



the

register

CACE winners celebrate scholarship with banquet

By Jordan Young
STAFF WRITER

Six seniors were awarded the Concerned and Caring Educators (CACE) scholarship from the CACE program itself and officially received the honor at the celebratory banquet on Sunday Feb. 9. Danielle Young, Atoinette Herbert, Gabby Foxx, Ashley Swift, Jordan Kuiper and Olwaseseni Adekunkle accepted the \$1,000 scholarship after a process of writing an essay, and filling out paperwork much earlier, similar to the process taken for most scholarships.

CACE was founded after the desegregation of the Omaha Public Schools in the fall of 1975 for the very few African American staff members and administrators spread around the schools to combat any feelings of isolation among them, in spite of the well-understood positive step forward.

This motive to “meet social and/or professionally for psychological and emotional reinforcement was one of the reasons for the formation of the Concerned and Caring Educators...” as stated in its history pamphlet.

The original incentives, to establish communications and support among the minority group of employees in OPS, have since expanded to help students as well.

The foundation has meetings concerning multiple activities they are involved in, including a banquet for elementary schools in which kids are nominated by their principals for academic achievement, and of course, the CACE scholarship and banquet.

And, as it should almost be expected, Central is represented within this well-to-do group of people, this time by assistant principal Dionne Kirksey who remains to be a member. “I go to the meetings and help with [the] scholarships,” she said.

The scholarship process is based on a GPA of 2.5 or higher, the quality of the essay, financial need and involvement in extracurricular activities.

There is also an extra effort to make sure that the rewards are spread among the OPS schools, mainly because the biggest schools consequently receive the most schol-

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By Jordan Young
STAFF WRITER

Photo Courtesy of the Central High Foundation O-Book Archives

Cadet Colonel Harry Henderson and Honorary Colonel Judith Eichhorn enter Central’s Military Ball in 1961, when the event was held at Peony Park.

CENTRAL’S MILITARY BALL

AFTER DECADES, CENTRAL’S HISTORIC MILITARY BALL STILL OFFERS OPS CADETS A NIGHT OF DANCING

By Kira Hawkins
STAFF WRITER

The military ball will be held at the Milo Bail Student Center at the University of Nebraska-Omaha on March 28.

This event will start at 7 p.m. and end at approximately 11 p.m.

Sponsored by the Omaha Public Schools Ju-

nior Reserve Officers Training Corps (JROTC), this event is for all OPS cadets.

The tickets are \$10 each and are available to any student in the JROTC program. The attendance ranges from 350-400 students, and includes all of the military science instructors from OPS.

With one foot in the present and one in the past, this military ball is more than just another school dance.

Military science, which is the program that this ball is held for, has been a part of Central High School and OPS for a long time.

“You really have to go back and look at the history of it. This has been here since Central was Omaha High School, and up until, I believe, the

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Concordia Language Villa hosts world language camp



Photo Courtesy of Natalie Nepper
Above: The villa where the foreign language students spent their time.

By Natalie Nepper
STAFF WRITER

The weekend of Feb. 28 through March 2, around 40 Central students attended Concordia Language Villages in Bemidji, Minn. to experience total language immersion. Students split into three separate camps, offering Spanish, German and French-style housing, dining and activity halls.

Each camp treated students with a completely new language experience. Those participating chose new names traditional to their corresponding language. The last names given to students designated them to a new “family” whom they would eat every meal

with, partici-

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Central takes third at Academic Decathlon state competition

By Stephanie Paul
STAFF WRITER

Recently, Central’s own Academic Decathlon (also known as AcaDeca) team competed at the state competition.

The team swept the floor with awards, leaving with a third place in the large school competition and second place in the Super Quiz competition.

Ahead of them were Creighton Prep in second place and Lincoln Pius X in first.

The Academic Decathlon is a national program that is offered as an honors elective to anyone who wants to join.

The class studies together for the individual test of knowledge event that they compete in.

Even though the members of the class study together, they only compete in the Super Quiz together.

“Super Quiz is basically your good old history section, so all the causes, battles and strategies of the war were encapsulated in that,” said Lauren Wegner, AcaDeca team member.

The other portion of the competition, the test of knowledges is a multiple choice answer test.

The student in the event can choose from 10 different categories.

“If you compete you have to do every single subject; you can’t pick and choose,” Wegner said.

She also said that this year’s topic was World War I, and that the competition included material over subjects such as architecture, twentieth century writers, modern art movements and music, in addition to science and math.

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Photo Courtesy of McKenzie Miller
Medals from the state competition are pictured above.



FASHION MARKETING

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STATE QUALIFIERS

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JUNIOR LOT

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The Fashion Marketing students go to NYC to attend fashion shows and workshops.

Three varsity swimmers work hard to ultimately become state qualifiers.

Wreckless driving and damaged cars give the junior lot a sketchy reputation.



JUVENILE CRIME

TERMS TO KNOW

◆ Parole

An inmate is released, but stays under strict surveillance and must follow extra rules. The released person must frequently meet with a parole officer.

◆ Appeal

A request for a new hearing. Usually a prisoner will write his or her own appeal, which may cause their case to be transferred to a higher court.

◆ Probation

A person's sentence is suspended and freedom is granted with the promise of good behavior

◆ Charge

The specific statement of the criminal offense one has committed

MINORS AND MURDER: ARE LIFE SENTENCES FOR JUVENILES JUST?

By Emily Beck
EDITOR-IN-CHIEF

Nebraska's Supreme Court ruled early last month that the sentences of three men who committed crimes as juveniles were unconstitutional. Juan Castaneda, 21, Eric Ramirez, 22 and Douglas Mantich, 37, were convicted of murders when they were 15, 17 and 17, respectively. Each received life sentences.

While it was not specified that their sentences were without parole, a life sentence essentially means that a convict will not be eligible for parole. Inmates would have to get their sentences reduced to a concrete number of years before hoping to attain parole.

The Nebraska Supreme Court's ruling ordered that Castaneda, Ramirez and Mantich receive new sentences.

The other 27 Nebraska cases similar to these could also be affected; many of these cases are under appeal (Douglas County Public Defender Tom Riley has reportedly "filed motions on behalf of the remaining 15 inmates convicted in Douglas County," according to the Omaha World Herald).

The ruling in the 2012 case *Miller vs. Alabama* (life sentences without any chance of parole for juveniles are unconstitutional) brought about Nebraska's recent Supreme Court decisions.

U.S. Supreme Court Justices seem to believe that juveniles (even ones who commit acts of murder, amongst other crimes) are still capable of changing for the better, and that with positive influences and prison time shrouded in thought about former actions, these unfortunate minors could be released and continue on

with normal, crime-free lives.

This makes a lot of sense—a minor may easily/accidentally become involved with a crime through negative influences or other circumstances (i.e. a teenager getting sucked into gang activity), receive a murder charge and end up with life in prison.

However, the U.S. Supreme Court seems to think that mistakes made when one is young should not necessarily take away all possibility of leading a normal life as an adult citizen.

The Supreme Court determined, as written by Justice Elena Kagan, that these lifetime sentence rulings go against the Eighth Amendment, which prohibits cruel and unusual punishment.

Clearly murder is a serious crime, and these inmates' convictions should stay rigid (as they have). However, resentencing has now been determined necessary, and will undoubtedly alter how Nebraska's court system deals with cases which involve minors and murder.

As Joe Duggan for the Omaha World Herald writes, "The new law also requires judges to consider factors that could mitigate the youth's responsibility." For example, perhaps a youth is involved in a drugstore robbery with several friends.

Perhaps this youth was not the one who pulled the gun, but a friend did—that youth could still be charged with a hefty crime and potentially receive a life sentence.

It is this type of situation that the courts are trying to address.

Can prison change a person? The question of the possibility of rehabilitation comes into question. Prison is meant to punish, but one of its more ideal purposes

is to allow those who have committed crimes to atone for them.

Many times, though, this does not seem to occur. Does that mean that rehabilitation is a foolish thing to believe has the possibility of occurring?

Chad Flanders of Saint Louis University's School of Law writes in an abstract for his paper, "The Supreme Court and the Rehabilitative Ideal," that there are three types of rehabilitation: "the mostly discredited model of rehabilitation as treatment, a more modest model of rehabilitation as training, and an older model of rehabilitation as reform."

He explores the case *Graham vs. Florida*, in which the Supreme Court determined that juveniles can't receive life sentences without chance of parole for non-murder crimes.

"Their struggle," he writes, "is one about defining how (and whether) rehabilitation should play any substantial role in sentencing."

While this may be incredibly difficult to determine in a court case (how does one decide another's capacity for becoming "better" later in life, or how time in prison will affect said person?), it has to be done in order for the system to be just.

This is the struggle that both Supreme Court Justices and judges in the Nebraska Supreme Court face.

As a result of this ruling by the Nebraska Supreme Court, the law will have to be revisited since life terms were formerly the go-to ruling for juvenile murder cases.

Some Nebraskan judges do not agree that the ruling for the *Miller* case should apply to cases which have already been closed—but that is another matter that must be examined.

WHERE DO THE "BAD KIDS" GO? A LOOK AT ALTERNATIVE SCHOOLS

By KELSEY THOMAS
STAFF WRITER

In the Omaha Public Schools system, there are two places for students to go when no other school will accept them.

The first school is called Parrish Alternative School, located off of 44th and Farnam Street.

Parrish is the host of the Expelled Student Program (ESP) for students in OPS grades K-12.

If attending, students work on several skills until they are able to return to a regular elementary, middle or high school.

Students go through a regular curriculum, as well as counseling, individual goal setting and a family outreach program.

Parrish has been around for a long time, over 50 years. The location, though, has not always stayed the same.

The ESP has taken place in several buildings, and in 1993 the current location began to be used.

The other alternative school that's more well-known is called Blackburn.

Blackburn only serves students grades 9-12. The school is located at 2606 Hamilton Street. Blackburn does not host expelled students. Instead, students with truancy, or regular behavior problems or that need extra help often attend Blackburn.

According to their website, Blackburn provides "smaller classes, flexible scheduling and self-pacing to complete courses." Like at Parrish, when students are able and ready to attend a regular school again, they do.

Blackburn also has several programs similar to those at the OPS Career Center, which is located at the TAC building. There are four programs: Horticulture Academy, Auto Detailing Academy, Community Service Learning and Culinary Academy.

These programs aim to help students gain organization, leadership and skills needed for future employment.

Blackburn Alternative High School and Parrish Alternative School both have one goal in mind; to help students get better in school and to interact with other people more comfortably so that they can return to a regular school and succeed.

OPS ALTERNATIVE SCHOOL ATTENDANCE NUMBERS

NUMBERS COURTESY OF OPS'
OFFICIAL FALL 2013 MEMBERSHIP DATA

	PARRISH	BLACKBURN
Eighth Grade:	18.4%	--
Freshmen:	23.7%	5.8%
Sophomores:	23.7%	19.5%
Juniors:	13.2%	29%
Seniors:	21%	45.7%

ROBBERY, TRESPASSING,
DRUG AND GUN
POSSESSION, THEFT,
EVEN MURDER...



WE ALL MAKE MISTAKES, BUT SOME TEENAGERS'
POOR CHOICES LEAD THEM DOWN A DARK PATH.



LAYOUT/DESIGN BY EMILY BECK

PHOTOGRAPHY BY SYDNEY SPANGRUD AND LUCY SIMMONS



JUVENILE COURT: WHEN MINORS ARE TRIED AS ADULTS

By Jordan Young
STAFF WRITER

For many children, it was once fun to dream about the adult world. The foreign universe of coffee, lipstick stains and business suits was a type of anomaly, misunderstood and distant. But when that place becomes reality too quickly, it can be a scary and undesired dystopia and some kids are familiar with this all too well.

For thousands of juveniles across the country, the transition from child to adult couldn't have come any faster: they were charged as adults in the court room for breaking the law, possibly the worst way to be thrown into the adult world too soon.

The criteria and situations surrounding each juvenile's case differs, and the process of being charged and sentenced requires more considerations than one might think.

It all begins when a teenager—or kid for that matter—commits a crime. After law enforcement takes him or her into custody, the individual appears in county court and the county attorney can request for the individual to remain in adult court, or the defense attorney for that same individual can file a motion to be sent to juvenile court.

Additionally, the county attorney could either disagree or agree with the defense attorney.

But overall, the county court judge has the final say in whether or not a juvenile will be retained in adult court or be shipped off to the juvenile court system.

It's also crucial to note that this decision isn't merely based on a certain young person committing a crime. It has to do with so much more.

County Court Judge Darryl R. Lowe sees youths every day and sends about 30-35 percent to adult court, versus about the 64 percent that goes to juvenile court, according to his personal estimate and kids tend to commit a multitude of crimes.

"Possession of drugs, control of substance, trespassing, concealed weapons—anything you can think [of]," he said.

He also discussed the more serious offenses and felonies, from robbery to fights gone completely awry and even murder. These criminal acts and additional issues pertaining to the young adult are factored in when other judges, much like Judge Lowe, come to the conclusion of whether a teenager should be tried as a juvenile or remain under county court jurisdiction as an adult.

"The question is understanding the child and juvenile," said Lowe. In turn, the answer comes from within the prosecution process, which lies largely in the hands of the county attorney.

"I've prosecuted a 15-year-old for first degree," said elected head and official County Attorney Don Kleine. The youngest he has prosecuted was a 14-year-old who murdered a six-year-old child.

One might wonder what the specific standards required for kids to be tried as an adult is.

For this, Kleine emphasized on the Nebraska Statute, which gives the fundamental criteria and factors that county attorneys base their prosecutions on.

Generally, the seriousness of the crime, age (legal age of adulthood is at 19), maturity level, available helpful services, repetition of crimes and history determine whether the county attorney will decide that it's in the best interest for them to charge a young person as an adult.

“ Juvenile brains haven't fully developed. ”

JUDITH WELLS
defense attorney

Similarly, kids under 16 years, as stated in the Nebraska Statute as well, are analyzed in the same way, however with even more scrutiny presumably among attorneys and judges.

Defense attorney Judith Wells, who defends younger clients around fifty percent of the time, knows more than enough about dealing with young people using the same attitude.

"I...handle them differently...juvenile brains haven't fully developed," she said.

Twelve or more of her clients have been tried as adults, all based on the criteria Kleine identified.

"[You] have to look at seriousness. I think looking at that...we only have a duty—they need to be healthy."

"They," as in any young person, are sent to court.

Because, as Wells stated, kids' brains aren't fully developed, the court (whether juvenile or adult) takes this into consideration and does its best

to accommodate for those who made a thoughtless and at times costly mistake by committing a crime.

According to Lowe, the court "can send them to psychological counseling—community service, rehabilitation."

In addition, there are alternatives for young people as Kleine discussed as well.

For example, placing those over the 18-year-old age limit in Young Adult Court where they have to do community service, try their best to fix the issue and most importantly receive no felony conviction while all charges are dismissed and only classified as a misdemeanor.

"[Our goal] is to not have juveniles in adult court," he said. "We want them to change and figure out what type of help they need."

Besides this single side to "change and figuration," the opposite reveals a face that may not be as "nice" as the latter. Similar to former Omaha Central student 16-year-old Austin White, who was charged for one account of robbery as an adult during February of this year, kids aren't always dealt in the more compliant way.

White and accomplices Howard Evan Smith and additional previous Central student Samantha Provencher (who are both adults) robbed a bank and attempted escape.

Bank Robbery counts as a federal crime and because of this and possibly other factors, White will be charged as an adult although he has yet to face a judge and further information on the case thus far hasn't been released.

Kleine noted that over the past 25 years, the pattern of violent or more serious crimes, like the Austin white case, among youths have seemed to increase, especially in the recent years.

Examples include "Justin Lans, 16-year-old who killed [his] girlfriend under a bridge," according to Kleine as well as others, including a 15 and 17 year-old who murdered three people in 40 minutes.

What's also devastating to realize is not only the crime itself and the sentencing, but its effects on young people, their families, and victims and their families. "[It's] extremely sad, horrible," said Kleine.

Furthermore, the future for that one young person charged as an adult can become very bleak.

For them, the possibility of prison and the issue of their personal records become apparent; the possibility of no more reading gossip magazines, wearing prom dresses or playing baseball fit into the equation because unfortunately, they are in the big leagues now.

IN THE SYSTEM: CENTRAL JUNIOR MAKES A COMEBACK

By Tia Spears
EXECUTIVE EDITOR

Junior Terrell Brown is a 17-year-old student that has been previously put through the system. Starting the 2013-2014 school year off on house arrest, Brown said, "is not a positive thing."

Brown is currently in the transition room where he will need to catch up in his classes and achieve passing grades. Brown has been suspended already this year for his attendance and insubordinate behavior.

"I'm really [trying to] get straight and do right now," Brown stated. "I want to graduate and just do better than before."

His behavior is what initially got him on house arrest in the first place. Brown was facing truancy issues and gun charges, but wished to not comment about the specifics according to those charges.

Brown checks in frequently with his probation officer. Their spontaneous meetings involve a drug test. When Brown was on house arrest,

reports of his whereabouts would also be discussed.

Brown said, "Just do right in school and stay away from drama." Brown was formerly involved with people within gangs, but not an actual member of any gang.

"I was lucky enough to not be involved for so long so I was good," he said. He struggled with his home life and sought other influences for comfort, then quickly discovered through his troubles that being involved with people in a gang or any activities of that sort was not the life he wanted to live.

"I've been jumped, got people who tried to shake me for some shoes and I'm trying to pick a different crowd and slow down," he said. Brown hopes to be able to move out of being in the transition room and go back to his actual classrooms where he will be able to focus.

"There's too many distractions because I know so many people up there," Brown said.

Speaking of distractions, they are the source of some of Brown's

troubles. Brown has been associated with juveniles that have been through the system before, one of which has been tried as an adult for second degree murder.

Fortunately, Brown was able to steer clear of any major offense such as second degree murder. Brown has only been convicted of minor offenses. Throughout Brown's experiences, he has learned a lot and has a bright future.

"I'm actually a smart person despite what people may think... I know I'm going to get somewhere," Brown said. His lasting word to students who are looking for a way out or are starting to gravitate towards the wrong crowd are, "just focus on school and your grades... That other [stuff] isn't going to get you anywhere."

At the moment, Brown is steering clear of trouble and concentrating his energy on getting back to how things used to be. He is focused on staying out of trouble and making a new behavioral pattern for himself.

Six students receive 2014 CACE scholarship, awarded in February



Photo Courtesy Of |Donne Kirksey

The collective recipients of the 2014 CACE Scholarship. Pictured are all of Central's recipients at the Double Tree Hotel on Feb. 9, 2014.

CONTINUED FROM 'CACE' ON PAGE 1

-arships (Central being the highest) and this is "based on percentage," as Kirksey put it. And among them, about 21 or 22 students were awarded this year.

Besides this criteria, funding to the scholarships determine how many are given out. "[It's] just based on money raised," said Kirksey.

This includes fundraising and those who decide to donate, including Kirksey, who donates every year for the scholarships and this year with an amount of 1,000 for a single scholarship.

"I remember when I got a scholarship and it helped me out," she said. "[And it helps] to get people started."

Funding for college became difficult for Kirksey as well, living with a single-parent, and another who didn't help at all with raising her. So, after her mother paid for her first semester of college, Kirksey began filling out scholarships.

Upon doing her first scholarship—the Northwest Bell Scholarship—Kirksey realized quite a few things.

"If I was focused and at least tried, I would be recognized," she said. And for the six girls who received the scholarship, they couldn't agree more.

"I loved it," said Jordan Kuiper, one of the recipients, commenting about the scholarship banquet. "We stood out. Everyone was able to recognize us. You were one out of 21 people who got it...It might just be one scholarship, but it gives me hope for the ones to come."

Another scholarship recipient, Danielle Young, was exposed to the program years before she was a part of it and was aware of how big the honor was. "I believe in middle school we went to the ceremony," Young said. "...I didn't ever expect me to be in that place."

Ashley Swift, like Young, also attended the banquet before her high school years, however she also noted that there was a difference about this scholarship, and it came from its specific focus.

"[They] really focused on African Americans who wanted to be really big things," she said. "We want to make something and get sent to college."

These dreams include majoring in English and photography for Young, big plans for Swift, and traveling abroad to help children across the world for Kuiper.

To only put further emphasis on the importance of these young peoples' hopes and the road they are taking to get there, the banquet is held at the downtown Double Tree Hotel this year, including dinner, motivational speaker, pictures and more.

In addition, Kirksey invites other students of minority background to attend the banquet to get them to hopefully understand what these six and the remaining scholarship recipients from other schools were able to.

"I hope it makes [them] visualize," she said. "Helps them say, okay, I can go do this."

JROTC students prepare to attend Military Ball

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mid 50s, if you were a male you had to be in JROTC.

It started out as a program to train future officers for the army," said Lieutenant Kernel Michael Melvin, "but to define JROTC now it's really more about citizenship, respect, self-discipline and life skills."

In order to instill these characteristics into the students of this program, classes like goal setting, time management, oral presentation, first aid and marksmanship are offered. These classes instill these characteristics, allowing Central's JROTC's mission of creating better citizens, and making high school students more aware of what it means to be an American. This mission is why the JROTC program at Central holds all of its cadets to a higher standard.

"It is so much more than a class that will inform you about military science," said senior Eric Paulsen. Along with JROTC at Central, the military ball also has deep roots in the school's history.

"The military ball started back in the 1800s. JROTC, back then, was called the Core of Cadets. It had many social functions. It was a whole different high school world back then. You would dress up formally and come to Central, they were probably held here, and you would have a formal dance," said Melvin. Now, instead of Central hosting many formal events like these for its students, there is one larger one held for all of OPS. This may not be exactly how it was done in the past, but it is able to keep a JROTC tradition alive even after all this time. Today the military ball is held each year, and gives an opportunity for all cadets in OPS to be a part of it. However, it is mandatory for Central seniors. This ball is an event that consists of a formal program, and a dance afterwards.

"The ball is a way to celebrate another outstanding year in JROTC," said Paulsen. During the formal program of the event, all of the senior

cadets in OPS walk across the stage and are afforded the honor of being recognized by name.

After that, there will be the announcement of the OPS Brigade commander, along with the recognition of his/her staff. The Brigade Commander is selected from all of the Battalion commanders in OPS. This position entitles being the commander over all of OPS. The parents of the seniors and Battalion commanders can go to the event to watch the formal ceremonies of the ball, but normally this event consists mainly of cadets and the instructors who act as chaperones.

Being named as Brigade commander is a great honor, because only the best of the best compete for the title.

Melvin said that on Feb. 28, he took Central's Battalion commander Paulsen to the National Guard armory where he went before a board of National Guard officers. There Paulsen was interviewed just as the other six Battalion commanders. After all of these interviews are completed the Battalion commanders will be ranked in order to decide who will have the honor of being the Brigade commander.

At Central, to even become the Battalion Commander to get a chance at this other honor, students have to put together a resume and cover letter outlining what positions they want and why they deserve that position. After that, they are interviewed by the three person board of the JROTC instructors and the outgoing Battalion commander, who decide upon which students should get the different positions for the upcoming year.

"I like the comradery of the kids, and the announcing of the seniors at this event. If you have put four years into this program it's a big time commitment, and I like to see that they are recognized," said Melvin.

The military ball allows cadets to be recognized for what they have accomplished throughout their time in the JROTC program. done in

AcaDeca students sweep competition

CONTINUED FROM 'ACADECA' ON PAGE 1

The Central students who are involved with Academic Decathlon have had four competitions for the 2013-2014 school year. The two competitions that were in 2013 were scrimmages, and the latest competition was the State one.

Junior Grant Sturek placed first in the economic test of knowledge test at the scrimmage in December; he also placed third in the science test in December.

