



THE

register

Extra funding goes to new cameras



By Georgia Chambers
STAFF WRITER

Computer screens facing a desk at the center of the room, miniature screens displayed on the computers swarming with bustling students- all while "Evil Woman" plays in the background as Bill Canney calmly sits in his chair. Canney, along with Dr. Edward Bennett, are at the center of a topic buzzing around Central today: the install of seven new security cameras.

Canney is the one who views the live feed on the cameras, watching students' every move—or at least what he can with 20-30 cameras to view.

"[The install of seven new cameras] does not matter. I mean, we have so many cameras seven more is not going to make or break," Canney explained. Canney is used to viewing the plethora amounts of cameras, and knows what to look for.

He explained a scenario: A student was needed, and the location was the courtyard. Going to the camera that overlooks the courtyard on his computer, Canney zeroes amongst the courtyard until he finds the student.

"Normally it is a specific student, place or thing and you just look for that specific thing," Canney said.

The cameras have archives, which hold all live feed, which also benefits Canney, making viewing the cameras less strenuous. "...I don't have to look at all of the cameras all of the time because we have archives, so if I need to pull something up I can go back no matter how far back..."

However, the cameras cannot hold the feed forever, but Canney admitted that he never deletes archives. The cameras are preset to where when they max out their memory, they will automatically delete, which has to go "way, way back."

The new cameras were installed along the long hallways leading into the cafeteria, the one and two side and in the downstairs basement. Now, security has eyes wherever students go with

the securities' "eagle" eye.

"We had some areas of the building that were uncovered, which made it more difficult to ensure student safety in those areas. So, we had an opportunity with some district funding to get more cameras, so we did,"

CONTINUE TO 'CAMERAS'
ON PAGE 5

Sydney Spangrud | The Register



Keali French | The Register

Trevor Petersen practices a musical piece in his orchestra class, displaying the proper posture and focus a cellist is expected to have.

WHIZ KID

By Maya Durfee O'Brien
STAFF WRITER

FRESHMAN DEBUTS HIS EXCEPTIONAL TALENT AS A CELLIST

Now in hand, large instrument in the other, this is what Trevor Petersen does. Petersen is a cello player, and some even say that he is a prodigy.

Petersen who is a freshman said the first time he saw a cello was on television.

Then in the fourth grade Petersen had an opportunity he could not decline.

"We were able to pick out an instrument. I chose the cello and I just stuck with it," said Petersen. He has been playing ever since, six years of commitment.

"Music is fantastic, it's the universal language," said Petersen. "Everybody can relate to it at least in some way, and there is so much diversity with it. And to be able to express that through such a brilliant instrument... music is really the ultimate goal and just being able to get there with the cello is amazing."

The reason why Petersen chose the cello over other instruments is because he wanted to be different from his peers. "Everybody else picked the violins," said Petersen.

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ON PAGE 4

IB Programme reaches its two year marking



Keali French | The Register

Joe Ferris, IB student, spends time playing chess while exemplifying some of his strategic IB knowledge learned over the last two years.

By Micah Martin
STAFF WRITER

The International Baccalaureate program has officially been in place at Central for two years at the end of this school year. "We've been working on it for at least five years, actually more than five years," said Cathy Andrus, the I.B. Program coordinator.

With many years in the making, this year is going to be the first where seniors are going to complete the program, rendering the first results.

To have the opportunity to become an I.B. school, Central had to complete many steps to meet the criteria for this program. "There were huge requirements. It took us two and a half years to complete them to be eligible," said Andrus.

Some of these many requirements included staff training or professional development, changes in how scheduling was done and the implementation of different policies such as academic integrity and other policies that govern the I.B. program.

In short, the I.B. program involves six subject areas. A student has to take all of the courses in every one of these areas. Unique from other programs I.B. also includes a Theory of Knowledge class, Creativity Activity and Service, and an extended essay, which is an original research paper.

Another unique aspect of I.B. is that advanced classes are taken in all areas, whether it be an area of strength or an area of more difficulty for the students. These specific things are done in the Diploma Program of the I.B. program. The Diploma Program happens during junior and senior years of I.B.

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ON PAGE 4

Senior writes letter in protest of winter formal invitation

By Emily Beck
EDITOR-IN-CHIEF

When senior Sam Mareno received an invitation to Central's second annual Winter Formal, something felt off.

It was printed clearly on the invitation that females had to wear dresses that go past their knees, and that males had to wear suits, and Mareno was unsettled by it. She saw it as a gender roles issue, and believed that it excluded "people who don't identify...the way society tells them to," such as a transgender individual (for example, a woman who identifies as a man).

If a female student identified as a man and received this invitation, that student may turn away from attending Winter Formal because of the

printed requirement to wear a dress.

Mareno recognized this as a matter that needed to be addressed, so she wrote a letter (see next page for the full text), sealed it and gave it to Assistant Principal Dionne Kirksey and teacher/Student Council advisor Candi Kadar.

"The thing I had a problem with was the fact that it specified 'ladies must wear a dress,' and that 'gentleman must wear a suit'...I know that if a woman or a young lady showed up in a pair of nice pants, she's not going to be declined to go into the dance," Mareno said, "but the fact that it didn't

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MILITARY ▶ page 6

Joe DeMilt and Kyle Parkhill, two Central teachers, balance careers in education as well as military duties.



LEGALIZATION ▶ page 18

The pros and cons of legalizing marijuana discussed through two opposing sides.



ROSENBERG ▶ page 7

Howard L. Rosenberg, former member of The Register, shares experiences as a producer and photographer.

CENTRAL INSIDE

BENEATH
OUR FEET

LAYOUT/DESIGN BY EMILY BECK
PHOTOS BY NATALIE NEPPER & KEALI FRENCH

By Natalie Nepper
STAFF WRITER

With a building as old as Central, there is bound to be little nooks and crannies that contain pieces of the school's history. Many don't realize, but four feet of concrete below students' feet, interconnecting tunnels are spread out endlessly. These utility tunnels, although few still in use, hold remnants of Central's and Omaha's past.

Back before Joslyn's sculpture garden existed, a boiler room three-stories underground powered Central High School and Central Grade School, the elementary across the street that has since been demolished. Michael Campbell, custodian, explained that boiler room tunnels were just some of many paths used by staff. Other underground walkways used to stretch underneath Omaha.

"You walk in those utility tunnels, anywhere you want to go downtown. You can get around down there, but it's difficult." Campbell clarified. Deb Boulas, head custodian, mentioned that although the paths still exist, it's impossible to explore them anymore. "They're closed off," she said. "I mean, we still have a few utility tunnels under our [school] but nothing that connects with the city anymore."

Boulas has been working at Central since 2000 and runs most of the mechanical aspects of Central from her computer. The staff rarely makes the trek beneath the building, unless it is absolutely necessary. "If something goes down I have to go look at it and see what's going on," Boulas said, "but for the most part I can control the heat and air from my office."

The heating and air conditioning units are accessible through the custodial office. This is where a connection of large rooms holds controls for the building's maintenance, about half of which are still in use.

"When they remolded this building over the years they would just abandon stuff and never take it out." Boulas explained. "Every once in a while you'll get a smell [in the building] just from the way the wind is blowing and hitting the pipes because they didn't take them out."

The main room also contains strangely placed concrete wedges. Before it was removed in 2002, a large 10 feet tall by 10 feet wide fan sat on the blocks, constantly releasing fresh air into the building. In certain classrooms, two feet by two feet squares in the walls can be seen drywalled in. These used to be vents that ran all the way to the basement, where the fan was held.

In one corner of the main room, brick walls hold up huge concrete slabs, which make up the west porch outside. While the Legacy Walk is under construction, these slabs will be reset as some are higher up than others. The entire west side of the school building will be shut down during the summer because of this.

These initial rooms and the sets of tunnels that branch from here are just across from the basement elevator. However, there are many other entrances into the secret sections of Central.

Through a locked door in Scott Mead's office across from the auditorium, a winding wooden staircase leads down to a small tunnel segment that branch three separate ways. Large steam lines, electrical cables and other various pipes run the full length of the courtyard from west to east.

"Some of this is new, some of this is old. Like the internet you can see running through here," Boulas said while pointing to a thin blue cable tracing the ceiling, looking out of place in the mess of gray piping.

Since a jumble of pipes and wires crowd the small concrete tunnels, it's surprising to hear that the passageways are eerily silent. And even though these sections are four to five feet underground, they are also quite warm.

There are a few other unknown shafts in the building, but some are harder to get to than others. "There are areas that are only accessible through like a two by two trapdoor under this building," Boulas explained with a laugh, "but I don't do those."

In fact, no one really does. These bits and pieces of underground tunnels are hardly needed, or entered. "We never come down here," Boulas explained. "A lot of people don't get to see the building like this."

It's true that there is plenty left unexplored below the building and sections that haven't been entered in decades. To the common eye, the chambers beneath the school might just seem like a collection of old pipes. However, they hold a lot more meaning than that. Once serving a purpose to keep this great big structure running, the tunnels are just one part of Central frozen in time.

Right: These controls were once used to power the auditorium side of the building. The old push-button wiring was also used to run the locker rooms and classrooms nearby. Now, sections of the building are run by computers and the power controls remain in several rooms connected through the custodial office. They haven't been handled in years.



Above: Next to the entrance on the 3 side of the building, these metal gates can be seen on either sides of the stairs. The trapdoors opening to them are often opened during the summer to cool down the custodial office tunnels beneath the building.



Left: Across the hall from the band room in the basement, this small section is used as storage for the performing arts department. The door pictured is the entrance to the stage pit. When the band needs to play during performances, carpenters come in and take out the large wooden supports and open the top. Chairs and instruments are brought in for the band during musicals and plays.

AND OUT

OUTSIDE OUR WALLS

By Kelsey Thomas
STAFF WRITER

When one first sees Central, it is common to think the building is a courthouse, or a state capitol building. When they are told that, no, this building on 20th and Dodge is a high school, many people think that it was an official government building, and now it's being used for a school. This common belief is a misconception. The building our school occupies has always been used for a high school, but the land we sit on was at one point for the state capitol.

The current building was built starting in 1900 and ended in 1912. Total, the new building designed by John Latenser, cost \$750,000. Central as we know it was built around the previous high school used, and the site of the old building is where the courtyard stands today.

Central shows a style of architecture known as Second Renaissance Revival. Commonly, the style was used for capitol buildings, which is another reason the school is often mistaken for a state building. Another building in Omaha with Neo-Renaissance style is the old Omaha Public Library on 18th and Harney, which is now used for law offices. Neo-Renaissance style houses and buildings are often cube shaped, with a symmetrical façade, stone walls, columns and arched entryways. Central High shows all of these characteristics.

Limestone is primarily used in Central's exterior. Inside, Central has maple floors, and used to have oak staircases. The staircases also have cast iron posts. Central's specially crafted doorknobs have also stood the test of time, and are still used today.

Since the building of the school, there have been several renovations. A gym and auditorium were added in 1930 for \$250,000. Other things, like the fourth floor, have been renovated more recently.

Within the next two months, the city and OPS board will be deciding on a renovation plan for OPS elementary, middle, and high schools. The project is totaled at costing \$650 million if totally approved. The project has divided schools into 3 groups, with group 1 classified as needing the most repairs. Central is in group 1.

The total recommended cost of repair at Central is \$38,059,000. Part of the huge cost for Central's renovation has to do with the need to expand. As Central grows and becomes more and more popular for students to attend, it is estimated to be over capacity by 2017.

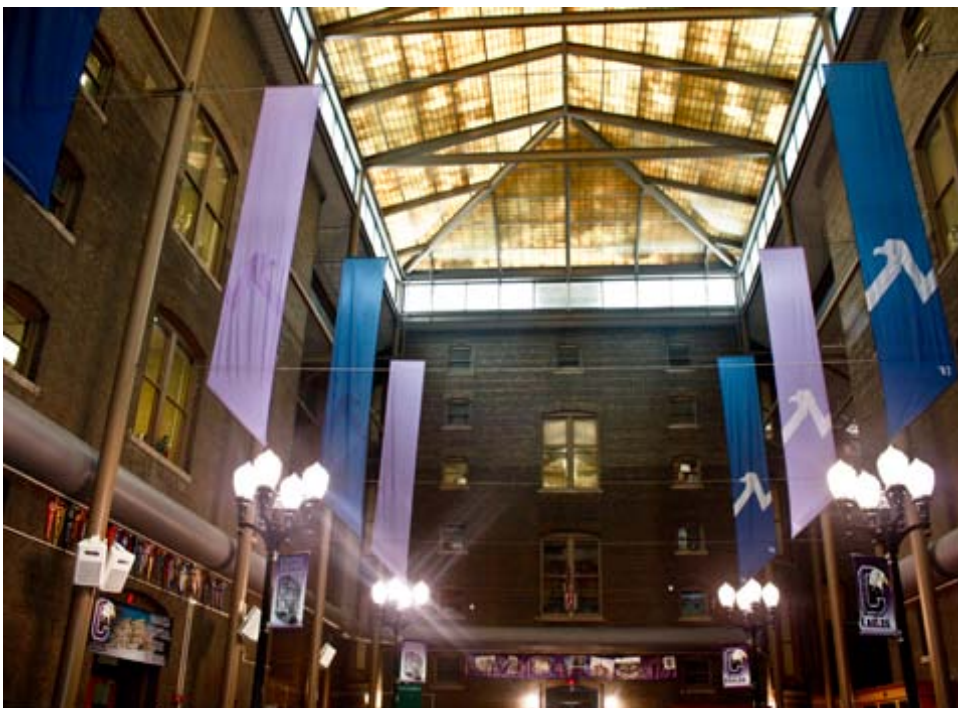


Right: The unique design of Central was created by John Latenser, who modeled the building with a Neo-Renaissance style. This style was typically used in housing and can be seen in other buildings across Omaha, such as the old library on 18th and Harvey. The building resembles a capitol building, which were often built in the same style.



Left: Central's exterior is crafted mainly with limestone, while its interior displays stone walls, with maple and oak wood flooring. The building was designed with a cube-shaped layout in mind and was entirely symmetrical until the addition of the gym in 1930. In the future, the school may experience more renovations. Despite any changes, Central's columns and arched doorways, as well as its cast iron staircase railings, show students just how extraordinary this structure is.

THE COURTYARD



By Maya Durfee O'Brien
STAFF WRITER

You step into the courtyard of Central High School, and history literally surrounds you. There's the feeling that you are a part of something special.

In Central's old building the courtyard didn't even exist. It was not until Kate McHugh, who has been called the "first lady" of Central High and also is Central's first and only female principal, was adamant about the removal of the old building's heating and ventilation area which was located in the center of the structure. This removal happened after all the sides of this new building were completed. Thus the courtyard was born.

It was a meeting place for the students and a hangout area during passing periods.

"An open-air cruciform-shaped courtyard took its [ventilation tower] place becoming a distinguishing feature of the new Central High School building," according to Orville D. Menard ('51).

In May of 1980 the school board proposed that the courtyard get a "lid" put over it, then decided to make the (once open to the outdoors) courtyard an indoor one. The lid, or covering, is made of fiberglass and the outdoor sky can be seen through the glass roof.

In recent years, the original purpose of Central's courtyard has changed. At first it was designed as a meeting place for students, and also for climate control. It is used now with a similar idea in mind, except now it's an area for students to eat lunch.

As you sit at the lunch tables and look up to the ceiling, you can imagine what it would be like to, not so long ago, experience all the different seasons in this space. Snow or rain, the courtyard has experienced it all.

Freshman cellist noticed for impressive orchestra skills

CONTINUED FROM 'PETERSON' ON PAGE 1

Petersen also said that many people are unaware of the cello's wide range; one can play very high notes as well as low notes. He said that most people don't realize "it goes as high as a violin, there's a lot you can do with it. It's very versatile," said Petersen. "I'm really glad that I did pick it."

Petersen's cello playing is not limited to Central's orchestra. He plays for the pit orchestra and is also involved in other orchestras. "I've been with the Omaha area youth orchestras since fifth grade," said Petersen.

"It's a good foundation," Petersen said that professionals work one on one with the youth orchestra. He also said that there are different levels in the youth orchestra based on skill level. "You're with people who are pretty close in age [your age]," said Petersen. "You get a lot out of it."

Petersen is also involved with All City and studies at the Omaha Conservatory of music.

The first person to introduce Petersen to a cello was "Mrs. Perry at Fullerton Magnet Elementary School," said Petersen. Because of his love for the instrument, Petersen practices a lot.

"I practice up to four or five hours a day," said Petersen. He said he would like to practice more, but school gets in the way.

Petersen hopes to continue his cello playing well after high school. He said he has to improve his abilities. "It's not something that just anybody can do," said Petersen. "It kind of depends on where I get from here to senior year."

Ideally what Petersen would like to do eventually is study music, the cello specifically. He wishes to go to a school where the sole focus is music. He has hopes to attend Julliard and said, "I would if I could."

Petersen said that playing in a group is sometimes more

difficult than playing individually.

When involved in playing with a group he said that it is difficult to sound uniform with everyone else.

Petersen's favorite cellist is Stjepan Hauser. "He just plays with so much passion, he really is a brilliant player," said Petersen. "I think when I see a really fantastic cellist it inspires me to get out and practice and keep working towards that goal." Seeing others and their strong passion for music helps to fuel Petersen, and builds upon his own passion.

"It's really free--carefree," said Petersen. "I can really get into it and think a lot about it, but it's not that stressful kind of thinking. It's just relaxing, getting into your own world of music- getting out of reality for a bit. It takes you somewhere else."

Winter formal dress code addressed by letter

CONTINUED FROM 'LETTER' ON PAGE 1

leave an open invitation was offensive to me."

"At first I thought I was being overdramatic," she added, "but the more I thought about it...at least a voice was heard."

Mareno believes that instead of specifying that certain genders must wear certain clothing, the invitation should simply state that formal attire is required.

"I just wanted it to be addressed for future reference," she said. "Because times are changing, and things are happening."

Kadar wants it to be understood that the formal is a black tie event, and the invitation states the specified dress code "so that students can start to understand what formal looks like." She never thought that anyone would find it potentially offensive.

"Hopefully we can wipe out that part," she said, "and it's understood that it's a formal and this is how you dress." Kadar plans to bring the matter up with student council, and Kirksey said that "we'll look at it for next year."

In reality, Winter Formal is an exclusive event—but in terms of grades and behavior, not gender. In order to receive an invitation, students must have at least a 3.0 GPA, possess fewer than 10 absences and be without any suspensions.

"I don't want people to be excluded because of dress, but we are excluding certain people because of the criteria," Kirksey said. "But once you meet the criteria, I don't want you not to come because you don't have something in particular that we're saying somebody has to wear."

Upon reading the letter, Kirksey called Mareno into her office for a brief meeting—she wanted to make sure that Mareno hadn't been personally offended by the invitation's wording. She wasn't. Mareno is not a transgender student, and doesn't have any close transgender friends. But that didn't stop her from calling attention to the matter.

Fellow students were surprised at Mareno's action, claiming that the situation didn't affect her. "Obviously not," she answered, "but it might affect somebody else who doesn't want to say anything."

"I know through my decision to write this that there are people in

our community and in the school that have been affected by things like this...unnecessary gender roles they're not comfortable with," she said. She wanted to be a voice for those students.

"People aren't comfortable still...with the idea of maybe somebody who doesn't seem to be a certain gender but identifying with a different gender, like maybe a male identifies as a female, like self identifies. People just shut that out," she said. "I think it [the letter] was necessary, just because nobody else would have done it."

Mareno recently attended IncluCity in November, and went back to the camp as a staff member in January. It's run by Inclusive Communities, which works to "confront prejudice, bigotry and discrimination through educational programs that raise awareness, foster leadership and encourage advocacy for a just and inclusive society" (as stated on the organization's website).

At IncluCity retreats, students learn to see the world from different perspectives and work to open themselves up to creating inclusive communities. "Their mission...I don't know what it was, but something within the idea of acceptance really hit home with me," she said, and the experience caused her to want to work toward "acceptance and a just, fair world" in her everyday life.

Mareno admitted that before her experience with IncluCity, she never would have given the invitation a second thought.

Kirksey felt similarly. "I never looked at it from that point," she said.

"We say in there that a female has to wear a dress, and if they're not comfortable wearing dresses or they don't have any, then it does cause a problem," she added. "Sometimes people never say anything."

Kadar commended Mareno for the letter, which she said was "well-written."

"She brought up good points that I think that we as a student council need to reevaluate for next year," Kadar said. However, she was "shocked" upon reading it, saying that if a student came to any event in formal wear not typically associated with his or her gender, that "[no one] at Central would even bat an eye about it...they would never be turned away."

"We accept diversity," she said. "We celebrate it."

THE LETTER

To whom it may concern,

Being eligible for the annual winter formal is considered to be an exclusive honor. It is a privilege to receive an invitation in the mail over winter break.

The invitation reminds students of how hard they have worked and how their achievements do not go unnoticed. This is a reward for some students. However, I believe the requirements for the attire at the dance are not fair to all eligible students.

The invitation states that young ladies are required to wear formal dresses and are strongly encouraged to wear dresses that are below the knee. However that is all it states the ladies may wear.

The invitation does not give room for women to wear a tasteful, formal outfit in which pants are worn. This makes the invitation more exclusive, however this time not with honor.

To me, the invitation places importance on gender roles in the lives of young people. At this age, students are impressionable to the pressures of society. I pride myself in attending Central for its diversity within the student body.

I feel that the invitations could be more inclusive to all people, not just those who identify as female or male, but to those who identify as female but dress androgynously or just for females who genuinely feel more comfortable wearing pants.

A more inclusive invitation would still include all the accomplishments students have achieved in order to receive the invitation, however the attire portion of it would change. Instead of classifying the appropriate type of dress for the student under a predefined gender, a more general statement could be used in its place.

For example, the invitation currently states, "All students must wear appropriate dress shoes" as part of the required dress code, so why not make the invitation state "All students must wear appropriate, formal attire" and then go forth to specify that if the student chooses to wear a dress, it is strongly encouraged to be below the knee, and if pants are worn, they need to be of formal quality. If the invitation was stated in this manner, it would create a gender neutral invitation.

Personally, I view this as much more than just an invitation to a dance. As it is currently worded, it is a restriction to those who may not identify as society says they should.

This is much more than a dress code. It is a requirement of formal attire that seems unaware of the times and the changes of today's society. It does not give room for students to fully express themselves.

I am making a statement for those who whose voice may never be heard. I am making a statement because I believe in a world in which people are comfortable at their high school dances, walking down the street, and in their personal communities.

Samantha Mareno
Omaha Central, Class of 2014

Correction: In the December 16th story "Athletic scholarships and recruitment mean work for students postgame," references to the Buffett and CHS scholarships were related to athletics. These scholarships are academic not athletic. Any mention of "athletic" in the article relates to "academic," not sports. The Register regrets any confusion.

IB classes turn two

CONTINUED FROM 'IB' ON PAGE 1

The other section of this program is MYP or the Middle Years Program, this includes the stages of preparation to go into the Diploma Program.

"The program itself is changed or relooked at every seven years by I.B. itself, so every seven years the courses are revised with the input of educators around the world. Some of the things that we have done at Central are not so much about the program, it's about getting kids ready for the program," said Andrus. Since the program is still in the early stages at Central it has not yet been drastically changed, because the spots that need to be strengthened have not been found. "We are waiting to see what changes need to be made, because this is the first time that we'll ever get results from testing for the whole program. We'll see how our students do and then we can identify things that we need to sure up, but we don't know yet," added Andrus.

There are currently 23 students in the senior class, 27 juniors and more than 35 that will be next year's juniors. For students to succeed in this program they have to be instilled with a sense of strong work ethic, commitment, open-mindedness and time management. To do well in I.B., undeterred determination is another key component that is required throughout this journey.

The I.B. program is not to be confused with Advanced Placement classes, which is another higher level road to take during high school. "A really good analogy was created by a student, 'A.P. is like a buffet. A student can pick one or many, but there is no expectation because they pick one that they have to pick another. I.B. is a seven course meal. You have to take all of the I.B. classes, and all of the extra things that go with it,'" shared Andrus.

"Parts of I.B. are good for all kids and we are trying to infuse them into Central everywhere," said Andrus. The International Baccalaureate program is still fairly new to Central, but that is not stopping it from opening doors and creating opportunities for the students that are involved.

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

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

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.

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

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

CENTRAL ALUMNUS AND HIS FAMILY EARN
THE HEARTLAND FAMILY SERVICE SALUTE TO FAMILIES AWARD



By Seth Arter
ADVERTISING MANAGER

Central graduate Joel Rogers and his family were recognized for their work and dedication with the Heartland Family Service Salute to Families award.

Beginning in 1982, the Heartland Family Service award program chooses one family annually over the Thanksgiving holiday to promote a positive message regarding the importance of family.

Rogers, (class of '75) and his wife Felecia have participated in various volunteer activities regarding church, school and the military. Rogers is a veteran of the United States Marine Corps. He currently holds a position as a Legislative Policy Analyst in the Commander's Action group of the U.S. Strategic Command at Offutt Air Force Base. During his 28 years of service, Rogers has been in charge of important efforts for the Marine Corps in and outside of the United States.

