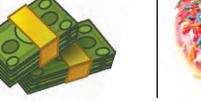


Want to know where your money is going?

Learn how East allocates their funding on pg. 2





Dunk into Features Editor Cora Bennett's take on Dunkin' Donuts

Read about it on pg. 8





BELLEVUE EAST HIGH SCHOOL

1401 HIGH SCHOOL DRIVE

SEPTEMBER 2019

VOLUME 69

BPS trash hauler no longer accepting recyclables



Premier Waste Solutions stopped accepting recyclables from BPS due to contamination. "Right now [Firstar's] biggest challenge is the other products are harder for them to move. If you went down there and just drove into the place a bit, you will see bales of product sitting outside," Premier manager Mike Shrader said. Photo by McKenzie Gandy.

Emily Nelson

News Editor

Waste Solutions' processor decided to halt the acceptance of single stream recyclables through commercial businesses. Because Bellevue Public Schools is contracted with Premier, they no longer accept recyclables.

"We have a trash contract with Premier that we have had for several years and part of that was recycling where they picked up paper, plastic, and cardboard," Superintendent Jeff Rippe said. "This summer they notified us that they would no longer pick up anything other than clean cardboard. If we had our choice we would be continuing to do exactly what we were doing, but unfortunately they made that decision as our vendor."

Premier manager Mike Shrader said a number of factors went into this decision. He said that one of the issues is the contamination rate in the recyclables and that about a year ago, their processor told them that the contamination rate was too high. Another problem is simply the lack of a market for recyclables.

"There's just no money in recycling and it has been like this for a long time, so these processors are struggling," Shrader said. "So now, us haulers, are paying them a higher tipping fee. We were paying \$30 a ton, but they have raised it within the past 60 days to where now we are paying \$110 a ton."

Senior Derek Schutt said he did not understand the change and thought it was a joke at first. He said it is important to recycle and it is not a good look for BPS.

"I hope they fix this and we can recycle again," Schutt said. "I get we have Schoology, but at least make that stuff work and not hand out paper assignments and tests if you are going to completely stop recycling besides cardboard."

Biology teacher Rachel Carraher said she also sees great importance in continuing to recycle. Carraher takes recyclables in her classroom home and believes that the halt of recycling is sad.

"Recycling helps to keep reusable items out of the landfill to give them another life," Carraher said. "It is still not the best practice, but it does help." Continued page 2, Recyclables

Classrooms replace commons

Jacob Kriewald Sports Editor

Construction in the freshman commons brought the addition of two new classrooms. The area, previously utilized for socializing, additionally houses an art display.

The old freshman commons was named because it was in with most of the freshman lockers. This was the area that students distinguished as an area to relax and talk with friends in between classes. Now it is occupied by two new rooms with an art display. One of rooms is for theater classes.

"To perform little acts, there is a black wall in the curvature of the room and there is a big mirror for makeup for shows," junior Christopher Allebach said.

Besides the new rooms, one of the more notable additions is the display case. Art currently has a display case that takes up a proportion of a wall. Here, the Art students' best work is showcased | for students and teachers to look on as they pass.

"I think it is really cool that the school is finally getting around to new stuff for the art students who work hard," sophomore Kayla Dowd said.

The new rooms have limited the space for students, making it more crowded in the halls. Because the old commons allowed students to disperse, the halls now are a very busy area of the school during the passing periods.

"Mr. Hamik moved into one of the new rooms out of B-02 so that he could create a room conducive to his curriculum," Assistant Principal Nathanial Bacon said. "B-02 is now Mrs. Hoglund and Ms. Schutte's room and new room is Mrs. Eoff and Mrs. Bartman's room. We had lots of room changes over the summer due to adding a variety of student centered resources to our building."

The addition of the display area gives art students the opportunity to display their work in a manner that is similar to a gallery. It like small room, or window display case, where pieces can be exhibited, but also protected. Continued page 2, New rooms

BPS opens alternative high school

Emily Nelson

News Editor

BPS launched the Academic Center of Excellence (ACE) in August that provided an alternate environment for students who do not feel comfortable in a traditional school setting.

started voicing their need for a smaller environment that would nurture learning and provide an alternate setting. She said students and families were looking for a place that was homier, and more comfortable.

"Students who struggle in the bigger environment, sometimes it is needing the support," Lynch said. "Maybe they do not feel like they can ask a question in front of their peers in a classroom environment. Most of our students that we have here wanted a different environment because they wanted that one-onone assistance because they did not feel like they were getting it and it is hard to give that in a larger

Lynch said that she feels it is

much easier to meet the students' needs in a smaller setting where teachers can focus on each student individually. She said that if students need to take breaks, there is more flexibility so when they are feeling overwhelmed, they can take their time without interrupting the school day. While flexibility Lead teacher Jennifer Lynch is a major focus for the program, said students and their families Lynch said the ultimate goal for the students is for them to graduate.

"We have some students that will graduate earlier than others just because of where they are at in their curriculum path." Lynch said. "As a result of that, we also help them prepare for that next step, like looking at colleges, trade schools, and employment."

Similar to the traditional high schools, ACE students receive advice from a counselor in a career class where they look at colleges. Lynch said this is important because while they want to figure out what it means for a student to be successful in school, they want to figure out what that looks like in their future. As for their time at ACE, Lynch said students learn through whatever techniques fit

best for them.

