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BELLEVUE EAST HIGH SCHOOL

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Students encourage bilingual skills and curiosity about other cultures in young community members by teaching them Spanish



¿Español? Teaching a child at the library, senior Katie Haynes participates in instructor Piper Porras' Spanish reading project. Several Spanish V students went to the public library to practice their Spanish. *Photo by Faith Wer*

Spanish students teach children language skills

Adrienne Bruner
Entertainment Editor

Instructor Piper Porras and her students carpool to the Bellevue Public Library on Wednesdays to read aloud in Spanish and help parents teach their children.

"We began going on Wednesday, January 6, and have made it five weeks in. It's been amazing. We've had an average of 35 participants, children and parents. Our first week there were over 40 people. It's remained steady around 35 to 40 people," Porras said.

While Spanish V students are at the library, they read to children and do activities that the students created. The children and their parents can take the

activities home for practice. The program is called "Storytime 4 Niños" and goes from 10 to 10:30 a.m.

"Honestly, I really think they are learning new words, because every week we teach them a couple new words and they take a game home and practice and the following week I will have kids come back and they will be repeating what we learned. So it really is awesome to actually see them benefiting," senior Kaylie Dengel said.

Spanish V students started preparing in November and officially started "Storytime 4 Niños" last month. Children and parents gather into groups with Porras' students. Children work with the same high school students every week.

"I do I feel it helps us learn

to interact with your children because you cannot just talk to them like you would with friends. You have to act like them, be funny, make them laugh; [it] definitely is a learning experience," Dengel said.

The Spanish students read children's books from Porras' collection. They also have to create activities for the parents and children to take home and practice.

While they are at the library, the students review some common words that the children have learned. Students enjoy working with the children as well as putting their Spanish to use.

"Spanish V has read a collection of children's books that I've purchased over the years. Semester 1, they filled out reading guides that facilitated their ability

to read the book in both Spanish and English and the creation of a take-home weekly activity for the parents and children that come to bilingual reading time.

The students read in Spanish, but ask leading questions in English and teach the kids main words and give them an activity to take home to practice the words," Porras said.

Both students and parents really like the community outreach, according to Porras. Students, parents and children can benefit.

"The kids are the best part, they are really quiet at first but since we see the same kid every week they start to remember you and talk to you," Dengel said.

The students aren't the only ones benefitting from this experience;

children come back with new words in their vocabulary. Students get to teach children what they have learned, and they can also get college credit for their work.

"The students are loving the community outreach, doing something purposeful with their Spanish. They also are gaining experience with classroom content with community connections, a vital part of language learning and acquisition. The Spanish V kids are able to dual enroll with UNO in the course, so this definitely is a way to earn those valuable college credits. The students have expressed enjoyment of spending time with kids and having fun with the activities they've made for them," Porras said.

Avenue Scholars supports with aspirations, financial need

Samantha Collison
News Editor

Avenue Scholars is a program that offers financial and emotional support to students looking to get a 2-year degree at Metropolitan Community College (MCC) and/or go into a more skill-based career.

“Avenue Scholars started in 2008. It started out in 3 schools in Omaha and then we were at 7 schools and then we added the Papillion school district and now we’re in the Bellevue Public School district. We plan on expanding eventually to all 16 Douglas and Sarpy county high schools. With the Aksarben Scholarship, students are financially supported in their post-secondary education, whether that’s taking classes at Metro Community College or getting certifications for entry-level jobs, Avenue Scholars has always provided financial support to get students to the career they’re passionate about,” Director of the Avenue Scholars high school program Jamar Dorsey said.

Most students are drawn to the program because of the

financial support it offers, especially since talent advisors often recruit students from low-income families or students who will be the first in their family to get a degree. All Avenue Scholars looking to get a 2-year degree from MCC qualify for the Aksarben Scholarship which covers tuition, books, and any supplies necessary for their classes. Scholarship recipients have the option of staying on the UNO campus for free and they get to keep any money they may receive from Pell Grants in addition to the scholarship. Two hundred scholarships will be available to 2016 graduates in the Avenue Scholars program and 300 will be offered in 2017. Avenue Scholars can also take the MCC placement test twice for free. If students are not looking to get a degree from MCC, but want to get their general education credits there and then transfer to a 4-year school, they don’t qualify for the Aksarben Scholarship, but Avenue Scholars will pay half of their tuition at MCC (which leaves about \$100 per class).

