



Cathy Kuhlmeier Frey, the plaintiff on Hazelwood v. Kuhlmeier, presents the spread that was removed from the paper by the principal in her AFCON key note presentation. *Photo by Emily Nelson*

Panel speaks on rights of student journalists

Emily Nelson
News Editor

The Academic Freedom Coalition of Nebraska recently explored a key Supreme Court decision that controls student freedom of expression during its 32nd annual meeting at the University of Nebraska–Lincoln.

The Angels Theatre Co. reenacted the events of the case, Hazelwood School District v. Kuhlmeier, with its show “A Tangled Issue: Student Freedom of Expression” at the AFCON meeting, held Oct. 12 at the UNL College of Journalism and Mass Communication.

Cathy Kuhlmeier Frey, who was the plaintiff in Hazelwood v. Kuhlmeier, was the meeting’s keynote speaker. Kuhlmeier recounted the case and the events leading up to it, including

the court’s decision to rule in favor of the school district.

The Supreme Court found that the First Amendment does not prevent school officials from exercising reasonable authority over school-sponsored publications.

“Because of losing the case, it has caused students as well as advisors to feel threatened about expressing their First Amendment rights due to potential repercussions of writing their stories or allowing students to not be censored,” Kuhlmeier said.

Hazelwood changed the legal landscape for how the First Amendment was applied in public schools. The court held in Tinker v. Des Moines Independent Community School District that student expression should be protected unless it creates a substantial disruption.

The 1988 Hazelwood standard superseded the 1969 Tinker standard, although some states later passed legislation to adopt the less restrictive Tinker standard.

The American Civil Liberties Union appointed attorney Leslie Edwards to represent the students. Kuhlmeier said Edwards was an amateur whom she believes was more interested in making a name for herself than handling the case properly.

“She did not bring up the facts that we just updated previously run articles,” Kuhlmeier said. “We had changed all of the names used and had written consent from all parties. Perhaps if she had, there would have been a different outcome.”

Contiued in **LB 206**, page 2. This story also appeared in the Omaha Daily Record.

BPS receives \$2.7 million grant

Emily Nelson
News Editor

BPS recently received the federal School Climate Transformation Grant from the Department of Education, which awarded \$2.7 million over a five period.

Superintendent Jeff Rippe said BPS was missing a consistent behavior model that made it easy for teachers to exercise efficient behavior control techniques. Rippe said this once existed in BPS through the Boys Town model, but now is again being implemented. Although the Positive Behavioral Interventions and Supports system is currently used, it does not provide a step-by-step guideline for teachers dealing with behavior problems.

“There really wasn’t a consistent model and that’s what we heard [from teachers],” Rippe said. “Part of that was cost, part of that was current administration not believing that it was a priority.”

Rippe said Boys Town is the best fit model for BPS. Dean Colin Mink said this is because the model breaks down each behavior into its antecedent, the behavior itself, and what can be changed.

“I think the logical effect of it being applied properly would lead to fewer suspensions on our end,” Mink said. “The idea is that [deans] are at the very bottom of the filter, so the classroom teacher’s interventions usually catches about 95 percent of the issues.”

English and reading instructor Rebecca Rabick used to work for Boys Town as a trainer. She said she would like to see fewer dean interactions as well because she never wants to send a kid out on a referral when they need to be in the classroom so she prefers talk it through and to give the student the opportunity to learn.

“Part of that is because of Boys Town,” Rabick said. “So

if I have a kid who freaks out on me in class and even if it is something really egregious, I will walk away and give that kid a second to gather himself or herself. It is not like I am excusing the behavior, I am just giving the kid time to wind down because I know he is in the crisis cycle. When a person is in a crisis cycle, we cannot communicate.”

Rippe said overtime the district should see better behaviors and social skills out of students which, to him, equates to higher achievements. He said if students understand what is expected of them in the classroom and they follow those socials skills, it should have an impact on their academics and achievements. As for once the five years is up, Rippe said they will keep with the Boys Town method.

“We will just have to continue to pick up that training, so to train new staff members that come to the district,” Rippe said.

Rippe said there is also a train the trainers model to where BPS will have district employees that will train new teachers.

“This will definitely reduce the cost of the program by removing the need for trainers from Boys Town,” Rippe said.

Having gone through the training, Rabick said it consists of a lot of role playing and is very interactive. With the Boys Town method, she said she does not think she would have stayed in teaching. She said it is a wonderful program that benefits teachers and students through academic achievements and increases time for students in the classroom.

“If we have high expectations academically and behaviorally, high expectations and low tolerance yield increase in instructional time,” Rabick said. “Increased instructional time equals increased learning. I believe we will see huge strides and gains from students with this program.”

LB 206: bill to protect journalists

Continued from page 1

AFCON was established in 1988, the same year as the Hazelwood decision, to advocate for the protection of students against censorship in Nebraska schools and to support the arts.

Laurie Thomas Lee, president of AFCON, presented Nebraska state Senators Julie Slama and Adam Morfeld with the organization’s 2019 Academic Freedom Award.

Slama, a Republican, was recognized for her work on LB 399, which changed the name of the Americanism Committee, clarified provisions of the committee and gave duties to the State Department of Education regarding its curriculum. LB 399 was signed into law by Governor Pete Ricketts on March 27.

Morfeld, a Democrat, was recognized for his work on LB 206, which would provide a safeguard for student journalists against censorship, prior restraint and protection of media advisers’ jobs. LB 206 is currently on general file and will be debated during the next session.

Kuhlmeier joined Morfeld, two student journalists and a journalism adviser for a panel discussion following the keynote. Morfeld described the upcoming plans for LB 206 and what came with introducing the bill.

“This is one of the first issues where I have been on the other side of public school administrators,” Morfeld said. “They are a little uncomfortable opposing me on this, quite frankly, because we have a very close split in the Education Committee that could be very bad for public schools and education funding.”