This is Sturek's first year being a part of the Academic Decathlon at Central, and he loves it. The junior plans to take the class

“ If you compete you have to do every single subject; you can't pick and choose. ”
LAUREN WEGNER
acadeca member

again next year.

Other than the test of knowledge, there are four other competitions that the students compete in. The Super Quiz is the team competition. Central has three "teams" with three people and one alternate on each team, which competes in the Super Quiz.

The teams are decided based on a student's cumulative GPA. Central's teams have the Honors team that is the "A" students. Then the second team is the Scholastic team that has the "B" students. Then the last team is the Varsity team that has students with "C" and below GPAs.

The students also compete in a speech competition. This competition requires the students to give a speech for around four minutes over a topic of their choice. Then, after they present their speech, the judges show the students a topic that they have never seen before, and they give an impromptu speech on that topic.

Another competition is an interview. The students are interviewed for less than 10 minutes about themselves.

Finally, the last competition is an essay, which is given on the spot. From there students have a limited amount of time to write the essay.

Students at Central that are on the team enjoy competing in the Academic Decathlon and will undoubtedly benefit from the skills they have acquired from being a part of the team and the class.

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

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

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

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HALLIGAN KILROY & LA GARENNE-COLOMBES

AFTER HOSTING AN INTERNATIONAL EXCHANGE STUDENT IN HER HOME, SENIOR HALLIGAN KILROY LOOKS FORWARD TO VISITING FRANCE



Photos Courtesy Of | Halligan Kilroy

Top: Over FaceTime, the two anticipate the trip to La Garenne-Colombes.

By Tia Spears
EXECUTIVE EDITOR

In mid-July, senior Halligan Kilroy will be going to La Garenne-Colombes, France after hosting an international exchange student from France in her home.

Initially Honorine had a different American Host family and had a housing conflict. "I remember the day my mom asked me if I'd be willing to allow an 18-year-old French model share my room for six months. I'm adventurous, so I agreed," Kilroy said.

The Kilroy family invited Honorine Gartili into their home as a foreign exchange student.

Over the duration of Gartili's stay, she and Kilroy became close, almost as sisters.

"She quickly became not only my friend, but also my sister. We spent evenings chatting and teaching each other swears words in the

other's native language. We went to concerts, took countless bike rides and walks, and studied at coffee shops all around Omaha," Kilroy said. "Her presence is definitely missed in the Kilroy household."

Kilroy has always had an interest in the French lifestyle, as she's been a French student for five years. Despite her interest, there will be a challenge blending in with the culture when she gets to France. "Like any language, it is difficult to really understand the natives if you haven't been submerged in the culture. I am looking forward to testing out what Mr. Ringlein has taught me at CHS," she said.

Gartili is well-connected in Paris and Kilroy knows that she will be shown a great time in France, just as she showed Gartili. "Her parents Stephanie and Jamal are wonderful, as well as her sisters and her cat Elvis... We plan on visiting several museums, touring the city of Paris, and dropping in on her family's vacation home in Brittany," she said.



Left: Honorine eats snow ice cream made with Halligan. Right: Halligan and Honorine pose in summer attire on a snow day.



"This trip was a birthday gift from my parents, and I plan on bringing back plenty of goodies and photographs to share with everyone. My parents are very excited for me," Kilroy said. Kilroy will be visiting France in mid-July and is eager to stuff as much of the culture in her memory as she can.

"Anyone who follows me on Twitter or is friends with me on Facebook, beware. I plan on documenting the trip from start to finish," Kilroy said. The knack for documenting was inspired by Kilroy's mother, who helped spark her interest in the country. "Several years ago my mother took a trip to the French countryside.

The pictures she brought back were breathtaking and ever since I've had a desire to visit."

Kilroy is excited to experience a culture outside of her own and is happy to be spending more time with Honorine Gartili in order to create new memories they both will value.

Madrigal dinner celebrated with vocal performance

By San Juana Paramo
STAFF WRITER

Central High VOICE presented the twentieth annual Madrigal Dinner on Sat. March 1, as well as a special celebration for past and present CHS Singers.

The 20th Madrigal Dinner also marked the 40th anniversary of CHS Singers, celebrated at the CHS Madrigal Dinner.

"This is the 20th annual dinner, we've done it for twenty years," said Lyn Bouma, vocal music teacher at Central. "Twenty years ago in 1994."

There were performances from CHS Singers, Bel Canto, Freshman Chamber Ensemble, CHS Handbell Choir and CHS Singers Alumni Choir.

"We have alumni coming back to participate," said Bouma. 21 alumni participated in the alumni ensemble that performed that night. "About 20 alumni will attend," said Bouma.

The Madrigal Dinner started when Bouma came to Central. "I started it when I came and we've done it every year except the first year that I was here," said Bouma.

Since then the dinner has gone on with alumni present, and current CHS students involved in the performing arts department at Central. It's a much anticipated event for the chorus students, alumni and Bouma herself.

The dinner has been part of the fundraising for the various singing ensembles that Central has to offer.

VOICE is a group composed of the parents of the various students involved in the performing groups at Central. "It's a fundraiser for the department, every year is different... We raise money for scholarships," said Bouma.

The students also take part in the dinner; they provide the entertainment and work on the pieces that have become part of their curriculum. "It's a project that we've been doing, it's part of their curriculum," said Bouma.

"The Bel Canto singers and CHS singers will sing and we have a group of freshmen that will be performing."

Perpetrations for the Madrigal Dinner began back in December and the VOICE parents have been preparing the dinner since January. "The VOICE parents, will be doing the dinner, we've had meetings to plan," said Bouma.

"The students prepare in class the entertainment... We started working on the music in January, the VOICE group started planning the dinner back in December."

This year the students won't be the only ones performing. A group of 21 alums will come back and get together to perform. "Some of them will be singing in the alumni choir," said Bouma.

It will be in honor of celebrating the 40th anniversary of CHS singers and the 20 years the Madrigal has been happening."

Although most in attendance will be "parents, family and friends of the performers," this year alumni will come back to celebrate the anniversary of the dinner.

"We've got alumni from all the way back from 1997," said Bouma.

"The group was started in 1974, we've got representatives from all of the decades except from the 90s, two or three from the 70s, one or two from the 80s and several coming from the early 2000s and the 2010s," said Bouma.

The Madrigal Dinner always gains a big crowd, from the alumni who come back to the current students and their parents, and most of all those who support the performing arts department at Central.

"It depends on the weekend, the crowd we have," said Bouma. "This year it happens to land on the weekend of the basketball tournament... we'll have about 200 hundred people."

Alumni will also be recognized throughout the dinner and their performances.

It will be enjoyed by both the alumni and the performers singing at the dinner.

"We will list the names of the people that came in the program and recognize them as they get up and sing," said Bouma.

Festersen's political experience shines as councilman

By Cho Kammel
CONTRIBUTING WRITER

Many traits are passed down from generation to generation. The common ones include hair color, eye color and personality. However, community mindedness can also be passed down through generations.

Peter Festersen, Omaha City Councilman for District One and the president of the council, was born into a family of civil servants. His uncle was a four star admiral in the United States Navy, and his great grandmother was the first woman to run for a state wide office.

Festersen was born in Omaha. He attended Dundee Elementary, Lewis and Clark Junior High and Central High School.

There he authored sports columns as a writer on *The Register* and played on several state champion soccer teams.

Festersen said that he had a great experience at Central, and that he still corresponds with many of the friends he made there. "I really enjoyed the diverse student body at Central. I think it was impactful on my worldview," he said.

Following his graduation from Central in 1989, Festersen attended Connecticut College, where he earned a bachelor's degree in history. Then, while in Boston, he began his master's degree at Northeastern, while working for the Environmental Protection Agency. He returned to Omaha in 1996, eventually finishing his master's degree at the University of Nebraska at Omaha in 1999. With his education completed, Festersen began his entry into politics. His interest in the field sparked in 1992, when he interned for Congressman Peter Hoagland.

Eventually, he worked as deputy press secretary for then Governor Ben Nelson's senate campaign; he also worked similar public relations positions in several mayoral campaigns.

Later, he was the vice president of the Chamber of Commerce, and also deputy chief of staff under Mayor Fahey. He says that that position specifically prepared him for the future, as it gave him insight into the city.

In 2000, Festersen married his wife Paige. He says that they had many mutual friends in high school, as she went to Burke and he went to Central. They have two daughters, ages nine and 11. He said with a laugh that

they've definitely been indoctrinated as future Eagles.

In 2009, Festersen was elected as councilman for District One of Omaha, and in 2013, he was reelected, this time as city council president. He says that Omaha is a growing city that has changed and progressed extensively in the last ten years.

He explained that Omaha has a strong corporate presence, is filled with great neighborhoods and the arts and entertainment industry is blossoming. He strives not only to continue supporting what is allowing Omaha to grow, but also to fight the elements that are holding it back. The biggest of these include crime and poverty.

He said that even though all the business and enterprise is great, "public safety should always be a top priority." Poverty is also a pressing issue that must be faced. "We'll never be a great city until we address that, he said." Fortunately, he said that there's more attention to it now than there ever has been from the community.

He also said that the best way to fight poverty is to increase education, and help people get employed.

As Omaha moves to the future, Festersen said that the city needs to continue to create jobs, to bring more people here to stay and also to expand in the arts, recreation and entertainment factors of the city, in order to give residents outlets for their energy, and to maintain a healthy balance of work and enjoyment.

Festersen, who recently had become a frontrunner for the Democrats in the 2014 Congressional elections, has suspended his campaign indefinitely, as his term as council president runs through 2017.

He said he feels the best way to make a difference for the people of Omaha is from right here, and not from Washington, D.C. Also to add to his already busy schedule as councilman, Festersen runs his own private business, Strategic Business Development, as well as his roles as a father and a husband.

As he was born into a family of public servants, Festersen himself strongly encourages any and all citizens of Omaha to make a difference in the city. "I encourage everyone, students in particular to get involved in the community," he said. Although he speaks to all students, he is particularly proud of his alma mater, in saying, "I think it [Central] will always be a big part of Omaha."

World language students attend Minnesota camp



Photo Courtesy Of | Natalie Nepper

Top: Students actively listen to camp director speak of activities.
Bottom: Attendees participate in a collective activity.

CONTINUED FROM 'CAMP' ON PAGE 1

ties with and get to know for the duration of the weekend.

For example, sophomore Anna Goeman chose to take part in "El Lago del Bosque," the Spanish camp offered. Her name chosen was Lucia Duarte. "I loved bonding with people and being able to feel comfortable speaking Spanish," Goeman noted about the weekend.

The language sites served cultural cuisine, including various salads, meats, breads and drinks. While speaking Spanish, German or French, students dined with their "families". During meals, counselors rewarded students with superior attitudes and language skills. Additionally, one person was chosen from each table to only speak their camp language until the next meal. While others were allowed to speak English on a small-scale (such as in the dorms), those chosen had to immerse themselves in languages.

Sophomore Aaron Borczyk took on the challenge of 100 percent Spanish between breakfast and lunch. "The thing was, even if I didn't have that '100 percent Spanish' tag, I still would've spoken Spanish 100 percent of the time," Borczyk explained. After having participated in the camp as a freshman, Borczyk decided to come back and give Bemidji another shot. "So I went to the meetings and listen to what they had to say and it sounded really fun," said Borczyk. "I went again this year because I had such a great experience the last time."

Officer serves many duties while assisting guards for safer environment



French | The Register



San Juana Paramo | The Register

On guard in the hallways, Officer Gillaspie stops to speak to a student sent to the hallway. Right: Officer Gillaspie smiles despite his stoic reputation.

Georgia Chambers
STAFF WRITER

Police Officer Mark Gillaspie serves a different purpose than some might think. A girl opens the officer door, is dropped off by Mr. Grace, and with a look of concern displayed across her face, admits her Galaxy cell phone is missing. With ease, a man invites her to take a seat and, still calmly sitting in his chair, asks a series of questions to try and get to the bottom of this situation.

There is one man, however, that may not be as easily recognized: Officer Gillaspie whose office is found along the four side on the first floor of the school. For some, he may not be seen as often in the halls, but Officer Gillaspie has been employed at Central for five and a half years.

So, if Central has security guards and an officer, what is the difference between the security guards' job and our officer's job? The responsibilities of Gillaspie are mainly similar and might seem identical to those of the security guards: "protect students and staff, and assist with school safety," Gillaspie said.

However, Gillaspie does have privileges and responsibilities that make his job unique from those of the security guards. "I can enforce ordinances and codes of Omaha. I can also arrest or 'cite' individuals that break the law," Gillaspie said. These tasks cannot be performed by the security guards because they do not have the proper training or

authority.

Gillaspie is the deciding factor on what is a crime and what is not a crime, and also deals with a plethora of tasks—described above as laws, ordinances and codes of Omaha: plates without tags, parking regulations, etc. These are laws and regulations for the city that still stand for students attending Central.

On top of this, he is also held responsible to assist the staff with investigations. Cell phone thefts, much like the concerned girl who lost her Galaxy, thefts, car break-ins, child neglect, child abuse and sexual assault are all cases Gillaspie has authority to take control of. This authority comes from a five month period of attending an academy, along with a written and agility test and plethora of interviews.

Another stark difference between the security guards' and Gillaspie's job lies between their schedules. Whereas the security guards hang up their jackets on the weekends, Gillaspie still has his duties. "I have an 'off-duty' job at the Maplewoods bowling alley," he stated. The police department does not assign this job, but rather the businesses hire him personally.

Gillaspie thinks that being an officer does not necessarily attain more stress than being employed as a security guard. "Stress is self-inflicted," Gillaspie said. "I was injured pretty badly in a cruiser accident in 2004," Gillaspie recalled. He was T-boned by a drunk driver; the driver hit the side of his car along the door. "If he had hit somewhere else I would not be here," Gillaspie said. Gillaspie suffered broken ribs and a

collapsed lung. However, this situation was more stressful for his family than him himself.

"Stressful situations are radio calls involving guns. It is stressful when co-workers or friends are injured, sick or die..." Gillaspie said. Stress is "...not so much the things in my job, but the things with my kids and family..." Gillaspie stated. In other words, his job can be just as stressful as those of the security guards—all depending on his and his fellow employees' mental mind-set. His job may be just as strenuous and all just as important as the role the security guards play at Central.

Advantages, too, set apart Gillaspie's job to the security guards' jobs. Students may not easily recognize Gillaspie because he has an office, unlike the tables a lot of the security guards are stationed at.

Aside from having his own office, Gillaspie accounts for even more advantages: "I am pretty much my own boss here. I work with the CHS staff, but I can use my own judgment regarding school safety," Gillaspie accounted.

In regard to Gillaspie and the other officers patrolling the roads, Gillaspie seems to believe less stress is acquired at school, but it is known that an officer's job is quite unpredictable. No matter what the job, helping students and protecting their alongside staffs' safety is a very important job that both Gillaspie and the five security guards strive to protect.

One cannot exist without the other, but instead they coexist. Without the security guards, Gillaspie is just one man; without the other security members, safety would be hard to guard.

Varsity cheerleading squad places third out of thirteen teams at state competition

Seth Arter
SPORTS MANAGER

The CHS cheerleaders are ecstatic as they placed third at the 2014 Nebraska State cheerleading competition at Grand Island. Cheerleading sponsor Dionne Kirksey was more than pleased when she heard of the results.

"My girls put a lot of time and energy just to get to that point a lot of times they are competing against teams that compete all the time," said Kirksey. As most girls on cheerleading have busy schedules, Kirksey said the hardest thing for the team to do is make time to practice and prepare.

Kirksey is understanding as she tells her cheerleaders to keep everything else outside of cheer, but that they also need make sure they are balancing everything. "If they want to do this they have to figure out how they can practice, plus do all the games, plus do their work and do their school work because state takes extra time," said Kirksey.

The girls were more than ready with their routine as head coach Katelyn Fuel, who has experience with cheerleading and choreography, prepared them. "They have a coach who is a former Central High cheerleader and a former Husker cheerleader and she knows cheer is a craft or an art to it. Since she knows it, she knows what to tell them to do to get better," said Kirksey.

Not only is Kirksey pleased with the end results, but is also proud with the experience her cheerleaders gained. Not only had they spent an ample amount of time practicing, but they were familiar with the routine as they had performed the event twice since November.

Senior cheerleader Mikayla Walker was also satisfied with the results. "It was really difficult with practices and everything but once we were there it was very scary actually," said Walker.

Although the team achieved third, the success didn't come without a fight.

The team prepared by having practices every day at 6:30 a.m., practices at night from 5:00 to 6:30. Walker is very pleased with the results as this is the first time CHS cheerleading has been to state. Practicing wasn't the only thing the girls did to prepare, as they also sold tickets as a fundraiser.

Millard South took first place and Millard North took second place. Even though Central placed third, there were still other schools



Photo Courtesy Of Sydney Halonen

Central High cheerleaders posing for a group photo. The team placed out of thirteen schools in the State competition.

that had powerful performances as well. "Bellevue East had beautiful jumps and they had a guy so that always make it a little more competitive," said Walker. Walker and the rest of the cheer team were able to beat out their tough competitors by working better and looking more cohesive than they have in the past.

The cheer team has been perfecting the routine used at state all year. They have also added more signs and additions that crowd can get involved in.

As if attempting to display better performances than the competitors was challenging enough, Walker was also trying not to be

overly nervous.

"The most challenging part of the competition was staying calm and staying confident and it was really tough trying not to forget everything we learned before we went out there," said Walker.

Unfortunately, only first and second place recipients earned trophies and medals. However, Kirksey and Walker are still very pleased with the outcome of the competition.

Kirksey has high hopes for next year as this competition was a good learning experience. "Them going to this competition gives them confidence."

Eight years later, Student Democrats continue to indulge in political happenings



Emily Beck | The Register

Shipman speaks to the student democrates of upcoming events.

By Cheyenne Alexis
COPY EDITOR

Politics are one of the subjects students will tend to avoid in discussion about, simply because many will not find it as interesting.

But while politics and interest in politics varies from person to person, Central's very own Student Democrats Club offers a sense of interest and learning for all those curious.

As stated on Central's club directory on ops.org, "The Central High Democrats pledges itself to support the philosophy and candidates of the Democratic Party. Furthermore, the Central High Student Democrats declares its intention to support all efforts to increase the participation of high school students in Democratic affairs."

Started eight years ago by Rita Ryan and Timothy Shipman, the club meets sporadically on Wednesdays roughly twice a month. Shipman was asked to join by Ryan, who "was the force of it" according to Shipman. Ryan asked Shipman to assist her with the club, therefore he became the sponsor.

Shipman said Student Democrats benefits Central by getting the students "exposed to the democratic process/get them active in the democratic process."

How it benefits students is by allowing them the knowledge to represent the school in a nice fashion. "When our students are out in the community and out in political campaigns/participating in campaigns, [they are] good ambassadors of the school," said Shipman. Shipman said he has been complimented on the maturity and the focus of the student democrates—more focus and maturity than other schools. "[The students are] putting a good face at Central," he said.

Student Democrats does not meet as regularly, but when they do, they mainly discuss political issues, get active in campaigns and listen to guest speakers. "And we eat pizza," said Shipman jokingly. Club president and senior Etienne Brock has a history with

the democratic party, as her parents are both democrats, but also has an interest in it. "I've always been affiliated with the democratic party. [I] hope to pursue politics someday," she said.

She decided to become president to assist those who joined to affiliate with their own party of choice. "...[I want to] help students/benefit the party or see what party to join. [It's] important to show democratic voters," she said.

The club has about 15 active members, but in the past they have had at most 20 and at the least, 10, according to Shipman. By getting more students to join, Shipman said it is more of word of mouth from the members.

"Students recruit each other," Shipman said.

Brock said clubs are "really important. [It] not only helps the school, but helps the students be more well-rounded." Being in any club, Brock said one can meet new friends and benefit one's knowledge, without having to join a sport or going home after school, one can associate by joining a club and becoming more active in school.

Student Democrats helps Central because "it gives them a better idea of politics," according to Brock. "Today in society, a lot of young people don't vote," Brock said, which in turn, Student Democrats can make students more aware of their government and assist them in the future when they do begin to vote.

Brock said Student Democrats also "helps emphasize the importance of community," by discussing important, social issues and volunteering.

"We have been trying to make this club more active and less social," said Shipman. "[We want students] active in the political process." Shipman said some clubs are too social and not very serious, and wants Student Democrats to steer away from a typical club, so the students in it will actually benefit.

Brock concluded, "I think that if you care about politics and don't know where you stand, join. It's really fun."

arts & entertainment



Photos Courtesy of Duncan Reed

Above: Reed rests by a fire in a still from "World of Warcraft: The Sol Blade." Right: Reed and fellow actor in between scenes.



CENTRAL GRAD ('12) AND CURRENT UNL STUDENT DUNCAN REED PURSUES A CAREER IN FILM. HOPES TO ONE DAY WORK PROFESSIONALLY

BEHIND THE SCENES

By Emily Beck
EDITOR-IN-CHIEF

Duncan Reed, a sophomore at UNL and a '12 graduate of Central, has been balancing a challenging schedule as a Film and New Media major with a freelance involvement in Fountain Film, area filmmaker Jordan Fountain's blossoming self-made film production company.

Reed was inspired by movies he watched with his father as a child, as well as his lifelong interest in drawing. "That's helped a lot inspiring me to work on films," Reed said. Directors who have inspired him include George Lucas and Steven Spielberg as well as Christopher Nolan, Ridley Scott and

Peter Jackson.

"My focus in film is between cinematography and conceptual design," Reed said, which means that he works mostly with cameras and lighting as well as the visual aspects of the film, such as set design and character illustration.

The sophomore began taking classes specific to his major this year—"a mix of both theatre and film classes," he said. "I've worked on six films during my sophomore year and I have about five or six to do this semester still."

These films are on an array of subjects, and are anywhere from two to 12 minutes in length. Feature-length films aren't doable even for a large team of film majors, because of the extensive

amount of planning and production involved. Therefore, Reed has thus far worked with shorter pieces.

"I stick with the visual side of it," he said. Although he says that he isn't the best writer, he does enjoy creating characters, both completely dreamt up and inspired by video games, movies or books.

"I haven't gotten the chance to design things for films that we make," he said. "In my grade, I'm usually the director or photography or assistant camera because I have a lot of experience working with cameras."

Reed also works with larger projects put together by upperclassmen in

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ON PAGE 8

Ridiculous spiritual state of being defines the word "cool"

It seems today as if entertainment has been soliciting a new idea of what cool is. This eccentric idea of channeling energy and using spiritual platforms to distinct oneself has, quite frankly stumped me. All I see is, "I'm a soul, not my flesh."

As I scroll on Tumblr, I see rainbow backdrops and stale faces with a quote from Mahatma Gandhi. I get bored and go to Instagram and see these kids who wear outlandish things and follow back two people. I walk the halls at school and see groups of them and can clearly tell they go to extremes to distinct themselves.

I get it. Some people's religion calls for them to think in spiritual manners, but the people I'm talking about are hippie channeling Tumblr obsessed people who don't even know what they're talking about. You can't mix hippie behavior and then call yourself Cleopatra claiming to possess old Egyptian energy. Are you kidding me?



TIA SPEARS
B.A.B.

This isn't anything new, unfortunately. Everyone wants to be different and recognized for their uniqueness. Today, it's been taken to a new level. For some odd reason, it has been escalated to a level of people feeling the need to be above everyone else.

One of the fads that came with this "spiritual being" madness is the Illuminati. I did my research and it has a few definitions that are almost parallel to what I'm speaking of. There's the devil worshipping aspect, which I found is untrue.

Basically, there were a group of dead guys who were intelligent enough to form the foundation of a lot spiritual being concepts in the sense that their intelligences were seen as a threat. Of course, people took it to an extreme and actually worshipped the devil and do demonic things. (Tyler the Creator, I'm talking to you.) That wasn't even the intention,

but it was a fad... Just like this spiritual superiority fad.

