the brands that will open their stores Nov. 15.

American Eagle Outfitters, Ann Taylor, Levi's, Banana Republic and Adidas will also join the storefronts.

In addition to stores, there will also be small coffee shops and restaurants in the outlet mall. Places like Scooter's, Auntie Anne's and Subway will open, but so will some new restaurants that are new to Omaha.

One new restaurant is Big Cheese, which specializes in gourmet grilled cheeses. They will also have homemade ice cream, soups, salads and wine.

Burger Star will also open. Previously, Burger Star was located at 72nd and Pacific.

The owner, who also owns Big Cheese, closed that location and is moving it to the outlet mall. Burger Star and Big Cheese will share the same 4,500 square foot lot.

In 1993, an outlet mall by the same name was opened in the same location.

Over time, the mall's popularity dwindled. Last spring, it was torn down to make way for the new outlet mall. Hopefully, the future of this mall is brighter.

## Kardashians and Jenners reap rewards from unjustified, unnecessary fame

The television station E! has been broadcasting the family of the Kardashians and Jenners for a while now. The show "Keeping Up With the Kardashians" has been a favorite for many years.

Nonetheless, so much time has elapsed and the magnifying glass put on their lives is really pointless. So Kim has been married and unmarried, then pregnant by an egotistical rapper. So Kourtney has a turbulent relationship with someone who isn't even important. These are very similar to people's everyday life events that honestly don't need to be publicized.

I understand that Robert Kardashian Sr. was somewhat famous for working the trial of OJ Simpson's murder case. As for the rest of them, their only claim to fame is their relation to him. Kim was a stylist, but Robert, Khloe and Kourtney do not have much to say for themselves.

The Jenner's dad, Bruce Jenner, was an Olympic athlete and out of all of them deserves to be the famous one. His two daughters work for Seventeen magazine which I think justifies their growing fame. Bruce Jenner was an Olympic athlete so long ago though that I don't even understand why he's important to anything; nonetheless, he's the most relevant pertaining to what he's done.

I also think they do things for fame. If Kim really believed that a

70-something day marriage was "normal," she's clueless. Then she jumps into a relationship with a renowned rap artist and has a baby? I think that's abrupt and really weird. She's dated several high profile men over the past few years and is now engaged again. Most likely engaged to the begging of a nightmare. Who in their rightful mind would want to marry an outspoken, rude person like Kanye West who calls himself "Jesus?"

Every time I go into a store, their happenings are slapped on the cover of all of the weekly magazines. "Kim loses weight," "Kris divorces Bruce," "Kourtney Baby No.2"... Are you kidding me? They might as well make a headline that says, "Kim Kardashian takes a breath."

On top of their senseless fame comes the way in which people start to look up to them. I just don't think they're necessarily the best people to look up to as a role model. They do a lot of good, I admit, but what can they do that regular people can't on a daily basis?

The most noble thing I recollect them doing are ads for PETA, visiting New Orleans years ago to help build homes and donate money and maybe the sisterly talks that Kim, Khloe and Kourtney all have with Kendall and Kylie. Then to think Oprah came to their home to interview them is just bizarre... Are they that important? Honestly?

The image I think is portrayed is one of sibling rivalries. Throughout every season I've watched (mind you I used to be a fan, but have not recently been following the show due to my dislike of their reasonless fame), I've seen favor applied to Kim by her mother, Kris. I also feel like Kim is in somewhat of a midlife crisis. In one episode, she snapped on Kylie for borrowing her clothes as she's done before with one of the other sisters.

I feel like if she thinks one of her siblings are a threat to her "favorite kid" naming, then she kind of does passive aggressive things that are not loving in the least. When you're that popular and that known, I get that you take up a lot of time on your manager's behalf. Since her mom is her manager, I understand.

If there's anyone I sympathize with it's Khloe. I just think that she is the most normal one of all. She did marry Lamar Odom rather quickly, but no matter what, she still remained lowkey. For some reason, I just think she's by far the most humble. Kourtney is boring. I do respect her independence though and dedication to her children; however, that funky relationship with Scott Disick needs to be rid of.

To get the clear picture, I'm basically saying that I know the Kardashians and Jenners don't literally and deliberately ask for publicity and tabloid covers. That doesn't mean that they don't do sneaky things to snag attention (like a 70 day marriage). So, they should probably kick the show off of E! and do a final season now.



TIA SPEARS  
B.A.B.

## IB Juniors create short film for GreenFlick project, promote energy efficiency

By Jordan Young  
STAFF WRITER

Four IB students participated in the GreenFlick project powered by OPPD, which requires students to submit a creative and educational video about energy efficiency or energy management.

"We first heard about it in class," said one of the group members, junior Elissa Wiener. "It was a couple weeks into school and my teacher just kind of brought it up. All of us grasped onto it... It sounded like a great idea." Juniors Aggie Mullen, Jai Williams and Emma Kalkowski-Farrand were all interested, and would start working on what would be a three and a half month long project.

"It was us who decided to go for it and she [their teacher] completely supported us," said Wiener. "She was always helping us along the way." Not only was their teacher supporting them, but the group was also driven by their own reasons to participate.

"First, it just seemed like a really fun thing to do," said Wiener. "We got to take time out of our class and it seemed like a fun idea... and there was also the prize money."

In fact, the winners of the contest would receive \$500 each, including \$500 for the school.

And with that, the group of students needed little more to inspire them to shoot for the stars on this one.

"After weeks of deciding and having an idea and completely rearranging it and changing it to a different one, it was about a criminal who misuses energy," said Wiener.

The film's plot centered on a criminal who committed "crimes" like leaving the water on in the bathroom, not unplugging electronics when she was done using them and so forth. The criminal would get chased by policemen, thrown in jail and finally come to her senses and repent her ways in court. Everything was filmed in the halls of Central High and they came in before school a lot to work on the film, during class and after school.

"We filmed everything and then I did most of the editing and we had done everything for a month and a half at that point," said Wiener.

"And then...my flashdrive was stolen and I lost the entire mov-

ie," she said.

The loss nearly derailed the group's project and things no longer seemed to be going their way.

"Yeah, it was not a good weekend...Not the best thing that could happen," Wiener said. Although the long editing process was wasted and the long hours Wiener had logged were indeed lost forever, the film was able to be recovered without re-taping and the group was just forced to work double time.

"Jai and Emma started working on it. They did a little bit of it one day when at school when I wasn't there," said Wiener. "But I ended up taking over."

So for one long Saturday, Wiener worked hard on the editing while everyone else did their own parts and finally the finished product was completed and the possibility of winning the contest was in their grasp.

Actually, there were two possibilities, one being the popular vote (for which team gets the most votes) and the other being the judges award—where experts on the criteria, environment and journalism choose a winner.

Either way, there was a possibility. But first, they had to turn the project in and that became a whole new hurdle to jump over. "The process of sending it in was really, really long and really complicated," Wiener said. The team had to turn their project in through Facebook at school so of course the blocking system kept them out; then they couldn't get a hold of the person who could get them the password to break through.

"We ended up trying to get it done first period and it didn't work," said Wiener. This was deadline day and they were running out of time.

After trying to submit the story that hour, they tried second, third and soon they were in sixth hour, hopeless and wondering if months of hard work would be wasted.

"We were standing there about to leave and about to give up and it worked," said Wiener.

For some odd reason, Wiener recalled the mouse moving, and the password for the block being entered and finally Facebook popped up on the screen—they could submit the video.

After all the hard work, dedication and sweat they put into the



Logo Courtesy of Reel to Real

video, what lingers is the possibility of bringing home a win.

"I'm not expecting us to win, which is fine," said Wiener. "And personally, I really like our video. We worked really hard on it and it took a lot of time... We all got a glimpse on how much work it takes to make a movie and so I don't really care that much because I did it for the experience. It was an amazing experience and I would do it again in a heartbeat even if we got dead last."

A winner has already been chosen for the popular vote, but the judges' vote is yet to be decided. But more important than winning is what the video and whole contest encourages, and of course the experience of it all.

"It's something fun to do, but while you're doing it you are getting a great education about energy," said Wiener. "Helping the environment as a whole is a good thing to know."

Not only did they learn about the environment, but how to use different computer programs and technologies, things that can also help them in the near future. And the group isn't so sure if another film is in that future.

"I don't know of any other competitions... If we did another it wouldn't be for a couple months," said Wiener.

"[But] I'd love to and I'm sure they would too," she said.





Natalie Nepper | Staff Writer

# book



title

## Eleanor & Park

author: **Rainbow Rowell**  
genre: **Teen Romance**

rating | 10+ out of 10

## Reader can't help but fall for "E & P"

"Eleanor & Park" is the oh-so-typical teenage love novel that everyone adores, or so it seems. This classic boy meets girl tale takes an untraditional turn with insights on bullying, poverty and sexuality. With the turn of every page, it's nearly impossible not to fall in love.

Rainbow Rowell starts the story slowly with alternating voices of Eleanor, the red-headed girl with crazy men's clothing, and Park, the skinny Asian boy who's hardly popular but tolerated anyway.

Set in 1980's Omaha, Eleanor meets Park after sitting next to him during the bus ride to school. The odd pair bond over comic books and good music and eventually get to know each other a little bit more.

As the novel unfolds, the reader learns more about Eleanor's life at home—a sad reality of family poverty, abuse and an alcoholic stepfather.

Park's lifestyle is seemingly opposite. His parents are accepting, caring and they love him unconditionally. It's no wonder that Eleanor grows fond of spending countless hours at his home, even though she is shy.

The events in "Eleanor & Park" can relate to everyone in the slightest of ways. The bullying that Eleanor goes through hits home for a lot of people, as well as the siblings she has to deal with. Also, Eleanor's struggle to blend in, but standing out instead, is relevant to many people in our society.

It was unclear from the beginning whether the

supporting characters, such as Eleanor's siblings and the bus bullies, would grow and develop like Eleanor and Park did. By the end, there was no doubt that they had grown to be significant parts of the plot.

Park's set of parents were by far the best and most realistic pair of parents ever seen in a young adult novel, there's no doubt. Each had their own special characteristics. Park's mom was very loving, open minded and accepting, unlike Eleanor's parents—who disliked Park and was unknown to their relationship.

The language in "Eleanor & Park" is purely breathtaking, there's no other way to describe it. Sensual descriptions are everywhere, but they're never misused or out of place.

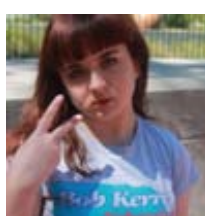
One of the most amazing literary moments was when Eleanor scolds Park for saying she looked "nice" to which Park thought, "Eleanor was right: She never looked nice. She looked like art, and art wasn't supposed to look nice; it was supposed to make you feel something."

Besides the language, Rowell baffles readers with her realistic creation of teenage body image issues. There has never been a main character to a young adult novel that was so... Normal. Eleanor's awkward attitude, disproportionate body parts, frizzy hair and clothing that fits way too snug in all the wrong places is anything but fantastical and romantic.

It's unbelievably true. The fact that Park loves her regardless is sworn worthy in itself.

"Eleanor & Park" captivates its readers and has them glued until the very end. This young adult novel is undeniably amazing and breathtaking. But the sob-worthy ending questions everything and its impossible not to wish it hadn't ended.

"Eleanor & Park" by Rainbow Rowell deserves more than a 10/10, if that were even possible.



Maya Durfee O'Brien | Staff Writer

# album



title

## Night Time, My Time

artist: **Sky Ferreira**  
genre: **Pop**

rating | 6 out of 10

## New release pleads for listener pity

No one knew who Sky Ferreira was when she signed with Capitol Records at the ripe age of 15.

The label was hoping to make her the next big typical teen pop star, but now with her debut album "Night Time, My Time," Ferreira is proving that she can be a pop queen and still different at heart, able to combine genres and still make the music her own.

The album cover is a bit creepy. Pictured on it is Ferreira in a shower. Water is pouring down on her and she's making the strangest face ever—she almost looks like someone or thing that is not human.

The most scandalous thing about the cover stems from what she is wearing, or not wearing for that matter.

She doesn't have a shirt on and one of her breasts is fully exposed—beware small children! The cover is a preface to the kind of songs and music one is exposed to on the album.

The album itself is a blend of the wonderful 80s synth pop, grunge and other dark qualities as well.

Ferreira's album asks for those who listen to pity her. Many of her songs incorporate self loathing, most evident in the song "I Blame Myself." Another song with equally as much self deprivation is called "Nobody Asked Me (If I Was Okay)."

Although a majority of the songs are sulky and sad, there are elements of happiness in many

of them. The happiness lies within the beat/tempo/anything but the word portion of the songs.

In many of her songs, 80s synth pop influences are noted. Those in turn make the listener feel happy amidst the sad words Ferreira is singing.

The song "24 Hours" is one of the songs that features the most 80s synth pop influences to it. The use of synthesizers makes it seem as though it's from a John Hughes film.

Ferreira oversaw the majority of her album as she was the album's executive producer, according to The New York Times.

