

Widespread influenza activity; norovirus contagious

Hailey Hendry
News Editor

Violent vomiting, diarrhea, fever, stomach cramps, etc. - all things that are typically associated with a norovirus, or even the flu. It's flu season, so it's time to prepare for the worst.

Not only is the virus and flu affecting the local Bellevue areas, but there's activity of the infections throughout the entire country. Every year, the Centers for Disease Control and Prevention (CDC) goes around and records all of the known norovirus and flu infections for the entire year.

According to Time, "for the first time in the CDC's 13 years, every state across the U.S. is seeing 'widespread' virus activity."

Jan. through Mar. is considered the flu season, and Dec. is just the beginning. On Dec. 12, there were almost 80 recorded norovirus outbreaks. It is even starting to hit restaurants across the country.

"Each year, norovirus makes 70,000 people sick enough to go to the hospital. As many as 800 people die, mostly elderly patients who

become dehydrated. It's the most common cause of food-borne disease outbreaks," CDC said.

Senior Nick Walker recently ate at a Bellevue restaurant and it took him 2 to 3 days to recover, vomiting everything he consumed.

"After eating peanut butter chicken, I immediately began to feel sick," Walker said. "I had woken up multiple times to go throw up. Also had some nasty diarrhea."

Researchers say that because of improper hygiene, it makes the bug extremely hard to get rid of. The people infected aren't sick for very long, but the symptoms make it seem like the infection is taking forever to go away. Walker said that he started to recover on the third day of his illness.

According to Today, "Studies show a quick application of hand sanitizer won't get rid of it, and most people don't wash their hands properly, either — it takes about 30 seconds of vigorous rubbing using hot water and soap to wash away the tiny bits of virus."

A norovirus is also commonly known as a stomach flu or winter vomiting disease. It can make you

sick with a fever, vomit throughout the entire day, or cause diarrhea. These symptoms can start as soon as 48 hours after being exposed to the virus.

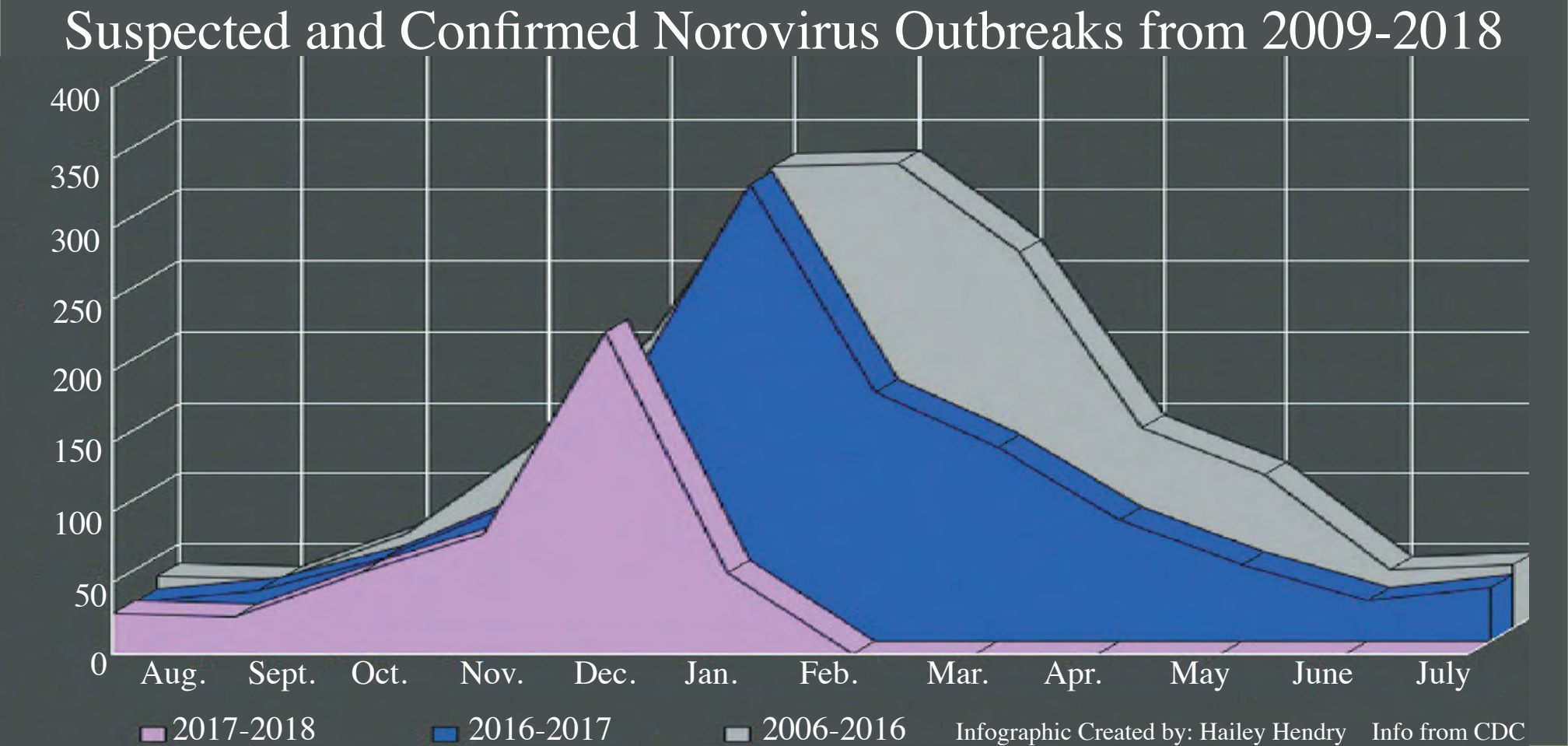
Along with the flu and the norovirus, Influenza is making its way to people around the nation, as well. The reason behind why is the rare type of influenza disease is going around that hasn't since the "Great Influenza" outbreak of 1918.

"A record number of flu strains are currently circulating, two in the influenza B group and two influenza A strains, H1N1 and H3N2," New Scientist's Deborah McKenzie said. "H3N2 is the real problem. Our strongest immunity is to the first kind of flu we caught."

The school nurse, Lu Schorle, said that there has been one confirmed case this year of a student here with influenza, and three suspected.