"Our curriculum is pushed through project based learning, independent study, or they are in the regular classroom with the teachers for the year, completing those objectives," Lynch said. "We also have online learning through Acellus."

Lynch said the program has two part-time teachers, an English teacher and math teacher. Social studies instructor Norma Thompson moved from the middle school level to teach social studies at ACE and to give personalized instruction time to the students. She said she wanted to provide a comfortable environment for students.

"[ACE] is a lot more flexible," Thompson said. "We are better able to work with students if they have a reason they need to be late to school everyday, we can help them not get behind. If they are having family or personal issues we can give them more flexibility in their schedule while they work that stuff out. It really is a much more flexible situation than a traditional school." Continue page 2, ACE

Recycling: Green Bellevue, teachers offer to help with solutions for problem

Continued from page 1

Carraher said that America used to ship a lot of its plastic overseas to China. Last year, China quit taking the plastic and now there is a build up of plastic with fewer places wanting the materials.

"The best thing we can do is reduce our consumption of these products," Carraher said. "They are energy intensive to make and

Green Bellevue, a volunteer based environmentally friendly organization, offered to lend a helping hand to BPS in any way they can. Current President Don Preister agreed with Carraher and wanted to find a way to take action other than recycling.

"What Green Bellevue is seeking to do is find more options," Preister said. "So if we can not recycle some things, what else can we recycle? For example, we are looking at starting a program in the cafeteria where the food waste can be composted."

Principal Jeff Wagner said East needs to focus on new ways to recycle as well, including looking at whether or not East can make something more sustainable, steer away from styrofoam plates, and even plastic bottles.

"Over the past three years we put

in all of the water fountains to try to promote the use of containers for water and I think a lot of students use that so it is a positive benefit for us," Wagner said. "Part of having the HVAC system is a lower energy cost plus our LED lights we put up now in the front hallway and stadium. Anything you can do to decrease that footprint is trying to be more socially responsible."

Along with Green Bellevue's attempt to help, Rippe said BPS is open to any suggestions. Rippe said BPS has no problem with continuing to recycle. The issue is who is going to pick it up.

"I appreciate those staff members who are willing to take their own stuff home with them and if students want to do the same thing they are welcome to do that," Rippe said.

Green Bellevue wanted to lend a helping hand to teachers and students willing to take home products as well.

"What we are hoping to do is to get a green team of teachers who have an interest in recycling to contact us through email so we can network together," Preister said. "Some classes I know are collecting their own recycling in the school and some students and teachers are taking it home. We want to help coordinate who is doing what and what things they have found to be successful."

BPS will bid out in search of a new contract for recycling in a year. In the meantime, Rippe said he encourages students and teachers to reach out to him or Wagner with their ideas. Shrader said he hopes for a new recycling plan in the future, but change is needed.

"We are optimistic that at some point the market is going to change," Shrader said. "As for the product change, we need to give them a consistent, really good product for a period of time. The biggest thing [Firstar] wanted us to do is give a wake up call to all of our commercial people saying we just cannot throw anything in there, you need to police this."

Shrader said rather than contaminating an entire load of recyclables, simply throw that dirty cup away. People still want to have that cup recycled, but they do not want to take the time to clean it out.

"You have to give these processors a clean product. We are not doing our job, but the processor is doing his," Shrader said. "We, as a community, are not doing our job. We are not giving whoever is collecting this product from your home, or school, or wherever a clean product that they can take on to the processor."

New rooms:

Additions to East contribute to quality of atmosphere, opportunities

Continued from page 1

"It makes me want to put in even more effort and make sure everything is as perfect as it can be so I can be proud of what I put out and what I want people to see and understand my art," Dowd said.

Bellevue East High School

PAGE 2

One question that will be asked is, was this in the budget.? Recently the school has a new track, new football field lights, and a new weight room.

a concern. However, Assistant Principal Nathan Bacon explained the source of the funding. "These rooms were a part of the

Costs of construction are always

Bond and approved by the School Board, due to the construction needs our building was going through," Bacon said.

ACE: Students have positive experiences in alternate setting

Continued from page 1

Senior Chris Padroza, formerly at East, said enjoys his time at ACE. He said the teachers talk every problem out with them, personal or not. He said within his time at ACE, he caught up on four credits, whereas if he were to still be in the traditional school setting, he would not be graduating this year.

"Here they give you that opportunity to be more relaxed and feel like you are in a safe environment because at East it is different," Padroza said. "It is crowded and there is too much noise, but here everyone knows each other and it is calm."

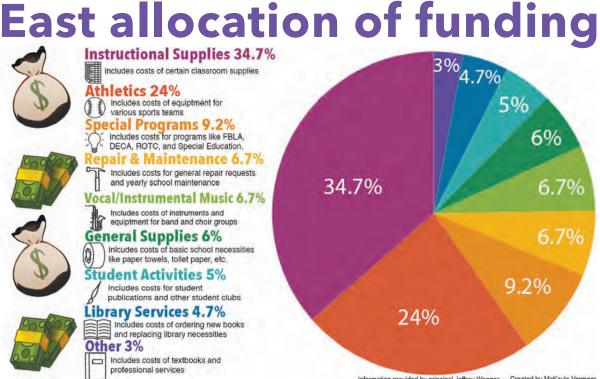
Thompson said the student's anxiety is lowered, therefore they are able to focus on their

academics while feeling like they are in a comfortable environment. As for students interested in ACE, they must meet with either their administrator, school counselor, or school psychologist. They will talk with their parents and the student about why they feel like they need a different environment and what that looks like for each student.

