



Social media poses risks to personal security

Madie Ybay
Opinions Editor

As time moves on, technology seems to get more advanced, but there's a limit where the advancements gets creepy. Social media demonstrates this by "magically" showing advertisements that you were just talking to your friends about.

"It's a bit scary thinking about how exposed kids really are, but if students are careful I think that they shouldn't be in danger," instructor Gary Wood said.

When ads pop up and coincide with what we've been doing on social media, it's called data scraping. Data scraping tracks what people

do online and their personal data in online conversations. One of the serious cases was when the company Nielsen Co. looked at Patient-sLikeMe forms which contained personal emotional problems from people.

"With social media nowadays it's hard to know what is exactly happening in our kids' lives, but I trust that they are staying safe," Wood said.

One of the recent additions to social media is the SnapMap from June 2017. SnapMap takes your location and makes it public to your friends. This has caused controversy as parents are concerned with their child's safety and predators.

"When I first saw it, I thought

it was really cool," sophomore McKinzie Rine said, "until I saw that you can zoom into the exact street they are on and that is when I found out that is very unsafe. Once I found that feature out I turned my location off for that app."

Snapchat is not the only social media to do this. Facebook has recently received attention for invading private messages as the topics users discussed showed up in timelines. Incidents like this are harder to notice than the SnapMap.

"I think Facebook, just because of all those recent hackings and it just seems like an unsafe app to me," said Rine,

Specifically Facebook Messenger has been using people's person-

al conversations and putting that data scraped from those conversations in user feeds. For instance, when discussing certain products only on Messenger they will be an ad on the feed of that same product.

"Furthermore, if you text someone that you want something, ads will not start popping up on Facebook for that item. If anything, it will be using the cookies within your browser and the pages you've visited to give you 'relevant' ads," crambler.com said.

Social media has monitored our actions for years. It's the subtlety of the ads for that shirt that you were just looking at, but now people's eyes are open to the invasions.

"I began to notice when ads

started to pop up on my social media of things I had maybe Googled or liked a picture with that product," Rine said.

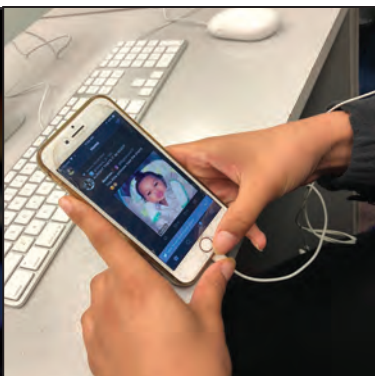
There's no way to completely control data scraping and stay totally safe. However, you can control the privacy by changing the passwords to your accounts, installing protective software, and clearing your browser from harmful cookies. The most you can do is update your search settings.

"It made me feel a little uncomfortable knowing that all these social media could find out your interests without directly asking you," Rine said. "It made me curious for about all the other things they are doing."

Is our privacy actually safe?



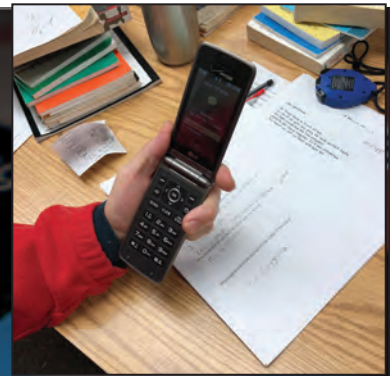
Senior Kelani Kennedy has never felt that her privacy was being or could potentially be invaded by social media outlets. "I feel comfortable using social media with no fear that my accounts will be hacked because the social media sites do an adequate enough job of protecting the information that I give them," Kennedy said.



Kennedy uses social media apps on a regular basis to the point that has become almost a habit. "I use Twitter, Snapchat, and Instagram most often because they are the easiest way to stay connected with my friends and Twitter is my favorite because it gives me a good chuckle," Kennedy said.



Instructor John Campbell is against the use of technology and social media. "To quote Huxley, 'I believe that there's no big brother that's going to destroy us. It is what we love that is going to be our undoing' and these things [smart phones] are just that. They are the greatest entertainment," Campbell said.



Campbell has not even owned and does not plan on owning a smart phone anytime soon. He is cautious with the idea of overreliance on technology. "I worry about the idea that I can have access to the internet anywhere I go. I just do not think I need that. In fact it worries me that so many feel that's a need now," Campbell said.

Social media accounts fall victim to hackers daily



600K

According to NY Daily News, 600 thousand Facebook accounts are hacked each day.



4.6M

According to CNN, in 2014, 4.6 million Snapchat passwords were hacked.



32M

According to Tech Crunch, in 2016, 32 million Twitter passwords were hacked.



6M

According to The Telegraph, in 2014, 6 million Instagram accounts were hacked.



65M

According to The Daily Mail, in 2016, 65 million Tumblr accounts were hacked.

When rights clash with patriotism

Nia Booth
Editor in Chief

NFL player Colin Kaepernick began his process of silently protesting by sitting and then kneeling during the National Anthem in August 2016. Kaepernick’s actions have lead to not only other professional players taking a knee, but also high school athletes doing the same. This has lead to controversy as to whether a school or coach can penalize a player for silently protesting the same way coaches of professional teams have threatened to bench players for kneeling.

“Peaceful demonstrations are considered protected speech so a school is not allowed to prohibit them unless they disrupt school activities. School authorities cannot prevent students from participating in a demonstration that is held off campus or after school hours,” according to the American Civil Liberties Union of Nebraska (ACLU).

Bellevue East has had athletes, such as 2017 graduate Justinna Epting, take a knee during school-sponsored games. Last year Epting decided to begin taking a knee during the National Anthem before the varsity basketball games she played in.

“I had been thinking about it [kneeling during the national anthem] for a while, but the results of the presidential election confirmed that I would be kneeling that season. I could go on and on about why I chose to kneel, but it all comes down to one thing, lack of equality in America. It’s not about the military, the flag, or the anthem. It’s about speaking up for the ones that can’t speak for themselves. It’s about the victims of police brutality. Victims that look just like my dad, uncles, cousins, and brothers. Who would I be to see the injustices in our country and not do some-

thing about it? Actions speak louder than words and that’s why I chose to kneel. I want to see a change in the ‘land of the free, home of the brave,’” Epting said.

Some schools, such as Lansing Catholic High School in Michigan, have benched players for planning to kneel during the pledge. Bellevue East’s girl’s basketball coach Blake Anderson did not and has stated he would not bench a player for kneeling during the anthem.

“I would never do that [bench a player for kneeling during the anthem] because a silent protest in my opinion, which doesn’t mean a whole lot, but in my opinion a silent one is the way to go to start off with. We live in a day and age where a silent protest for what you believe in is something that I’m not going to tell you you can or can’t do because I’m not in your shoes,” Anderson said.