Her opening song "Boys" is the closest she comes to finding any sort of optimism throughout the whole album. Sure, the back beats help with all of her songs, but "Boys" is the only one that really screams "I'm a woman I am happy and I don't need no man." It's really a song about empowering women; "Boys, they're a dime a dozen" basically states that she can be her own person without the help of a man to be by her side.

Even so she has a man—his name is Zachary Cole Smith from the band DIIV. Ferreira was with Smith when the two were arrested for Smith's possession of heroin.

Maybe this song is a reference to him and that she can do better without him.

The album is very different when compared to her 2012 single "Everything is Embarrassing." Within that song there are a lot of optimistic vibes—very contrastable to her 2013 release.

She deals with the real morose that many of us feel that cannot be overshadowed by the poppy undertones.

All in all a good, but not great album.

It's missing one of the major elements that many albums have: a cohesive sound and sometimes even message. She just needs time to find herself as an artist.



Trenay Newsome | Staff Writer

# dining



name

## Chicago Dawg House

location: **31st and Farnam**  
cuisine: **Hot Dogs, Sandwiches**

rating | 8 out of 10

## Pricy finger foods worth experience

A new restaurant has moved from 108th and Maple to the Midtown Crossing area on Farnam Street; near The Nest! This restaurant is called Chicago Dawg House, mainly featuring hot dogs and sandwiches. It's a Cubs decorated restaurant, similar to Sam and Louis' Creighton theme.

They have different specials every day, Sandbery Monday, Twofer Tuesday Two, Butkus Wednesday, Polish Thursday and foot-long Friday. The prices vary, usually from \$6.99 to \$7.99, depending on what special you get and the day you go.

The pricing for the menu items are outrageous and could be changed to match the average budget that most people in Omaha have.

The prices make you think twice before buying the hot dog. You will say to yourself, "Oh, am I really going to spend \$5 on this hot dog that I can make at home?"

If the pricing was knocked down to size, it would make this restaurant beyond better than it already is. I mean really, who wants to spend so much on a hot dog when you could go buy a pack from the grocery store for the same amount and sometimes even less?!

These guys want the big bucks, but the service is fast and friendly, so sometimes it makes you forget you are paying so much. I ordered my food and it came out within the 10 minutes.

The atmosphere would also be perfect for a game day, not just football or basketball, but any sport out there. The finger food adds to the atmosphere of this Cubs' lovers restaurant.

Next time you are planning a party, specifically a Super Bowl party, invite your friends for a bite at Chicago Dawg House.

The loud and stimulating environment will

make the food and game better than it already it is. The appearance of the restaurant is the same also, as it contributes to the atmosphere.

The mere glimpse of a hotdog across the room makes your mouth water and your stomach growl, then the smell lingers for five minutes, at one point, it seemed like the smell stayed there for an eternity.

The wait seems to take forever, but really, it's just your imagination. Waiting for your food surrounded by other food makes it worth your while.

The chili fries are loaded with tons of cheese and chili—so that's definitely worth your buck! The fries are pretty thin, so eating with a fork is recommended, and if you eat a chili dog be sure to use a napkin as a bib—you'll understand why when you try it!

The traditional dawg is nice and topped with mustard, relish, onions, tomatoes, peppers and celery salt. I have never been familiar with anything on my hot dog besides ketchup, but these food and condiment choices add a certain flare to the hot dog that is not on ordinary hot dogs someone from Omaha would usually eat.

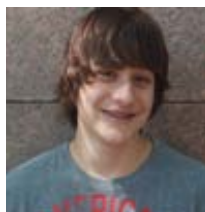
The relish on the hot dog was sweet and tangy; the onions were sweetened to perfection, not to mention the bun was beyond soft and wrapped everything into a perfect union of different flavors and textures.

On the restaurant website, they claim, "Chicago Dawg House at Midtown Crossing is now Omaha's only true Chicago style restaurant." (Although Sonic seems to claim this, I don't like their hot dogs very much).

This claim could be true, but I would not know because I've never tasted true Chicago hot dogs from Chicago, but I'd say it comes close to being the best hot dog joint in Omaha.

This restaurant is a very good choice for lunch with friends, or if you cannot decide where to go, the only bad thing about this restaurant is the higher prices.

If you like sport environments and good finger foods—besides the chili fries—then this is the restaurant for you.



Jacob Rutherford | Staff Writer

# game



title

## Grand Theft Auto V

publisher: **Rockstar Games**  
genre: **Action-Adventure**

rating | 8 out of 10

## Online game improves playing time

Grand Theft Auto V has sold over 15 million copies since its release date of Sept. 17. There is not a lot you can't do in GTA V's varied missions and hobbies.

Open-world freedom has always been the greatest asset and it remains so here, although being unable to interact with anything unless prompted leaves a sense of detachment.

While the single player campaign mode of the game has had much success, the online version, which was released on Oct. 1, has had many issues.

The launch of GTA V Online has not gone smoothly.

The massive popularity of the title, which has become the best-selling game in history, has resulted in the company's multiplayer servers becoming clogged with users. Attached with game-breaking bugs, gamers aren't getting the smooth experience that was promised.

Although the online version of GTA V has many things we haven't seen before such as being able to play with up to 16 players at once, the use of planes, being able to play sports such as golf and tennis, and even the ability to buy stocks, the issues are preventing players to even log in and play online.

The online launch took place at about 7:00 a.m. on Oct. 1, and within the first couple of hours, all the servers were down.

There is also an issue that is preventing some players from getting through the first tutorial mission across both consoles. However, many players have been able to get through this with repeated retries.

Rockstar Games, the developers of GTA V,

have already apologized to all the players that have been affected by the online issues. Rockstar has a very compelling way of apologizing. Once all the online issues have been attended to, Rockstar is giving players \$500,000 of in-game cash to all players who have been affected by the issues.

Aside from all the issues, GTA V online is addicting. Arriving in Los Santos and stepping off the plane without a cent, the character you create in GTA Online slips straight into the criminal underworld.

You essentially go from poor to rich, like most of the single-player GTA games have been, and there's an addictive rhythm to its progression. The more you play, the more you earn, and the more guns and missions you unlock.

The character you create is a mute avatar that feels out of place in Los Santos and probably has a weird appearance, as the character creation system uses a strange genetics-based formula to calculate your appearance.

Everybody comes out looking just slightly wrong, and weirdly similar to one another. You have much more control over what they wear.

GTA Online's missions come in three categories: racing (usually in a car, but sometimes on a boat or a bicycle), deathmatches (either in teams or free-for-all, sudden death or traditional), and missions, which are usually cooperative and involve more complex objectives, more similar to GTA 5's single-player missions.

Cooperative Heists are still to come, Rockstar says.

Playing GTA Online makes you realize what an extraordinary world Rockstar has created in this modern San Andreas.

Cutting out little sections of the map and letting them shine alone reveals almost every inch of Los Santos to be precisely designed, if that wasn't already shown from GTA V.

All those places that you might never have explored in single-player such as those secret skate parks, the dirt tracks, the hiding places, may find their purpose in GTA Online, where they can be discovered and explored together.



# perspective & commentary

## Vulnerability to terror threats validates U.S. spying

By Seth Arter  
ADVERTISING MANAGER

Twenty-four hours a day, seven days a week, the U.S. government is monitoring communications not only among U.S. citizens, but all across the globe. This is good. As Americans, living in a post 9/11 era has instilled fear in many. The government has reacted and implemented many security measures to ensure the safety and security of Americans.

In mid-October, the U.S. government was accused of spying on some of its closest allies, sparking controversy all around the world. According to El Mundo, a Spanish newspaper, the U.S. had been spying on leaders in at least 35 countries. The U.S. is also accused of listening to German Chancellor Angela Merkel's phone calls.

It is understandable that the U.S. has been digging around for this information. With a wide variety of in-depth issues such as America's economic status, unemployment rate and foreign affairs, there is a lot for the government to focus on. However, fighting terrorism should always be at the top of

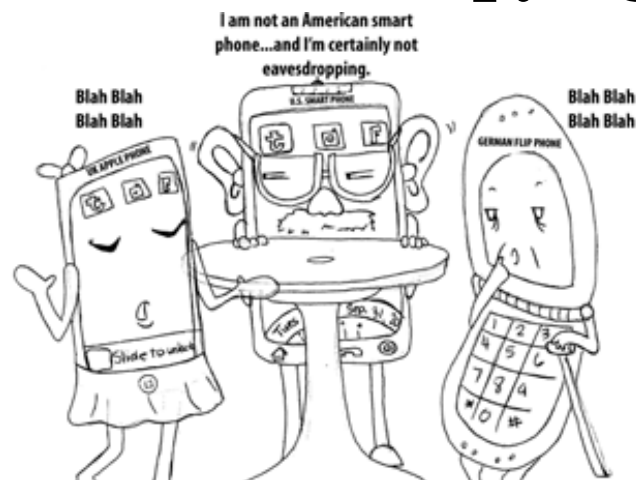
America's list of priorities. This is something that foreign leaders need to take into consideration. Even with America's enhanced security after 9/11, it should be clear to everyone that the U.S. has remained vulnerable to terrorism as shown by the Boston Marathon bombings, Newtown, Conn. Elementary School shooting and other vicious acts of violence that have resulted in many injuries and fatalities.

Former Vice President Dick Cheney spoke out about the issue, with nothing but supportive statements. "We do have a fantastic intelligence capability, world-wide against all kinds of potential issues and concerns. We are vulnerable, as was shown on 9/11, and you never know what you're going to need when you need it," said Cheney. His statements are ones that all politicians and Americans should be in agreement with. Many of America's allies have developed misconceptions. It is fair to say that the majority of them do not agree with what the NSA (National Security Agency) has done.

The U.S. is right to spy on its allies. In today's society, it appears that there are so many people who are extremely un-

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Imani Brown | Contributing Cartoonist

## JUNK FOOD JUNKIES

TODAY'S TEENS ARE EXCEEDINGLY UNHEALTHY AND WILL EVENTUALLY PAY FOR TERRIBLE DIETS, LACK OF EXERCISE



Sydney Spangrud | The Register

By Maya Durfee O'Brien  
STAFF WRITER

You arrive at school and you're surrounded by various pop and snack machines. You think to yourself, "What should I get myself to eat from this motorized wonderland of unhealthy, nutritional value-lacking foods?" The only viable option of course is the bag of Doritos you see at the top of the machine. And to drink? You get yourself a soda, zero calories because you're told that it is healthy.

This is what teens seem to be doing across the country. It's becoming the norm, so to speak. No wonder obesity is becoming a rising issue. If we as a society don't become more aware of the need to help teens become health advocates for themselves, then we are going to be creating an even larger obesity and overweight problem for the country.

A typical day in the life of a teen shows that a teen is faced with many obstacles and choices regarding their health and well being.

Even Central has its own faults in promoting the health of teens that inhabit its building.

First, look at the school lunches. Sure, they are balanced and semi-nutritious, but are students required to take all the fruits and vegetables offered to them? No. Many just seem to head straight for the bags of chips on the end of the lunch line. Chips for lunch; that's the epitome of unhealthy.

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It gets worse once you exit the doors of the cafeteria. Students are bombarded with arrays of boxes full of hot Cheetos and candy being sold. Why can't fundraisers such as the food selling ones, be used to promote healthy snacks as well as healthy eating instead of promoting the consumption of the foods that have little to no nutritional value at all?

And even though the unhealthiness can stem from all the above listed reasons, there is still another issue that teens seem to be dealing with in their lives: Unhealthy dieting and other forms of weight loss. Many turn to laxatives and the alternative to just not eat alto-

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## IB music classes tiny but mighty



LUCY SIMMONS  
CONTRIBUTING WRITER

The International Baccalaureate Diploma Programme first began at Central last year, and a small group of students decided that this path might be right for them. As one might expect for any new program, the start has been modest; less than 4 percent of the graduating class is enrolled as IB Candidates. In addition to the program being an adjustment for the students, it is also a new experience for other staff. Within the music department, several shifts have been made revolving around IB Music Standard Level and IB Music Higher Level. Each course requires considerable work on the part of the student as well as the instructors, and both are currently some of the least enrolled classes at Central.

In the 2012-2013 school year, only eight students were in both music classes together. This year, there are only three. There are a variety of reasons as to why so few take these courses; schedule conflicts arise often and IB classes are small to begin with. IB students must either take IB Psychology, IB ITGS or IB Music, and most have thus far fallen into the other two categories. As a prerequisite to take IB Music, students must be involved in at least one school musical ensemble. These ensembles are often difficult to become involved with already as a junior in high school, and so for some students it is therefore much easier to take another class.

Additionally, the class can be challenging. IB students are warned of the particular stress posed in IB Music, and some may have hedged away from the program. The end test is long and fairly arduous—it is writing intensive and revolves around the use of musical vocabulary and knowledge of music history. In addition, at least one large musical analysis paper must be written by each student, as well as compositional and performance aspects. AP Music Theory is currently taught at Central, but is not highly comparable to the IB class, which is more of a music appreciation class than a composition-fueled subject.