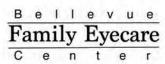
"[Students] are still tied to whatever high school they came from," Lynch said. "They can attend any events, clubs, and organizations. We do have some students that we have talked about maybe returning to do some AP classes at their high school. We want to make sure that we are meeting the needs of all students and they are getting whatever they want out of their education."



Students from East and West high schools who struggle in a traditional classroom setting are selected to go to this alternative school. "Our big push when considering furniture was what is most comfortable. We had to think about all types of kids that would come here and we did not want it to look like a traditional school," Lead teacher Jennifer Lynch said.







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Women's choir comes to East

Madie Ybay Co-Editor in Chief

Voices fill the room, the basses, altos and sopranos blending and harmonizing all together to create one beautiful and powerful sound of the women in Belle Voix.

"My favorite part is that Belle Voix feels like a small family. As the year goes on I'm excited to get to know all the ladies in the choir," senior Chloe Johnson said.

Belle Voix is a new choir introduced to East this year. Instead of being a regular choir class, it is a varsity women's choir. Belle Voix will be performing for choir events held by the school.

"I feel like the bond I have with the other girls is stronger than what it would be if I were in a larger choir. I really enjoy singing with the women in this choir," Johnson said.

When East was approved to receive another full-time music instructor, a new choir was able to be added. The women of choir last year were able to submit names and vote on which one they liked the best. Belle Voix means beautiful voices.

"What's really amazing is that the women who were in choir last year gave the name to the first ever women's choir at East. Whether or not that gets changed in the future is unknown, but they left behind the legacy that is Belle Voix," vocal music director Marjorie Simons-Bester said.

Because Belle Voix is a varsity choir, students must audition to join. This group is a step between Mixed Choir and East High Singers, and because of this it gives women a chance to challenge themselves and push themselves musically.

"I wanted to audition for this class because it challenges me as a musician, and I'm glad I did because I get to learn new music and get closer with the ladies of Belle Voix and the excellent directors that we have," sophomore Makayla Tveitbakk said.

In class the girls are sight reading music, learning vocabulary, and focusing on blending their voices together. Doing all of these things will help them grow as muscians and as a group. They are also learning music that will be performed at the fall concert and candle light, and other choir concerts.

"I like hearing how all of our voices blend together and I can not wait to see what we can achieve together throughout the year," Johnson said.

Besides the concerts, Belle Voix will be preparing to go to the State competition in the spring. At state, groups will compete in categories including just the males, females and both. Besides State, Belle Voix will not have regular competitions because they are



Belle Voix students warm up their voices. Belle Viox is a varsity womens choir new to Bellevue East. "I joined because I thought it was something new and I felt like it was going to be fun," junior Abbie Jackson said. Photo by Cora Bennett

not a show choir like Take II. Instead Belle Voix is a regular varsity choir, like East High

"I have wanted to have a women's choir for years and now that we have, Austin Hoffman, our second choir instructor, we are able to add this class which makes me so happy to finally be able to have an all women's choir," Simons-Bester said. "I am happy to have a women's choir to give students a chance to challenge themselves and compete at a state level."

New members join the East staff

Silas Chisam **Entertainment Editor**

East had many new staff members join for the 2019-2020 school year. The new teachers were interviewed regarding their previous work experience, why they decided to come to East, and favorite parts of working at East so

Also included with the new teachers, is dean Collin Mink, who is new to his position as dean after previously being an instuctor at East. Photos by Cora Bennett



"Freshman orientation day was super fun for me. I enjoyed all the activities to help freshmen identify staff and areas in the school," Endris said.



"Student learning motivates me each and every day. I want all of my students to be successful in the classroom and in life," Johnson said.



"I am motivated by seeing my students progress and grow through the year. There is nothing better to see than when the light bulb clicks," Booe said.



"[What motivates me the most is] seeing my students learn new things, master learned skills, and the excitement they have when coming to school," England said.



"The students definitely motivate because the staff here are so positive well in a class," Missak said. and supportive," Reed said



"Something that motivates me as me to be a better teacher. The other a teacher is the students that work history and politics fascinating. succeed in the classroom, athletics, staff members are great motivators really hard to understand and do



"I love the subjects I teach. I find Sharing that interest and teaching others is the best job ever," Sidzyik



"I enjoy seeing my students and activities. As a teacher, I am motivated by seeing them be successful," Montoya said



"[My favorite moment is] any time I'm able to make a student smile/ laugh, or when the light bulb goes off for something we've been working on," Hoffman said



"My favorite moment so far was at the East/West game when the band turned around and played to the front for the first time of the show," Krug said.



"So far this year one of my favorite moments has been the pep rally. The energy was great, and the new teachers got to compete against the students," Hamilton said.



"My favorite moment this school year was at the pep rally when I got to see students cheering for their school," Reece said.



"I operate off of a Christian worldview that values people, so I try to treat people with dignity and respect in all of my interactions," Mink said.



"I worked at Bellevue East a few years ago with College Possible and had a really positive experience, so I wanted to come back," Birnbuam

Dangers of Teen Drinking and Driving

Teen drinking, driving remains issue in Nebraska, brings concerns

McKayla Vermeer Co-Editor in Chief

Four Gretna teenagers were so the lack of knowledge puts kids your age or younger just cilled in a car crash this summer that was later found to have alcohol as a contributing factor. Situations like the Gretna

crash are not uncommon in Nebraska. According to the Center for Disease Control (CDC) around 6.3% of Nebraska teens have driven a vehicle after consuming alcohol.