Rogers dedication to the community has not limited him to just one award. Rogers has earned the Defense Meritorious Service Medal and Military Outstanding Service Medal and other various awards.

In 2012, Rogers was deployed to the Horn of Africa. He held a position at the U.S. Embassy in the capital of Kampala, Uganda. The work of the U.S. military allowed Rogers to travel about the country and he visited some remote areas.

While doing so, Rogers witnessed tragic sight of poverty in areas that were affected by war and terrorism. Determined to assist those in need and make a difference, Rogers and Lieutenant Commander Christopher Sanford of the U.S. Navy launched a helpful outreach program that had many donations coming in from the U.S.

The donations provided many in need with school supplies, books, clothes, shoes, soccer balls and toys from Loving Hugs Inc. The program also received donations to renovate a school in the Nalinabi village of Jinja. Those donations also included desks and music instruments.

"Knowing that a positive effort to impact the education of children and families is most gratifying" said Rogers. Rogers currently volunteers as a youth volleyball and basketball coach for the Papillion Recreation organization and also supports the Toys for Tots program which is sponsored each year by the Marine Corps.

Although Rogers is passionate towards his volunteer work, he is also passionate in his dedication to the military. As a lifetime obligation, Rogers is nothing but honored to serve the U.S. "Becoming a Marine is the line that you cross – from being a regular United States citizen to being the nation's warrior," said Rogers.

Rogers' favorite aspect of being in the military is the important affect he has on young marines. Rogers also enjoys improving the lives of millions while enjoying time with good friends.

Felecia Rogers is the district director in the Omaha Congressional office of the U.S. Representative Lee Terry. Felecia is a skillful administrator with experience resulting from service in public, private and non-profit organizations. Some of her past volunteer work has been with the Wesley House Leadership Academy, Toys for Tots, Girls Club of Omaha and the 2nd lieutenant with the ninety-ninth Pursuit Squadron of the Civil Air Patrol.

The Rogers family currently volunteers at Life Church Omaha to raise money for missionaries in Zimbabwe and Haiti.



Photos Courtesy of Joel Rogers

Top Left: Rogers shares a smile with a young girl affected by his outreach program. **Top Right:** Children gather around Rogers to receive stuffed animals from Loving Hugs Inc. **Bottom:** Rogers and Lieutenant Commander Christopher Stanford of the U.S. Navy share a picture with the children and musical instruments as a donation to the school in the Nalinabi village.

The volunteer work and military experiences are not limited to Felecia and Joel as their children play a key role as well. The Rogers are parents of seven children. Javin, the oldest, is the Product Launch director for Kenexa/IBM Corporation.

Clifton is a design/production manager in the media/advertising field. Clifton also practices professional music as a second career. Three of the Rogers' sons also have a career in the military. Jonathan Blake, who also graduated from Central, serves as a Staff Sergeant who specializes in advanced communications. Darnell is a

Sergeant specializing in imagery analysis. Dwayne is a Corporal in the Marine Reserves and is attending college in Omaha. Ryan is a fifth grader at Papillion La-Vista and plays baseball and basketball. Zoe is also a fifth grader and plays volleyball and basketball in the PRO rec league in Papillion.

As a Central alumni, Joel and his family are proud to continue Central's tradition of excellence. From careers to volunteer work, the Rogers family is happy to have earned such an honorable award.

AcaDeca students headed to national competition



By Kelsey Thomas
STAFF WRITER

There is one word pushing the Academic Decathlon team this year—Hawaii. The 2013-2014 Academic Decathlon national competition will be held in Hawaii this year, and the number one team from each state gets the privilege to attend. For Central, this means having to beat AcaDeca powerhouses like Creighton Prep, Mount Michael, Lincoln Pius X, and Omaha Burke.

On Jan. 18, 2014 regionals were held throughout the state of Nebraska. At each regional were 5 or so teams competing in 8 of the organization's 10 subjects: Math, Social Sciences, Music, Art, Language and Literature, Science, Economics, Speech, and Essay. At the regional, Speech and Essay were left out. The team made a

sweep. There are three categories of competitors: Honors, for "A" students, Scholastic, for "B" students, and Varsity, for "C" students. In the Honors division, Ryan Goding, Lauren Wegner, Miles Kay, and Emily Jezewski competed. Song Zheng, Iona Newman, SanJuana Paramo, and Mackenzie Miller competed for the Scholastic division. In Varsity, Sean Kuhl, Grant Sturek, Gabrielle Kuhl, and Sam Planck tested. Goding placed as Central's top scorer, and got a perfect score on the Super Quiz concerning Social Sciences in World War I. Overall, the team placed second in their regional, and second overall in the state. The team fell to only Lincoln Pius X.

The team didn't get this far by mistake, though. The past few months have been filled with hours of preparation. In early spring the organization releases the topic for the year, as well as the required novel. This year, the topic was

World War I, and the novel was *The Sun Also Rises* by Ernest Hemingway. The team spends the end of the previous school year reading and analyzing the novel, as they wait for the rest of the curriculum to come out so they can begin studying. Midsummer, the resource packets are released. Students begin to read the packets as much as they can, and return to school ready to learn more about their subject.

As a result of doing so well in regionals, Central's team will move on to compete at state on Feb. 22, 2014. If the team places first, they will travel to Hawaii on April 24, 2014 and stay for 3 days to compete. The next month will be filled with hours of studying, reading, essay-writing, and speech giving. But they've made it this far, and don't plan on losing at state. As the AcaDeca t-shirt states, "Man was not made for defeat."



San Juana Paramo | The Register

Left: Students prepare for national competition in Hawaii. **Right:** Two students discuss some of the material to be studied in order to win the competition.

Updated security cameras installed curb bad behavior

CONTINUED FROM
'CAMERAS' ON PAGE 1

Bennett explained.

So far, results obtained from installing the new cameras have not shown immense results—yet. "... students generally behave better than they do other times during the year."

"So, the real test will be looking at it through the course of the semester or within a year or so to determine how big of a deterrent the cameras are," Bennett said.

Likewise, Canney expressed similar feelings. "[Students' behavior], to be very honest (knock on wood), has been very smooth over the second semester. Students know that we have those new cameras," he said.

However, Canney does not know if this is due to the new cameras or just a lull coming back after break.

To cut down on school fights, another recommendation was to hire more security guards. However, it turns out districts put a limit to how many each school can have.

"We would like to have more, but at this point we are likely to stay with the five that we have," Bennett said.

In the end, Bennett will do what he does best: "Holding [students] accountable when they don't follow the ABC's."

This way, the security Central has now will be all the security needed if students follow the pathway Bennett has paved.

SERVING IN MORE WAYS THAN ONE

To be in the military, one must be able to sacrifice many things, but also, serve valiantly and dedicatedly. What is it like to do be part of the military and also have a teaching career? Two teachers have that experience and still remain active in their courses and their military services.

By Cheyenne Alexis
COPY EDITOR

Photos Courtesy of Kyle Parkhill and Natalie Nepper

AIR NATIONAL GUARD

Kyle Parkhill, science teacher, is in the Air National Guard and has been for seven years. Rather than being recruited, he had family members in the unit, and his uncle brought him to the base he was stationed at and introduced him to different jobs and set him up with a recruiter.

After doing his ASVAB (Armed Forces Vocational Aptitude Battery) test and making sure he met the requirements, he received the job he wanted.

Before Parkhill joined the military, he wasn't sure what to do and didn't realize he wanted to teach.

"So, at the very least, I knew that that [could] be a backup plan for me if I didn't find a career that I wanted—I knew that that would be a good career and have that as my fallback plan," he said.

Money was another important asset when deciding to join, because it helped pay for Parkhill's college.

Before joining, Parkhill had knowledge of working on airplanes because he grew up around them—his grandfather owns a small airport.

"It was something I was already comfortable with and interested in..." he said.

Parkhill is a crew chief in the Guard, which means he inspects the planes and makes sure they do not need any maintenance done before flying.

And when the planes come back, he also inspects those to see if they were damaged during flights. Crew

members will fix them if needed.

Parkhill hasn't had many conflicts concerning working as a teacher and being on the Guard. When duty calls, it is sometimes impossible to get a substitute, but he said the co-workers are "very, very understanding of that."

He said that luckily, there are enough people where he works who can cover for him. Mostly, Parkhill completes his duties during the summer.

The hardest thing is "being gone for extended periods of time." But Parkhill understands the hardships of those who are gone for longer periods, such as those in other branches of the military who are deployed for years, even.

"I certainly have nothing to complain about," he said.

He also said that trying to remember material about fixing airplanes is difficult when he only does it once a month for two days.

His favorite part about being in the military is being able to travel, which Parkhill said he wouldn't be able to do had he not been in the military. He also enjoys helping out during disasters such as the flooding.

Parkhill said that a lot of students ask him about joining, and he said he doesn't mind helping out with questions, "but it's certainly not for everybody."

Parkhill is stationed in Sioux City, Iowa, his hometown.

“So, at the very least, I knew that that [could] be a backup plan for me if I didn't find a career that I wanted—I knew that that would be a good career...”

KYLE PARKHILL

teacher and member of the air national guard



ARMY NATIONAL GUARD

Joseph DeMilt, Family and Consumer Sciences teacher, has been in the Army National Guard for six years.

He works in the aviation unit, but right now is an inactive reserve, which means he is inactive.

However, if something were to happen, such as a major war break out or a natural disaster such as Hurricane Katrina, he could be called in for backup, rather than the government hiring others to do the job.

DeMilt can't recall an instance where something like that occurred, "but it could happen," he said.

DeMilt was stationed in Grand Island for five years and then Lincoln before his inactive duty, and worked with flight operations, which means every time an aircraft took off, they had to clear it with him to check off that everything was fine.

Operators also had to do check-ins during flights at certain times to make sure everything was going smoothly, especially with the people flying.

DeMilt decided to join the Guard mostly to assist with college expenses.

"At the time, I had a Bachelor's," he said. Joining the Guard would then help him pay to get a Master's degree.

"Money was a huge incentive," he said. DeMilt was going to join the regular active Army, but was introduced to the Guard to work on a "weekend basic—that was perfect." That

way, he and his wife could start a family, yet he would be able to contribute. His wife was supportive nonetheless regardless of what he chose.

Being in the military "helped shape [my] values and beliefs—helped me be more motivated and self-motivated." It motivated DeMilt to not procrastinate and have a self-drive "to go after and get it done." Though being in the military has caused DeMilt to not take part in coaching and he's had to miss out on teaching when the Guard needed him, OPS supported his decision to be in the military.

"It was never a problem," he said.

The hardest thing about being in the military was being away from home, such as during the Missouri flooding.

"I take my hat out to those who do it for months [being away from home]... I couldn't imagine," he said. He said he had about two hours of sleep during three days of being stationed for the flood work, but said it didn't compare to being away from his family.

What DeMilt loves the most about the military is the dedication of his co-workers. "Being with the guys [who] all had the same purposes... Being around people with the same motivation/drive is kind of nice. [It's] like being on a team in high school," he said.

"Sacrifices people in the military make remind me of being a teacher... [The] effort put in, what we give back doesn't compare," DeMilt said.



Civic Auditorium to be torn down, new graduation location not yet decided

By Sydney Halonen
STAFF WRITER

With plans for the Civic Auditorium to close this year, the class of 2014 will be the last group of seniors from Central to graduate from the longstanding building.

It is an understatement to say that there has been a number of graduations since the first class of 1859. But the graduating class of 2015 will have to find a new home for graduation.

Since the days of Omaha Central holding graduation at the old Ak-Sar-Ben Coliseum where Aksarben Village now sits, deserving students have walked down the purple carpet anticipating their name to be called to receive their diploma and proceed to graduate from the Omaha Central High School.

Dionne Kirksey, assistant principal, oversees everything pertaining to graduation at Central.

She herself graduated from Northwest High School at the Civic years ago, so not only does the location bring back memories from the many graduations she has planned and successfully overseen there, but is able to reminisce about walking across the same stage.

"I'm not excited to move to the new location," said Kirksey. "I have to start all over with my event planning."

Kirksey has responsibilities in overseeing everything from ordering the correct flowers and making sure each and every needed ticket are printed and purchased, to practicing with the students the day before the actual ceremony to make sure everything goes as planned.

Graduation preparation begins promptly at the beginning of the second semester as students order their graduation materials and Kirksey orders the tickets and begins to notify the speakers of dates and times.

As an outsider looking in, it's hard to understand how much is put in to graduation until it is all broken down in front of you.

Most seniors look at graduation as a single night that signifies the end of their high school era, a night



that will be defined by the perfect outfit beneath the purple robe, or even a nuisance that can't be over quite quick enough.

Yet, it is broken down to countless hours of work that takes what seems to be a whole village (Central High staff.)

The Civic Auditorium was built in 1954 as a new addition to downtown Omaha—at the time it was the largest event center in the Omaha area.

Seating up to 9,300, it is the perfect location for OPS graduations, which often attract a great number of spectators.

Although large, the Civic Auditorium has now been surpassed by the Century-Link Center and even the Ralston Arena in size and newer, more updated qualities.

Although previously being the home to popular team such as the Omaha Beef and Lancers Hockey, all of these have moved to various other, newer and more updated locations and now the Civic is empty.

The Civic is set to be torn down in late 2014, due to the yearly city's assessments that deemed the center not worth keeping standing.

OPS employees are now negotiating with the UNO Field House in attempt to make an agreement regarding the following year's graduation.

The Century-Link Center is too costly, so that is out of the question, which makes it harder to find a nearby location for seniors to graduate.

One benefit of the Civic other than being close demographically to Central include that the facility is entirely enclosed, making weather a small factor in the graduation process.

The size would also not compare if graduation ceremonies were held at another location like the UNO Field House.

The Civic also holds a lot of sentimental value, tradition factors in for not only Central but all OPS schools, in many cases. Multiple generations have graduated in the historic location.

As time goes on, and the class of 2014 nears its time to walk across the stage, a new location will be soon decided for the fate of graduations to come.

Keali French | The Register

arts & entertainment



By Jordan Young
STAFF WRITER

From Central High photographer to producer for one of television's most profound series, "60 Minutes," alumni Howard L. Rosenberg climbed to the top, with a curious mind, love for writing and investigating that led him there.

It all began in the third floor hallways at Central High in the late 60s, where Rosenberg was first exposed to the wonders of journalism. As a junior, Rosenberg started working on The Register staff assisting a senior who taught him the skills of photography. "In those days we used to actually shoot on film," he said.

And to add on top of that, he used the Speed Graphic cameras he used in his junior year, then he used the single-lens reflex cameras he used his senior year weren't exactly what he would jokingly call as "idiot proof" as the iPhone cameras accompanied with Instagram used today.

So, he would spend his time in the development or dark room just across the hallway from his classroom developing film and printing enlargements of photos. Especially during his senior year he took the role as the formal photographer for the paper and the room would be his "own little space" at Central. "[The] whole experience was special to me," said Rosenberg.

His advisor, T.M. "Mike" Gaherty, encouraged him throughout his two years on staff and the aspiring journalist experienced and reported not only events in the high school, but those in the community.

After high school his "progressive" love for journalism continued, taking him to the Daily Nebraskan at the University of Nebraska from the fall of 1969 to 1972, where he not only continued photography but began writing more fiction, literary criticism and poetry.

Soon, the progressive love blossomed into the beginning of his professional career, when Rosenberg enlisted in the U.S. Navy during Vietnam, serving four years on active duty as a journalist. He was an editor for a magazine there, a staff writer and a photographer, a huge leap in complexity and re-

HOWARD L. ROSENBERG

Photo courtesy of Howard Rosenberg

Howard L. Rosenberg is pictured on site at one of his shoots. With him are all of the necessary tools needed to complete a job well done.

CONTINUE TO 'STUDENT'
ON PAGE 8

Aggressive, violent entertainment influencing brutal behavior and crimes

Aggressive movies and television shows are notorious for inspiring crime. Often, people mimic scenes from popular horror movies and use them as guidelines for school shootings, homicide, etc. Sometimes the criminal will even dress and act like a specific character just to make the copycat crimes come alive.

"Natural Born Killers," a 1994 film about mass-murderers, has been the basis of inspiration for over 15 mass shootings including the Columbine High School massacre in 1999. Dozens of other video games, movies and television shows have been pieces of inspiration for crime as well.

It seems like the entertainment industry glamorizes violence and villains in films just to thrill the audience. Just because movies and television shows are able to create more realistic crime sequences than in the past, doesn't mean they should.

The theatre shooting in Aurora, Colo. is a prime example for villain

inspired crime. James Holmes, the man identified as the killer, dressed up and acted like "the Joker" after Heath Ledger's demented character in "The Dark Knight."



NATALIE NEPPER
NOT GONNA LIE

On a more recent note, the popular television series "Breaking Bad" has influenced many drug related crimes since its first season in 2008.

Although the series has since ended, many people took the plot of the show too literally. Just last year, a high school chemistry teacher in Massachusetts, Stephen Doran, was being treated for stage III cancer when he was arrested with charges of trafficking methamphetamine, a situation which brought the show to life.

Six other major crimes have been known to be indirectly inspired by "Breaking Bad" including the murder of the one Washington girl last June. Her boyfriend, Jason Hart, disposed of her body in a plastic tub filled with acid. Police found the season one epi-

sode of "Breaking Bad" titled "Cat's in the Bag" paused on Hart's DVD player. This episode showed a body being disposed of in acid. Hart had used the episode as step-by-step instructions to rid of his girlfriend.

Copycat crimes like these seem to continually pop out of nowhere and manage to confuse police and the public. Many people have the common sense to realize that movies and television series are not to be taken as advice for criminals, yet year after year we see gruesome fictional crimes brought to life.

As a fan of horror movies and action-packed crime shows, I don't mind seeing a little thrilling violence on the big screen; however, if America continues to see crimes taken directly from Hollywood, will anybody step up to stop entertainment violence?

It may be interesting to watch on television at home, but facing crimes like these in real life would be disturbing enough to stop the violence all together.

Regardless, the rare few inspired by fiction are always put where they should be: behind bars.

Central's "Big Mama" devotes time and career as soul food chef

By Kelsey Thomas
STAFF WRITER

When you walk into Big Mama's Kitchen, a restaurant off 45th and Bedford, one thing catches the eye immediately. Actually, several things. Dozens of framed awards and newspaper articles line the walls and countertops. On top of one table sits a framed paper entitled "My Hero." All of these articles, awards, and essays are all dedicated to one person; Patricia "Big Mama" Barron.

Big Mama is a 1960 graduate of Central High. But she is so many other things--a mother, grandmother, business owner, a renowned chef and a well-liked person.

As Big Mama thinks about her time at Central, there are many things she enjoyed. She loved all sorts of history classes, and got an "A" in every history course she took.

She was a member of the Homemaking Club and the Colleen Club, which was sort of an etiquette course for ladies. They taught you how to "cross your legs, eat, put your sweater on in public, take your sweater off in public" and much more.

The separate staircases with separate bathrooms are another memory she looks back fondly on. Her Home Economics teacher, Miss Alice Buffett, was not only one of her most influential teachers, but Miss Buffett's words influenced her for the rest of her life. Buffett helped Big Mama to pursue her dreams, and always told her, "If one door closes, two or three more always open. Don't ever give up."

When Big Mama first started trying to open a restaurant like the one she had always dreamed about, at the age of 65, she was turned down by many banks for a loan. They told her that running and opening a restaurant was too much for a 65-year-old woman.

As Big Mama continued to follow her dream, she thought of Buffett's words. Even-

tually, she took a six-month business course, and the bank ended up loaning her the money.

As an adult, Big Mama still appreciates the education she was given by Central. She said Central really helped her learn how to write correctly and how to express your feelings on paper.

"I still write today the way I was taught [at Central]," she said. Big Mama recalls that her Central career consisted of "a lot of reading" which she doesn't think the kids today have to do.

Big Mama has a granddaughter at Central, who is in the tenth grade and is a member of JV girls basketball. She says that from her experience, high schoolers and high school have changed a lot since her time.

As she attended Open House last year for her granddaughter, she saw candy and pop machines that shocked her.

"I just can't believe they put all that sugar in the schools," she said. Big Mama says that she can't believe these kids today, and all the "crap that goes on." Kids are too mean to each other today, and "not as smart as we were," she said with a laugh.

She shared her concern with her granddaughter going to Central, and made conditions with her if she were to go.

Both Big Mama and Netanya's mother told her that she couldn't drink, smoke, or get pregnant and she had to get straight "A's." Big Mama acts like a grandma or mom to everyone she meets, as employees walked into her restaurant she greeted them with a "Hey baby" or "Hey honey" and they replied just as lovingly.

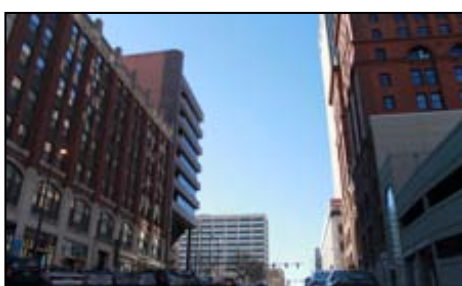
As a student at Central, in the middle of the Civil Rights Movement, Big Mama sometimes faced great prejudice.

Although Central was very diverse, teachers and staff sometimes showed a lot of racism



Top: Patricia "Big Mama" Barron loading the oven with a pan of greens. Bottom left: A patron enjoying one of Big Mama's homestyle meals. Bottom right: The sign outside of Big Mama's located on 45th and Bedford.

CONTINUE TO 'RESTAURANT'
ON PAGE 8



FARNAM STREET



NETFLIX



FOOD



page 11

A look at the reconstruction and revitalization of the well-known Farnam Street.

Looking for some juicy new shows to watch? See The Register's top five Netflix TV show recommendations.

New restaurant Wilson & Washburn will impress both foodies and history buffs.

Former journalism student now producer of “60 Minutes” show



Photo courtesy of Rosenberg

Rosenberg pictured in a location of one of his productions. Rosenberg has worked with shows such as “ABC Primetime” and “Nightline.”

CONTINUED FROM ‘ROSENBERG’ ON PAGE 7

sponsibility, he explained, from his position at the Nebraska Daily. Not only was he doing all that though. “I began to freelance a lot,” he said. Freelancing—that is, sending some of his work to publications, which he said ended up with “some success.”

While on active duty in the Navy, Rosenberg returned to school and finished his degree, this time at George Washington University. After being honorably discharged from the Navy in 1976, Rosenberg began a three-month internship that evolved into a five-and-a-half year long internship with columnist Jack Anderson, whom he described as a “famed investigative reporter and widely syndicated newspaper columnist in the U.S.” He soon became Rosenberg’s role-model and mentor.

He continued freelancing for different publications and even wrote a book, “Atomic Soldiers,” at the time. The book was a result of an 18-month investigation with thousands of pages of research, into the U.S. atmospheric nuclear testing in Nevada and the South Pacific, where soldiers were exposed to what are now considered dangerous levels of radiation. The book, which was published in 1981, conflicted with popular thought at that time: that the U.S. could win a nuclear war.

“The idea of saying ‘lingering effects of nuclear war’ was controversial,” said Rosenberg. Despite this, within 10 years an adaption of the book became the first “made for TNT movie,” titled “Nightbreaker,” starring Emilio Estevez and Martin Sheen.

After writing the book and working for Anderson, Rosenberg moved on to freelancing full time and soon his first opportunity to break into big time reporting arrived.

One of Rosenberg’s main clients during his freelancing days was “CBS News” and after a while the network offered him a position as an investigative producer for the “CBS Evening News,” but still Rosenberg pressed on to his growing investigative reporting dream.

“After a few years, I was anxious to do long-form investigative re-

porting on television,” he said. And at that time, the “gold standard for long-form investigative reporting” on television was “60 Minutes,” exactly where he wanted to be.

So, he did a “bit of a try out” for a correspondent on the show, Lesley Stahl, who agreed to work with him on a series of segments.

He was also contributing as a producer to another news magazine series on CBS called “Street Stories With Ed Bradley,” where he produced segments for correspondent Deborah Norville, now the anchor of the syndicated television series, “Inside Edition.”

Then, Rosenberg’s career completely took off. “Generally, I had a lot of great good fortune,” he said.

Good fortune and talent nonetheless, took him from “The CBS Evening News” to “60 Minutes,” then “ABC Primetime,” “ABC 20/20,” “ABC Special” and “Nightline” where he worked on many stories including ones on 9/11, Osama Bin Laden and a combination of daily news reporting.

“I had a specialty—investigative reporting,” said Rosenberg. “[It’s] always an important part of journalism... Trying to uncover wrongdoings and present [them].”

But eventually he returned to “60 Minutes” where he has been for the past six years, again as a producer, writer and reporter and where he hopes to stay for the rest of his career. And one of his main jobs here, along with other associate producers, is to “constantly be searching for material.”

Rosenberg has to find one story at a time, and digging around of course. “One of the brilliant parts about our program is the mix of different stores of the show,” he said.

And with these stories, he creates and molds them into the work of art that millions of people see on television

“My role changes somewhat from logistics; preparing a complex shooting schedule by deciding where we are going to shoot, who will be on the crews [and] how many different locations,” he said. (Learning some of those skills he credits to his time at The Register, where he was

first introduced to composition and art and design.)

Then the job once again changes to the role of field producer and director, that is, the one who tells the camera crew what shots to take, how to frame interviews, and he even touches up the correspondent’s make-up to make sure they look good.