Lyn Bouma, the current teacher of IB Music alongside Pete Wilger, said that IB Music on either level would be beneficial to anyone, in IB, AP or neither. The course provides in-depth analysis of some of the time periods of music, and hones students' listening skills while developing their musical vocabulary. This would nicely supple-

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## Bangladeshi workers suffer unsafe conditions, earn unlivable wages

By Emily Beck  
EDITOR-IN-CHIEF

Fires, factory collapses, illness, unsafe conditions—the headlines have been teeming with tragedy after tragedy for Bangladeshi workers in garment factories.

Last May the world was shocked when the Rana Plaza factory in Dhaka, Bangladesh's capital, collapsed, killing more than 1,100 people.

In November 2012, a fire in the same factory killed 112 people, according to the Associated Press. While "global brands, factory owners and the government have pledged to work together to

improve conditions," little improvement has been seen in the months following these tragedies.

Some companies have halted production in Bangladesh, and in April 2013 "officials from Walmart, Gap and about two dozen other retailers and apparel companies met in Germany to begin developing a plan to increase safety across Bangladesh's garment factories," according to the New York Times.

The International Labor Organization is working with other international labor unions to "establish an independent regulatory framework, in partnership with workers' groups, to oversee renovations of the country's dilapidated factories," according to the Huffington Post. Big brands involved in clothing production in Bangladesh will

contribute money to the cause.

Despite these in-progress reforms, factory workers are still stuck earning an unlivable wage. The pending push to \$100 per month (8,000 taka) is just that—pending. And, according to the Huffington Post, it may raise only to \$60.

Ignored rules and regulations, failed accountability and a shortage of factory inspectors haven't helped the situation.

The world market is stuck in an angry cycle of corruption. Claims are constantly made by governments and owners that standards are being met, "that 'adequate' measures [are being] taken to ensure air circulation, light, drinkable water and sanitation," (CNN) but this is subjective.

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CONDOMS ▶

page 15

Does providing condoms to teenagers increase their sexual activity, or simply give them access to safe sex?



MOLLY ▶

page 13

Get the facts about Molly, another name for the synthetic "club drug" MDMA, also known as ecstasy.



TWITTER ▶

page 14

Are colleges right to use potential students' words against them while considering them for admission?



# THE GAP

THIGH GAPS--A NEW, POTENTIALLY DANGEROUS TREND AMONG YOUNG WOMEN--HAVE BECOME INCREASINGLY SOUGHT-AFTER.



Sydney Spangrud | The Register

By **Jordan Young**  
STAFF WRITER

Beauty no longer consists of a woman's God-given attributes—no—in- stead it is determined by the gap or lack of gap in between her thighs when she stands with her feet touching side by side.

Who says? The internet, that's who, consisting of millions of body-sensitive teenage girls, boys who rave about how hot it really is, and miscellaneous fitness gurus striving for this new epitome of perfection and splendor.

But here's another question: Was beauty ever defined as "a woman's God given attributes?" It's questionable and probably not true and in the opinion of The Register, the obsession over the thigh gap is disgusting; it is disturbing and so, so wrong. But unlike the others who constantly berate young women who buy into the fad, we understand that the thigh gap is merely the tip of the iceberg of ultimate beauty, and is only presents a small glimpse into the blurry, grey area of a young woman's struggle to live up to that ideal.

A derivative of "thinspiration" is what you call the variety of teenage girls sporting their skinny thighs in bedroom and bathroom mirrors in pictures all over the internet. They're on Pinterest, Tumblr, and you can even follow people on Twitter as they go through the process of losing the weight to get one. Just go to Cara's Thigh Gap on Twitter, and you can follow her.

Great, isn't it?

A video on YouTube sports the title: How to get a Thigh Gap TUTORIAL New!

A blog called thighgaphack.com literally gives advice on how to achieve a thigh gap. However the author of the blog uses fitness techniques in contrast to some of the more dangerous and unhealthy ones that can be found in blogs such as please-thigh-gaps.tumblr.com.

Still there are other blogs that claim to be healthy and workout centered,

otherwise known as "fitspo."

But the question with those blogs still remain: Why is beauty measured in such a superficial way?

What's even scarier are the dangerous thigh-gap blogs that support anorexic and bulimic behaviors.

Their "thinspiration" pictures have captions that say things like "Do it for the thigh gap" and "I wish my thighs didn't touch."

Other pictures go as far as to say "Every time you say no to food you say yes to thin."

It gets that real.

It's not just the thigh gap that's a problem. Young girls feed themselves with this information; even live by it. And the thigh-gap is literally impossible for some females because of their body types, while others are simply born with the gap.

No matter how skinny some people get, it's still impossible to attain and unfortunately not everybody knows that.

So instead these girls starve themselves, work out excessively and purge food after eating to look good and reach the goal of skinniness. True beauty isn't even in the picture at this point.

It's all a vicious cycle that many claim to understand, but really don't.

So before you condemn the next girl you see obsessing over her thighs touching, think about the pressures to be "beautiful" in our culture. Think about what young women have to go through in a world where getting away from these things aren't easy.

And last of all, think about how you can help rid the world of "thigh gaps"—not just the new craze though. Instead, this is a war against all superficial goals of beauty. Being beautiful should not be strictly defined as when there is a gap between your inner thighs, nor wearing a size zero.

Instead, physical beauty is beautiful, thigh gap or not. Instead, it's taking what you've got and working it in the extraordinary way that no one else can.

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Paige Colburn | Contributing Cartoonist

## Cue lights and music!

Christmas creeps up on Americans earlier every year, anticipation costs

By **Sydney Halonen**  
STAFF WRITER

Walking through the mall and hearing Christmas music for the first time each year is somewhat disconcerting.

The scary idea that needing to purchase all of the gifts and various other festive items and admission to various activities that come with the preparation and successful execution of the holiday itself is only a few short weeks away.

Christmas is a holiday that brings

friends and family together and inspires the feeling of giving. There are countless great holiday movies reenacting just about every possible Christmas situation, music and most importantly grub that the Grinch himself couldn't even resist.

Although all of these things are looked forward to for a duration of the year by Americans, it can all be a little much to handle at the end of October.

As everyone anticipates the night of Halloween and the ability to dress up for a night of fun and candy, it is quickly stripped of the pumpkins and

spooky nature just hours after the young ones go to sleep, startled at the sight of Christmas decorations being quickly set up at their local Target the following day.

Christmas is creeping up on Americans earlier each year, creating more stress than there needs to be during the (by nature) stressful Christmas season.

Stores are already playing all of the Christmas music that is most likely creating more bad feelings towards the "holly jolly" Christmas spirit than good.

Thanksgiving should not be skipped over and the focus until after the last week of November needs to be on being thankful for what we have, not focusing on what we want for Christmas.

Each year, the anticipation rises to have the perfect Christmas list.

It was a rare sight to see a Christmas tree before Thanksgiving in previous years but this year many could barely wait for the jack-o-lanterns to rot before putting up the new Christmas tree.

Light displays are becoming more intricate and gaudy as what seemed to be the more tasteful Christmas décor is of the past.

Christmas is quickly becoming a holiday that lacks its true meaning and is beginning to become a holiday that causes more stress.

More and more commonly, it seems Christmas is being pushed onto consumers and it is becoming easy to forget the old Frosty the

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Snowman (only sometimes shown on television during the season) will be covered by newly shot films featuring overrated movie stars.

This can be closely related to the old classic Christmas music becoming overriden by new covers from artists such as Demi Lovato and Taylor Swift.

This is all adding to the process of Christmas coming too fast and being drug out so that the spirit comes down with the idea of the true meaning of Christmas.

As time progresses, this is a re-occurring issue that needs to be assessed and fixed largely through the retail market of America.

The market is pushing more and more on to consumers, wondering how they can possibly pay for Christmas.

Layaway programs starting during the back-to-school season, all for kids to have the newest Call Of Duty game on their list.

This can be fixed through simple tasks of attempting to merchandise the holiday less, advertising how to make the perfect holiday ham rather than how to possibly make it to each and every store on Black Friday.

This idea may even raise sales due to the fact that customers may respect the fact that stores are waiting to show all of the Christmas merchandise.

This year Christmas has already come too quickly, maybe next year America can salvage the beloved holiday.

## U.S. spying for security, safety

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predictable. No one can predict the future and because of that, other countries must be alert. By gathering all sorts of information, the government could potentially predict an outcome of a developing situation. If people think about it rationally, they would realize that this is just simply preventative maintenance. All of this knowledge being gained by the NSA could be very useful. Those who are against it now will be all for it later when they discover that the information was used to prevent potential attacks.

After the accusations began, President Obama responded to the matter inappropriately. Obama claimed he had no knowledge of the allegations stated by foreign leaders. That is hard to believe for many reasons. The president is always in charge of what goes on, especially if it's something as big as this.

The next question that comes into consideration here is if Obama is truthful in his reactions to this statement, why is he not aware of what the NSA is doing? If he truthfully did not know of this, communication skills clearly need to be enforced between the NSA and the Obama administration.

Even though the U.S. has a right to know what is going on with its allies behind closed doors, it is vital that any and all politicians take appropriate actions when allies are upset with government actions. In the future, Obama should immediately make a statement of apology to those who were hurt by the actions.

He also needs to be honest and up front, regardless of how bad it will make the government look. Many would be surprised about how much of a difference one little apology could make.

Many analysts and professors are bashing some of our allies as it is known to the U.S. that they have secretly collected a lot of data about the U.S. throughout the years. Some are talking about how hypocritical is it of them to be so upset about the information the NSA is collecting as their governments are doing the same thing to the U.S.

This is where things get a bit more complex. When it comes to the government, communication with the public and the media about serious issues is sometimes limited. That is when it becomes hard to determine who is right and wrong. It shouldn't surprise anyone that other countries are collecting information about America. The question that comes to mind: Is the U.S. government collecting more information than necessary? Also, what kind of information is being collected by the U.S. in comparison to what type of information other countries are collecting?

At the end of the day, the U.S. and its allies are responsible for protecting each other. Respect is what it comes down to.

## Teens will pay for poor diets

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gether with the hopes of being thin. This can lead to binge eating which, again, is another unhealthy aspect that teens nowadays are bearing.

An article from Times Magazine states that unhealthy teens can have a higher risk of getting a heart related disease. That's another thing to think about as a teen. What you do now can affect you later on whether you realize it or not.

The article states that, "Less than half of U.S. adolescents are living heart-healthy lives, and lack of exercise and poor diets could be creating a new generation of heart disease patients." Part of the problem is that teens aren't the most active either. So combine that with unhealthy eating and you've got a major problem for the adolescents of the world.

Christina Shay, an epidemiologist at the University of Oklahoma Health Sciences Center, did a study of 4,673 teens who were ages 12 to 19-years-old that participated in the National Health and Nutrition Examination Surveys between the years 2005 and 2010.

The teens responded to questions about their eating and exercise habits by phone annually for two years and also gave blood samples. They were examined in person at mobile centers to record weight, height and blood pressure. Their findings were just as they had expected. The group was a group that was sedentary and ate a multitude of unhealthy foods.

Other researchers said that the about 80 percent ate what they believed to be a very poor diet.

The point of all of this is that teens are unhealthy. But you don't have to be unhealthy like the rest of them. Be informed, be active and be healthy and you'll hopefully live a long, healthy life.

## IB music classes: Low enrollment, high achievement

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ment the AP course, as AP is more focused on technique in writing music as opposed to technique in listening to it.

Music is a hugely important part of our education system, and has found a more grounded place in its role in the IB program.

In the future, the hope is that more of the kinks will be smoothed out of the IB Programme in general, including the music classes.

"Music engages both sides of the brain" Bouma stated. This is the only subject which stimulates the brain in this way, and is of great academic worth.

In short, though the IB Music classes are small, they have both lasting effects and great potential.

## Global market for cheap clothes fueled by corruption

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With such a high concentration of factories in cities like Dhaka, it is impossible for inspectors to do a satisfactory job.

The demand for cheap clothing is high around the world, and companies are driven to wherever they can have their clothing made with the lowest price in order to maximize profit.

These unsafe conditions are unacceptable. American "need" for cheaply made clothing cannot justify this loss of life and these poor living conditions.

Right now, Bangladeshi workers make a minimum of \$38 per month, keeping them in perpetual poverty at the mercy of these massive company factories.

In reality, American companies are to blame. Factory owners claim that they cannot afford to raise workers' wages because of the ultra-competitive global garment market.

Many companies have their clothes made in Bangladesh because it's the cheapest spot in the world—profit is the only thing that matters.

The rights and wellbeing of workers are ignored. It all starts with us, the consumers. Our eyes

(and our wallets) are drawn to those great deals at stores like Wal-Mart, Forever 21 and H&M, as well as pricier stores such as The Gap and Abercrombie & Fitch.