Morfeld said that the biggest obstacle to expanding student journalists’ rights are school administrators. He said they have threatened to close down their schools’ journalism programs in the event that LB 206 is passed.

“You pretend that you are professional adults, but yet you are afraid that young people are going to have a voice on issues that are impacting them every day,” Morfeld said. “It makes no sense.”

BPS sets budget for 2019-2020 school year

McKayla Vermeer
Co-Editor in Chief

The Bellevue Public School district school board meets yearly to discuss not only the district budget, but also the budget for each of the schools.

The district budget was discussed at a meeting in early August to determine how the money would be spent. The total proposed budget for the school district for this year is \$108,667,573 which is a 2.12% increase compared to the previous year’s budget.

“About 86% of the budget is salary and benefits, which is determined through negotiations during the prior year,” Director of Fiscal Affairs for the district Susan Brooks said. “In order to do something new, we must acquire new funding or stop doing something else.”

There are many influences on the district regarding how much money they are capable of spending. Both the economy and policy changes at the state level can impact the money they have to spend.

“The legislature can make changes to the school funding formula from year to year, which impacts available resources,” Brooks said. “The general economy also influences our budget. If home values fall, property tax funding will fall, which is a resource we also rely on.”

From the district, each school is allotted a specific amount of money based on the amount of students and other factors.

Factors like poverty percentage and special education programs also play a role in determining how much money each school in the district receives.

“The schools have a limited amount of discretionary money which must be spent following state and district rules for General Fund spending,” Brooks said. “Within those guidelines, the buildings have the ability to make decisions on how to best meet their needs, but always must answer to the Superintendent and the School Board.”

At East specifically, the money is distributed among programs like athletics, vocal/instrumental music, and student activities. Additionally, textbooks and library services are included in what the school is in charge of paying for.

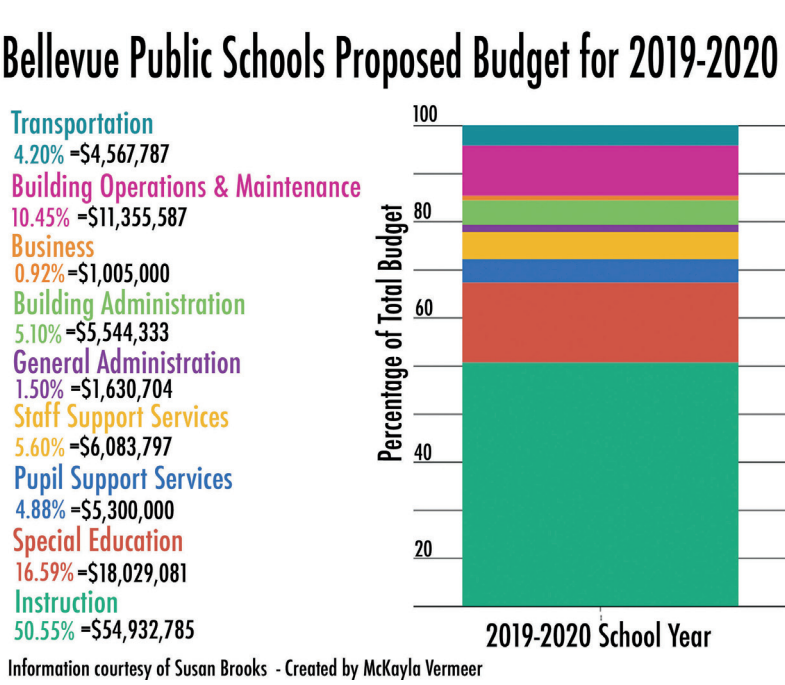
“You kind of know what you’re spending, you know that doesn’t fluctuate a lot. Like our family consumer science program, for example; we kind of know what culinary classes are going to run because it fills up with students every year and it’s kind of the same size classes and so you pretty much spend about the same amount of money,” Principal Jeffrey Wagner said.

While where the money is spent is determined by school officials, students still have many opinions on where they believe the money should be going. Senior Breck O’Grady said some parts of the budget came as a surprise to him.

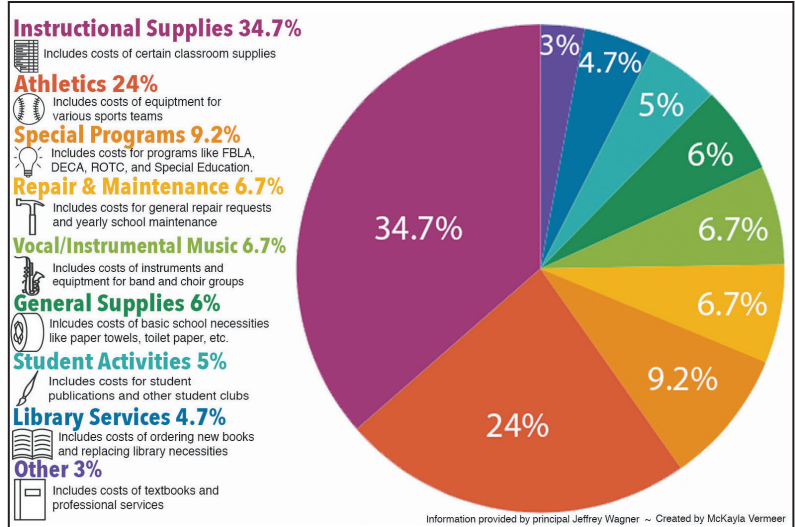
“I [am] surprised that student activities don’t get more funding, especially considering the large amount of activities that are under that title,” O’Grady said. “It personally surprised me that library services was at 4.7% of East’s budget as libraries have seemingly become largely obsolete in recent years.”

When focusing on the students, Brooks said that she wishes it were easier for them to have more money to spend.

“We wish we had enough money to meet all needs every year, but instead we are forced to do what we can with limited resources,” Brooks said.