“[Another way that Avenue

Scholars benefits students] is giving students the opportunity to have a positive relationship with an adult outside of their family who cares about them. I think that forming those relationships and having those bonds is one of the number one ways that we impact students day-to-day. The Avenue Scholars Foundation is like a family. Students are recruited at 15 and from then until age 24 they are an integral part of the Avenue Scholars family. Let’s say a student chooses a different walk of life and it didn’t pan out for them and they come back to us at 25, once you’re an Avenue Scholar, you’re always an Avenue Scholar,” Dorsey said.

The Avenue Scholars program differs from a scholarship in the fact that it offers students mentors throughout high school, college, and a year into their career of choice. Talent Advisors, certified high school teachers with a passion for mentoring students and helping them get to their career of choice, monitor grades and attendance in order to help students stay in class and be successful. They teach

resume writing skills, interview skills and schedule interviews for students with employers in need of their skills that students wouldn’t meet otherwise. They also give students the opportunity to tour potential jobs sites and rub elbows with potential employers. The program is designed to groom students to fill skill-based jobs.

“There was a study done that said that in our area, to get a job or have a career, 75 percent of those jobs will require a 2-year degree or less. What that means is we’ve done a good job of getting students college ready, but we haven’t done a good job of getting students career ready, and Avenue Scholars gets students career ready and our students will be able to fill that 75 percent void that will be left by the baby boomers that are retiring,” Dorsey said.

Although the program is designed for all students going into skill-based careers and going to school at MCC, most students that become a part of it are invited because they come from low-income families or have relatively low GPAs. Josh Garrett,

a former student who has been all the way through the program, became part of the program by invitation.

“I just happened be staying after school to catch up on work and I happened to meet somebody at the school that I went to and he was in charge of the program there and I got to know him and got to know about the program,” Garrett said.

Although Avenue Scholars is a relatively small program and only partnered with one college, it has expanded from three high schools to almost 16 high schools in eight years. Dorsey has hope that the program will continue to grow and offer more opportunities to even more students.

“In 5 years I see our program growing past the Omaha Metro area; I can see a program starting in Lincoln or Kansas City or Des Moines. In 10 years I think this model will go national and in any school district that’s as diverse as the districts that we serve in and where students have needs, I think there will be need for a program like Avenue Scholars,” Dorsey said.

Experts say prioritize fitness

Destiny Soto
Features Editor

Staying physically active has become less of a trend than wearing crocs or “hitting the quan.” According to the President’s Council on Fitness, Sports & Nutrition, less than 5 percent of adults participate in 30 minutes of physical activity each day and only 1 in 3 children are physically active every day.

“The lack of activity today just creates a sedentary lifestyle for everybody. A lot of health issues have arised with obesity rates. Not living as healthy as you can definitely leads to other complications in your life,” P.E. instructor Aaron Taylor said.

Out of 46 credits needed to graduate, Bellevue Public Schools only requires two of them to be physical education credits, a total of two semesters.

“I believe the graduation requirements are sufficient, however, I’d like to see students take what they learn in physical education/health classes and apply it in their everyday lives and take more responsibility for their own health and learning,” P.E. instructor Thomas Horton said.

According to Centers for Disease Control and Prevention (CDC), some of benefits of a healthy lifestyle include: reducing the risks of cardiovascular diseases and improvment in mental health and mood.

“I do feel that physical education helps a lot of people. There are those people who don’t really do anything with their lives or aren’t really motivated at all and the physical education taught to people in school kind of gets them going in the right direction,” senior Avey Pokorny said.

An increase of physical activities increases brain stimulation. Keeping a healthy and happy body helps strengthen

the immune system as well.

“I think keeping physically fit helps, generally, overall. It helps your well being. It helps people feel better about themselves and when people feel good about themselves, they’re a lot more productive. As far as the work force is concerned, good employees are the ones who are hardly ever sick and that can be there with good spirits. When you’re healthy and you’re productive, I think you can be an asset to whatever work it is that you’re involved in,” Taylor said.

With all of these benefits to becoming and staying physically active, who wouldn’t want to? According to Dr. Michelle Cleere, Sharecare Fitness Expert and PhD, it isn’t that people don’t want to stay physically active, they are simply busy.

“There are many reasons people don’t exercise, but everyone seems to lead busy lives and don’t prioritize physical fitness. A busy lifestyle also makes it challenging to build community, connect with other people who can support you. The third reason is people feel there is a lack of options for physical activity. As if those reasons are not enough, throw in a lack of motivation and it becomes even more clear why so many people are inactive,” Cleere said.