We are not conscious of where our clothes are made, and most are ignorant to the blood and tears that stain the production of their clothing.

According to CNN, if something is not done, "measures will keep being promised without effective action."

The workers, who keep the economy running, will continue to bear the brunt of injustice and deprivation."





Sydney Spangrud | The Register

## WHERE'S MOLLY?

POP AND RAP MUSIC ALIKE ADVERTISE THE USAGE OF THE DRUG MOLLY, A FORM OF MDMA--ECSTASY

By Maya Durfee O'Brien  
STAFF WRITER

We've all heard about Molly. Not a girl you know, but a new drug that people should fear. Instead it is being glamorized by the music industry and those who use it themselves. Molly is a dangerous drug that should be monitored by the Drug Enforcement Administration.

For starters, let's talk about what Molly is.

Molly is a form of MDMA, otherwise known as ecstasy. Users believe they are taking a pure form of MDMA, but usually they are in fact ingesting a combination of chemicals produced in a lab almost like a science experiment where you don't know the results of how it effects people.

One of the most dangerous aspects of Molly is the unknown effects it has on its users. It hasn't been tested because it is a synthetic drug, meaning it is not MDMA in its purest form.

Many users believe that by taking Molly, they are taking ecstasy which is not always the case because of the synthetic nature of it.

According to CNN, the DEA said that only 13 percent of the Molly seized in New York the last four years contained a pure form of

MDMA even though it was sometimes mixed with other drugs. That is the scary part; the drugs that are being mixed together can sometimes have fatal consequences to the person ingesting it.

Since Molly is not a pure form of MDMA, it can only mimic the effects of it. According to CNN, Molly causes euphoric highs, high blood pressure, rapid heart beats, blood vessel constrictions and sweating.

Some of the more intense scare-causing effects include seizures, panic attacks and psychosis.

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The thing about Molly: after the high wears off and the user comes down, they realize they can't gain that "happiness" again without taking more Molly, so in some cases, that causes the user to go into a severe depression. Death too has been reported.

The users of Molly are young ones, ranging from 12-17 years of age. Molly is seen as a rave drug, and at these raves--usually in a warehouse or arena with bright lights and loud electronic music--teens are present, making them candidates for use of the drug.

In an article that appeared in the Huffington Post titled "Who IS Singing About Molly," it discusses new information on how Molly is depicted in pop culture. It talks about how Molly is a party drug that was once popular in the 90s and is now making a comeback. "You have

everyone from former Disney darling Miley Cyrus to Kanye West singing about popping a Molly," it explained.

These artists are glamorizing drug use, which is not an uncommon thing, but it seems to be more widespread throughout music. The article has 20 songs that feature a Molly reference. Big or small, it's still a reference.

For example, in Rihanna's song "Diamonds," you would never have guessed that she says anything about Molly, but take a closer look and listen and she indeed does. "Palms rise to the universe as we moonshine and molly," the lyrics say.

Then again, there are bigger, more out-there references like Cedric Gervais' song "Molly," in which he repeatedly asks in different ways where he can find "Molly."

Because of these big stars, both rap and pop, endorsing such a drug, they are basically saying it's okay for people to use it and in most cases, teens because that is where the music is marketed towards.

Molly: An intriguing yet horrible drug. In the words of Wyce, a hip hop artist, "I see molly is the new cocaine."

Don't make Molly take over like other dangerous drug trends. Say no, because you don't want to die from something as silly as Molly.

## Female president should be next in line, could vastly improve nation

By Georgia Chambers  
STAFF WRITER

The presidential position is vital for the establishment and growth of the United States of America. However, only men have been in office, so no one knows how great the country could be without giving the women, who see the world through different eyes, a chance as Mrs. President.

After the establishment of the Nineteenth Amendment, women gained the right to vote and participated alongside men in the workforce. This brought to the table new ideas that made the society change for the better; changes that are clearly visible even today.

It is a proven fact that women are more emotional, and there are countless issues in our modern day life that fall to the other side of the scale aside from issues pertaining to war and the prolonged unsettlement in Syria.

Women would address the factors that the past and present male presidents often pass over without a second thought. With a new perspective, our country would see what women would have to bring to the table and therefore be able to live to its fullest.

One of these neglected areas that many First Ladies take over is

the area of education. Education might not seem important compared to war talks and decisions pertaining to other countries, but for instance, education is vital and without a good system, the new generation will lack and our country will fall short of its potential.

Speaking of the country living up to its fullest, no citizen will ever realize what this means without giving a woman the American flag pin on her jacket and the seat at the head of the Oval Office.

Some might argue that women are too weak to run such an important position, saying that they are incapable.

However, this is sexist; there are countless female politicians, business owners and women holding their own in other major careers--why couldn't a woman be the President of the United States?

The way the world transformed after women had the right to vote was an eye opener. If the right woman got the chance to become president, the world would again transform for the better.

The prolonged issues pertaining to Syria--could that be due to a lack of ideas or perspectives? Could this new woman president possibly suggest new ideas that would solve these present-day issues? Citizens could never find out if women were not elected to this leadership position.

World peace--could this be accomplished with what men portray

as softer women? Could this woman possibly put into affect ideas that simulated happiness throughout the world?

Whatever the men have thought up apparently does not seem to be working; men at times can be stubborn and not open to compromise. Citizens would never know if this woman was not given a chance.

How about the excess spending--could this woman, often experts on where to put their money, bring something new, something never thought of by men, to surface and bring the citizens out of a slump that we have entered? This would be unknown if men were continually elected.

In conclusion, The Register believes that a woman in the near future is needed to bring out the best in our country.

Of course, this woman would have imperfections, but this would not hurt our country in which there are many imperfections. A female president will bring the needed mindset to change up the main focuses of men and focus on areas that are passed by, but that will turn out to be worthwhile.

The decision is up to voters, but however, again, you do not know something unless you try.

We will not know the effects of having a female president without having one. There will be no comparison between men and women presidents if there are none.

## Double standards for plus-sized

By Tia Spears  
EXECUTIVE EDITOR

When it comes to coaxing females to buy the latest lace lingerie with beautiful models and sensual voiceovers, the Fox TV station is selective about the women modeling.

Lane Bryant's commercial during Dancing with the Stars, was said to have "too much cleavage" and ultimately the ad was pulled.

In comparison to the skinny derrieres of the bombshells of Victoria's who are almost always scantily clad, it seems a little off.

It seems crazy to think that over 5'10, 120 pound models that get their own show every year to showcase their womanly assets are allowed to prance on a mile long runway, but the minute a curvy, more natural figure comes on the TV viewers wants to shield their vision.

The excuse that the ad was too sexy is not even real. Whether you use a Victoria's Secret model or a Lane Bryant model, the point is that it's supposed to be sexy.

In addition, why would someone not want to put a curvy woman on television?

Everyone wants to feel like they're attractive, whether they admit it or not. Putting those kinds of ads on TV that are meant to make women feel like they could be a lingerie model, not just bony Victoria Secret models.

Pulling the ad raises the question of whether or not Victoria Secret had something to do with this ordeal. However, they had no comment.

It was reported that the Fox TV station wanted Lane Bryant to edit the commercial to headshot frames, but they did not ever agree to that.

That is a problem, yes. But, why aren't the Victoria's Secret models limited to those frames as well? There's simply no justification.

The thought of too much woman as far as the plus sized models are concerned has to be the silliest proposal.

These skyscrapingly tall models wearing a string for underwear and have their cleavage pushed up as high as it can attractively go can grace television across the nation, but subtle lingerie on a bigger woman can't?

So much for making every woman feel beautiful...

It's a double standard that hasn't been formally addressed. Even this very situation has been brushed under the rug.

On the previous reunion session of the hit TV show, Shags of Sunset, this problem was discussed as well. It relates to the problem at hand concerning the double standard.

Lilly, a skinny girl, has a swimsuit line and gave MJ, a plus sized woman, a hard time because she felt she needed help picking more suitable clothing.

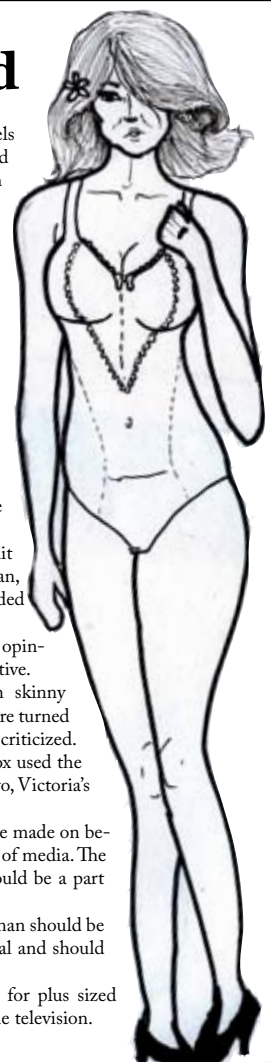
In the reunion, she expressed an opinion from the thinner woman's perspective.

Normally, bigger girls can bash skinny ones with no result and if the tables were turned the thinner woman would be heavily criticized. Perhaps this is the reason that one, Fox used the excuse of the ad being to "sexy" and two, Victoria's Secret had nothing to say.

Ultimately, an advance needs to be made on behalf of Fox as well as different sources of media. The double standard needs to die and should be a part of no woman's life.

The idea that the picturesque woman should be of a Victoria's Secret figure is not ideal and should be diminished completely.

Hopefully, the future is brighter for plus sized women who model lingerie on daytime television.





## TWITTER FAMOUS?

COLLEGES RISK LOSING VALUABLE APPLICANTS WHEN REJECTING STUDENTS BASED ON SOCIAL MEDIA

By San Juana Paramo  
STAFF WRITER

When applying to colleges, seniors everywhere need to realize that colleges do indeed check their social media pages. It is a hard fact to realize, since for some time people thought of it as a myth. No college of high standing should look at their applicant's Facebook profile to meet their standards. No high school senior would realize that the picture of Friday night's party would be the deciding force for college acceptance.

But alas it's true; colleges are now more than ever scrutinizing prospective student's social media feet print. Whatever a student decides to put out in the realm of social media, will in one way or another affect them negatively or not at all, it all depends on the college and how students portray themselves. A college applicant to Pomona College in Claremont sent animation videos about political involvement. The student didn't get special treatment; the videos weren't a deciding force for acceptance prospects.

Another student who applied to Pitzer College in Claremont, Calif. was notified by college admissions about an alcohol related picture on Facebook. This time the student was rejected; the college was transparent with its applicant but most aren't.

Many colleges won't notify a prospective student if incriminating evidence is found. Because social media is huge, colleges have to realize that there is the possibility of a fake profile of their applicants. Which is why it's crucial for colleges that are scrutinizing their applicants to talk with them and find the truth; Pitzer College did just that, which is why the student was rejected. It goes the same for future employers; one may say that colleges looking into their applicants social media profiles are a taste of the real world. Employment opportunities can be ruined for whatever

makes its way onto the internet.

The danger in judging prospective students, or prospective employees on their public speech not related to academic or work performance, is the same in policing speech in any area. It might seem like common sense to exclude someone for rude comments or profanity, or for alcohol related behavior. But what about other things might someone find out through an on-line search? Should someone be denied a college admission because she's a teenage parent? Or is gay?

What about someone's political activities or religion? Would a college be justified in denying admission because the admissions' officer is offended by a political opinion expressed in a tweet, or on Facebook?

IN THE  
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OF THE  
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In a free society, people should not have to worry that their words will be used against them in a way that will limit their freedom or economic opportunity.

This is exactly what these admissions officers are doing. How ironic. Those universities are supposed to be bastions of intellectual freedom, when exercising that freedom can keep you from entering in the first place.

As students know, because it has been implemented into their brain since middle school, you can't simply erase what's out there. Changing names on

Facebook, having several accounts and un-tagging themselves is not worth it; colleges and employers will eventually find out. Not even making one's

Twitter profile private will work, a simple hashtag doesn't need to be the force that says whether one will go to college or not.

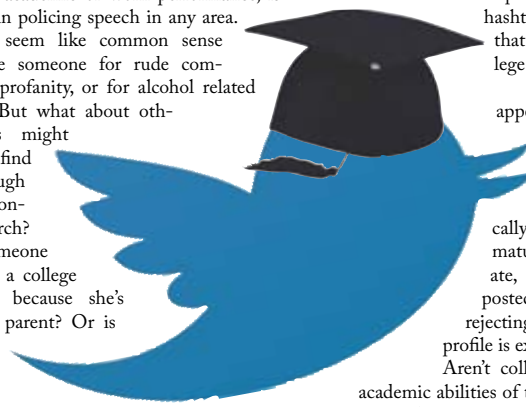
Sure, colleges have to keep up appearances, and by not accepting these students based on their social media content, they will lose candidates that will make their college academically better. People will grow up, mature and by the time they graduate, they will cringe at what they posted. If that is the only reason for rejecting a student, but their academic profile is excellent, why reject them?