"You have to come down here," Schorle said, "because Sarpy County calls us here and they ask, 'How many do you have sick?' and they record that so they can see what's a good number and what's not and decide what to do from there."

Outbreak? Nurse Lu Schorle properly washes her hands due to the Flu outbreak. The Flu spreads by contact of the eyes or mouth. "I think it's more publicized this year than last. You guys do a good job hand washing and the hand sanitizer, but I don't think in the building it has been any worse." Schorle said. *Photo by Jacob Mallow*



Seniors bring awareness; NoC B4 U Entr extends outside East

Callin Tomsu
Editor in Chief

DECA/Marketing classes are known for their large scale projects that are created by member students throughout the year. The entire school witnesses these projects gain publicity and raise funds for the cause the DECA students choose to represent.

“Learning project management skills is essential for anyone working in business or the world of work. The students learn teamwork, communication skills, time-management, and apply the concepts and skills they have learned in their marketing class to help the community and local businesses. Written projects supplement what the Advanced Marketing students learn in class, DECA, and by working in the school store,” DECA adviser Dawn Danauskas said.

The requirements for these projects are laid out at the beginning of the year by National DECA, so students know right away what they need to do in order to see success with their projects. In general, the projects need to have some partnership with local businesses, charities or organizations. The students then compose a paper and 10-minute presentation to compete for a spot at the international competition in April.

“My role in helping students with their projects is as a guide and advocate for what they want to accomplish. The project themselves is up to the students to complete. I can direct them to community contacts, help as a sounding board for ideas, and help come up with funding sources or ideas to help them achieve their project’s goals. I also check their written project for grammatical errors and appropriateness. I set up deadlines to help them with time management. The rest is up to them to have success based upon their project’s merit,” Danauskas said.

Students have some time in Advanced Marketing classes to work on the projects. Meeting with businesses and such falls on the responsibility of the students outside of school and or class time. Danauskas provides materials that are needed for the promotion of the projects such as poster boards, but the rest is the student’s responsibility.

“Based on the U.S. Department of Justice Statistics: On average, there are 321,500 victims (age 12 or older) of rape and sexual assault each year in the

United States. One out of every 6 women and 1 out of every 10 men are victims of sexual assault. The majority of these victims are between the ages of 18-34. (These are only the statistics for reported cases) If Adri and Alex’s public relation campaign can help prevent and lower the likelihood of future perpetrators and victims. Not discussing ‘it’ has allowed it to continue for hundreds of years,” Danauskas said.

All students must run their project by Danauskas at the beginning of the year to ensure the project will not only meet the necessary requirements but that it is appropriate as well. Danauskas is in support of a project done by seniors that is meant to gain awareness of sexual assault and of consent.

“NoC B4 U Entr is a metaphor for sexual consent using houses. Consent is like choosing to open your door and invite someone in. First there has to be a NoC and if NoC is ignored there’s no consent, no confusion, the door stays closed,” senior Alexandria Welch said.

The project is a partnership between Welch and fellow senior, Adrianna McKing. McKing brought up the idea of doing a project on sexual consent.

“This project came about after a long time of planning, I first began in January 2017 under the hashtag #StartTheConversationSaveAGeneration a movement based on talking to children about ‘good’ and ‘bad’ touch. I am very open about being a survivor of sexual assault and have been fortunate enough to have a wonderful support system, but I was very aware this isn’t always the case for every person. So I decided I wanted to do something about it,” McKing said.

A similar movement broke out in 2017 known as #MeToo. This hashtag served as an outlet for survivors of sexual assault to share stories and understand

that they are not alone. McKing said that before the #MeToo was just a start she wanted to help do something about the situation.

“I needed to tell the world, or at the very least our community - that has had some recent issues with this topic - don’t engage in sexual behavior unless you’re absolutely sure your partner can and has consented. However, due to the nature of this issue it is absolutely essential to delicately portray the message without alienating the population for the success of the campaign,” McKing said. ‘NoC’ is not only for a play off the word ‘knock’ for the metaphor of doors, but also stands for no consent, no confusion. It was an easy tagline for the message Welch and McKing wanted to share with others. If we knock on a closed door to ask for permission before entering a house, we should extend the same courtesy to actual human beings. When you simplify consent to this metaphor the gray area of sexual assault vanishes. Consent isn’t rocket science, just #NoCB4UEntr.”

The seniors are trying to extend their influence even further than just East, and have partnered with the Omaha Women’s Center for Advancement. The center will be joining the seniors in a seminar that will be held in advisory regarding the subject.

“I hope this project makes students aware that as they enter college and are going to activities and living alone, they understand what consent is and the ways people can violate consent,” Welch said.

Welch and McKing have been promoting the project on platforms such as Twitter, and have visual representations of a glass house and door, for students to see. They also had students wear beads to help their cause at the East vs. West basketball game.

“Our project is very different from others because it makes people very uncomfortable. People don’t want to talk about sexual violence and making them have this conversation about consent and hearing other’s testimonies makes them realize sexual violence is a major issue in society,” Welch said.

Knock Knock! NoC B4 U Entr is a public relations campaign to start a conversation about sexual abuse created by DECA students at East. Senior Alex Welch was a part of making this campaign and is trying to make a stand against sexual abuse. “We decided since this is a major issue in society that we should bring it up in our own school and teach people early,” Welch said.

Photo by Jacob Mallow

McDonald’s Care Mobile supports BPS district

Madie Ybay
Opinions Editor

The wheels roll down the concrete street. These Ronald McDonald branded vehicles travel worldwide supporting families with their children’s health care.

“I was in 5th grade when I went in the Ronald McDonald Care Mobile vehicle. I had so much anxiety about it, but they were super nice about it,” sophomore McKinzie Rine said.

The Ronald McDonald House Charities organization is a foundation that helps provide healthcare to children, 19 and under, who are in need worldwide. Even with things like anxiety. They are a non-profit organization that helps take the burden off of families that may not be

able to afford healthcare for their children all around the world.

“Today, more than 250 Ronald McDonald Houses in 26 countries support families around the world – providing comfort to more than 10 million families since 1974,” rmhc.org said.