According to the President’s Council on Fitness, Sports & Nutrition, children and teenagers now spend more than seven hours in front of a screen every day.

“Get outside. Go for a walk. If someone is interested in increasing their physical fitness level, I would challenge them to unplug from phones, tv, video games, etc. This is going to automatically get them up and moving and decrease their stress. I challenge all students to go 24 hours without their phones and tv,” Horton said.



Events in Flint feed water cleanliness concerns in community

Destiny Soto
Features Editor

Residents of Flint Michigan are being given simple, consumer-grade filters to place on their faucets. Hundreds of families are in need of these filters due to a change in their water supply to the Detroit Water and Sewerage Department (DWSD). This source of water seemed to be too acidic and wore down the pipes, causing the lead to dissolve into the water and be dispersed throughout the community. Now families must undergo treatments for lead poisoning and other illnesses that could be contracted from the contaminated water.

This draws attention to the Omaha Metropolitan Utilities District (Omaha MUD), which is the company in charge of the utilities in the Metro area. An event like this has caused the people in the metro, including students and faculty, to question the safety of the water.

“I find it really concerning that it went on for so long in their community and that they didn’t correct it. They didn’t have people in place to say ‘Wait a minute, we have to add something to the water so that we don’t have a problem with lead.’ As far as our community, I’m moderately concerned, but I’m fairly con-

fident in our government. Our utilities are publicly owned so that there are boards in place to watch on those things, whereas the privately owned companies have regulations but because they’re privately owned, I have less confidence in them. Our taxes pay for the company and it’s not a ‘for profit’ company,” instructor Philip Alcocer said.

Some members of the district have less concern than others, but there is still a good portion of the community that are now observant and more thoughtful of the place of where water comes from. The Omaha Metro water is distributed and cleansed by the Omaha MUD, but the actual supply, for all of the state of Nebraska, is from the Ogallala Aquifer and the Platte West Facility.

“I think it’s less concerning that their [residents of Flint Michigan] water is bad but more concerning about the response to it. It makes me think about ‘Well, if this happened here..’ especially since the Ogallala Aquifer is such a big water supply for so many states, it makes me think about how our government or regional administration and how our people and our local economy would respond to that because that’s a difficult situation to respond to,” junior Samatha Seaman said.

The concern of the Omaha MUD does not lie in the ‘what-if’ situation, but rather in how to prevent it.

“Our focus is, of course, to prevent anything like Flint from happening in the first place. We added an additional source of water, the Platte West Facility in 2008. We treat that water to be non-corrosive just like our other facilities,” Vice-President of Water Operations at Omaha MUD, Joel Christensen said.

Although the plan of prevention is strongly intact, some peo-

ple have worries of other impurities in the water.

“I know there’s chlorine and fluoride in our water. I’ve also heard that when people flush their medications down the toilet, it comes back through the water because we can only filter so much out. So I kind of wonder how that gets filtered out and how bad that is for us to ingest,” junior Chase Leonard said.

The Omaha MUD does its best to keep the community informed and involved with its water supply. Their website has

all of the information needed to almost know anything about the water supply. Still some specific questions will go unanswered.

“We have monitored for pharmaceuticals and personal care products in the water but, thus far, have not detected any. We do have the ability to remove most of them using activated carbon. M.U.D. provides its customers with a high quality product that meets every federal and state standard for safe drinking water,” Christensen said.



Helping Out. In an effort to assist in the Flint water crisis, Junior Michael Middleton brings water donated from Bellevue East students and staff to his church to be sent to Flint. The church received water from around the community after reaching out to a church in Flint. “My church’s pastor got in contact with a church in Flint and we wanted to do our best to help in anyway we can,” Middleton said. *Photo by Nia Booth*

Counselors offer advice for choosing classes

Cailin Tomsu
Editor in Chief

Elective Classes

AP Classes

“Students may want to earn college credit while attending high school. [They] may be able to by earning a good score on their AP test. Some of the AP courses are also dual-enrolled,” counselor Michael Chudomelka said.

“For students taking AP classes they need to understanding it is college level curriculum so the demands of outside class time are higher than that of other classes. Many of the AP classes have summer homework which needs to be completed before the first day of school,” counselor Sara Powell said.