Not all who kneel during the anthem sit during the pledge. Though Epting stands for the pledge, she does so in silence because she doesn’t believe the pledge represents the United States currently.

“I did not say the pledge or put my hand over my heart, but I did stand for it. I do believe that America will eventually become a place where there’s liberty and justice for all, but we’re not there yet. So until then, I won’t recite something that is not true for everyone,” Epting said.

Many supporters of Kaepernick and student athletes who kneel do not kneel themselves. Some, like senior Alyssa Black participate in the standing for the anthem and the reciting of the pledge, but give full support to those who protest.

“I support those who kneel because they simply have a right to, it’s freedom of speech. Also, because it’s for a good cause in a respectful and peaceful way. I, on the



Standing for respect Junior Jazmine Hudson stands for the Pledge of Allegiance every morning. “I do support it because the flag represents soldiers fighting for our country,” Hudson said. Photo by Makayla Schaffer

other hand, feel as if I have to [stand for the anthem and pledge]. Plus, when you don’t, some teachers feel the need to call you out and ask why in front of everyone. Which I think if you’re that curious, you can ask them personally. I think people should have the freedom to choose to stand for their own various reasons,” Black said.

Not all students are in support of their peers exercising their rights to kneel or sit. Senior Taylor Thompson feels like there are better alternatives to taking a seat or knee.

“All Americans have the right to not stand for the Pledge of Allegiance and/or the National Anthem. I respect that; but in my opinion, not

standing for the flag is one of the most flippant forms of protest. I feel that there are better and more clear ways to protest for a change that won’t be seen as direct disrespect by anyone who doesn’t know what you’re fighting for. Make a sign or T-shirt for your cause. Change your Twitter bio to a statement of your beliefs. Do something that clearly publicizes to everyone the progress you’re trying to achieve. By doing this, far more people than just those in your first period class or at a game will know what you fight for,” Thompson said.

There were some within the community who were not pleased with Epting’s actions, but none

confronted her directly about it. Epting’s teammates, friends, and classmates would relay the negative responses to her.

“There were a handful of people angry about what I did, but I don’t know who they are because they never said anything to my face. Kneeling is a simple concept. Either you get it or you don’t. The goal isn’t to disrespect anyone or anything, but to shine light on the tragic issues we still have in America today. All we want is for the words that are said in the National Anthem and the Pledge of Allegiance to be true for everyone that is here,” Epting said.

Security improvements to ensure student, staff protection



Keeping Watch Assistant Principal Nathan Bacon views the continuous feed coming from the cameras in the building. Footage is accessible to him at any time.

Mckayla Vermeer
Features Editor

In the past year, Bellevue East has made many changes in regard to the security systems and protocols to help make East a safer place.

“I believe that we are by far way more secure now than what we were in the past. We still have a lot of stuff that we need to do, but we are on the path to get everything set and in place that we need to have in place,” Assistant Principal Nathan Bacon said.

Last April, the Department of Homeland Security did a routine check of the school, looking through and critiquing the security network and procedures. What they reported back to the school inspired many of the changes that have been made.

“We need to take advantage of experts that walk through our buildings and give us advice. These people are up to date on the latest technology and safety procedures,” Superintendent Jeff Rippe said.

One of the biggest changes made was the installation of the camera system. The cam-

eras are placed throughout the halls and common spaces at East and are accessible via a monitor, with a live-stream feed of anything happening in the school. The cameras are not located in any classrooms, and in the future they are planning to add several more, in addition to the ones already outside and around the building. The school has also added more strict control as to who can access the building at different times of the day.

“We are adding cameras, electronic door access, looking at entryways into our buildings. We also continue to look for ways to educate staff and students on the importance of letting someone know if you hear and see something suspicious,” Rippe said.

In addition to the cameras was the induction of new security procedures including teacher training that is required before school starts. They also are using Standard Response Protocol (SRP) along with the CrisisGO App.

“We do a yearly review of training of SRP, CrisisGO, and all different protocols within the building. We’re in the process of making a year long training with different aspects... we’re getting more in-depth than we ever have been,” Bacon said.

Even with all these new procedures, some believe there is still much to be done. Senior Alex Plowman believes that these protocols

could be strengthened because they don’t make very much sense.

“Our safety procedures lack organization and logic,” Plowman said

A new fire alarm system has also be put in place, as has tightened general security procedures regarding both student and faculty access to the school in non-school hours.

“Anybody that comes in the building after 8:10 has to be buzzed into the front door. The only doors that are unlocked in the morning are the front doors,” Bacon said.

Even though the new emphasis on security is supposed to make the school more safe, there are those that believe it could just be inconvenient.

“I feel like additional security precautions would be annoying to deal with. The locking of doors constantly is annoying,” Plowman said.

Members of the school can help contribute to the general school safety by being on the look-out for potential breaches.

“We have great students and staff members that care about the building. You can have the best system but if people don’t care about safety it will not do up much good. Eyes and ears are the best form of safety. I appreciate the staff and students being concerned about safety,” Rippe said.

Tardy policy revamped to get students to class

Cailin Tomsu
Editor in Chief

Schools Pre-K through high school push the importance of attendance and timeliness on students and parents alike. To emphasize these requirements, schools will implement tardy policies and repercussions for those that fail to meet the standards with regards to attendance and tardies. East has changed its tardy policy in an effort to revamp the system and hold more students accountable for their actions.

“When a student has been tardy to a class between 1-5 times the teacher is suppose to talk to the student about the reasons they are tardy, contact home, and issue some consequence. Once the teacher has done that and the student continues to be tardy, the teacher will refer the student to the dean’s office. The dean may choose any consequence they feel may be effective,” Dean Mary Trowbridge said.

In an email sent to teachers by Trowbridge, the elements of the tardy policy (as of Sept. 15) are: students that arrive to first period

before after 7:50, but before 8 a.m. are to be marked absent. If a student arrives after 8 a.m. they are to be sent to the deans or front office to receive an admit. For periods 2-7, a student is to be marked tardy if they arrive in the first 10 minutes of class. If they arrive after the first 10 minutes, a referral to the dean should be filled out including the time the student arrived to class.

“First period tardies that occur shortly after the tardy bell are handled the same as other class periods. If the student is not in class by 8, they must report to the dean’s office for a pass. The deans will deal with each of those tardies as they see fit. Usually, there is a conference with the student to determine the cause of the tardiness and contact is made with a parent. If the tardiness (arrival after 7:59) continues, the dean will usually start assigning detentions and then move to Saturday school. In some cases a schedule change will be made,” Trowbridge said.

Tardiness, and or attendance may not seem important to students and some parents, however it has a clear impact on the student’s

outcome in school. According to Attendance Works, just missing 2 days of school a month can lead to chronic absence and negatively impacts the student’s academic success.