The RMHC program began in Philadelphia in 1974 when Philadelphia Eagles football player Fred Hill’s daughter was getting treatment for leukemia. Fred Hill and his wife had struggled to make meals and often camped outside of the hospital their daughter, Kim Hill, was getting treatment in. They noticed that other parents were also in this situation. They banded together with many people including the local McDonald’s advertising manager, Don Tuckerman because

McDonalds was a big company and it would spread word to partner with them. Then from there they created the Ronald McDonald House Charities.

“By 1979, 10 more houses opened. By 1984, local communities founded 60 more houses, then 53 more opened by 1989,” rmhc.org said.

There is a McDonald House in Omaha that helps support Bellevue Public Schools. They also help support Omaha hospitals like Bergan Mercy Hospital, Boys Town National Research Hospital, CHI Health Creighton University Medical Center, Children’s Hospital and Medical Center, Jennie Edmundson Hospital, Methodist Women’s Hospital, and Nebraska Medicine. Families all around those communities

can seek help from if their child is under 18 and need assistance.

“The FASE team is a wonderful resource to students and families. There are 4 social workers that serve Bellevue Public Schools and we work with families to connect them to resources in the community,” Megan Pendly said.

The RMHC does many things for Bellevue Public Schools and communities around the world. RMHC does primary care, immunization, diagnosis, mental health, and many other things to help the family and community alike. They can also do more depending on the community’s situation.

“Together, they deliver services that go beyond treatment; they reduce reliance on emergency rooms, heighten awareness of healthy life-

styles, and help eligible families obtain government-assisted health insurance and more,” rmhc.org said.

There are many ways to help out those families in need through this organization. You can raise money by starting your own fundraiser. Ways to volunteer are cooking, hosting, listening, nurturing and donating time to help. There are boxes at McDonald’s restaurants that people can donate change, as well.

“Those who have worked on the Care Mobile have always made it a good experience for our students. The students get excited about it coming,” Central Elementary principal Amber Dembrowski said. “We feel fortunate to have the Care Mobile support our students.”

Journalists finding protection under new bill

McKayla Vermeer
Features Editor

Nebraska Senator Adam Morfeld introduced the Student Journalism Protection Act (LB886) on Jan. 8, which would give high school and college journalists the same rights as professional journalists.

“It will help educate and develop new journalists... because they have been targeted in the past,” Morfeld said.

Under the Supreme Court case *Hazelwood School District v. Kuhlmeier*, schools could censor the students’ journalistic work for educational justification. With the bill Morfeld proposed, high school and college journalists would be able to produce content and be fully protected by their right to freedom of speech and press and could not be censored by their school.

“It will provide them the freedom that they need to thoroughly learn the appropriate ethical and responsible method that we use to practice the craft. In other words, it would fairly well guarantee them the freedoms that they need to learn properly,” executive director of the Nebraska Collegiate Media Association (NCMA) Michael Kennedy said.

Also with this bill, advisers of school journalism programs cannot be fired due to what content the student’s produce. Former Tom Tom staff member and current college journalist Samantha Collison believes that this bill could be a step in a better direction.

“I firmly believe this bill is a step in the right direction for Nebraska and any state who passes similar legislation. Student journalists are an essential piece of any society because they have no money influencing

what they write. Their only obligation is to the truth, and that kind of integrity is rare in our world right now,” Collison said.

There have been bills in Nebraska similar to the one Morfeld proposed, one including Legislative Bill 885, which only focused on giving college journalists the rights that Morfeld’s bill is planning on giving both high school and college journalists.

“Former Senator Al Davis in 2016 put forth a similar legislation that provided protections for public colleges and universities only. The difference with this bill is that we’ve included the high schools into it and the private colleges, so it’s just expanded more. Our focus is just also on student journalism and ensuring that... they get the education that they need,” Kennedy said.

The ultimate goal of LB886 is to make sure that student journalists are fully protected by their First Amendment rights to free speech. Administrators would have a more difficult time censoring what students decide to publish.

“It would protect them from actions against them by administrators for what they [produce]...and protect student journalists’ First Amendment rights,” Morfeld said.

The bill could also help prepare journalistic students in the future, no matter what field they end up going into. Kennedy believes the bill could help these students become better citizens in general.

“It’ll better prepare those [high school students] who want to pursue journalism at the college level and then professionally so it just strengthens their resolve and their opportunities and their education from the high school level into the college level and on into the

professional level. Because journalism education has broader implications just in terms of teaching how to engage in a democratic process in a civilized manner... It’ll teach students at a younger age how to become good citizens, is what it boils down to. Even if students don’t pursue education careers or even professional careers in journalism, learning the craft, learning the professional standards, the legal standards at an early age and learning journalism’s role in our democracy and learning how to practice that will

engage them more and make them better citizens when they’re older,” Kennedy said.

A hearing for the bill took place on Feb. 8, where numerous students and administrators testified in support for the bill, which won’t be put to vote until two weeks later. If this bill is passed, it would greatly affect the future of student journalism.

“I hope that this bill paves the way for student journalists to take their jobs more seriously and report like what they say matters, because it absolutely does,” Collison said.



Raising awareness. Using her voice, Sophomore McKayla Vermeer testifies in support for the Student Journalism Protection Act on Feb. 8. “Being able to testify at the state capitol was a great experience because it was something I had never done before and I never even thought I would get the opportunity to do. It was great to have the opportunity to speak as a proponent for something I was very passionate about,” Vermeer said. *Photo by Makayla Schaffer*

March

at a

GLANCE

Events

Blood Drive
Mar. 9

No School
Mar. 16

Spring Break
Mar. 26-30

Academics

BEA-R Meeting
Mar. 1

End of 3rd quarter
Mar. 15

Teacher Work Day
Mar. 16

Athletics

Varsity Baseball
Mar. 15

Varsity Baseball
Mar. 16

Boys Varsity Soccer
Mar. 17

Varsity Baseball
Mar. 17

Varsity Baseball
Mar. 19

Girls Varsity Soccer
Mar. 19

Girls Varsity Tennis
Mar. 20

Boys Varsity Soccer
Mar. 20

Boys Varsity Soccer
Mar. 22

Girls Varsity Soccer
Mar. 23

Boys Varsity Soccer
Mar. 26

Girls Varsity Tennis
Mar. 27

Varsity Baseball
Mar. 27

Varsity Baseball
Mar. 29

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Building student unity through weeklong event

Abbie Deng
Reporter

Beast Winter Games took place during the week of Jan. 23 at East. Testing talent, athletic ability, academic ability and school spirit, Beast Winter Games was an event tailored to create more student involvement. The event consisted of the heptathlon that took place Tuesday Jan. 23, the talent show on Wednesday, followed by a trivia night on Thursday and then home basketball game held Friday against Millard North. This was the second year the Leadership Academy sponsored the event.