"I believe that use of alcohol is interwoven in many things that children are exposed to in life, i.e. birthday parties, gatherings, sporting events, even high school graduation parties, etc. I think growing up

them in a positions that drinking makes it all the more tragic," is not dangerous," coordinator senior Courtney Auclair said. for the Drug Evaluation and Classification Program at Sergeant Joseph Milos said.

The prevalence of drunk media can draw a lot of attention, especially from teens. Seeing the effects of alcohol can cause actions more carefully.

"Seeing just how awful the puts it into perspective just

state of Nebraska there were Bellevue Police Department 52 fatalities in alcohol-related crashes where the drivers were but the downside to that is that aged 15 to 19, according to some think this is a new issue, to state law, possession and driving crashes and incidents the Nebraska Department of specifically with teens in the Transportation. In that same said amount of time there were 810 injuries reported. Milos believes that the media can play a large some teenagers to consider their part in how these accidents are received by the public.

"In today's world with social effect of teen drinking is really media, society gets information almost immediately as compared

has allowed the message to be that this damage can lead to Milos said. received by many more people, addiction," Milos said. when in reality it is not," Milos consumption of alcohol is only

range from lack of knowledge guardian's home. Additionally, to lack of brain development. drivers that are under the age and getting actual facts to teens Teenagers simply do not have the of 21 are not allowed to have and adults alike. The U.S. has knowledge or experience needed a blood alcohol concentration to not make certain decisions.

experience it takes to make the older is 0.08.

we become desensitized with the how dangerous this can be. No to the past without social media, decision not to drink or use

In Nebraska, according

permitted in underage persons can Causes of teen drinking when they are in a parent or prevalent. "Many teens lack life the BAC limit for those 21 and

frequent exposure. Teens lack one ever thinks it can happen the general public may not drugs because of their brain they reached their mid-twenties experience that adults may have, to them, but seeing it happen to have had the information on the development (frontal lobe). If a before they try alcohol, smoked incidents that were occurring, teen is exposed to drugs before a cigarette or tried other drugs, unless it was the opening story that area is fully developed, they they would substantially increase From 2008 to 2017 in the newspaper. I think social media that area. Studies have shown addicted to those substances,"

Solutions to the issue of teen drinking is in both prevention are issues with some teens, others and education. Additionally, the substance being widely available make the issue more

"[The solution is] education begun a new era, where illegal but not regulated at all. As we said.

"If a person was to wait until have recorded in our history, with alcohol and other drugs, the more available we make an addictive substance, the more prevalent that drug will become on the news or highlighted in the can damage the development of their probability not to become in society. Many other factors come along with that as costs to society," Milos said.

While drinking and driving stay aware of the consequences and against the action.

"I just don't understand why someone would decide to do that. We spend years getting educated about the risks and we see accidents on the news, but really just deciding [to drink and (BAC) higher than 0.02 while drugs of the past are now being drive] is an unnecessary risk to used recreationally or medically, your life and others," Auclair

The amount of crashes that involved teen drivers aged

The amount of fatalities out the 3,312 crashes that occured in 2013.

Percentage of fatalities that were teen alcohol related out of all fatalities in Nebraska.3

\$18.8 million

related crashes.

related teen crashes in 2012*

The percentage of the 1,140 children killed due to alcohol

Number of children aged 14 and under that were killed in

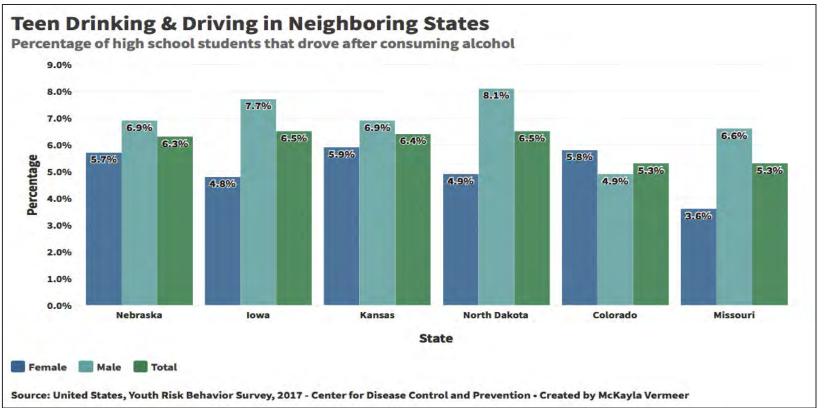
6.3%

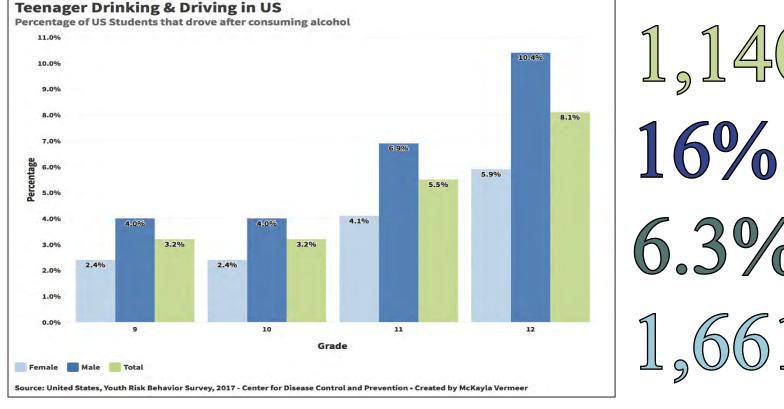
Percentage of teenagers that have driven after consuming alcohol according to the Center for Disease Control as of