“Each teacher has the discretion to strictly follow the policy or make exceptions for students that have extenuating circumstances. For example, many students depend on parents to give them a ride to school and live too far away to walk. If I work with a parent and find out that they do not have a car or the working parent leaves the house at 5 a.m. and takes the only car to work I will try and help them think of ways to solve that problem before I start issuing consequences. Ultimately, we are trying to get students to classes on time so that they receive all of the instruction or participate in the class activities,” Trowbridge said.

According to the University of North Texas, frequent tardiness leads to negative behavior in classes, often having teachers restarting classes to include those that appeared late. National Center of Educational statistics projected that

34 percent of public school teachers agreed that frequent student tardiness negatively affected their teaching.

“We spend lots of time talking with those students trying to help them understand that Project Recovery is meant to help them get back on track to graduate and missing or being tardy to that program just holds them back from that goal. Those that continue to skip may be assigned to ISS or to a Saturday School,” Trowbridge said.

Project Recovery is a program that has been adapted throughout the years, but the main goal is to allow students that have failed classes to make up those credits. Many of these students have issues coming to school. Project Recovery instructor Blake Anderson tries to build relationships with these students to encourage them to come to school.

“Project Recovery is similar to the old Project Recovery which was Odysseyware, so it’s just a different credit recovery, a lot of it is credit recovery. Kids have failed, so other than summer school, these kids have an opportunity to earn

back their credits to stay on track to graduate,” Anderson said.

Several students have admitted to skipping classes, or to regularly showing up late to first period. Some have received consequences, others have only been threatened with one by the administration. Other students would never see themselves be late or absent to that point of consequence.

“I am honestly late to class a lot because I am very involved and often do stuff for clubs or classes during passing periods. If I am late, I have a pass from a teacher. I always try to be on time so I don’t miss any learning,” senior Alex Welch said.

Welch may be late to class, but makes sure she has a pass so she will not receive any consequences from a dean. Whereas students who have frequent unexcused tardies will receive consequences such as ISS, detentions or even Saturday school.

“I have a lot of excused absences for school related events but otherwise I haven’t missed a full day. I am always at school because I hate getting behind on my work,” Welch said.

Bond money continues to address East needs

Mckayla Vermeer
Features Editor

The Bellevue Public School district was approved a \$76 million bond in 2016, and with the money came many plans and improvements across the whole district.

“The school has improved from the bond by giving students new ways of education in class and dealing with major solutions relating to maintenance,” sophomore Ayden Johnson said

Already at East since the bond, the school has gotten completely new football field. Additionally, security systems have been improved, including a security camera system.

“The improvements that have been made regarding the building and safety include, Security Cameras, Door Access Swipes, Fire Alarm Upgrades, and the Network (Internet),” Assistant Principal Nathan Bacon said.

Technology wise, the district has implemented more than 2,000 iPads. Teachers across the district have also been given new

laptops, and classrooms were given new desktop computers, but there are more changes to be made.

“The improvements made regarding technology would be the network bandwidth, new teacher laptops, and classroom iPads,” Bacon said.

Even with these improvements, there are more to come. One is a replacement of the heating ventilation and air conditioning (HVAC) system.

“The biggest thing that will be upgraded in the future is the HVAC system. That will be a huge undertaking, but something that will benefit all individuals in the building,” Bacon said.

With improvements comes many benefits to students and staff. Director of Technology for Bellevue Public Schools Greg Boettger said the bond came with many indirect benefits, too.

“[There will be] less maintenance cost because of new equipment, higher efficiency in HVAC, 1-1 technology for all students in

4 years, updated safety and security, and replacement of 20+ year old buses,” Boettger said.

While there improvements made, there are some that believe that there are simple upgrades that could be made. Johnson said that classroom and cosmetic changes could also be made.

“I think making some general improvements to the classrooms would be nice, like the paint and carpet in some more classrooms. It would also be great to see some money go toward adding more technology and different seating in classrooms,” Johnson said.

The group overseeing the disbursement of the bond improvements is called the Citizens Bond Oversight Committee and consists of 8 individuals from the Bellevue community who have been tasked by the School Board to ensure the bond implementation is “.. completed consistent with the promises made to the community, managed within the appropriate scope, budget, and schedule,

consistent with the needs of the district and in support of the district’s Facilities Master Plan, [as well as being] properly communicated to the community.”

Individuals selected for the Citizens Bond Oversight Committee were John Carozza, Sharon Hammarlund, Michael Parker, Thomas Birk, Michael Hall, Jim Hawkins, Douglas Yenser, and Bill Baldwin. They meet monthly and will for the duration of the bond implementation. Updates can be found by going to www.bpsbond.org.

Information including an overview of the bond, committee meeting minutes, and details of the expenditures made so far can be found on the bond website.

“Over the next six years, Bellevue Public Schools will renovate, rehabilitate, and improve existing facilities, to provide children in the Bellevue/Offutt community with access to cutting-edge technology, educational and recreational resources, as well as safe and secure environments where they can learn and grow,” bpsbond.org stated on the website.

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Veterans get second chance at welcome home

Carly Regnas
Photography Editor

As the soldiers were coming back from Vietnam in 1964 after risking their lives for their country „they were expecting a normal welcome home with big parades, people hugging them, and congratulating them, but what they experienced was different. A 21-year-old man who just put his life on the line, came home to a heartbreaking divide in America, torn apart over the debate on the Vietnam War, according to encyclopedia.com.

“I came out of the jungles of Vietnam wearing my jungle greens and boarded a plane for the states and landed in San Francisco, Calif. I walked out of the airport and there were protesters calling us names. They called us baby killers and we had a few words,” Vietnam veteran David Branstetter said.

Branstetter is a 73-year-old resident of St. James, Miss. who I refer to as Grandpa. He served in the Vietnam War until 1964. I look up to this man because he is one of the toughest people I know, and having to hear that when he came home he was treated with such disrespect really gets to me. Even though his homecoming was not what he expected, people now are trying to make up for the disrespect the veterans recieved by having programs like Vietnam Flight Program.

“Teacher Mrs. Berry and friend

of Steven and was asked if she knew any veterans that would like to go and she recommended Grandpa and he qualified,” David’s wife, Faye Branstetter, said.

When veterans came back, they felt a feeling of not belonging in their country, and after the brutal things they had to endure, this caused most of the men who served to have Post-traumatic Stress Dis-

order, also known as PTSD, according to encyclopedia.com.

“I felt this was very disrespectful to the vets; they were doing what they were told to do and it affected all of them badly in a way,” Faye said.

Thirty-seven percent of veterans who have been out of service for 40 years or more have met most of the criteria for major depression.