“Beast Winter Games was created as basically to be an event in the winter, that would bring all the kids together to some fun nights that we could just kind of have fun together [and] invite some competition by making it freshman through senior competition, more so another way we can come together as a school,” academy adviser Sara Fjell said.

When it came to planning the event, the Winter Games was assigned to a committee consisting of seniors Conner Brown, Adam Parete, Colton Patrick, and Bryan Carver. Each of these boys took a hand in planning the event and have been planning it over the course of the school year.

“Every senior was kind of assigned a committee and Conner, Colton, Bryan, a lot of others were assigned this committee of Beast Winter Games and we collaborated together and put this event together for the students and it really did turn out nice,” Parete said.

The Beast Winter Games heptathlon was the first event that took place during the week. Students were required to join with other students of the same class in groups of four to compete in girls and boys divisions of swimming, lifting, basketball shooting, and an eight meter run around the school. Senior boys came in first place with a group of senior girls to win first as well. The winners were seniors Jack Hansen-Reed, Austin Slie, Ben Dalton and Ethan Boerner for the boys and seniors Alex Welch, Keondra Whisenhunt, Angel Walker and Eden Liebenenthal for the girls

“This is my second year competing in this and the first year we didn’t do too good, but doing it this year was really fun and really exciting. It was a little tiring, but I’m

super excited and really happy,” senior Angel Walker said.

Day two was the talent show that showcased 13 different acts including singing, comedy skits, poetry, instrumentals, a glow in the dark yo-yo demonstration, and performances from the cheer and dance teams.

“With this event it was lot of coordinating with the drama department as well as different teachers and students. We had to figure out space and times where we could practice and our acts could meet and just kind of run through different acts. It was important as well, to communicate with different clubs and events that were in the talent show,” co-chairman senior Colton Patrick said.

Of the 13 acts only 4 performers won recognition. The fan favorite award was given to performers who had the most cash in their jar. Junior Trinity Lewis who sang “Halleluia” as sung by Tori Kelly had \$27 of the \$150 in her jar and won the award. Third place was given to senior Abby Higgs who sang “Nothing I Hold On To” by United Pursuit, accompanied by her ukelele; she was awarded \$30. In second place was Jadon Putney who performed a poem he wrote titled “My Wish Upon the Ocean” that won him a \$50 Visa gift card. Finally, first place was went to Alexander Warren who gave a glow-in the dark yo-yo performance and won \$100 for the showcasing of his talent.

“That was my first glow in the dark show; I went out there and did my best. In the future I hope to do an even bigger performance, but it felt good,” Warren said.

Thursday night was trivia night. Just like for the heptathlon, students were required to get in groups of no larger than four people, within their grade, to compete against students in different grades. The goal was to answer as many trivia questions correct for each category and then wager up to 12 points in order to be in one of the top three highest scoring groups. Senior Adam Parete took hand in this event, and collaborated with Principal Jeff Wagner and Leadership Academy sponsors Sara Fjell and Jeremy Lenz to ensure the success of the night.

“Last year we did trivia night; it really was a hit and a success students really like it and it’s a great competitive environment. Also

there’s great prizes and food that sponsors bring in. It’s just great,” Parete said.

The last event took place on Friday during the boys and girls varsity basketball game against Millard North. Students in each class came up for a theme for their class to wear, the most students in a class to participate in wearing the theme would win the final attempt of earning chieftains cup points.

Jackson Van Holland is the stu-

dent section coordinator in Leadership Academy and he helped in finalizing which class would wear what.

“A lot of the the times we’re [the student section] the ones that keep the hype going. Especially when our team gets down we really strive when they have a mess up to keep going,” Van Holland said.

The student section was filled with students from each class wearing the theme their grade level was

assigned to. Seniors won 1st place wearing togas, juniors won 3rd wearing memes and sophomores won 2nd with the theme of summer wear. The seniors took the win with the most students wearing togas.

“It was very fun to be involved in the class theme competition. The seniors wanted to come out on top because it is the last time we can do these activities. We picked a fairly easy theme so I decided to go all out,” senior Alexandria Welch said.



Testing their knowledge During trivia night on Jan.25, sophomore Breck O’Grady competes alongside Dr. Jeffrey Wagner against 16 other teams. On the third night of Beast Winter Games students from all grades went against each other answering trivia questions in hopes to win. “It was a fun experience; [Wagner] brought a different dynamic to the team. He had some different knowledge than the rest of us,” O’Grady said. *Photo by Cora Bennett*



Three man show During the talent show on Jan. 24, juniors Coline Gordon, Casey Nolte, and Matthew Bindel play their instruments to “Careless Whisper” to the audience and judges hoping to beat the other acts. “I felt nervous but happy while performing because it was something we had wanted to do,” Bindel said. *Photo by Cora Bennett*



Dressing Up Watching the basketball game, sophomore Ethan Fritz was also checking his phone. “It felt fun to dress up because it was funny and I did it with some of my best friends,” Fritz. said. *Photo by Selena Lewis*

(far left) Fan Love Looking at her envelope, junior Trinity Lewis sees that she got the fan favorite in the talent show. “My favorite part of the talent show was watching my friends also perform, because they did an amazing job,” Lewis said. *Photo by Selena Lewis*

AFJROTC cadets perform with percision

Madie Ybay
Opinion Editor

Pace by pace, step by perfected step, the gym echos with the sound of stomps and loud commands. Each person marches near each other, but never touch. The drill team is marching in perfect sync.

“What I enjoy about drill is the sense of family. We are more than just a team, I mean, when you spend that much time together how could you not be,” sophomore Ashley Arrowsmith said.