“Sometimes [that means] holding an umbrella over [correspondents] conducting interviews,” he said with a chuckle. “A TV producer’s job is really whatever it takes to put the light in the box,” Rosenberg concluded.

After the shooting is finished, blood, sweat and tears is poured into taking 50 to 16 hours of material and condensing it into a 12 minute segment, a compelling news story that millions see. Sort of like magic.

Rosenberg recalled a time when his younger son was a boy and when asked what his parents do for a living, the boy replied “My mommy works for the government and my daddy is a reducer.”

Although it may seem like a huge, nearly impossible job, Rosenberg never worries. “It’s actually incredibly stimulating,” he said. “If I said it wasn’t great fun and hard work, I wouldn’t be telling the truth... it’s like being a student your whole career.”

“Informing the public and making the world a better place should be the goal of every journalist,” Rosenberg concluded.

And with that, Rosenberg not only conquered but continued to press on doing what he believes a true journalist is: making the world a better place.

“All of our experiences in life, trials and tribulations, have made us into the people that we are. Making a positive career of making the world a better place is what I think of as successful,” he said.

The much smaller scale of difficulties that come with the job doesn’t only come with reducing film. It’s also found mainly in the investigative reporting part of it. “There are different things in reporting,” said Rosenberg. “—Finding information people don’t want you to find...”

Those, Rosenberg explained, create mere delays in work. Take a story that Rosenberg has been working on for two-and-a-half years centering around a \$52 million fraud, complete with a corrupted FBI agent and others in on it.

“Interestingly , the government arrested some people I’ve been interviewing... some pleaded guilty... it’s [the story] worth doing well,” he said.

Besides delayed stories, Rosenberg is usually required to juggle investigations, be willing to explore into leads and know when they are and they’re not a good story, be persistent, dogged, willing to talk to a lot of people and trustworthy, all attributes that are needed, all depending on the story.

The last “danger” can be seen as the worst of them all: getting the story wrong.

But with that, Rosenberg notes the importance of getting things right, but also, that sometimes, things just happen.

“The most famous reporters in history have gotten things wrong,” he said.

However, with all these “hazards” and “difficulties,” Rosenberg neglects to see them as plain negatives concerning his job. “I don’t really look at things in terms of negative, I’m a pretty positive person,” he said.

And this “pretty positive person” has soared to the top as a prominent journalist, producer and Eagle, who can also be found in the Central High School hall of fame.

From producing segments about the possibility of jury-tampering during OJ Simpson’s trial to writing works that have been published in significant publications such as The New York Times, The Washington Post, Parade, and Us (just to name a few), and even to other projects and jobs in between.

With that in mind, he is one who Central will always be proud to have had not only because of his success, but because he has been one who has certainly helped change the world for the better, as any Eagle should.

Big Mama keeps restaurant dream alive

CONTINUED FROM ‘BIG MAMA’ ON PAGE 7

towards their black students. In one of her English courses, she and others were called by the teacher “those colored kids.” She said, “They were outright rude to us.”

In response to several incidents with her English teacher, Big Mama attempted to report the problem to her counselor. Her counselor didn’t help, and instead told her, “Well, when you get that scary look on your face, of course they are going to call you [the ‘N’ word].”

Because she received no help, and the teacher continued to be discriminatory, Big Mama refused to attend class and flunked English that semester. That was the only class she ever failed.

Big Mama’s cooking career did not start when she took Home Ec. Classes at Central, or when she received a degree in Culinary Arts in 1973. No, Big Mama has been cooking since she was six-years-old. She remembers that her mom and grandma told her that she had “food sense.”

Food sense is being able to communicate and understand the food. It may sound strange, but Big Mama swears by it. “I bond with the food,” she said. “I talk to the food when I’m back there.” This unwritten communication with her ingredients helps her to make the incredible food she is now well known for.

At a very young age, Big Mama learned how to use her skill to her advantage. She said, “Food is a peace element.” By offering people food, you can reconcile and also negotiate.

“I don’t like to clean, but I do like a clean house,” she said with a giggle. When she was younger, she would bake for the kids in her neighborhood and get them to clean her house as a trade off.

In Big Mama’s Kitchen, you can’t help but to feel at home. Walking in there is like walking into

your own house.

Big Mama said she had been looking for another place to move her restaurant to, but she can’t find anything as good.

She questioned why everyone loves this place so much, so she brought several professionals in to tell her what exactly was so great about it. They told her the tile floors, the bright daylight, and the floor length curtains make people feel at home.

The fact that you can see into the kitchen makes everyone feel comfortable, and as soon as you walk in, the sweet smell of food hits your nose. The restaurant’s setup is perfect, and moving anywhere else would upset a lot of people.

Big Mama is more than a restaurant owner and professional chef. Big Mama is truly the person everyone strives to be. She is successful, because she is talented and never gave up on her dreams. She is a sweetheart, but definitely not a pushover.

She knows what she wants and what she likes, but doesn’t ever ignore the needs of others. Once, she got up to get a glass of water. As she was walking back, a baby started crying near our table. The mother soothed the child and put him back in his high chair, but Big Mama didn’t sit down or take her eyes off of the baby until she knew he was okay.

She also is a big advocator of giving people a second chance. She has had four people work for her which were discriminated against because they were felons. But, Big Mama tries to see the good in people. She has helped felons get back on the right track, and led them on to “bigger and better places.”

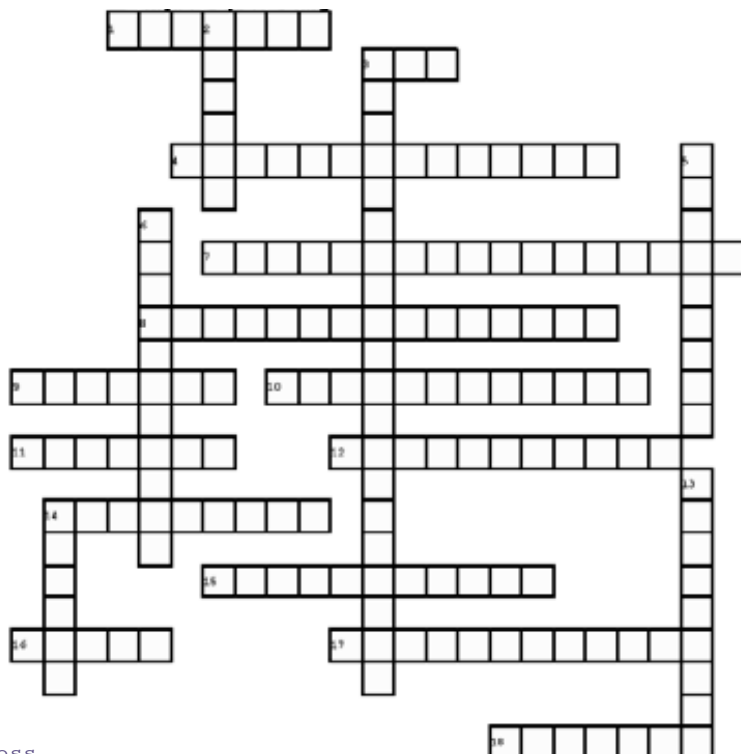
In her life, Big Mama has gone through adversity such as racism or sexism, and she tries to take the lessons she has learned through it and apply it to her life now.

At almost 72-years-old, Big Mama continues to make an impact on her family, friends, strangers and the community around her.

The Register’s Crossword Puzzle

Find the answers to the clues in stories throughout the paper! Snip out your puzzle when finished and bring it down to 029 during 6th or 7th hour--the first three who do will win a \$5 gift card to Starbucks.

**Members of The Register/O-Book staff not eligible.



Across

1. On-demand movies
3. Type of Army Parkhill is in
4. A method to encourage students to be on time
7. Central alumna’s restaurant
8. Surgery sometimes used to combat bullying
9. Underground passageways in Central
10. Male diving team member
11. Freshman varsity player
12. Law passed for these people to choose which bathroom they use
14. Magazine for aspiring writers
15. An unlikable playwright
16. Female diving player
17. Competitive weigh-in sport
18. Chart-topping album title

Down

2. A reconstructed neighborhood
3. Series with a new season
5. Central alumnus photographer and producer
6. Multivitamins
13. Collecting of expensive shoes
14. Army National Guard and teacher

By Cheyenne Alexis
COPY EDITOR

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The Central High Register

ITS students compete in drama festival, high rank



Photo Courtesy Of | The Register

Back Row: Gina Comstock, Nick Hernandez and RD Gerbling pictured. Front Row: Samantha Quintana, Aiden Hay, Melissa Comstock and Lisa Grabowski.

By Georgia Chambers
STAFF WRITER

Central's drama department attended the International Thespian Society festival last year, but this year was their first time participating amongst 21 other schools. Amidst this minor setback, Central did not lack in ranking.

"All of the students, especially the freshmen, and others who just attended the festival will have had a great experience, and hopefully [the festival] has opened their eyes of what they can achieve," director Scott Mead stated.

The ITS festival was for students already inducted into the International Society. This was a group of talented high school students who were knowledgeable in drama and theatre.

Freshmen were not eligible to participate in the festival so those that attended observed and cheered on their peers.

Freshman Katie Bohn stated, "I wanted to see other Central students achieve what I know they are amazing at."

Central students who participated had their option of participating in a musical solo-performance, a duet, a monologue or a group performance. Schools were also given the opportunity to compose a technical team and an improv team to compete.

To prepare for the festival, students not only had to prepare their performances, but other miscellaneous tasks had to be carried out.

These tasks included creating an item to be auctioned off during the festival, making a banner to be displayed, composing an actual display board and other small tasks.

"I think that we just need to plan ahead so that we can be more prepared next year. There were a few things that were thrown together at the last minute and we don't want to that next year now that we have a new positive reputation at the ITS festival," Mead recalled.

Central did choose to compose a technical team and an improv team. "[Preparing for the ITS festival performance is more stressful than other performances] because you are apart of a team. You have the responsibility of supporting everyone else and not just yourself," Emily Callahan, member of the

tech team stated.

During the festival students went through the first rounds of competition. Through the long-lasting hours filled with talent showcasing the 21 other schools participating, the judges had narrowed the competition down to the final rounds.

During free time, plays were performed by different high schools for the other schools. There was also a performance by a professional team of adults.

Abbie Cobb was the keynote speaker from California, and she spoke on how she made her dream of becoming an actress a reality and how other students could make that their dream too.

"I learned that wanting a future in acting is not a pipe dream and you can achieve it if you work hard," Bohn said.

After the days wisped by and finals approached, Central found themselves highly represented and closer to pulling out wins for the school.

Central's tech team made it into the finals along with four other schools. Central's improv team also made it into the finals with four other schools out of an original 16.

A solo musical performer made it to finals along with tech performers. Results whirled around and the moment was theirs. Central received third place for the technical challenge and first for the improv challenge.

Tech performers also received highest honors and the solo musical performer was showcased in the top eight out of every single one of the performances including the range from duets to monologues.

For being Central's first time participating in the festival, Central left outstanding results. Schools that had participated in the past had not done as well; Central beat out the rival Burke and Millard West.

"We saw a lot of great theatrical performances, and we saw strong individual performances and monologues, and so I hope this will help to inspire those who just went to attend to want to go next year but also to be better performers here at Central High School," Mead concluded.

"They demonstrated what it meant to be an Eagle."

Singing competition shows - it's time to go



KELSEY THOMAS
NOT FEELIN' IT

Shows like "American Idol," "The Voice" and "The X-Factor"... It's time to go. You've lived a long, mostly successful life, and it's time to call it quits. "American Idol"- you're in your thirteenth season...let's not go on to a fourteenth.

Singing competition shows were popular and "cool" when they first premiered. They showed something that people weren't used to seeing--and people were excited to watch.

It seemed that years ago in elementary school, all the girls watched "American Idol" religiously every week. In the first few seasons, the singers were unique and talented and fun to watch. The winners of the shows actually turned out to be successful. (Kelly Clarkson had her roots on "American Idol".)

"The Voice," now in its fourth season, hasn't spit out a winner that has had success yet. Leanne Mitchell, the 2012 winner, hasn't come out with an album or a tour. Her "debut single" failed miserably, and didn't make it in the Top 40 list like it was expected to.

When the shows first began, everyone had someone they rooted for. Now, the people that still watch "American Idol" and "The Voice" don't seem to have anyone to root for, and instead watching the show is simply meandering through a wasteland of sound effects, insults and poor singing.

As time has passed, the judges have been swapped out numerous times, and each time they've gotten worse. They've gotten meaner, less funny and now they even fight with each other.

The judges are obnoxious and seem to spit out cheesy lines that they've been fed by cue cards.

Watching singing competition shows is just uncomfortable. Watching these innocent people attempt to sing their heart out and usually fail (miserably), is so sad. The judges have to tell them that they really aren't any good and they can't go on, and most of the time they are extremely mean about it.

For shows like "American Idol," the amount of viewers they have tells it all. At "American Idol's" peak, they had an average viewership of 37.44 million people per episode. That was in 2007.

Now, only seven years later, they average 17.93 million people per episode. The disintegration of their ratings shows how terrible the show has become.

Broadcasting people getting their dreams crushed is cruel, and something many people have never been able to watch even when it first started. When the singing competition craze begun, amazing, talented singers always came out on top.

Now, the competitions produce one-hit wonders or people that produce nothing successful at all.

Instead of continuing, and frantically searching for new, "more entertaining" judges to save the ratings like "American Idol" has done (they've gone through six judges in the past three seasons), they should just put their shows out of their misery.

Farnam Street redevelopment provides new places to work and live

By San Juana Paramo
STAFF WRITER

Thirty-ninth and Farnam Streets are getting a well-deserved make-over with new restaurants, a coffee shop and a brewery and much more to come.

Matt Dwyer and Jay Lund commissioned the project; they purchased the northwest corner of thirty-ninth and Farnam streets. "We purchased the property on Nov. 6, 2013 so the architectural and finance work started right away," Dwyer said. "We expect construction for Blackstone Corner to be complete by the end of fall 2014."

When finished, the newly remodeled streets will attract many to the new up and coming businesses. "I have always enjoyed real estate investing and redevelopment work. There is great satisfaction in taking a run down, damaged piece of property and breathing new life in it--hopefully making a little money along the way," Dwyer said.

At the end of January, Dwyer will be working full time at Greenslate Development, hopefully continuing projects like Blackstone, the name given to the project. "Until this month, I have only been able to do this part time while I worked in another field, but at the end of this month, I will be moving into real estate development full time at Greenslate Development," Dwyer said.

Recently, they've finished developing Blackstone place, three commercial buildings and seven apartments, on the northeast corner of fortieth and Farnam early in January. "There will be a Mexican restaurant named Mula going in as the anchor space on the corner, a coffee shop called Architype going in as well as a brewery called Scriptown Brewing," Dwyer said. "With these three businesses, we have begun to create the next great entertainment district in Omaha--the Blackstone."

Blackstone will join the likes of Benson, Dundee and the Old Market as great places to live, work and play, Dwyer says. The development at thirty-ninth and Farnam, now dubbed Blackstone Corner, will build off of the strength and tenancy at Blackstone Place. "A yoga studio, a bar/restaurant, executive office suites and several other local businesses in order to create a truly great neighborhood," Dwyer said.

The apartments that Dwyer and Lund have created will appeal to the younger generation, looking for a place to work and live. "The seven apartments we renovated have all been filled with young professionals looking for [a place to] work, play neighborhood," Dwyer said.

Along to the addition of the new business, Farnam Street will be converted to a one-way traffic, "which



Sydney Spangrud|The Register

The make-over on 39th and Farnam Street is set to be complete by fall 2014. New restaurants, apartments and offices will be built near the intersection.

will allow for better walkability of the neighborhood as well as better traffic patterns for the commercial tenants," Dwyer said.

"All of these businesses will be first time locations so there won't be any information to compare to, but compared to the businesses that had existed in the neighborhood in the past we believe that yes, business and activity in the neighborhood will increase dramatically," Dwyer said. Not only will new business gain from the construction, but so will existing businesses see an increase to their revenue.

"The old mansion on the corner of thirty-ninth and Farnam has been purchased by us and we will not demolish it," Dwyer said. "We will be converting it into executive office suites to bring additional people to the neighborhood in a unique and contributing way."

So far, all the feedback Dwyer and Lund have gotten has been positive. "The neighborhood support and encouragement has been awesome. Everyone we have spoken with from residents to employees at surrounding businesses such as UNMC and Mutual of Omaha are really excited about the transformation of the neighborhood and about the chance to visit all of the new businesses that will be coming on line this year," Dwyer said.

"Greenslate Development plans on continuing infill development and redevelopment in the city, focusing on urban areas east of seventy-second street at this time," Dwyer said. "We plan on working in the Blackstone district as long as we can." The construction of Blackstone will provide opportunities for many and turning a run down area of the Omaha area into a place that will appeal to everyone is sure something to be proud of and to look forward.

Cast, crew members prepare for "I Hate Shakespeare"

By Micah Martin
STAFF WRITER

On Feb. 21, the Drama Department will have their first performance of the winter play, "I Hate Shakespeare." This play is geared toward those people who not only love Shakespeare, but maybe despise him as well.

"All high school students have to deal with Shakespeare and half of the people don't like it, so come to have fun! This play is a comedy, it's meant to be funny," said Maryssa Brown, the Stage Manager for this play. With comical adaptations of Shakespearean plays spread throughout, this play allows for its audience to get a better grasp on famous Shakespearean stories in a fresh way.

In December, auditions were held for the casting of the actors in this winter production. These auditions consisted of reading some selected scenes from the script, improvisational acting and a performance by each individual student of what they previously prepared specifically for auditions.

After auditions, there were approximately 80 students working together to make this play run smoothly, including 30-35 stage crew members.

Being one of these 80 students, Brown is prepared to spend over 100 hours on stage crew, preparing to make this play as near perfect as it can be. However, Scott Mead, the director of this play, believes that a student could easily spend that much time if not more.

After-school rehearsals began on Jan. 13 typically going from between 3:30 to 6 p.m. daily. During these practices, those who are participating in this production do body, mind and voice warm-ups, then

go over the script.

"The actors are focusing more on their characters by memorizing lines and working on the transformation process. The crew is also working on the transformation process, by transforming the stage. But they're more focused on the technical elements," said Mead.

While Brown said, "The main difference is that the actors tell the story, and the crewmembers make them look good while doing it." To do this, stage crew is in charge of elements such as scenery, lighting, sound, makeup, costumes and props.

However, actors in this play and in general not only memorize lines and work on technical parts, but they also put significant thought into everything leading up to the performances as well. In order to be able to tell a story one must first truly understand it themselves.

Memorizing lines or staging is not everything when it comes to acting. Another big part of it is being able to transform into

someone else in order to tell a story that is not your own. To do this, actors complete things like character analysis and research to better understand who their character really is and what they are about. All of these things are done in order to improve the production in any way possible and to make it the best it can be.

Both Mead and Brown are excited for the first performance of "I Hate Shakespeare."

"I think that this is going to be a fun show for all students, especially those who don't think that they like Shakespeare. They should come to see the show, because I think that it'll be able to change their minds, through the comedy and the craziness of it," Mead added.

Not only does this play bring Shakespeare to life



Keali French | The Register

Kingsley Kadey and fellow drama student work hard on creating a wood frame for the upcoming play.

on the stage, but it also does it with a new and modernized twist.

"We take a lot of time preparing for and making things for these plays. With Drama you have a lot of people who dedicate their life to it, and we want the people of Central to come and see all of the hard work that has been put into it," said Brown.

This play was chosen to present Shakespeare in a fun and more accessible way for students and staff

alike. All of those who dedicated themselves to prepare this production did it because of their love for performing arts and because of the opportunity it presented to share that passion with others.

At Central, the Drama Department and all of those who participate in it have done many great things and plan on doing many more in the future years.

Fishing Club sponsors seek to create positive experience for all members

By Trenay Newsome
STAFF WRITER

In recent years fishing clubs have been popping up in many high schools. Typically, fishing clubs are found in high schools with many large bodies of water around them, and a warm climate to match. Central, a school faced with cold weather half of the year and not very many places to fish, has now been joined to the list of high schools with these clubs.

The club was started this year by two freshman. "I showed students a slide show about myself and how I loved to fish, then two students Malnack and Luke Koesters came to me about a week later and asked if I wanted to be a sponsor for fishing club and I said absolutely," said Mary Beth Hoiem, one of the three sponsors.

The sponsors for Fishing Club are Mr. Rauch, Mr. Rice and Ms. Hoiem. During these meetings, members cover different things about fishing and also share their favorite fishing stories.

"Mrs. Hoiem asked me to be a sponsor of the Fishing Club also because I like to fish and I wanted to help out," said Rice.

"Mr. Rauch comes in with different concepts to fishing each meeting to help educate those who may not know much about fishing. We also set up times to go fishing as a group," said Hoiem. "The group went on an outing to Standing Bear Lake in October."

The students and sponsors also planned on Ice Fishing on Jan. 5 but the dangerous temperatures postponed the activity.

First semester meetings were held at 7:15 a.m. in room 321 every other Thursday, but second semester this has changed to every Thursday after school to make it easier for the students to make it to the meetings. "After this year I would like the members to leave with love of the outdoors, just like I do," said Rice.

"My favorite part of the club is interacting with the students and sharing our favorite stories. Even though I didn't go on the first excursion, I look forward to ice fishing this winter and watching the students compete in the spring," said Hoiem.

The fishing club is debating whether or not to compete in tournaments this year, "While it's in discussion to compete in the tournaments but we're just going to go fishing for whatever it biting," said Rauch.

"I would like the students to learn about fishing and experience fun

and challenges of angling in our local area, lakes or rivers and overall get outside and enjoy Mother Nature," said Rauch. "the goal is to get out and enjoy ourselves with the outdoors and make friends and just having fun."

Fishing Club has 15 members with a mixture of boys and girls, concluding that everyone is welcome to join. "I hope the club grows and becomes one of the bigger fishing clubs in the city," said Hoiem.

"I also want the students to leave with a lot of great memories, knowledge of the different ways to catch different fish and the safety."

Fishing Club is a new club at Central that has no preferable gender or grade preference for their members. They are very accepting, and their club will continue to grow.

***We previously published a story about the Fishing Club that contained inaccuracies and falsehoods. It is important to our paper to be ethical and accurate, so we have written a new article that correctly reflects this club.**

NETFLIX

Looking for something to watch? The Register has got you covered--check out this guide to some of the best shows that are available on Netflix. Whether you're looking for comedy, drama, crime or teen angst, we promise you'll find them all here. Enjoy.

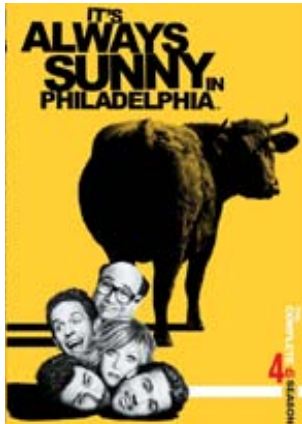
BY SYDNEY HALONEN & STEPHANIE PAUL | LAYOUT & DESIGN BY EMILY BECK



Gossip Girl
2007-2012 6 Seasons

A popular TV series that finished airing new episodes after season 8 just a couple years ago is now receiving rave reviews by Netflix watchers. The story line consists of a small group of first high school students living on the Upper East Side. The group is constantly notified of the scandals and secrets happening in their small world, and having their affairs and investments that no one was supposed to know uncovered. This group goes through countless turmoil during the duration of the show.

Starring: Blake Lively
Creator: Josh Schwarz



It's Always Sunny in Philadelphia
2005-Present 10 Seasons

For a comedy relief on a bad day, watch this show. It will not disappoint you're desperately in need of a laugh on a rainy day. It follows owners of a bar in Philadelphia who are best friends and family (only two of them are related). The Comedy Central original series takes you into a nonstop comedic coma for a half hour. The gang gets into trouble with the law as well as customers. The cast also places silly bets on each other in several episodes to make the audience laugh.

Starring: Charlie Day
Creator: Rob McElhenry



Orange Is The New Black
2013 13 Episodes

The Netflix original series is about the controversial topic of women in jail, drugs and inappropriate relationships between guards and inmates. The series follows the main character's life before and while she goes to jail. During several episodes it shows flashbacks from different characters that are in the series. Since it is a Netflix original, it was never on a television network and is only found on Netflix. A must-watch intense series of old relationships gone wrong.

Starring: Taylor Schilling
Creator: Jenji Kohan



Breaking Bad
2008-2013 5 Seasons

This American Crime drama is sure to have you on your toes. Set in New Mexico, this is the story of Walter White, a struggling high school chemistry teacher, diagnosed with lung cancer in early episodes. White teams up with a former student as they turn to a life of crime, including producing and selling methamphetamine in an attempt to leave his family financially secure before his passing. This show leaves viewers in awe, never sure what will come next, or where the storyline will turn next.

Starring: Bryan Cranston
Creator: Vince Gilligan



Bones
2005-Present 9 Seasons

This crime comedy-drama will have viewers laughing hysterically one moment, and tearing up the next. Now entering its ninth season on television, Netflix gives viewers the ability to catch up on what they missed, or revisit their favorite moments. Each episode focuses on a single FBI case study where main characters Bones and Booth along with their team of anthropologists look over the remains after various deaths and inspect the bones to determine what happened.