Supporting our veterans! Daughter Rhonda Brockmann supports her father David Branstetter in the Welcome Home ceremony to help the Vietnam Vets with PTSD. “I went down to St. Louis to watch my dad in the airport and it was a very emotional for everyone who was there,” Brockmann said. *Photo courtesy of Rhonda Brockmann*

In 1980, PTSD was actually recognized as a mental illness which is only five years after the Vietnam War.

My parents went on the trip to Missouri and the event at the St. Louis Airport. My mother described it as a “very emotional and happy” memorial for these men who fought and put their lives on the line for freedom.

Congress conducted a study on postwar psychological problems among Vietnam veterans, according to the Public Health VA website.

“Seeing all these men and I who fought in the war and getting to be on a plane with people have gone through this experience as me really helped me know I’m not the only one who struggled,” David said.



Helping out Vets! Grandmother Faye Branstetter found out about the Welcome Home ceremony from a teacher at her grandson’s school. “Mrs. Berry, Steven’s teacher, recommended David and he qualified,” Branstetter said. *Photo courtesy of Rhonda Brockmann*

Chieftain Nation provides support for students

Cailin Tomsu
Editor in Chief



Counselor Michael Chudomelka shares his insight on how to support students during times of grief.

Q: How can student receive help if they are feeling immense amounts of grief?

A: “As far as the school, what we have going on here at the school, we have whats called a crisis team. Most of the counselors around the district are part of the counselor crisis team. We have a rotating crisis team that comes in the building and they are here for small groups, they are here for large groups, they are here for individul one-on-one.”

Q: What resources are available at the school to help students if they are feeling grief or deep sadness?

A: “We’ve also done the announcements, that teachers did and that Dr. Wagner did across the building, just so people are kind of aware of what’s going on. I think having the right information helps. I think also what we’ve done too, is have counselors in the classrooms of some of the families and siblings.”

Q: What steps should a student take to start feeling better?

A: “Steps are tough; there are stages of grief. I think a lot of people kind of believe and think thats kind of accurate as far as people going through certain steps. I think everybody processes things at their own pace, at their own time.

A: (Continued)
I think recognizing that everybody is different, recognizing that everybody experiences in different ways, is huge. I think just support as far as us as staff, as far as people’s friends, families to support them, I think is just huge.”

Q: How can students help their peers feel better?

A: “That is tough, I think we even as adult, we experience death a lot, but we do not always know what to do. But, I think as far as students, just being there some normalcy to it, just being in class, going through the school routine, a hug, a good kind word. Letting everyone know they are important. Letting everyone know they care for each other, I think is huge. I think we can do that everyday.”

Signs of grief, stress and how to help

Cailin Tomsu
Editor in Chief

Grief and stress are normal feelings that all people will experience at some point in their life. Knowing how to deal with grief and stress is vital to maintaining a healthy lifestyle. According to Psychology Today, 42 percent of teenagers do nothing to cope with the stress in their lives, as most teenagers do not see the physical or mental effects that stress causes.

Speaking with a trusted adult or even peer is one of the best ways to alleviate some of the stress that you may be feeling. In the long run, you will begin to feel better. Always try to remember to take care of yourself as well, as cliché as it sounds, taking time for yourself and getting rest is shown to make you feel better.

Parents and peers should look out for signs like: insomnia, change in eating habits, feeling ill more than usual. According to the Chicago Tribune, these are signs that a teen might be internalizing any stress or feelings of grief. They may also externalize these feelings in the form of drinking and going out partying late hours during the night. Watching out for these signs allows a peer or parent to begin offering

support and helping the student.

According to Best Care, some of the best ways to help a teenager through grief is to be very supportive and understanding of their situation and feelings. Offering support can be as simple as just being with the person without expecting the person to go out and do things. Try to be as encouraging as possible. Everyone will experience grief and stress in their own way; it is imperative to recognize that every person will express their emotions in different ways.

According to Best Care, showing someone care could be as simple as giving them a kind word throughout the day, writing a note to help the person get through the day. Even giving a person a surprise phone call or text could portray that you care.

Do not overwhelm the teenager or person; they do deserve their personal space and if dealing with hardships such as grief, time alone will probably be very desirable for the person affected.

If a student or teen is showing very drastic signs that may begin to affect their mental or physical health, try to alert a trusted adult such as a counselor or teacher, or even a parent. Watching for signs is key.

Students take art to a different level on field trip



Secret language of art

Junior Kanna Pokorny piles up her clay triangles with her signature style carved into them. “My favorite part was probably being in the building with a ton of other artists,” Pokorny said.

Photo by
Briana Benak

Breaking the mold

Senior Aspen Mayor enjoys art on the Missouri Western State University trip. “I was sculpting one of my favorite characters out of the clay they had there. The clay was a bit difficult to work with, but it came out pretty okay.” Mayor Said.

Photo by Briana Benak



Creative minds think alike Senior Richelle Ratzburg puts the finishing touches on her project she works on at Missouri Western State University. “The Trip to Missouri introduced me to a couple new mediums and things I have never used before, and I also got to see a lot of cool art and it gave me many ideas for upcoming projects,” Ratzburg said. Photo by Briana Benak



Creativity takes talent

Senior Elena Felix works on a group project at MWSU. “I was pouring the cup of paint to create a marble effect on the large canvas provided by the school,” Felix said. Photo by Briana Benak

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Keeping safe: administration implements new security technology

Legality of security cameras in schools

Cailin Tomsu
Editor in Chief

Cameras have been a part of East for many years as a security and surveillance piece. However, more and more have been added recently and have been updated with the newest technology. Some students and even staff members may feel like cameras invade their privacy. However, cameras are completely legal in school settings.

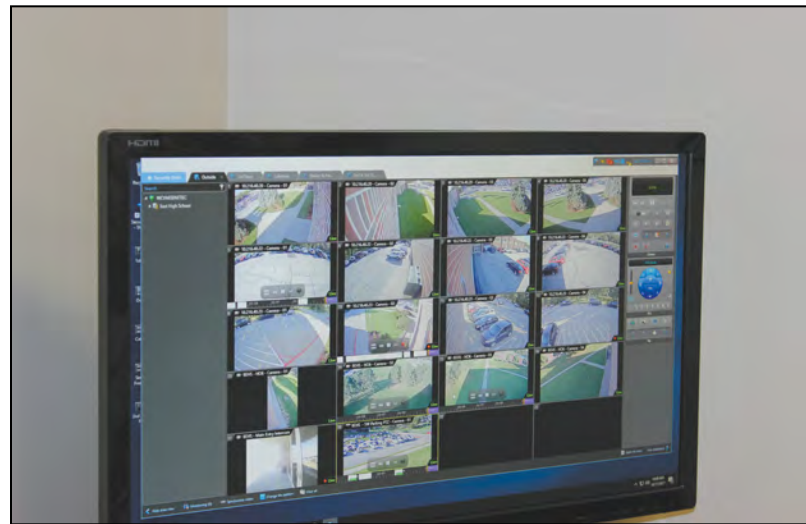
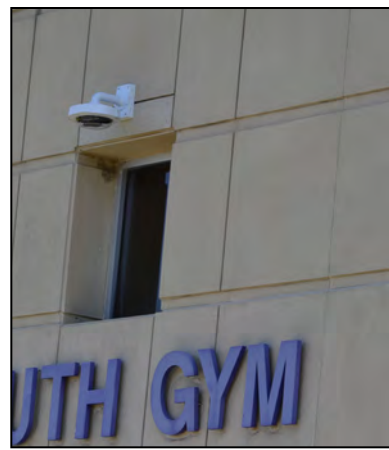
According to the National Institute of Justice Research Report, cameras cannot be placed anywhere where there is a "reasonable expectation of privacy." This means no cameras would be placed in any of the restrooms or the locker rooms where students have to change for class. Cameras are allowed to be in classrooms; however, at East no cameras have been placed there yet. The need for cameras come from the increase of violent school incidents. According to Scholastic, from the year 2005-2006 86 percent of