Drill team is a group of people that train for exhibition purposes, precision marching, and the manual of arms. At Bellevue East there are five different teams, Unarmed Regulation, Armed Regulation, Exhibition, First Year and Color Guard. And of course people can compete by themselves as a solo.

“We have drill team practice every morning at 6 a.m. We break it up between the teams, so our unarmed team meets Mondays and Thursdays,” Lt. Col. Patrick Finan said. “Our Armed team meets Tuesdays and Fridays, and our Honor Guard meets on Wednesday. We also have the First Year team meeting with MSgt Ickes on Wednesdays.”

Each practice starts with the commanders running through the expectations for the day then the teams move on to physical training. From there they begin practicing regulation drill, which is the very basic building blocks of what they do. During that regulation drills they correct small errors and try to

improve the skills that they have. After that the teams start working on an exhibition technique that were choreographed by the commanders in the beginning of the year. Practicing until they can get it near perfection.

“The commander breaks it down and teachers sections at a time until they have the entire routine complete then they pull it all together, work on flaws trying to perfect the routine. As we get into drill season they are going through the routine multiple times ensuring it becomes second nature to them,” Finan said.

At competitions, each team competes in their team category. There also are many solos that are performed. Many schools perform their exhibition routine and are judged by usually 5 judges, and these judges are looking for precise and exact movements which makes competitions for the team both nerve wracking and satisfying.

“The feeling of performing changes from meet to meet. At some It is so nerve wracking because of who were competing against especially if it’s Bellevue West. Watching the other teams compete you see how good they are and in the end seeing how we stack up against them is like a feeling of accomplishment,” Arrowsmith said.

Already through 3 different competitions, the drill team is really picking up. As the teams are still bringing back trophies year after year. Showing off just how much hard work these teams have been putting in.



Locked, cocked, and ready to rock! Sophomore Ashley Arrowsmith tosses her rifle a long with other drill team members at a competition at UNO. “Drill team is basically competitive marching and there’s regulation which is started March and then exhibition which is what you see at the pep rally and then there’s color guard that’s both community and completion and that is what you would see at a basketball game,” Arrowsmith said. *Photo courtesy of MSgt Merlin Eudy*

“Our first competition was rough as we left with two thirds. The next competition at UNO, was a lot better. We had gotten Runner up Grand Champion. And the latest Meet and Abe Lincoln, We won Overall Champion, so I’d say the season is going great for our team,” senior Nicholas Walker said.

Each drill season usually con-

sists of around seven meets. Some of these meets require that the teams leave at 3 a.m. This season there has already been three meets. To come support the schools drill teams, the last meet will be hosted at Bellevue East on March 10. The drills teams invite everyone to watch all of their hard work pay off.

“What I’d like to add is that

even if drill isn’t a ‘sport,’ I think it still is. We compete. We work just as hard as basketball or football,” Arrowsmith said. “I’d encourage those in ROTC to give drill a chance - to try it out because once you make friends in drill they’re your family and they’re with you through everything.”

School musical making a splash on stage

Brooklyn Anderson
Entertainment Editor

The students prepare for the musical by nailing the set together, warming up for vocals, stretching before dancing, and memorizing lines to be ready for the open night.

“We looked at the popularity of ‘Beauty and the Beast’ and we loved the community response,”

Vocal Music Director Dr. Marjorie Simons-Bester said. “We wanted to do something that was fresh out there to bring that back in.”

Every year, Bellevue East performs a spring musical around March. There’s auditions the first week of school after Christmas break and the cast is posted by the end of that first week. Everyone was able to audition for a role in

the musical and Theater Director Joseph Hamik, as well as Simons-Bester, choose someone who best fits a role. This year will be the first time ‘The Little Mermaid’ is performed at East.

“We have open auditions for the roles in which students sing an excerpt from a song and we make our decisions based on who we believe is best for the part,” Hamik said.

There are different rehearsals when getting prepared for the opening night. Music rehearsals focus on the singing. Blocking rehearsals target on the characterization and movement.

There is also choreography rehearsals that students practice dances. The further into the production, the rehearsals blend together until the final product.

“As the director, I mainly focus on bringing all of the pieces of the production together,” Hamik said. “Dr. Simons-Bester focuses on the music and I focus on the more physical and technical parts of the production.”

Every rehearsal takes about an hour to three hours for all parts of the musical. The rehearsal time goes beyond the week and students practice during the weekend at school.

Each minute of rehearsal is necessary to be clean and be prepared for the opening night.

“We had our very first cast music rehearsal yesterday (Jan. 28),” Simons-Bester said. “With snow days and cold days we already lost six hours of rehearsal time and six hours is a mountain.”

Simons-Bester teaches and helps students rehearse all aspects of music for the musical. The full ensemble, soloists, and the pit or-

chestra works with her to be prepared for the musical. Senior Kora Kirby works close with Simons-Bester because she landed the role of Ariel, the main character of the musical.

“I have gotten pretty familiar since I have gotten the role of Ariel,” Kirby said. “I have especially been making myself familiar with both the Disney animated movie and the Broadway version to prep myself.”

Kirby prepped for auditions by listening to the Broadway “Little Mermaid” tracks all the month of December and went over notes and rhythms in prep packets they received in choir class. Her main goal was to get Ariel regardless of the outcome. “The Little Mermaid” is Kirby’s first production that she has ever been in.

“I was completely shocked and not expecting it at all, but overwhelmed with excitement,” Kirby said.

“The Little Mermaid” was originally a fairy tale that was published in 1837 and in 1989, the animated musical film produced by Walt Disney Feature Animation. The film earned around \$84 million and was reissued in 1997 and brought in an additional \$27 million. It was then on November 3, 2007 the film was turned into a musical.



Under the sea Sophomore Allison Jenkins practices her part of “The Little Mermaid” by learning her steps as a Mersister. “I wanted to be in this play because I did the musical last year and it was such a fun experience and I wanted to do it again,” Jenkins said. *Photo by McKenzie Gandy*



East welcomes fourth coach in four years

Hailey Hendry
News Editor

For the last four years at East, there has not been a consistent coach for the football team. Now for the 2018-2019 school year, there is going to be another head coach, Nathan Liess.