Also, I feel as if when the vintage clothing fad rolled around, so did these ridiculous theories on how to climb to the top of the social stratification pyramid. I thought that was silly, but this new idea affects people as individuals. Once your definition of cool penetrates someone's confidence, it's technically bullying.

Besides, if you choose to view yourself as a spiritual being it would be plausible for you to want to be a good spirit. Good spirits don't put others down based off of their own self fulfillment needs. This is what happens when you stretch yourself to be something foreign to what you were in the first place.

Leadership is one thing, but making someone feel inferior to you and then explaining it through spiritual manners is so contradictory. This is where the statement, "Calling someone ugly doesn't make you

CONTINUE TO 'SPIRIT'
ON PAGE 8

Orchestra, band and chorus students come together for annual festival

By Trenay Newsome
STAFF WRITER

On Feb. 28 2014 OPS had its 65th annual All-City Music Festival, full of students from all around OPS with music talent.

All-City is a concert performed by students demonstrating their skills in the music areas which include orchestra, band and chorus for middle school and high school levels, while elementary schools only go to All City for chorus.

"This is the oldest and largest festival of its kind," said Brad Rauch, a teacher of instrumental music. The earliest All-City Festival was held in the spring of 1937, this year being the 65th year of the festival in Omaha. Middle school students weren't added into the Festival until 1967.

The All-City Music Festival is the oldest continual running festival of its kind in the country.

To be in the All-City Music Festival, students who are playing instruments for band or orchestra must audition. "During the audition, students have to play scales and excerpts of band and orchestra music," said Rauch.

"This could look good on an application if the students are applying to different music



Keali French | The Register

A lone violin waits to be played during an All City Music Festival practice. Orchestra, choir and band students participated.

schools or music applications because during the audition their skills are measured to participate in the festival." Eight orchestra students, 14 band students and all of the A Cappella students participated

in the festival this year. Although band and orchestra have to audition, A Cappella students are required by the district to participate in the festival.

Sixth graders started the night off,

which then leads to the middle school performance and then high school.

The high school level A Cappella started off by singing "The Star Spangled Banner" in the beginning; the concluding song of the festival was "From Sea to Shining Sea" which was sung by all level students while orchestra and band played the music for the song.

"Basically it's orchestra, band and choir students that came together in unity for the sake of music," said Yesika Juarez, a junior who took part in the A Cappella part of All-City.

While this is a great experience for those who strive for music, it also provides a different outlook for those who specifically aren't focused on music.

"I thought it was a great experience and it would teach me a lot about music and partnership because all the levels of music were singing and playing instruments together," said Juarez.

The All-City Music Festival, the longest running music festival of its kind, brings those students together who enjoy music, the students who are upcoming in their musical talents.

These students are a community and have been able to join together simply because of music.



JONES

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OSCAR SHORTS

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JEWELRY

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'12 Alumni Shaq Jones continues to amaze audiences with his Lincoln University Dance Troupe.

These five colorful and unique films, created by filmmakers from all over the world, were nominated for Best Live-Action Short Film.

Among Central's Scholastic Award winners is Morgan Roth, who received a Gold Key for her jewelry entry.

Central grad works behind the scenes, acts too

CONTINUED FROM 'FILM' ON PAGE 7

his major. "I usually am a grip," he said, which is "the muscle of the set" who moves equipment and lights. The groups that he works with are able to put several short films together within a semester. "Short films are a great way to study plot structure, character development, pre-production, work on sets and and post production," he said.

"Pretty much all of our work we do is outside of class," Reed said, "so there's not a lot of time to be lazy."

Reed has proved that he is far from lazy, spending his free time doing what he loves. He has worked with Fountain on 12 different film projects "either acting, as a grip, or sound recorder," and even starred in "2D," a short featured at the Omaha Film Festival in 2013. Fountain found Reed through Facebook and asked him to act in it "because I had a beard," according to Reed. From there, a friendship and partnership formed.

The two co-wrote an "ambitious" short film entitled "World of Warcraft: The Sol Blade" that took most of last summer to organize and film. That project has been one of Reed's favorite involvements so far.

"I got to design the costumes and helped make them," he said. "Then I acted in it too. It was a fantasy action film, and that's what I want to do mostly in the future."

In "The Sol Blade," Reed is a warrior seeking "an ancient blade lost in nature," whose power "only a true hero can unlock."

He battles two others vying for the mystical sword, ultimately defeating them and taking it for himself.

The end takes an ironic twist when Reed is depicted as a real-life World of Warcraft player watching his character onscreen and is called back to the real world.

"It was a good film to begin filmmaking on," he added. "There's a ton of room for improvement, but I'm glad we actually finished it." The production was rushed and Reed said that the crew didn't get all of the shots they wanted, but the experience was valuable for him.

Fountain and Reed often collaborate on short films based on video games, which can be a challenging blend of special effects and costume/set design. He prefers working with Fountain because "we have more freedom and time to do what we want," he said, whereas time constraints can create stress while putting together work for his classes.

A greater creative freedom also exists outside of class; Reed can't always create his visions of sci-fi and fantasy, because "our short films in school don't have the budget for things that elaborate."

Through working with his friend Fountain, however, he's gotten more chances to expand on his artistic freedom. Reed hopes to end up in California after he graduates from UNL, where he can work with the pre-production and concept art of feature films. Right now, he's focused on finding internships and connecting with other filmmakers while improving, learning and practicing his craft "as much as possible."

While his future plans are still somewhat shaky, Reed isn't worried. "Working in film is both scary and exciting," he said, "but it's all worth it because I'm doing something that I love."



Photos Courtesy of Duncan Reed

Pictured in a friend's garage, Reed works on a film produced by Jordan Fountain.

Freshman wins Poetry Out Loud, moves to regionals

By Georgia Chambers
STAFF WRITER

Some students find themselves sweating at the hands when faced with the task of presenting in front of their fellow classmates—especially when the material they are going to present has to be memorized.

This might have been the case with some students in various English classes when the assignment was given from some English teachers to memorize a poem to later present in front of the class. However, Claire Lavender did not seem to have any trouble doing just that.

"I laminated [my poem] and taped it to my shower so I could memorize it while washing my hair. I also had my friends sing it for me and I recorded it and listened to it a lot," Lavender said.

In the beginning, when choosing a poem, Lavender tried to make the process of memorization a little easier. "I was looking for a poem that would rhyme because I thought that it would sound better, but it turns out they are not supposed to sound like they rhyme on purpose, so rhyming poems are a lot harder," Lavender explained.

The poems that students presented in their class really were not only to be an assignment, but instead a competition that would take the winner of each class to compete with other winners from other classes at the school level.

Lavender pulled a win from her class and advanced to this next level.

Being a freshman, there were upperclassmen that she had to compete against. The school competition, Lavender described, featured about the same amount of students as seen in the first round of competitions. "I was really nervous both times," Lavender confessed.

The next step for Lavender was to compete against winners of other nearby high schools at regionals. Regionals occur on Feb. 15, 2014.

To prepare for state, Lavender will be reminiscing back and utilizing her laminated poem in the shower and the countless repeats of her recorded video when out of the shower. Like she did with the classroom and the school competition, Lavender will practice a lot.

"I am super nervous! This time will be even more nerve-racking because all these other contestants worked just as hard to get where I am and probably want [to win] a lot," Lavender said.

Another aspect of regionals is that the audience will be larger than when it was within the walls of Central.

On top of that, not only Lavender will have been able to have time to prepare, but also her fellow competitors. "Everyone will probably be at their best because they have had so long to prepare," Lavender stated.

If Lavender does well at regionals, there is a chance she will progress onwards, which in this com-

petition is state. Lavender confessed "it has been really fun and I would like to advance."

Lavender never thought she would get this opportunity that she is faced with today. "I never thought I would get past the classroom! I was really surprised when they announced my name as the winner both times. There are so many other fantastic performances that deserved it," Lavender concluded.

As a whole, this experience has greatly developed Lavender aside from pure happiness awarded from progressing onwards in this poetry competition. "There is a lot you can do to influence people when you are sharing poetry, and I think confidence can go a really long way!" Lavender said.

All in all, students in the classroom should think twice next time when given the opportunity to present in front of their fellow classmates. If students give it a shot, there is no telling what could come from the experience. Lavender left with a new-found confidence and passion—maybe something students could acquire too.

Lavender advises: "It always helped for me to think about how everyone else in the room is going through the same thing I am. They are all nervous and so hopefully they will have sympathy if I totally bomb it."

With this in mind, students should be encouraged to take a stand and defeat a common fear within most high school students.

Spirituality seen as superiority

CONTINUED FROM
'SPIRIT' ON PAGE 7

then explaining it through spiritual manners is so contradictory. This is where the statement, "Calling someone ugly doesn't make you prettier," comes in. Just because you view yourself as a spiritual being does not mean all "mortals" have nothing on you.

I firmly believe that people should maintain confident and strive for improvements where they see they can make them. I also believe that people will prosper when they are genuinely noble and have nothing but the best intentions.

The intent to be superior unto the whole world is for one, impossible, and for two the most distasteful thing of all.

Watching the definition of cool change overtime worries me, in the end. First it was materialistic things and girls in the 80s, it was all about music in the 90s, reality shows and lavish living in the early 2000's and now we have people taking it to another height and establishing a spiritual superiority.

Hopefully, the next fad is less exclusive and more logical.

Internship opportunity surpasses expectations, leads to life changes

I never recognized the importance of supporting local farmers and producers until I became an editorial intern at Edible Omaha.

It was an opportunity I took solely to gain experience and to get my writing published, but from it I have drawn a wealth of knowledge about my community and my own health.

Amy Brown, the publisher of the magazine, is to thank for this.

People often turn their noses up at the price of organic items in supermarkets, or of the dirt-encrusted goods being sold at farmers markets.

"I could buy three of these for the same price at the grocery store," shoppers say to themselves, "and they're just as good." These shoppers don't understand, however, how their purchases affect the planet and their community in the long run.

Buying local is an investment. Local food (more accurately called "sustainable" food) is usually fresher, healthier, less processed and better for the environment, so buyers are ensuring that they are receiving the best-quality items possible.

At a farmers market, one can be sure that everything being sold was picked that morning or the day before.

At supermarkets, produce can be days old; during travel, "Sugars turn to starches, plant cells shrink, and produce loses its vitality and flavor (Sustainable Table)" while nutrients are lost, thus diminishing food quality.

By buying from farmers at local markets, one receives not only fresh produce, but also produce free of packaging. Food also doesn't have to travel as far if produced locally, thus conserving energy (gas, refrigeration).

Food corporations and massive farms pose a large threat to the world's food system. Those huge "farms" one sees plastered on labels at supermarkets "grow a relatively small number of hybrid fruits and vegetables because they can tolerate the rigors of harvesting, packing, shipping and storage (Sustainable Table)," thus diminishing the genetic diversity of what they produce.

Why does this matter? If a bug, fungus or other bacterial hazard menaced a large farm's crop, said crop would most likely be completely destroyed because it is all exactly the same.

"Family farms, on the other hand, grow a huge number of varieties to extend their growing season," according to Sustainable Table, and this helps protect crops against those dangers.

Even if one variety of a type of produce were to fail, several other kinds could most likely survive.

Family farms are important. Far more personal than corporations or commercial farms, locally owned farms benefit and are run by real people. Their hearts and souls are in the soil, and this passion is detectable in what they produce.

The money one spends supporting a family-owned farm is more likely to be spent locally, thus strengthening the economy as well as other local businesses.

Buying from certain businesses who source their products from local farms benefits both parties. Since becoming Edible Omaha's intern in January, I've become much more conscious of what my family buys.

While it isn't possible to completely rely only on local produce, especially in the colder, less abundant months, we've made a start by visiting farmers markets and making/eating more vegetables.

We planted a tomato plant and helped a family friend take care of his garden, receiving lots of produce—grown without anything unnatural—in return.

Edible has also introduced me to members of the sustainable food community.

I had the opportunity to attend a farm dinner event on Branched Oak Farm in Raymond, Neb. this summer, where I and 100 other people dined at a long table

in a pasture. It was incredible to see the beauty of the land, as well as the farm's happy cows and cheese cave.

Owned by a family (they have two young sons), Branched Oak Farm is well known for its farmstead cheese and beef, and I got to see their passion and how content they were with what they were doing.

That's when my eyes were really opened to the impact that we as consumers have on our world.

We can choose to support hardworking, passionate families like this, or hungry corporations that really only desire profit, regardless of what they do to the land, the animals they use or the people they feed.

Branched Oak is certified organic and doesn't use chemicals, hormones or antibiotics on their cows, and they are clearly thoughtful of the quality of their products and how they affect their buyers.

Family/local farms are far more personal, thus deserving far more support than commercial farms that abuse their animals with chemicals and look away as their products slowly harm consumers.

We have the choice of who to support, and because of Edible Omaha and Amy Brown, I choose to support these honest Midwestern farms.

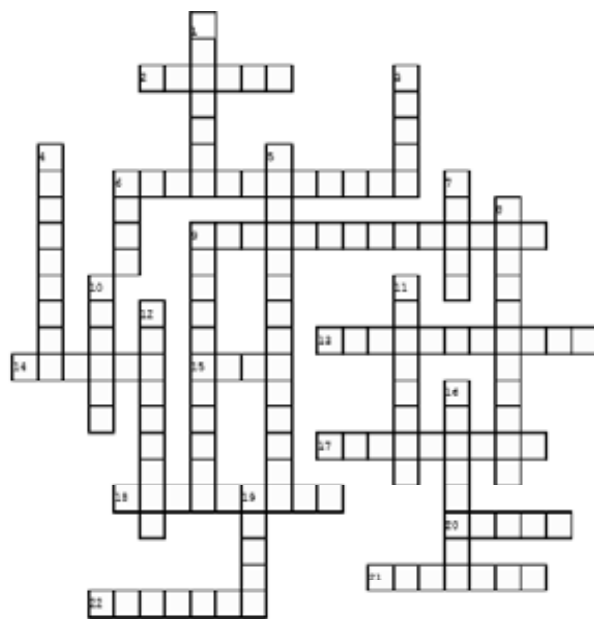


EMILY BECK
EAT YOUR VEGETABLES

The Register's Crossword Puzzle

Find the answers to the clues in stories throughout the paper! Snap 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

- Senior who signed to a Sioux City, Iowa college for football
- Dancing sport hosted by Dionne Kirksey which placed third at a Nebraskan competition
- Event hosted by Central High VOICE
- A time to relax after midterms; usually a week-long during nicer weather
- Student with skills on the ice rink (Last name)
- Central alumnus who creates movies and acts (Last name)
- State which hosted a language experience for 40 Central students
- Central '12 alumna who plays for the Creighton Bluejays (Last name)
- Movie shorts played to win this award
- Intelligence competition
- Pieces of art created with beads which won gold and honorable mention keys at Scholastics

Down

- European country which America does not need to get involved with
- Senior who received awards at a Nebraskan art show (Last name)
- This group of students will attend UNO Strings Olympics
- Grand Island basketball tournament
- Scholarship won by Central students
- Central alumnus in dance at Lincoln University (Last name)
- City which Fashion Marketing students attended
- Having more than one race
- Anti-gay state that passed a discriminating bill
- Three students showcase their talents with this sport
- Free parking under a bridge for non-señors; dangerous and desolate
- Chain restaurants such as McDonald's that deliver quickly, but cause heart disease
- Sport that Nathan Borczyk and Ryan Goding play

By Cheyenne Alexis
COPY EDITOR



Photos Courtesy Of Shaq Jones

Left: Shaq Jones practices a number for his Dance Troupe performance along with two other dancers. **Right:** Jones poses with five other Collegiate 100 members in corresponding ensembles.

SHAQ JONES

ALUMNUS JOINS LINCOLN UNIVERSITY DANCE TROUPE AND COLLEGIATE 100

By Tia Spears
EXECUTIVE EDITOR

2012 alumnus, Shaq Jones, is an active performing arts student for the Lincoln University Dance Troupe. To match his knack for the art of dance are Jones' wit and charisma, earning him a position as the Director of Membership Intake for the Collegiate 100 as well as the 2013 Mr. Crimson and Cream of Lincoln University.

Upon his graduation from Central, Jones had already made a profound debut as a performer. He participated in the 98th Annual Road Show as the closing performance in which he graced the stage with self-choreographed dance moves.

"I'm more so of a dancer. I do act... Dance is somewhat of my focus," Jones shared. Jones is a part of Lincoln University Dance Troupe and performs frequently with the group. "We are working on our annual dance recital in the second week of April."

"Usually that consists of 17 pieces," he stated. The recital is three days long and usually has, "a big turnout" because of the support the group gains after each performance. "People that we visited come to our recital," Jones said.

During Black History Month, the group has a number of upcoming performances. "We have a lot of performances coming up, especially at churches," Jones said. Nevertheless, he stays driven to add his amount of greatness to the performances out of love for what he does. Jones stated, "It's [dance] something that I love to do. In relation to dance, it's like my body naturally does it. I take pride in it and it makes me happy."

In addition to his active participation with Lincoln Universities dance team, Jones also holds a high position in The Collegiate 100, an "auxiliary to the 100 Black Men of America at the collegians level," according to Jones.

"As of last semester, I serve as the Director of Membership Intake of the board," Jones said. "100 Black Men, which is a national organization... designed this program for collegiate students to prepare themselves for life... to also be inducted into the 100 Black Men of America." Jones plans to continue focusing on his Business Administration degree and to be inducted into the 100 Black Men of America.

"Start low and work my way" are the words Shaq Jones uses to describe this process thus far.

The title alone didn't fulfill Jones' sense of accomplishment. He is also the 2013 Mr. Crimson and Cream of Lincoln University. "It's a

hierarchy thing... I represent the ladies of Delta Sigma Theta sorority," Jones said.

There are a majority of activities he and members of the Greek sorority hierarchy host at their campus. "We just hosted the Mr. HBCU pageant," Jones said. "We serve as a representation of the University and also the organization."

None of this would have been possible had he gone to another high school in Omaha, according to Jones. "I often refer to my [high] school as Champ High," he said.

Jones scored exceptionally high in the English part of his ACT requiring him to take no prerequisites and still be placed in the proper English class. "Thanks to Central, I was placed in kind of a higher English class," he said.

His lasting note to the future generation of successful African American students is, "we are powerful people in the world. I'm really just waiting for the rest of us to realize that. Once we realize that it becomes a renaissance, a renaissance of change." As for Jones himself, he plans to continue studying and being a prominent example throughout his community and pave the way for students who want to have an outstanding high school and college experience.

THE OSCAR-NOMINATED LIVE-ACTION SHORTS

BY EMILY BECK

These five colorful and unique films, created by filmmakers from all over the world, were nominated for Best Live-Action Short Film. Didn't catch them this year? Check them out online, or keep watch next February--Film Streams screens them annually.

Helium

ANDERS WALTER & KIM MAGNUSSON

DENMARK | 23 MINUTES

In this heart-tugger film, Enzo, a janitor, befriends a dying young boy in a hospital and fills his head with fantastical stories of Helium, a place where "everything is light and breezy," where "sick kids go to get their strength back." When the boy's condition worsens and he is moved to a private part of the hospital out of Enzo's reach, the janitor risks his job to finish the story and tell the boy how to get to Helium.

The Voorman Problem

MARK GILL & BALDWIN LI

UK | 13 MINUTES

In this clever and quick film, a psychiatrist is summoned to a prison to help deal with the "Voorman Problem"—a man who has convinced his fellow inmates that he is a god. At first skeptical, the psychiatrist is determined to deem him clinically insane. But when Voorman is able to make a European country disappear and switch places with the psychiatrist, there seems to be some truth to his words.

That Wasn't Me

ESTEBAN CREPSO

SPAIN | 24 MINUTES

In this powerful and horrifying short, two Spanish doctors (a couple) working in Africa are captured by a group of child soldiers. After her husband is killed and she is raped, the encampment is attacked by an enemy group and she escapes, taking with her the young child who killed her husband. Through flashes of the future in which the boy shares his experiences as a soldier, we learn that she gave him an education and a chance to find himself.

Just Before Losing Everything

XAVIER LEGRAND & ALEXANDRE GAVRAS

FRANCE | 30 MINUTES

In this frantic film, the audience is forced to slowly put together the story of a woman and her family as she attempts to secretly escape from an abusive husband who threatened her life by pointing a gun at her in front of her children. She takes them to the supermarket where she works, where they hide out and attempt to tie up loose ends before leaving town.

Do I Have to Take Care of Everything?

SELMA VILHUNEN & KIRSikka SAARI

FINLAND | 7 MINUTES

In this comedic tale, a family feverishly attempts to make it to a wedding on time. But when they oversleep, misplace the wedding gift and can only seem to find Halloween costumes instead of party dresses in their cluttered home, they must make do. However, the climax of the humor occurs when the ridiculous-looking family intrudes on a funeral, the cringe-worthy, awkward circumstance proves impossible not to laugh at.



NEW YORK MINUTE

FASHION MARKETING STUDENTS HEAD TO NYC

By Jordan Young
STAFF WRITER

Marketing teacher Victoria Wiles and seven of her fashion marketing students headed off for their first trip to New York City on Feb. 9 as a group in hopes of being inspired, exploring and learning about not only the marketing world, but the world itself.

"I've been trying to get a trip together for several years," said Wiles. "But—you know—money's an issue."

Although that can be true, it apparently wasn't enough to keep the seven girls from joining Wiles on the adventure to New York which would combine studies and lectures from the classroom with the real world.

"More and more, students that are taking fashion marketing are legitimately looking at it as a career," said Wiles, who also added that the trip would help her students determine whether fashion marketing is something they really want to pursue a career in.

For one of the seven, Erica Smith, interest in the small business aspect of marketing fueled her desire to go on the trip, along with some other reasons. "Even though I'm not into fashion, I love big cities," she said.

And not only was the city big, but the experiences bigger. Parsons School of Design, the 911 Memorial Sight, the Statue of Liberty, a furrier, a Broadway show, the "Katie" television show set and the Metropolitan Museum of Art were some of the places the group visited.

On an educational aspect, they attended four seminars run by the WorldStrides Field Studies Center which sponsored the whole event, including a tour guide which took them to some of the places already listed. Speakers were also present, which Wiles expressed would hopefully further impact the students.

"Everybody...[is] impacted different," said Wiles. "I'd hope to say yes."

For some of Wiles' students, the impact could be found. "...I did learn a lot," said Dominique Cook, another one of the fashion marketing students.

Smith learned quite a bit from the trip as well. "It was good," she said. "I learned a lot."

Her desire to start a business stayed the same, but she learned more about the effort it takes to start and maintain one. "[You] have to love what you're doing."

Cook noted a certain speaker, as did Smith, about coat maker and designer George Simonton who they met at the furrier they visited.

What also stood out about the trip was the sit in on "The Katie Show," a talk show which Smith noted as her one of her favorite experiences from the trip and their unique stay in Times Square.

Wiles even had one of her former students meet up with the group to talk about her job as an assistant buyer for Eileen Fisher, her attendance to Cornell College, what type of fashion colleges to attend and what it's like to live in New York City in general.

And thankfully, with the exception of a cold day or two, slush puddles and snow, the trip went overall smoothly.

"[We] didn't really get lost on the subway," said Wiles. "Never lost in New York City, that was a positive."

The only problems turned up later during Thursday, the planned day of departure. The usual snowy weather in Nebraska seemed to follow the group there and kept them until they finally reached Omaha late that Sunday night.

"It was fun," said Cook. "[But] I missed home."



Photos Courtesy of Victoria Wiles

Top: Four students looking at fabrics Center: Students outside NBC Studios Bottom: On set of the "Katie" show.

Freshman gets opportunity to entertain in Shakespeare parody



Sydney Spangrud | The Register

"I Hate Shakespeare" cast members Katie Bohn (9) and Javier Hernandez (12) practice their parts during a rehearsal.