1,661

Number of alcohol related crashes in Nebraska in 2017 according to the Nebraska Department of Transportation

* indicates information from safenebraska.org





Taking a STAND against teen drinking Rehabilitation with Diversion Going the extra mile for safety through the National Safety Council

Madie Ybay Co-Editor in Chief

STAND is an acronym for "Smart Teens Are Not Drinking" and was a program sponsored by the National Safety Council that went to different middle and high schools to warn students not only about the dangers of underage drinking, but also of the dangers of drinking and driving.

"STAND is meant to warn of students of the danger of drinking and driving, because we want to protect the future generation," vice president of Safe Nebraska Susan Booth said STAND uses a presentation

giving out and emphasizing

statistics for the accidents caused by teenagers who were intoxicated "Statistics do not lie, do not be

a statistic. The problem is real. Underage drinking and driving under the influence is a huge problem in our community."

driving simulation. commitment to not drink and

drinking. Some students took car accidents that involve photos of themselves and friends against the law. Our message fatalities. They include the and posted them online with #TakeAStand

The presentation that was given was interactive with the students. Teenage drinking starts students by using real-time with teenagers having possesion polling videos and an impared of alcohal and STAND stongly run the STAND program but Then students were asked to make a distributing alcohal.

"Students are also encouraged to sign a large vinyl sign showing

their commitment," Booth said. "Schools proudly hang their sign as a reminder of the student's They also encourage adults to

hold their students accountable and set an example for their warns adults the dangers of

also to not ride in a vehicle just for teens; it's also for the accountability with," marketing with someone who has been adults. Providing alcohol to manager Nicole Sasse said.

minors is never okay and it is centers around the message: Adults: Don't provide," Booth

STAND is now discontinued not only with Safe Nebraska, but also as a whole program. However, the National Safety Council Nebraska still provides Diversion as a way to help teenagers even though the STAND program is no longer available.

"Unfortunately we no longer teenagers can still participate in our Diversion program to help "The STAND program isn't reduce recidivism and encourage

sign a contract for a diversion getting back into their bad habits

rehabilitation. Sarpy County Juvenile Diversion is voluntary program that teenagers can choose over filing criminal County courts.

Education, Victim Impact school, etc," Gosda said. Panel, Young Women's, Young Men's, Class Action, and Leadership. We evaluate classes with feedback forms from (ACLU) of Kansas, Diversion the participants," Diversion programs are cheaper and more supervisor Carisa Gosda said.

and their parent or guardian decrease the chances of teenagers necessary changes," Gosda said.

agreement. After that they will meet with a Diversion Officer "Put plainly, diversion is

vouth through any other issues they may be dealing with. Through our intake assessment charges in one of the Sarpy and regular meetings we take time to discuss a variety of "We offer a variety of presenting issues such as family education classes to our clients dysfunction, suicide prevention, to go after incarceration for including Alcohol and Drug mental health issues, trauma,

According to executive to get help. director Micah W. Kubic at the American Civil Liberties Union effective than incarceration. To be in Diversion, teenagers Attacking the underlying must be referred by the County problem through diversion is

and back into trouble.

Diversion is a nationwide monthly during their time in a positive tool that should be "We hope to assist in guiding frequently," Kubic said.

Even though Diversion is said to have popular support by a report done at ACLU of Kansas. they also state that most courts do not choose to use diversion in most cases. Most courts choose harsher punishment instead of sending teenagers to Diversion

"We are able to monitor youth substance use by random alcohol and drug testing. By ensuring the youth are substance free while participating in the various programs we feel like it puts them in the best possible position Attorney's Office. The teenager better for long-term safety and to be successful and make any

Madie Ybay Co-Editor in Chief

Project Extra Mile is a network of partnerships focused on reducing alcohol related harms in the Omaha area including Sarpy and Douglas county

"Our community coalition is open to anyone desiring to make his/her community safer through the prevention of underage drinking," executive director Chris Wagner said.

Project Extra Mile has worked with law enforcement in the past. For the past 10 vears. Project Extra Mile has held annual trainings for law the state. The training sessions dispersal, utilizing social media Greater Omaha Chapter.

in investigations, managing special events and conducting in large part, when we work to

policy initiatives, enforcement collaborations, media advocacy, said. education and awareness, and environmental prevention.'

Commission Against Drunk website. Driving, the National Highway Traffic Safety Administration, youth reach their goals, young the Office of Juvenile Justice people are encouraged to take and Delinquency Prevention, the lead in solving the problem enforcement personnel across the Public Health Association of underage drinking in their of Nebraska, Community Anti- community," Wagner said included things such as source Drug Coalitions of America and "Young people have an uncanny

compliance check operations. enact and enforce laws that hold "Our work is focused on adults to a higher standard for the protection of children," Wagner

Project Extra Mile does not vouth leadership," Wagner work with teenagers directly on said. "This comprehensive stopping drinking habits. instead approach is often referred to as works with law enforcement, but they do have youth leaders that Project Extra Mile has are not professionally trained been recognized for its efforts However, if students wanted to by receiving awards from get involved, they can contact associations like: National Project Extra Mile on their

"While adult partners help investigation, controlled party The National Safety Council and ability to capture the attention of elected officials."