“Coach Bill James was the coach that was here before me,” in-structor and former head coach Jer-ry Lovell said. “He was the coach when it [East] was Bellevue High until 1978 and up until 1994.”

After coach James retired, Lovell became the head coach in 1995, coached for 20 years and re-tired in 2014. Former head coach Anthony Dunn then took the job in 2015 and coached for two years.

“He got a coaching job at Do-ane University,” Lovell said. “He got the job late, so if he would’ve

gotten the job in February, they would’ve been able to find another coach for the 2017-2018 and 2018-2019 school years.”

Former coach Michael Troy then took the job for this last football season to find a permanent coach for the 2018-2019 school year.

“The players knew that Troy was going to be a filler coach until next year, so it probably doesn’t re-ally bother them as much,” Lovell said.

The football players had a man-datory meeting on Jan. 31. They were all told that there was going to be a new head coach.

“I don’t know if I can give one solid, unifying reason for why we’ve had 3 coaches in the past 4 years,” senior Gabe Jeffery said. “The closest I could come to a good explanation is that parents want Bell. East football to be good, but

with Bell. West getting the lion’s share of talent. So we keep cycling through coaches instead of drawing district lines.”

Because of the arrival of the new football coach, weights teacher and baseball coach, Aaron Taylor, will be moved to Avery Elementary for next year, but will still be coaching baseball at East.

“[The new head football coach] signs his official paperwork today [Feb 1],” Holtz said. “I am very ex-cited; it was a thorough process and nine candidates were interviewed. I feel we hired a really good coach.”

Liess comes from Raymond Central High School. He will also be teaching weights classes for next year, as well.

“This season will be all about learning a system and developing a style of play,” Liess said. “We will make our gameplans opponent spe-

cific.”

Liess heard about the job open-ing from other coaches and is hope-ful for the upcoming season.

“Football is all about match-ups,” Liess said. “We have to find areas where we can expose our op-ponents while we are on offense and build a defense that tries to take away their best plays and players.”

According to Liess, training for the players will start after school gets out on May 29, so they can get a head start on the season.

“I will be over many times be-fore then, but do have to finish up at my current job at Raymond Cen-tral,” Lies said. “I’m still finding ways to get everything organized and done in the right way.”

Raymond Central High School is a class C1 school in Raymond, Nebraska. Their state rank for foot-ball is 124, while their national is

11,649. The state ranking for East is 10,285, and the state ranking is 113. However, the win to loss record for East and Raymond Central were both 1-8.

Also, to make room for Liess, weights instructor, Aaron Taylor, has been reassigned to teach at Avery Elementary School starting next school year, and Liess will be the new weights instructor. Howev-er, Taylor will still be the baseball coach for East.

“I have taught at least 1 weights class in each year of my teaching career [12 Years],” Liess said. “I have also ran the summer weight room in each year of my coaching career.”

Liess hopes to create an enjoy-able lifting environment for the stu-dents while still being able to lift at a pace where maximum work gets done in the allotted time.

Boys basketball sees new record changing season

Offense.

During a game, senior Austin Slie looks to the opposing team ready to steal the ball. Jan. the varsity boys went up against Omaha Central. “It feels really good to break the records it shows our hard work is paying off and we aren’t just doing it for our record but also the reputa-tion of our school,” Slie said.

Photo by Cora Bennett



Head in the game. During a time out, coach Chad Mustard meets with his team to discuss plays for the remaining time of the game. The final night of the Beast Winter games the varsity boys basketball players competed against Omaha Central. “I’m super proud of the progress our guys continue to make. Each season they have improved their skill level and the level of their play and they should be really proud,” Mustard said. Photo by Cora Bennett



Madie Ybay
Opinion Editor

The air is tense as the final sec-onds rapidly tic down. All eyes are on the player with the basket-ball as he rushes down the court. Right before the clock strikes zero, the ball is thrown in the air and swishes straight through the basket. Bellevue East had just won the game.

“The improving of our record

over the 4 years that I have been at Bellevue East has really shown my teammates and I that hard work really does pay off,” senior Austin Slie said.

This year is a whole new kind of year for both the girls and the boys basketball teams at Bellevue East.

Next year, even with the loss of some star player seniors, the coaches hope to keep the streak going and continue raising the re-

cords. Currently the records are 8-15 for the boys and 1-16.

“Each season is new and dif-ferent. I could for see us chang-ing some of our offensive and de-fensive philosophy based on next year’s roster,” Mustard said.

This year there are many great seniors on both teams that are graduating and unfortunately won’t be on the teams next year. Many of these seniors still wish to continue basketball in college.

Next year we gain the new up-coming freshman, which coaches definitely have their eye out for.

“Yes, I am continuing basket-ball in college; I signed at the be-ginning of the year to Dakota We-selyan,” senior Hannah Traster said.

The teams, however, cannot take all the credit. The coaches are the behind both teams giving all of their support to their play-ers. Who calls the game winning

plays. And Who prepares them for each season.

“A lot of our success over the last two years is a representa-tion of not only the players hard work and dedication, but also the coaches determination as well, especially Coach Mustard’s. He has done an outstanding job cre-ating a family here at Bellevue East and turning a program from nothing into something,” Traster said.

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LETTERS TO THE EDITOR

**READ
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EDITORIAL POLICY

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Creation of Vans makes history



Cailin Tomsu
Editor in Chief

A little over 50 years ago, the arguably most ingenious shoe was invented by two brothers with a vision: make great accessible shoes. Paul Van Doren and Jim Van Doren opened up the Van Doren Rubber Company on March 16 in California in 1966. It was a unique store in the matter that it produced and sold shoes straight from the store to the public.

That first morning of the company’s opening, 12 customers purchased shoes, which were made and ready for pick up in the afternoon. Little did the Van Doren

brothers know, their shoe design and branding would soon take off in ways unimaginable. I personally believe these two brothers made the best thing his world has ever seen.

The brothers and their employees started off making only one style of shoe, but soon enough Vans #44 Deck shoe, now known as authentics, were born. With this new style, colors were mixed in and the sole was changed. This attracted the skateboarders of California because of the sticky sole. Vans became the shoe for skateboarders throughout the 1970’s. In 1976, the brothers release yet another style of shoe, the #95, now called Era.