By Natalie Nepper
STAFF WRITER

A little bit of Shakespeare comes to Central this Feb. 21 and 22 with the Performing Arts Department's winter play production of "I Hate Shakespeare." A mash-up of several different Shakespeare plays creates a modern and exciting performance for people of all ages. What's even more interesting is the wide range of characters, specifically an addition of freshman cast members. Ninth grader Katie Bohn is cast as a modern Juliet and a spirit that talks to Macbeth. Although she also took part

in the fall musical, Bohn is excited to have a role in this production.

"Rarely would a freshman have a very big role," Bohn explained, adding that her part isn't huge—just a couple of scenes. "Being a freshman is more about observing upperclassmen instead of trying to make a name for yourself right away."

Most of the time, seniors and juniors are cast as major characters, mainly because "they're not going to have as many chances to do it again" unless, of course, they consider it as a career. However, this time around it was a bit easier for younger students to take part. The

cast of "I Hate Shakespeare" is larger than usual and most actors are cast in more than one role.

Bohn estimated that there are around 25 or 30 cast members and explained that each part was fair game. "You can't just expect the fact you're a senior or junior to carry you to getting a bigger role," she said, although "you probably have a better chance, especially if you've been acting at Central for a while."

Bohn has been acting for quite a while, too. Her interest started in elementary school when she took part in the annual musical. After that, she was hooked. She took lead roles in middle school, including her part as Rizzo in Beveridge Middle School's production of "Grease." Bohn also explained that Beveridge's magnet for performing arts definitely helped her get involved in acting. Before coming to high school, she took part in OPS' summer musical.

However, this play is unlike any that Bohn has been in previously. Every part was cast before winter break and therefore each character was given a script to memorize

before rehearsals began. After break, they set aside days for each scene and blocked out pieces of the play. Bohn's favorite parts include the scene with Macbeth. It takes pieces from the actual Shakespeare play of "Macbeth" and draws them out into a humorous explanation of the storyline. The challenging part for Bohn is playing Juliet. She explained how difficult it is to act like a character in love. However awkward it may be, she noted that the pay-off was definitely worth it. The play overall is quite exciting for Bohn and she hopes many will attend.

"People come to the basketball games all the time so it's really cool to get students to come to the plays," Bohn noted. According to Bohn, "I Hate Shakespeare" will be particularly funny and informative. "It really does give you a wider knowledge of Shakespeare and his works. Even if you already know about them, it's funny just to see the parodies that they have in the script."

Bohn plans on continuing with acting in future years. She hopes to participate in future Central performances and possibly pursue it.

Disney princess movies ultimately hit or miss



KIRA HAWKINS

Growing up, almost every little girl wanted to be a Disney princess. The royal women inspired generations of girls with their tiny waists, flowing hair and flawless skin. Disney's ideas of princesses seems to almost be harsher than that of today's fashion industry.

There are 12 current Disney princesses and only four of them are not Caucasian. These princesses are the only ones that have a waist line thicker than what seems like an inch. Tiana, Jasmine, Mulan and Pocahontas are pretty much the most "real" of the Disney princesses.

Similarly, each animated character has long flowing hair that any girl would strive for. These women were designed to make every girl feel beautiful.

However, how can that happen when the princesses don't have any exact resemblance to the average human being? But the waists and the hair are not the only problem.

Year after year, young girls looked up to the beautiful women for inspiration. Many of the early Disney princesses had relied on the prince to save the day.

While Disney has gotten better in making these animated characters more independent from the main male protagonists, only one Disney princess, Merida from the Pixar-Disney box office hit "Brave" ended the movie without a man by her immediate side.

In addition to the showcasing of young girls, mothers are not very well portrayed in these movies, either. Snow White's step-mother, Cinderella's step-mother and Rapunzel's adopted mother, were all portrayed as the main villain in these hit movies. Many of the princesses that don't have evil mothers don't have mothers at all. This persona of a typical mother is often not accurate to a majority of real life scenarios.

Despite a large number of major characters that show no sense of realism, there are other Disney women that would make good examples for young girls that are not promoted.

For example, "Lilo and Stitch's" Nani. Nani is an orphaned young woman that is raising her younger sister and trying to keep them together from a social worker threatening to pull their family apart.

She is one of Disney's most realistic women because of her average body size, hair and facial features. Even her younger sister, apart from rescuing aliens, is pretty much a normal child.

Two other Disney women, neither of which is royal enough to be in the princess franchise are Esmeralda from the "Hunchback of Notre Dame" and Meg from "Hercules."

Esmeralda is a stunning young lady that wows people with her appearance and aims to stop prejudice.

Meg refuses to be a damsel in distress throughout the movie, a frightfully common characteristic of the others. Disney has plenty of women and females that can be used as positive role models for girls.

The movie industry has much work ahead of them. Women of Disney may have major influence on young girls.

The media has to keep in mind that a younger audience and those easily attracted to the films, are likely to try and achieve the beauty and character traits of the princesses.

Girls may even dress up as the animated stars for Halloween.

There are a few hits and misses with typical Disney movies, which are fine, but sometimes enough is enough. Waists aren't tiny, not all mothers are evil and sometimes the prince doesn't always save the day.

Students still benefit from cancelled Partnership Concert

By Micah Martin
STAFF WRITER

The Omaha Community Partnership Concert was supposed to take place at Central High School on Feb. 4 at 7 p.m. However, due to the weather that day, it was cancelled.

"This was a community collaboration with Omaha Central and the Omaha Symphony. It was to conclude with a concert with the Omaha Symphony Chamber Orchestra, the CHS A Cappella choir and students from Orchestra and Intermediate Strings," said Brad Rauch, the orchestra director. In addition to this, there would have also been a featured soloist, Icy Rene Simpson-Monroe.

The community partnership was started when the symphony approached Central with the topic as part of their educational department. In the past there have been other collaborations with the symphony, but nothing quite like this.

"It was a shame that the concert was snowed out, and I hope that we can do something like this again in the future," said Rauch. The concert was cancelled, but that does not mean that all of the work that was put into it was wasted.

"This was a chance to play side-by-side with the Omaha Symphony and learn from and be mentored by professional musicians," said Trevor Peterson, a freshman musician that participated in this partnership. Peterson also said that he was excited for this performance and was very disappointed when he heard that it was cancelled.

"The strings students got to work with members of the symphony, as music mentors, and they also got to rehearse with the Omaha Symphony at the Holland Center. They also got to work with professional musicians, and get coaching and advice on playing their instruments," said Rauch.

The choir students also got to practice onstage at the Holland Center during a rehearsal, which gave them the opportunity to sing along with the symphony.

If this collaboration had happened, it would have been unlike any other musical performance that Central has ever seen before.

"We are trying to reschedule, but I haven't heard a definite answer yet," said

Rauch.

At the current time, it is not known if this concert is going to be rescheduled, but those involved in this partnership are doing what they can to try and put together another performance to showcase the talent of everyone involved in this collaboration.

"I think the experience of working with professional Omaha Symphony musicians was rewarding for the students," said Rauch. Even if these student musicians were not able to showcase what they had been working on in regards to this collaboration, they still were able to take part in a partnership that gave them the opportunity of a lifetime."

"Being a musician is harder than you think, and it's not always perfect," said Peterson. It took a lot of work from all of the musicians involved in this, student and professional alike, to make this partnership a success.

All of this work was done for the love of music that all of these individuals share.

Without the passion that these musicians possess and their will to create something incredible that everyone can enjoy, something like this would never have been created in the first place.

Despite the fact that the concert was cancelled, the community partnership was able to do something great for student musicians at Central High School. This program was able to give opportunities to musicians that they may have only dreamed of before.

This collaboration performance may never be rescheduled successfully, but even so, everything that this partnership did, education and inspiration wise can never be taken away from those lucky enough to say that they took part.

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Sydney Halonen | Staff Writer

tv show



title
New Girl

creator: **Elizabeth Meriwether**
genre: **Comedy, Drama**

rating | 6 out of 10

Deschanel outdoes herself in clever sitcom

Looking for your new favorite show? Try *New Girl*, now in its third season, a comedy that provides viewers with a modern look at friendship and a confusing romance.

Zoey Deschanel, previously performing in movies such as "Bridge to Terebithia," "(500) Days of Summer" and her most commonly known film, "ELF." The comedy first aired on Fox in September of 2011, and was an instant hit. As episodes went on, it was quickly gaining more and more viewers that religiously followed the lives of the six friends, the main characters of the series.

Soon after the premiere, Deschanel earned a nomination for best performance by an actress in a television comedy at the Golden Globes and won, this award only helping the loyal fan base grow.

Although currently in its third season, the show all began following six friends with slightly interconnected romances.

The pilot introduces young and resilient Jess, who after a bad-ending breakup, is ready for a new life. This episode shows her moving into a new loft in Los Angeles. Unexpectedly, the new loft comes with more than one catch: it comes with three. Nick, a law school drop-out and a current bartender in downtown LA, played by Jack Johnson, is the first of the three that Jess feels an instant attraction to when moving to her new location.

Next we meet Winston, a former professional

European basketball player, now stuck in an early midlife crisis working at a radio-station, wondering how he will reach his full potential.

Lastly, we meet Schmidt, played by Max Greenfield, masked with an amazing physique and an over-confident attitude when we first meet his character, soon shows his true colors and his deeply rooted confidence issues.

Right off the bat, Schmidt and Jess's childhood friend Cece hit it off and this begins their journey through their early adult lives and their often comical attempts to make the correct career and romance choices.

This show is a great pick for viewers that enjoy comic relief and sarcastic humor. Occasionally starting guest stars such as Prince on the season opener for season four, holding a concert in which all of the friends have a crazy night to say the least.

With countless turns and twists through love, somehow always leading them back to each other, and ending with them and their OCD-like ways, slipping yet another bill into the coveted douchebag jar, that requires money each time one of the three bachelors performs a jerky act or says something that can be classified as "douche," which turns out to be more often than viewers would think.

Following these young friend's adventures is a great way to spend a lazy day or even just catching the newest episode while attempting to finish an AP Lit paper that has been procrastinated until the last minute.

Another great factor to the show is that if you happen to miss an episode it is easy to catch up, because each episode features a completely new problem; without seeing the previous episodes viewers will simply miss more underlying motives and romances.

"New Girl" is currently in its third season airing on Fox, full episodes, old and new can also be seen on the 20th Century Fox website.



Kira Hawkins | Staff Writer

movie



title
Monuments Men

director: **George Clooney**
genre: **Historical Drama**

rating | 7 out of 10

Low gore, high confusion but pleasing film

The new movie "The Monuments Men" is based on a true story about a World War II platoon of seven artists, curators and historians that go on what seems to be an impossible mission. They are tasked by FDR to go and recover art stolen by the Nazis, and return them to their owners. Of course, the art is trapped behind enemy lines and the Germans have orders to destroy it all if the Reich should fall. These men, who would sooner attend an art showing than shoot a gun, head into the heat of the war to save centuries of art for future generations. The heroes are average Joes that just want to do the right thing. For these men, they were not in it for the reward. They use humor, French women and a dangerous amount of cigarettes in order to complete their mission and save art.

Out of 10, "The Monuments Men" is a seven. The movie overall was good and the actors did very well in portraying their parts. However, there were moments in this film that were confusing and didn't quite make sense to the average viewer. The characters bounced around for a while before finally settling into the plot. Because of the way scenes were played, it was often easy to forget that this was based on a true story, as events that went along at the times were not often mentioned or noted. For a PG-13 WWII movie, there was a surprisingly low amount of blood and gore. If it weren't for the fact that the German characters spoke German in the movie, instead of English to reach the audience better, two of the characters from different sides would have eas-

ily been mixed up. There was the occasional Nazi or American flag thrown in to distinguish the two camps or locations. The accents were thick, and were sometimes hard to understand. Matt Damon's character, James Rorimer, was likely the biggest victim of the language barrier, having his French turned down in fairly funny ways.

The art, one of the most important parts of the movie, was well done. Cheesy looking copies were not used, but rather realistic ones. Though I am no art expert, each piece was copied to make the viewer believe that he or she was watching the soldiers uncover the real thing. For anyone that likes learning about WWII or likes history, this is a great movie to see. For those looking for an action movie, there is action, but not enough to be classified as a full-blown action movie.

The characters of this movie were easily lovable and entertaining. They were not heroic in traditional sense but in a more real and human way. The soldiers showed emotions and feelings to events, and stopped to wonder at appropriate times. The men were the main reason that audiences could believe that this tale was based upon a true story. Not to mention the cast all fit each other and really complimented each other. Kate Blanchett, who played French art lover Rose Valland, was less real and less human. Her character almost seemed a bit forced than the others were. She was an okay candidate for the part, but they could have done better.

For those that really enjoy a historical movie and have an appreciation for art, this is a really good movie to go see. It will be a bit disappointing for those that love more bullets and blood in their entertainment, but is still a good movie nonetheless. As for humor, any amusing moments were smooth and natural, not forced in hopes to get a laugh from the viewers. And for those that just want a movie to enjoy, this will prove to be a good one.



Maya Durfee O'Brien | Staff Writer

dining



restaurant
Tasty Pastry

location: **55th & Leavenworth**
cuisine: **Cafe Style**

rating | 7 out of 10

Cheap meals make local gem desirable

Pizza, soup, sandwiches and pastries- located on 55th and Leavenworth, Tasty Pastry is a great place to eat whether you're by yourself or with your family.

Its location on Leavenworth is a unique one. It is in a neighborhood and the eatery itself has been converted from a house to a restaurant. Owner Mary Joseph started the restaurant back in January of 2013.

The restaurant "Come into My Kitchen" used to inhabit the same building in which Tasty Pastry now resides.

It's located literally in the neighborhood and with its fair prices and good food people keep coming back.

When you first walk into Tasty Pastry a few things are noticeable right away. There are no paper menus available as they are written on a board complete with pictures of some of the items (primarily the pizzas).

There are tables which are set up around the counter, the place at which you place your order. On the left side of this counter there is a pastry area.

Various different goodies are in this such as: lemon bars, brownies, pound cake and almond citrus cake.

The almond citrus cake is delicious. It is like a typical almond cake, but with a twist of citrus that is achieved by soaking it in a glaze. With that being said all the pastries Tasty Pastry has to offer are delicious and homemade, too.

Behind the counter is where all the home cooked meals are made. Although the menu is versatile, pizza is the focus subject. There are ten different pizzas available, but not always at one time. The spinach and feta pizza is just like what it sounds.

It has the perfect amount of greens mixed with

the perfect amount of cheese along with an interesting ingredient, onions.

A pizza sure to make your breath stink, but your taste buds sing. Another pizza that is a gem is the margherita pizza.

Even though it's just cheese, tomato sauce and basil, the combination of the three things calls for a symphony of flavors, and its minimalistic qualities make it great.

Sandwiches and soups are also served at Tasty Pastry. In fact, when the restaurant first opened soups were the only option available.

Two soups are offered daily, these soups are the baked potato and southwest bean soups. The baked potato soup is a classic potato-based soup served with garnishes of your choice.

The southwest bean is served with garnishes too, but specifically tortilla chips.

Both are seemingly uncomplicated soups done right. Grilled cheese is offered too, as well as a chicken slaw sandwich.

Aside from their everyday menu, Tasty Pastry has a daily soup along with a specialty sandwich on occasion. The caprese sandwich, one of the sandwiches served on rare occasions, is a favorite.

Put together in a homemade pita pocket, filled with tomatoes and Nebraska mozzarella, it's a fancy sandwich for a low price.

Tasty Pastry is open Monday through Saturday from 10 a.m. to 2 p.m. Hours like that may seem inflexible to some, but with very inexpensive prices and friendly service these hours make these hours bearable.

Soups for \$3, pizza for \$4--you can take the whole family or your friends out and only spend a little bit to get some quality food.

With prices like that it's hard to understand how the restaurant stays open. Tips too are not accepted which is hard to grasp; because of the wonderful hospitality provided one would want to leave a hearty tip.

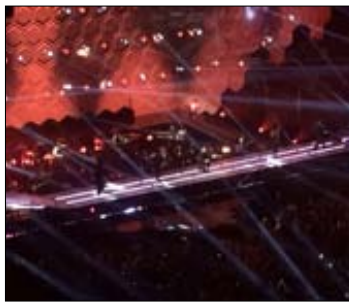
Eat at Tasty Pastry. Try a pizza. Try a pastry. Get out of your comfort zone and try one of the specialty items for that day.

But overall just help support this local gem. It's good food with a home-like comfort.



Lara Pfeiffer | Contributing Writer

concert



artist

Justin Timberlake

venue: **The CenturyLink Center**

rating | 9 out of 10

JT rocks the Link, comes back for encore

Justin Timberlake is more than the star studied celebrity that can sing and act. To be honest, the "Saturday Night Live" stage is far too small for this man.

The 33-year-old is becoming a legendary entertainer. A sold out crowd entered the CenturyLink Center Feb. 10 to witness Timberlake's 20/20 Experience live.

As people quickly filled into the center, the energy was nothing but electric. Several teenage boys were dressed in suits and ties fitting in with JT's costume theme. Girls flocked the t-shirt area. Food stands were set up to calm the hungry stomachs of the crowd.

The cold weather outside could not bring down the mood that enveloped the arena. This show had been anticipated for almost an entire year. People were obviously excited.

The party began quickly. For over an hour, a Disc Jockey claimed the attention of the people, playing an excessive amount of popular hits from 2013. There was no true opening act to the show. The DJ took that role on and tried to get the crowd "hype" for the expected showman.

JT entered the stage an hour late, apparently due to a cold as he later informed the crowd. His production was outlandish. A visual screen touched the west and east ends of the center. Timberlake projected images with each song across the screen.

Lasers of red and green beamed from the north and south ends. The man of the hour did not miss a beat though, coming out with a single off his new album "Pusher Love Girl" followed by a crowd favorite "Rock Your Body."

Dancers flocked the sides of Mr. Timberlake, all of whom showed up in true cabaret style like the man

himself. His persona was cool, his hair slick and his blue suit fitted to perfection. An entire band followed his lead.

A full brass section boomed and several gospel singers highlighted the falsetto voice of their boss. Each dance was choreographed effortlessly. He clearly did not lose his moves from his N*SYNC days.

JT joked with the crowd and touched the hands of several screaming fans. He worked all parts of the stage, making sure that people in the audience could see him.

Timberlake had a short, 10 minute intermission but soon came back on. Shocking the crowd, his stage rose 10 feet into the air and started moving over the floor crowd and towards the back of the arena.

He danced and sang his way from west end to east end to serenade the crowd in the bowl level. He performed songs from his new album like "TKO" and "Drink You Away" but also included crowd favorites from his 2006 album "Sex/Love Sounds." He covered Elvis Presley's "Heart Break Hotel" while taking an acoustic liking to some of his more pop-flavored songs.

While many probably did not see her, Mrs. Timberlake herself was in the crowd watching her man do his thing. The beautiful actress stayed the entire show and watched and sang on with the rest of the crowd. Justin Timberlake did not stop for a second in between songs but only rallied through with what looked like ease.

Timberlake saved his 2013 hit "Suit and Tie" until the end and finally left the stage. But in true fashion he came back on for an encore. He busted out "Sexy Back" in his heartthrob style and finally ended to show with "Mirrors."

The crowd sang the song louder than the man with the mic. The moment felt completely epic. JT looked out as the crowd sang; 15,000 people participated in a moment capitalizing Justin Timberlake's show.

The event was big and powerful just as it was highly anticipated. Sure enough, throats were most likely sore and many probably decided to ditch school or work the next day. Justin Timberlake simply just stole the night and many hearts.



TWO STUDENTS SHOWCASE THEIR CREATIVE TALENTS IN COMPETITION

JUST BEAD IT

By Cheyenne Alexis
COPY EDITOR

Forty-eight students in various art classes won awards for the Scholastics Art competition. Art teacher Tina Theis usually prepares the students for Scholastics weeks before, keeping in mind the students' work and if it meets the criteria for a "competition level." The students usually submit artwork that is "strong" and has "a lot of impact" according to Theis.

Theis said she and the other art teachers give students about two weeks before submitting their pieces to clean up their work so it is ready to compete at the state level.

Theis said the amount of winners for Central varies from year to year, but this year, many won from Honorable Mention and even some Gold Key winners, which is the highest award.

Gold Key winners are automatically qualified to compete at a national level of the competition. There is not a limit to how many pieces a school can submit; it depends on how much the school will fund for said competition.

Amongst the Gold Key winners is senior Morgan Roth, who submitted a macramé necklace and matching bracelet made from handmade, recycled beads.

This was Roth's first entry during her career at Central, and it was "very unexpected" when she won the Gold. "I nearly cried when she told me," she said. "I was elated."

Roth usually creates jewelry in her free time, and Theis said she did the macramé piece because she knew how to do it; it was not a required skill to know in her Applied Design class. Roth only entered her one piece and was shocked when it came back as Gold.

Another jewelry winner was senior Harley Moravec. She won an Honorable Mention for a blue and pink necklace and earrings set also



Keali French | The Register

Top left: Roth's macramé necklace and bracelet placed among Gold Key winners. Above and below: Moravec's beaded jewelry also placed.

made from the recycled beads.

This was the only piece she entered for the competition, but her very first win for Central. "I felt pretty happy," she said. "If I could have a chance, I could have changed it up a bit."

Both Moravec and Roth spend their free time making jewelry when bored, and both art students like pottery as well as jewelry. Moravec is in Applied Design this year, and Roth takes three art classes.

Roth will automatically be competing nationally, and though it is a bigger competition, Theis mentioned that there have been past Eagles who have won the national competition.

Scholastics, according to Theis, is a national award art show which is viewed by judges. Besides art, students can submit a variety of pieces such as writing, jewelry, film, photography and etc.

However, Theis said it is very hard for her to choose pieces because "we have a lot of technically skilled students." She said the most important thing to remember when submitting for Scholastics is really the creativity and originality level.

The competition is not Theis' "favorite thing to do" because of the decision making. "[You] never know what judges are gonna like," she said. "So many students do nice work [but it] isn't always competitive." Theis and the art teachers try to submit the work that they are sure will be competitive, but wants her students to know it is "not all about losing/winning."

Theis said that the competition and preparing for the competition is "a lot of work for students and teachers, but it's very rewarding." She said that it is also "a good way to recognize students."



Increased number of orchestra students to compete in UNO String Olympics

By Seth Arter
ADVERTISING MANAGER

On March 8, 15 string students from Central will be going to the UNO Strauss Performing Center to participate in the UNO String Olympics. In the UNO String Olympics, students have the chance to compete against other string students and win awards.

However, students who participate don't have to compete, but can still receive feedback and advice from a string expert. The UNO String Olympics is not limited to high school students only. Children from ages three and up can also be a part of it.

The String Olympics program is broken down into three divisions.

Level one is beginners, level two is intermediate and level three is considered advanced. Central string instructor James Rauch is nothing but excited for the event as he sees this as a beneficial learning experience.

"I think it's a great opportunity for the students to get experience and there's nothing else like it around here that I know of," said Rauch.



Keali French | The Register

Jonathan Helmberger, Sam Borelli and Trevor Peterson play a piece during Orchestra. They are among the students who will compete.

This is just as beneficial for Central as it is for the students as well. "We have students that want to go further than the music that we do during the school day," said Rauch. Rauch likes the fact that the string students going to the String Olympics strive to get better and gain experience.

The extended learning opportunity is not the only thing Rauch is excited for.

This year, the number of participants is larger than usual.

Those participating are Morgan Bennett, Samuel Borelli, Isaiah Butler, Chantal Charlton, Chloe Klare, Dax Galloway, Bethany Harwick, Jonathan Helmberger, Parker Jacoby, Yedid Maya, Elijahiana Parker, Trevor Petersen, Sarah Shaw, Isaac Snyder and Mackenzie Waltemath.