Starring: Emily Deschanel
Creator: Hart Hanson



Emily Beck | Editor-in-Chief

tv show



title

American Horror Story

creators: **Ryan Murphy, Brad Falchuk**genre: **Horror, Thriller**

rating | 8 out of 10

Series gives fascinating scares to all

American Horror Story is...interesting. Dark, demented, often startling, with countless plot twists and drastically different storylines each season, it's a deliciously devious show that's easy to become addicted to. The same central cast is used every season (with some actors who come and go), yet each actor plays a different character with each new plot.

FX has put out three turbulent seasons, the current one Coven.

We follow Zoe, a girl who discovers she is a descendant of Salem and is sent to a girls' school for witches in New Orleans. Over the years their numbers have dwindled, and Zoe finds herself part of a struggling group of witches who are facing witch hunters and a dangerous rivalry with New Orleans' Voodoo Queen.

Apart from outside forces cutting members from the coven, an internal struggle also surfaces between the girls as the time nears for the next Supreme—the most powerful witch and leader of the coven—to be revealed.

In the meantime, the current Supreme, Fiona Goode, has returned from a long hiatus to protect the girls. She ends up being more of a threat, though, killing a girl who she believes to be the one destined to take her place.

As the next Supreme rises, the old one's power slowly drains, and Fiona has serious underlying issues with her aging body. Damaged and desperate to

be young again, she takes drastic measures to restore her life force...which include taking potentially dangerous experimental drugs and attempting to sell her soul. While her character makes most viewers cringe and curse, the actress (Jessica Lange) really is the soul of the show. She's been a main character in each season so far, and delivers incredible performances in each episode.

When I first started watching, I was unsure about Coven—come on, a boarding school of witches? I dismissed it as unoriginal. But the story is much more richly layered than that, and holds an array of colorful characters.

The Voodoo Queen Marie Laveau plays an essential part in the story, sending trouble the coven's way, as does Fiona's daughter Cordelia Foxx (who runs the school), badass movie star Madison Montgomery (Emma Roberts) and swamp witch Misty Day, who possesses the power of resurgence (she can raise the dead).

Did I mention the sadistic Delphine LaLaurie, who in the 1830s terrorized her black servants and was cursed by Laveau to live forever? Many other characters also play into this season, including the always good-looking Evan Peters.

While I'm still reeling from the insanity of season two (Asylum), Coven has managed to impress and breathe life into a storyline that may look silly on the surface.

The show explores oppression, history, racism, youth and mother-daughter relationships. The creators never disappoint, always delivering cliffhangers that leave us dying for the next episode.

If you're looking to fall into a fascinating and entertaining show and want to become delightfully creeped out while doing it, give Coven a chance...but start the show from the beginning, or you're sure to be dazed and confused by the complex plot.



Tia Spears | Executive Editor

album



title

Beyoncé

artist: **Beyoncé Knowles**genre: **Pop**

rating | 8.5 out of 10

Beyoncé's fifth album shoots to top of charts

Singer Beyoncé Knowles' fifth album "Beyoncé" was released Dec. 13, 2013. The self-titled album dominated the Billboard 200 chart holding a No. 1 spot in its first week. The album was initially available as an "album only" package on iTunes meaning that the consumer had to buy the complete album at \$15.99 until Dec. 20. A total of 300,000 other consumers bought the album on the first day of its release.

"Beyoncé" is a 14 track album with corresponding videos and a credits video at the end. The album features artists such as her husband Jay Z, Frank Ocean and Drake. "Pretty Hurts" is a softer, R&B song explaining the pressure on girls to be pretty as society designs them to be. It's a very moving song that a lot of girls, no matter what age can relate to. It's about time Beyoncé explains through her music who women really are.

"Flawless" is another song featuring an African speaker, Chimamanda Ngozi Adichie, encouraging the beauty and flawless ways of a woman however they feel that can be defined. "Partition" is the sixth song on the album's tracklist, is very much a true Beyoncé song. It's fun and includes a breakdown called "Yonce".

Supermodels, Chanel Iman, Jourdan Dunn and Joann Smalls are featured on an exclusive video called, "Yonce". There is no actual song on the album named "Yonce", but it is included in "Partition". Of all of the songs on the album, "XO" and "Superpower" featuring Frank Ocean are outside of the singer's

norm. It doesn't appear that she really wants to have a norm any longer being that she broke away from her father's vision and entered a completely different point in her career. Her reestablishing herself through this album and is not just being a hip hop and R&B "diva" anymore is admirable.

"XO" is very pop. It's a fun song that is hard not to like. "Superpower" has a very soulful old school feel to it. The beginning of the song starts off with the following lyrics: "When the palm of my two hands hold each other that feels different than when your hands are in mine/ That's just the way it is/ And when my voice is screaming out to my own ears that feels different from when I hear yours".

Speaking of collaborations, the song "Mine" featuring the artist, Drake, is another favorite. It's very different and one would never assume that Beyoncé would be able to produce something of that type. It's genuinely impressive.

The last song that is worthy of discussion would be "Drunk in Love". It already plays every other minute on the radio and is probably the first one people heard. The beginning is debatable. Whenever Beyoncé hits lower notes, it fails to move people the way her normal singing does, but overall the song is of quality. It's easy to see why it's a crowd pleaser and the chorus is catchy.

After this album, Beyoncé's direction as an artist is questionable. If she does stick to versatility, reestablishing herself as more than just a hip hop and R&B staple, then it's questionable how well people will take to that. She won hearts by being the force that she was before the new kinds of music were introduced to her fans.

However, out of any group of fans Beyoncé's have to be the most faithful and loving. Only time will tell what her next move will be. Nonetheless, this album is excellent, her best work yet. It deserves a rating of 8.5 out of 10.



Maya Durfee O'Brien | Staff Writer

dining



restaurant

Wilson & Washburn

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

rating | 8 out of 10

Great comfort food, served with history

Upon entering Wilson and Washburn, which is located on 14th and Harney Streets, one can feel the history within its walls. Not to say that it looks old inside, because in fact it looks just the opposite.

Wilson and Washburn combine the old, with a new modern twist. The building itself has been restored from the 1800s. It is in fact named after Anna Wilson, a famous Omaha madam who owned and ran her own brothel and her best "working girl" Josie Washburn, this according to Omaha.com.

The restaurant itself has an old feel mixed with a modern one. It's very dark inside, the walls are a deep red which match the red stained tables.

A diner has the choice between a two top table, a four top, or a place at the bar. It's not a very family friendly atmosphere, but good if you're just wanting to grab a bite to eat with a friend.

The walls bring you back to the old time vibe. They are brick and on these walls there are pictures of people in times past. The lantern light fixtures that line the majority of the tables to help with this aspect of bringing the diner back to very olden, foreign times, as do the other light fixtures in the restaurant.

The bar area is just like one would expect of the late 1800s feel the restaurant gives off. Again, the red wood is used, and behind the bar there is the various alcoholic products that you can enjoy once you're of age.

Wilson and Washburn prides itself on its "24 craft and import beers on tap, a robust list of wines, scotch, and cordials," according to the eatery's website.

This is one of the reason why the atmosphere isn't too family friendly. Although, it is a restaurant, the bar aspect is very prominent, which is fine, just not

the most ideal place to bring your children.

There is no debate that the food at Wilson and Washburn is wonderful as well as unique. The menu is broken up into different sections: Bar snacks, Sides, Main Attractions and Happy Endings.

A theme in the menu is that the staple of the food that is made contains beets. Beet chips and a beet burger are what come to mind.

Because of this beet burger, it shows the restaurant's versatility.

Vegans can dine here as well as meat eaters. The beet burger sounds strange, but tastes great. It is seasoned in a way that makes it seem like the person is eating meat. You'd think the pickled jalapeno and smoked peanut butter would be an odd combination of things to put on a beet- instead it creates a wonderful flavor that is peculiar, only in the best of ways.

Its feature is comfort food, but with a twist. There is a Rueben, Cheesburger, Chicken Salad Sandwich, Grilled Cheese, Mac and Cheese, Beet burger and Fish and Chips. Like regular fish and chips the fish is breaded and fried. What sets these fish and chips apart from other fish and chips is that they are perfectly executed.

The chips or fries in this case are not oversalted, they are just how they should be with the exact salt to fried potato ratio.

Aside from its delicious food, Wilson and Washburn also has great wait staff.

Upon entering the restaurant one may not be sure what to do, as things are not clearly marked.

Do I seat myself? Will someone seat me? are the thoughts you would probably be thinking, but the wait staff is very helpful and they will be the ones to seat you.

Always friendly and happily able to refill water glasses whenever they emptied and to answer diners questions.

The price of this restaurant is a bit steep; the beet burger is \$8.50, but don't let that stop you. It's only pricey because of how quality everything is.

A unique, modern twist on comfort type food we all know and love that's sure to make your stomach, and your face smile.



Sydney Peterson | Contributing Writer

concert



band

Icky Blossoms

openers: **Twinsmith, Routine Escorts**venue: **The Waiting Room**

rating | 9 out of 10

Electro-dance beats, mosh pits, rad show

Saddle Creek band Icky Blossoms headlined a concert at the Waiting room a day after Christmas to celebrate the holidays and provide somewhat of a cathartic release from the stresses of family togetherness during winter break.

The indie-electronic band filled the venue with its devoted fan base of adrenaline-seeking angsty teens and twenty year olds for a sold out show.

Central High School's own Joe Mickelunas, former bassist of the band Back When, opened the night off with his new electronic trio Routine Escorts.

Routine Escorts played their synth and bass centered album "Grown-Ups" featuring pop inspired dance tracks that question the balance of a creative urban lifestyle and professional adult lives.

Mick played the bass while his two other band members synthesized easygoing but danceable songs under psychedelic blue lighting. A perfect segway to the night, Routine Escorts grabbed the attention of the audience who continued to pile into the Waiting Room.

Surf-pop revival band Twinsmith played next with fuzzed-out guitars and loose vibes. They had a laid back and unique sound compared to the heavily dominated synth-electro music scene of Omaha. This laid back attitude was also evidenced through the band's clothing that consisted of button down shirts with unique patterns.

The crowd fed off the energy of playfully mixed heavy drum kicks, delicate guitars, and somewhat scratchy vocals as well as a descending disco ball that illuminated the entire venue.

When their last song "Big Deal" off their new single "Honestly" began, the lead singer Jordan Smith ran into the crowd and was immediately encircled by the raging audience.

Twinsmith brought an extreme amount of enthusiasm and energy that left the crowd ready for the notoriously dynamic and dance heavy concerts of the Icky Blossoms.

The trio's alternative synth-pop and electro-clash sound immediately hooked the audience. Which foreshadowed what was to come next.

A mosh pit of sweaty flannels, destroyed shoes, and Pabst Blue Ribbon developed to cover half of the Waiting Room venue.

The Icky Blossoms performed their hit "Babes" as the crowd yelled in unison "KILLER. BABES!", and sang along to hypnotizing duet of "Perfect Vision" and the rebellious hit "Sex to the Devil."

During the remainder of Icky Blossoms' set the moshing got more intense. Arms were flying everywhere. Pushing, Shoving and more crowd surfing which left some on the ground. It left others shoeless and displaced wondering if they were in a concert venue or a zoo.

Between the band's popular songs they debuted new tracks that were equally danceable but hardly differentiable from the others. However meaningless the lyrics might seem, the Icky Blossoms can deliver a killer performance.

The Icky Blossoms put on show, usually leaving my purse and/or shoes destroyed and their catchy lyrics and free spirited energy in my head. From their opening notes, to a "Burn Rubber" encore, the Icky Blossoms were not musical perfection but a hair whipping, high energy, crowd surfing, insanely good time.

The Waiting Room itself is a great venue for shows. There's an area to sit, a bar and of course the ever popular area, the mosh pit. It's a venue for all ages because of this. Their wide range of musical acts that play their help to keep this versatility alive. This concert is no exception to that. Although the bands all had a somewhat similar sound, they still were seemingly easy to tell them apart.

An older band, a younger band and a well known band all rocked the Waiting Room that cold December night. All with the same idea in mind. To have fun and to engage the audience with their music.



Sydney Spangrud | The Register

Sophomore Gabriela Mendoza sews her garment for UNO's Fashion Showcase. CAD fashion students partnered up for the event.

March Fashion Show welcomes students

By Natalie Nepper
STAFF WRITER

Preparations in high school fashion classes across the Metro have begun for the March 20th UNO Fashion Showcase. This year, the Clothing Textiles 3-4 classes are pairing up with CAD Fashion and the Sewing Club to create garments and accessories for the show. As a part of the University of Nebraska Omaha service learning projects, students from the Omaha area gather each year to display their creations.

This is the first year that Central will take place in the show. Students from separate classes were paired up and asked to create entirely new outfits using clothing from the Goodwill. After a brief trip to the store, the teams chose garments and accessories that would help them create their vision. The outfits are expected to fit one member of the group who will act as the "model" at the UNO showcase.

The designers were also expected to create their looks after the central theme of "blooming with color." Arianah Lee, sophomore and student in Clothing Textiles 3-4, described the idea as including "lots of colors like pink, light green and purple." She also said that the show would be "like spring" because of all of the bright shades. One pair of students even selected a flower basket with silk flowers to use. They plan to take the flowers and incorporate them throughout the garment.

Lee mentioned that the showcase could prove a challenge, especially when they barely know their partners.

"She might not like the clothes that I made for her," Lee said. However, she explained that her partner and herself already had a basic idea of what they were doing.

The short field trip to the Goodwill proved highly beneficial for the classes. Lee described how the staff gave them a quick tour and directed them towards clothing they could consider recycling into something new. The pairings grabbed articles of clothing and snapped "before" pictures which will be compared to their final products.

"The kids were so excited to go Friday to the Goodwill," ex-

plained Linda Milliken, Clothing Textiles 3-4 teacher. "It was a really positive experience at the Goodwill just seeing them go from rack to rack trying to figure out 'Will this work? Will this not work?'"

Milliken expects the show to be a lot of fun. The all-day event incorporates different activities with real designers.

There are various speakers that talk to the students throughout the morning and the show begins in the afternoon. About 200 students attended last year.

"It's a wonderful opportunity for young designers to showcase their ideas," said Aniya Greene, sophomore and Clothing Textiles 3-4 student. Greene explained that she always loved the idea of being able to sew and make her own garments.

She mentioned that "the sewing class here allowed me the opportunity." Greene plans to take more fashion classes next year and hopes that classes will continue with the UNO showcase into future years.

Although it will take about a month to fully prepare, the classes have raised the stakes with a little friendly competition of their own. Milliken explained, "This year is just going to be a showcase but we're going to do a competition just within our students." She said that most of the students wanted an overall winner.

This bit of competition provided the extra bit of motivation students needed. Now, any of the young designers also have the opportunity to stay after and work on their garments, which is how the Sewing Club is getting everything done. It provides more time for the partners to meet up. Milliken talked a bit about the conflicting class schedules and how "it's a little hectic to get them together."

Despite few challenges that the classes may face when preparing for the show, it will all be worth it to see their ideas come to life. If the showcase goes as planned, this event could turn into a class tradition. Greene and Lee, as well as the other CAD fashion, Clothing Textiles 3-4 and Sewing Club students, are confident that the UNO Fashion Show will be a success.

They can't wait to show the Metro just how skilled the Eagles are.

Literary magazine appeals to all varying writing styles

By Cheyenne Alexis
COPY EDITOR

Duct Tape Magazine is a student publication filled with various written pieces submitted by any Central High associate. For the past nine years, English and Creative Writing teacher Deron Larson has been sponsoring and editing the magazine. "Even though it's a student publication, usually it comes down to me taking care of the editorial work—it cleans up the last grammar and such before publication," he said.

Duct Tape began when David Martin, the creator, wanted to provide the students with a sense of accomplishing pieces that were not necessarily strictly for turning in an assignment. Larson said Martin also started Fine Lines, which was the writing club name. Now, Duct Tape is in its fifteenth year.

"In the past, Mr. Martin had used the publication as a way to, as a matter of fact from its start, Duct Tape involved him looking at an opportunity for students to see their work in print and in a way beyond hanging it on a wall in the classroom," said Larson in regards to the start of Duct Tape. "And so Duct Tape actually started when he said, 'This is some really good writing; I'd like to see what happens if I put this in print'... issues have sprung from real good classroom writing that wanted to be shared beyond the boundaries of the classroom."

"From what I know about the name as it was explained to me when I look over my role as the sponsor, Duct Tape is a multi-purpose material and Mr. Martin's feeling when he started the publication was that a multi-purpose publication was his goal," Larson explained.

"He was already doing Fine Lines and the name of that publication suggest that it's a polished work—a piece of work that goes beyond the common genre or attention or focus and Duct Tape maybe opens up that window a little bit so it includes more timely or limited in scope or rougher pieces than the Fine Lines publication. Drafts and processed pieces and things like that."

Those who submit material applicable for the magazine is "any Central High School affiliated person," said Larson. "So it doesn't even have to be students. Mostly, students in Creative Writing class and in the Fine Lines... do most of the contribution to the issues... there have been issues in the past that included reflections from other teachers and security personnel and others associated/affiliated with Central High."

Anyone can submit a piece any-

time throughout the year. "There are times that the submission load increases, and that's usually just the times in Creative Writing class where I say, 'Please submit your favorite work from either the month or semester or whatever the case may be,'" said Larson.

Depending on the amount of submissions and overall, dedication to the publication, Duct Tape is published a couple of times a year. "It really depends upon the energy and the number/volume of submissions," said Larson. "I started with the idea that it was a quarterly, so four issues per year, and it's kind of morphed into two to three per year depending upon how many submissions we get and how many students are willing to get involved in the publication effort."

The variety of pieces ranges from assignments Creative Writing students did throughout the year, excerpts from NaNoWriMo and really, anything students or staff want submitted. For this upcoming vol. 16 issue, around 15 Creative Writing students submitted work. Though there are entries that go in the sender wants, there are sometimes themes or correlations. "Sometimes we aim for thematic content or a subject for the issue, but more often than not just like Duct Tape, people employ it wherever it seems useful—material of the moment," said Larson.

To choose which pieces get entered, Larson gets Creative Writing students' input. "I review the submission to make sure that it's appropriate for a school publication and then usually remove the name, create a pile, and in Creative Writing class we circulate the entries to consider for our readership: are they worthy of the attention of the Central High School student body or will they be interesting and motivate conversation, are they good reads worthy of the attention of Eagles?" he said.

For the next issue, it is hoping to get released within two weeks at the kiosk in front of 237.

Larson has been working with Duct Tape for nine years, so his opinion is it is a "bottom step opportunity for a student to get that feeling of seeing his/her work in print where they go farther than the interaction of I'm turning in a paper to a teacher for class and then I'm gonna get it back and throw it away."

He said there are "some really interesting ideas that come from students and should be shared beyond just a one to one interaction."

In the future, Larson would like to receive more submissions from more students, and even better, every student and staff member to showcase their writing with a draft on his desk.

Pinterest proves to be an easy creative outlet with thousands of "do it yourself" crafts

As the term "DIY" seemingly gains more and more popularity, so does the social media site Pinterest. Pinterest is a website that allows anyone to create a free account and profile in order to begin creating their very own "boards" that they are able to pin various pictures, ideas and links into. Boards generally are created with a theme in mind, allowing users to share their own ideas, or even grab someone else's ideas and add it to their own board.

With the amount of social media sucking up countless spare seconds of my life as is, I was fairly skeptical about creating my own Pinterest profile when the new social media scene was first beginning to emerge. It's true; I'm usually slightly late to the bandwagon and hopping on with everyone else to see what

exactly everything is all about. Yet as always, against my better judgment, and time management skills, I recently logged on for the first time. Sad to say, I was instantly hooked.

It was amazing, countless ideas setting my creative thinking skills off the charts. The term "DIY" instantly filled my very own boards, sharing ideas anywhere, and everywhere from fashion inspiration to food that Paula Dean couldn't even perfect. Although many of these "why didn't I think of that" ideas will never be put to use in my life anytime soon, it's truly amazing how much creative thought is displayed in one site.

Although still a social media site nonetheless, Pinterest is a great way to look for a creative DIY for all ages. Countless ideas showing you how to create festive holiday treats, or even how to successfully execute a birthday card that could score you a spot on the Hallmark Design Team. This site has also shown me some great outfit ideas, and even great new sites to shop on line at! A popular idea that

many flock to Pinterest for are the countless nail tutorials and simple image ideas that can be created at home and can save viewers a trip to the salon.

Users are able to create their own pins as well, either by using a link from a site that they love to show a specific item that has been on their wish-list or even link a video showing how to make their favorite Boston cream pie. Users also have the option to upload their own picture of themselves showing of the latest trends in their closet, or photography from their latest trip. Comparable to the popular social media site Tumblr, it is easy to be envious of all the desirable items and bodies floating along everyone's new feed, Pinterest offers not only images, but full tutorials and a more crafty side as well.

Although not as valuable as many other ways to spend time, if you are looking for a new social media site, Pinterest is definitely worth checking out. With the ability to get some great ideas and hopefully off the couch unlike Netflix, it is all it's cracked up to be.



SYDNEY HALONEN
I MADE THIS FOR YOU

Vocal music students represent Central in Nebraska Wesleyan University Honor Choir

By Seth Arter
ADVERTISING MANAGER

The Central High vocal music department hit a high note this year as 12 of its young singers were selected to attend the Nebraska Wesleyan University Honors Choir.

With only 75-80 students selected to participate, it is fairly small compared to the All State honors choir.

All State isn't as selective, as it includes 450 vocalists. This is a great accomplishment for Central, as most Wesleyan Honors Choir members chosen have already been to All State.

Vocal Music teacher Lyn Bouma knows just how special and unique it is to be chosen.

"The ones that do audition usually have already gone to All State so they are taking the best of the best," said Bouma.

Sopranos qualifiers include sopranos Alexia Childers, Melissa Comstock and Michaela Fox. Alto singers include Gina Comstock, Jamie Colvin and Keschia Alabi (Alabi's second year chosen).

Tenors include Jon Hinkle and Keegan Lathrum (Lathrum's second year). Bass singers include Jimmy Lowe, Dan Hangman (Hangman's second year), Luke Gregorson and Jory Boynton.

Being chosen is an honor, but it is certainly just the beginning of many opportunities that the choir participants experience. Not only do participants get to improve their skills by working with a professional singer, but they also get the chance to meet and chat with other student vocalists as well.

The results could be life changing for some as this is not just a learn-

ing experience, but also a great event to use for scholarships and resumes. This is especially useful for those who want to pursue a career in the music industry.

In order to qualify, the students had to perform for the vocal music teachers and their peers. The most important person was most likely the Choral Director from the university. The young vocalists had to sing various types of music; some with their class mates, some had to be performed solo.

In terms of Central's reputation, this is nothing new as there is typically a large sum of Eagles selected for the choir each year. For Bouma, this is more than just an accomplishment.

As a graduate of Nebraska Wesleyan, this has affected her in a happy, cheerful way.

"I am an alumnus of Nebraska Wesleyan so I think it's important for me to be able to support that school," said Bouma.

Bouma is also eager in regards to this only being the second year Central has had 12 vocalists qualify. It's also a significant improvement compared to last year as there was another honors choir interfering with Wesleyan's.

Lathrum, tenor, enjoyed the time he experienced as this was his second year of taking part in the honors choir. "It's a really good experience and a good choir," he said.

"It's really a high honor to be able to make it into that choir especially in comparison to All State because it's smaller," said Lathrum.

Lathrum wasn't the only Central vocalist who felt excited about being selected. Childers felt honored to be selected as a soprano as there are usually about ten people selected for each section of the choir.



Keali French | The Register

The twelve students were selected as members of the Honor Choir.

"It's a really big deal to have been chosen for it," said Childers. The honors choir may significantly impact Childers' future as she wants to pursue a career in musical theater.

As for Central, not only are these young vocalists adding to Central's great reputation, but they are also making names for themselves with this honorable opportunity.

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sports

A BRANDT NEW COACH

COACH BRANDT ACCEPTS GIRLS BASKETBALL HEAD COACH POSITION

By Maya Durfee O'Brien
STAFF WRITER

Danielle Brandt, English teacher, has recently been named the new head coach for the girls' basketball team. Brandt, who was an assistant coach for the girls' team, is happy to take on the responsibilities and authority as the new head coach.

"When Coach Lee accepted the position as Athletic Director, the position [head coach] was open," said Brandt. "We had someone here for the summer, and then when the season started they came and asked me if I would be the head coach and I said 'Yeah!'"

Brandt is well aware that her new title of head coach could be temporary.

"It's one of those things that it's only for this year [right now], and we'll see where we are at the end of the season," said Brandt.

With a higher authoritative rank comes a higher form of responsibility and reliability that Brandt must be able to take on.

"The responsibility is more. As a head coach you are not only responsible for one team, you are ultimately in charge of the varsity team and all of the teams. So you're managing people now, adults--other coaches, you have a lot more girls in your program, you have accountability pieces like reaching out to the newspaper with scores, there's just more responsibility as the head coach," said Brandt.

In spite of all that, Brandt said she has no problem with all the new tasks involved. "It's absolutely fine," she said.