The new style caught the attention of even more skateboarders because of the padded collar and more color combinations.

The brothers now coin the commonly known “off the wall” slogan, that pushes their brand even further into the public. They then create #36, Old Skools, which has the famous Vans sidestripe, making their shoe easily identifiable. This shoe was more directed towards skateboarders and included leather panels for durability. The creation

of shoe styles never stopped; #98 became the classic slip-ons which are still a favorite of today’s generations. Sk8 Hi’s started out as ‘Style 38’ and were made to not only bring a new look to the brand, but to protect the skateboarders ankles. By the end of the 1970’s there were 70 stores in California and the shoes were shipped both nationally and internationally.

Vans then expanded their influence and again begin designing shoes specific for skateboarding, while revamping their older styles, and also sponsoring the largest running concert series in America, Vans Warped Tour. Their influence continued to grow throughout the years and now Vans is a well-known and established brand, worn by all types of people today.

Vans was a shoe that transformed the game. They made a shoe that was first pushed toward skateboarders for their versatility and support for the skaters ankles. However, the shoe became so well known and released several styles and color way combinations that the shoe moved to a much much larger audience. Soon enough Vans became shoes worn by people of all ages.

I fell in love with Vans when I was in 7th grade, and since then I have only bought Vans. My first pair were grey Authentics.

Even though the shoes are not specifically made to support your feet, they made mine feel wonderful. I have flat feet, so trying to find shoes that I can wear all day that do not look like old people shoes was always a struggle. Vans never hurt my feet and they have a dope appearance.

The shoes are never boring either. Of course you’ll find some of their styles that aren’t the cutest, but overall Vans offers so many customizing options. Not only do they have several styles to choose from with their own different color ways and collaborations with other artists like Kendra Dandy’s collection, but also you can customize your own shoe, choosing the colors, designs or even submit a picture to be on the shoes.

Vans are never going to go out of style to me because they have so many styles. I can wear a shoe that looks different everyday even though it is still the same brand. Because of the comfort of the shoes and the versatility I give Vans 5 out of 5 stars.

Technology poses risks for teens, society

Staff Editorial

Technology is something so accessible and integrated into almost all parts of society that trying to avoid it is almost impossible. Schools integrate iPads and laptops into the curriculum, students own smart phones and most employers have some work that involves using technology.

With the surge of technology in everyday life, social media arose and is used highly by younger generations, and teens. However, technology being so ubiquitous is not always a good thing. We, as the Tom Tom staff, think that the overuse of technology and social media can lead to negative repercussions.

Social media platforms serve as a way to communicate with other people, even those who aren’t your friends, at all hours of the day. While this is nice to a lot of teenagers, it’s lowering social skills among teens because of the indirect communication, according to the Child Mind Institute.

Most kids are learning how to talk to one another through a screen, not to a real person, and therefore it is impairing their ability to communicate directly with other people.

It makes it harder for these teens and kids to register facial expressions and body language, which we know are vital parts of having a conversation and reading someone.

If kids are not forced to have that direct communication with others, they may grow up with anxiety about one of the most vital skills in life - talking.

According to the Child Mind Institute, it is easier to keep your guard up over social media or texting and therefore when forced

to have a real conversation with someone, the kids will feel intense emotions and may develop anxiety toward direct communication.

Because we are able to shield ourselves from that direct communication it makes it much easier to attack one another, especially on social media.

You do not have to see or hear the other person’s emotion or reaction if you say something online that you would not say directly to their face, and because of this there is a big increase in cyber bullying. Young kids are also competing to be liked.

Apps such as Instagram, allow you to post a picture and receive likes and comments on it. It becomes an issue because these kids are placing their self esteem on the likes and praise that they get on these big social media platforms.

Technology has been integrated into school environments as well. Children as young as elementary are using iPads, and learning the information from technology instead of being taught the more traditional way with a teacher and a white board.

Some may see this change in educational learning as a positive. According to BBC News, the way education is set up has changed little since the Victorian Era.

The implementation of more technology in the classroom may also benefit the students in the long run. Because most jobs and or careers involve the use of technology, the students will have an upperhand when entering the workforce.

However, this backfires when we look at the students who are in poorer school districts and are not given equal access to technology.

They are set further behind

when compared to their counterparts.

According to Live Science, staring at screens for too long may cause short term eye effects. For instance, the high contrast of the screens causes extreme headaches, which may be reoccurring when exposure to the screens are repetitive.

Too much exposure may also increase dryness in eyes, which provides a person with similar effects of having allergies.

The dryness causes itching and irritation. Since we put our devices so close to our eyes, it causes eye strain. The eyes are blinking less and looking at something too close and it causes the eye to converge slightly.

Not only does it affect our eyes as well, but our grammar. We are all pretty familiar with showcasing hilarious “autocorrect fails,” but with the increase of technology we are actually seeing a decrease in the ability to spell.

According to the Jakarta Post, because our smart phones and devices correct our words for us, we are no longer able to recognize when something is spelled correctly ourselves, or we forget how to spell the word all together because our phone will finish it for us.

This makes our ability to proof-read decrease as well. If children are growing up with these devices so handy they are less likely to be able to spell by themselves and by the time they are adults they will lack essential skills.

Technology poses serious risks while driving as well. If someone is unfamiliar with their environment or needs directions somewhere, they use their GPS.

However according to Jakarta

Post, constantly looking down on at a device makes you more accident prone. Accidents happen very quickly and it is best to be as focused on driving as possible.

According to Psychology Today, the use of technology in teens and children actually alters the way their brains are wired. Just like the way that video games may improve hand eye coordination, the use of technology changes the way their brain works.

Technology leads to always having a distraction. Also because we have search engines at our hands all the time we are very good at finding information, but fail to remember the information, therefore being worse at memorization.

Children who use technology may also have a harder time using their imagination because everything is easily accessible in their hands.

Studies done by Edudemic, also found that technology changes the way children feel. A child that had no access to technology for five days, was better at picking up emotions and nonverbal cues than the children who used technology in that time.

It may also affect the child’s mood. The students who used technology for more than four hours a day had a worse sense of wellbeing.