schools nationwide stated they had a violent incident in their school. That equates to about 2.2 million crimes. Cameras can also be an alternative to more drastic measures. According to the U.S. Department of Education, 49 percent of schools do not provide lockers for students, in fear of students bringing in and storing something they are not supposed to. Six percent of schools have either banned book bags or require students to have transparent bags, so the staff can see in them.

Students and staff should not think that just because cameras are intact that they will be rescued immediately in an emergency. Fake cameras cannot be used because the fake impression that a person will be rescued right away is not acceptable, according to the National Institute of Justice Research Report.

Cameras may record video, but recording audio is highly debatable. Recording audio is seen as an invasion of privacy as most people have private conversations where they do not expect to be heard.

Technological advancements add increased safety for students



All the pictures to the left, are examples of the new technology updates to the security at Bellevue East as a way to increase safety for the student body and faculty. Cameras were added during the summer, replacing the outdated cameras in the school the from previous years. The cameras and added security were part of the bond issue passed by the community last year. To enter the front doors if you are a staff member you must swipe your badge, instead of punching in a numerical code. If you are a student or visitor, you are required to push the call button and have the secretary let you in the building. The administration hopes to continue adding cameras and further security over the next few years.

Photos by Jacob Mallow and McKenzie Gandy



Violent incidents in high schools occur regularly across the nation

Cailin Tomsu
Editor in Chief

❖The following statistics and numbers are pulled from the National Center for Education Statistics. The statistics are used to give readers a look into why security is needed in schools.

22

In 2015 there were 22 percent of students who said drugs were available to them on school property.

9

From 2011 to 2012 there were 9 percent of teachers who said they had been threatened with physical injury.

5

From 2011 to 2012 there were 5 percent of teachers who said they had been physically attacked by a student.

23

In 2015 there was 23 percent of students who said they had been in a physical fight at school.

52

From 2011 to 2012 there were 52 incidents of theft in schools.

31

There have been 31 recorded school shootings since Columbine in 1999.

47

From the 2013-14 school year, 47 percent of schools reported having a physical attack without a weapon.

77

There are now 77 percent of schools with security cameras installed inside and outside of their buildings, in order to help protect teachers and students from the incidents listed above.

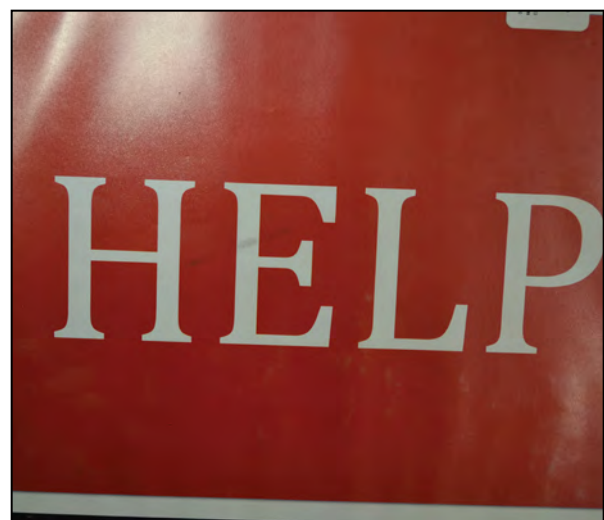
Security, surveillance becomes larger presence in school setting

Cailin Tomsu
Editor in Chief

Over the years with the increase of school and mass shootings, it has been a goal of many schools to revamp security systems to make sure that they are ready in the case of any drastic emergency. East has recently procured new equipment and updated protocols.

"There were not many new security programs put in place that differ much from last year. We continue to use the SRP (Standard Response Protocol) as our guideline, with CrisisGo (App) as an alert system and are now using the emergency binder as well. Teachers were trained in the Binder in September and in the future students will get more training on various procedures as well. New things this year include the new fire alarm system/intercom system, security cameras and door access (swipe badges)," Assistant Principal Nathan Bacon said.

Cameras were added and placed in various parts of the school, inside and out to allow the administration to keep a closer eye on students. Teachers were also given more



Pictured above is the two sides of the new SRP binder given to teachers this year. The binder contains safety protocols for emergencies. *Photos by Jacob Mallow*

training in an effort to help make the staff prepared to handle an emergency situation.

"I wouldn't say we have had a lot of training, but we definitely have been trained, and I would say it has been adequate," instructor David Bossman said.

Written protocol binders have been introduced and given to the teachers. These binders contain steps to follow for all the different

types of emergencies that may occur, and an attendance sheet to keep track of all students.

"I think there is still some confusion on where exactly to go and what to do during evacuation drills, but even that is pretty minimal and for the most part I am (and I think most teachers are) fairly comfortable with the protocol," Bossman said.

Some of the routes for fire drills

need updated. For instance if a student is in the D-wing they are supposed to go down the hall and turn left and proceed down the second set of math stairs whereas the E-wing will come down the stairs and proceed to the freshman commons stairs, creating chaos and confusion since the students are running into each other.

"Training is continuing to be developed and grown throughout

the year. All teachers are currently trained in the SRP protocol, CrisisGo, Emergency Binder, Fire, Tornado, LockDown and LockOut Procedures," Bacon said.

According to the Nebraska Department of Education Safety and Security Standards, schools are required to have some type of written protocol as of 2016, like an SRP. The schools should be able to identify and try to prevent any potential hazards that may arise.

"I've been here for ten years so through the years they have changed the security, but especially this year there has been a lot of new security. There used to not be as much, but now if something is going on we hear it in the kitchen and know what to do," Food Service staff Judith Tindall said.