Aren't colleges more worried about the academic abilities of their students than what stupid status they post on Facebook? They only thing colleges are doing by rejecting these students is keeping up appearances, which seems to be more important than academics.

There are some students that should be rejected based on social media content, but colleges have to give them the chance to explain themselves. Students should be rejected on whether they aren't academically competitive enough, but when that gets mixed with their negative social media footprint, those students should be taken into consideration and not immediately rejected.

If colleges want to scrutinize based on their social media content, they may also be losing the best applicants.

All that is asked is for colleges to ask questions and have their candidates explain themselves before losing great applicants.

JUST  
TEASING

OVERCLASSIFYING THE BULLY PHENOMENON DOES NOTHING TO STOP IT

By Micah Martin  
STAFF WRITER

In today's society, bullying has become a significant issue. From professional athletes to school-age adolescents, bullying can be a common problem.

This is the case especially in the United States.

To stop needless deaths, something should be done to inform people of the unfortunate events that bullying can cause both for the victims and the perpetrators.

Yet, have we taken what we consider bullying to an unfathomable level, or are the precautions we as a society are taking entirely justified?

Jonathan Martin was an offensive lineman for the Miami Dolphins, but in October, he left the NFL.

At the time no one knew the reasoning behind his leave, but it later came out that he was being harassed, or bullied, by a fellow teammate, Richie Incognito.

It was said that the harassment went beyond traditional locker room hazing and that there were also vulgar text messages and voicemails.

When confronted about this, Incognito said that other people had misunderstood the context of the communications, because they did not know how the two communicated. This plea did not hold up and Incognito was still forced to leave the NFL, despite his attempt to defend himself.

Incognito's response may seem cowardly, but in all actuality, he brings up a valid point. What one person may consider bullying is what another may consider teasing a friend. In this case the allegations against Incognito harassing Martin were most likely true, but that is not the case in all situations.

Everyone must remember that there is a very fine line between teasing and harassment, and it should never intentionally be



Sydney Spangrud | The Register

crossed.

This is one of the aspects that makes it difficult to differentiate one from another, however, there is still a difference. The Register believes that because it can be difficult to differentiate one from the other, people have decided to classify every action of that manner as bullying.

This poses a problem, because not everything should be classified in that way. When bullying is classified like this people do not take the true victims seriously.

Bullying is a serious matter that needs to be addressed, yet it almost seems that since people have pegged every little problem as bullying people do not take it as seriously as they ought to. The people that most need to be aware of the dangers of bullying think it is a joke, which is something that needs to change.

Solutions should be implemented to try and decrease the amount of bullying, but what is currently being done is not accomplishing that.

When older siblings teasing their younger counterparts is called bullying, things have gone too far. How and why is that considered bullying? Siblings teasing each other is just a part of life.

The only time that could possibly be considered bullying would be if someone's life was being put in danger. Bullying is a horrible thing and no one should ever have to go through it, but in reality, a significant amount of people

have been through it or will go through it in the future.

Not only that, but sheltering the youth from any sort of "bullying" to this extent may become a problem as they grow up.

It is very likely that at some point in everyone's life they will be bullied, and no matter what is done to try and stop it, bullying will never be completely stomped out.

The point of all of this is, if children are sheltered and do not know what it is like to be teased, how are they going to deal with bullying when they are affected by it? It is understandable that parents do not want to see their children going through something like that, but it is an unrealistic ideal or goal.

What would be more logical would be teaching children how to properly deal with bullying if or when it happens to them.

Bullying is a problem, but in order to help and stop it actions have to be taken. Just telling people to stop bullying is not going to stop them, especially if they are the bullies.

Classifying every little thing as bullying is not going to stop it either. In all actuality, nothing that is done is going to stop bullying outright.

To try and help this situation, the most logical thing to do is to teach people how to cope if something as unfortunate as this is to happen to them. At least if we do this, we will be one step closer to finding a solution.

## Christmas music to be enjoyed at any time of year

"O Holy Night," "The Drummer Boy" and "Feliz Navidad?" No? Too early? Christmas music—just a holiday playlist or should it be played more often year round?

Personally, I have a passion for the soothing tunes of holiday music, and the Christmas jams never ceases to turn my frown upside down.

Various students in my class are already getting into the spirit, but others criticize them and say that that music should be played strictly during the holidays.

Some even find the music annoying during the Christmas holiday. Are they not in the Christmas spirit?

Everyone should at least tolerate the music during the time when it's most popular. After all, no one

gets tired of going to haunted houses during October, even if they find themselves repeating the haunted attractions.

One boy in my class earlier this year was listening to Christmas music in class and many of our classmates argued with him saying it was "too early."

My mom agreed with the classmates who thought the music was strictly for December, because although she had bought a Christmas album, every time it comes on, she skips the song unless it is December and snow is on the ground.

In a way, I see their point. Christmas movies air strictly during the months of December and early January. However, how is it that scary movies can come out during other months be-

sides October?

Also, Scary Acres just recently opened around Christmas with a Santa theme, and it attracted many interested people.

How is this any different than Christmas and the music that goes along with it? The music is enjoyable and never gets old, so people should be able to listen to it during the fall months and not be criticized.

It all comes down to your individual opinions, but for me, I will not be changing my views anytime soon. Music is music, even if it is considered "seasonal."

If people can eat pumpkin pie anytime of the year and not just during Thanksgiving, if people can go to Scary Acres in December, if people can do anything during any month other than the holiday it falls under but decide to do it year round, then I can listen to Christmas music whenever my heart pleases.

Women not  
always seen as  
equal beingsIN THE  
OPINION  
OF THE  
REGISTERBy Emily Bell  
CONTRIBUTING WRITER

It may seem petty to complain about the state of women's rights in the U.S. in light of the way women are treated elsewhere. In the U.S., women are still paid less than men for doing the same jobs, but at least they can have an education, and get jobs—women even outnumber men on most college campuses.

But the recent battle over reproductive rights strikes fear in the heart of any feminist. Even so, you could argue that women here don't have it so bad.

It is a practice far too common in Sub-Saharan Africa for a woman to have her genitals removed with crude instruments—a dull knife or cut glass—and to have her most intimate parts sewn up with a thorn from a bush.

This is seen as cleansing and is frequently referred to as female circumcision, though it is often more aptly titled Female Genital Mutilation, or FGM.

Due to this practice, women, many of whom are still adolescents (so girls, really) have great difficulty in childbirth—their genitals have essentially been replaced with scar tissue, their young hips too narrow to yet bear children.

Glossing over the more graphic details, a child may become stuck in the birth canal. In such areas, no one wants to waste time or money saving the life of a mere woman—and so, unable to walk, she is left to die with her insides rotting out.

In other places, rape is used as a weapon of war—females, no matter their age, are violated again and again so some twisted regime may rise victorious.

In other places, rape victims are murdered with the justification that the girl has brought shame to her family.

It was her fault she was raped. She must have been asking for it. In South Asia, young girls are frequently sold into prostitution, to run through a vicious cycle that criminalizes and kills them with either brute force for not obeying the orders of a pimp or with any number of sexually transmitted diseases from clients they can't require to wear condoms.

Because who would listen to them? They're just girls, they're a dime a dozen and they're illegal aliens. They have no rights, they can't run to the police, they can't run, period.

It is precisely for these reasons that the rights of women in the United States must be fiercely protected. Women must constantly battle the patriarchy or they fall victim to it.

American women must combat the images of housewives that cook and clean their way to happiness and the endless hordes of whores who are the devilish counterpart to the domestic slave.

The reality of feminism, of women's rights, is equality for all people—because as long as the world is dominated by heterosexual white men, there will be misogyny, racism and homophobia and the future cannot afford that.

It is proven that if a country wishes to further develop, it is necessary to educate women.

When women are placed in positions of power in communities—when given microloans to start a business, for instance, or when educated on the values of solar power and how to harness and utilize it effectively—the entire community thrives.

This should not be surprising. If a state is tapping into only half of its available resources, it cannot reach full potential.

Women, in such cases, are also more willing to accept and adapt to change, to make use of what they are given in any situation simply because this is what they have done in their communities for millennia—adapt and survive.

The United States, as a developed nation, as a world superpower, must not neglect its women. The U.S. must set an example by encouraging the education of women and projecting an image of mutual respect and equality.

Women must be seen as more than childbearing vessels. Decisions about the bodies of women cannot be left in the hands of those who will never bear children, who will never even menstruate.

Women in the United States must be viewed not through a man's lens of the world, but simply as fellow human beings who can be trusted to understand what is best for themselves. Women must be seen as rational, sentient beings, not as bimbos in commercials for laundry detergent and cleaning solution.

The day men can overcome the fact that women can bear children is the day we will have equality.

When it is finally understood that having a uterus doesn't affect brain development, that women have other functions beyond the bearing of children and bringing of pleasure, that whatever petty deity didn't create women to bake bread and mop floors, there will be equality.

Certainly, most women in the U.S. can step outside their homes without the fear of being raped. American women don't need to marry by the time they're eighteen or fear that they will be considered unclean because they haven't been "circumcised."

But because such thoughts and fears still exist in the world, women, even in cushy, developed nations, must fight for their rights.

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# CONDOM SENSE

PROVIDING TEENAGERS WITH ACCESS TO CONTRACEPTIVES SUCH AS CONDOMS DOESN'T INCREASE SEXUAL ACTIVITY-- BUT IT DOES INCREASE SAFE SEX.

By Kelsey Thomas  
STAFF WRITER

According to a 2006 survey, 41.9 of every 1,000 girls ages 15-19 become pregnant. Countries that are just as developed as the United States, like the United Kingdom or Canada, do not nearly have that high of rates.

In the U.K., 26.7 get pregnant whereas in Canada, only 13.3 do. The extreme difference between places that seem very similar developmentally has caused schools, parents and professionals to ask how to reduce the figures.

One option presented is the idea of giving away condoms to students. Although highly controversial, The Register staff believes this to be a good idea.

Many people are against the idea because they think that giving away contraceptives will tell teens that it's "okay" to have sex at that age.

The Register staff doesn't think anyone is given a condom and immediately feels the need to run out and have sex. No one will suddenly decide to start becoming sexually active just because they have a condom in their pocket. The only purpose giving out condoms would serve is to the kids that already need them.

One high school in Los Angeles County imple-

mented a condom availability program in the 1990s. The magazine Family Planning Perspective wrote an article on their program's effects. It showed that the percentage of young males who already had sex and had been using a condom every time rose from 37 percent to 50 percent.

The data also showed that the amount of students that had been having sex remained the same.

This Los Angeles high school shows that condom availability in schools does increase rates of safe sex among already active teens, but it does not increase the amount of sexually active ones.

Instead of giving out condoms or even teaching about safe sex, some people think the only route to go is to teach abstinence.

But, neither method should be abandoned. Abstinence should always be encouraged and taught in schools.

But, we cannot be so naïve as to think that kids will listen to a lecture for half an hour about abstaining and go along with it.

Some may, but many would not. In addition to encouraging abstinence, safe sex methods should also be taught to students.

Giving out condoms to students wouldn't cause anyone to have sex for the first time, it would just encourage the students that are already active to be more careful.

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# sports

By **Cheyenne Alexis**  
COPY EDITOR

“If I didn’t play basketball, I honestly probably wouldn’t have a life... because I play that 24/7, so other than that, I would have nothing,” said senior Abigail Niebrugge.

Niebrugge has been on varsity basketball all four years at Central, but has been playing the sport since she was five-years-old.

Though basketball is her ideal sport, she is unaware of when and why she chose to play. “I don’t know, honestly. I would say... Basketball was just something I clicked with I guess. And I ran track, but basketball... I have a passion for it, so I chose basketball over track,” she said.

Niebrugge, however, liked playing it more, “...because I like working with a team instead of just having it on yourself. I mean, I guess in track you can have relay teams but in basketball it’s more like a team instead of individual. I like working with other people.”

To Niebrugge, basketball is a way to clear her head and a release of stress.

Before playing basketball, Niebrugge used to run track, but now is solely focused on basketball. In order to assure her spot on the team each year, Niebrugge has to, “Work hard, and [have]dedication to the sport.”

“Well, for me, I think the easiest thing is defense because... it comes naturally to me; I know where to be and when to be there, so I think that’s the easiest,” Niebrugge said. In contrast, she said the hardest thing is, “...probably...more communication [between the players]. And, I guess, on offense and stuff because people, when they don’t communicate, then it’s... everything can go wrong in like, a split second.”

The most memorable game she recalled was during

CONTINUE TO ‘VARSITY’  
ON PAGE 17

## FOUR YEAR VARSITY GIRLS BASKETBALL PLAYER OPENS UP ABOUT HER LOVE FOR THE GAME



# NIEBRUGGE CROSSOVER

Keali French | The Register

Abigail Niebrugge practices with fellow teammates on the basketball court despite her knee injury.

## Powerlifting coach continues sixth year of experience



Keali French | The Register

Baker closes the practice with some expectations on the behalf of his student athletes and encouraging words about upcoming meets.