Advanced Classes

“Students thinking about taking Advanced classes should be self-motivated and independent workers. They should not have to be reminded to do homework or study for tests. They should expect to do more reading and writing,” counselor Vickie DeBuhr said.

Language Classes

“I absolutely advise students to take a language class! For students intending to apply to any four- year college or university, we advise that they take a minimum of two years of the same language as this is usually a requirement for acceptance,” DeBuhr said.

“Some of the more popular electives for freshmen are ROTC, weightlifting and Team Sports,” counselor Vickie DeBuhr said.

“When recommending classes we try and ask about the student’s interests or career goals and suggest classes based on those answers. I wouldn’t say we recommend one elective over another, it is based on the student’s future goals and interests,” counselor Sara Powell said.

“I would say most of our classes are career oriented in one way or another, it really depends on the career. Pages 8 and 9 in the Registration Guide have really good information regarding career fields and course selections,” DeBuhr said.

“Foods and Nutrition and the child development classes are very popular electives,” Powell said.

Early Out/Late Start

“I don’t ‘advise’ students to have a late start/early release. It is up to the individual student and their family. For example, if the student will need to transport siblings to school in the morning or if a student is employed and is frequently closing the store in the evening, it may be helpful for them to have a late start. If a student will be participating in after school activities and practices, it would not necessarily make sense for them to have sixth or seventh period excused. Certainly, one belief is that high school courses are free for students. One could be advised to enroll in as many free classes while they are available,” Chudomelka said.

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Choir council members spread the word



Choir Council is the student leadership of the vocal music department and help provide input on decision making. Senior Cassie Carnie is the events coordinator. “I hleped come up with games to paly at our choir picnic, helped organize Take II’s second annual Christmas spectacular dinner, and I will plannning different events throughout the year,” Carnie said. *Photo by Faith Wer*

Samantha Collison
News Editor

As the bell rings and students head to lunch, a group of students in East High Singers stick around in the choir room and begin their meeting. President senior Kaylyn Sahs and Vice President senior Trevor Fellbaum lead the meeting, going through agenda items and asking all the members for their input on upcoming events and the needs of the department. These meetings go on every week, often unnoticed by the

rest of the school. This group is the Choir Council, the student leadership in the vocal music department.

“The purpose of Choir Council is to provide important student input into the day-to-day decisions that go on in the vocal music department. Student representation, I feel, is extremely important,” instructor Dr. Marjorie Simons-Bester said.

The Choir Council consists of all of the leadership in the choir department, including president and vice president, who run

meetings and communicate with Simons-Bester. There are also other leaders in the department with various jobs, including: Secretary senior Samantha Johnston, Treasurer senior Kaylee Baker, librarian senior Courtney Gilreath, historians senior Brysen Gantt and junior Claire Tweedy, Social Events Coordinator senior Cassie Carney, Fundraising Chair senior Riley Herringer, and Image Coordinator senior Sandy Montoya and the section leaders who don’t hold other

positions.

“They’re the ones who, if there are any concerns from students or individual members, they’re the ones who discuss that amongst themselves and bring it to me if necessary. They act as a liaison between student members and myself whenever that’s necessary,” Simons-Bester said.

Council members also set check-off dates and have miscellaneous responsibilities such as acting as greeters at the Bellevue Choral Invitational. During check-offs, choir members sing for their section leaders and the section leaders make sure every song is pitch, rhythm, and word perfect; members who don’t check off, don’t perform.

“As section leader, I give the alto section notes and extra things to focus on, not just checking them off when they know the words and the notes. I’m kind of the person that takes it a step further and asks ‘What else can we do to make this better?’ outside of what Doc tells us,” Sahs said.

Section leaders are voted on by the returning members of each year. This gives the section members the opportunity to know them and judge whether they would be a good leader and mentor or not. Simons-Bester knows that being a section leader is a big responsibility and a large time-commitment, especially since most council members are part of other organizations, and should not be taken lightly.

“They actually hear all of the students in their section on check-offs, which tends to be a

tremendous time commitment on their part. They get to problem solve if students are having difficulty with the check-offs. They get to coach sound in their section, so they’re applying what they have learned over the years and they’re acting as a mentor and a peer instructor for the people in their section which is awesome,” Simons-Bester said.

Unlike section leaders, council officers are chosen directly by Simons-Bester. East High Singers members have the opportunity to fill out applications in the spring of each year.