This is in part due to the coaches who coach under her that Brandt said work really hard.

Brandt's background in the sport has aided in her success as a head coach as well.



Keali French | The Register

Varsity girls basketball coach Danielle Brandt cheers on her team at a home game against Lincoln Southwest on Jan. 25.

CONTINUE TO 'BRANDT' ON PAGE 14

Freshman girls make important addition to varsity and JV teams, look to next year

By Natalie Nepper
STAFF WRITER

Central's boys and girls swim teams dedicate long hours to perfecting their strokes, improving their times and becoming the best swimmers they can possibly be. This year, the team has succeeded in many meets and some speculate that it's because of the new additions to the group.

Many freshmen girls joined swimming this year because they have participated in swim teams in the past. "I've been swimming since I was a little kid and I've always enjoyed it," said Madison Craig, a varsity swim team member. "It keeps you in shape and it's a lot of fun."

Ultimately, the group experience draws a lot of potential swimmers in. "On the swim team, even though it's divided up JV and varsity, everyone still participates together and acts like a team, even though we practice in separate places," said Maggie Winton, a JV swimmer. Winton has only been swimming for a few years, but says she loves the

"community" and "togetherness" of the teams.

Although the team can be fun, Winton explains that, "sometimes the time commitment can be difficult to handle. Like, over winter break we had practice which I didn't want to go to but I had to [in order] to fulfill the commitment I made." Morning practice often requires swimmers to get up at 4:30 a.m. and evening practices also run pretty late. "We don't get home until like 6:30 or 6:45 at night sometimes," Craig said.

Many speculate that the freshmen girls show much more potential than last year's freshmen. "Considering that we have two freshmen that can swim a 500 in under six minutes, yeah I'd say we're pretty good," said Chloe Klare, a varsity swimmer. "I feel like our freshmen class is really athletic anyways and swimming is not an exception to that."

Craig agreed that the freshmen girls have been extremely successful in the season so far. "It takes a team to be great," she said. "But I do think that the freshmen coming in are really talented." Craig plans to improve her times and make it to the Metro meet.

It's not just Craig who is in a hurry to improve. "I think that if the freshmen continue at the pace that the upperclassmen did when they were freshmen they will definitely improve more," said Winton. She predicts that the girls could "become possibly better than the upperclassmen are right now."

Winton explained that her personal goals remained the same throughout the season. She wants to improve her times and become a better swimmer overall. Although there are differences in times, Winton believes that the swimmers on the team don't have any judgment.

"There are some people who are faster, some people who are slower, and people who have different strokes that they're good at," Winton said. "But no one necessarily cares about that just as long as you try your hardest."

As the season draws to a close, many freshmen girls can't wait to participate in swimming next year. The overall work put into the team will continue into future seasons. Despite the amount of work, their contribution to the group is definitely worthwhile.

READY, SET, LIFT

CENTRAL'S CO-ED POWERLIFTING TEAM DID EXCEPTIONALLY WELL LAST YEAR, AND HAS HIGH HOPES TO DOMINATE AT STATE THIS YEAR



Spotters assist their lifting partners at the powerlifting meet on Jan. 18.



Medals line the table ready to be given out to lucky lifters.



Three spotters support another lifter in lifting a large weight.

Keali French | The Register

By Micah Martin
STAFF WRITER

On Saturday, Jan. 18, Central's powerlifting team hosted a competition in the gym. This co-ed team of 40, including 19 boys and 21 girls, has high hopes of winning the championships this year. Last year the girls' team won state, and this year they are working hard to defend their title. "I started this for the football players to condition, but found that there was a lot of student interest," said Dennis Baker, the current powerlifting coach. "I enjoy this, because the kids get to compete, excel and have a chance to succeed," said Baker.

"I did this because I wasn't doing any other sport. Last year, Baker told me to come and keep my strength up for football," said Tyvon Merritt, senior.

Powerlifting is a competitive weight-lifting sport, where the athletes practice in order to perform well for their competitions.

"I just love the competitiveness. I love competing," said Merritt. Powerlifting practices are on Tuesdays and Thursdays, 3-4:30 p.m. At these practices, the students who participate work on different muscles each day, and practice the different lifts.

These practices are held all throughout the powerlifting season, which goes from the end of November to the beginning of March.

Baker has seen an even greater influx in students who want to participate to the point where in recent years he has been forced to make cuts to the team.

At the competitions that these athletes spend so much time preparing for, they each participate in three lifts. These lifts are judged by three judges who evaluate the technique of the lifts, and the amount

of weight that is lifted. In order for the lift to be considered "good," two out of the three judges have to give a green light. If this does not happen, the lift is no good and does not count. These lifts include squat, bench and deadlift.

"There is a lot of adrenaline, because everyone wants you to do good and when you're doing the heavy weight everyone pushes you to do better and move up in weight. You would be surprised with what you can do when people are pretty much yelling at you. You're hyped," said Merritt jokingly.

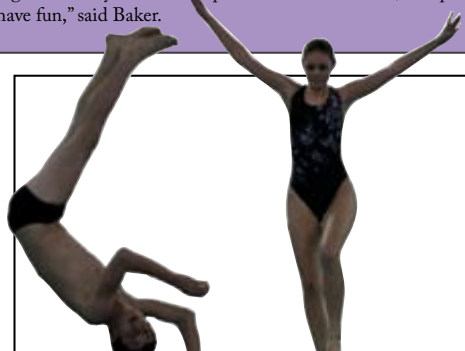
Baker said that he believes that dedicated sums up powerlifting in one word. Brittany Margrave, Xavier Graham, Tyvon Merritt and Deonte Dupree are a few of the students who are part of the powerlifting team this year. "It is important to be dedicated, disciplined and to have fun," said Baker.



POWERLIFTING 101 ▶ page 15



NIEBRUGGE SIGNS ▶ page 16



DIVING TEAM ▶ page 14

Get the basics on one of the toughest sports--learn about the lifts and Central's key members of the team.

Senior Abigail Niebrugge signs with Hastings for basketball.

Meet Courtney Klare and Nick Vonoldenburg, two members of Central's diving team.

FROM SUCH GREAT HEIGHTS

TWO DIVERS REVEAL WHAT IT'S LIKE TO BE ON CENTRAL'S DIVING TEAM.

Photos by Sydney Spangrud | The Register

NICK VONOLDENBURG

By Georgia Chambers
STAFF WRITER

Concentration displayed on the contestant's face as they wisp away any doubts and leave the safety of the platform as they plummet into the water—all while performing a designated dive.

As a child, many look at the diving board as another chance to have some on a summer day.

However, Nick Vonoldenburg and his other fellow competitors look at the diving board in a much different way.

Vonoldenburg realized that he had a passion for diving and would continue it in high school only after first experiencing diving last year on his club team.

Vonoldenburg competes on Central's varsity diving team along with competing on a club diving team.

This challenging sport takes more time than observers might credit to the athletes.

"I have been diving for about a year and a half for every day," Vonoldenburg stated.

During practices, Vonoldenburg prepares for upcoming competitions showcasing the dives he practices over and over every day.

The divers practice at Burke everyday after school for about an hour and a half.

"High school dive [does not conflict with school activities], but club dive does after, because my club team practices at Burke too, so I have to stay some nights from about five to nine," he said.

Amidst this large time commitment, Vonoldenburg still finds time for his academics, participating and passing in honors classes.

As a child, many competed against their friends to see if one could make the larger splash or if one could jump the farthest.

However, diving at this age in competitions is much different.

"You get to the competition and warm-ups are around 20 to 30 minutes. Everyone has a spot, so like if there is 20 people then they will be numbered 1-20 and go," he began, "and on



a duel meet you have to do six dives and on an invitational meet 11 dives."

Everyone goes through their first dive, then after everyone completes their first, the competitors move to their second dive, and so on.

"Duel dives are more fun because they go faster, but invitational meets are what you qualify with state with so they are more important," Vonoldenburg said.

Whereas the biggest challenge as a child would be overcoming the searing pain from a "belly flop," the challenges faced in diving at the high school level are more mental.

"The biggest challenge during competition is in your head. On a couple [dives], if you just doubt yourself then that can be the difference between how your dive is and how you want it to be," he stated.

Vonoldenburg isn't sure if he wants to dive professionally and did not think that far ahead, but he surely thinks in the present and about the next meet rather than the potential future.

However, he knows what he has to improve on if it happens to be.

"There are a couple of dives out there that I can improve on, and I am still working on more dives," he said.

He explained that to follow this route, divers have to practice every day and get those hard dives down. They then can get admitted into competitions and possibly make it to regionals, sectionals, nationals and worlds even at the age of six.

"[Swimming] is more of a mental sport because physically a lot of people can do it, you just have to remember so much going into the one second that you have up in the air," Vonoldenburg explained.

"Don't think." This is the best piece of advice Vonoldenburg has received from his diving coach.

This might be one thing found in common between high school students and the young relentless children: the children do not think about what they are going to do before they do it, they just jump off and like the divers in high school, make the best out of the moment.

COURTNEY KLARE

By Sydney Halonen
STAFF WRITER

Splash! A sound junior Courtney Klare is used to hearing as she hits the water after finally throwing the perfect dive. Beginning her sophomore year, Klare has held a spot on the diving team at Central and although she was new to diving when she joined the team, she has quickly caught on. Juggling a spot on the varsity cheer squad, varsity diving and a rigorous AP filled schedule is harder than it looks, yet Klare has learned how to manage her time accordingly in order to succeed in all of these areas.

"My sophomore year I was planning on joining the swim team, but my friend encouraged me to join dive team. She was the only diver, and she said it would be a lot of fun," said Klare.

When she started, Klare could simply do a front flip on a trampoline, not even able to quite nail it on the board, yet in just two years has progressed to being able to do more difficult dives such as inwards, reverses, twisters and one and a halves.

Considering there are many nerve-racking aspects of the sport, for Klare the mental mindset that is required to perform well at meets is by far the toughest to overcome.

"When it comes to diving I over think everything, sometimes I'll move too fast on the board and that will make me overshoot a dive, pounding the board too hard, causing my body to flip too much and my body to smack the water," Klare said.

During the off-season, although Klare does not compete in club diving, she does practice occasionally at her local pool in the summer months.

Many of the experienced divers around Omaha have acquired their skills by using moves previously learned through a gymnastics career. Many have also participated in club diving throughout high school to make up for all of the muscle memory that comes along with a background in gymnastics.

It only heavies the load that diving practice is held each day at Burke High School, creating a long commute for the divers.

"Practice usually runs about an hour and

a half every day. You have to drive yourself to Burke. We also practice with Burke's team... a lot of times meets will last all day, so I will have to skip school, or sometimes starting after school on Friday nights."

During meets, each diver is expected to perform an 11-dive set, the winner being whoever scores the highest number of points from the judges.

Although swimming and diving are closely related, attending a school that doesn't have a pool of its own separates the teams. Teams also often have meets on separate days.

"Seeing Burke so much helps me further appreciate Central," said Klare.

For the most part, diving teams around the Metro are fairly small so it helps create what is almost a small community. Burke is a common competition for divers because it is the only facility in OPS and one of the few in the Metro.

Although competition doesn't come in as large of numbers as many sports, it is hard to meet the standards of being able to compete in a varsity meet.

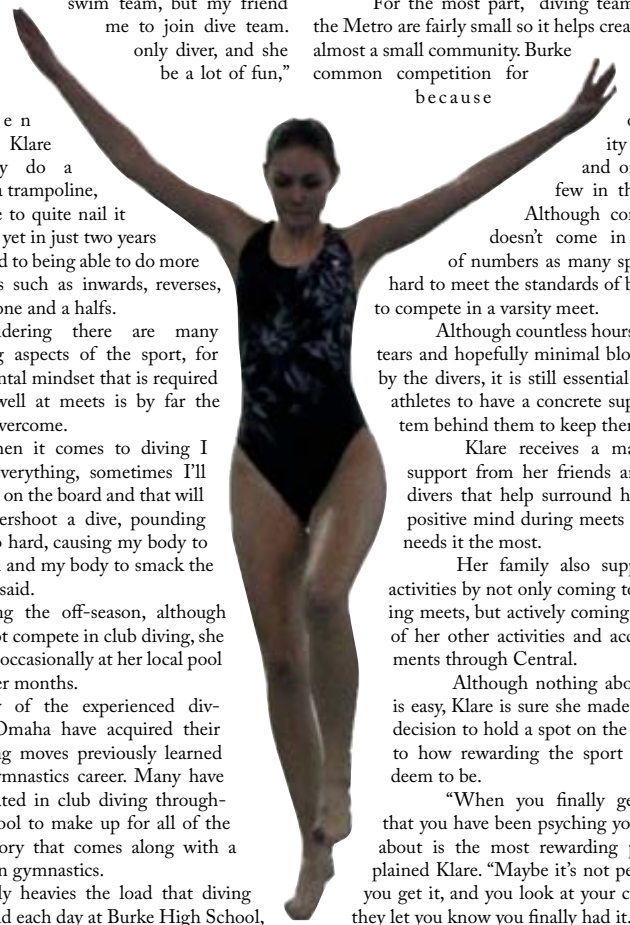
Although countless hours of sweat, tears and hopefully minimal blood put in by the divers, it is still essential for these athletes to have a concrete support system behind them to keep them going.

Klare receives a majority of support from her friends and fellow divers that help surround her with a positive mind during meets when she needs it the most.

Her family also supports her activities by not only coming to her diving meets, but actively coming to see all of her other activities and accomplishments through Central.

Although nothing about diving is easy, Klare is sure she made the right decision to hold a spot on the team due to how rewarding the sport can truly deem to be.

"When you finally get a dive that you have been psyching yourself out about is the most rewarding part," explained Klare. "Maybe it's not perfect, but you get it, and you look at your coach, and they let you know you finally had it."



Brandt moves from assistant to head coaching position, relishes hard work

CONTINUED FROM 'BRANDT' ON PAGE 13

"I played basketball growing up. I was a four year varsity starter, when I went to high school my team made the state championship," said Brandt, who attended Lewis Central in Council Bluffs. "I chose not to go to a junior college to play basketball because I wanted to go to a big university, so I went to a big university, and while I was there I coached a middle school team and just played intramurals."

Brandt said she has no regrets about not playing basketball on a college team and that she got the "best of both worlds" being able to play the game and also coach.

Her main focus during her college years was her education and preparation to become a teacher.

Brandt has been coaching for four years.

"I decided to start coaching because I love the sport. I wanted to get more involved at Central as a new teacher, get to know the girls and I just love the game of basketball so I wanted to be around it again,"

said Brandt.

"The best thing about coaching is probably being able to create this 'family' with these kids; we're all very close," said Brandt.

Being able to watch kids triumph and succeed is another thing that Brandt loves about coaching. "Showing you their joys is probably the best part of the job," said Brandt.

The overall goal for the season is to make it to state, but there are other goals too.

Brandt wants the team to grow together and also as individuals.

So far the season hasn't brought many surprises to Brandt.

"We've got a lot of games ahead of us and the girls need to just keep winning the games ahead of us," she said.

She also said that she is pleased with how resilient and positive the girls have been throughout the season.

Even though there is much that Brandt has on her plate, she somehow manages to do it all. Brandt said "It's worth it to me."

“Showing you their [athletes'] joys is probably the best part of the job.”
DANIELLE BRANDT
girls varsity basketball head coach

Dennis Rodman dubbed a “crazy man” for friendship with North Korean leader

I know you've all heard in the news that Dennis Rodman, a former NBA basketball player, made the trip out to the lovely North Korea. He went there because apparently he's BFFs with the ruler of the country--Kim Jong Un. Pretty sure he's the son of the infamous Kim Jong Il, but anyways, Rodman is crazy. He decided it would be cool to go to North Korea to just kinda hang out over there with him and some other former NBA players.

Personally I think this is really stupid. Why would you knowingly go into a country that is making nuclear weapons, or could be and is just generally in a state of disorder? I for one would not be into that at all, ever.

That sounds horrible.

I don't see how he had others go along with him. Maybe he threatened to kill them if they didn't comply--which I only say because I think he is a bit psychotic. North Korea doesn't even let their own citizens out of their country, so why would they let Americans out? It could possibly even be a hostage tactic.

Somehow that wouldn't surprise me. It's so silly because that is one of the USA's enemies and I think that by going into that country to

“establish good relations.”

I think what Rodman said is dumb. Why would a former NBA basketball player want to establish relations with a ridiculous country? I just can't comprehend it.

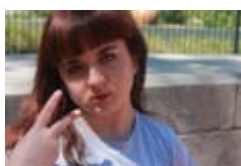
Rodman also appeared on CNN and behaved in a manner that I feel was unacceptable. He was very rude and had an outburst about an American who is imprisoned in North Korea.

The family of the imprisoned American, Kenneth Bae, spoke out and accepted the apology Rodman gave to them. I feel this is something that they shouldn't have done because personally, I would've been super mad.

They accepted it wholeheartedly and with open arms. Something that I think shows a testament to the American spirit, and the spirit of that family.

I think that Rodman's behavior is and was inexcusable given the scenario. He later said that he was drunk and stressed, still not a good excuse.

This is directly from CNN.com: "Bae's family members say he is a devout Christian who ran a legal tour operation in North Korea but didn't fully understand the system there. His health has deteriorated



MAYA DURFEE O'BRIEN
I GUESS THAT'S OKAY

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POWERLIFTING 101

BY SETH ARTER & EMILY BECK



Although Central powerlifting is considered an extracurricular activity rather than a sport, it has many aspects that make it similar to other officially recognized sports. Just as other athletes do, powerlifting participants face challenges and must follow strict guidelines. Just like other athletic teams, powerlifting consists of multiple participants who have set goals and have the opportunity to score points for the team.

How It Works:

Central powerlifting contestants are broken down by weight classes. For boys, there are 11 different weight classes and for girls, there are 10. The classes are determined by an individual's average weight. Similar to wrestling, weight classes have been around and worked this way for a very long time.

Competition:

Team members score their own individual points but all points earned go towards the team's total score. On competition days at Central, three platforms are set up in the gym. Each lifter is given three attempts to successfully complete their lift. If you place first in your weight class, your team earns seven points. If you place second, your team earns five. If you place third, you earn three. If you place fourth, you earn two points. If you place fifth, you earn one.

Rules & Regulations:

Each platform consists of three judges watching technique and performance. Squatting: If the contestant does not go down deep enough, the lift does not count. Contestants are not allowed to move their feet at all. Any movement of the feet is considered a penalty. The judges are in charge of directing the contestant's actions. For example, on a squat the judge will tell the contestant when to dip down.

The Benchpress



The Deadlift



The Squat



KEY PLAYERS



Connor Pavlik (10)

Can squat approximately 600 pounds and bench press 335-340 pounds.

...
"Powerlifting teaches work ethic, builds character and creates family"



Claire Mulcahy (12)

Can deadlift approximately 275 pounds.

...
"You are always pushing your body...to the max. We are challenging our bodies and minds to grow and get stronger."

Sexist advertisements during Super Bowl exhibit poor marketing

The Super Bowl accounts for 21 of the most-watched programs in American television history. Last year, CBS charged between \$3.8 to \$4 million for every 30 second spot during commercial breaks.

You'd think that since companies spend so much on advertising, they'd create the most effective ad for the big game. However, many companies choose to follow more sexist routes that emphasize gender stereotypes and depict women, as well as men, in a false spotlight.

A common marketing misconception is that "sex sells." The media chooses pretty-faced, slender women and men whose bodies look carved from stone. Their seductive smiles urge people to "Buy! Buy! Buy!" and we buy.

Or do we? Studies from Iowa State University researched whether men and women would remember commercials during neutral programming (without violence and sexual images) or during violent and sexual programs. The result, more people remembered products and advertisements during the neutral programming.

But what does that mean? Many speculate that the sexual and violent images distract from the product itself. Perhaps the ads stir up people's thoughts and interfere with the attention-span of viewers. The

goal of the marketing business is to make advertisements memorable; otherwise the public won't remember to buy the product. Iowa State University clearly showed that sexually graphic angles in commercials lack memorable quality. Therefore, sex doesn't sell. So why is it used as a key marketing strategy when it doesn't even work?

The imbalance between sexist commercials and strong half-time performances from women sends mixed messages to Super Bowl viewers. But society is no longer in a state where women pop in every once in a while for the show, only to be whisked away to make their husbands nachos or to do the dishes. Now, women represent about 46 percent of the 111 million Super Bowl viewers, meaning that those sexist commercials only have the potential to work half of the time. As Iowa State has shown, these ads might not even work at all.

Last year, Twitter users tweeted "#NotBuyingIt" to stand up against commercials that showed women in a negative spotlight. One user sent the tweet, "The #superbowl commercials are a window into American culture & values. Today, try to pay attention to what they're telling you. #notbuyingit." Think about it. We're in the 21st century and women are still shown as objects and men are depicted as sexist pigs? It's simply ridiculous.

One Audi advertisement last year showed the protagonist, a teen

male, strutting into his high school prom, grabbing a girl and kissing her. Another teen, probably the girl's date, punches the protagonist in the face. The commercial then cuts to the protagonist driving off with a black eye, smiling senselessly.

After the advertisement aired, hundreds of people scrambled to send out tweets that show the commercial in different lights, often claiming that the actions shown were a form of sexual assault. One person tweeted, "Stop teaching our boys that bravery is kissing a girl you've never talked to & that girls are simply objects or rewards." Another person declared, "So getting punched in the face makes someone a man?"

This specific Audi commercial could be considered the least sexist of them all. Half-naked women drowning themselves in Doritos, men putting up with "crazy ex-girlfriends" and ads that presented girls as showgirls and strippers were just some of the few that sparked national controversy.

There is no doubt in my mind that the marketing industry will continue to use sexist, racist and homophobic commercials, especially during the most watched programs of the year. But it's always time for change. Future Super Bowl advertising teams should keep this in mind: society is not bound by gender stereotypes and many people are smart enough to realize that. Stop the sexism and bring back television that makes us feel something other than pure disgust.



NATALIE NEPPER
NOT GONNA LIE



KELSEY THOMAS
NOT FEELIN' IT

Terrorist threats to Olympic Games won't stop spectators, athletes from partaking

As the Olympic Winter Games commence every four years, excitement and anxiety fill the air worldwide. Athletes look forward to what they've worked their whole lives for.

Ticketholders begin their trips to the site of the games to catch a glimpse of the historical contest.

But, unfortunately, the 2014 Games in Sochi, Russia are the cause of much stress and worry this year. Rumors have been flying around about how terrorists and the country's disdain for homosexuality will make the games dangerous not only to Russian citizens but also to visitors from other countries.

Sadly, the rumors are not made from outlandish, unnecessary worry. When two young men born in what was then the Soviet Union bombed the Boston Marathon on April 15, 2013, the officials at Sochi immediately began to think about if strengthening their security program was necessary.

Mikhail Butov, the security general of the Russian Athletics Federation, told the Associated Press in an interview shortly after, "Our security measures are tough as they are."

The head of the Russian Olympic Committee also said to the

Associated Press that, "security measures in Sochi are already quite serious." As time went on, this opinion changed.

Several days before July 4, 2013, a man named Doku Umarov called for attacks on the Olympics in Sochi.

Umarov, a leader of the Chechen rebels, told Islamist militarists to "do their utmost to derail the games," which he later called "satanic dances on the bones of our ancestors." In the past five years, Umarov and his followers have bombed two subway stations, a train and a Moscow airport.

One head coordinator told the Associated Press not to worry, because there are threats before every Olympic game. Although this may be true, Russia is not taking the threats lightly, and doing its very best to ensure security is at an all-time high.

Less than a month before the games began, six people were mysteriously found murdered and a car bombed just 150 miles from Sochi. The deaths prompted a huge security sweep throughout the parameters of where the games will take place and where participants will stay.

Meredith Vieira, former co-host of the "Today" show, recently

expressed her concern about the games.

She is mildly concerned about security but said in an interview to The Hollywood Reporter that, "this is Putin's (Vladimir Putin, Russian president) baby and they don't want anything to go wrong. But that doesn't mean things won't happen elsewhere in the country because I think those terrorists are given an opportunity and they will take it."

The Russian government is ready to take every necessary measure to protect the games, and is spending a total of \$51 billion on it.

The anti-gay mindset that many Russians hold is what worries Vieira the most. She has said before that her best friend is a gay man, and she is worried that people may chastise her or her country for it.

Vieira later said that she feels comfortable enough to go to the games, but wouldn't do it if her friend and colleague Matt Lauer wasn't also set to present the games with her. Without him, she said, "I'm not showing up. No way!"

Each city holding the Olympics receives terrorist threats prior, and always steps up their security accordingly. Putin said that this will be the tightest security there has ever been at the Olympics, and spectators and athletes alike will be very safe. People must just be cautious, and keep safety in the back of their mind as they get ready to enjoy some of the greatest sports events in 2014.

Abigail Niebrugge signs to Hastings College



Photo Courtesy of Alex Everitt

Pictured from left to right: Niebrugge's new Hastings coach, Niebrugge's mother Denise, Athletic Director Thomas Lee, Abigail Niebrugge, Niebrugge's father Duane and girls basketball head coach Danielle Brandt the day of Niebrugge's college signing to Hastings College in Hastings, Nebraska.