By **San Juana Paramo**  
STAFF WRITER

Dennis Baker took the reigns of Central’s powerlifting team, using his own experience to help the team continue its tradition at Central. “When I started it back up, six years ago, I opened it up to all students, I created a girls team,” Baker said.

Baker became the head coach for power lifting, but has helping hands as well from gym teachers. “Ashley Barna, Coach Bryan Calder and I have past students that come and help,” Baker said. “Overall I got five people that help out.”

Baker, along with his helpers, is in charge of the meets and the team practices. “In the meets, we compete against other schools, in the squat, dead lift and bench press,” Baker said. “As far as our exercise, we practice three days a week, doing various exercises.”

So far, Baker has been doing power lifting for six years. “I never got paid to do it, it’s all voluntary, I wouldn’t do it if I didn’t like it,” he said. Adding that he really “enjoys working with the kids, also with kids who don’t have any other after-school activities.”

When Baker first started power lifting, he did it for his football players. He wanted the players who didn’t participate in other sports. “I wanted them to go to competition and have goals to shoot so they can continually get stronger,” Baker said. “It kind of just developed into me enjoying the sport.”

Baker doesn’t power lift, but he does lift every day with his weight class. “I don’t power lift, I don’t compete, but I still lift all the time,” Baker said. When Baker attended high school, he didn’t have a power lifting team. “When I was in high school, we didn’t have a power lifting team; I’ve never been to a power lifting meet, except for our first meet that I started with this program,” Baker said.

CONTINUE TO ‘BAKER’  
ON PAGE 17

## Unhealthy weight-cutting causes negative performance during meets

By **Emily Beck**  
EDITOR-IN-CHIEF

The impending wrestling season promises to be one saturated with sweat and tears. For the members of Central’s wrestling team, a decision must be made regarding weight-cutting tactics. Horror stories of college wrestlers dying from dehydration, overworking their bodies and starving themselves don’t pop up in the media anymore. This is because the NCAA, as well as high school athletic associations across the country, have worked to make the sport safer.

Head Coach Jimmie Foster believes that hard work and healthy habits are the only ways to success.

Foster stressed that much of the heinous weight-cutting tactics popularized through media are illegal. “I encourage [wrestlers] to go to a wrestling weight that they feel comfortable with, and they won’t have to focus on the weight cutting. They can focus on getting better,” he said. “The best wrestlers aren’t losing that much weight to begin with.”

A series of tests, regulated by the NSAA, tells wrestlers the weight classes in which they can compete. The hydration test is first. This process includes providing a urine sample, which is used to test each wrestler’s hydration levels. This pass/fail test is the first step; once passed, wrestlers move on to a body fat test, which helps to determine weight class.

These athletes must stick to their classes. If they weigh too much at a weigh-in, they are stripped of the chance to compete in the next meet. This is because “You made a commitment to the team and to yourself,” Foster said, “and you didn’t do it.”

Wrestlers do unofficial weigh-ins after every practice and official ones before competition, so they must constantly be aware of their

weight. However, Foster said that losing weight isn’t a focus during practices. “This is the wrestling team, not the weight-cutting team,” he said. “All you do is work hard...work hard, eat less. That doesn’t mean don’t eat at all, that’s stupid.”

The coach advises his wrestlers on how they can healthfully lose weight. “Sometimes they listen, sometimes they don’t,” he said. Foster tells his wrestlers that they need to work out in the mornings and evenings in addition to after-school practices. He said his athletes “have to be disciplined” and cut weight “on [their] own time.”

“It’s very much all about discipline,” he said. And according to junior Markell Vaughn, self-discipline isn’t always easy, especially for younger wrestlers. He took part in unhealthy weight-cutting, and saw negative effects in his overall health and athletic performance.

“I was cutting weight, but I wasn’t cutting it healthy,” he said. “Instead of watching what I ate the whole year, I just wouldn’t eat that one day, then work out and lose the weight. I think I lost some muscle.”

He usually only had to lose two or three pounds, but this rapid weight-loss “affected how [he] wrestled.” Vaughn believes that his habits caused him to lose more often during his sophomore year. In addition, he had increased difficulty focusing in school. “I just wanted to sleep,” he said.

He isn’t the only one on the team using these tactics to get by. “Almost all of us do it that way,” he said. “It was hard, but I did it.” However, Vaughn plans to change his ways this season. “I plan on losing the weight still, but losing it healthy this time,” he said. “I think I can do it because I’ve matured more...it’s a matter of maturity and discipline.”

Senior Shanon Jackson has seen the advantages of exercising this discipline, and prefers that tactic to last minute weight loss. He’s done it

before, so he knows the drill; yet he doesn’t understand why the younger wrestlers continue to do it. “It makes you a little sluggish, a little exhausted,” he said. “So it’s harder when you do it that way.”

“If you know you have a tournament on Friday...and you weigh six more pounds...it’s just easier to lose two pounds after practice every day instead of trying to cut four or five pounds that one day,” he added. This may seem a daunting process to some, but wrestlers aren’t alone. The coaching staff assists them, and the state regulates healthy weight loss by providing them with guidelines.

“They have an agenda of weights, what you can weigh after every practice and things like that,” Foster said. “So you can’t say, ‘I weigh 115 today and tomorrow I’m going to weigh 107.’”

According to the NSAA’s Wrestling Weight Management Program and Guidelines, “An average weight loss limit of 1.5% of body weight at the time of initial Body Fat Test per week will begin once the athlete has successfully completed an Alpha Test, Appeal Test, or Medical Clearance. A season-long weight loss plan, calculated daily, will guide his/her weight loss during the season.” These athletes are not on their own.

“I think a lot of people...focus on the weight-cutting aspect, and that’s just a small portion of what wrestling is,” Foster said. He believes that the sport requires more discipline than others. Vaughn agreed, saying that “wrestling is harder because you have to mentally and physically prepare for everything.”

“In every other sport, you work hard and do your best. In wrestling, when you work hard and do your best...the weight-cutting process always comes into it,” Foster said. And this, according to the coach, makes it tougher.



HUSKER CHEERLEADER

page 18

Central alumna and former cheerleader cheers for the Nebraska Cornhuskers.



POWDER BUFF

page 19

Junior and senior boys come out to play in the first Powder Buff volleyball game.



LIVING HISTORY RACE

page 19

The cross country team participates in the annual Living History Race.



# Four year key varsity basketball player shares journey

CONTINUED FROM 'NIEBRUGGE' ON PAGE 16

her junior year. "I think it was last year, our first game against West-side, and it was double overtime and Silvia passed me the ball and I was in the corner for a three-point shot and we were trying to—Our play was to get it to her. But since they were double-teaming her...I had to shoot it and there was only five seconds left and I made it with like, two seconds left on the clock so that was one of my best memories," she said.

Niebrugge will sit out for a few months, as she suffered an injury during the summer.

She tore her ACL, a ligament in the knee, and she's unable to play until January, but to her, it isn't as bad because, "...February's kind of like, the 'season' season." She had surgery on it on July 18.

Niebrugge has one role model who is very important to her; her mother. "She's been there for me for everything, especially through this surgery. She's always been there for me, encouraging me, never letting me down...she's always there at my games and so I look up to her big."

Her teammates have made her not want any adjustments. "I wouldn't change anything, now that I think about it. I love everything about my team and my coaches and everybody's so supportive of everything, so I wouldn't change a thing.

What she loves most about playing at Central is the atmosphere. "I love games and we get quite a bit of people to come and support our team and my teammates—I love my teammates. They're crazy but, they're fun to be around." Niebrugge said her team is very supportive and they get along like a family.

Similarly, her coaches have offered her support and expectations, too. "My coaches... They are always there for you through everything you do. When I tore my ACL, they came over to my house and made sure I was okay, and I'm not letting myself down so they've always been there. Like, again, they're family. So [they] always have your back on everything," she said.

Her team also has encouraged her with their expectations, with being on the varsity team for her whole high school career. "They expect a lot from me because I've been a varsity since freshman year, so they expect me to be working harder than anybody else. ...They have a higher expectation for me when I play basketball. And even during practice because, ever since, I've been a varsity starter," she said.

"I plan on attending a four-year college, to play basketball, and get a scholarship because college is really, really expensive. And so as much as I can get, a basketball scholarship would help me with what I want to major in college," Niebrugge said.

Though she has colleges looking to recruit her, she has not decided on one of interest.

She hopes to play for as long as possible, including in college. "But after that, it just depends on my job or what I get. If I can do basketball, I'll always play basketball as much as I can," she said.

Niebrugge said, "...never give up even if there's a challenge, especially like, my knee don't get down about yourself, always work hard always play to your potential, don't let a little thing happen and just, give up on the sport."



Keali French | The Register

Niebrugge gets ready to pass. She hopes to play for as long as possible.

# Baker remains enthusiastic after six years of coaching powerlifting

CONTINUED FROM 'POWERLIFTING' ON PAGE 16

gram," Baker said. Along the way, he has been learning all about power lifting through first-hand experience. "I've been learning as I go," Baker said.

Not only did Baker restart power lifting because of his football players, a teacher friend from Omaha South encouraged Baker to re-start the power lifting program.

"He also convinced me to start a team here. It's kind of how I got going," Baker said.

Though Baker doesn't have past experience power lifting, his experience with weights has helped his students with techniques and the proper form. "I got a lot of experience lifting weights since I was a freshman in high school," Baker said. "I've just been picking up little tricks as I go; I'm a pretty good motivator for the kids."

2012 marked the year that the girls power lifting team took home the gold. "It was the first girls' state championship we've won," Baker said. "He was an awesome experience, I enjoyed watching Xavier Graham break records last year in the squat and just watching kids excel," Baker said.

Since Baker took on the reigns for power lifting, he has made it more open to all students, making it easy for anyone to join. "As long as you're a student in our school, you can join," Baker said.

There are requirements for those who want to join in order to compete. The requirements range from good grades to being able to do all the work that is required of them physically. "I do grade checks, other than that, as long as they're willing to put in the work, they show up every day, and I expect them to work hard," Baker said.

For the girls team, Baker doesn't expect any less or any more, it goes the same and now parent from the girls team has had any serious concern.

"As long as we work hard, we'll get better," Baker said.



Keali French | The Register

Coach Baker supervises two players during a powerlifting practice as they lift. Raheim Russ tries to lift as a teammate shadows.

# Athletic scholarships and recruitment mean work for students postgame

By Georgia Chambers  
STAFF WRITER

Athletic scholarships are helpful for every student, but achieving the goal of receiving scholarship money for college is not as easy as it might seem.

Recruitment is similar to applying for athletic scholarships. Both are stressful, and both are tedious. However, currently college scholarship applications are among the more stressful. "[Students] get stressed filling out those applications.

Angie Meyer can attest for some of the schools the applications process for some schools are easy to apply to, but for some schools it is more stressful. "All in all though, overall I hear from my seniors they are more stressed about the athletic scholarships. Once they get accepted, it is: 'Ok, I am accepted but where will the money come from?'" Bette Norton-Ball said.

However, while recruitment can start freshman year, athletic scholarships are mainly for seniors. "Most of the time, scholarship organizations want proof that you are ready to succeed at that next level, and if you start handing out athletic scholarships to freshmen and sophomores, lots can happen in between that," Meyer stated.

The process of applying for athletic scholarships is tedious. The student is in charge of having the initiative to search and then apply for various athletic scholarships and find the time to work on meeting the criteria listed. Most require added essays. They are then responsible to go through all that work and turn the application in on time.

Meyer and Ball are both available to help students out with applying for athletic scholarships. Meyer keeps an updated list of scholarship

opportunities in her office, "The Eagle Eye," and meets with both parents and students to make sure the student has all the help he/she need. Both also offer helpful advice and organizational tips, and if a student needs help writing an essay, their door is always open.

Both are also open to writing letters of recommendation. "Counselors write letters of recommendation or certain athletic scholarships will want a letter from their counselor, so it is always good for underclassmen come in and build that relationship with that counselor because they will showcase that student in that letter," Meyer said.

Students need to keep in mind that when applying for the athletic scholarships, balance is a strong moral to keep in mind. "We've been warning seniors from the beginning of the year: 'You've got to stay organized this year; balancing your homework, your admission applications and of course leaving lots of time to do a good job on your scholarship applications.'" Ball said.

Both Ball and Meyer agree that students put off applying for the athletic scholarships until the week before they are due. "Some students put more stress on themselves because they procrastinate," Meyer stated.

Mentioned above, students cannot apply for the athletic scholarships until senior year, but there is one thing like with recruitment students need to maintain beginning their freshman year: a good GPA.

Ball and Meyer confessed that with a higher GPA, there will be more scholarship opportunities for them. Students also need to take charge early and immerse themselves into the school environment and take on leadership roles.

Among the most popular athletic scholarships are the CHS and the Susan T. Buffett, but athletic scholarships vary. The vastness of the different athletic scholarships is great; there are hundreds state-wide and

even more nationally.