East allocation of funding



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The Right Place to Go...to See

East welcomes exchange students

McKenzie Gandy
Photography Editor

Learning a new culture in a new environment can be overwhelming and stir up a lot of different emotions. It can be especially stressful for foreign exchange students to adjust to living in America as students.

Seniors Melissa Metzger, Emma Bjørnskov, and Lucas Mikkelson came to the U.S. earlier this year to learn more about the diverse culture. As soon as they arrived, they quickly found out things they like about their environment.

“My favorite part about being here is my family and that I have siblings which makes me happy,” Metzger said.

Mikkelsen, from Norway, explained the process of how to shift from one currency to the other. Because people from other countries cannot use their own currency in the U.S., they have to get American money through their bank so that it is not confusing for travelers such as the foreign exchange students.

“We have Norweigen crowns so then the bank just transfers the money to the dollars so I can go to the bank, and then pull the money out when I need it,” Mikkelsen said.

Metzger, from Germany, came to the U.S. to explore and to learn, but also just to have fun. Going to different places in America is also crucial for the foreign exchange students so they can see other regions and experience different climates.



Senior Lucas Mikkelson talks and laughs with his friends in the senior commons during lunch. He traveled to Bellevue from Norway for this school year for the opportunity to attend East as a foreign exchange student. *Photo by McKenzie Gandy*

Even when having fun, there is always those times where they miss their hometown and miss spending time with family and friends.

“My least favorite part about being here is my friends because we do not have anybody here to meet with,” Metzger said.

Bjørnskov, from Denmark, came to the U.S. with a positive attitude and hopes to achieve her goals while in the states. Each foreign exchange student had something in mind they wanted to achieve in during their time in America.

Their goals ranged from big to small. For example, some goals were to play a sport that they do not have back in their countries or to just make new friends so that they can make their time here more pleasant and comforting.

“I want my English to get better and for my Danish accent to go away and overall to get a bond with my host family and friends,” Bjørnskov said.

All of the foreign exchange students that attend East this year are here for both semesters, meaning they have more time to accomplish any of the goals they may have.

Students can learn a variety of skills and advance their English language skills, which is a great way for different students to experience other cultures and to explore the host nation.

“[What] I want to accomplish here is to eat more hamburgers and to go to a drive in and to find friends for life,” Metzger said.



Senior Melissa Metzger listens to her friends as they tell jokes and stories during lunch. Metzger previously lived in Germany before moving to Nebraska for the year to attend East. *Photo by McKenzie Gandy*



Senior Emma Bjørnskov converses with other students about what she was having for lunch. Bjørnskov attended school in Denmark before deciding to be a foreign exchange student at East. *Photo by McKenzie Gandy*

East graduate writes children's book

McKayla Vermeer
Co-Editor in Chief

East alumna Breanna Hollis recently wrote, illustrated and published a children's book entitled “The Life of Link,” that follows a story of a frog throughout its life. Hollis graduate from East in 2014. Her book can be purchased on Amazon for \$15.

Q: What was your experience like writing this book?

A: My experience in writing this book was very challenging. I started writing this book because I was in a practicum for becoming a teacher, and the kids were learning life cycles. I thought how great of a resource this would be for teaching life cycles. So, I started by writing the storyline of the story and I knew I wanted to write about something that had a lot of stages. I edited and revised

my writing a few times and had others look at it just to make sure it would make sense to kids. Then I started the illustrating process. This took the most time out of everything. The illustrations took about a year to complete. Then it took a couple months to figure out how to self-publish.

Q: What is the basis of your story?

A: The life cycle of a frog from the frog's view.

Q: What were you hoping to accomplish by publishing your book?

A: Just putting out a resource for teachers to use while teaching while it also being appealing for kids to look like. Most informational text is non-fiction with photographs. In first-grade, most kids are interested in colorful illustrations, so I tried to create to the teacher's needs, and the students' wants.

Q: Are you planning on writing any more books in the future?

A: Yes, I hope to make similar books with other living things.

Q: What made you decide that you wanted to write a book?

A: It honestly was out of nowhere. I was just making something for me to use and a lot of my family and friends told me I needed to get that out in the world for others to use it.

Q: Do you have future plans to continue writing?

A: I do have plans for continuing to write books. I have been offered two other jobs for illustrating children's books.

Q: Have you considered writing other genres?

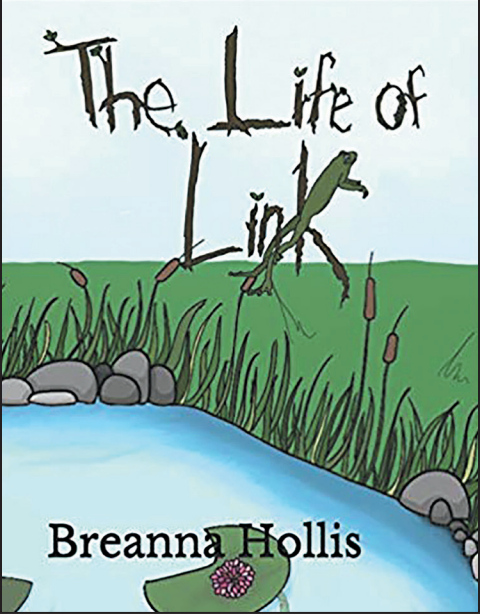
A: I haven't really thought about it. I know I would love to stick in the world of children's books, but I guess it really depends where this takes me. I am sure I will work through other genres, but I will always make the bright and colorful illustrations.



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Reduce, Reuse, Recycle

Students, teachers take on recycling

Emily Nelson

News Editor

Bellevue Public Schools’ Superintendent Jeff Rippe sent out an email earlier this year,

informing staff of the recycling updates. BPS is exploring new avenues since entering into the school year.

Rippe said there is a lack of feedback from the community.

He said the district has had some conversations with people, but the overall lack of response is discouraging.