The only specific requirement is that the student must play an orchestral string instrument which includes the violin, viola, cello or bass.

As the event approaches, Rauch is more than pleased to have such a great turn out and looks forward to this event.

Wesleyan awards senior a spot in Bridge Exhibition, scholarship

By Stephanie Paul
STAFF WRITER

This was the fifth year that the Nebraskan Wesleyan Department of Art showed the Bridge Exhibition for selected high school seniors.

This year, there were 43 seniors in the show and Danielle Young, senior, was one of the selected students whose work got into the show. Young is an aspiring photographer who is in Advanced Photography at the Career Center.

At the art show on Feb. 2, two of Young's photos were featured (she originally entered five works). She was selected for a \$1,000 scholarship to attend Wesleyan in the fall of 2014 for the School of Art.

The photos that were in the show were both taken with a film camera by Young.

After she took the photos, she had to process the film and then make her own prints in one of the two darkrooms at the OPS Career Center, which she attends daily.

Young has been attending the Career Center for two years now for photography. She was notified about the Wesleyan art show from her teacher, Doug Smith, and thought she should give it a try.

Young has had experience with entering competitions from the previous year.

"This was an opportunity for me to be in an actual show," said Young, while talking about why she entered the show. "I didn't really expect anything but when they said I got two in I was very surprised!"

Last year, Young entered the 2013 Scholastic Art and Writing Competition in the Nebraska High School Students division, Young

entered her very first competition. She received a Gold Key, Silver Key and an Honorable Mention. The highest award a student can get in the Scholastic Competition is a Gold Key.

Young started to get into photography in middle/elementary school. "All of my friends had digital cameras and once I got one, I found out I was really good at it," said Young.

When she found out the Career Center had photography, she was curious and wanted to try it.

The first year Young was in photography at the Center, she didn't like it at first due to the fact that it was only black and white photography. Once Young started to do more black and white photography with the film cameras and worked in the darkrooms, she fell in love with the art and never wants to stop.

"I fell in love with photography to the point that it was addicting" said Young.

Next year, she plans to double major in English and Photography. Young hasn't chosen where she is going yet but her top schools for the fall are; Loyola University, Washington University, St. Louis University and UNL.

Young wants to double major since she also loves writing and believes both her love of photography and writing can go hand in hand. "The job opportunities are endless," said Young.

Other than the photography program at the Career Center Young is very active at Central. Young is on the swim team, in Latin Club and is the Historian for the senior class. She lives a busy life juggling activities she loves doing.

Young's true love is photography though, which will forever stay in her heart even after she graduates in May.

“ I fell in love with photography to the point that it was addicting. ”

DANIELLE YOUNG
senior, photographer



Artwork by Danielle Young

"Tea for One," one of the selected photos for the Bridge Exhibition.

sports

THREE MEMBERS OF THE BOYS SWIM TEAM SHARE WHAT IT'S LIKE TO DEDICATE THEMSELVES TO THEIR SPORT, FROM A YOUNG AGE

MAKING WAVES

By Emily Beck
EDITOR-IN-CHIEF

Seniors Ethan Dibbern and Alec Williams and junior Chris Pospisil jumped into the pool as freshmen and have barely come out since. They've given up years of after-school naps, good hair days, spare time and sanity, but in return they've gained confidence, talent, hardened bodies and a direction in life.

Swimmers since young ages, all three have spent significant time in the pool outside of Central's team. They've spent years on summer leagues and club teams, often attending club practices in addition to the two-hour sessions at the Norris pool.

Dibbern said he joined GOAL "to get faster and improve my times."

"Club season whipped me in shape really quick," Williams added. "That's kind of why... I swam club season outside of high school season, just because it's constantly conditioning you and getting you ready for the high school season."

Pospisil said that after placing at the 2013 State competition (as a sophomore), he "decided to join an actual club and Swim Omaha was a perfect fit."

Looking to State

For all swimmers, the State competition is an unforgettable experience. This year there are six individual qualifiers (senior James Grundke, junior Oliver O'Brien and sophomore Rob Guardiola). Seniors Luis Miner and Alex Jones, as well as junior Lewis Cobb are also going to State as part of relay teams. Last year, Dibbern, Williams and Pospisil were three of the eight qualifiers (the others were graduates Nick Fields, Lukas Meyer and Evan White, Grundke and O'Brien) on the boys team. They spent three straight days together in Lincoln (they went down a day early because of an impending snowstorm), hanging out and cheering each other on—and ever since then the boys haven't been able to wait to go back.

"Just the fact that I have a chance to recreate that again has just really got me going," Williams said. Dibbern added that "I don't think I've felt that close to a group of people ever, and I'm still close with everyone who went... It really brought our team together. I don't think another team at state was as close as we were... We never spent any time apart. We were always together."

"You'd think that after you swim with the same group of kids two hours a day for 15 weeks, you'd get bonding done... you think you know everyone. But there's just something about that weekend that felt extra tight," Williams said.

The boys said that last year their goal was simply to make it to the competition by achieving an automatic qualifying time, whereas this year they aim to place high. "Last year it was about making it to state, and now it's about qualifying for the second day and getting points for your team," Dibbern said.

And it's all about the times for them. "I had a piece of paper above my bed that had the qualifying time on it, and I looked at it almost every day for a year," Williams said, while Dibbern's pass lock on his phone is his desired 100 breast time.

This obsession may not exist if the team, according to the boys, wasn't so closely knit.

"I feel like this year, and in the prior years, the upperclassmen have done a better job of try-

CONTINUE TO 'SWIM'
ON PAGE 14



Sydney Spangrud | The Register

During a practice at Norris, junior Chris Pospisil perfects his butterfly. The junior began swimming at age eight, and has not stopped competing since.

Live stream site allows viewers to connect with CHS events

By Georgia Chambers
STAFF WRITER

As students probably already know, it is sometimes hard to reach colleges when it comes to athletics and athletic scholarships. However, Strive Television is a new program that might one day make this process a little easier for students.

Strive Television is a live-stream website that features uploaded videos of full games for the various sports. On top of this, not only can games be uploaded, but also other events such as the Road Show and plays.

This gives access to viewers such as alumni and current students.

Even parents that cannot make a game can also watch the feed; with this program everyone, including alumni, will always have a connection to Central games and events—even if they are watching from hundreds of miles away.

This is a local program, and videos of the live feed of the events are sent to the company, which then safely uploads the videos to the internet for people to have access to.

Central is new to this program, and former principal Keith Bigsby is behind it; he is trying to help Central athletes use this program and utilize it to its full potential. "We had requests from alumni to be able to webcast games and events," he said.

"Road Show, plays, senior recognition, etc. We have been doing a lot of research over the past six months on finding what our best option was to webcast," he added.

Even though Central has just adopted this valuable asset, visible benefits have already been spotted.

CONTINUE TO 'STRIVE'
ON PAGE 14

Fans' behavior not adequately regulated, rude



TIA SPEARS
B.A.B.

The negative activity of fans leaves a very important question to be asked: Should fans have a playbook, too?

The spotlight is always on the players, as it should be when a sporting event is to be watched.

Their interactions with their fans should always remain healthy and positive. Behavior plays an enormous role in creating the ideal fan-to-athlete relationship they should have.

When the athlete acts out, it's a big deal, but what about when the fan provokes them? It is a professional career to perform athletic abilities in front of large crowds.

So fans doing anything to distract or bother an athlete during their performance should be prohibited, and it is... just not with the correct guidelines.

For instance, an Arizona State student reportedly spit on two coaches from Oregon State during a basketball game.

Although the coaches didn't press charges, it does not erase the action that was done. It's disappointing that school spirit and team support was exhibiting through a wad of saliva to the face.

Negative, disruptive fan behavior can never fully be ceased.

In another case, Marcus Smart, Oklahoma

CONTINUE TO 'FANS'
ON PAGE 14

Figure skater faces injury, stress for love of the sport



Photo Courtesy of Hailey Hansen
Hailey Hansen practices figure skating in West Omaha.

By Kelsey Thomas
STAFF WRITER

Hailey Hansen is one of a kind. She is a figure skater, and the only one at Central. She figure skates competitively with an organization called Blade and Edge. The company trains an estimated 30 skaters. "Only one" of them is a boy, and he is "really little," Hansen said.

Hansen usually spends a lot of her time practicing.

"The season is all year round," she said. Each week, she has practice somewhere around four times.

Practices typically last an hour and a half. In Omaha, it can be "really hard" to find time to skate, she said. There are not many rinks in Omaha, and the ones she can manage to find are in West Omaha.

Going to Central and having practice often at the Ralston Arena makes time very precious. In addition, most of the rinks are taken up by hockey teams, such as the Omaha Lancers or the teams for teenagers.

Figure skaters can sometimes have bad stereotypes. They are called stuck-up, sometimes, or mean. Hansen said that the

stereotype that bothers her the most is "that we are just 'dancers on ice.'"

While dancers still need a lot of balance and strength, Hansen said that figure skating requires a lot more.

Unfortunately, Hansen is skating a little bit less lately. She recently injured her heel while skating, which has caused her to have less opportunities to practice, and more time to sit back and rest.

In the future, Hansen hopes to be able to make it to a regional competition. Each year, she competes two or three times, but this year may be different because of her injury.

Sometimes, school is affected by her figure skating. But really, she is affected "more sleep-wise" she said.

But this does cause her to be tired at school sometimes. Figure skating can be really stressful, too.

Hansen said, "The worst thing is when you just can't get it. When you try and try again but you can't do it." But Hansen loves her sport. She loves "learning new

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ON PAGE 16



SKATE PARK ▶

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Robert's Skate Park attracts skaters of all skill levels and kids of all ages.



RUGBY ▶

page 17

Central's rugby players have been preparing all year for the team's second season with Rugby Nebraska.



SIGNINGS ▶

page 17

Mackenzie Bronson, Malik Harris and Noni Henderson sign with their respective colleges.

Swimmers have put years in the pool, nearing the end of their careers

CONTINUED FROM 'SWIM' ON PAGE 13

ing to incorporate the freshmen," Dibbern said, which has resulted in a stronger camaraderie. "It motivates everyone to do better and makes them strive...it pushes everyone to try harder," he said. According to Dibbern, the program has "tremendously" grown during his time at Central. Williams believes it's the unique team dynamic that "inspires this will to do better, to train harder, to go faster."

"It's basically [been] the ray of light in my life for the last four years," he added. Williams agreed about the program, saying that "I think it's really evolved into something special."

Getting Through It

Pospisil, Williams and Dibbern have all attributed much of their personal and physical growth to swimming.

They've all drastically improved during their time with Central's team: Dibbern has dropped 40 seconds from his 100 breast time since he first swam it as a freshman, Williams has dropped 20 seconds from his 100 butterfly and Pospisil has dropped 20+ seconds in the 500 freestyle, 15 in the 200 freestyle, three in the 100 freestyle and a few in the 50 freestyle. While dropping seconds is satisfying, that hasn't been the only benefit—those long hours in the pool have inspired other growth as well.

"I think it's made me stronger as a person," Dibbern said. "Because some of the sets we have to swim...I just don't think I can do them. And then I just keep telling myself I can do it, and eventually do it, so I feel like my mentality has improved from it."

"It's definitely helped me with time management," Williams added, saying that he learned as a freshman how to plan around hefty schedules heaped with swimming for school and club, as well as social obligations and schoolwork.

Williams admitted that he's questioned his involvement with swimming many times, wondering why he puts himself through hours of extra strenuous activity while other friends go home early every day after school.

Despite this, as well as other frustrations, Williams has fallen too in love with swimming to quit. "At the end of the day, it's my sport. I'm not going to quit it," he said.

Some swimmers, like Pospisil, relish the difficulties that he's faced through the sport. "I love the challenge," he said. "You can always get better...get stronger and faster and you're never the best for too long."

"It has shown me that there's always someone new," he added, "someone that can knock you off your high horse. It's humbling."

End Times

While Dibbern and Williams are not planning to continue swimming in college, Pospisil is having different ideas. A junior, he still has time to decide what his plans will be. But he knows that they will involve a pool.

"Swimming is such a big part of my life, and most likely what will get me into a big college. I can't just drop it. It's too much a part of me," he said. "Hopefully I'll start to get more and more colleges starting to reach out to me. I think they will after State."

Notre Dame sent him a letter, he said, but his heart is leaning toward Chicago. Meanwhile, the two seniors are getting ready for the end of their careers.

"As much as I love swimming, as much as I'm going to miss it, I really think that my time for swimming has come. I've done what I can do, and I'll miss it for the rest of my life but I don't think I can do it any longer," Dibbern said.

The senior has talked with coaches and other swimmers who swam for their universities, and the workload seems overbearing. He doesn't want to lose his love for the sport. "You want to go out on a high note," Williams said.

He agrees with Dibbern. "There are other things I want to do, and other things I want to try outside of college swimming," he said, but there is no doubt in his mind that he'll set foot in a pool again, either through an intramural college team or while swimming laps for fun.

There is no doubt that Central's swim team has changed the lives of Pospisil, Williams and Dibbern for the better. They hope that the program will continue to grow and give future athletes a home away from home.

"I'd recommend it," Dibbern said. "If you're an incoming freshman and you're having trouble making friends or something, we're a good group of kids. You'll make friends immediately."

SWIMMER STATS

A. Williams

Competitive Since: Age 14

Individually Qualified For:
100 Butterfly

C. Pospisil

Competitive Since: Age 8

Individually Qualified For:
100 Freestyle, 50 Freestyle, 200 Freestyle, 100 Butterfly

E. Dibbern

Competitive Since: Age 14

Individually Qualified For:
100 Breast Stroke

All-American comes out, empowers public and athletes

The University of Missouri's all-American defensive end Michael Sam let the world in on a private matter regarding himself that he had previously not been vocal about:

He told the world that he's gay. He came out in an interview with the New York Times, opening up to media but most importantly the NFL, stating that he wanted to come clean and let his future coaches and teammates know before the beginning of his hopeful professional football career, beginning with the combine and draft.

This was a secret he was tired of holding back from his fans and future teammates, as he is currently being scouted as one of the top picks to go in the early rounds in the 2014 NFL Draft.

Sam told reporters that he came out to his teammates and the coaching staff at the University of Missouri in the fall of 2013, before his last season with the team.

He expressed the feeling of relief after telling his teammates, as well as the happiness in knowing that his sexuality did not matter on or off the field, further expressing that his team was completely supportive when he gave them the news and never felt inferior because of his sexuality through the duration of his final college season.

Discussing suspicions of his sexuality before he officially came out, Sam was happy to clear up the confusion and show the world that one's sexuality does nothing to decide their athletic abil-

ity.

Sam was deemed this year one of the best performing players in the SEC, the statically best performing football conference in the nation. This put a lot on the line, making it even more nerve-racking to explain to the media.

Through social media, the idea of the first NFL player who is openly homosexual blew up, the highly controversial subject also landed Sam front and center on the cover of the following weeks Sports Illustrated Magazine.



SYDNEY HALONEN
SENIOR EDITOR

Throughout the next two days, Sam was a trending topic on Twitter, causing some serious waves in the world of professional football.

After seeing the immense amount of support from fans, as well as others who simply came across his story, far more than he expected.

Sam tweeted, "I want to thank everybody for their support and encouragement, especially @espn, @nytimes and @nfl. I am proud to tell my story to the world!"

After the interview with the New York Times, Mizou's Twitter account also spoke out about the monumental announcement, tweeting, "We support Tigers of all stripes at Mizou. Proud of you."

This event is monumental in the wide world of sports not only because it is a first, but because it further helps to break down the barriers

and stereotypes that define ones personality and abilities requiring their sexuality. This shows that because a man is gay, does not mean they are automatically feminine and not cut out for a rough game of football.

Michael Sam being the top rated defensive end in the SEC says a lot more than the fact that he could tackle most of the population reading about his story, but also that someone's sexuality doesn't decide how one acts or what one is able to be successful at in life, especially pro sports.

It is important that stories as monumental as this are highly publicized because they are a tribute to progress, an ode to acceptance and yet another reminder that sexuality decides so much less than stereotypes account for.

After reading Sam's story, it is hard not to feel empowered. The idea that he went against status quod and believed in himself enough to let the world know that there is nothing wrong or unusual with being gay and loving football, even having the sport as your profession.

The support that followed his announcement shows that America is slowly becoming more and more accepting of new ideas and new ways of thinking, rather than being stuck in ideas of the past.

A little gleam of light in the tunnel, showing us that we are going in the right direction.

One day, sexuality will be the least of the country's worries, as we have accepted change and accepted the idea that each and every one of us is different.

No excuses for fans who provoke athletes during games

CONTINUED FROM
'FANS' ON PAGE 13

State basketball star, was suspended for pushing a Texas Tech fan, Jeff Orr. Smart apologized for his actions, but did not excuse the fact Orr allegedly called him a racial slur.

Investigations were done, according to the ESPN article written, and it believed that Orr just called him a "piece of crap." Orr said he regretted calling the player that.

Of course, it is impossible to keep passionate fans from saying what they feel. Nonetheless, it is just not easy to overlook. I would be frustrated if my

team was losing and someone just pushed it a little too far by saying anything about my performance. It's a difficult problem to tackle. Fans just need to cool their jets.

Even more recently, a Memphis fan was kicked out of the primo seats because of unruly behavior. The fan had to be removed by force and it is not exactly known why. It is rumored to be for similar actions with Jeff Orr.

It's disappointing. Fans should have a play-book, but how's it going to be enforced? It's nearly impossible to fix their crazy behavior.

An article written explained the NFL's tactic to catch unruly fans. The big, bright idea was to put

undercover cops in the visiting team's paraphernalia to catch people for mistreating fans. The problem is, the unruly fans can be let back into games, which kind of cancels that whole idea of creating a more positive environment.

Players are there to play. Referees are there to ref. Fans should be there to support. Nowhere in sport attendee behavior does it say that racial slurs, outlandish behavior and rudeness is typical, especially, acceptable.

Fixing their behavior probably won't ever happen. It's just sad when a hard working athlete, such as Marcus Smart gets penalized for a bad reaction to a rotten fan.

Basketball team brings home another win from Heartland Hoops Classic

By Sydney Halonen
STAFF WRITER

Over the weekend of Feb. 15, Central competed in a national tournament in Grand Island.

Both this year and last year, Central came out to win both games, first with Oakhill Academy in 2013 (70-63), and then following with this year, bringing in the win against Denver East (68-65).

The Heartland Hoops Classic is a tournament that has been held for six years in Grand Island. The tournament displays games all day, this year landing on Feb. 15. The tournament is only one day in length, but features games the entire day, totaling seven games, ranging in times from 7:15 p.m. until Central's game at 9:15 p.m. The Heartland Hoops Classic gives schools of all sizes a chance to play a "big game" in different scenery. Schools are chosen to play either schools from a different class, their rivals or even, like Central's game, teams from other areas of the country.

After 2013, when Central

strongly helped in making it the most successful year thus far, playing Oakhill Academy in a sold out arena, and beating a team that could make nearly all of the Nebraska spectators proud.

This year, Central was paired with the Denver East Angels a (16-4) team that under their coach has won five state titles. This was a great pair for Central; although perceived to be the underdog by many, it seemed to be a fairly even match between the two eager teams.

As warm ups began, it was easy to see that both teams were slightly more nervous to be playing in a tournament arena that averages 3,500 each year, slightly different than the high school gyms they have grown used to. Showing off each teams' abilities during their warm ups, dunking and shooting threes to show the other team their skills, the teams prepared for the fairly brutal game ahead of them.

Right off the bat, the Eagles took control of the game, staying a steady amount of points ahead for a fair amount of the time on the clock.

As the game came to an end,

in the last 18 seconds, the Eagles came back to win the game and again please countless eager Nebraska fans, as a roar emerged from the most likely sweaty crowd considering the last few, fateful minutes of the game.

Relief finally struck many fans in the arena, as Central again took home the winning title of the Heartland Hoops Classic.

This game is great not only for the satisfaction of Central fans alone, but this helps to promote the school, as well as please many Nebraska fans, viewing Nebraska as successful on a more national stage than simply having continuous success at the state tournament.

Thanks to Central's supportive fan base, there were countless Eagle fans, creating what seemed to be a sea of purple throughout the stands as well as stationed in the VIP seating around the court.

Supporting the team home or away shows the dedication of our players attracting fans, and shows off our dedicated fan base other schools wish they could have. That's the Eagle way!



Tre'Shawn Thurman (#44) shoots a free throw during a game against Denver East.

Sydney Halonen | The Register



SHRED AT YOUR OWN RISK

ROBERT'S SKATE PARK IS HOME TO MORE THAN JUST SKATERS



Sydney Spangrud | The Register

Skateboarders and bikers alike practice tricks and ride at Robert's Skate Park, Omaha's first of its kind. Popular especially for teens, the park is equipped for these sports as well as in-line skating.

By Maya Durfee O'Brien

STAFF WRITER

Skateboarding originated in California in the 1940s when the surfers wanted to practice their boarding at a time when waves were flat. Since then, its popularity has increased from the 1970s until the present day. It seems as though everyone knows at least one skate boarder.

Omaha is not immune to this skating phenomenon. Robert's Skate Park, which is located on 78th and Cass Street, is a place for those who want to skate (or to learn how to skate) and for real-time skaters to perfect their skills.

Robert's is Omaha's first ever skate park. It opened on Oct. 25, 1999. The park itself is a 14,000 square foot area that is made up of concrete.

When entering the park, one thing is very apparent: the bowls—there are two of them that are four feet deep and another that is seven feet deep depending upon your skill. The bowls keep in mind the novice skateboarder as well as the more professional type.

Surrounding the park is the Keystone Trail and sometimes along the trail you will see skaters who are ill equipped to enter the bowl are trying their hand at skating

for the very first time.

Not only do skateboarders go to Robert's, but also bike riders and the occasional in-line skaters.

It's a park that is equipped for all, including all age ranges. When going to the park you'll see young children, and even some adults. However, the majority of the park's regulars are teens.

Like any other public park, this one too has rules. The first is to "Skate at your own risk." Other equally as important rules include "alcohol prohibited" and to "use caution."

The park's motto though it seems, is "Respect one another," which is a good thing to keep in mind when sharing the arena with other skaters.

The park was also dedicated in memory to Tommy Craft and Matthew Kress.

Whether you're just starting out, or if you're a skating pro, Robert's is the place to go. Because of the wide range of levels of skaters there it is a place that could be seen as almost judgment free.

It's a semi-historical place too, since it's the first skate park open in Omaha. So grab your board and strap on those knee pads. Learn to skate in a cool place.



Keali French | The Register

Coach Rice and players watch as a boys reserve basketball game is being played.

Reserve basketball just as demanding

By Micah Martin

STAFF WRITER

"The reserve team is only sophomores, and the junior varsity and varsity teams can be an assortment of any grade levels," said Alex Bartle, a player on the reserve team.

This year, Central High School has nine sophomore players that make up the reserve team.

"For the most part, we are all part of the same program, and we run fundamentally the same offenses, defenses and sets. The higher up you go, the more complex it gets. The reserve team is just one cog in the machine that is Central basketball," said Scott Rice, the reserve basketball team's coach.

Like many other sports, a student had to participate in tryouts for a potential spot on the reserve team.

In this case, there were three days of tryouts that consisted of a variety of drills and competitions.

"As a coaching staff generally, I'll make the final decision, we'll make choices on who can bring most to the program in the long run," said Rice.

The team practices every weekday that they do not have a game in order to better themselves.

"We do a variety of things. We'll warm up, do some shooting drills and some competitive drills,

put in sets and prepare ourselves for competitions," added Rice.

In order to make a team the best it can be, a lot of blood and sweat has to be put in by everyone who is involved.

Bartle said that one of the challenges of being a student athlete is definitely time management, because sometimes juggling everything that has to be done can get tough.