The Food Service staff was often left out of the equation when it came to safety protocols, however, over the recent years they have been going to meetings, receiving emails and written protocols as well. The entire school faculty should be trained on every protocol procedure.

"I feel pretty safe at school, but if anything were to happen, say

maybe, a school shooter or someone came in from outside with a gun, I wouldn't feel safe at all. I would feel more scared than anything because our school does not have a good lock down drill. If we were in class, turning out the light and hiding isn't going to do anything; we're all just vulnerable at that point," senior Lorena Ramirez said.

According to the Nebraska Department of Education Safety and Security Standards, in the case of a lock down drill, all students are required to be out of sight and line of fire. The teachers are supposed to lock the door, turn off lights and move everyone to a safer place in the room.

"I think one thing East should introduce is a better lockdown drill. Shutting off the lights and hiding won't do anything if a shooter or anything like that was to be in the building. Maybe having us, students, have books or something to defend themselves with and spreading out around the room instead of all of us in one place where we are ultimately defenseless," Ramirez said.

The new technology added to

the school is hoped to make it easier to not only monitor student conflict and behavior but any conflicts that may arise from the outside. From the monitoring stations, administrative staff could see where a possible invader would be in the school and what they are doing.

"New security features include remote access to camera system so they can be viewed whenever needed, from anywhere. Other things are still in the works and some is contained in the bond passed last year. We plan on having set training for all staff and students within the next year," Bacon said.

CrisisGo is an app created to keep people in touch with each other in the case of an emergency. It contains the procedures, allows you to communicate with people across the building or call for help. The app can be downloaded on a mobile device or a computer.

"I have the app and I use it during drills. We had a training on it and for the most part it is fairly easy to use and understand. There is still a little bit of confusion on what exactly we do with the app during a situation (besides just using it as a

notification for us)," Bossman said.

All the new updated written protocols may take time to be fully understood by all staff members. However, the procedures serve a good purpose in keeping all members of East safe and being in compliance with the standards set for schools.

"The school system should prepare and communicate with local authorities (e.g., fire, police, rescue, and emergency management) for a wide variety of real-world scenarios," Nebraska Department of Education said.

East does have a school resource officer who has contact with the police department anytime needed. The SRO can also act upon a situation because he is a trained officer. It is hoped that will never be needed and with the new cameras the administration can see things as they are happening and take steps immediately to stop them.

"When needed, we review the footage to analyze incidents that have taken place during and after school hours. It has been very beneficial so far and a great step in keeping Bellevue East a safe place to be," Bacon said.

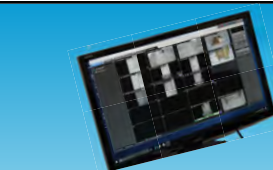
To the right, is a graphic representation of a timeline of the updated security programs, and technology advances that have come to East in an effort to improve safety for students and staff in the building.

Bond passed and received by East, **2016**



Money is received by East and split up for different programs, **2016**

New cameras are purchased for the school, **2016.**



Monitors and cameras are placed in school, **2017.**

SRP protocols updated, **2017.**



Swipe entrances added to the front doors, **2017.**

Teachers trained and given SRP binder, **2017.**



Crisis Go app is implemented into handling emergencies, **2017.**

More set training for teachers and staff, **2018.**



Coach at East nominated for US Cellular Award



Brooklyn Anderson
Entertainment Editor

Thomas Horton was nominated by a member in the Bellevue community for Most Valuable Coach that U.S. Cellular launched on Sept. 11.

“I’m very humbled and honored that someone would nominated me for such an award,” head softball coach Thomas Horton said.

U.S. Cellular teamed up with Pro Football Hall of Fame inductee, Kurt Warner, to help search for the most valuable coach. He will be judging along with the panel of judges who will choose the Most Valuable Coach after voting.

“They are often local leaders,

and we want to celebrate these coach whose motivation and encouragement is felt by all. U.S. Cellular is honoring the coaches who go beyond the game to make a positive impact on their communities,” Grant Leech, vice president of brand marketing at U.S. Cellular, said

The winner for Most Valuable Coach gets a \$50,000 donation to a charitable organization or to their athletic department, a trip to Orlando, Florida, and on-field recognition at the Under Armour High School All-America game. Each of the top 15 coaches will win 5,000 for their school.

“I was very honored to be nominated for this award, however, it’s the work and dedication that our

players and coaches put into the community that gets us recognized,” Horton said “I couldn’t do any of this without their commitment to being positive leaders in the community.”

The girls on the softball team said that they were proud of their coach. He has demonstrated to the dedication to his players.

“I think he totally deserves it because he’s taught us not only about the game of softball, but about the game of life and what it’s like to be a team player. I like that he is like a father figure to us and that he coaches in a way that most coaches don’t, in the way that he knows the way that we all need to learn the game,” Sophomore pitcher Libby Walls.

Taking on the field. (Above left)Thomas Horton head coach of varsity softball demonstrates his coaching on Tuesday October 3, 2017 against Bennington High School. Coaching number 20 Laynee Benne (on the right). “Out on the field we stress the importance of taking quality reps and working to improve every single day” Horton said. *Photo courtesy of MSgt Merlin Eudy*

Getting into the game (Above right) Winning metro coach of the year, Thomas Horton, coaches varsity softball through a game against Bennington High School. “We always meet during the half inning to discuss what our continued approach to our at-bats needs to be and Our focus as a team is, the best do it right, every single time.” Horton said. *Photo courtesy of MSgt. Merlin Eudy*

Coach Horton did not make it to the top 15, but that does not stop him from doing what he does every day. For being a coach for BEast Softball, Horton stresses the importance of being a servant leader

to all of the players. “We believe it is important to help in the community where you can make a positive impact for the community,” Horton said.

Softball sees most successful season yet in history

Matthew Powley
Sports Editor

The 2017 softball season was a prime season for East softball as it was one of the most successful seasons in Bellevue East season history. One may lead themselves to wonder what made this season so successful.

“We really worked hard and we have really had to hit the ball and

be consistent at it.” junior Libby Walls said.

Suffering from only 14 losses ,what made this season so successful was the 16 wins and also the stats.

Leading the team with a mind boggling .483 batting average she is placed at 36th in the state and at 363 in the nation was Maddie Luderman.

”Maddie’s commitment to get-

ting better and improving over the off-season is what made her so successful this season. She is a very competitive person that wanted to see her contribute and role on the team increase this year. She did a fantastic job for us this season. She led the team in batting average all year finishing with a .483. She led the team in doubles(13), home runs (4), and was voted Offensive Player of the Year for the team,”

coach Tom Horton said.

With such a successful season will next year even come close to being able to follow in the footsteps of this playoff season?

”We have a lot of good freshman coming in and freshman who are going to be sophomores next year who have quite a bit of experience on varsity, so I think next season will be just as successful.” Walls said.