Up close with new Track receives face lift coaches at East

Emily Nelson News Editor

Boys tennis coach: Krista Tew

• Tell me a little bit about yourself.

A: Other than coaching at Bellevue East, I am a stay at home mom to mine and my husband's two boys. I love playing and watching tennis and volleyball.

Q: What do you, as a coach, bring to the table for the team?

A: This one was hard for me and I asked the new JV coach what she thought I had to offer. She is a former player of mine that I coached during her time at East. Here is her response, "A new found passion for tennis! You are adding new ideas to help fit each player individually and not just trying to make each player an exact replica of each other. Not only are you building better tennis players, but you are helping them become more well-rounded people by encouraging strong mental positivity, camaraderie. You allow them to be themselves and help them excel in the sport. You are giving them life skills that they can apply forever. As well as helping them find the love for a lifelong

Head swim coach: Taylor Schultz

Q: Tell me a little bit about yourself.

A: I have been the dive coach for the last three seasons and will now be the head swim and dive coach. This is my fifth year of teaching. I also am the head girls track

Q: What do you, as a coach, bring to the table for the team?

 \mathbf{A} : I have been in all of their shoes as a swimmer/diver in that very pool and I hope my guidance and high expectations will continue to foster their love for the sport.

Q: If you could give one piece of advice to a swimmer, what would it be?

A: My piece of advice would be to just keep working. Swimming is a mentally

tough sport and the payoff will come; you just can't give up.

Softball coach: Whitney Wilson

O: Tell me a little bit about yourself.

A: My sister, Casie Onken and I are cohead coaches this season. Ms. Onken is a counselor and I teach 9th grade English. And we have both grown up around baseball/ softball diamonds so we love the game. Our dad played competitively. We have played competitively. Our siblings have played competitively. One of our brothers even plays professionally.

Boys soccer coach: **Daniel Vasquez Gutierrez**

Q: What do you, as a coach, bring to the table for the team?

A: I think as a coaching staff, Coach Onken brings the head coaching experience. I bring the tradition of the program. We are both competitors who know this game very

Q: Tell me a little bit about yourself.

A: [I was] born in El Salvador and moved to the United States in 2004. I graduated from Burke High School and attended the University of Nebraska at Omaha. In 2018 I graduated with a bachelors in secondary education.

What do you, as a coach, bring to the table for the team?

A: Energy, creativity, passion and dedication. I see myself as a workaholic when it comes to coaching. I am a young coach with fresh new ideas.

Q: What can we look forward to this season from the team?

A: A new team, players that are passionate about wearing the school colors and representing the badge. Soccer is a team sport; this team wants to represent the hardworking school staff and community that help mentor the soccer players.

Jacob Kriewald Sports Editor



East administration came together and made the decision to to renovate East's track. The track was starting to get old and worn out and it was time for an upgrade.

The old track worked well for many years, but wear and tear began to show. After resurfacing, the new track has multiple changes from the old track that have some of the athletes excited. The track will make it easier for the runners because the lines on the track are white and the track itself is black. The track plays a big role in East's athletic program, including hosting track meets with a variety of events.

"I think this change needed to happen because the amount of wear on the track only grows every year," sophomore long distance track runner Christian Lewis said.

The track has a new aesthetic that is different from the old brick red color. The instalation of the black track happened over the summer, although the track season was a while away. Besides track events, other groups like spirit squad use the track for football, and soccer games, and the band uses it for field shows and for practices.

"All of the tracks in the district were in need of repair and replaced because they were not safe anymore, so all of the tracks in the district were resurfaced. All of the schools in the district went with the color black," Activities Director Chad Holtz said.

The worn track caused pain for some runners. With the amount of use the track gets, it is necessary to have a quality running

"I think it's better because it hurts less to run on it will also be easier to run without getting awful shin splints," Lewis said.

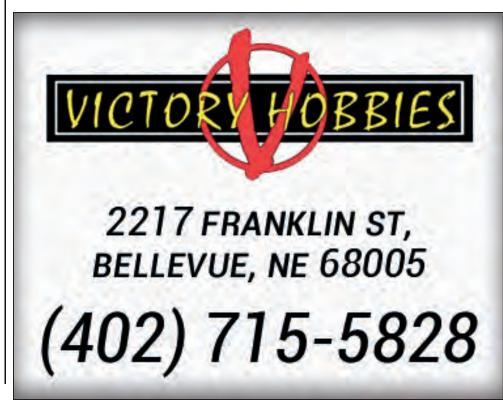
The new track is part of the renovations

happening around the school, not including the heating and cooling installation. The upgrades include different areas of athletics in the school. "There have been renovations of facilities

that have been ongoing such as new stadium lights, new baseball lights that will be going up this fall, new weight room equipment just to name a few," Holtz said.

Approximated by Holtz, the cost of the track resurfacing was \$300,000 along with \$300,000 for each stadium's new lights, and \$50,000 for new weight room equipment. The quality of athletic equipment can impact the experience of the athlete. Junior George Grinnell experienced the new track first hand as a runner.

"It's a lot better. Not only does it look good, but running on the track feels better as it is easier to maintain a stronger stride," Grinnell said.







OPINION Bellevue East High School

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VIP, off-campus lunch too limited



McKenzie Gandy Photography Editor

Students at East are given a variety of options as to where they want to sit at lunch. Alternative lunch seating is crucial for students, especially high schoolers who love to get up and socialize with their friends. One other option is called off campus lunch and only seniors get that selection this year.