Meyer and Ball stress that there is a scholarship out there for everyone. However, the more widely-spread the scholarship is, the greater the competition will become.

Ball and Meyer proudly stated, with a smile on both their faces, that Central had the highest amount of scholarship money on average annually.

Just last year, they saw a huge jump in scholarship money from the year before that. The total number of athletic scholarships jumped a total of over \$17 million.

With the athletic scholarships raked in by students steadily increasing, Ball and Meyer hope to see the numbers continue to grow, but more importantly they hope to see more students apply for athletic scholarships. "I would like to see just more students applying, because if they put their applications in that's the first step," Meyer started.

"It is not dollar wise, it is just seeing students take advantage. If more students take advantage of applying, our numbers will consistently go up," Ball added.

Through and through, applying for scholarship is truly tedious, but all of the work is worth it.

"To me, all the time and effort that teachers, counselors and the students themselves put in throughout the year, it takes time to do all of this, but the big reward is on Senior Recognition Night when every one of those seniors who worked hard gets up and we read their names and they got some wonderful athletic scholarships. It is so rewarding to see that day come and see how our students fair." Ball concluded.

"I am just so proud of our students."



Photo Courtesy of the O-Book

Nick Billingsley (12) playing for Central at a State game last year. Billingsley currently attends New Mexico Junior College.

# Two alumni continue playing sport at college level

By Jacob Rutherford  
STAFF WRITER

Nick Billingsley will not be staying in his hometown to play college basketball after all. The 6'4" small forward will instead take the junior college route and suit up at New Mexico Junior College this season.

The athletic slasher plays both the guard and forward positions. He transferred to Central after his junior season, where he played at Omaha North.

Eric Behrens, boys basketball coach, referred to Billingsley last year as a, "tremendous addition to our team and has been a quiet leader for us all year."

Before initially signing with UNO, Billingsley was getting interest from Wisconsin, Marquette, Wichita State, Tulsa and Drake.

Billingsley is a very aggressive and athletic wing that can make plays on both ends of the floor. He runs the lane on the break and slashes from the wing where he can finish through contact in heavy traffic. Billingsley can make an open three as well when he is left open.

Billingsley is now at a New Mexico Junior College.

"I was disappointed that I couldn't go to UNO. I plan to go back to Omaha when I'm done with junior college," said Billingsley. "I've played four games with the Thunderbirds and it is a lot of fun so far. I have missed my family and friends in Omaha and I can't wait to go back."

Unlike Billingsley, Akoy Agau's plan all along was to go to Louisville. Agau was a three-time all-state selection and was ranked No. 84 nation-

ally in the ESPN 100 recruiting.

Agau was also the first player in Nebraska Class A history to play on four state championship teams. He also played tight end and defensive end at Central and participated in track. He did the high jump, triple jump and long jump.

Agau narrowed his collegiate choices to Georgetown, Baylor, Memphis, West Virginia and Nebraska before signing with the University of Louisville.

Akoy Agau is a 6'9" power forward who expects to play a role similar to physical "4" men Chane Behanan and Montrezl Harrell this season for the Cardinals. Agau described Louisville's national championship season as, "very exciting. But I'm also a little jealous."

Agau thinks his championship pedigree will be an asset in college.

"I think it definitely helps everywhere," he said. "Being used to winning in high school and the rich tradition Louisville has had through the years, I think it's going to propel me and get me ready for this next level and get me ready to compete. I became smarter, a lot stronger, a lot quicker," he said.

"I think I've prepared myself physically for when I get to Louisville. This is going to be an exciting season, and I can't wait to get my opportunity to play," said Agau.

After being regarded by many as the two best basketball players to come out of Central last year, both Billingsley and Agau decided to start their collegiate basketball careers outside of their hometown.



# HUSKER CHEERLEADER

CENTRAL ALUMNA DOMINIQUE EDWARDS SHARES A FEW DETAILS ABOUT BEING A HUSKER CHEERLEADER

By Trenay Newsome  
STAFF WRITER

Dominique Edwards, central alumna who graduated in 2012, is currently a college cheerleader at the University of Nebraska-Lincoln.

"In high school, being a cheerleader was easier, now being a college cheerleader, it's a bigger commitment, more serious representation of your school and overall another level," said Edwards. Just like the levels of high school cheerleading; freshman, Junior Varsity, Varsity etc., the higher level a cheerleader is on is a representation of their responsibilities for the school. If a cheerleader is on Freshman vs. Varsity cheerleading, Varsity cheerleaders go to away games while freshman cheerleaders only go to home games. Moving on from high school Varsity to college cheerleading is another representation of responsibilities a cheerleader holds for her school.

These responsibilities include participate in 200 hours of public service each year, while still maintaining academics and the average 3.4 cumulative GPA; this is all in addition to performing at home and away games. These requirements only pertain to UNL cheerleaders.

To become a cheerleader, UNL holds a two day try-out process. After this process, they choose between 16-20 students to cheer for UNL players on the sideline. UNL

operated under the core values of integrity, trust, respect, teamwork and loyalty, so cheerleading is another form of leadership.

"We are taught routines and then evaluated on them from a panel," said Edwards. "In preparing for the tryouts, I worked on my fitness and flexibility levels."

Edwards is in her second year of college cheerleading. Cheering for UNL, she is a cornhusker original, cheering for football, volleyball, men's and women's basketball and women's gymnastics. Along with many appearances, cheerleaders are invited to nursing homes, hospitals, restaurants or schools, etc.

"My favorite appearance was Husker Heroes. When disabled kids were invited to the stadium to be free from judgment, play games and met the various sports players, not to mention the cheerleaders," said Edwards.

One would think that a cheerleader in college would face many challenges because it demands many physical and emotional restraints to keep up with the level, but for many, that is not true. "My only challenge with being a full time college student and cheerleader is time, cheerleading consumes most of my time outside of school work," said Edwards.

“Now being a college cheerleader, it's a bigger commitment, more serious representation of your school and overall another level.”

DOMINIQUE EDWARDS

chs alumna, current husker cheerleader



Photo Courtesy of Dominique Edwards  
As she cheers on the Cornhuskers, Edwards always keeps a smile in her poised stance.

## Confinement of athletes is unfair; too many politics present in sports

It's a place where only the best are wanted and only the talented are talked about. It's where the six-foot tall girl gets recruited and sometimes the five-foot girl stands off to the side feeling a little insecure.

It's a place where seeing is believing and hope and faith are limited resources.

It shouldn't be tough, really. There should be no politics, no special treatments, no confining and destruction; only improvement. It should be in plain black and white. But it's not.

Politics are different, special treatment sucks, but the real problem is confinement. Not, "Yo, you gon' to be confined up in here if you don't stop taking 'roids Rodriguez," not that type confinement.

Confinement in the sense that keeps players from doing their best like when someone tells a player he or she cannot, will not or won't be something great.

Confinement.

It reminds me of Tim Tebow who all the sports commentators and fanatics literally hate with a certain passion.

They say he's has bad mechanics (which my dad agrees with, therefore I do too) and he'd be better suited as an Arena Football player... Ouch. They say he is no NFL quarterback.

But he keeps playing. The whole media constantly refers to his tendency to throw interceptions, his bad play and awful arm—they spew hate and negativity all over the place when the name "Tebow" comes up.

But what I love about this man (besides his good looks and faith) is that he never lets anyone define him.

No one.

Now, I'm not saying that if you really don't have the ability or you just have a bad attitude or something that people are doing, you an injustice by not letting you play. This is for people who do have the potential, who do have the hunger and the drive to become something bigger and better than they are now; that's who I'm talking about. Those who just need and just want a chance.

Being a person like that requires great resilience and courage (which others might call stupidity and denial, but, whatever).

A lot of times as athletes, we let people define who we are and tell us what our abilities will amount to.

For example, my sister had a horrible softball coach when she was younger.

Even though she was only a kid, this coach tried to determine her identity as a player by only letting her bunt when she came up to bat and play outfield on defense.

Yes, my sister was very talented at doing both, with her skinny body, long legs and lightning speed to help her along the way.

But she wanted to be more than a bunter and an outfielder and she had the ability to. She wanted to pitch. She wanted to hit.

Nevertheless, for the whole season it went on—she was told to "wait" or "hold on" or "maybe next game" and that next game never happened.

So yeah, the most important people in your sports career can be the ones to tear you down; the ones who need to be no longer as significant in order to grow.

It's nothing new that coaches do that. They make up their minds

sometimes about who a player is and without opening their mind. I mean, it's sort of common sense, but it's not an absolute. And like everyday life, you will never just be given something. You have to work hard, in a sense prove yourself. But that is only to prove to you, not to others.

There is no place for excuses; there is no place for anger.

Think about Tebow. Of all the mean things people have said, he has never lashed out, never given excuses that he made a bad throw because he "was under too much pressure."

Think about Joe Ganz (for all you Husker fans) who apparently was an excellent quarterback, but was held back by Bill Callahan in his junior year in 2007 when Sam Keller (the starting quarterback) had a shoulder injury. Ganz became one of the best starting quarterbacks Nebraska ever.

So, it's possible.

As athletes, you have to shake everything off, and that's one of the hardest things in the world to do, but you have to, for your team and you.

For those who consider themselves talented, full of potential, never let anyone define you. Not your coach, the other team, even your parents if they say you can't, you can. Because when it boils down to the important stuff, the only one in control of you is you.

Earlier this year, my sister had another grand chance to see her on the field—this time on the playing field as rivals.

Can I tell you how many times I jumped and screamed when she hit the ball into the gaps into the outfield? Or how I cheered when she ran the bases in record timing, chased pop ups in the outfield and my sister's team came out victorious.

## Irish dancing kept alive in Omaha by student in Craoina Tire dance

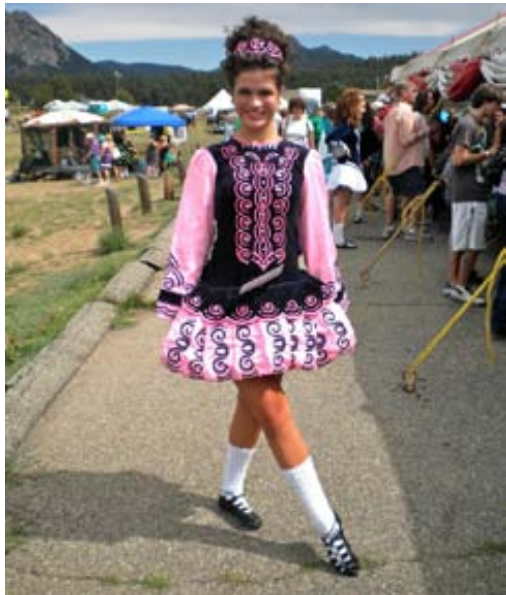


Photo Courtesy of Regan Siems

Regan Siems, freshman, smiles in her Irish dancing attire.

By Kelsey Thomas  
STAFF WRITER

In the early twentieth century, many people migrated to Omaha and all over Nebraska from many European countries. One ethnicity that came over in large numbers was the Irish.

With them, they brought along their culture, and one aspect of this was the dancing. Ever since, Irish dancing studios and organizations have sprung up all over Omaha.

The Craoina Tire studio is home to over 70 Irish dancers; one of them is freshman Regan Siems.

Siems has been dancing with the studio since she was four years old. She said that she was first introduced to the sport by her sister. When she was younger, she would go to her sister's practices and competitions and longed to be in her position. Once she got old enough, she began to take classes and compete herself.

As the name suggests, the form of dancing originated in Ireland in the early nineteenth century, but it was not popularized until much later.

In 1994, "Riverdance" was shown all over the world and caused people to gain interest in the sport.

Riverdance is a theatrical performance that features Irish dancing and music to go along with it. The show was first performed on the Eurovision Song Contest in 1994 and still continues to this day. The very best of the Irish dancing community have the opportunity to perform at the show.

Irish dancing is a very distinctive, recognizable style of dance. The performers keep their arms and chest completely stationary and upright, while their legs and feet move rapidly to the music.

They can dance with two different types of shoes: hard and soft. The soft

shoes are similar to ballet shoes that lace up on the front of your feet. Hard shoes are like tap shoes, but instead of metal, the tips are made of fiberglass. The hard shoes are also a little clunkier than tap shoes, and look more like clogs.

Each type of these shoes are made of black leather.

Irish dancers also wear very special costumes to perform in. They wear intricate dresses that come with all sorts of designs and colors. But without a doubt, the most recognizable part of Irish dancing is the hair.

For every performance and competition, the girls must sport a wig. The wig has extremely curly hair that seems to be out of a movie about the French Revolution. Each girl has the same hairstyle, but they can choose their own color of hair to match with their natural color.

Irish dancing can get very expensive, Siems stated. Shoes can cost up to \$60, dresses can be anywhere from \$200 to \$2,000, wigs are around \$10 and that's just for the costume alone. When you add in the price of class registration fees, and travel costs for competition, the number is enormous.

Money is not the only thing the sport requires; time is another factor. Siems said that some weeks she might miss a day of school and on the weekend she might spend all day performing or competing.