"A lot of it comes down to how hungry you are. How hard you are willing to work every day in practice. A great basketball team works hard every day. They always want to work better to get to that next level. A mediocre basketball team sometimes just doesn't work as hard," said Rice.

So far this season, the reserve team has done well, and they have worked hard as a whole to become better as the season goes on.

Rice said that at the beginning of the season, the team as a whole was not playing to their full potential, but then as time passed, they figured out what they needed to do to get better and fixed it.

It's not always about being the best from the start; it's about being able to learn from your mistakes in order to be the best in the end.

"For a student athlete, the key to success is being coachable. Understanding what your coaches want and doing it, to practice and

compete at the highest level," said Rice.

This is such an important aspect to sports, because it's important to not only think about what is best for yourself, but what is best for your fellow teammates.

It's not always about the individual when it comes to sports, it's about the team.

Similar to Rice, Bartle believes that when playing a sport, you have to be selfless and play together as a team in order to be successful.

"I like the interaction with the kids and watching them grow as players and as individuals," said Rice.

Bartle, on the other hand, said he liked having the opportunity to play with his teammates and enjoys the feeling of winning.

Basketball is so much more than a sport for those who participate in it; it's a way of life. For them, it's not just about winning or losing; it's about working together and being a team.

In life, it's easy to get caught up in yourself, but when you are part of something more complex than just an individual, it opens your eyes in a different perspective of life.

Rice added thoughtfully, "They're more than just athletes, and they're a vital part of the school like everyone is. They do a lot more than just play basketball."

Competitive eating not a true sport

A massive crowd heaps under the merciless New York summer sun. Donning sunglasses and foam fingers, spectators scream, eyes glued to a long table where a line of people are methodically attempting to jam as much food as possible down their throats.

Welcome to the world of competitive eating; a revolting phenomenon that has commercialized a simple act that keeps humans alive.

Morphing consumption from a necessity into a sport is utterly American and utterly disgusting. According to legend, American competitive eating has its roots on Coney Island, where on July 4, 1916, Nathan's Famous Hot Dogs held its first hot dog eating contest. "Time" magazine wrote, "four immigrants competed to determine who was the most patriotic."

Where it is written that patriotism is determined by the amount of hot dogs you can eat in 10 minutes, I haven't yet figured out (perhaps it's written on the back of the Declaration of Independence in invisible ink. I guess only Nicholas Cage can determine that one for us).

The competition continues today, and has grown exponentially since that first contest. These televised competitions are watched at home by thousands of people, and attended by thousands more (an estimated 50,000 in 2007). And for what? To watch some guy named Joey Chestnut eat 66 hot dogs in 12 minutes.

This competition occurred post-Industrial Revolution, when consumerism was increasing by the year and America started down the path it now finds itself on: one paved by capitalism and greed.

Supporters of this so-called sport may argue that competitive eating is simply for entertainment, that it is harmless fun, that it's good for the economy. What's wrong with engaging in a good ol' pie eating contest at the county fair, or seeing who can slurp up a bowl of ice cream sans spoon the quickest? It's good, clean fun, right?

Wrong. It borders on degradation. Competitors look like pigs at a trough.

How does this reflect American values to other countries? It only further proves the stereotype that Americans are fat, greedy and wasteful.

Isn't it time that we work to reshape our values? Isn't it time to stop feeding our own gluttonous egos and begin feeding those who are actually hungry? This only proves the lack of value that we possess for food. We no longer eat to nourish ourselves—we eat for pleasure, for entertainment.

The simple act of eating has been exploited, just as most other aspects of life. It is now a serious sport.

The often used cliché, however irksome, is appropriate here: There are people in third world countries literally starving while our citizens are sitting on their couches, probably enjoying a large bowl of cheese puffs, and watching "athletes" frantically take part in face-stuffing competitions.

Many of these are sponsored by Major League Eating, a "world body that oversees all professional eating contests" according to its website.

Wait, what? Major League Eating actually exists?

Yes. It does. And it rakes in millions of dollars per year, sponsoring "eating stars" and "world-class" eating contests alike. And while the League encourages its participants not to practice their speed-eating skills at home, it is clear that participants will try to train for their respective events.

This cannot be healthy.

These eaters train by eating copious amounts of food, forcing their bodies to adapt to holding large quantities of food. Chestnut admitted to drinking whole gallons of milk in a single sitting in order to cause his stomach to expand.

Before competitions, he dines only on protein supplements to get his stomach hungry and ready—but this kind of binge eating is detrimental to a human's insides.

Stomach paralysis can also occur from repeated stomach-stretching, according to Web MD, which causes the stomach to "fail to contract...and lose its ability to empty itself."

Overall, the message that competitive eating sends to both Americans and the world is not a positive one. Treating eating as a sport can lead to higher obesity rates, since viewers may see overeating as no big deal—entertaining, even.



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By Trenay Newsome
STAFF WRITER

FOOTBALL SIGNINGS

Sydney Spangrud The Register



CAMERON DORSEY

On Wednesday Feb. 5, Quarterback Cameron Dorsey committed to one of his six offerings. He signed to Morningside College located in Sioux City, Iowa.

When it came down to choosing between offers, Dorsey's main motive was to choose the college that gave him more scholarships. "I wanted to choose the school that offered more money so I would not have to pay too much out of pocket, by signing to Morningside I only have to pay \$1,000 out of pocket," said Dorsey.



CHRIS CARTER

Chris Carter committed and signed to Iowa Central Community College on Feb. 5, 2014. Having the choice between Scottsdale Community College, Ridgewater College, Blair Cliff University and Iowa Central Community College, Carter chose Iowa Central because they offered him a full ride scholarship and it was the best for him. Iowa Central is located in Fort Dodge, Iowa.

Carter is proud to call himself a Triton: "I was attracted to the school mostly because the coaches and the football facilities offered by the school," said Carter, "I believe I made a good choice and I am going to win the Junior College Championship with my team."



AARON WRIGHT

Aaron Wright signed to Northern State University on Feb 5, 2014. Northern State is located in Aberdeen, S.D. During a college visit, Wright was ultimately attracted to the campus and the players, calling it "a good experience."

While this was not his only choice in colleges, he could've chosen between Grace-land and Peru State College. "Out of the schools I could've chosen, I think Northern State was the right one, I am excited for the upcoming year," said Wright.

Brianna Rollerson starts as freshman, Bluejay's basketball team

By Cheyenne Alexis
COPY EDITOR

Brianna Rollerson said her time at Central was simply "fun," and similarly to many alumni is always wanting to go back. Graduating in 2012, Rollerson is now a registered freshman at Creighton—a sophomore in the classroom and a freshman on the basketball court—and plays for the Bluejays' girls team.

Rollerson has played basketball since she was in kindergarten on an inner mural team. When attending Central, she played all four years and started out swinging back and forth from varsity and JV her freshman year as a center, but mostly JV, and permanently on varsity the rest of her years. She also ran track in high school, though she only stuck with basketbal. She now plays the forward position at Creighton.

At first, Rollerson did ballet when she was younger, but switched to basketball when she realized playing a sport would bring her and her dad closer, which she soon started to enjoy.

Rollerson said there are many things that differentiate college and high school basketball. "[Creighton is] a lot harder. We play a lot faster—defense is much more important than it was at Central and—it's just... a lot of running up and down—you have to talk a lot more than

you do in high school—so it's... a lot more communication," she said.

Rollerson did believe she would play on a team such as the Bluejays. "I've been playing since I was younger," she said, and that was her goal from the beginning—to be on a big team.

Rollerson chose to attend Central even though her home school is Northwest. "They're [Northwest] not good at anything... and most of my teammates that I played with in the summer time were going there [Central], so I figured if I got to play with them in high school, it would get us, like, a championship and that would be fun to play with them. So I wanted to stay with my friends," she said.

On the other hand, Rollerson chose Creighton because of the proximity to her family. "I wanted my family to be able to see me play, so I'm right down the street and so my family can come to like, all of the home games and I still see my mom and I don't miss very many family events," Rollerson said.

Central's impact on her made her an open-minded person because of its diversity. "Central's a really diverse school, so I got to know a lot of different people and... going to Central with all different kinds of people like, really opens up your mind to different things and how... people do things," she said. Rollerson said Creighton lacks a bit of diversity, and because of her experience at Central is more open-minded

to diversity than her other Creighton colleagues.

Though she does not attend school with her Central teammates, Rollerson stills remains close with them. "I talk to them all the time—they go to school all over, so once they come in town, they come to a lot of my games and... if I have a lot of free time, I'll check out one of their games," said Rollerson.

Her type of teammates completely changed personality-wise once she attended Creighton. "My teammates at Central were wild—a wild bunch. They were loud/danced a lot—it was really hyped in the locker room before games, and Creighton, they are like, more chill, [a more] laid-back team—not as exciting," she said. However, her coaches did not change much, besides the bigger expectations outside of the court in Creighton, as at Central it was "mostly about basketball" to her coach.

She had a "fun" time at Central due to her many friends. "I think I met... a lot of good people and I still have like, a lot of good friends from Central. The atmosphere at Central's really good and we had a good mix of people. I had a good four years," she said. Rollerson hopes for the foreseeable future to "just keep making it to the tournament and my team [to] keep getting better." Rollerson hopes "to go... as far as possible with basketball" and still share the close bond with her teammates..

Sophomore figure skater executes passion for sport

CONTINUED FROM
'HANSEN' ON PAGE 13

things," Hansen said.

Once she gets out of high school, Hansen isn't exactly sure what she wants to do with her figure skating career.

No colleges offer a figure skating program, and competition to become a professional is tough. People with skating experience can coach others, though.

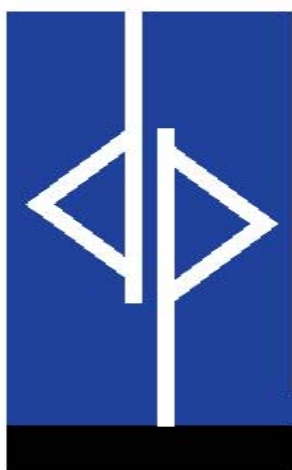
Both hockey players and aspiring figure skaters need help learning how to skate and refining their skills. For competition, skaters are divided into different skill levels, instead of by age.

When competing, skaters aim to accomplish several things. They want to have a high level of difficulty, and execute it well. This means landing jumps perfectly, and hitting their moves correctly.

While doing this, they still must put on a smile and entertain the crowd. Since many skaters take only private lessons, they get specialized help for exactly what they need.

Although Hansen's figure skating career may be stressful sometimes and make sleep a little hard to come by, she loves what she does.

Hansen said, "The first time you get something perfect is a really good feeling" and that is what makes it all worth it.



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Students recruited to various colleges across Midwest



Sydney Spangrud | The Register

Left: Mackenzie Bronson signs with College of Saint Mary for soccer. Top: Noni Henderson signs with UNO for track. Bottom: Malik Harris signs with Illinois State for football.

By Jordan Young
STAFF WRITER

Malik Harris

For most student athletes, being recruited to play a collegiate sport is a far away dream. But for Malik Harris, it was a goal. Harris reached his goal in February 2014 upon signing with Illinois State to play football during the upcoming fall season.

Before the momentous day for him, Illinois came to him before football season showing interest and then stayed in touch by email. Awhile after, he began touring the campus, five times to be exact, to determine whether Illinois would be a good fit.

Among the other schools that sought Harris' recruitment included: Wyoming, East Michigan, South Dakota State, North Dakota State and Austin Peay. Harris chose Illinois and learned of the official recognition of his recruitment a week before signing day.

However, above all the hype, Harris gives credit to the hard work he's put in during the past. "Basically, hard work first," he said. "And listening to coaches, getting good criticism... and most importantly, good in the classroom."

Noni Henderson

During the summer of 2013, University of Omaha at Nebraska began showing interest in the then upcoming senior Noni Henderson and now has recruited her to run track in their Division I program.

"At first I didn't want to go there at all," she said. "But then when I went on a visit I really liked it and I could see myself going there."

Henderson's choice to attend UNO next fall was not the only detour in her path. Before, she had known she wanted to play in college but had been playing volleyball as well until things took a different turn.

"I don't know, I just changed to track and I know it's weird," she said.

Nevertheless, Henderson gained support from her coach, athletic director Tom Lee, whom she said was the one to convince her to initially email UNO back when they had contacted her. Her family was there for her as well, constantly pushing her forward.

And through this support, Henderson has committed to hard work and dedication, getting up as early as 5 a.m. to work out or train hard during track practice, which has all paid off well.

Mackenzie Bronson

Happily closer to home and family, soccer player



Mackenzie Bronson received a scholarship to play soccer at The College of Saint Mary.

What impressed her most wasn't just the scholarship money and access to family, but the soccer team overall as well. However, playing a college sport hasn't always been the absolute that Bronson wanted to achieve. "When I was little it was," she said with a chuckle. "Then it wasn't; now it is."

Bronson explained the process of her recruitment being a long one. Besides playing on Central's team, she also played for a club soccer team and during her junior year she went to college showcases where coaches watch players, then determine if they wanted them on their team.

Through this, Saint Mary contacted Bronson, and the process was finally completed after her official signing with them in February.

Leading up to that point, Bronson also noted on the hard work and dedication she has put in since being four-years-old. And through it all, Bronson's mom, club coach and Central coach were there for her, helping her along the way.

Intense rugby season starts strong



Photo Courtesy of: Nathan Borcyk

Last year's rugby team (Nathan Borcyk and Ryan Goding are on the left) plays a game. This is the second year that Central will be involved in rugby.

By Natalie Nepper
STAFF WRITER

All year long, rugby players at Central have been anticipating the start of the season in April. Although conditioning only takes place in the fall and early spring, participants work out year round to prepare for the physically exhausting sport.

Team members are hoping to make it to state and at least mirror their third place win from last year's season. After having been formed by some interested seniors just last year, rugby is quite new to Central. Since most of the team graduated in 2013, this year is what senior Ryan Goding considers a "rebuilding year."

"Rugby is usually a senior-driven sport," Goding said. "We'll just do our best and build up a strong tradition here."

He and fellow teammate senior Nathan Borcyk are always keeping their eyes out for new players. Rugby is not exclusive and anyone who comes out gets to participate. If there's a large enough showing, they plan to form two separate teams to accommodate for the numbers.

"If people get out and actually try it, I guarantee that if they can make it through the end, they'll love it," Borcyk said.

He explained that "nobody knows about rugby" and that despite the lack of publicity, the sport is getting bigger. "It's going to be in the 2016 Olympics," he said.

Borcyk's favorite part about the sport is being able to forget everything and just play.

As Borcyk put it, "There's no time to think. You just act." The rules of rugby aren't too difficult, but players can only pass the ball backwards. The ultimate goal is to get the ball into the tri-zone, which is similar to an end zone.

When a player gets tackled, the game-play doesn't stop. The ball is set down and the teams go from there.

"I love the intensity of it. You're going 100 percent all the time," Goding said. "You don't take a break. Unless you think your back is broken, you get up and you keep playing."

Because of the extreme physical demand from the sport, Goding predicts that OPS (or any school board for that matter) would never consider making rugby a school sport, instead of just a club.

"As one of our coaches put it," Borcyk explained, "it's the closest thing that he has experienced to war since Afghanistan."

In order to succeed in the intense conditions, training is very important to the team. During conditioning weeks, players meet at Memorial Park at 4 p.m. on Mondays, Wednesdays and Fridays.

After some brief stretches to warm up, the group may run a bit, do some drills and then play a version of rugby without tackling. This adaption is simply used to get the basics down and avoid injury. Anyone considering joining the team is encouraged to show up to practice or talk to Goding and Borcyk.

"It's a really awesome way to bond as a group and it's a fun sport," Goding said. "We still are looking for people to play."

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perspective & commentary

Venezuela turns into battlefield



SAN JUANA PARAMO
HAKUNA MATATA

The growing unrest in Venezuela has led to bloody student protests that have lasted for five days and maybe even more. At least four students have been killed already due to the protests, and there is no knowing how many more will die when all is done. The streets of Venezuela have turned into a battlefield where the government is letting its own people down.

The Venezuelan youth is unhappy with the economy, an inflation rate of 56.2 percent (cnn.com) and the rising street crime. Protesters have been clashing with police forces, most of whom have used tear gas and water cannons, but there is no end in sight.

An opposition leader is already facing an arrest warrant of which will lead to a showdown leading to more deaths. Leopoldo Lopez faces charges "including conspiracy and murder in connection with the clashes," (cnn.com) that have been happening for weeks. Lopez was threatened by Venezuelan President Nicolas Maduro, who has also threatened U.S. diplomats to leave the country.

Lopez "will emerge from hiding Tuesday to lead an anti-government march," (washingtonpost.com) a march that will end in tragedy. And it did, a 17-year-old died during the protest on Tuesday Feb. 18. Soon many more will too, the problem and solution lay within the government.

The Venezuelan government has been under the influence of Hugo Chavez since 1999, and when he died one thought that that influence would wane. It didn't, and it seems that Chavez is using Maduro as a puppet straight from the grave. These protests would not have emerged if the government gave way to new political ideals and parties.

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ON PAGE 19

FCC proposes news monitors

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

The Federal Communications Commission has proposed placing government workers in newsrooms in order to monitor how decisions are made by news outlets. Many have been enraged by the news, and while some such as FCC Commissioner Ajit Pai, who, according to Paul Joseph Watson of Info Wars, stated that the program aims to "pressure media organizations into covering certain stories."

Many are blaming the Obama Administration, which is behind the plan. The American Center for Law and Justice's Matthew Clark wrote that the government is attempting to send government agents into "newsrooms across America to stand over the shoulders of the press as they make editorial decisions." Other inflamed language has also popped up (Clark also alluded to the fact that "every major repressive regime of the modern era has begun with an attempt to control and intimidate the press" and called it "Orwellian"), but it seems as though journalists are becoming overly upset about the matter. Either that, or the FCC is attempting to make it appear as though they aren't doing anything fishy.

"Any suggestion that the FCC intends to regulate the speech of news media or plans to put monitors in America's newsrooms is false," according to FCC spokeswoman Shannon Gilson. The chairman, Tom Wheeler, said the goal of the study was "to help identify 'market entry barriers for entrepreneurs and other small businesses in the provision and ownership of telecommunications services.'" But is that the truth?

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Sydney Spangrud | The Register

UNDER THE OVERPASS

THE COMBINATION OF NEW, RECKLESS DRIVERS, LACK OF CAMERAS AND SKETCHY LOCATION MAKES US WONDER: IS IT SAFE TO PARK IN THE JUNIOR LOT?

By Kelsey Thomas
STAFF WRITER

The junior lot, in description, sounds a lot like a scene out of "The Lord of the Rings" or an "Indiana Jones" film. Walking through requires skillful stepping, over cracked pavement, pieces of glass and various plants. It's underneath an interstate bridge, causing the lot to be in a constant state of darkness and dreariness.

Walking to your car is like walking down the street in the most dangerous part of town. Everyone eyes each other nervously, and every once in a while, there seems to be a person sitting in their car motionless without a purpose.

People peel out of the parking lot as fast as they can, leaving tire tracks as they go. Getting back in your car after school is eerie, and the car feels like there is or has been someone else in it.

And, sometimes, there has been. One junior, who wishes to remain anonymous, had his car broken into last fall. He returned to his car in the lot after school one day and found that one of his windows had been broken.

There was glass now on the pavement, and inside of his car. He reported it to the school and they recorded the incident, but were unable to do anything to help him.

There are no cameras in the junior lot, so the perpetrator remains unknown. Almost nothing was stolen, but the junior had to pay nearly \$200 to have his car window replaced.

On another day, the same junior drove a different car to school because of the weather. After returning to the car school, there was permanent paint or marker on the rear window. The permanent marker spelled out the name of a gang.

Many juniors have cars. But each day, less than half of the junior lot is filled. This is because of how dangerous, scary and isolated the lot is.

Most juniors choose to arrive over an hour early to school to scavenge near the stadium and the Jay to find parking. People will get to school, find a spot near the stadium and sleep in their cars until school begins.

But, the Jay isn't much shorter of a walk to Central than the junior lot. People only reluctantly choose the junior lot to park in after realizing they

cannot find a spot anywhere else. The fear of getting your car vandalized or even stolen is too present.

Raising money for the sake of the junior lot needs to become a priority at Central. Students each day complain about the lack of parking at Central, but that could easily be solved by sprucing up the junior lot.

As it is now, driving into the junior lot is too big of a risk for many to take. No students with new, nicer cars park there. It seems that the on students that utilize the lot are ones with cars from the 1980s that look like they could break down at second.

No one else is willing to take the chance. Installing security cameras or providing the lot with more surveillance by our security guards would save many students and teachers a lot of trouble when comes to finding a spot.

Even worse, students of Creighton University sometimes have a difficult task of parking because of Central kids parking at the Jay.

The junior lot now serves almost no purpose and provides parking only to those kids who are almost begging for their 1994 green Honda to be stolen.

Break too early, before official start of spring

Omaha Public Schools Forecast: Snow & Misery March 10-14	Millard Public Schools Forecast: Sun & Fun March 17-21	Elkhorn Public Schools Forecast: Sun & Fun March 17-21	Council Bluffs Community Schools Forecast: Sun & Fun April 16-21	Bellevue Public Schools Forecast: Sun & Fun April 18-21
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Emily Beck | The Register

By Kira Hawkins
STAFF WRITER

Spring break used to be that one week after winter break that would tide kids over until summer vacation.

The air would be warm and kids could go outside and enjoy the fresh, spring air.

Now spring breaks are so early; there is snow on the ground and no chance at going down to the neighborhood park to ride bikes or play. What is going on?

Already, there are classes offered during spring break, which has kids inside the school, studying instead of being outside with friends. It is fine if one's goal is to go up in academics, but this was not

the intention of spring break.

In the United States, spring break at the college and university level can occur from March to April, depending on term dates and holidays.

Usually spring break is about one week long, but many K-12 schools in the United States schedule a one to two-week long break.

In many places, the break's function is making up for snow days in January and February.

NESA testing takes place during late March and April, which is the said cause of an early spring break. This is the excuse from Omaha Public Schools for why spring break will be so early this year.

A bluff is being called. In previous years, when

the ever dreaded NESA test date loomed overhead, spring break was in spring.

Testing cannot be blamed for the early holiday, especially since it was not in the previous year. Testing starts during the week of the twenty-third according to the NESA webpage. The simple truth is: stop making spring break so early.

In Millard Public Schools, spring break does not start until March 17.

Papillion-LaVista Schools' spring break is a week after OPS. All of these schools are a part of Nebraska, and will be on the same testing schedule, yet their spring breaks are close to spring.

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BREAK' ON PAGE 20



GREASY LOVE ▶ page 20
McDonald's unhealthily dominates fast food market with international franchises.



BAD BEHAVIOR ▶ page 21
Are the new drinking game, marijuana and other bad habits becoming a symbol of social media?



BIGGEST LOSER ▶ page 20
Season 10 winner, Rachel Frederickson, blasphemed for major weight loss.



Sydney Spangrud | The Register

By Juli Oberlander
CONTRIBUTING WRITER

Nowadays, the deliberate missing of school is focused on in Nebraska even more heavily compared to in 2009.

This falls under a broad and controversial issue all states and school systems must face: that of one word.

Truancy.

According to a recent article from the Omaha World-Herald, previous to Nebraska's current regulation, nearly 22,000 public school students were not in attendance 20 or more days of class being in session.

This dilemma became a widespread problem in Nebraska school districts, as statistics from the time reported students showing up to class nearly every day scored much higher on state tests than those who consistently missed periods of school.

The evidence led state legislators to seek out a solution of an anti-truancy law for kindergarten through twelfth graders.

Data from the World-Herald editorial shows the direct advantage of this 2010 rule, projecting a drop in long-term absences from 7.8 percent to 5.85 percent during the 2012-2013 school year.