The problems with VIP lunch and off campus goe on and on. This school year we have gained more students than past years, meaning our halls and school are

The issue with this is that there's no space to move. During lunch if you step from inside the senior commons into the cafeteria your surroundings will be a lot different.

The senior commons when it is lunchtime becomes "VIP lunch." VIP lunch is where students from grades ninth to eleventh get in based on their grades, GPA, behavior and attendance, so it is a privilege.

Let us say you start off in the VIP lunch area and make your way to the cafeteria, you will notice a change in how many people there

To me it does not make any sense how we can have so many people crowding each other in one room then when you are in VIP lunch there's 3/4 fourths of the amount of people.

The VIP lunch list in the senior commons changes every quarter, meaning the amount of people in both rooms alter. For example, if the first quarter

you have good grades, attendance and behavior you will be allowed

However, if your grade or anything changes in the second

quarter then your privilege to be in there will be taken from you. This quarter East has about 450 students that are allowed to be and eat in the senior commons in both first and second lunch.

Off campus lunch is another big privilege that students can have. Last year juniors were also given the advantage to eat off campus because of all the construction which made harder to get around.

Now this year most of the construction stopped so juniors are not given that option anymore and it is just the seniors.

Since this school enrollment has increased, many students would argue that juniors should have off-campus lunch, too.

It would be very logical to make off-campus lunch available to juniors again so that there is more room to move in the cafeteria and so students won't feel overwhelmed.

With having off-campus lunch, there is a slip that people need to fill out to leave school. Numerous students have left for lunch without turning the slip in, which caused them to get caught and sent to the deans.

There are people who do not have any friends to sit with at lunch

and that want to be alone, but if they do not meet the qualifications for off-campus lunch then they do not get to have it.

The requirements include a GPA of 2.5 and higher, a signature by the lunch staff, deans, and lastly the counselors.

Off-campus lunch can be used

as an academic incentive and can clear traffic in the building during the lunch periods. Having VIP lunch open to more students can assist with overcrowding as well. If we have all these options for

us students, then I believe anyone can get into eating in the senior commons and have off-campus

Making these changes will lessen how many people there are in the bulidng at lunch and also improve attitudes throughout the school. In doing this, there could also be consequences given out to any student who uses this privilege inappropriately.

We as the students of this school need to communicate more about what we want and how to make that work with the faculty. Communication between students and staff can help improve and solve problems at the school.

Pushing AP classes has negative impacts

Tom Tom Staff Editorial

With the beginning of the National Math and Science Initiative (NMSI) at East came a push for students to take more Advanced Placement (AP) classes. Students that would not have ordinarily felt comfortable or ready enough to be in specific AP classes felt the pressure this summer from their counselors to join these classes.

While being a part of AP classes can be beneficial to some, it can also create lots of unneeded stress for those that are not prepared for that level of challenge. We believe that it should be more of a team effort of the student, their counselor, and the AP teacher when determining whether or not a student is prepared for such a rigorous course.

It is no secret that AP classes are difficult, so it comes with no surprise that students that take AP classes can end up over-stressed. According to an article from U.S. News. AP students are initially drawn to the classes because of the potential for college credit, but then can get sucked in and feel overwhelmed and unprepared.

It is completely understandable that counselors would want students to challenge themselves and take courses that could better prepare them for college, but in our current NMSI culture it cannot help but feel a little forced and without pure motive.

The number of students taking AP classes has increased with NMSI, but that does not mean everyone is happy and willing participants.

A much better alternative

would be to let students be in AP classes if they want to be, but then allow them to drop if they deem that it is not the best fit for them. Keeping students in classes that they do not feel prepared for can ultimately lead more to student failure rather than success.

Students can quickly fall into the pressure of these more difficult classes and when they realize they might try and switch that class. However, the problem arises when they are told by counselors to just wait it out and see if it gets better. Often times, this leads to students staying in classes until it is too late for them to switch and still receive

Students that remain in AP classes after explicitly expressing their desire to drop the classes can ultimately remain in those classes and choose to give up and show a lack of effort. If they already feel overwhelmed by the workload, then being forced to stay in that class can cause them to feel hopeless and receive bad grades in

In addition to this, it is pertinent that counselors and AP teachers are honest with students on what they believe the students can handle. Students may believe that they can handle more than what they can in all actuality, and there needs to be an honest discussion about whether a student's academic history supports them being able to take a class with a higher caliber of

It would be beneficial if students were given honest thoughts from their counselors on whether or not they should take specific courses instead of encouraging unprepared students to take AP courses which may be above their threshold for

workload tolerance. Counselors should be more realistic with students about how they believe they will perform academically in more demanding classes, as what happens in their high school classes can greatly impact their future academic careers.

Getting bad grades on a transcript after being forced to stay in classes that a student is unprepared for can not only impact the student's perception of themselves, but also impact where the student will go to continue their education or even if they decide to continue their education post-high school. While taking AP classes does generally look better to potential colleges, having failing or near failing grades in those classes can create a negative image

Of course there is an expectation that students know their limits and how much work they can handle, but students' desire to take specific classes can often overshadow their realistic expectations. Taking one AP class one year and using that as a basis to take more the next year can give unrealistic standards for what those specific AP classes will be like, as each AP class is different and each has different degrees of difficulty even within the same school.