“We had some companies reach out to us to say ‘hey we want to help you,’ but when we sit down and start talking to them, their help is us paying them substantial amounts of money to come pick up our recycling,” Rippe said. “We don’t have that

in our budget to do that. That hasn’t been a great lead by any means. I get they are in the business to do that, but we also don’t have the funds or budget to do additional recycling.”

Senior Jackson Triggs said he does not believe the responsibility should be fully assumed by either party. He said everyone should be vocal about what they believe in and what the next step should be.

“The administration should have had the staff gather feedback from the students if they really cared about what we thought,” Triggs said.

Within East, science teacher Cynthia Seeba has lended a hand by taking recyclables home. She said she feels bad when recyclables are thrown away and feels strongly about trying to save the environment from pollutants.

“I constantly call kids out if they throw away products that belong in the recycle bin,” Seeba said. “I believe that their behavior of throwing recyclables away begins at home so changing behaviors is difficult.”

Another issue is also with the fact that a lot of people do not know the greater impact. According to the Institue of Scrap Recycling Industries, not recycling, a lot of plastics and other recyclable materials end up in the ocean where they can cause serious harm to the

marine life there. Repurposing or recycling materials prevents them from harming animals and environments.

Seeba said most people do not see the consequences on the environment and they do see the rewards of being a good steward for the environment.

“We are so used to immediate gratification and there is no monetary penalty for not recycling or caring for the environment that people either feel it is not important or they feel it does not make a difference,” Seeba said.

BPS still plans to put out the new request for proposals for recycling and trash services which will take place after the winter break. Rippe said he hopes that includes recycling and fits within the budget.

“If we do go through a new company and they do recycling, they’re going to have the same expectations because somebody has to sort through this stuff,” Rippe said. “Our dirty recyclables don’t do them any good, they have to throw that away and we might as well just throw that away here if that’s the case. Obviously that’s an educational piece that we are going to have to make sure we stress to everyone that if we are going to recycle, make sure that it’s clean and if it’s not clean, then go ahead and throw it away.”

Support for composting grows, remains an option

Madie Ybay

Co-Editor in Chief

East stopped recycling due to changes in the contract with Premier Waste Solutions, leading students and staff to look at other options for dealing with waste.

“The waste that we as a school create is at an all time high and I have wanted to implement composting beforehand, but I think that it is important now more than ever. I think it would say something great about East if we make an effort to save our Earth,” instructor Tina Sonntag said.

One alternative to traditional recycling is composting. Hillside Solutions have been in contact with East, beginning in February, about attempting to create a relationship between the school and the organization to begin composting. Composting takes the organic matter and decomposes it. As it decomposes it breaks down all the organic nutrients and the soil around it absorbs the nutrients, creating a natural fertilizer.

“We love composting; it is Nature’s way to recycle and it

provides good fertilizer for the crops grown here in Nebraska,” Hillside Solutions representative Leslie Wells said.

East’s waste production has increased and composting could decrease the amount of waste created in the cafeteria by 60%, according to the Northeast Recycling Council. It also keeps the organic materials like vegetables out of landfills. Vegetables in landfills actually cause harm to the environment as they produce methane and do not decompose because they are sitting under piles of trash.

“I was interested in the program because teachers at OPS have raved about how successful it is. I’d love for the staff and students at East to take more pride in keeping our building clean and encourage them to be more mindful of all the waste throughout the day that we are all contributing to,” Sonntag said.

Sonntag has recently been in contact with a representative from Hillside Solutions, which helps schools, apartment buildings and businesses compost. If East were to compost, the school would receive 64 gallon totes

by Hillside Solutions to use at lunch to hold and dispose of compost materials later on in the day. They would be emptied at the end of the day, every day, so they would not bring in old food.

From there the compost is sent to their farm named Soil Dynamics. At Soil Dynamics they create nutrient-dense soil to distribute and give to farmers in the community to help further the growth of crops in the area.

“I think the planet benefits from it, but will East benefit from it? I don’t know if there’s a benefit directly to us other than it might be the socially responsible thing to do,” Principal Jeffery Wagner said.

East has not started composting because of the efficiency and cost. East uses materials such as styrofoam plates and plastic silverware , which would all remain waste since they are not biodegradable. East administrators are also worried about the smell that composting would create as well as the labor it would need to sort the organic waste from waste that is not organic and the cost to pay said individuals.

“Maybe with a little more knowledge and help from the student body there will be a benefit to East and we can get into composting,” Wagner said.

To start composting, East’s faculty and staff would need to contact Hillside Solutions. If East is hesitant about starting to compost there is a free month trial that Hillside Solutions offers. From there Hillside Solutions would come to East and would conduct a presentation to show all the students and staff how the composting would work. Students would throw away their own organic waste at lunch.

At Chandler View, composting has brought down the number of garbage bags from 24 to 4. Other schools in the area have been working with Hillside Solutions, including Omaha Northwest. School administrators from these schools have nothing, but positive reviews.

“This whole concept is about recycling, but it also means less work for our custodians, less trash on sight, less trash on the cafeteria tables and floors, and increased student responsibility,” Omaha Northwest Principal Thomas Lee said.

Improving energy efficiency in school, history of alternative energy sources

McKayla Vermeer

Co-Editor in Chief

Schools across the nation have been making strides in recent years to become more energy efficient for both economic and environmental reasons.

East and the BPS district are no different in these efforts. Recently, many schools in BPS including East have gone through some renovations that will help with becoming more energy efficient.

“In the schools we have replaced lighting and HVAC (Heating, Ventilation, and Air Conditioning), they are more efficient than they were previously,” Director of Facilities and Technology for BPS Greg Boettger said.

While the changes that have come to East regarding lighting and HVAC systems do have the benefits of being more energy efficient, many times they have been put in place for other reasons.

“Lighting and updated HVAC equipment are what we are doing and focusing on,” Boettger said. “We base our decisions on how much money it will save us and these are usually always based on efficiency.”