Instead of trying to push technology on children and implementing it into schools, we should limit and manage the use of technology. Parents and teachers should monitor what the student or child is using the technology is for. Responsible usage should also be taught to the young children and students to let them know the appropriate amount of usage.

Giving a ‘Bright’ review

McKayla Vermeer
Features Editor

Starring Will Smith and Joel Edgerton, “Bright” is not your typical cop movie. David Ayer, the director of “Suicide Squad,” brings to life a world where mythical creatures and humans coexist, but not equally. Smith, who plays cop Daryl Ward, is partnered with the first every orc to join the police force, Nick Jakoby (Edgerton). Together, they tackle multiple issues outside the normal realm of police duties.

While there are a few times where not everything is clearly explained, overall the movie was entertaining. It did not feel like I was forced to watch and wait for something interesting to happen because it was very action-packed and there was always something going on or some important dialogue being exchanged. The character dynamics were also very unexpected, and so was the interactions between the different species of creatures, as it seemed to represent a much larger problem. The tensions between the species did, however, make the movie seem as it was just two subplots, and not really one major plotline.

The movie starts with Smith’s character getting shot, and he suspects it may have been his orc partner, Jakoby’s (Edgerton) fault. When he gets back to work, he is instantly thrown into a world of magic and danger, all while just trying to stay alive and dodging fairies, orcs, elves and humans alike. In this particular world, the orcs are the lowest class of beings, and Jakoby runs into trouble because he is the first orc cop and the humans do not respect or trust him, while the orcs see him as a traitor. The humans are in the direct middle, and are the workers in this society. Finally, the elves are the very upper class, the richest, wealthiest, and most respected. Throughout the movie, Ward struggles with being able to trust his partner, and Jakoby struggles with proving that he is a cop first, orc second.

One of the predominant subplots of the movie is the racial and social issues. The three distinct classes of orcs, humans, and elves create a social ladder, where orcs are the lowest class of beings and elves are the highest, enjoying their upper-class living. The orcs are the most discriminated against in this world, by both the humans and the elves.



Sharing hugs and kisses



Brooklyn Anderson
Entertainment Editor

Valentine’s day is a day where loved ones share time together to celebrate with chocolates, candies, and flowers with beautiful scents. Because only some people have a significant other, there are activities that friends do something special together on Valentine’s Day. Here are some fun puns, jokes, and popular candies to get Valentine’s day started.



Puns:
I donut know what I’d do without you.

You make me melt.



Jokes:
What do you call two birds in love?
Tweetharts

What did one light bulb say to the other?
I love you a whole watt.

What did one pickle say to the other? You

mean a great dill to me
Poem:
Roses are red
Violets are blue
Love never crossed my mind
Until the day I met you

Some candy companies get ready to get Valentine’s Day theme sweets. Valentine’s Day themed items go up by the time Christmas is over. These are some popular candies.

The conversation heart candies are very well-known when Valentine’s Day comes around. They are very popular when kids pass out candy during school

Dove Chocolate plays a big part in Valentine’s Day whether it’s in a heart shaped box or just a simple heart shaped chocolate that is wrapped in red, silver, or pink tin foil.

Hershey’s Kisses are also known to be around for almost every holiday. The different colored tin foil shows the Valentine’s Day theme and the word kiss is in the name. It’s a perfect match.

Nerds are the popular sweet and sour candies that have different colored sugar. It makes it more festive. These candies are popular with little kids.



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Korean House shares sizzling food

Carly Regnas
Video Editor

I really enjoy Korean food, and I am always searching for a great Korean restaurant in Bellevue. I found this place called Korean House a few years ago and everyone that goes there says it's the closest thing to traditional Korean food. Korean house is a hole in the wall restaurant that serves traditional Korean food.

I really wanted to do a review on it because I love their food and I wish more people knew about it. It is honestly the best place in Bellevue to go for traditional authentic Korean food.

They serve bibimbab which is a dish that is served with all fresh kimchi ingredients which most commonly includes napa cabbage, Korean radishes, and a variety of seasonings including chili powder, scallions, garlic, ginger, and jeogtal on the side.

They also have many other dishes like Korean barbecue and yakimandu, which is a fried dumpling (which I always get when I go there). Their prices range from about \$6 to \$11 for entrees, but the price also differs during lunch to dinner.

Korean House is located on 2413 Lincoln Road Old Town Bellevue, which is not a well known area, but I know my family loves it and all of the people I have brought there love it, too.

For this review, I went to Korean House with an empty stomach and was really excited to eat their Korean House Beef Rib and some of their Yakimandu. When walking into the small restaurant, it has an older feel to it and I think they could do some work on their atmosphere because it is in a hidden part of town they should at least try to make the inside of their restaurant look a little cleaner. Nonetheless, it still has beautiful artwork and statues for decor. I sat down and my order was taken promptly with great service. I like to watch as they make my food over the counter because I enjoy cooking and I really like learning new techniques.

Korean House is one of my few favorite

restaurants for the food. Now if it's for the atmosphere, that's a whole different story.

Besides the atmosphere not being top quality, the food definitely shows that this restaurant is still a solid choice for a good meal. I do have a soft spot in my heart for this restaurant because I'm the type of person that I don't really care much about the atmosphere, I care more about the quality of the food. But it still could use some work with seating and and dine in service.

I give Korean House a 3 out of 5 Olive Heads since the food is really tasty, but the location and atmosphere is not the type that would easily attract future customers. I just think that it is a good place to get Korean food. They don't have a website, which makes it hard to support a business in this day and age. The service was great, though, and the food was delicious. So altogether if you just want to get a filling flavorful Korean meal you should go on down to Korean House.



Fresh and tasty! Carolyn Regnas senior is eating her Yakimandu from Korean House. "I really enjoy that Korean House is a fast and fresh option in Bellevue that I can go get a meal that isn't fat fried food," Regnas said. *Photo by Carly Regnas*



Korean BBQ. Korean house is known for it's delicious Korean BBQ and Carolyn Regnas senior enjoyed going there for a filling meal. "I love how Korean Houses beef rib is cooked it's sweet and crispy over white rice ad it all just compliments each other really well," Regnas said. *Photo by Carly Regnas*



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