Reports show this crackdown in the law aggressively combating the high school dropout rate, as well as improving state standardized testing scores, according to State Sen. Brad Ashford, a representative in Omaha.

The old regulation, which forced schools to send students with 20 or more absences to a district

attorney, was considered ineffective according to data coming in from numerous public institutions.

As a result, changes were initiated by Gov. Dave Heineman and lawmakers, who stated the revisions were put in place "to soften reporting requirements in cases of illness or other excused absences."

Yet, even with this improvement to Nebraska law, controversy has not been avoided.

Ashford has said in a recent interview that the alteration has brought on healthy changes to Nebraska truancy policy.

According to the senator, none of the kids getting into trouble today are in school.

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However, the modification still incites criticism from those directly affected, mainly parents. In some cases, a repeal of the law is being called for.

Records from parent groups point to a flaw found in the origin of the change. Parents who are responsible enough to call in their genuinely sick child's illness are still put under suspicion in different school systems like they were before 2010.

Obviously, as date concludes, certain districts choose to enforce the law in various ways. One area of confusion, says the World-Herald article, is that schools define excused and unexcused absences differently.

It gives the example of funerals. Some districts allow a departure for attending funerals, some don't.

Clearly, legislation will never flow perfectly in every area. Different interpretation of the law is not a reason to repeal the truancy regulation long discussed on the part of representatives.

Instead, the solution for the issue lies over whom to put trust in throughout the system.

The group often overlooked in this argument is parents.

Ashford addresses this in a quote from his World-Herald sit-down: "It's legitimate for a mom to complain that, 'My child's chronically ill and I'm going to court.' That shouldn't be happening. The good thing about the law is that we've started to think hard about truancy."

"Thinking hard about truancy" involves a better definition of what exactly excused absences are, and how different schools should go about the dispute.

Meanwhile, the best results in the anti-truancy system would be from consulting the parents, those who actively have their children enrolled in the school environment.

After all, the main target of the ruling is the kids. Every single one of them is affected to some degree, whether they have missed a day or not. The governmental addition has the potential to influence further records of each Nebraskan student, no matter how they look at it.

Therefore, applying to students' main influences, the parents, is a must to keep this new truancy machine running smoothly.

Ultimately, a parent knows better than schools and legislators in terms of the specific needs and situations of their student.

Instead of arguing over how to improve the proceedings of the bill, parents should have the benefit of the doubt; they brought their kids into the world, they usually know what they can handle, absences included.

Government sparks protest

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Venezuelans are watching as their youth are getting murdered by their own government. No one is willing to stand up, because once they do, there is no guarantee that they will live long enough to organize a monumental movement.

It seems that Lopez's actions resemble a coup. Will the Maduro regime fall? No, there will be bloody fights, countless deaths but the regime will not fall, definitely not any time soon. Venezuela will be torn to shreds before Maduro will leave office. When he dies, there will already be someone ready to take his place.

If what the government wants is for Lopez to turn himself in, then that's what they'll get. However, that won't be the solution. They will gain nothing because the real people to blame are those in the government. Any accusations towards Lopez are absurd, those remarks of terrorism and murder should be aimed towards the government.

Instead of peace, the government is fueling a climate of violence and confrontation. They have no desire for peace until their selfish need of incassating Lopez is done. The government will not do anything, because all they've ever done is sit back and watch as their people die fighting for peace. The one thing that the government should have done was made a primary issue for its society. The Venezuelan government is failing its people, the one thing an overhead power should never do.

I hope the people take actions into their own hands; it will be the only way for them to get anything done. Not only will they get the attention of their government, but the government of other countries. They will hopefully try and knock some sense into the Venezuelan government. The United States government should do something; they should be involved in at least a peaceful conversation to protect the citizens, who are nothing more than victims.

I hope the Venezuelan people stand firm and in the streets. If they really want to see change, they have to work together and then they will win. The people are there to make sure their government is doing its job properly and when there is severe unrest, then the people are the ones who have to garner change. Hope for Venezuela lies in its people.

American press not endangered by FCC newsroom proposal

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After some review (and public outrage), the Commission "backed away" from the plan, and it was deemed that some of the "survey questions in the study directed toward media outlet managers, news directors and reporters overstepped the bounds of what is required."

So they've dropped the plan...sort of.

It's understandable why journalists and First Amendment advocates alike would jump onto the protest bandwagon. At first read, Watson's article is engaging—how dare the government attempt to infringe on the rights of the American press?

But if looked at from the other side, it doesn't seem so bad. If the FCC is telling the truth, the Commission is merely trying to "identify market entry barriers..." whatever that actually means.

Wheeler stated that the FCC "has no intention of regulating political or other speech of journalists or broadcasters."

So who is telling the truth here—the enraged journalists or a government agency? On one side, the thought of agents breathing down the necks of and possibly intimidating editors and other people in charge of what is covered sounds corrupt. That would no doubt compromise the free press, stifling one of Americans' distinct personal liberties (perhaps the most important in a free society) and creating bias and undercoverage in an environment already plagued with newsroom bias (hello, Fox News and MSNBC).

On the other side, if the FCC merely wishes to conduct this study to "report on barriers to entry into the communications marketplace," then what is the problem—why are journalists jumping to conclusions about governmental doings?

"Monitoring" does not necessarily mean controlling—doing a study means observing, and that really shouldn't be a problem unless the news agencies have something to hide.

The FCC doesn't even have power concerning news agencies—how would they hope to control the doings of editors? They couldn't.

Overall, these news outlets don't have to listen to or help the FCC, which has no right to stick its nose into newsrooms where it isn't wanted. But journalists should not be so quick to cry out that their First Amendment rights are being encroached upon, either.



Emily Beck | The Register

Keystone XL pipeline puts natural reservoir at risk

By Georgia Chambers
STAFF WRITER

Recently, controversy over the Keystone Pipeline has been hot—both of the opposing sides have strong arguments.

The Keystone Pipeline is an oil pipeline mapped from Canada to Texas—running through Nebraska. However, this pipeline may cross a natural water reservoir that is located underneath Nebraskan soil.

This is where the controversy sparks. On one side, the Keystone Pipeline is an opportunity to supply jobs to countless unemployed people.

Additionally, the installment of this pipe will result in major profits for America, resulting in a bettering economy which is much needed to aid the trillions of dollars in debt America is in.

These pros make it seem like the oil pipeline is nothing but a positive addition for Americans to adopt, but there are cons that certainly make the decision harder.

Environmentalists absolutely have input on this pipeline. They fear the Keystone Pipeline would pollute the natural reservoir found underneath Nebraskan soil, contaminating the natural water that spreads underneath parts of seven more states.

Specifically, this is recognized as the Ogallala Aquifer.

The Ogallala Aquifer is one of the limited sup-

plies of natural fresh-water. If this is contaminated, the water would no longer be safe to consume.

However, the Canadian company argues that this would not occur because the pipeline is environmentally friendly.

Everyone probably remembers the huge catastrophe that occurred when BP had an oil rig that burst and resulted in a damaged environment.

BP said in the beginning, this new approach was totally environmentally friendly and safe, but this accident proved otherwise.

BP also argued the rig would result in more accessible, cheaper gas and create jobs needed to cushion the suffering economy. Instead, it cost them millions, which in turn hurt the United States' economy even more.

Could not the same thing happen with the new pipeline? There could certainly be something that could go wrong—either in the construction or afterwards.

Plus, if something would go wrong, it would turn out to hurt the United States instead of helping.

Overall, even though it seems as if this pipeline will go through, it is not a wise decision. The risks are too high and not worth it.

It is a proven fact that something good cannot come from something that is neglected and not apparent, but the risks that this oil pipeline would possibly cause to the environment is not worth it.

The United States would not want another in-

cident such as what occurred with BP.

Maybe, there could be a new route that could be mapped and one that would not pass through the natural reservoir.

This way, it could create new jobs and most certainly boost the economy without running the risk of instead hurting it and the environment along with it.

This is easier said than done, because construction has already begun and is now awaiting approval for its last phase.

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This in turn means that it would be a waste of money to stop now. So, America finds itself stuck between a rock. On one side, there is a loss of money and a loss of jobs if construction stops.

This also eliminates any chance of making profit off of this pipeline and a better reliable source for oil.

The other side is the possibility of polluting the large reservoir and therefore costing America more money.

It seems as if both ways will possibly end up costing the United States and Canada, and probably more certain than the other. But yet again, it is not worth running the risk.

President Barack Obama has promised to make his decision in a couple of months, with input from the Governor of Nebraska. The Keystone Pipeline decision will be tough—both sides strongly opinionated.

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GREASY LOVE

McDONALD'S SPREADS ITS GOLDEN ARCHES--AND HEART DISEASE--ALL OVER THE WORLD

By Natalie Nepper
STAFF WRITER

With each new greasy restaurant popping up, it's safe to say that McDonald's is taking over the world one clogged artery at a time. As the latest branches have spread into countries such as Vietnam for the very first time, it's made some burger-lovers take a step back and think: are we letting this fast food chain (and other fatty restaurants) kill unique culture and cuisine?

Think about it: Ho Chi Minh City, the Vietnam version of "the city that never sleeps," has thousands of localized restaurants and bars that never close. Its eateries are famous for authentic cuisine and home-grown produce. And now, they get to have a 24-hour drive-through McDonald's plastered near the center of District 1, serving slimy burgers and fries round the clock.

Yes, many Vietnamese people lined up to enter the American grease joint for the first time, but that hasn't stopped The World Health Organization from being concerned. The fact of the matter is, obesity has spread ridiculously quickly across the globe and fast food chains are just adding fuel to the fire. Obesity kills around 2.8 million people a year, slowly overtaking smoking as America's No. 1 killer.

People reserve the right to eat a fried mess at McDonald's, but maybe they should take a look at the consequences first. The corporation supplying the "food" is making billions and watching customers heighten their chances at heart disease and diabetes with each bite. Since McDonald's wants to spread the greasy love and America's unhealthy habits to other gullible consumers, the company has coined the term "Global Realization" to conquer the fast food industry over-seas. And boy, have they succeeded! Currently, McDonald's holds the title for the biggest fast food chain

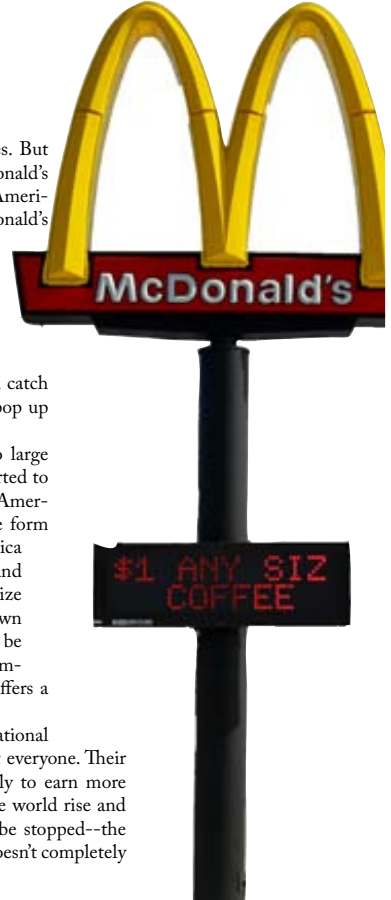
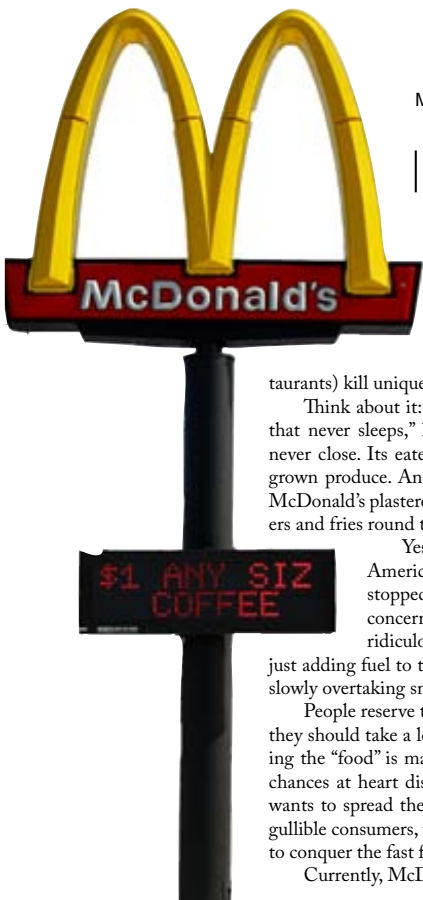
in the world with 32,000 outlets in 117 different countries. But with that power comes responsibility... and frankly, McDonald's has handled the westernization quite well. Each outlet has Americanized versions of local cuisine. For example, French McDonald's serve rabbit and Middle-Eastern McDonald's don't serve beef or pork products.

However, this adaptation doesn't excuse the corporation's crime of killing authenticity around the world. This is a scenario that America knows all too well. When the fast food restaurant first became a chain nearly 50 years ago, few believed the operation would catch on. Before anyone knew it, those golden arches started to pop up across the nation.

First, the outlets hit big cities and catered to large populations. Then, the red and yellow buildings started to appear in small towns, closing those mom-and-pop American diners and making way for innovation in the form of burgers. Now, over half the population of America lives within a three minute drive of a McDonald's and marketing research show that children can recognize the brand logo often before they respond to their own name. Across the nation, unsanitary playgrounds can still be seen connected to the buildings, clearly showcasing the company's appeal to children. Outside the USA, McDonald's offers a bite of the American Dream.

It's no wonder that McDonald's has become an international sensation for fast food--the restaurant appeals to just about everyone. Their success has globalized countries with unique culture, simply to earn more money. With every passing hour, the obesity rates across the world rise and because corporations such as McDonald's are too large to be stopped--the only thing anyone can do is hope that the American grease doesn't completely kill traditional cuisine.

IN THE
OPINION
OF THE
REGISTER



Charter and public schools both possess vices and virtues

By Jordan Young
STAFF WRITER

The old debate about the superior education system between private and public schools has slowly evolved into a new battle between the efficiency of charter schools and public schools. As not only writers, but students on The Register, we believe that public schools and charter schools have both positive and negative attributes which in turn can't make one superior to the other, but instead must be taken into context with the children and families that are involved with them.

What makes this particular education centered debate unique is that charter schools are public, yet also independent. Because of this, they serve as a competitor for original public schools, as they are tuition-free, open to all students and receive government funding. To establish a charter school, a "charter" contract that tells the school's mission, program, goals, students served, methods of assessment and ways to measure success is created and implemented on the school according to calcharters.org. In addition, charters are geared towards giving specialized help for students in need of special education, as well as minorities, and those who don't perform well in school.

The biggest argument as to why charter schools are the better choice for a solid education for students is because of the "choice" it intends to offer in avoiding failing public schools.

Teachers at charter schools have been analyzed as more interactive with students and willing to help them outside of school. Not only that, but they are given leeway in their teaching techniques. Even more so, charter schools have been commended for exactly that: the specialization the school programs offer in hopes of helping students improve academically.

Because of the features of charter schools, another main objective is to help failing areas in the school districts and the numbers have reflected this. As they are competitors to public schools, charters are seen as schools with "rigorous curriculum programs and unique educational approaches," making them seem as the ultimate, if not obvious choice that should be made

for many, if not all, students.

But that's not always quite the case.

In a study conducted by the Center for Research at Stanford University on Education Outcomes National Charter School Study for 2013, research found that the quality of charter schools across the nation are not all equal, thus implying that not all charter schools are much better than traditional public schools as many might believe.

Though the study did find very positive attributes about charter schools, that for some of the 27 states analyzed which actually have the schools, "advance the learning gains of their students' more than traditional public schools in reading," math academics are improving and that an average of eight additional days to learn reading and math each year is added for students who attend charter schools versus those who attend traditional schools, these aren't always consistent truths.

For example, an analysis of charter school progress in 2011 by the National Assessment of Educational Progress, found that at the national level, regular public schools have done better overall than charter schools, and sometimes the results came out significantly higher.

This has been partly blamed by the questionable qualifications of teachers and management varying from each school.

Previous studies have evaluated the differences from charter school teachers and traditional public school teachers, finding that charter school teachers are "younger, less experienced, more likely to come from minority backgrounds, and less likely to be certified than their traditional public colleagues" according to the Education Policy Analysis Archives at Arizona State University. And in addition, they have found to have fewer advanced degrees and don't attend as many higher quality schools as public school teacher.

So although they may be more involved with students and cater more specifically to their needs, some teachers may not be as qualified.

Despite the positives and negatives that are apparent within charter schools, they still continue to grow in size and prominence across the nation.

This even pertains to Nebraska, which currently



Keali French | The Register

doesn't have charter laws, but had an open hearing about the issue for Omaha Public Schools on Feb. 25.

Sen. Scott Lautenbaugh introduced a bill that could allow up to five charter schools in the Omaha Public Schools last year, then revised it and because a recent regulation required members of the Omaha Public Schools Committee to be re-voted in and shrunk the committee to a smaller size, minds could be changed.

Other voices springing up within the state put special emphasis on choice, as the Nebraskans For School Choice website states, "We believe there are parents out there who would love to have more educational choices for their students."

But for now, the question about Charter schools

is still up for grabs as the new superintendent and members work to discuss the pros and cons at stake, trying to make a good choice for the future of public schools.

With all that has been previously said, The Register is not saying that all charter schools are negative, that all public schools are better, or vice versa. Instead, based on the evidence studies have shown, whether a charter school is more beneficial for a student relies on their personal situation and the varying strengths and weaknesses of these schools.

So similar to the comparison of anything else, whether it is between different types of music or different areas in town, quick judgments can't be made about the subject, because only time and experience can really tell.

Some go to unhealthy lengths to maintain GPA, ensure future college acceptance

If you're like me, you are constantly obsessing over your grades, class rank and the amount of extracurricular activities you are in. Right before I wrote this sentence, I checked the Parent Portal to see if the grade for my math project had been put in. It's all for a reason, and I should know from experience what that reason is, but I can't say I do, in a definite way. Part of it is truly because of the love of learning and participating at school.

I love sitting in a classroom and getting handed an assignment, or getting the opportunity to be on something like Student Council. Another part of it is more malicious. I don't like losing, but not in the way you're probably thinking of. It's not that I don't like seeing another do better than me.

There are kids at Central that I couldn't be as smart as if I spent my entire day studying. And I love it. I really appreciate the fact that there are so many wicked smart kids here and I get the chance to surround myself with them.

The type of losing that I fear is losing to myself. If I see a 2.5 on my paper I'm not angry that someone else got a 4, I'm angry that I didn't push myself enough to get an A.

Being a straight-A student definitely isn't a walk in the park. It doesn't just mean studying your butt off every night, or turning down your friends every once in a while.

Being a straight-A student feels like the most stressful thing in

the world, and isn't as easy or as fun as it looks. The pressure a student like me puts on themselves is already incredible, and whether or not it's real, they constantly feel pressured by everyone around them. Honestly, I wish I didn't care about school as much as I do.

Because I have to tell you, caring about it so much is pretty awful. For now anyway. It seems that I do more harm to myself than good by maintaining my GPA.

Anyway, this desire to get good grades does not come without one certain final outcome in mind. Every student like me dreams of getting a letter from Yale or Stanford or another top school our senior year saying that we got in. To reach this outcome, kids, including me, go to extremely unhealthy lengths. A website called College Confidential was something I stumbled upon at the beginning of my freshman year. Yes, it has very helpful information dealing with college admissions, how to pay for college, and more, written by actual professionals. The New York Times called it "A wealth of information."

One feature of the website is called "What Are My Chances?" or the "Chances" posts for short. In the Chances forum, people can post their stats. I've been on this godforsaken website so much I can name every category of stats off the top of my head: ACT/SAT scores, GPA, class rank, AP classes taken and the resulting test score, extracurricular activities, job experience, volunteer experience,

summer activities, essays, teacher recommendations, race, country and/or state of residence, and "hooks." Hooks are things like being a first-generation college student, or having a parent that went to said college. These hooks are supposed to give colleges a reason to admit you.

The Chances feature is probably the worst thing that I have ever come across. But, I didn't always realize that. The problem with these "What Are My Chances" posts is how completely unclear and inaccurate they are.

Sure, applying to a place like Stanford that only admits 6% of their applicants is a toss-up for everyone, but kids, just like one another, tell each other what their chances are at a certain place.

None of the people on this website that actually respond to their panicky posts are people that have actually admitted people to a college before. It's just a bunch of high school students pretending to know whether or not one another will get into a school.

Getting told "No, you won't get in there" or "Yes of course you'll get into Harvard" by someone is extremely dangerous. It can break a person's heart and cause them to stop working hard. It can also set them up for disappointment. I wish I had a definite answer on whether or not my good grades would get me into the school I wanted. But I don't. Because I don't, and I won't for another two years, both kids in the same situation as me and I look for places to get these answers.

CollegeConfidential.com is one of these places, and it does nothing but provide a place to give made-up advice to a bunch of kids, from a bunch of kids.



KELSEY THOMAS
NOT FEELIN' IT

Early spring break seems more like a second winter break, comes too soon

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Spring break is called spring break for a reason, because it is supposed to take place in spring. Changes just need to happen.

When families use the week off to go on vacation, possibly to somewhere warmer, this somewhere will not be warmer since it is not yet spring and will not be until April.

It is not an Easter holiday, so it is fine to not have the break following the religious holiday, but having a nice, hopefully warm week to take a load off before returning to the classroom and finishing off the rest of the school year.

OPS should get to realizing that it is fine to change around schedules and have spring break when it should be. Kids get squirmy and when the space between summer and now is too long, focus starts to drop.

We just had winter break, and while no school can be a good thing, it is better to spread things out.

Spring break is too early this year. It needs to either be moved after NESA testing, or testing needs to move back. Change is fine and happens.

The traditional spring break was loved and is missed. In the opinion of The Register, spring break belongs in spring, not when there is snow still accumulating on the concrete outside.



It's becoming more and more common to log on to popular social media sites and see users posting illegal or inappropriate pictures and videos, showing themselves performing outrageous games or challenges. Seeming as though they are simply trying to outdo one another, all for a little thrill and recognition over their social media cites. Although most of these challenges are nothing near safe, a new lethal challenge has swept through social media lately; going by the name of Nekominate.

Also commonly labeled as "drink and dare," participants are expected to drink a large alcoholic drink, in an outlandish way, in a very limited amount of time, proceeding to post their experience on YouTube or Facebook, then tagging a friend or friends. This gives the people with names tagged in the video 24 hours to recreate the challenge and posting their own experience on social media. If the person who was tagged does not perform the challenge, they are heavily ridiculed through the social media cite.

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Tia Spears | The Register

ARE SOCIAL MEDIA SITES BECOMING THE HUB OF ILLEGAL ACTIVITY?

By Sydney Halonen
STAFF WRITER

The dangers of this game are not only because of the high levels of alcohol consumption, but because of the greatly high peer pressure that comes along with being tagged to do the challenge. This is a problem that has been addressed recently in the news, CNN publishing an article as well as featuring it on the live cast during the nightly news in attempt to get the word out about the lethal game.

Although the game originated in Australia, it has quickly spread vastly to other areas, most predominately in the USA. Now that the game has become so popular, it has already claimed five lives in the US alone.

All five men participated in the game and were tagged by friends, all participating and them posting their videos on the internet. All of the men were men under 30 years old, lives ending too shortly all because of a silly game.

Although drinking games such as these are very prevalent, they are not the only things being posted on social media that should be

kept to them. It is not uncommon to scroll through Instagram or Twitter and see underage students posting pictures that could get them in serious trouble.

Each and every social media user has the right to post what they want on the internet but when it is activity that can get the user and others cited in the picture in trouble, it is silly to post it just for the attention.