The steps that East is taking are headed in the direction toward being more efficient, but there are some schools that have managed to achieve a zero energy status. Having a zero energy status for a building means that the building combines being more efficient with energy used and using only renewable energy produced onsite

“From an environmental perspective, becoming a zero energy school is like the dream for the environment,” senior Abby Secrist said. “And I hope one day our school can get there, but I don’t really see it happening soon.”

Lady Bird Johnson Middle School in Irving, Texas was

built with energy efficiency specifically in mind, employing the usage of solar panels among other alternative energy sources. The building is more than 152,000 square feet, but has still managed to maintain either a zero energy status or a close to zero energy status, proving that attaining a zero energy status is possible even in large buildings like East.

“The project began with the goal of designing a zero energy facility, so the design team set out to determine how much energy consumption would need to be reduced to make the cost and size of a solar array feasible,” the Nation Energy Laboratory said in a report about the school. “One of the biggest hurdles was the building site.”

There are many benefits to increasing energy efficiency within a school building. Besides the reduced energy costs, being more efficient with energy production and usage has many environmental benefits.

“Some energy efficiency upgrades can improve occupant health by enhancing indoor air quality. Installing energy recovery ventilation equipment, for example, can reduce infiltration of air contaminants from outdoors while significantly reducing heating, ventilation, and air conditioning energy loads,” the Energy Protection Agency said.

Energy efficiency is also a concern that many students have when regarding the future. Some believe that the school could be doing more to help with their energy efficient status, including taking steps to transition to more alternative energy sources.

“I do believe it would be smart if schools could find a way to become more energy efficient, as for how, I’m not fully sure,” Secrist said. “More natural light than artificial light, like solar power would be a way to go but that takes time and money.”

The first solar powered system was developed in France to replace coal burning for energy

1860

The world’s first geothermal powerplant is built in California.

1921

The first nuclear power reactor to generate electricity was built in Idaho

1951

The world’s first wind farm is built in New Hampshire.

1980

The state of New Mexico commits to 100% renewable energy for electricity by 2050

2019

The first United States satellite in orbit uses solar power as its energy source.

1958

The Hoover Dam is built and is the world’s largest hydroelectric power plant

1935

The frist windmill used to generate electricity was deveoped in Cleveland, Ohio.

1888

The first well built specifically for the use of obtaining natural gas was drilled in the US

1821

Source: [alternativeenergy.procon.org](https://www.alternativeenergy.pro/con.org)

Created by: McKayla Vermeer



Her first year at East, sophomore Olivia Holtz practices to better herself for a jamboree game at the Lied Center. “It honestly felt great, coming into East with great coaches and such welcoming teammates. Overall it was such an awesome experience,” Holtz said. *Photo by Cheyenne Paxton*

Softball takes runner-up

Jacob Kriewald
Sports Editor

The Bellevue East Chieftain varsity softball team ended their 2019 season as district runner ups for only the second time in school history.

Ending the season ranked 10th in class A, they finished 17-16. They fell to Papio La-Vista 9-0 in district championship game.

“The players worked really hard all off season and at practice. And it was nice to see all that hard work paid off for them. They deserve it,” head varsity softball co-coach Casie Onken said.

For some this was the beginning of and era. But for one other, this was their last time hitting a high school field. Libby Walls was the only active senior on the roster this season.

Being that this was the last of her four years of being on the team, and she said she was proud to have ended her high school career as district runner-up.

“This season was one of my favorite years. The girls on my team aren’t just my teammates they are like family,” Walls said. “which has made watching the season come to an end 10 times harder. We accomplished many goals this year that we never have in the past.”

Onken and the other coaches recognized and appreciated the work Walls put into the season and the dedication she showed to Chieftain softball. As the only senior, she played a critical role on the team.

“Libby is an exceptional leader both on and off the field. She is a strong role

model for our younger players and she holds everyone to high expectations amongst the team,” Onken said. “She has the ability to keep the long term goal as the top priority and to remind everyone why they work so hard while stopping to have fun and make everyone laugh. Coaches and players have the utmost respect for her and she will truly be missed.”

With the team being young and the coaches happy with the progress they have seen, they said that they expect to have a good season next year. Because most of the team will be returning next year, they will be familiar with the system and ready to start the season strong. They plan to hit the ground running in their first game of 2020

One of the returning players is sophomore Oliva Holtz. Holtz came from Bennington High School before playing for East.

“In the beginning I was very nervous to come into east, but after the first day of practice I knew the season was going to go great,” Holtz said. “This program has benefited me and made me so much better, and I’m so thankful to be in this program.”

Now that the season has ended, the team has time to look back and see what they can improve on. Using her experience as pitcher, junior Katie Cunningham reflects on her interaction with her teammates.

“I learned how to be a better leader and role model to the younger guys; they improve everyday and it makes me want to be better, too,” Cunningham said. “I think that we are going to be even stronger next year, but I know that we’re all going to miss Libby and all of her funny stories.”

Coach cancels JV football for season

Emily Nelson
News Editor

In the midst of the junior varsity football team’s season, head coach Nathan Liess made the decision to discontinue the JV / reserve team.

“We are down to eight, healthy offensive linemen,” Liess said. “Obviously it takes five to make a starting offensive line group. Of those eight, five need to be held back for varsity play so that only leaves three for reserves.”

Liess said the decision was consequential of an increase in injuries throughout the team. From concussions to ACL tears, players have had to take time off for healing.

“That’s the decision that had to be made,” Liess said. “It wasn’t in our best interest to try to make people who weren’t linemen be linemen just so we could play games.”

Varsity suited up around 30 players within the last couple weeks. Liess said for a school the size of East, that is unacceptable if the team wants to be competitive. The decision to cut JV affected players differently. For sophomore Jordan Ramirez, this meant more exposure and playing time on varsity.

“I was upset about it at first because I start on JV, but I also knew it was better for our varsity team to get better.”