By San Juana Paramo
STAFF WRITER

Abigail Niebrugge, senior basketball player and soon to be freshman at Hastings College, started playing basketball at age of six on a boys YMCA team.

At a young age, Niebrugge has been playing for all sorts of teams including Gym Rats, Ponca Hills and others.

She continued playing in middle school for Morton in both seventh and eighth grade. It opened up the opportunity to play at a high school level.

Central's girls basketball team was not the only thing that attracted Niebrugge, their "academics and athletic programs," helped in her decision. "Because I knew [that] I wanted to be on the girls' basketball team," Niebrugge said, promoted her to tryout. Since then she's been on the girls' varsity team.

"I suffered an ACL tear while playing a college team over the summer," Niebrugge says of the injury that has kept her from the courts since June 20. "I am still on the process of recovering."

Her injury kept her from playing in front of college

coaches her junior year.

Choosing Hastings was a process for Niebrugge. "The student teacher ratio," said Niebrugge, was one feature that lead her to choose Hastings. "The size of the college, the women's basketball coach and the size of the city," are other qualifications that contributed to her decision making.

Niebrugge's parents and coaches helped her through her decision process: "It was stressful, due to making a huge decision towards my future," Niebrugge said. "They [her coaches] knew it was a good college with a great reputation because one of them was an alumni."

Hastings was not the only college Niebrugge had her eye on; USD, Midland Concordia and UMKC were other colleges that looked like possibilities. "The player dorms, the size of the college and the location," Niebrugge said were characteristics of other colleges that Hastings didn't have to offer her.

Niebrugge first met the coaches from Hastings over the summer. Niebrugge has kept contact with Hastings' women's basketball coach and along with the assistant coach, continue to peruse her.

As well as meeting the coaches, she's also met the

players on the team. "I spent a night in the dorm with them," Niebrugge said.

Having the perfect set of skills is not the only thing that makes a basketball team great. Being able to work together and work defiantly also makes a great team that will last. Niebrugge realized that and the way the team worked was the aspect that tied the deal. "They play together as a team, at a fast pace," Niebrugge said.

Over the years at Central, Niebrugge has developed skills that have been essential into helping her achieve all that she has.

Skills and advice she will carry over into her college career, leadership especially.

And advice that she has accumulated that has helped her so far. "Never give up on a dream even though it gets tough," Niebrugge said.

There are plenty of things she looks forward in her transition to college, one is being able to play with players that she has played against during her high school career.

Though it will be a hard transition, there is one thing that Niebrugge won't miss about Central, "I won't miss the stairs."

Trickier technique makes hockey more interesting



CHEYENNE ALEXIS
ARIGATO

If you ask me which sports I play, you'd get no answer. However, if you ask me which sports I enjoy, then the list would have only one component, and that is ice hockey.

I sort of have a history with watching hockey.

Years ago, before I hit puberty and I still was losing teeth, my aunt would get tickets to see the Lancers hockey games for Fridays and Saturdays. I liked the game, so to speak.

It was trickier than most sports (and don't get me wrong; I've been to my fair share of sporting events, and obviously none were enjoyable) and it required something a little more challenging: ice skates.

It still is unfathomable how these glorious men could hit the puck with these long, irritating sticks, protect their goaltender and try to score goals all the while in heavy padding and ice skates.

I just again recently began going to hockey games more often, and now, because I'm older and slightly more interested in men, I complied to go.

The first night I went, it was a huge nostalgia. The many fans that came to cheer on the men was just how I remembered it, crowded and feisty.

Those fans, let me tell you, are the most dedicated, loud and proud fans I've met, and even if the Lancers inevitably lose, they always come back.

Unlike certain football fans who cry and complain when some team member fumbles or whatever the case.

But another, more vital, aspect to the game is the players.

Before, I figured they were college kids, so a lot older than me.

Turns out, there are many on the Lancers who are younger than me or even just a few months and years older. And they're tall and delicious.

There's one player on the team who caught my eye the first time I saw him, and he is 19. Another one is Swedish, and he's a few months younger (and he's beyond beautiful).

The players play an important role in hockey. Not just for the Lancers, but for me, it must take a hell of a lot of dedication to leave your hometown (or in some cases, country) just to play your favorite sport. The dedication is phenomenal.

There are many players on the Lancers who aren't even from Nebraska, let alone Omaha. What is cooler is the fact that there are two Swedish and one Italian player on the team.

I learned they are in host family-like homes, had they come from a different place. Just to play hockey, they travel far, just because they love their sport. To me, that's true sportsmanship.

Another cool thing about hockey is the game itself.

Like I said, it's harder to score goals and it's difficult on skates. This, in its own way, makes the game more fun to watch.

I'd rather continuously get whiplash from following the direction of the players' whereabouts than watching the same play over and over again.

Plus, hockey when talking about distributing play time is fairly equal. Because the players constantly switch out, too, it also means the players get more rest time to fully charge for the next play.

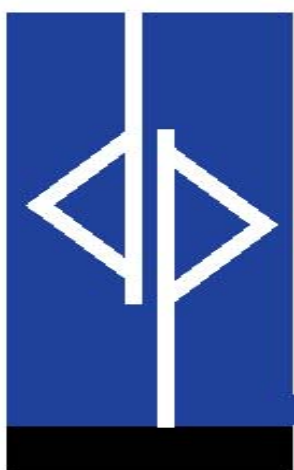
The fights are probably one of the best things. I may sound hypocritical, because I hate fights, verbal and physical, but in hockey, it is allowed.

Rather than being allowed, however, you can get into a fight, but pay the consequences (which is only a five minute penalty).

You can release your anger while still being able to play as long as you behave. What other sport allows that?

I've always loved hockey, but until this year, I've never truly appreciated the players (and their delicious-ness), the fans, the game and the overall great time I have while standing up and cheering for the only team I'll ever love.

I hate to almost say it, but before, it was about the players and their looks, and now, I can honestly say I'm a hockey fan, and I'll only ever be a hockey fan.



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Nominations for women's U.S. Figure Skating team unexpected

On Jan. 11, the U.S. Figure Skating Championships were held in order to find the best possible team for the Winter Olympics in Sochi.

The women's winners of this championship were Polina Edmunds, Gracie Gold and Mirai Nagasu. Ashley Wagner, a favorite to go to the Olympics, skated a performance that came up short of what was expected.

When everything was said and done, this put her into fourth place, coming in after Nagasu. For many of the people watching the championships this was shocking.

Going into this competition almost everyone was sure that Wagner, the defending champion, was going home with a definite spot on the team. Still, what was even more shocking than even that was the final nominations for the U.S. team.

When the panel of U.S. Figure Skating officials came out with these nominations the next day, the names called were somewhat unexpected.

In the end, they picked Polina Edmunds, Gold and Wagner. Nagasu, who actually is the one that won the bronze medal, had lost her spot because of a competitor who she most likely had believed she had beaten.



MICAH MARTIN
I MADE THIS FOR YOU

In the beginning, Nagasu was going to challenge this decision, but decided against this before going through with it.

I haven't kept a close enough eye on skating to know exactly which of these girls has a better chance at winning the Olympics, but I do know that Wagner was not the one that placed in the top three at the championships.

In my opinion, if the panel of judges is just going to throw out the results of the championships to allow them to send the "golden girl" that fell short, the championship has no real meaning.

Apparently, the nominations are largely based off the results from the championships, but not completely.

Even the skaters who place at the championship aren't safe.

The judges can technically pick to send someone else who is further down in the standings, injured or having an off day.

How the skater has done in the past year is also used to help figure out what skaters are nominated for the Olympic team.

If this is the basis that the judges are going to use to make their decision, why even have the championship?

If these people can potentially choose whomever they want, even

if they do not place in the top three, isn't this whole championship kind of a facade?

It doesn't seem right to me that someone who believes that their performance has won them a spot on the Olympic team can be replaced by another that didn't prove themselves when the time came for them to do so.

In the past, the decision to stray away from the top three places has only happened a couple of times; even then it was usually because of an injury.

To me that makes perfect sense; if someone can't physically compete in the Olympics their spot should be given to the next eligible skater. However, what happened here to Nagasu had nothing to do with anything like that.

This time the only real reason why Nagasu was not nominated for the U.S. team, was because someone didn't like the results that they saw in front of them.

With the power that they held they changed them to what they wanted or how they thought it should be.

All I can say is that Wagner is extremely lucky. In life there aren't always second chances, and because of her second chance she doesn't have to be the one who has four years to contemplate what she did wrong that stopped her from reaching her dreams.

Boys Basketball dominates in Metro Holiday Tournament

By **Trenay Newsome**
STAFF WRITER

On Jan. 3, 2014 Central's boys basketball won the Metro Holiday Tournament. "The Metro Holiday Tournaments are just like conference tournaments that are over the holiday season," said Eric Behrens, head coach of the basketball team.

The 16 schools that participated in the tournaments include Benson, Bellevue East, Burke, Papillion Lavista, Westside, Papillion Lavista South, Millard South, Bellevue West, South, North, Millard West, Creighton Prep, Northwest and Bryan.

Conference tournaments are against local schools that are in the same class. Most classes have their own tournaments.

Central's first win in the tournament was on Dec. 28 against Bryan High School. To win the tournament the high schools must win four games.

"Since you must win four games, we took the games one at a time in hopes of winning the current game we were playing," said Behrens.

"I wanted us to win the tournament and once we did it was a great and happy feeling," said K'zhan Jimerson, a sophomore varsity bas-

ketball player, who had the most points in the championship game.

Tre'shawn Thurman, a senior varsity player said, "We were underdogs in the tournaments and we have never been the underdogs in the tournaments. Last time we lost the holiday tournament was my freshman year, so I didn't want us to feel like that again, we wanted to come out and show everyone Central has the best team."

Last year's tournament caused Omaha Central to go from 22nd to 14th on the ESPN ranking list.

"Us winning was a great feeling and made us proud to be Eagles," said Marcus Polk, junior on the varsity basketball team. "We hope to continue next year and keep the run going."

The conference tournaments help all the schools in the region to be noticed nationally. Benson was noticed by ESPN after the tournaments, as many of the Central players were upset, Thurman said "you can get all the publicity you want, but if you don't win then it doesn't mean anything." Therefore one shouldn't be mad about the publicity of another school because they did not win and improve their ratings, just as Central High School did.

Wegner amongst chosen as Fall Scholar Athlete Award winner

By **Kelsey Thomas**
STAFF WRITER

Each fall, the Greater Omaha Sports Committee announces 16 names of student-athletes who stand out. They are called the Fall Scholar Athlete Award Winners.

These student-athletes are some of the best on the court or on the field and also in the classroom. The students chosen come from 13 high schools in the Metro Area, which includes public schools like Creighton Prep or Marian.

Eight girls and eight boys are chosen from all the fall sports, including football, softball, golf, tennis, volleyball and cross country. This year, Lauren Wegner, senior, was among the chosen.

Wegner plays Varsity softball, and is committed to play at Stanford next year. She also maintains a high GPA and is third in her class. Other schools with recipients of the award are Creighton Prep, Bellevue West, Millard West, Ralston, Marian, Millard South, Papillion-LaVista, Skutt Catholic, Duchesne, Fort Calhoun, Millard North and Bellevue East.

The awards were presented at Jan. 7 at the Double Tree Hotel downtown. To go along with the awards, a banquet was held. In April, another awards ceremony will be held for winter sports, and in June the awards for spring athletes will be announced.

Jo Dusatko, the sub-committee chair of the

Greater Omaha Sports Committee, said, according to the organization's website that the recipients of the awards are the "cream of the crop" and "it goes without saying these kids are why we love to coach and teach. It isn't a surprise when we see these students excel in life, they are all too often natural born leaders and end up CEO's, Dr.'s, Lawyers and Civic Leaders in the Community."

In 1977, the non-profit Greater Omaha Sports Committee was formed by Charlie Mancuso, who created the organization for "sports minded people who wish to see the sports in Omaha flourish."

There are two portions of the Greater Omaha Sports Committee, the group that recognizes student-athletes for awards each winter and fall, and another committee that handles everything else.

Some of the things that the other committee has organized include the Omaha Racers, a minor league basketball team that was active from 1989 to 1977, the Big 8 Volleyball and Softball Championships, the High School Regional Legion Baseball Tournaments, the Softball State Tournament, the Super Series Baseball Tournaments, the Cornhusker State Games and many others.

In the remainder of the school year, 32 more students from Omaha will be chosen for the prestigious award for either the winter or spring seasons. Maybe one or more Central students will be nominated in the next semester, or years to come.

JORDAN FLOWERS

FRESHMAN BALANCES ATHLETICS AND THE IMPERATIVE ACADEMICS

By **Cheyenne Alexis**
COPY EDITOR

A challenge freshman Jordan Flowers faces playing for varsity and JV teams is "not playing with people my age group—just playing with older people, more advanced—they've been in the game a little longer than me... I try to stay up with them."

What separates Flowers from other players is his passion for sports. "I started really early on sports and just my love for the game might differentiate. I know every time I step into the field or the court, I'm gonna give it my all," he said.

Flowers has been playing football, basketball and track for many years, though his favorite is basketball. Flowers, who went to Druid Hill Elementary until fourth grade and Jesuit Catholic from fourth to eighth grade, was very close to attending Creighton Prep, but decided to go to Central because of "A legacy. My dad, mom, grandpa, grandma... went to Central. I was this close to going to Prep, ended up saying I wanted to continue the legacy."

Flowers said he's "very passionate" when he plays his sports. "I'm very passionate about everything I do whether it's in the classroom, sports. Really in sports though because I try to work hard in everything I do, don't like to quit and I want everybody to be involved on the team, so I'm really vocal," he said.

Sports "played a real big role" in Flowers' life.

"It really impacted my life. Growing up, I had always been around sports so I could not imagine life without sports because it has always given me something to do.

"I'm always traveling, and it opens me up for opportunities to certain colleges and everything so it really impacted my life educationally and just in general," he said.

Flowers started playing sports mostly because his father played football, but also because "I was always around it."

Though Flowers plays three sports, to him, track was more of "an experiment," which soon blossomed as he began to get better at it.

As a freshman, Flowers plays on the JV basketball and varsity football. To play for Varsity feels honorable and simply put, "great."

"It feels like an honor. I feel like everything I did previously to it, I was pushing myself to get better so I... would have a chance to and in high school with JV and varsity with players better than me pushing me. I feel pretty good... As a freshman, there are not too many... I feel like I can't settle, I can only just excel from here," he said.

Flowers' main priority is academics in order to maintain a spot on the team, as he

takes multiple honors classes and keeps up. "It all starts with good grades; especially my mom pushing me to get good grades. Secondly, most importantly is respecting all coaches and showing that you care," Flowers said.

Besides getting good grades for sports, Flowers said he takes education very seriously.

Because Flowers' education is important, he balances education and sports with "sacrifice."

"I usually say I get around four, five hours of sleep every night—which I'm used to since middle school... I had to sacrifice my sleep knowing that I had to come home and do homework or study for something or memorize something, so I would say it's sacrifice and getting school work done at school sometimes, not procrastinating," said Flowers.

The message Flowers wants to send is "That it's possible for anyone that has the ambition to work hard... There's not too many freshmen on varsity and JV and as a sixth or seventh grader when my skills started to develop and people started taking notice in me, I didn't let that get to my head and say, 'I'm coming here to dominate.' It made me work even harder and harder and harder and it's earned, never given... I worked hard to get where I'm at now."

Overall, he said his teammates were supportive and helpful.

"Football, my team was great. They treated me well; made me feel part of the family," he said.

"They [teammates] have a passion for the game. I can tell they have a love for the game. Respectful teammates—when we were down, they were cheering us on."

For basketball, though the season has just begun, he sees the potential in his team based off of championships and their dedication.

"My teammates are super good. We have an elite team and I say they have a passion for the game and they work hard at practice every day," said Flowers.

Flowers' role model is LeBron James. "I really follow LeBron, that's who I'll always chase to be because I find some similarities in our stories," he said. Similarities include being from a small town and working hard to get where they are.

Flowers' advice for anyone in his situation (being a freshman on JV/varsity) is "just to be yourself and learn—be open to learning."

"I felt like I was set a certain way, I felt like nobody could tell me what I needed to do... High school is a whole different ball game... felt there was a lot to learn," he said.

"I was open to learn, I wanted to learn, I wanted to get better. So I would say, want to get better. Never settle on your skill set, want to get better every day."

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perspective & commentary

PURPLE HAZE

SHOULD MORE STATES LEGALIZE MARIJUANA, OR ARE THEY ASKING FOR TROUBLE? TWO WRITERS FACE OFF.

By Emily Beck & Maya Durfee O'Brien
EDITOR-IN-CHIEF & STAFF WRITER



YAY

WHAT YOU NEED TO KNOW

Even as teenagers, we never thought we'd see the day that marijuana would be legal. It's a popular subject in television shows, movies and music—we've all seen kids on-screen getting busted for being found with tiny one-ounce bags of the stuff. But now, in two states, the dream of so many is coming true: legalized pot for all.

Except that's not the case. Colorado, despite passage of legalized marijuana laws, has strict laws concerning buying and using the stuff.

One must be 21 or older, with a government-issued ID to buy pot. Businesses must be licensed to sell the drug. One can only be in possession of one ounce. It's only legal to smoke marijuana in a private residence (not in hotels, where tourists stay). No smoking on sidewalks or in parks.

The weed must be grown in the state. According to USA TODAY, "Adult residents of Colorado are allowed to grow up to six plants in their home. However, no more than three can be in the flowering stage at any one time, and there can be no more than 12 plants at a single residence, regardless of the number of occupants."

And even though Washington and Colorado allow possession, sales and consumption, the federal government still prohibits all of these. However, USA TODAY writes that, "In August, the U.S. Department of Justice published the so-called Cole memorandum, laying out eight 'enforcement priorities,' beyond which it will defer to state and local law enforcement agencies to 'address marijuana enforcement of their own narcotics laws.'

As a result, so long as you don't distribute it to minors, transport it across state lines, drive while under the influence, possess it on federal property, or run afoul of the other priorities laid out in the Cole memorandum, then it seems safe to assume that adherence to Colorado's laws... will likely shield you from legal problems."

NAY

Despite all of the rules and regulations, this legalization is a positive thing for the nation. By its passage in two states, the rest of the country will be able to see how the new laws pan out. It's almost like an experiment, and will allow other states to see what works and what may not work, perhaps ultimately convincing lawmakers and citizens alike that legalized pot is beneficial to the economy and community.

This change in law may also help stop drug cartels, which are prevalent across the United States and result in death and violence. Gary Johnson, former governor of New Mexico, writes for the Huffington Post, "In 2006, Mexican President Felipe Calderon announced a new military offensive against his country's drug cartels. Since then, more than 28,000 people have been killed in prohibition-fueled violence, and the cartels are more powerful than ever, financed primarily by marijuana sales."

By legalizing marijuana and providing safe places for it to be purchased, pot-seeking citizens will no longer have to turn to illicit dealers for their dime bags. They can walk into a storefront in broad daylight for their purchases, contributing to their economy and helping to squelch powerful drug lords.

Remember Prohibition? Obviously we weren't there, but the anti-alcohol amendment was a huge failure, and resulted in more alcohol consumption, as well as gangs and violence. Bootleggers, organized crime groups, gangsters—they held control

in the 20s were responsible for countless acts of violence. Roughly 90 years later, history repeats itself, except marijuana sits in alcohol's place, and cartels run things instead of gangsters. "It's really prohibition under a different name, it's prohibition by over regulation and over restriction," Attorney Rob Corey stated on NPR's Morning Edition.

"We have implemented laws that are not enforceable, which has thereby created a thriving black market," Johnson writes, and he is correct. Legalizing pot can aid in the elimination of this black market, thus pouring money back into America's still struggling economy.

With a 25 percent sales tax on recreational marijuana in Colorado, there's no denying that the state will be pocketing a lot of extra funds. Advocates say that the economy will receive a positive boost, and that jobs will be created. It is projected that \$60 million will be generated from the marijuana tax.

People who are pro-legalization also claim that THC (Tetrahydrocannabinol), the active ingredient in marijuana, is not harmful or addictive. It causes relaxation, can relieve pain and reduce aggression and cannot cause an overdose. THC does, however, alter one's senses and could potentially cause accidents if one were driving while high.

According to NORML, a marijuana law re-

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IN THE OPINION OF THE REGISTER

Based on research, it can be seen that the legalization of this illegal drug may not be the best thing for our nation.

It's a known fact that marijuana is a widely, and greatly, abused illegal drug not only in the U.S. but also around the world (this according to CNBC). Meaning that, legal or not, people are going to use it, but legalizing its use could cause more problems.

In recent months two states have passed laws which have legalized marijuana in state. Many of these laws have something to do with medicinal marijuana. In an article from the Huffington Post, Howard C. Samuels said that there is a difference between medicinal marijuana and the marijuana states and people alike are trying to make legal. The THC (tetrahydrocannabinol) that is found in the drug is what gets the user "high," but in the medicinal form there is less THC present. Samuels' main point is that he is not against the drug—at least not in its medicinal form. There is a discrepancy between the two and that shouldn't go unnoticed.

Samuels brings up another factor that one should consider; people tend to think that marijuana is no worse than alcohol. He states that even though it seems to be not as bad as alcohol it still would cause problems in society. Alcohol has caused a lot of dysfunction in society, so by bringing in a new aspect, legal marijuana, the same could be true. To reiterate—just because something is illegal doesn't mean that people/users aren't going to

abide by the law. That's just how it works.

In relation back to the CNBC article, an analogy was made within that seems to describe the situation at hand a little better and may swing one's mind in the direction toward this one. The analogy featured legalized gambling alongside illegal gambling. In short, although there is something as legal gambling, almost in light of that one would think logically that illegal gambling would decrease. Shockingly, the opposite is true and this is what could happen if marijuana were legalized. CNBC said that most likely those dealing the drug would resort to putting more potent forms outside of the legal area. That way it wouldn't be taxed.

That's another problem—the tax. There's tax on cigarettes, alcohol; basically a tax on everything. Even if the tax on marijuana would help the nation, problems would still arise because they always seem to do when taxes are concerned. CNBC also said that if marijuana legalization were to occur nationally, and not just in certain states, the amount of users would increase. "Today there are 15.2 million current marijuana users in comparison to 1.1 million alcohol users and 70.9 million tobacco users." A difference of about 113.8 million and 55 million, which is definitely a lot.

The states that have laws in affect that state that either medicinal marijuana is legal or just marijuana in general is legal, have problems of the

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Natural hair may be wilder, but means less pain, more freedom

I love hair. And just recently, at least over winter break, I had this sudden urge to wear my hair in what I call its super-natural form, meaning no heat, no braids, no weave, nothing but a headful of unruly nappy hair. It was great. At least most of the time, it was.

This is sort of stretching it, but I want to call out to all the girls who are thinking right now: she's crazy. No way would I ever give up my tangle-less locks for an afro. Say what you want, but every girl who doesn't have naturally straight hair needs to embrace the wild side of her tight curls. It's not as horrible as it may seem.

For me, and millions of other females, our natural hair probably wouldn't be defined as something "desired." Although, when I change my hair from straight to braided up to whatever, people love to tell me how much they wish they had hair like me. Ha. I laugh silently every time.

That's not to say that I'm not grateful that I can change it however I want, because I am. But there is so much pain that comes with the process; good looking hair isn't that easy to come by. I remember sitting at the hairdresser for five hours to get micro-braids weaved into my head, then a couple months later laboring for days trying to take them out.



JORDAN YOUNG
I LIKE ONIONS

Or, when I was younger, I remember getting burned by the hot-comb while getting my hair straightened and having to get my hair plastered down with disgusting smelling relaxers. But the worst, hands down, was getting: (1) Hair brushed out after braids or twists, (2) getting hair blow dried (includes brushing) after washing and (3) just the fact of getting hair brushed out.

The worst part is the crunch as the brush goes through your head, your mom (or hairdresser) telling you to "stop crying now" and you thinking "why me?"

But, with all that said, ladies, I am still so adamant about embracing that super-natural side, because the biggest bonus is that it doesn't really require all that! Yay!

No hot combs are needed to twist your hair after a shower, leaving in conditioner, sleeping on it, then waking up in the morning to take it out and get cute curls. It's honestly fantastically magical.

There are so many other ways too, and while I'm no expert, I do recommend scouring the internet for ideas.

So, not exactly does super-natural hair mean wearing it nappy, but it's fun to scare people that afros are coming back to haunt them...

maybe not 70's style, but new and improved ones for sure.

Now, to address natural hair in general, the great thing about it that your hair will end up being so much healthier. No, we may not be blessed with headfuls of thick hair down to our butts, but we are blessed with something.

One important thing women have to accept is that we all won't have "mixed-girl" easy curls, or hair like Zendaya Coleman. There are so many different curl patterns, and even if they aren't loose, and long, they're still worth being proud of.

And who knows, maybe a huge headful of curly hair is possible for some people. But what I really want to get at is that you have to be willing to give up, you guessed it, the relaxer. Because guess what? Natural hair doesn't just mean kinky haired afros, it means going on without the chemicals and other stuff, which are the real problems.