“They must be a returning member to Singers, which means that they’ve had at least a year in the department prior to that so they know what to expect, so they’ve been through check-offs and symphony concerts, and they’ve been through all the highs and all the lows of the department. They’ve got a pretty good idea of what it takes to operate the department, and so those are the people I am interested in working with, the ones that know what they’re getting into, but still have a heart to serve,” Simons-Bester said.

When Simons-Bester is absent and has a substitute teacher, she relies on the student leadership to lead sectionals and help out the substitute. They also have other responsibilities.

“I think it’s a huge responsibility. I think we’re a large part of getting a lot of stuff done. We organize things, we talk to businesses, get donations for events. I think we hold the department together,” junior Claire Tweedy said.

Meet two East volunteers

Megan Miller
Sports Editor

Volunteering helps the community. These students take time to volunteer.



Sophomore Colton Patrick

Q: Where do you volunteer?

A: “I volunteer at the local elementary schools and I’m going to be doing an open door mission drive here at east.”

Q: How did you get started volunteering?

A: I really got started because my family didn’t come from a lot, and so I knew that it was important to have other people who you can depend on or trust in times of need. It’s just been a universal idea my entire life to help people that need it.

Q: How often do you volunteer?

A: “I would say a couple of times a month at least.”



Junior Jayden Copple

Q: Where do you volunteer?

A: “It’s called the Open Door Mission.”

Q: How often do you volunteer?

A: “I do it with my aunt and uncle once or twice a month.”

Q: What do you like about volunteering?

A: “I like seeing little kids faces that after a long day that they don’t get much food.”

Q: How did you get started volunteering?

A: “When I met my dad about two years ago, he said that my aunt and my uncle they go to serve food there.”

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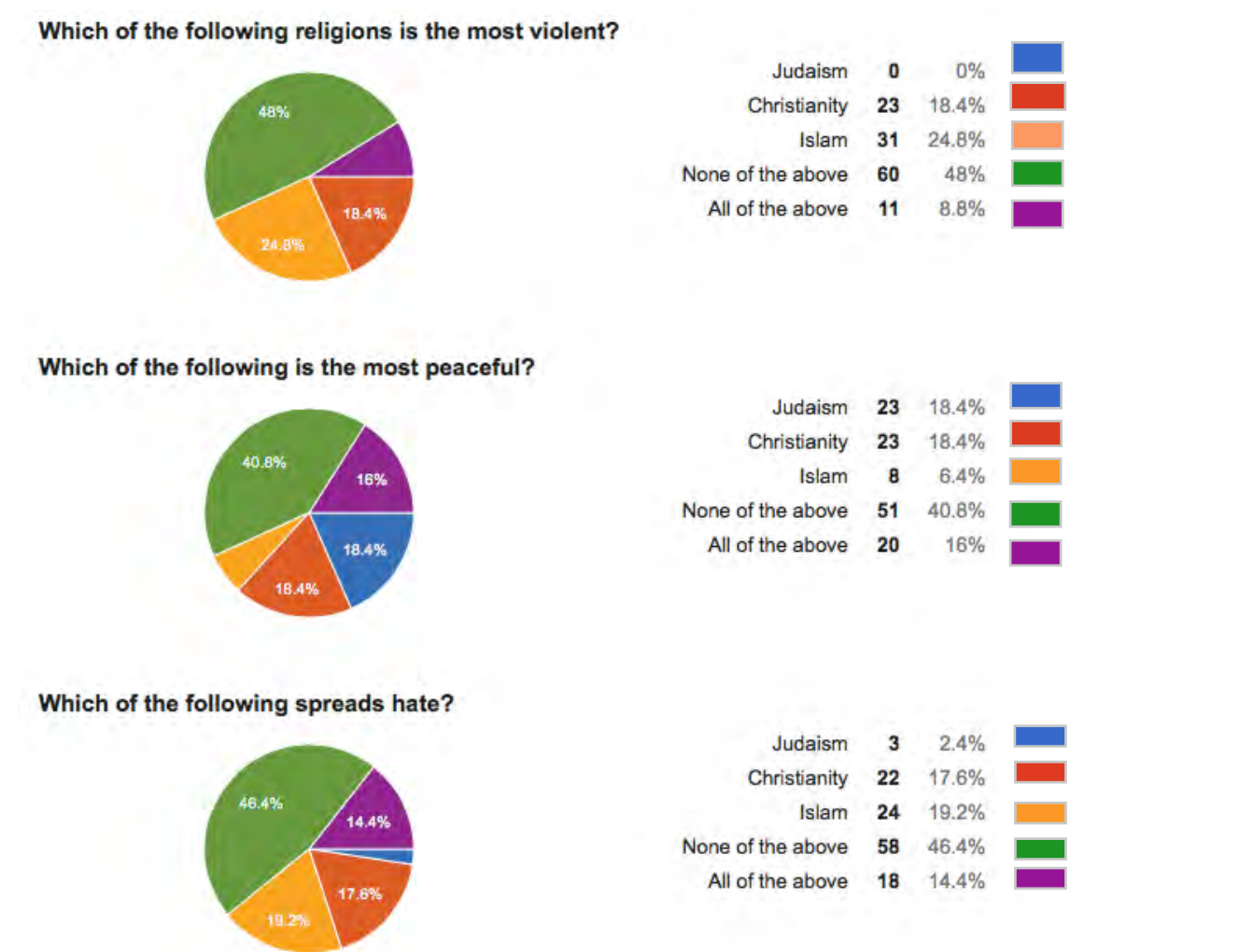
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UNDERSTANDING THE ISLAMIC FAITH