Students that sign up for AP classes (especially when it seems academically out of character) should be ready to have a serious discussion with their counselors about the amount of work that is expected for them to complete in each class. Pushing students into classes without making them aware of the consequences can negatively impact their academic future.

AP classes are meant to be

difficult and they are meant to make students start to learn at a more advanced level and prepare them for college, but it needs to be understood that some students are not prepared to work at that level

even if they believe they are. For some students AP classes are the correct fit and are just difficult and fast-paced enough that they feel academically challenged while still being able to stay on top of their grades and extracurriculars. For other students, however, AP classes cause unnecessary stress that they would not be experiencing in a class that is at a more reasonable pace for them to

The argument could be made for increasing AP enrollment and the benefits that could have on the students, but ultimately deciding not to take AP classes should not be looked down on or seen as a worse option. The best option for students is where they feel most comfortable yet academically challenged enough to make sure they are constantly learning and engaging with new material, without drowning in stress and homework.

Overall, the most important part of school is to create a learning environment where all students can become educated citizens and in order to do that, students need to be in classes where they can comfortably learn new material and topics. Students should not be pushed into being in more difficult classes, especially if the classes will ultimately cause them more stress and failure. What classes students takes should be up to them, and it is choices like these that ultimately shape students' future successes or

Companies create streaming platforms

Madison Ybay Co-Editor in Chief

Netflix is a popular streaming service that has many shows and movies for people to binge-watch over and over again on their devices.

"As the streaming wars begin, more and more companies will be joining the race which will increase the number of shows and movies pulled off of Netflix," Business Insider said.

However at the end of 2018, rumors had been going around that popular shows like "The Office" and "Friends" would be pulled off of Netflix. In the summer of 2019 many companies such as HBO, Disney and NBC had confirmed that their shows and movies would be removed from Netflix in 2020 because they are starting their own streaming

ervices.

"The One Where We Have To Say Goodbye. We're sorry to see Friends go to Warner's streaming service at the beginning of 2020. Thanks for the memories, gang," Netflix said.

Disney Plus is the streaming service that was created by Disney and will be up and running November 12, 2019. For \$7 per month, users can watch Star Wars, Marvel, Pixar, National Geographic and Disney content.

"Netflix paid up to \$100 million to keep

'Friends' which is much more than the \$30 million it was previously paying per year for the series rights. WarnerMedia paid \$425 million for the rights to 'Friends,'" The Hollywood Reporter said.

HBO now will be taking "Friends" on it's new platform called HBO Max. "The

Office" will also be leaving Netflix to be on NBCUniversal. Both of these shows, according to Jumpshot, "The Office" and "Friends" were Netflix's top most popular shows in 2018.

"The Office' had 7.2% of total episode views across the platform and 'Friends' had 4.2% which makes them the most frequently viewed shows on Netflix," Insider Incorporated said.

This caused a lot of uproar from, not only fans of "The Office" and "Friends," but Netflix users alike. HBO Max will be \$15 a month and NBCUniversal's new Peacock service will be around \$13 a month. Now fans of both shows will need to pay almost \$30 a month to watch both shows.

"These services have plenty of benefits no more cable fees and no more contracts. But the savings can be outweighed by other downsides such as internet fees, DVR restrictions, buffering and a lack of things to watch, especially live sports. Just like cable TV, the costs of these services just keep going up," Computer Network said.

Many households have already begun going wireless and sticking to streaming devices such as Netflix and Hulu.

However, for many people who watch shows and movies that are being transferred, having all of these new platforms adds \$35 to their bills each month, or \$420 a year, which caused people to be upset since previously these shows and movies were all on one platform, Netflix. However, viewers have until 2020 to enjoy these shows still on Netflix

"While streaming is undoubtedly the future, it will be some time before both prices and the services offered settle in," CN said.

New Dunkin Donuts doesn't meet expectations

Cora Bennett
Features Editor

East graduate Bryce Bares opened Dunkin Donuts on the corner of Harlan Drive and Galvin Road South September 4, where the old Fantasy's Gas station used to be. Getting there is kind of difficult when you are coming from 370 with opposing traffic coming both ways. The building itself is very colorful and there

is a big coffee cup statue in front which made it very easy to find where I needed to go.

When I first walked into the building, I was shocked by how big it was as I expected something much smaller. The restaurant gives the option to go inside and sit down or go through the drive thru. The inside has multiple places to sit and relax. Also, I would like to add that the bathrooms were very clean, which is always appreciated.

They had a wide range of coffee and breakfast food, from donuts to sandwiches. I decided to get a strawberry Coolatta and a sausage, egg and cheese wrap.

Not gonna lie, the cheese wrap kind of smelled gross, but it actually ended up being good. It was a little on the small side. The eggs were rubbery, but the sausage and cheese made up for it. Also, the contents were only in the middle of the tortilla, so it was mostly just

rtilla.

I am not the biggest fan of coffee, so when I saw that they offered other drinks I was excited. The Coolatta looked very good and smelled delicious, but when I actually tasted it, I was disappointed. It was average, the consistency was pretty thick and I do not think it was blended completely. It was also not very flavorful or sweet, which was disappointing.

Overall I give it a 3.5 out of 5 - the food was not that good and personally I think it is overpriced. I expected more from them. The staff on the other hand was very nice and quick and the establishment was very clean which gave them some positive points.

Follow Cora's culinary adventures via interactive map at thechieftainpsear.org!