Gasp for dramatic effect! Honestly, ladies, those are the things which are killing your hair. The break-off, the thinning; don't try to get off and blame your ethnic hair... it isn't God's fault you decided to throw chemicals up there that can burn your scalp and can probably be defined as hazardous material, or even sporting those sad, small, tight ponytail.

So trust me that curly hair is wonderful, that relaxers are the enemy in a lot of ways, but more importantly that natural hair is the best and most beautiful hair for anyone and everyone no matter what it looks like



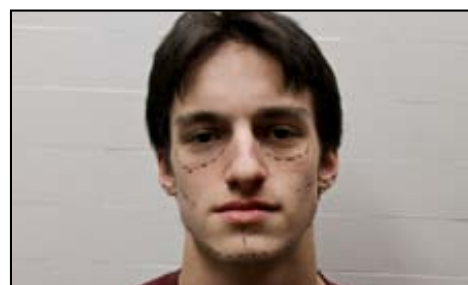
VITAMINS ▶

This multibillion dollar industry capitalizes on the paranoia of Americans.



PREGNANCY ▶

Teenage pregnancy rates have gone down in years past as a result of better birth control, but when is the right time to have children?



PLASTIC SURGERY ▶

Are individuals who turn to plastic surgery to fix facial deformities giving in to bullies?

Convenience creates waste unconsciously

My Keurig hums, and I am happy.

That distinctive noise, initially a hum that builds up to a sudden release of steaming water and ends with an other-worldly sucking, means that my bloodstream will soon be receiving a dose of much-needed caffeine. Moments ago I stuck a tiny simplistic cup into a chamber, pushed down a handle and pressed a flashing button—and here I now stand, happily gazing down at a full cup of coffee. Convenience at its best.

The only task left to be done is to re-lift the handle, retrieve the punctured cup and throw it away.

Throw it away. Toss it. Discard when finished, dispose of, cast off. When we're done using something, we get rid of it, usually without thinking about it. Every week we lug the trash we've created within the last seven days to the curb and abandon it there, where overnight it disappears—magic. Convenience.

But with convenience often comes waste. Every mug of coffee I consume produces a small, seemingly innocent plastic cup that is destined for the landfill. We've all driven past it at least once, apparently during those few miles of that stench-ridden stretch of interstate. We pass it quickly and with guilt and pity, gazing out the window at the fenced-in dirt mound, the actual accumulation of our wasteful ways hidden from our eyes.

My coffee addiction isn't the only thing creating waste—on the contrary, practically everything we do or eat results in a visit to the trash can. Seeing a movie? That ticket stub is going into the garbage (even if you keep your half for posterity like I do). Buying groceries? Chances are you aren't going to reuse all of those plastic sacks, no matter how much dog poop you have to pick up or (this one's ironic) trash cans you need to line. Having a snack? Your nice little granola bar is actually enveloped in an evil silver wrapper that serves no further purpose, as is your yogurt container or candy bar or practically anything else you want to eat.

There's no escaping it; our attempts at convenience and cleanliness are actually killing our life source.

According to a Gallup poll, only 17 percent of U.S. adults consider themselves active participants in the environmental movement in 2013 (Gallup.com).

Another Gallup poll from 2010 “showed that 90 percent of Americans have voluntarily recycled” according to The New York

Times, but this information doesn't tell us much—that could mean 90 percent have recycled only once or twice in their lives.

Recycling in Omaha is not difficult, but there are some items that are refused pick-up—such as glass. This is still recyclable, but citizens have to drive out to drop-off sites in order to do so. In today's world, most people prefer to toss their glass bottles instead of using precious gas to drop them off somewhere.

This is a sure reflection of the shifting attitudes of Americans: economy over environment. According to Gallup polls, since 2010 the majority of Americans believe that “economic growth should be given priority” over environmental protection (Gallup.com). Money is everything. Who cares if we're filling the world with our garbage if we can't see it—if we can only smell it for a few moments on the way out of town?

We are taught that only certain things can be recycled. Waste bins with multiple slots for recyclable objects are becoming increasingly popular, but they still limit us to paper and plastic.

As Janet Unruh writes for the Recycle Everything Book, “There also has to be a system for manufacturing products, leasing them to consumers, collecting them after use and disassembling them, and remanufacturing them.” It sounds simple enough, but many companies would rather do as they have been since the Industrial Revolution: use it, throw away, buy another, repeat.

We can't go on like this, hanging onto this collective state of mind. Americans are deemed wasteful for a reason (we are).

We must somehow make recycling just as convenient as—if not more convenient than—the convenience of buy, use, throw away, repeat.

To start, all we need are a few more of those labeled recycling bins. In my world, there would be a tax or some sort of fine charged whenever someone threw away an object that could be recycled.

Sustainability is the answer, but the question is this: Are we willing to put the appropriate amount of energy into manufacturing products in order to be able to recycle them? It's up to consumers to put the pressure onto companies—and it's up to companies to recognize the importance of sustainability. After all, if there is no world, there is no population. And then who will these companies reap their profits from?



EMILY BECK

EAT YOUR VEGETABLES



MULTIVITAMINS MAY CAUSE MORE HARM THAN GOOD, BUT THE U.S. IS STILL CAUGHT UP IN

SUPPLEMENT MADNESS

By Natalie Nepper
STAFF WRITER

Most people can remember taking chewy vitamins with fruity flavors when they were young. Parents have been instructing children to “take your vitamins” for years. Turns out, multivitamins aren't usually helpful at all. They may end up causing diseases rather than preventing them.

It's not uncommon to find mistakes in the medical research, and the next “oops” in research is vitamins. Recent studies from the American College of Physicians declare that multivitamins don't prevent early death, heart disease or cancer. They also do nothing to stop cognitive decline with aging or help stop people with heart issues from having heart attacks.

An editorial published alongside these studies said, “Enough is enough. Stop wasting money on vitamin and mineral supplements.” About 40 percent of Americans take some sort of multivitamin, meaning that the public spends about \$28 billion per year on vitamin supplements alone. These stats are predicted to rise in future years.

So with all of these new studies posted, why are people reluctant to give up their habit? It seems reasonable that if a little bit of something is good for us, then a lot of it must be great; however, supplements don't benefit the average person's health, unless they have a deficiency. If there isn't a dire need to stock up on vitamins, there's no need to take any.

These multivitamins might even be causing a bit of harm. Too much beta carotene and vitamin E can cause cancer. Excess vitamin A can put people into comas, damage their livers and kill. There needs to be a balance. For example, if a person removes meat from their diet, replacing the lack of iron with multivitamins is encouraged.

Linda Van Horn of Northwestern University's Feinberg School

of Medicine said, “People who take vitamins/mineral supplements are often those who need them least.”

So what about protein shakes? Are they just as bad as the multivitamins or worse? These synthetic processed protein powders do more harm than what the muscle definition will make up for. The over-processing makes the shakes nearly unrecognizable as food to the body. So where are all these nutrients coming from? The body begins to leech them from its own reserves (mostly the bones). And that's not even the worst part.

Synthetic, chemicalized and toxic powders are not exactly easily broken down and absorbed, so this is where the kidneys come in. Expect plenty of pressure on the already hard-working kidneys, especially when the highly acidic whey protein is involved.

Protein shakes are also loaded with chemical sweeteners such as saccharin, fructose, artificial coloring and aspartame (which is the worst of them all). In addition to all of these crazy ingredients, these protein powders also include high levels of arsenic, cadmium, lead and mercury (which will affect nearly all of your organs).

The protein supplement industry is built on deception. If a nutritional supplement sounds too good to be true, it probably is. No person knows exactly how big the supplement industry is, but it is estimated to be as large as the multivitamin industry with \$28 billion in revenue a year.

The fact of the matter is: multivitamins and protein supplements should be left alone. It's better to be safe than sorry and to stick with real food, vitamins and nutrients that Mother Nature gave us.

Think twice before consuming supplements, especially if they aren't needed.

IN THE
OPINION
OF THE
REGISTER



Keali French | The Register

The debate over Mary Jane: legalize or not?

CONTINUED FROM 'YAY' ON PAGE 18

form organization. “In driving simulator tests, this impairment is typically manifested by subjects decreasing their driving speed and requiring greater time to respond to emergency situations.” The claim that “subjects under the influence of marijuana are aware of their impairment and compensate for it accordingly, such as by slowing down and by focusing their attention when they know a response will be required” is also made.

While this argument exists, driving while high will still rightfully be against the law. The Register doesn't agree (despite some evidence) that driving while high isn't potentially dangerous—it is. Maybe it isn't “as bad” as drunk driving, but the principles are the same: a driver is intoxicated, not as capable of operating a vehicle as said driver would be without anything in his or her system. The Register simply hopes that the legalization of marijuana doesn't ruin the claim that so many advocates make—that no deaths have resulted from smoking pot.

And now we wait to see what the rest of the nation will do in response. Stick to the already-set rules, or join in the fun?

CONTINUED FROM 'NAY' ON PAGE 18

own. Because of the law being solely related to the state, in Colorado they are seeing obstacles in their banking.

Under federal law marijuana is still highly illegal, therefore the federal type banks are not at liberty to have the profits of these dispensaries. In Denver they are trying to loosen these laws according to The Business Journal.

Legalizing marijuana could help the country, but it poses more problems overall. We as a nation need to sit down and really think about the pros and cons of this issue to see that the cons outweigh the pros. Regardless of its legalization or not, marijuana will be used. It's inevitable.

Team light skin, team dark skin: fued over who has more melanin not a playful matter

For a couple months now, a new obsession with “team light skin” and “team dark skin” has been established on various social media sites. The two terms are basically classification of African American people.

As we all know, some African Americans are lighter than others (light skin) and some are darker than others (dark skin) and unfortunately it has become a fad to capitalize on those differences.

People will post memes (pictures that normally have puns or amusing things on them) that will start off by saying “Light skins...” or “Dark skins...” They're all dumb jokes that actually stem from a historical distinction throughout the times of segregation.

My grandmother was the first to tell me of where the terms came from.

I always wondered why she would say, “Don't ever think you're better than someone just because your skin is lighter...”

Now I understand. During segregation, some light skinned African Americans claimed to be white or mixed in the hopes that it would put them higher in terms of social stratification.

On Tumblr, I decided to follow a blog that focuses on black history and I saw this post of several gifs of African American guys explaining why they like light skinned women over dark skinned women. It made me beyond mad. I don't think that one is more appealing than the other. It makes them seem so ignorant.

People fought to make sure that African Americans are not discriminated by the color of their skin, then they go and make differences themselves. How does that align with the discrimination people tried to defeat?

The first time someone approached me saying, “Oh you don't text back because you're light skinned,” I stumbled across my words as a result of the stupidity that I just heard. I seriously don't understand how you can come to that kind of conclusion.

First off, let's understand why there are light skinned people and dark skinned people. In your skin cells, there are cells called melanocytes that produce more melanin which makes skin darker.

People with dark skin have more melanin... that's the only difference. There is no part of a person's personality that is controlled by

melanin or melanocytes. It's really ridiculous.

I come from a family with a variety of skin tones. The one thing we all have in common is that we are all African American people. My grandmother has brown skin and I have caramel skin... but we're equally black.

My stepfather has lighter skin than I do, and his son has an olive colored skin tone... but they're equally black.

There is no difference to be made. It annoys me so much when I hear the terms because they should be used only as a physical description and not a matter of another level of social stratification.

You don't see Caucasian people running around saying, “team pale skin” and “team tan.” It sounds stupid, because it is.

How is it that an African American community can go from fighting for their rights to dividing themselves up even after rights have been fought for and obtained? It befuddles me and it disgusts me.

This matter is relative to the “N” word. The “N” word was initially used by Caucasian people who were purposefully slaying African Americans as beings.

If you watch videos from the first black students entering Little Rock Central High School, or read the responses to southern schools being asked to integrate the “N” word is used viciously.

Now, it's used too casually. I will never (never try and never will) attempt to feel comfortable spitting that left and right as “slang.” That's not “slang,” that's slander.

In my opinion, the African American community has been slandering each other too long.

With the occurrence of this light skin/dark skin crap, it's only furthering the derogatory behavior.

There are advocates that stand up for those kind of issues in the African American community.

It's not every single person, but it's a decent amount, mostly young people. I feel that eventually it will be old and not used, but I cannot stand that it's a thing now. I doubt that the people who claim a side in this ridiculous, fake feud recognize what they're doing.

I assume that they think it's playful, but it's offensive and people should understand that it's not a playful matter.



TIA SPEARS

B. A. B.

UNDER THE KNIFE

ARE INDIVIDUALS WHO TURN TO PLASTIC SURGERY TO FIX FACIAL DEFORMATIONS AND ULTIMATELY "FIT IN" GIVING IN TO BULLIES?

By Seth Arter
ADVERTISING MANAGER

Whether it's a friend, classmate or a rumor, most students have heard of bullying in some way, shape or another. Unfortunately, efforts to stop the hatred spread through bullies often times do not work. Some students have experienced it so badly that they refuse to go to school. Thus, some turn to home schooling as a safe alternative.

On Jan. 5, Dateline NBC featured four teens with facial deformations, all of whom have experienced a brutal amount of bullying at school. The four teens wanted to undergo surgery to correct the deformations they experienced. The Little Baby Face Foundation helps people like this receive cosmetic surgery. People with facial deformations have the opportunities to write letters to the foundation stating why they think they should be chosen for the procedure. The foundation makes their selections based on financial need, severity of the deformation and the story the potential client tells.

In this feature of Dateline, three of the four candidates were chosen and all of three went through with the surgery. Although it is nice to see something so life changing for those who struggle, no one should change themselves because of disapproval from peers or classmates. Especially a deformation which people can't change.

This feature of Dateline NBC was heart-breaking to watch. It was hard to see those teens get bullied for being who they are. They were basically bullied for nothing. While considering the surgeries for their children, the hardest part for the parents was not wanting to see their children change who they are just because of other people and their ruthless actions.

It was nice for the teens to be happy with their transformations; however, it is also very

difficult to know that they underwent these procedures because of harsh people. It's almost as if the teens gave in to the bullying. The message they are sending to the bullies was not necessarily a good one. Teens who are bullies will get satisfaction when they see their victims act out. The victims acted out in a major way. Most would probably agree that plastic surgery was a strong reaction due to the bullying.

No one should change who they are because of others. The teens should have went through the surgery under different circumstances. It would be different if they had trouble getting a job or having a relationship because of their deformations. There are better reasons besides bullying to change who you are; however, it is understandable on some levels because bullying obviously has effects on teens that makes them change who they are.

If someone is bullied to the point where they want to make such a drastic change, they need to keep in mind that there are effects that the individual will face in their adult years. One of the teens was seeing a mental health counselor, who was against the idea of teens getting cosmetic surgery. She was concerned that even though the teens may like the physical results they see, there will also be consequences. Mental health consequences. They may not see these consequences immediately following the procedure, but the counselor makes a valid point. The teens will unfortunately have to live with the fact that they had to change their looks to fit in, or feel some sort of normalcy.

Many viewers watching the program probably agreed with the counselor. The effects really could hurt the patients' self esteem. Everyone needs a bit of confidence to get through the cruel world. Although this may not seem apparent just yet, the teens will most likely realize the harsh side of their procedures as they enter adulthood. To truly understand,



Keali French | The Register

attempt to pretend you had the procedure. Years later you may realize the compliments anyone may give you on your looks wouldn't feel very good simply because you know your looks came from a procedure.

When one thinks about this, one may soon realize that the long lasting effects are more intense than the positive effects that may come out of the situation. It is indeed a dif-

ficult situation.

Before going forward with such a procedure, one needs to know the true reason as to why one wants to have the surgery done. Is it for oneself? Or is it so one can fit in somewhere else? This doesn't just go for teens but for anyone who is considering plastic surgery of any sort. The effects could hurt anyone.



Sydney Spangrud | The Register

Athletes' grades imperative to success

By Sydney Halonen
STAFF WRITER

It seems that every year there is a decent amount of attention focused on the idea of what requirements should be upheld for students in order for them to play on a sports team in an OPS high school. There are countless rumors of programs that let things slip, as well as foggy terms on what exactly the actual requirements are.

When students try out for a sport they are required to have their grades signed off on a sheet by their teachers, making marks showing how the student is performing in class academically and if they should be deemed as "eligible" to play that sport. This sheet is supposed to be taken into consideration and used by coaches and staff regarding if the student is in fact allowed a spot on the team. Yet, does anyone really know the true rule about the amount of failing grades a student can have? Is anyone checking players' grades before each game to make sure all players are, by guidelines, able to play? This is an issue that shoots strait to the TAC building each and every year.

This year there was a new idea proposed that each and every student must have a 2.5 GPA to participate in a school sport. This is an idea that needs to be implemented throughout OPS. Students who do not put forth effort in the classroom, at least enough to get a "C" average should not be able to have more time taken away from his school work to play a sport in high school. Asking for a 2.5 is a good spot for OPS to chose because everyone is not able to achieve the same level of success in school and that is understandable, yet when a student's GPA gets down to a 2.5, it is nothing against them personally, it simply indicates that the students needs to spend more time on school work rather than practicing and games.

With this implemented it would give athletes more motivation to work hard in school in order to be given the opportunity to practice, this would make the decision of playing a sport more serious for the

athletes and help decisions from less committed players to not wanting to play at all due to the commitment it would then required. This requirement would also put a more positive outlook on our school system overall, especially on our athletic department. This would help raise a higher rate of athletic scholarships throughout the entire district given out to students due to students being able meet academic requirements that many currently do not make when graduating high school and attempting to play sports at a collegian level. This would also help end rumors about students slipping by with less than average grades and keeping the ability to play even though many teachers see no work being shown in the classroom.

After this idea is implemented, it is necessary that coaches should be deemed responsible to check the athletes' grades each week before game so students know if they are able to play or not, and no one may play if they are not meeting the requirements.

With having to do nearly nothing to receive an "F" in a class, no student should have failing grades and have the ability to practice, play and represent our school.

Sports are as much of a privilege as a practice, practice is required in the classroom just as much as on the court, or the diamond, or even the green.

As time goes on, this idea will do nothing but great things for not only Central, but all of OPS' athletic departments. Like most newly implemented ideas and standards regarding countless aspects of life at first are seen by many as crazy or out of reach, well eventually become main stream and it will become normal for athletes not to be fighting to graduate.

Although this idea is currently being looked down upon by many around the district, including coaches, parents and the students themselves, in the end this will help to ensure more committed athletes overall. Students that are not committed in the classroom should not have the ability to represent Omaha Central.



Yeily Barrera | Contributing Cartoonist

"Duck Dynasty" discrimination a controversial debate

By Jordan Young
STAFF WRITER

The inevitableness of what the first "Duck Dynasty" controversy was centered on: the conservative view of the gay movement and the response from Americans, was plastered across all types of media, requiring Americans to once again consider their stance on the debate.

But since this is a somewhat tried subject, the real stance here lies in the decision that A&E came to, that Phil Roberts, the one who made such comments publicly, was banned then accepted back onto the show. The Register has come to the conclusion that A&E made the right decision; a decision which we believe reflects the supposed "tolerance" that is thrown around as the basis for all peace today.

As human beings, it's so easy to point at one another and claim "bigot!" with fury and hate. Around the internet, not all, but quite a few people have claimed that name for Phil Roberts of "Duck Dynasty," and then gone farther to give that title to people of others with religious based beliefs kin to Roberts'. It's understandable, when two polar opposite ideas clash, one can only suspect that a war ensue.

But the source of said ideas, whether homosexuality is moral or not, resides in a belief. One being from the Bible, the other from man's own ideas. So in that way it can be understood why A&E took such a stance to let Roberts back on the show, he was simply expressing his opinion and free speech rings a bell.

That's not to excuse the way he made his comments, which were undeniably insulting and vulgar at times. And to add to that, it's not okay that he was in fact asked not to bring up such ideals contrasting those of A&E, but did anyway. But in this aspect, Roberts' moral values are completely different from secular ideas; should this be instantly shut down?

With that said, it is understandable that feelings were hurt, people saw injustice, but for a man not claiming to hate or wanting to hurt someone, should he have been punished, silenced and swept away?

After the comments were released, a gay rights group, GLAAD, thought so and issued a statement saying "Phil's decision to push vile and extreme stereotypes [as] a stain on A&E and his sponsors who now need to reexamine their ties to someone with such public disdain for LGBT people and families." The NAACP and the Human Rights Campaign (an LGBT advocacy group) also sent a letter, saying "These remarks go beyond being outlandishly inac-

curate and offensive. They are dangerous and revisionist, appealing to those in our society who wish to repeat patterns of discrimination."

Again, of course feelings were hurt; it's an extremely touchy subject where no one wins. It seems that tolerance should be forth coming from both sides of the debate, but is it okay for only one side to be allowed to come forth and make a case concerning this issue?

However, in completely different view from GLAAD, Louisiana Gov. Bobby Jindal commented after Roberts was allowed back on the show saying, "The politically correct crowd is tolerant of all viewpoints, except those they disagree with. This is a free country and everyone is entitled to express their views."

And although one may claim A&E was using tolerance as the basis of their decision to keep Roberts, as they claimed that "Duck Dynasty" is not a show about one man's views, it resonates with a large audience because it is a show about family, a family that America has come to love. As you might

have seen in many episodes, they come together to reflect and pray for unity, tolerance and forgiveness. These are three values that we at A&E Networks also feel strongly about," there are still other factors that can be seen to as why they kept Roberts. Millions of viewers and cash are surely some of them.

GLAAD expressed such concern when they said, "Phil Robertson should look African-American and gay people in the eyes and hear about the hurtful impact of praising Jim Crow laws and comparing gay people to terrorists." The statement said, "If dialog with Phil is not part of next steps, then A&E has chosen profits over African-American and gay people--especially its employees and viewers."

Others who commented on the issue included Sarah Palin who Tweeted: "Free speech is an endangered species: Those 'intolerants' hatin' & taking on Duck Dynasty patriarch for voicing personal opinion take on us all."

Nevertheless, LA Times makes an insightful quip on the whole matter saying, "The fact such defenses of free speech are also attacks on free speech is just one irony in an affair rich with them." On much simple terms it can be summed up that in all honesty, no one can really win the debate.

Some are tolerant, but seen as intolerant, someone is hated, but whoever it might be, there is no true winner and the same can be said for A&E. Although we agree with their decision, many others didn't and the tug of war only continues.



Sydney Spangrud | The Register

TEEN PREGNANCY

IS PREGNANCY WHILE STARTING YOUR LIFE AFTER COLLEGE MORE STRESSFUL THAN BEING A TEENAGE PARENT?

By **Stephanie Paul**
WEBSITE MANAGER

Babies having babies may not be an issue anymore. In a recent article by LivingScience.com, teen pregnancy has gone down dramatically in the last 12 years.

With teen pregnancy drastically decreasing, abortions have gone down in the 15-19 age range as well (according to the Huffington Post). Also according to the article, teen pregnancy has gone down due to the several new options of birth control nowadays. One of the most common and long term birth control seen in the teenage group is the IUD (intrauterine device).

In 2010 the highest birth rate decline in teens happened. The rate of teen pregnancy dropped nine percent. Even though pregnancy has been the highest in years, pregnancy rates have been going down since the 1950s (according to CDC.gov).

Even though the U.S. teen pregnancy rates are declining, it is one of the industrialized countries that has the highest teen pregnancy rate. Since 2010, the public paid for the cost for pregnant teenagers in the U.S. was around \$10.9 billion annually.

The highest teen pregnancy rates in the U.S. were in the 1960s

within women between 18-19-years-old. There were around 160 teens pregnant out of 1,000 in that age group. In the 1990s, this age group had another spike in pregnancy in the U.S., with 100 teenagers per 100 pregnant.

Teen pregnancy is not just the only age range that has gone down in pregnancy rates. In 2013 all of the age ranges went down in pregnancy rates from the previous year. Pregnancy rates will forever change throughout the years but the one age group that never seems to change is the mid-20s women.

The mid 20s is around the time that many women get out of college and start a career.

Imagine being pregnant around that time. Finding a job in this economy is stressful enough, why would a young woman want another stressor on top of that?

Having a career after college is great or should be great, making money, living on their own or roommates.

The 20s of a person's life should be a time of freedom and making real world choices. Getting married and having kids right out of college sounds actually really scary.

Marriage and having kids should be in a person's late 20s or 30s. Marriage is a big commitment and only being in their early 20s has a

person really found "their one." That's why 20s should be having fun and hopefully looking for their one "true love." But we humans think we have found the one we will always love when we are young.

We humans think we know what love is, but what is actual love? How can you just say you love another person and then get a married to them, and by some religion you are supposed to stay with that person for the rest of their life. So, marriage and kids is a big commitment so how can people right out of college be sure that's what they want, they have their whole life ahead of them.

Pregnancy rates question a lot of other rates like marriage and divorce rates. Isn't marriage and pregnancy supposed to be all happy and not full of rates? It seems like it is but now people just want to make sure they look like they are happy, but really are they happy?

In our modern day society it makes us question our sanity with everything around us. Pregnancy rates are dropping, marriages are failing, the economy is no good and we worry about things that aren't even affecting our lives.

Modern day people need to realize it is good that teen pregnancy has gone down, but is it good for women to be pregnant right after college, or not?