While some players benefited, others

had a different experience. Junior Brandon Fernandez quit soon after the decision was made.

“I wasn’t getting much playing time on varsity and then they stopped the JV games, so I didn’t really see the point of going to practices and games anymore if I wasn’t going to play,” Fernandez said.

Concerns about the future of Chieftain football have been discussed among the players. With injuries and athletes transferring or quitting, sophomore Dalton Hike is one of several players worried about the quality of the team and the direction of the program.

“I honestly don’t think there’s going to be a change. I think it might get worse because people are going to see that we aren’t doing that good as a team and they aren’t going to want to play for us,” Hike said. “There just aren’t that many kids and we aren’t that good of a program right now so it’s going to be hard to change if we do.”

However, Liess said he is focused on building the numbers so they do not run into this problem again next year and he hopes to reinstate the JV team next season.

“With increased success at the varsity level, I think that will build the numbers but we have got to try to start them a little younger getting them to want to be a Chieftain,” Liess said.

EAST FOOTBALL SCORES

2019 - 2020 SEASON

vs OMAHA WESTSIDE

@WESTSIDE

L 35 - 0

vs BELLEVUE WEST

@EAST

L 63 - 0

vs OMAHA NORTHWEST

@EAST

W 27 - 0

vs PAPILLION-LA VISTA

@PAPILLION-LA VISTA

L 32 - 15

vs LINCOLN EAST

@EAST

L 55 - 3

vs LINCOLN SOUTHEAST

@EAST

L 51 - 7

vs PAPILLION-LA VISTA SOUTH

@PAPILLION-LA VISTA SOUTH

L 50 - 14

vs LINCOLN NORTHEAST

@EAST

W 41 - 25

vs OMAHA NORTH

@OMAHA NORTH

L 61 - 6

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EDITORIAL POLICY

The role of the Tom Tom is not only to promote the accomplishments and highlights of the school, but also to inform the Bellevue East community of events and issues that will affect the students, faculty, staff, administration, and community. Its primary focus is to serve Bellevue East High School and cover issues that affect teenagers today. The Tom Tom does not necessarily represent views of the Bellevue Public Schools and strives to support itself through advertising. In order to achieve the optimum learning situation, as well as serve its audience to the best of its ability, the staff believes that the decisions should rest primarily with the adviser and editors, according to standards of journalism. Material judged to cause significant psychological harm, or that violates the privacy of a person, or that is libelous will not be printed. Obscenity or profanity will not be printed in the Tom Tom. Stories in the Tom Tom will be based on substantial facts with quotes clearly attributed to named sources whenever possible. The Tom Tom will not run gossip or stories or columns founded on rumor without facts. Any student appearing at a public event such as a sports event or music concert may be photographed, and that photo may be published without violating the privacy of that individual. The policy of the Bellevue Public Schools is to provide an equal opportunity for all students; to prohibit discrimination on the basis of race, color, religion, national origin, sex, age, physical or mental handicap, marital status and political affiliation; and through affirmative action to promote the full realization of equal opportunity. Registration practices will demonstrate full adherence to the letter and intent of federal and state government policy guaranteeing equal opportunity for all students.

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New GPS passes create issues



Jacob Kriewald
Sports Editor

For the 2019-2020 school year, the administration decided to implement a new pass system for GPS and crack down on the old one. Currently for GPS (Guided Personal Study) you need an

orange pass to go to any room in the building.

Also, the deans and office have their own colored passes so teachers know where you are going. On one hand, this is a smart decision by the school. On the other hand, this causes issues and stress amongst students and teachers.

The system does have its perks. Students can no longer fake passes to other teachers and skip GPS because they will be stopped in the halls and asked for their bright orange pass. These passes must be signed in ink and filled out by the teacher.

Most, if not all, teachers have a stamp that has their own personalized signature on it which is supposed to make signing passes faster and easier. The requirement is also a part of the problem. Students now have to wait for their teacher to find the orange pass, find

their stamp and stamp the pass, fill it out and then they students can go to their next class.

Last year, there was no specific pass color and teachers could just use any piece of paper to let their students come to their classes. To some students, being able to get help from their teachers during GPS has a huge impact on their grades and can be the key to whether they pass or fail.

According to HarperCollege.edu, if you study for 3.3 hours a week on one subject you are most likely to get a grade of 70% or higher.

GPS is from 2:50-3:20 Monday, Tuesday, Thursday, and Friday which adds up to an extra two hours on top of the 51 minute time we have during class.

GPS time could help some students a great deal, but the administration is restricting how

we are getting access to how we can get there. With this new pass system, teachers are now having to get specific passes from the office for their students.

Well what happens when they run out of passes and a student needs one? The students have to find another time to go get a pass from the teacher at a different point in the day.

Even though the new procedures are additional hurdles to getting help during GPS, the benefit is just the organization factor. Some teachers will have their students write where they are going on the board so if anyone asks, they know where they are.

Over all I truly don't think this system has enough positives compared to negatives. Hopefully, in the future the system will be seen as unnecessary and eventually be phased out.

Social media causes negative effects

Tom Tom Staff
Editorial

In recent years, social media has increasingly become more incorporated into everyday life. However, the influence it has on teenagers has become dangerous as it often depicts a perfect life that is seemingly unattainable which can damage teenagers' self esteem.

The photos that are posted online that shows the perfect life can get thousands and thousands of likes. Seeing the photos with many of likes on them can discourage others as they compare their like numbers to those they see on their screen.

Some people even go so far to pay for fake likes through apps like Real Followers for Instagram. Science Direct said faking likes is because of the association of likes and being socially accepted. When people pay for their numbers to go up, they just want to be accepted by

their peers and so buy likes to fit in.

Not only can the number of likes on a photo be harmful, but the photos themselves can cause a lot of harm. There are many photos online posted of beautiful people living a perfect life with expensive cars in expensive houses or exploring the world.