Although they begin to prepare on a competition day very early in the morning, the competition can sometimes last until late afternoon. School can also be affected. "Sometimes it's hard to work in homework with dance classes," Siems said.

Irish dancing may take a lot of stamina, time, money and effort, but Siems keeps coming back. She knew early on she loved it; and she hasn't stopped since.

## Challenge of vegetarianism best advice for athletes seeking to better their talents

There are plenty of ways for athletes to stay in shape, build muscle and strive to be the best that they can be. Many athletes drink protein shakes, eat protein bars and take vitamins to build their muscle. However, an alternative way to becoming a better athlete is to simply go vegetarian.

There are many benefits to becoming a vegetarian, a lot of them having to do with being an overall healthier person. Research has proven that vegetarians have healthier skin, lower blood pressure, increased energy and even a lower risk of cancer.

However, going vegetarian can prove a challenge for many people. Eliminating meats from the diet is tricky, especially if you come from a family of meat lovers. The key is replacement. Make sure to choose nuts, whole grains, beans, soy and tofu to still get enough protein in your body.

Despite popular belief, being a vegetarian does not mean strictly vegetables. Each food group is important in maintaining a healthy life-

style.

Changing your way of life and becoming a vegetarian has no guarantees. There is no assurance that you will be healthier, a better athlete or a happier person overall. Evolving into new eating habits will often come with a bit of struggle and should only be done if you are content with change. It's essential to not only eat healthy, but exercise as well.

A large part of change is acceptance. Accepting your new eating habits and learning to adjust will help you get used to being vegetarian. Ultimately, the choice is yours. Enjoying or eliminating meats is all up to you.

If your goal is to become a better athlete, you have to stay in shape. Eating food groups in moderation and determining serving sizes should always be taken into

account. Daily exercise is beneficial to the mind and body. Research has shown that light exercise paired with a healthy diet can help you become a generally happier person.



NATALIE NEPPER  
NOT GONNA LIE



## Junior and senior boys play in first Powder Buff Volleyball game



By Jordan Young  
STAFF WRITER

Although it's not quite a "battle of the sexes" deal, Powder Buff Volleyball for the junior and senior boys sprung up in part due to its earlier counterpart, Powder Puff football for girls.

"It was something that was for the girls now [we are] doing something [for the boys]," said girls' volleyball coach and volunteer coach for the senior boys, Brent Larson.

"I work with coaching the girls, I know it's an opportunity for the boys," he said. "The fun thing is there's a handful of guys who support the girls [in volleyball]...it's fun to let them play other sports."

A total of 13 boys signed up for the senior team, compared to the nine juniors who Angela Capellupo had the opportunity to coach.

No one had to try out for the teams, similar to the way that Powder Puff teams were assembled, and both teams had a handful of practices before the five-set match.

Junior Jai Williams expressed his opinion before the matches, saying that he thought it would go over well. "Heck yeah," he said. "Two competitive teams...striving for excellence." And he was right; the matches were nothing short of excellent good-hearted fun.

The seniors won the tournament in a three game sweep, with the juniors fighting hard to stay alive.

Game one was a blowout—a crushing 25 to 9, but the juniors sporting their black jerseys fought back hard against the white shirted seniors in the second and third match

with scores of 25 to 15 in the second and 25 to 21 in the third. The boys played well, minus the tendency for miscommunication problems, people running into each other, serving straight into the net, getting hit in the face with the ball and falling over each other. But what can one expect from a couple people playing a live game for the first time?

Nerves certainly weren't the problem, especially when it came to fancy serves and hits, including a couple fancy serves from one boy on the senior team. Even the final serving set point by senior Grant Fishburn was done backwards.

Another player who decided to glitz it up, Jared Givens on the junior side, wore knee-pads and other volleyball gear like the professionals.

Both teams showed glimpses of superior volleyball skills with a couple kills, stifling blocks and endless amounts of hustle, energy and aces.

The last set was most exciting, as the juniors began with a lead, but then fell to the seniors once again.

Nevertheless, throughout the game, the Pep Club stayed loud, cheering on the seniors and supporting the boys.

Students were there too, although not as many as at Powder Puff.

Williams admitted to only knowing about the Powder Buff tournament two weeks before the game.

"It wasn't well announced," he said.

Although it may feel like that, one has to understand that it was the first year for it and there will hopefully be many more years in the future of Powder Buff volleyball.

Sydney Spangrud | The Register

Top left: Volleyball coach Larson assists during the game. Top right: Senior player tries to spike the ball over the net. Bottom left: Senior Benjamin Pieper tosses a serve. Bottom right: Senior setter passes the ball to Seth Arter.

## Incognito known for bullying; targets teammate

Richie Incognito, left guard for the Miami Dolphins, was suspended indefinitely when he found himself in a controversy involving Jonathan Martin, left tackle, over hazing and workplace abuse.

The two have been playing side by side since Martin joined the team back in 2010; now that relationship is strained as evidence of bullying surfaces. The catalyst for Martin leaving the team, for now temporarily was after an episode in the cafeteria. As Martin sat down, his teammates stood.

Incognito has an infamous reputation of playing dirty and rough behavior. He excelled at the University of Nebraska, of which he was also suspended due to accidents off the field. He has multiple personal fouls and even a \$50,000 fine for head-butting. Incognito has also verbally harassed a game official several times in one game.

Many football teams have the tradition of having rookies carry veteran gear off the field. As well as paying for a traditional meal, Martin was pressured to pay thousands of dollars towards a trip to Las Vegas, of which he didn't attend.

Most of these incidents happen without the approval of the coaches and executives. They claim it builds camaraderie, teambuilding and character. I understand that sometimes that needs to happen, but this is pure bullying.

Martin, while a stellar athlete, is also an intellectual and is probably perceived as a nerd by the 'jocks' on the team. It probably doesn't matter to Incognito on whom he targets. He just enjoys picking on whomever seems different, and thus vulnerable. None of the Dolphins stepped up to stop the hostile treatment, teammates or coaches.

A team has to work together. When one member of the team is treated this way, it just doesn't work.

I believe most of us forget that the players are really workers; it is their job. Yet the players, new or veteran, don't have to take treatment like this from teammates or coaches. Ultimately, this indicates a lack of awareness and/or backbone on the part of management.

The Dolphins are a sporting team, Incognito an athlete. We all get that. They are also workers, employees and employers. It goes to show

that schools aren't the one place where bullying occurs; the work place is second to school environments where bullying occurs.

These men make millions playing a game and this is how they act, like immature adolescents in high school? Just pathetic, they have to realize that they aren't teenagers or young adults anymore. These athletes have a younger audience that idolizes them.

It may be tradition, but there are lines you can't cross. What Incognito did is pure bullying; the other players followed his actions and are now bullies themselves. This is the classic case of bullying. How other coaches or executives did not realize the full extent of the actions is beyond me.

I never would have dreamed that an NFL locker room operated like a high school. Martin could have delivered substantial physical punishment, but chose not to. I would also guess that because of his size, the other older players did not stand up for Martin. But they should have.

This was not a dispute between two players. It was a one-sided, inappropriate attack by one player against another and apparently the Dolphin players found nothing wrong about the nature of the abuse.

Incognito went outside the organization and verbally abused and ridiculed Martin on Twitter calling him a "big weirdo." I'm sure someone who saw that on Twitter mentioned it to someone in the organization. The only intelligent player on the team was Martin.

Does Incognito feel the need to belittle someone else to make his own personal importance grow? It makes him feel superior? Isn't that the like waving a flag of his own insecurities?

I just don't understand the motivation of people who do these things; their own lives are miserable so they have to make someone else's life miserable to make their own life better?

All I can say is thank you, Martin, for having the guts to stand up to this type of abuse. Maybe now coaches and executives will quit acting as if they need the players to like them.

This has led to a wrong-headed attitude of "anything goes" simply because it builds camaraderie.



SAN JUANA PARAMO  
HAKUNA MATATA

## Boys to compete again in Heartland Hoops Classic

By Maya Durfee O'Brien  
STAFF WRITER

Central High School boys basketball team is playing again in the Heartland Hoops Classic. This is the second year the team will be playing in the tournament, as they have signed a two year contract.

The first game to be played is on Feb. 15 in Grand Island, Neb. The teams from Omaha are Central and Elkhorn South. Central is advertised as the headliner of the event and is scheduled to play against Denver East at 9:15 p.m.

Coach Eric Behrens said the reason the team plays in this tournament specifically is because it first off is a good experience for players and because they were invited to play in it. The team has had success with the tournament this past year. They played for a sold out arena defeating a nationally ranked team, Oak Hill Academy, 70-63. Behrens said his biggest concern for the tournament is that the team they will be playing is, "one of the finest in Colorado."

Denver East is also very different from the previous team Central played, Oak Hill Academy. Behrens said Denver East is a lot like Central. It's a downtown high school whereas Oak Hill Academy was a school that many kids from all over go to. Denver East is a school in which kids in the Denver area attend.

One of the main factors that will be different for the team as opposed to the prior year is the lack of experience the team has. Many seniors graduated last year, so there's a new team. Behrens is not too worried about this--he knows they are all talented.

This tournament is unlike any other tournament that the team plays in. It is farther away and the team has an opportunity to play teams for different States, unlike the OPS tournament and the Holiday tournament. Behrens said that this specific event helps bring them motivation for the rest of their season.

Central is expected to draw a large crowd for this event, with good reason too. Because of the overwhelming success over the past few years, it is expected by many that this will continue on.

## Cross country team competes in Living History Farms Race for third year

By Natalie Nepper  
STAFF WRITER

The annual Living History Farms Race is the event each cross country runner looks forward to at the end of the season. It might be the trip out of Omaha, the dressing up in silly costumes or the challenge of the race that draws their attention, but ultimately, Living History Farms is all about the team bonding.

Every year for three years, the cross country team has trained and prepared for the Living History Farms Off-Road Race at the close of their long season. The seven mile race takes place in Urbandale, Iowa at the site of the Living History Farms non-profit museum. The interactive outdoor museum works to connect people of all ages to life in the rural Midwest. Over the years, the race has earned \$725,000 for the museum and plans to continue with the tradition for many more years to come.

The biggest cross country race in the nation is what any runner would hope to attend, and this is it. The rolling terrain consists of everything from concrete, grassland, steep gullies, creeks to wade through and a whole lot of mud. The obstacles prove to be challenging and fun to the 7,500 cross country runners, all of whom are dressed in costumes.

"Living History offers an opportunity to continue running with your team even after the official season ends," said sophomore Grace Tuttle. This "great experience" can be due to the variety of costumes seen at the event. Runners observe costumes of just about every cartoon character, food item, animal and famous person imaginable.

Last year the team dressed as the "101 Dalmations" and continued the tradition this year. They decorated white sweatshirts and sweatpants with black polka dots and wore big floppy dog ears. Their efforts were commended at the race last year, as well as this year, when many people wanted pictures with the team and loved their great team spirit.

Julia Gigliodoro, sophomore, remembers when the team got separated during the race last year. She said that the girls stuck to their characters and, "would howl for each other so you would hear howling throughout the race." It won't be hard to spot 22 howling Dalmations at the scene.

The Dalmatian tradition will continued this year and the girls have done quite a bit to prepare. Previously, the team conditioned after school at Elmwood Park and ran up to five miles numerous days of the week. The group has changed it up this year and the team is ran on their own, but were still able to complete the full seven miles without struggle. Additionally, the group had several brainstorming meetings and time to paint their costumes.

The tradition of the race started three years back with Audrey Faltin, a former Central teacher and cross country assistant coach. Despite her absence this year, Faltin has decided to come back and take the team



Photo Courtesy of the Des Moines Register

Coach Grenfell throws peace signs while running in the Living Farm Race. Pictured are Tessa Harlow, Natalie Nepper and Jessica Vorthmann.

to the race once again.

Members can agree that the race is definitely worth it, regardless of the freezing creeks and difficult terrain. Both Gigliodoro and Tuttle, as well as many others, plan on continuing in the race into future years. The hope is that Faltin will continue doing Living History Farms Race with Alexis Grenfell, the new cross country coach, and the rest of the team.

The memories are said to be the best part of Living History. Tuttle recalls the fun that the team had while painting their faces with spots beforehand. The photos and videos captured this year and previous years will be kept forever.

"The race is super fun and really exciting because of the variety of obstacles," Tuttle recalled, "and honestly way better than any standard

cross country race." Afterwards, The Machine Shed, a local restaurant nearby, provided warm food and refreshments for racers. Award ceremonies, door prizes and other races were held after the seven-mile competition.

For many, racers compete in the Living History Farms Off-Road Race for the environment, team-bonding and a trip for the weekend. "It really shows us how many runners are out there," Gigliodoro explained. "You don't really see that many in Nebraska so when you do this race you see people from all over the country doing it. It's a great experience." Everyone is guaranteed to have fun, and all cross country runners are encouraged to participate in future years.



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