Social media often causes users to do things out of the ordinary and post it on the internet, often in the thought that they will receive a status that others not posting the same types of things. This is a cycle that is often as lethal as actual drugs and alcohol itself; a cycle that can get the users and their friends in trouble with the law and even keep them from getting admitted to schools and programs.

In the end, whether it is a drinking game or just the perception that they are doing it, it is bad for their health as well as legal well being.

Kansas: No place like home, except for homosexuals

By Cheyenne Alexis
COPY EDITOR

Perhaps one of the most famous quotes to ever surface entertainment is "There's no place like home," repeated over by Dorothy Gale in "The Wizard of Oz."

Her "home" is in Kansas—the Sunflower state. This state has recently been the main talk in LGBT news, because an anti-gay bill was passed by the Kansas House of Representatives (rt.com).

Basically, Kansas has become the home of gay discrimination, which further deteriorates them from being anything but a "no place like home" state.

This bill was passed by the Kansas House (which is Republican-controlled if that says anything) which, in simple terms, allows gays and lesbians to be refused services "for religious reasons," as seen in the rt.com article "Kansas anti-gay bill openly legalizes discrimination."

At the age of a coming-to-terms with accepting gays and allowing marriage in some states, Kansas has crossed a new line and is not only illegalizing marriage between same-sex couples, but is basically telling the public it is okay to deny them service just for being gay. Has the state really reached a new low?

Illegalizing gay marriage is one thing, because everyone has the right to marry. But actually passing a bill, denying same-sex couples service for "religious reasons" has gone past wrong.

It is understandable that states are independent, and laws and obligations vary from place to place, but it cannot be reasonable to discriminate.

Kansas is a conservative state overall, but rather than passing a bill that says "you can discriminate gays. We'll say it's for religious reasons to make us not look that bigoted," they should ignore what they do not believe in and mind their own business.

It's really that simple. Don't like the way one person lives their life? Against your religion? Well, not everyone is religious, after all.

Msnbc.com's article "States fight to push anti-gay bills. But will they pass?" shows that Kansas is not the only state pushing this bill. The states Arizona, Idaho, Nevada, Ohio, South Dakota, Tennessee and Utah were also considering the bill. Though many have been denied or "died," the fact that these states are trying to pass this bill is ridiculous.

How is it that because one is gay, one will somehow "affect" their

store or restaurant? Being gay is not a lifestyle; it is a sexual orientation. People should not discriminate because someone is gay (really, people shouldn't discriminate at all).

If the person who enters the business is an extreme nuisance, then it is reasonable to deny them service. But what if a gay person enters a restaurant and is extremely friendly and polite and then mentions they are gay?

Another thing: how can one simply tell if someone is gay or not? Of course, if a same-sex couple enters a shop it is inferred, but what about a single person?

How does one "act gay" anyways? One gay person could walk into a store and the owners could be totally oblivious, because there is no way to "act gay."

Legally discriminating people sounds as bad as it is. One can be a total ignorant bigot towards a gay person, and if the gay person acts against it, who is going to get in trouble? With this bill, it will be easy for those anti-gay perpetrators to be the horrid beasts they are and get away with it, because it is legal.

Then, Kansas is going to get protestors from other states, in their state, people pushing to deny the bill and then what?

If people would take a second to get over their "moral and religious beliefs" regarding gays, everyone could probably live better.

Religion is a huge factor played with legalizing gay marriage. If that is the case, why are some other laws allowed?

Don't some other laws such as abortion rights or marriage go against someone's religion? If that is true, then why are those still in place and people in Kansas can legally discriminate gays? What could possibly be next in Kansas' gay movement? Will they allow their gay citizens to vote still if they continue to be the conservative state they thrive to be?

Putting religion into context just to make things rougher for other people is hardly sensible and utterly wrong.

That is basically the whole issue: conservative states claiming religion should be taken into consideration. "Religious freedom is a shield, not a sword," said Nick Worner of the Ohio ACLU on the msnbc.com article. "It's not religious freedom when you're using it to hurt someone else." No one should be denied their rights regardless of what they are.

People are people, and if many states cannot understand it, where does the Constitution come into play? Are all men really not treated equally? But were they ever to begin with?

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Hillary Blayney | The Register

Fremont ordinance stops illegal immigrants from renting property, hinders living there

By San Juana Paramo
STAFF WRITER

A controversial ordinance was proposed in Fremont, Ne. in June 21, 2010 pertaining to illegal immigrants residing there. On Feb. 28, 2012 the ordinance was passed in which illegal immigrants are forbidden housing.

The law, entitled Ordinance 5165, was petitioned by Fremont residents and overwhelmingly voted to reject repeal. "Of the 6,484 ballots cast in the Tuesday election, 5936 percent voted to affirm the law while only 40.4 percent said it should go," (Journal-Star.com). The ordinance bans illegal immigrants from renting housing.

Those in favor of Ordinance 5165 are celebrating a victory against immigration, while those against are feverously fighting for a repeal.

What the city of Fremont has done is completely inhumane. These decisions should not be made by a city government and should be left for the government of the United States to decide such fates.

The ordinance will be expensive to those living in Fremont which will include legal fees and the possible loss of federal grants. Though the citizens are well aware that it will take money from their own pockets and those in favor aren't worried about the financial burden it will impose.

Renters will have to provide information to the police and obtain permits from the city.

The effect of this ordinance will cause discrimination to legal United States citizens causing racial profiling. The Hispanic community in Fremont has been growing, and there are no real numbers showing just how many of those people are legal or not.

What Fremont has passed violates the rights of those living there and ensuing fear among the Hispanic community. The Hispanic community may be persecuted now because of the ordinance, even though persecution is not part of the ordinance.

These people have worked hard for what they have, they want to provide the best for their children and they should be giving a chance.

Though it is not legal for illegal immigrants to reside in the United States, a comprehensive immigration police would solve many of the problems that have risen.

Laws like Ordinance 5165 would not have happened and other laws similar that may be proposed in the future.

Instead of going forward, Fremont is going backwards and refus-

ing to accept the changes that will happen as this country becomes more inclusive.

If the ordinance hinders illegal immigrants from having a home of their own, will legal immigrants be racially profiled and be prohibited housing as well?

What should have happened was that it should have taken to the federal courts, not left to be dealt with by Fremont.

The future of these people should not have been left to the citizens, instead they should have followed suite with other cities and states that have taken it to the federal government.

It is the right choice; they are violating the rights of their own neighbors.

The people have a right to vote whatever they please, and there are in their own right to vote illegal immigrants from renting housing, but the law should have passed higher government.

It should have gone to court in which it would have been decided if the law passed or not. A state has the right to make and pass whatever laws they please, but when the laws discriminate people of another race then the decision should be left to a higher official.

The ordinance that Fremont has passed violates many rights and should be reconsidered.

The people of Fremont have all the rights to fight for what they believe in and the people who favored the ordinance could petition for it than those against the ordinance should do the same.

They only way this ordinance will change or be removed is if those against rise their voice and take actions. The city of Fremont should see that this ordinance has more negative outcomes than positives. They have now achieved a negative reputation and of which they should be ashamed of.

These immigrants came into this country hoping to provide the best for their children, the only crime they have committed is in how they come into this country. They should be giving the resources to file for citizenships or residential status.

The city of Fremont goes to show that this country still has a long way to go before any agreement can be made on immigration.

What should happen is that all other states should carefully observe Fremont and learn from its mistakes so they won't commit the same ones.

It's now a waiting game for what will happen to Fremont in the future, but let's hope that the ordinance doesn't ruin the city.

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Reconsidering abortion regulations in the U.S.



Keali French | The Register

When entering abortion clinics, many women can be verbally abused by protesters with demeaning signs.

By Maya Durfee O'Brien
STAFF WRITER

Over the years the debate about abortion has been a heated one. With views on both sides it's hard to know which is the better one.

It seems though that restrictive laws inhibiting abortions are ineffective and therefore unnecessary for the good of the United States. It's almost always talked about in politics, but is something that shouldn't have anything to do with that.

According to NPR there are a new set of laws that are looking to be passed in regards to the restraint of abortions. The argument is that "a fetus can feel pain at 20 weeks," and this law is known as the "Fetal Pain Law."

It was taken up with the Supreme Court that is Arizona's previous law that said those who had abortions at 20 weeks were criminals. Federal courts in both Georgia and Idaho granted the same law that was just recently up-lifted in Arizona.

Scientists too have been testing these claims, the claims as previously stated that the fetus can feel pain at 20 weeks. It has been tested for years, decades even. "A 2005 analysis of numerous studies that appeared in the Journal of the American Medical Association concluded that for a fetus to feel pain its neural connections into the cortex have to be developed — and that doesn't occur until sometime after the 26th week of gestation," according to NPR.

Nothing really new has been found recently in regards to this assertion. The doctors who perform these procedures are now faced with the daunting task of having to talk with their patients about how far along they are because of this horrible law. An emotional subject that doctors shouldn't have to discuss with

their patients, due to a silly law that doesn't even make any sense.

Because of this new law and many other restrictions on abortions, rights activists are standing up and fighting for what is right.

"In the past three years, Republican-led legislatures have backed bills to regulate abortions and the doctors and clinics that perform them," according to NPR.

Almost 12 abortion clinics in Texas have just stopped performing abortions due to this and so have other places across the United States. Because of this the abortion rate has diminished, but the rights of women have not. They have their right to this whether others believe it or not. It is their own business because they have a right to their own body.

In New York, the government and governor have introduced the "Women's Equality Act." The Act provides pay equality for women as well as new domestic violence laws.

Across the country in California, a few abortion friendly laws were passed. One of them extends those that are eligible to perform the procedure. All in all abortion activists across the nation are standing up for the health of women and their rights.

Women have a right to their own bodies. They are free Americans, so why should they have to adhere to laws that have to do with the controlling of them? The answer is that they shouldn't. Abortion shouldn't even be an issue although it shouldn't be the norm either.

There needs to be an in between, an in between that doesn't involve horrible laws that try to inhibit the procedures from occurring. It's a women's own choice whether to have it done.

If others don't like it, that's a perfectly fine opinion to have, but it really comes down to the opinion of the individual.

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America: the land of the free?

Throughout my whole life, I always believed I lived in a place where the amendments of the Constitution were regarded with the utmost respect. I was sold on the idea that I lived someplace where the deserved freedoms of all were left unsuppressed. For the first time in my life, I actually believe that the principles that our founding fathers built our nation on are being disregarded by those who are supposed to be preserving the United States of America.

All of this did not happen in the span of one president. Barack Obama may not be the people's favorite, but he has not first handly caused all of problems that we as a nation now face. It may seem like Obama is the reason for the state that America's in at the moment, but for the most part, the monster that is made up of the consequences of the government's actions has been lying dormant for some time now.

The only difference presently is it has grown too large to be hidden any longer. People always say, "We'll cross that bridge when we come to it." The only problem with that is by then, it is sometimes too late.

Many people do not understand what is so important about 38 delegates who signed a piece of paper in 1787. All of that happened a long time ago, but what those men had the courage to do despite every force that was against them truly deserves to be commended. However, even though the founding Fathers are important, it is what they signed that was and is even more important than themselves.

The Constitution of the United States is the foundation of our country. This document may have been signed over 200 years ago, but it is still a living part of the nation that we know today, or at least it should be. If those basic principles had been taken into more consideration when making key

decisions, today's issues may not be so profound.

I understand that sometimes things unexpectedly change, whether it be for the better or for the worse. That may actually explain why this question did not spark my attention until now. Of course I also know the situation we are in could be far worse, but it could be better, too.

The World Press Freedom Index for 2014 that is from Reporters Without Borders has the United States ranking at 46 out of 180 countries. That may not seem all too bad, but from the previous year it is a 13 rank drop.

This is a perfect example of how the suppression of rights having to do with freedom has showed itself. The report said the reasons behind the decreasing rank are mainly the sacrifice of information because of national security and surveillance.

"Countries that pride themselves on being democracies and respecting the rule of the law too often sacrifice the freedom of speech to an overly broad and abusive interpretation of national security needs," stated the Reporters Without Borders Report. Also because of the suppression of freedoms investigative journalism in the United States is suffering as well.

As freedom of speech and freedom of the press are even more closely monitored by the government, it is hard to believe that freedoms are not being restricted. In the United States as it becomes harder and harder for investigative reporting to take place and as what is acceptable under freedom of speech changes, everyone will be affected.

Great journalism pieces like the Watergate scandal may never be possible again if things continue as they are currently. None of this may seem very important now, but as soon as the government controls these two freedoms it will be able to do anything. Handling the information that others receive could potentially led to complete control.



MICAH MARTIN
EVERYDAY'S ANOTHER
CHANCE

Winner of "The Biggest Loser" criticized, drastic body changes



Photo Courtesy of US Magazine

Rachel Frederickson, winner of season 10 of The Biggest Loser, lost 150 pounds during the season.

By Tia Spears
EXECUTIVE EDITOR

The Biggest Loser contestant, Rachel Frederickson, became the winner of season 10, but also the center of a major weight loss controversy that really shouldn't exist.

Frederickson is five foot four and now 105 pounds. At a first glance the last thing that should come to anyone's mind is that she's anorexic. Despite that, viewers and critics continue to blast her, proclaiming that it advertised the wrong bodily image.

According to the body mass index chart, Frederickson is technically underweight, however she's a former swimmer and lost the weight on a 1,600 calorie diet. What's wrong with that? No where in her work out plan did it entail puking food up or starving herself.

The girl looks good, most importantly she looks happy. Wasn't that the point of the show in the first place? She took the title "biggest loser" literally. She did what she was supposed to do. After losing 150 pounds, it's a whopping change that even astonishes trainers, but it's a positive change.

Take a look at Frederickson and it's easy to see the muscle. Muscle isn't achieved when unhealthy habits are formed. It's outlandish that people would say she probably lost the weight the wrong way. In most of her interviews she was asked if she had an eating disorder.

Three previous winners of the show, Ali Vincent, Olivia Ward and Patrick House think Frederickson is just fine. The three agreed, according to a Today's news article, that the only thing that anyone could possibly need to have a concern for is if her weight plummets within the next few weeks.

Between Zumba, walking on the treadmill and

going to the gym daily, it was easy for her to shed an additional 45 pounds after leaving the ranch. Her trainer, Dolvett Quince said to the Today's news article that people shouldn't take one piece of her experience and judge the entirety of her weight loss journey. Quince also told People magazine that he was still surprised at the outcome.

The only words the 24-year-old, winner say in defense to all of these rather crude remarks is that she may have overdone her workouts bit she has no eating disorder. She's truly dedicated to her workouts and really wants a healthy lifestyle.

Being that she used to push over 200 pounds, it is completely understandable for her to continue working out to keep her weight and be healthy. She's 24 and has a lot to look forward to. It's such a shame that her worries turned from being obese to being perceived as anorexic. That's really hard on a person and it's unfortunate that her win has to be bittersweet.

If Frederickson neverminds these ridiculous accusations then everything will be fine, which according to a debut on the Today's Show on Feb. 6, it is. Frederickson showed a fuller figure by cutting back on her dieting, but said she worried about reverting to habits that got her to her obese state in the first place.

People should encourage her and recognize her hard work and dedication, that's the point here. She looks just fine now and even before she added a few pounds to quiet the critics a little bit. People need to respect that at the end of the day, not criticize her. It's blatant that she realized the weight change was drastic, but it was never unhealthy. She told Today's News that she is the healthiest she has ever been. Her facial features are less severe than they were when she debuted her new body. It does look healthier, admittedly.

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President's threat not necessary

Obama's statement regarding possible repercussions if Ukrainians "step over the line" during protests empty

By Seth Arter
STAFF WRITER

For three months, Ukraine was burdened with protests. Many of them were violent, resulting in injuries, death and destruction. Dozens have lost their lives and many were injured.

It all began back in November when Ukrainian president Viktor Yanukovich went back on his plans to sign a historical political and trade contract with the EU (European Union) on Nov. 21. If Ukraine had signed the deal, Russia threatened them with large gas prices.

The one thing that United States could have done was make the situation possibly more tense, and of course that's just what happened. In the heart of the protests, President Barack Obama made a threatening statement to Ukrainians saying "there will be consequences if people step over the line."

Although Obama probably had the country in their best interest, a threat from the U.S. is not going to solve anything. It's adding fuel to the fire.

The threats that made President Obama made against the Ukraine are similar to those he made to Syria. Both of the "threats" were accompanied by tough words, but no tough actions to follow. It just makes the U.S. look stupid and extremely weak. The threats were all talk. Obama and his administration should be embarrassed.

A country with so many freedoms and great opportunities shouldn't be ran by a leader who cannot back up threats in a serious situation. If that's how phony America's top leaders are, it makes nothing but a fool out of the U.S.

Not only was the threat nearly false, but it was no solution to a critical situation. The controversial trade decisions made by the Ukraine was between the Ukraine and Russia. If anything, Russia is the antagonist in the situation. Due to Russia's threats against the Ukraine, Yanukovich was pressured into changing their decisions on trade agreements.

Nowhere in the situation did the United States



Imani Brown |The Register

play a roll in the choice made by the Ukraine. The relationship between the United States and Russia is already rocky as it is, why would Obama want to step in at all?

Under the leadership of Vladimir Putin, Russia is a country of ruthlessness.

If they can pressure Ukraine into not signing a trade deal, it is clear that they are not a country the U.S. should want any sort of involvement, which includes proposing any sort of threats to Ukraine as they now are involved with

Russia.

That's only half the reason the U.S. shouldn't be involved in the situation. Every time something tragic happens abroad that the U.S. tries to get involved in, people wonder why issues that America deals with aren't being handled as first priority. They are right and make a completely valid point. Every day there are serious issues within the U.S. that need to be dealt with. All too often America hears about bad days on Wall Street, rising poverty levels, crime, bankruptcy and problems with the economy all too often.

Not to mention that Obama has had very low approval ratings lately. As of Feb. 17, 53 percent of Americans do not approve of Obama's performance in office.

So, with that being said, if more than half

the nation is in disagreement with Obama, why in the heck is sitting there sticking America's nose into a tense foreign affair that has nothing to do with the country? Most people would imagine that if their approval ratings were that low, it would be such a shameful thing they would automatically have the common sense to focus only on problems right here on the home front.

There are two words that Obama focuses on way too much: Power and publicity. Here's the two other ones that he should be focusing on: Politics and people.

Some may say the actions taken by Obama were completely necessary. It is important to make sure that the United States does help other countries in times of distress. In this particular situation, it's not appropriate to get involved. When the United States is dealing with struggles of their own back home, the only foreign affairs the U.S. should involve themselves with are natural disasters or storms at a level of major severity. If the U.S. is involved in assisting a country in a case such as that, there is no serious threat to our country. Helping with something where emotions are not intensified is completely acceptable. America's needs come first. As long as our country isn't in immediate danger, then foreign affairs come second to issues at home. That's just how it should work with no question about it.

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Embracing multiracial heritage means personal, educational benefits



Keali French |The Register

By Trenay Newsome
STAFF WRITER

In the past, if one was multiracial one was looked down upon by others because it was "abnormal." But now these abnormal human beings are everywhere. Times have changed and there are many benefits being mixed with multiple races. To experience these benefits of being multiracial, one must first accept everything about oneself.

Some people have a problem with self-identity because they don't understand that it is okay to celebrate all their cultures and fully embrace who they are, so they eventually start to question everything about themselves. By embracing oneself there will be many benefits to account for.

For example by celebrating all the holidays or beliefs someone's diverse culture has to offer opens up many new horizons. This wide choice between different cultures allows those who experience them to have a wider perspective on the world and obtaining the ability to understand those from different parts of the world. With understanding comes peace and love.

Being multiracial means there are many stories to listen to from various family members. Listening to these stories and thinking, "Wow, I never knew there was so much history to my back ground so many rules broken just get to me to where I am today."

These rules could be any boundaries that were set between parents or even grandparents. This includes when there was time of racism and hatred for those who loved each other of different races.

The many stories they have to offer keeps one from being bored, these stories could even be shared to future children who will understand the struggle their ancestors went through. There will be a new appreciation for them and they will understand their past.

Another benefit is the many scholarships provided to the different ethnic groups. While years ago it was unlikely for many ethnic groups to achieve a higher education or even the basic education, today these people are offered multiple scholarships. Being multiracial, a student could apply for many scholarships and eventually receive enough for a full ride.

One could also easily relate to new people and make new friends because of one's diverse background. Attending a school that is also diverse allows these students to interact with each other and share their cultural differences.

To experience these benefits of being more than one race, multiracial people have to understand there is nothing wrong with being more than one race.

Experiencing different cultures under one roof is priceless, the different stories are even better. One can understand the perspective of their parents and have a deeper understanding of history and how they are eventually together. Holding the ability to relate to people around the world, either because they also are multiracial or their cultures are similar to the cultures you celebrate. Being multiracial is perfectly fine and could even be better than being only one race.

This is because those who are multiracial can understand things more easily. And with understanding comes peace and love. Embrace oneself.

IN THE
OPINION
OF THE
REGISTER

Going vegan best way to avoid dangerous ingredients, attain healthier lives

With all of the genetically modified foods and unheard of ingredients, the safest thing to do is to simply go vegan.

It is definitely important to me to keep up with a healthy exercising regimen and understand what exactly I am putting into my body. Unfortunately, it is difficult to continue eating the food that's good to me knowing what's in it.

For example, my favorite flavorings are raspberry and vanilla. I even love raspberry or vanilla body mists. However, those two scents/flavors alone contain a very disgusting ingredient—Castoreum. Castoreum is secretion from a gland (from a beaver) located around the anus frequently used in natural and artificial flavoring. When I learned of castoreum I was distraught and felt contaminated inside and out. I've been spraying beaver butt gland secretion on my skin and putting that through my digestive system unknowingly.

It's hard to feel good about what you eat when the list goes on, literally. The longer the list of ingredients, the worst that food is as a whole. I'm a huge fan of breakfast foods and I used to eat Great Value French

toast sticks almost every morning until I saw the long list of ingredients. It contains 58 different ingredients, half of which are five syllable chemicals that no one knows of unless they're the Father of Chemistry themselves.

Three rather alarming ingredients on that list: Azodicarbonamide, artificial flavor and enzymes. Azodicarbonamide is a chemical compound that has crystalline powder in it, giving it a shiny, tasty look when it is done being cooked. Artificial flavoring, as I discussed, is the castoreum. Enzymes, for those who do not know, are there as catalysts to speed up the digestive process. So basically, I ate wheaty crystalline sticks cooked with beaver butt secretions with enzymes to help it go break down into my digestive system. Lovely. The syrup that I was using contained another long list of unknown ingredients and had caramel colored carcinogens. Carcinogens are cancer causers and the last thing I want to do is heighten my chances of getting those cancers for a love of breakfast foods.

Another huge deal is that meat is a large component in people's diets. Companies like KFC with chemists to "beef up" their cows and

make more chickens (except these chickens run around with no eyes and beaks because they have been chemically produced in a lab) all for capitalization. I'd rather them kill these animals and worry about repopulating them on farms as opposed to eating a chemically chicken that doesn't go "quack" or an obnoxiously, bearded up cow. Ew. If someone was to go vegan, these ingredients most likely would not be a concern due to the types of foods they are supposed to eat and the state of health that would become unavoidable.

When I say going vegan is the way to be, I don't mean it in the way of the extremist. I am not vegan myself, but I admire the benefits that come with not eating animal products and artificially flavored foods.

True vegans don't even wear materials in their clothing that have animal origins. So my favorite pair of leather boots would be out and those super cute Air Max 90 sneakers would be nothing. I can't imagine making that large of commitment.

I've considered being vegetarian too, but there are still those same disgusting ingredients that I've mentioned that can be sprayed onto my vegetables. It's disappointing that it's so hard to escape them when it's considered a normality to eat and drink beaver butt secretions and chemical compounds.



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