With such a successful season behind them what really made this season so successful?

”We got in some good talent and we worked hard in the off season, they worked well as a unit and we had a few seniors who really stepped up which is probably the biggest reason we were so successful.” Horton said.



Swing batter Senior Kylie Wegner practices slapping. Slap bunting is a technique where the batter hits the ball infield away from where the out needs to be made. “I love playing softball ace because I love my teammates. I love the lessons it teaches me beyone softball, but mostly I just love softball,” Wegner said. *Photo by Jasmine Van.*



Strike it out. Getting ready to throw, sophomore Libby Walls, does her famous pitch “the change up pitch.” Walls was setting goals for her next season. “My goal is to make it to state and win districts. Also to have another winning record and beat my streak,” said Walls. *Photo by Jasmine Van.*



Pumping Fists! Sophomore Libby Walls cheers on her team at the Papio South softball game. “We beat them for the first time when the season started. The emotions I felt during the game was competitive.” Libby Walls said. *Photo by Jasmine Van.*

Safe! Freshman Kaylee White details her softball season and her love for the game. “I’ve been doing softball for 6 years. I like being part of the team, it’s a lot of fun,” White said. *Photo by Jasmine Van.*

Girls tee off end of golf season with a slam

Hole in one Junior Gabbie Estep Shares her favorite part about being part of the golf team. “My favorite part about golf would probably be the practices because we sit there and we get to hang out with our team and bond a lot,” Estep said.
Photo by Alexsis Taylor

It’s par-tee time (Below) While playing a game of golf junior Jenda Simonsen gets ready to take a approach to the green. “I’m getting ready to hit the golf ball, golf is a lot of fun and very relaxing it’s just a good sport” Simonsen said.
Photo by Alexsis Taylor



Fore-thought (Below) Junior Taylor Meyer waits to tee off during a tournament. The down time gives players a chance to reflect. “My favorite memory from the golf season was when we would play scramble at the golf meets. Thats where you play the first nine hole with other teams and then the last nine with your team. Those are so much fun because we would just goof off the whole time.” Meyers said. *Photo by Jasmine Van*



Fore! (Left) Senior Elena Felix swings back before hitting the golf ball at her tournament. “When I hit the golf ball, I feel like I am in control over what I’m doing and am able to do my best so I can place in a tournament,” Felix said.
Photo by Kaylee McGoogan



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LETTERS TO THE EDITOR

READ
THINK
SPEAK OUT
BE HEARD

EDITORIAL POLICY

The role of the Tom Tom is not only to promote the accomplishments and highlights of the school, but also to inform the Bellevue East community of events and issues that will affect the students, faculty, staff, administration, and community. Its primary focus is to serve Bellevue East High School and cover issues that affect teenagers today. The Tom Tom does not necessarily represent views of the Bellevue Public Schools and strives to support itself through advertising. In order to achieve the optimum learning situation, as well as serve its audience to the best of its ability, the staff believes that the decisions should rest primarily with the adviser and editors, according to standards of journalism. Material judged to cause significant psychological harm, or that violates the privacy of a person, or that is libelous will not be printed. Obscenity or profanity will not be printed in the Tom Tom. Stories in the Tom Tom will be based on substantial facts with quotes clearly attributed to named sources whenever possible. The Tom Tom will not run gossip or stories or columns founded on rumor without facts. Any student appearing at a public event such as a sports event or music concert may be photographed, and that photo may be published without violating the privacy of that individual.

COMMENTS OR CONCERNS ABOUT THE TOM TOM ARE ENCOURAGED IN THE FORM OF LETTERS TO THE EDITOR. LETTERS MUST INCLUDE YOUR FULL NAME, GRADE, AND BE SENT TO ROOM B-03 OR DELIVERED TO A MEMBER OF THE TOM TOM STAFF IN ORDER TO BE PUBLISHED. YOU MAY ALSO E-MAIL LETTERS TO
STEPHENIE.CONLEY@BPSNE.NET

Students should be tested for STD



Hailey Hendry
News Editor

If you listen in the hallways or at lunch, there will be groups of students who talk about what they did last night or over the weekend. There are roughly 1,500 stu-

dents who attend school here, and if you consider every other high school in the nation, according to dosomething.org, 46 percent of all high school students report having sexual intercourse.

That's 46 percent of students who are at risk for a sexually transmitted disease, STD, but barely any of them would know. For this reason, I believe high school students should be urged to test for STD.

A lot of people believe and think that if they never test, then it won't matter, which isn't the case. Another reason people don't test is because they think they'll be less attractive. Everybody who has intercourse is at risk for contracting an STD.

Now you're probably thinking that wouldn't happen to you, but

doesn't everybody? Out of all the sexually active men and women in the Unites States, 80 percent of them are infected with an STD. That 46 percent almost doubles when you include adults, and that's where the problem starts.

When you're in high school, you aren't really concerned about what could happen if you hooked up with somebody for one night.

According to advocatesfor-outh.org, about 14 percent of high school students report having sexual intercourse with 4 or more people. Little do they know, those 4 people could have an STD.

This is where the 46 percent falls into play. If you have an STD, you pass it onto everybody you have sex with. Then, that number gradually increases and eventually becomes that 80 percent previously

mentioned.

It's a safer alternative to test and know, rather than just going with it.

Another possible reason students don't test is because they don't want their parents finding out they contracted an STD from somebody, but when you test, it's strictly between you and your doctor. They can't tell your parents unless you give them permission to.

When people do find out that they have an STD, they typically get upset, or blame the other person for not telling them. All feelings aside, it's pretty much both people to blame. The receiver for not asking to make sure, and the giver for not testing. Now, both people have to live with the feeling of, "I did this, got/gave an STD, and I can't take it back."

Procrastination becoming more apparent



Cailin Tomsu
Editor in Chief

Procrastination is a problem not only among teenagers, but young adults as well. A study done by the University of Calgary reports that 80 to 95 percent of college students procrastinate. A study done by Steel reports that overall, as a whole, more than a quarter of Americans procrastinate. I believe

that procrastination and lack of time management has increased over the years.

People put off things they do not find instantly enjoyable. According to Psychology Today, most people say they procrastinate and put off their work because they do not care enough.

Some procrastination will not cause any serious problems, but it becomes a problem when a student

or any person is unable to complete any tasks they are given on time or at all. According to Life Hack, consistently procrastinating can actually affect your health. It has been linked to increased amount of stress and anxiety.

In order to overcome putting off work, it is best to break down your tasks into smaller steps or tasks and allot yourself time to accomplish each one.