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Writing a therapeutic practice, aids in self-expression and communication

By **Cheyenne Alexis**
COPY EDITOR

When did people stop writing in their journals or diaries every day? When did people only

write while they were in school because they had to? Many people do not understand the benefits they could possess through writing. Writing does not only belong to the novelists, similarly as teaching does not only belong to teachers. Writing is enormously beneficial, regardless

if you are Charles Dickens or just a regular person with many thoughts.

Writing relieves stress indefinitely. According to an article on HuffingtonPost.com, "Expressive writing has been linked with improved mood, well-being, stress levels and depressive symptoms... and decreased time spent in the hospital. Some research has also suggested that expressive writing could help people with post-traumatic stress disorder, though TIME notes that some of the research on writing's effects on psychological health are a little more conflicting."

Over time, writing down something (rather than typing from a computer, phone, etc), can help one feel better about one's self.

It can get you thinking, similarly to reading. When someone is writing, the ideas practically fly right onto the page. Afterwards, when one is finished, one can reflect back on the things written and possibly change it to make it better, which in return, gets the brain working harder with the thought process.

Writers' ideas are not always set in stone anyways, so they have to go back, edit and reflect on what they originally thought. Writers constantly change to make it fit their standards, but even so, they still try to make it better and edit away. Basically, writing can get your brain working before, during and after whatever you write.

The creative juices flow while writing. Whether you're writing a full-blown novel or a simple diary entry, thinking about something and writing it down allows your creativity to shine, whether you call yourself creative or not. Even if you do not want to be a writer, everyone has a sto-

ry to tell, whether they thought of it themselves or perhaps it's their own life story. It is simple to write it all down in a notebook and keep it safely. It is interesting to go back and check on what was written before in your life as well. Adding onto that, according to Ken Davis on KenDavis.com,

"You will almost immediately become better at expressing yourself. When I am forced to write every day because of a book deadline, I am always amazed at how quickly my writing and verbal communication skills improve."

Of course, writing more not only allows your creativity to shine, but thinking about it, just like reading, writing can improve your vocabulary and in time, your writing will improve tremendously. No one can become a Shakespeare overnight, nor will a lot of people get to that level, but everyone can definitely become an E.L. James (or hopefully better) with the use of the right vocabulary and grammar skills. Any reading and grammatical skills can improve through writing.

Writing overall shows a higher level of understanding material. When people write essays or papers for college, English and etc, it is apparent that their knowledge up to that point is shown through their paper. Writing every day can make this a breeze in a timely matter, but also in a comprehensive matter.

Writing stories may not be as easy to normal people as opposed to aspiring writers, but with a few paragraphs a day or even easier, a few sentences, one can see the positive benefits of writing and may even come to enjoy it over time.

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Sydney Spangrud | The Register

"The shoe game" fad: collecting expensive brands gone too far

By **Kelsey Thomas**
STAFF WRITER

What is about to be said will probably offend a lot of people. But unfortunately it needs to be said.

The idea of "the shoe game" to an outsider at least, is the most ridiculous, idiotic trend to take over our generation.

The trend seems to have taken over much of the teenage male population at both Central and many other high schools. But, it seems that no one else seems to care or notice, and the majority of people simply pass it off as normal.

UrbanDictionary.com defines "shoe game" as "all the shoes you own, your shoe wardrobe, used when comparing the type and amount of shoes you have against another person."

The participants in the shoe game, otherwise known as "sneakerheads" spend hundreds or thousands of dollars on pairs of shoes from brands like Air Jordan, Nike, and Adidas.

These shoes are taken care of with extreme precaution. Many times the shoes are left in boxes, never to be worn, or to only be worn on a couple occasions. It seems like many boys have developed a distinct style of walking that prevents their shoes from creasing.

Let's just readdress how comedic the idea of a "shoe game" really is. Fine, you can have all the shoes you want. Spend hundreds of dollars on sneakers, who cares?

But the seriousness that people have when it comes to these shoes is what is truly concerning. People wait outside of shoe stores for hours

in inclement weather for the release of a pair. Violence in these lines is also prone to break out often.

Last October, two people were shot outside of a store in Delaware while waiting in line for a shoe release. Just before Christmas, another man was shot and killed in Milwaukee while waiting, again, in line for a shoe release.

Once again, a man

was shot in Las Vegas

last August while

waiting in line.

The list of occurrences

like these goes on, and

on and on.

And does no

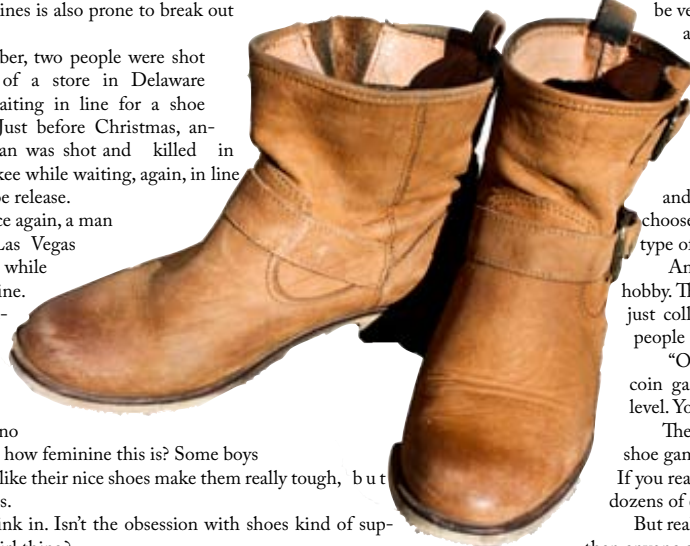
one else realize how feminine this is? Some boys

like to pretend like their nice shoes make them really tough, but

it's shoes. Shoes.

Let that sink in. Isn't the obsession with shoes kind of supposed to be a girl thing?

So called "Sneakerheads" determine other people's worth because



of the amount of shoes they have. These people can be very nice, but too often they seem to exhibit an incredible amount of conceit. They need to know, you are not better than anyone else. Your shoes don't make you any smarter, or more attractive, or a better person.

You can go ahead and choose to spend your time and money waiting for and buying these shoes, but other people choose to spend their time differently. And no type of person is better than another.

And, really, the whole shoe thing is just a hobby. These people that buy these shoes are really just collectors, gone too far. Can you imagine if people that collected coins were the same?

"Oh man, your coins are TOO fresh!" "My coin game is above everyone else's. Get on my level. You cannot touch these coins."

The people that consider themselves "in the shoe game" need to reevaluate what they are doing. If you really want to spend your time and money on dozens of expensive shoes, go ahead.

But realize, please, it does not make you any better than anyone else.

Too much pressure: be successful on your terms, not someone else's

In today's society, there are many forces that affect pressure on teens. Their friends, family, social media, etc. Typically when one thinks of pressure on teens they think that alcohol, drugs, sex and other crazy, impulsive decisions; however, there is also a certain type of pressure that many adults such as our parents, teachers and relatives do not think of. The pressure to be successful is harsh and very real. As graduation gets closer for many, the pressure becomes imminent.

So what is success? I'd like to think I know what the true definition is.

On the other hand, I'm too young and inexperienced to understand all types of success and the happiness that follows. I often times have found myself surrounded by others with talents that I wish I had. Being a teenager sucks. No doubt about it. Seeing the success of your parents, siblings, relatives, friends and classmates can be overwhelming because we all want to be successful and have a place to fit into in this big world.

With all this being said, being successful will never happen to you unless you have the right frame of mind.

There are many things to keep in mind while having a hopeful outlook on your own success. Don't get the wrong idea; money and status isn't everything. Having a stable income is good, of course but being super wealthy should not be your driving force. Once you get to the money, that's only half of the things in life that will make you feel happy and whole.



SETH ARTER
IN MY BENZ

You don't want to be like everyone else. So don't try to accomplish what your friends or peers are accomplishing if it's not worthwhile for you.

It's one thing if you're working on a class project and you want to go above and beyond; it means you've got drive and ambition.

If you try hard and do your best, that's what counts. Just be yourself and live how you want to live. (Within reason.) Don't try to do what everyone else is doing. Success on your own terms is the

best kind to achieve. It's what you want. The results aren't going to feel as good if you set goals to impress someone else.

From personal experience, once you see results, motivation becomes part of your daily routine it seems. Seeing good results can almost become addictive. It's a perfectly good thing. I can't think of anything more that can bring motivation to the table other than seeing successful results.

One day I was having a debate with myself. What is success? What determines who has it and how much they have? I then came up with the most cheesy, cliché saying that is very true. Not only is it true but it is very useful when one needs a boost of confidence.

We've all heard those annoying Lexus commercials with the annoying saying "This is the pursuit of perfection." As annoying as that commercial was, it sparked an idea in my mind and it led me to this corny, but brilliant saying in my mind: "Maybe the pursuit of perfection isn't actually perfect, but more so one's definition of success."

It simply means that you can create your own success. No one is perfect. So be yourself and shoot for the stars. Not perfection.



Emily Beck | The Register

THE GAME OF COLLEGE

ATTENDING A UNIVERSITY IS NO LONGER AN OPTION -- IT HAS BECOME A REQUIREMENT FOR SUCCESS.

By Georgia Chambers
STAFF WRITER

Recently, the debate of whether or not college is worth the hassle has been hot. One side to it is the traditional side; college is necessary to be successful in life.

In other words, the traditional side believes that unless you want to flip burgers the rest of people's life, college is the answer. However, the opposing view, is new and brings forth convincing factors. This side believes that college graduates make as much as ones who do not attend college through and through.

The truth behind this all is that college nowadays is very expensive.

Many students do not have the money to put forth right away and so many take out loans through the bank. Hoping to get a good job to pay back their loans, they leave college and face the barreling economy. The high unemployment rates makes finding a job and paying off their debts a day-to-day struggle.

As seen in The Wall Street Journal, today's average student debt averages around \$29,400, but after for many it is near \$100,000. On top of that, four in 10 college graduates wind up with jobs that do not require a college degree. These surprising facts goes to provide convincing information that proves that college may not be all that worth it.

However, The Register believes that college is a major preparation for life, and that it should not be dismissed. Education should be a moral for all, and with the right tools by your side, students can make it through college without the hassle that many face today.

One tool that students need to utilize is grants and scholarships. By applying for countless scholarships and grants, students increase their chances of receiving money to go towards their education. It is also a fact that more and more colleges are supplying scholarship opportunities to make college more affordable. This will in turn help reduce the one problem faced by many: becoming \$100,000 dollars in

debt.

As for the other problem, not being able to find a job, studies show that unemployment rates in the United States have steadily gone down, now close to a low 10 percent at most.

Even though the numbers still point towards college being a waste, the improving economy should slowly turn these numbers around and prove otherwise.

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This in turn means that work should be easier to find, and even though there might be people without a college education getting jobs, having a college education would put you at a higher advantage.

For example, imagine a growing, successful company looking to hire. It has gotten down to two people for a well-paying job, so they are called in for an interview with the president of the company.

Both of the applicants have very similar resumes. Both have had experience in the work force; both have letters of recommendation and a high school education.

However, the president notices that one of the applicants has not attended college. This then decides who gets the job; the one who put themselves through college receives the job.

This predicament happens all too often. Do not let this get in the way of your hopes and dreams for the future.

The Register believes that going to college will not leave you wondering if you will get the job or not, but instead lead you on a successful path. With this bettering economy, the side that argues that college is not all that worth it is dwindling and no longer a strong argument.

However, all in all, the choice is up to the individual. As a word to end by, just think about this. What if in the future there was no possibility of getting a job if one did not attend college?

But what if an individual had not attended and it was too late to go back? Do not be stuck in this situation. College is a growing experience no matter what and it is by far better to be safe than sorry.

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"Flawed" generation an irrelevant issue



Keali French | The Register

By Trenay Newsome
STAFF WRITER

The younger generation is viewed as the "flawed" generation.

Parents raise their children making them believe they could eventually be the president of the United States, but the next adult is also letting children believe that there is something seriously wrong with them and the ones they grew up around, which puts students at risk of battling wars inside of their head.

These wars taking place on whether a student is good enough to become president or will eventually become a no good drug dealer is doing nothing but setting most of them up to fail at their dreams. Although there are many errors with every generation, letting one of them believe they are the worst of all does nothing but make the situation at hand better.

Continuing to allow the younger generation to believe they are going to ruin the United States' future actually makes them not believe in themselves, but rather makes them want to give up on trying to improve themselves.

To high school students, the issue is known and taken into account; it is sometimes popular talk among Twitter about how horrible this generation is becoming. One conversationalist on Twitter tweeted, "This generation knows nothing about trust or loyalty compared to how past relations once were."

The ignorance of this tweet was taken to a different level.

When one destructs their own generation by comparing it to past generations, it is creating a future that has no hope for change.

On Bing if one simply types in "the flawed generation," many of the results say "the younger generation flawed? Why!" containing many different opinions, many of them including laziness and lack of respect for others. None of the opinions mention-

ing obesity, the STD rates of today or serious matters.

None of these opinions or comments actually show why morals of the younger generation are not respectable.

How can one of the younger generation have respectable morals if the people teaching them don't have any themselves?

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In recent years obesity rates have gone up, which leads to more health problems and STDs in which both can be a cause of death, values and morals are taken from the parents hand and what society expects, this causing the actual seriousness of these ratings.

According to CDC.gov obesity now affects 17 percent of all the children and teens in the United States, which is triple the rate from just one generation ago.

The problem is not what the teens are doing but what their parents are handing them. Parents are handing students the trigger for a death caused by a problem that has grown tremendously.

STD statistics have also gotten out of hand in the past years, according to Teen Sex Statistics, 65 percent of all teens have had sex by the time they are seniors in high school.

Forty-two percent of females teenagers have actually talked about STD testing and preventions with doctors which is not as good as it should be and only 26.4 percent of males have also talked about this.

The information that sexually active teens are not getting to them which is the reason STDs have spread so much is the past decade.

The effects of adults not believing the younger generation is harmful to them because they too will stop believing in themselves and accept the path of failure in which adults are creating.

Not all students will make a change, some of them will but they cannot happen with adults tormenting them whenever they get a chance.

Transgender law passes in Calif., should be rethought



Sydney Spangrud | The Register

By Micah Martin
STAFF WRITER

On Jan. 1, 2014, California became the first state to allow transgender students to decide which locker room, sports team or bathroom they want to be on or use based on their gender identity.

This makes this California law the nation's first to allow equal access to public school facilities and activities.

The creation and passing of this law has brought with it many mixed emotions from those who will have to follow it.

The Register believes that unintentionally, this law is interfering with the rights of non transgender students in public schools, due to the manner in which it is trying to give rights to those who would benefit from this legislature.

We believe that it is important for all students to feel comfortable at school. It is obvious that this law is trying to help transgender individuals; however, the feelings of those persons who are not should still be taken into account.

An environment where everyone feels safe is important, so that every person is able to learn and grow without having to worry about his/her well-being; however, what could potentially help the transgender students may simultaneously make their fellow peers uncomfortable.

This does not mean that the students' classmates have a problem with their transgender attributes, they just do not want to be forced to deal with it in this manner.

Just because a person is not against something does not mean that they would be comfortable being personally thrown into the middle of the issue.

Not only does that fact pose a problem to the new-found freedoms that these transgender students are being presented with, but it also allows for people to abuse those freedoms for personal gain.

More than likely, there is someone out there that would use the loopholes of this law to their advantage, even if they were not a transgender individual.

The world and times that we are living in are continuously changing, and part of this change must be developing some way to accommodate transgender citizens.

We do not want them to feel unfairly treated or discriminated against, but this has to be done in a way that will leave everyone satisfied with the results.

This implementation poses the arousal of more issues that take away from the one that this law was put into action to try and lessen in the first place.

Already, registered voters in California have come together and collected 620,000 votes in order to try and stop this law. It is obvious that many people feel that this law has infringed on the privacy of students in California public schools.

If these people are able to gather enough signatures, the authority of this law will be put to an end. This would mean that transgender students would not be allowed the freedoms of this law, but the former policy would still be intact.

The old policy required that discrimination against transgender students not happen, and allowed the school to work with families to address issues. That is more than some places have, but many of the people that this policy was meant to benefit felt that it was not as sensitive as it could have been.

This topic should be approached carefully, because for those students who are transgender it may feel as if they are being forced to deny the person that they truly are supposed to be.

Still, The Register feels that the hearts of the people who wrote this bill were in the right place, but the law that they came up with would benefit from some rethinking.

Transgender individuals should not be discriminated against for being who they are, but others should not be forced to give up their own rights to try and stop that discrimination.

Everyone is familiar with the saying, "Treat others how you would like to be treated," and this is a perfect example of why the law in question will never live up to its full potential.

The transgender students would only receive these new rights at the expense of their peers, putting them in the exact same position that their fellow peers were in before the ruling of this law.

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Movie depicts punk rock women, promotes female empowerment

The Riot Grrl feminism movement started in the early 90s in the Pacific Northwest and involved an underground punk aspect. I recently saw a movie that helped me to better comprehend the essence of the movement itself and it inspired me.

I entered Film Streams on that cold day of winter break unsure of what to expect of the movie I was about to see.

It was called "The Punk Singer," and I myself was excited at the prospect.

Ever since I was about 14, I wanted to be "punk." I didn't really know what that meant-- I thought it meant that I had bangs and dressed differently from society, but the thing is, that's not really what punk is.

The thing about punk is it can be whatever you want. Anyways back to the whole Riot Grrl thing. I've always been really interested in the topic. That being said, I went into this movie not knowing it had any relation to that at all. I was pleasantly surprised.

The movie itself was about Kathleen Hanna, an Olympia, Wash. native, who also was the lead singer of the band Bikini Kill. Hanna is attributed with being one of the founders of the Riot Grrl movement. The whole movie followed her life from its beginning up to where it is now.

Bikini Kill was all about feminism and so was/is Kathleen Hanna. Men had dominated the punk field for quite some time and women were making a comeback.

The band itself was all girls aside from the band's drummer.

Hanna made many statements by what she wore in this band to kind of show the whole girl power idea she and others at the time had. This infamous shirt that she wore all the time had a man's chest on it with defined abs and all that.

She was one of the main faces of Riot Grrl and she lent her voice as well as her attitude and clothing choices to the cause.

Bikini Kill's overall style and music is very inspirational to me personally. They've helped me to realize that I don't have to sit in the background, I can take a stand and to quote the somewhat slogan of Riot Grrls, "Start a f***n riot!"

Their songs had themes that no one had ever thought about singing about at the time. "Rebel Girl," the band's most well known song, was an anthem for Riot Grrls around the country. Memorable lyrics include "Rebel Girl, you are the queen of my world," which again shows the women empowerment that Hanna and the whole movement were trying to bestow upon people.

The Riot Grrl movement itself was super cool. It is most usually associated with third wave feminism. Riot Grrls talked about the things that no one else would: rape, abuse, other societal issues for women and of course women empowerment.

During their shows, Hanna would write "slut" or "incest" to prove her points. She wrote "incest" because a reporter wrote a story about Hanna and how her father had raped her as a child which Hanna

denied being true. Instead of being upset about those allegations against her father, she used it to her advantage to make a stand. Meanwhile Hanna and her other bandmates were making zines about feminism and things of the like.

There was even a manifesto written for the cause: "BECAUSE we girls want to create mediums that speak to US. We are tired of boy band after boy band, boy zine after boy zine, boy punk after boy punk after boy... BECAUSE we need to talk to each other. Communication/inclusion is the key. We will never know if we don't break the code of silence... BECAUSE in every form of media we see us/myself slapped, decapitated, laughed at, objectified, raped, trivialized, pushed, ignored, stereotyped, kicked, scorned, molested, silenced, invalidated, knifed, shot, choked and killed. BECAUSE a safe space needs to be created for girls where we can open our eyes and reach out to each other without being threatened by this sexist society and our day to day bull****"

That's the whole idea of the movement. The idea to better yourself and create for yourself and to express yourself. This is why Hanna is one of my idols and why this movie spoke to me.

I'm probably never going to be a Riot Grrl ever because I mean that was around in the 90s and it's 2014 now, but it's a nice goal and thing to think about as a woman.

Not necessarily boys over girls, but the equalization and our own voice needs and has been recognized. It just makes me inspired to make things, cool and interesting and inspiring things. Ah. Watch this movie I recommend it so much. Kathleen Hanna is the best and so is this movement.



MAYA DURFEE O'BRIEN
I GUESS THAT'S OKAY

Documentary "Blackfish" misleading; SeaWorld should opt for sea pens

By Kira Hawkins
STAFF WRITER

One of the most known things about SeaWorld is the orca shows.

Trainers work tirelessly with the species of dolphin also known as the killer whales so that viewers can enjoy a grand show. But a thing to remember is that these animals can be and are dangerous.

A SeaWorld orca killed a trainer during a performance back in 2010 by an orca that was involved in two other trainer deaths.

There is now much controversy over whether or not to continue the killer whale entertainment program.

Following this year's release of the documentary "Blackfish," which states that SeaWorld has withheld information on accidents and fatalities involving killer whales, the entertainment company's practices have come under heightened scrutiny.

The U.S. Court of Appeals is now being asked to decide if barriers and minimum distances between orca and humans is a safety measure imposed by the Occupation Safety and Health Administration (OSHA), or a crippling factor of Orlando-based SeaWorld. SeaWorld's attorney states that this would be like the government putting a minimum distance between players in the NFL.

The film "Blackfish," a documentary that was presented by CNN, lists that history of incidents involving orcas in captivity, including the events leading up to the 2010 killing of Dawn Brancheau by Tilikum, an orca involved in the deaths of two other trainers.

The film has been a source of much despair for SeaWorld. "Blackfish" is listed as a documentary,

instead of a balanced treatment of a subject; the film is inaccurate and misleading and exploits a tragedy that is a source of deep pain for Dawn Brancheau's family, friends and colleagues. To promote its bias that orcas should not be kept in a zoological setting, the film presents a distorted picture that withholds key facts about SeaWorld; among them, that SeaWorld is one of the world's most respected zoological facilities, that SeaWorld rescues, nurses and returns to the wild hundreds of wild animals every year, and that SeaWorld commits millions of dollars each year to conservation and scientific research.

Perhaps most important, the film fails to mention SeaWorld's commitment to the safety of its team members and guests and to the welfare of its animals, as demonstrated by the company's continual improvements to its orca facilities, equipment and procedures both before and after the death of Dawn Brancheau.

There was talk about using sea pens to keep the orcas, which had become used to captive lives, in the real ocean, but where they could be watched and checked on.

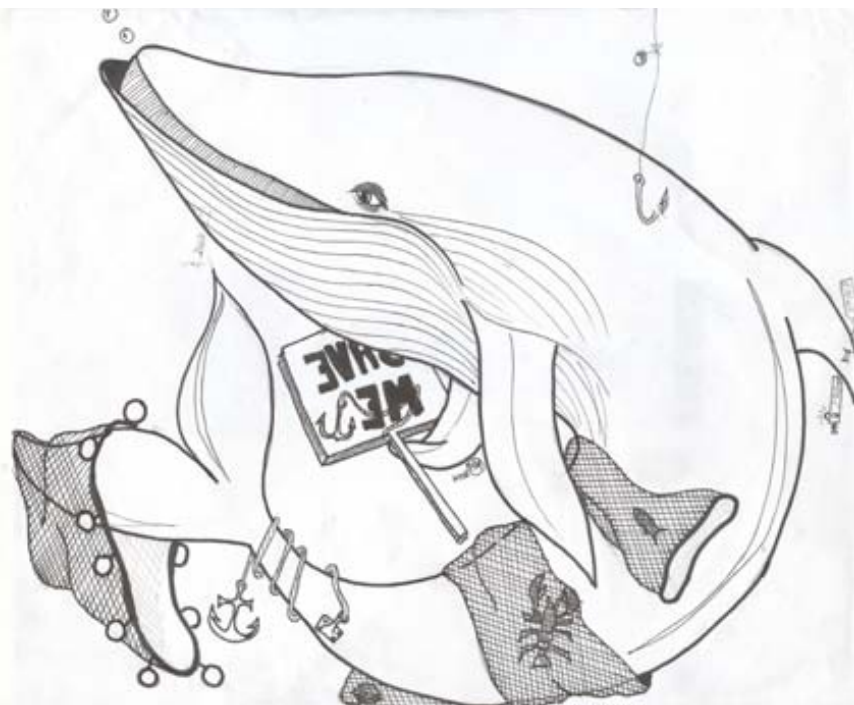
There, they could exist in real ocean water, catch and eat live fish, and live in the natural world.

SeaWorld would still own the animals and could charge people to observe or study them from shore. It would be a win-win-win situation: for SeaWorld, for the public, and especially for the whales. SeaWorld officials don't agree.

Sea pens can be effective for transitioning a rescued animal back to life in the open ocean, but they are not appropriate for long-term care.

Orca habitats are the largest and most sophisticated ever constructed for a marine mammal with over seven million gallons of constantly filtered and cooled water.

IN THE
OPINION
OF THE
REGISTER



Keali French | The Register

They provide an environment that allows marine biologists to properly care for and study the animals. The Register believes that, while sea pens may not work for the long haul, they are still a good idea. Changes in regulations for SeaWorld trainers should

be enforced to ensure all possible safety. While what SeaWorld does is a great thing; saving and rescuing animals, keeping such social, active animals in tanks, no matter how big, isn't something that we as humans should be doing.

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