Researcher Jiyoun Chae conducted a study in showing that the levels of jealousy had increased in young teenage girls, while self esteem decreased as they observed social media influencers.

Seeing these beautifully-fit people living a great life can lead people to wish they had that life, which then leads to comparing themselves against these people and being disappointed with the results.

They are disappointed that they do not have a Lamborghini or a Ferrari, that they are not living it up in foreign countries, or that they do not look like the stunning

humans they saw on the screen. What is truly sad, however, is what people do to copy the looks of others online.

Psychologist Elizabeth Hirata stated that when people try to copy others, it lowers their self esteem which makes them more unlikely to eat as much as a person with higher self esteem. This can be dangerous because if someone were to not eat enough, it is clearly unhealthy and can lead to bad habits that can lead to illnesses like anorexia nervosa, that can lead to starvation and death.

Even the constant repetition of comparison and sadness can cause body dysmorphia and depression, TinyBuddha said. Body dysmorphia is a mental illness that causes someone to obsess over a flaw that they see, yet may be imagined and minor. Body dysmorphia has not been cured and it is a chronic illness like depression. Telling teenagers

to stay off their phones and go outside more is just not a realistic solution. Technology and social media have been more and more fused into our everyday lives. However, to normalize posting the stuff behind the scenes is a good solution. It can show that no one lives a perfect life and that we are all human.

Photos of real life shows that there is no need to be comparing ourselves to only the good parts of people. Everyone has their own struggles and it is something that should be destigmatized for not only people to speak out and raise awareness, but also to show their flaws to others as well.

Showing what goes on behind the curtain and all the imperfections can show that there is nothing to compare yourself to when we are all human. Social media should not be able to be in the way of someone's self worth and happiness.

Treating feminine products as basic needs



McKenzie Gandy
Photography Editor

World-wide, the cost of feminine products is a spreading issue. This controversy has made people infuriated, and has led them express their frustration to the government.

In my opinion, tampons, pads, and sanitary wipes should be treated the exact same way toilet paper is dealt with on a daily basis. Meaning that feminine products are taxed, but toilet paper isn't.

However, it's not enough that these products be tax free, but also they should be free in public restrooms. We don't charge people for toilet paper or paper towels when they use public restrooms. We shouldn't charge for feminine products either.

The problem with feminine products not being tax free are a variety reasons. One major concern about this issue is that periods are natural, and that women cannot help it, similar to the reason people use toilet paper.

To me it doesn't make sense that this is a natural occurrence and is taxed or not free in public restrooms. This is something every girl goes through and feminine

products should be treated as a necessity, not a luxury.

For most women, and especially those who are lower income, purchasing feminine products is expensive and necessary.

Every product in stores are taxed like everyday household things, but aren't considered essential. Feminine products are also items taxed as luxuries, and for some reason, our government does not consider these items as necessary.

Women should not be taxed on feminine products because tampons are not a "luxury product" and should not be treated like one.

In having zero tax on the products it would obviously make the cost lower, but it would also make it to where a natural bodily function does not get taxed.

On the other hand, there could be some consequences about the products being free. The government would bring in less

tax revenue on all of the feminine products that were previously taxed.

However, in my eyes it really does not matter that government would lose the tax dollars associated with the sale of feminine products because for many women it is a win.

The benefit of eliminating this luxury tax is that it would make it easier for women to get these essential products because they would be more affordable.

Along with doing that, people could make the tampon and pad machines inside public bathrooms free instead of charging 25 or 50 cents for each product.

Another solution might to get feminine products to be covered by insurance which would help cover the costs that women are forced to pay per month, just deal with a biological function.

Ybay reviews: ‘poor sequel, decent movie’

Madie Ybay
Co-Editor in Chief

You read this right, this a review about “Maleficent: Mistress of Evil” and not about “Joker.” I went to watch “Maleficent” instead of “Joker.” This was because when my mother and I went to watch the first “Maleficent” movie, I thoroughly enjoyed it. It was a movie that was a special thing between my mother and I as we had watched the first “Maleficent” when it had came out. However, the new sequel left me unimpressed. I did not hate the movie and I did not completely love the movie either. One of my favorite things about the first “Maleficent” movie was that it did not feel like a Disney movie. It touched over serious topics, such as sexual assault, and the theater was filled with grown adults and not just

small children. When I went to watch the second “Maleficent,” there were only families with little children which made me a little uncomfortable as I was the oldest young person there with my mother. As the movie went on, I noticed the very childish charm that Disney movies usually have and that did not cover serious topics like the first one did. In the first movie, Maleficent learned that humans are not all bad and out to kill her. So much in fact, she decides to raise a human as her own child. For some reason, however, she forgot all about the lessons she learned, as well as her daughter, Aurora, who runs away with a boy and chooses him over Maleficent. I feel as though Disney forgot what happened in the first movie conveniently so they could have conflict for the sequel.

The main “bad guy” was prince Phillip’s mother. I will not spoil why she’s awful; however, it felt as though it was just a random reason to throw at the audience so they can have a villain to hate. I also felt that way about Maleficent’s powers that she develops during the film. I did not hate this necessarily as I understand that it was just part of Disney’s childish charm. As much as I criticize the movie, it did little to affect the way I enjoyed the movie. I very much enjoyed the first “Maleficent” more, but I still somewhat enjoyed the Disney charm in the sequel, with it’s pretty special effects and extravagant twists of imagination. However, I would not recommend this to anyone who is not a small child, Disney fanatic or has a weird connection to movie like I do. I give this movie 3 out of 5 stars.