AP classes hold up to difficult standards

Staff Editorial

It is not uncommon for students to be advised to take advanced placement, or AP, classes in high-school. Students that do not mind extra homework and more rigorous content in the classrooms are especially urged to take advantage of these classes. AP classes are offered in high school to allow students to potentially get dual college and high school credit for classes, and get many prerequisite college class credits out of the way, getting a head start on further education. Because of this, the class offered at the high school is supposed to be as demanding as a college class of the same material. This allows for the question of whether or not the AP high school classes meet that criteria to arise. We, as the Tom Tom staff, think that most AP classes at East are doing an adequate enough job for providing classes that match up with the difficulty of college level classes.

AP classes began to arise in high schools across the nation during the 1950's while the Cold War conflict was in play, according to Prep Scholar. This was because policymakers were worried that high school was not doing an adequate enough job preparing students for the college curriculum. Thus AP tests and exams followed, so students would not be repeating classes or relearning information that they already learned in high school.

The AP class program has only been around for about 60 years.

Each school may have different AP classes available, but the tests are standardized, meaning all students taking AP World History for example, would take the same AP exam regardless of school or state.

AP classes may even be harder than some college class counterparts. According to the College Matchmaker, most college students only take about less than five classes. At some colleges, like Colorado College students only take one class at a time.

In comparison to high school, once students reach junior and senior year their schedules are full of AP classes, along with school involvement activities, studying for the ACT and SAT. Students taking many AP classes may be relieved when they reach college to see the workload lower.

Many colleges will encourage students to take AP classes, not only to get a head start on credits, but also have the ability to handle the rigor of college. However, according to the Washington Post, some AP courses (dependent on teacher and system of teaching) are better for students than what they would receive freshman year at college.

Most students that took AP courses in high school fared better in college compared to those students who did not.

Now, taking AP courses does not guarantee a spot in college or that you will receive credit for the courses. According to Deseret News some of the elite colleges, such as Harvard, Brown or

Duke, are no longer accepting AP test scores as credit beginning in 2018. This may be because of the increasing amount of students taking AP courses, and a steady rise of scores, which questions the quality control of the exams.

However, colleges like Stanford, give students the opportunity to test out of basic freshman and sophomore classes, so the rigorous AP courses are still benefitting some students.

AP classes can not only benefit a student's future career in college, but in their current situation: high school. According to the College Raptor, students who take AP courses are considered more often for larger scholarships, and potential grants. AP classes also add up to higher GPAs for students, allowing them to rank higher in their class.

Ultimately, AP classes come with many benefits and regardless of whether or not a college will accept those credits, students are still learning better work habits for the workload that comes with college. The classes also help set the student ahead in their high school career.

To have AP courses at a high school, there are intense processes that the teacher or administration need to go through. First, is to ensure a testing center for AP exams and that all the rules and regulations set by the College Board will be followed.

The schools need to prove they can pay for the exams, even if they offer lower costs for struggling

families. Then teachers need to submit their curriculum and lesson plans, activities in class, etc., to prove that their classroom will again meet the standards set by the College Board. For an AP classes to be offered that means it was approved to match the difficulty of a college course.

AP classes are designed to match a college class. The difficulty of that class can vary based on schools and teachers, as each teacher has a different way of giving their students information and running their classroom.

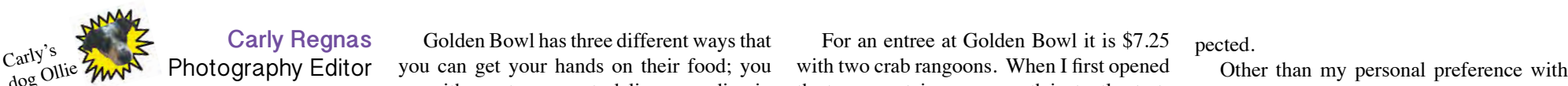
At East, most students find AP classes they feel are particularly harder than others, but every class was approved by the College Board and every teacher is qualified to teach those courses. It would be very hard to control the way each teacher presents information, and their grading. However, there are several benefits to taking these courses in high school, and college.

The AP classes may even be harder than some college classes students encounter, but that comes with the fluidity of education. Students should still be encouraged to take these classes, especially if they have the work ethic needed to excel in those AP environments. The AP classes also offer benefits for students to succeed in their high school setting. AP courses are there to prepare the students for college.

We, as the Tom Tom staff, believe that AP courses do an adequate job matching the difficulty of their college class counterparts.

Shhh! Junior Hailey Hendry shares her favorite secret menu drink. “It would probably have to be the mint chocolate chip drizzle. It’s definitely different from the vanilla frappe, which is its base so to speak, and it’s got that mint flavor in it which I really like,” Hendry said. *Photo By Briana Benak*

Carly's Corner: Golden Bowl for the win



Carly Regnas
Photography Editor

Golden Bowl is a Chinese restaurant that opened in Bellevue January 1, 2015. It is a restaurant co-owned by locals Michael Liu and Rose Liu and is a very popular place for family and friends to spend time together. It is open everyday of the week 11 a.m. - 9 p.m., except on Mondays when it's closed.

They are known for cooking fresh and authentic Chinese food! I had an order of sesame chicken with fried rice and I thought it was some of the best Chinese food that has ever landed on my taste buds!

Golden Bowl has three different ways that you can get your hands on their food; you can either get carry out, delivery, or dine in at their local restaurant on Fort Crook Road. I decided on doing a comfy Carly's Corner by having it delivered to my humble abode.

Ollie my dog chose to make an appearance when the food was delivered and we proceeded to stuff our faces with the delicious Chinese food. Let's just say after I finished it all, I was stuffed to the point of no return.

When the food was first delivered I was so pumped! Not only because I was starving, but also I was so excited to try it.

For an entree at Golden Bowl it is \$7.25 with two crab rangoons. When I first opened the to-go container, my mouth instantly started watering. That first bite was so tasty I had the juiciness of the chicken surrounded by a thin breading covered in this sweet sauce with sesame seeds and chives on top with a big bite of rice to go with it. And let me tell you, that was the best dang Chinese that I've had in a long time.

I then tried their crab rangoons, which honestly were not the best crab rangoons I've ever had. I like more sweet than anything and they really just did not cut it for me. They didn't have as much flavor as I ex-

pected.

Other than my personal preference with the crab rangoons, I would totally recommend Golden Bowl to everyone who loves some good Chinese food. They had very good service and the delivery man was here so quickly - only half an hour. I rate the food and service a 4 out of 5 on the Ollie Head scale. It's great food for a great price and if you want to see more of this review go to the Chieftain Spear website at thechieftainspear.org for a more in depth review on Golden Bowl!



Smashing on food! Enjoying hot meal delivered to right to her door, Carolyn Regnas and her dog Ollie try Golden Bowl Chinese, a restaurant on Fort Crook Road. "I really enjoy the tanginess of the sesame chicken and the fried rice is a great pairing with it," Regnas said. *Photo by Carolyn Regnas*

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