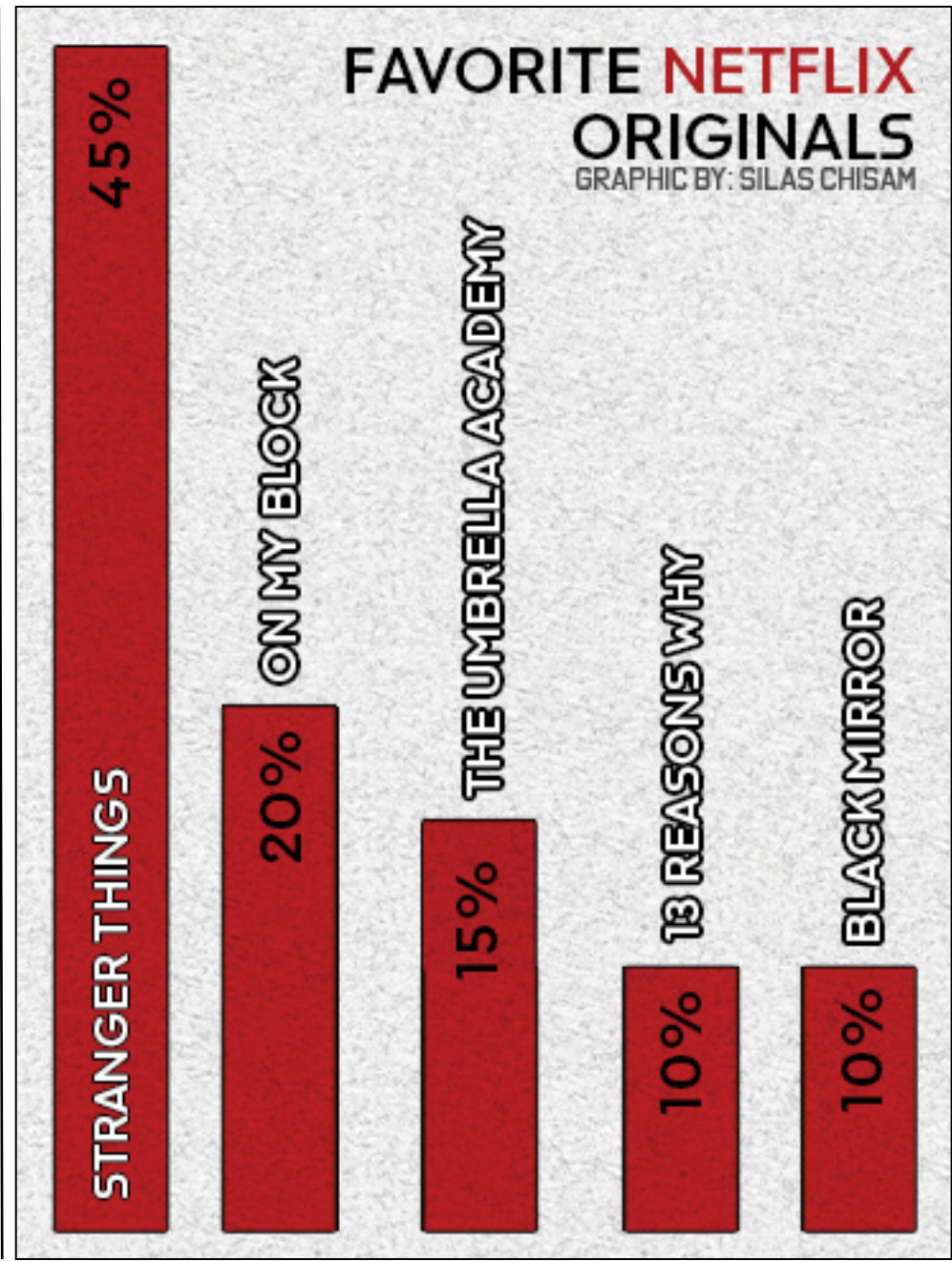


Stella’s raises the bar

Cora Bennett
Features Editor

Stella’s Bar and Grill has been around since 1936. Stella’s first started as “Francois & Sullivan,” the original building started off as a single room in the home of a couple and their four children. When they realized that the tavern was a hit, they decided to move it to a bigger location, what is now known as Stella’s Bar and Grill. There are some students at East who’s family are still the owners of Stella’s today. This makes the environment and interaction between staff and customers feel very friendly and personal. They soon became a very successful restaurant in the Bellevue area, known for its delicious burgers. Stella’s has been named Omaha’s Best Burger for seven years in a row. The establishment is located on Galvin Rd. Stella’s has a large selection of food for customers to order. They have regular burgers with just patty and bun to burgers that have lettuce, pastrami, Swiss cheese, stone ground mustard, and toasted onion buns. Aside from burgers they also have chicken and pork sandwiches, philly cheese steaks, grilled cheese and many other things. The staff was very quick and constantly checked back with us to make sure we were still good. The only bad thing is the restaurant itself is very small and cramped. I feel like the chairs and tables were on top of each other and I felt as though I had no personal space.

Depending on the time of day there is also usually a wait, which does not help with how crowded it felt when I went there. However, I did personally go on a Friday, on a day when we did not have school, so Stella’s was especially busy. For my party of three there was only about a 10 minute wait. After we got in and ordered it only took less than 15 minutes for our food to come out. I ordered a burger with bacon, mayo, jalapenos, and pepper jack cheese; I also got a side of Stella’s fries. The burger was brought out on a napkin which I thought was a little weird and did not know it was a gimmick that Stella’s has so it threw me off at first. Also, the grease from the burger soaked through the napkin which was slightly irritating as it was not pleasant to feel. However, the burger made up for everything. The burger itself was juicy and flavorful; and the toppings put it over the top. All together the patty and toppings created a mouthwatering flavor that I truly enjoyed. I normally do not like steak fries, but honestly Stella’s were not horrible. So that’s saying something. The prices are great; I got all my food for under \$11. Overall, I give Stella’s 4.5 stars out of 5. The food, service, and prices are all great; the only turnoff is the size of the restaurant itself. Otherwise, I have no other complaints with the resturant and recommend it to anyone and everyone. Unless you are a vegetarian because I cannot remember if they had a plant-based option. For my meat lovers, this is the place to dine for you.



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