East students respond to religion survey

A survey was conducted and sent out to the entire student body. The survey asked the questions above, and was intended to gather information on how the students perceived the three Abraham faiths: Christianity, Judaism and Islam.



Muslim student shares story

Senior Mohamud Hassan is a new student this year at Bellevue East and is a practicing Muslim. He previously attended Omaha South High school, where he experienced different forms of negative stereotyping.

Cailin Tomsu
Editor in Chief

Q: How do you feel when people stereotype Muslims?
A: "I have gotten used to it because I have been in the U.S. for a long time. Sometimes it gets annoying and offensive, but it's what people are used to. Every time they see someone dressed like a Muslim they assume that person is a terrorist."

Q: What experiences have you had with stereotyping?
A: "One time, I just got done with Ramadan and I went to school [Omaha South] in dress and they [security guards] stopped me in the middle of the door; he thought I was a terrorist. They called in the principal and the other officer. They finally looked up my name in the computer and realized I was a student. I was just dressed different."

Q: Has anyone referred to you as a terrorist?

A: This one time, I had friends that were Muslim and we would walk around in the hallway in dress and we had everyone's attention and someone yelled out terrorist, but we didn't mind, we were used to it."

Q: What do people need to know about Islam?
A: "People need to know that in our religion it's not correct to kill. It's a sin to kill someone. It's a sin to be rude and disrespectful to someone."

Q: How do you feel when people say Islam is violent?
A: "I just look at them and say 'am I violent?' and then they say 'no,' - exactly. I think one day when I actually come to school dressed like a Muslim everyone will be like 'woah.' I think people are only confused because they aren't used to things like that, and things like 9/11 happened, so they think Islam is violent. I just want them to understand that Islam is not the problem, it is a peaceful religion to study."

Q: How do you feel when people say the Quran is violent?
A: "The other day I was watching a video on Facebook and people were stepping on the Quran and it was so disrespectful. That is our sacred book. If people actually took the time to read it and understand it, then maybe they would understand that it's not as bad as they think it is."

Q: What advice do you have for people when learning about Islam?
A: "I think they should do their research first. They should not just go through the bad side. They should go to the side that's positive. It's not the religion that is violent, it's [some] people. The religion is big and is peaceful."

Q: Do the past experiences affect the way you dress or act?
A: "No, I still act the same. As I am, I am just like everyone else in the school, a normal, funny guy. "



Senior Mohamud Hassan poses in his traditional dress as a Muslim, especially during holidays like Ramadan. Hassan has experienced stereotyping because he has come to school in dress like this. *Photo courtesy of Mohamud Hassan.*

Muslims speak out about false ideas over Islam

Cailin Tomsu
Editor in Chief

With the fear of an attack by ISIS hiding in many minds, a hatred and fear of the Islamic religion has surfaced. Because ISIS is publicly beheading journalists from the U.S. and other countries, and has made attacks in places ike Paris, some people are afraid of a threat to national security. However, not all Muslims are a part of ISIS, or support ISIS.

Many Presidential candidates have also expressed strong opinions on topics like Muslims or ISIS. "We need to build a wall," one said. However, much of the fear stems from lack of knowledge, and one way many Muslims suggest to stop this fear and the stereotyping is to educate people about the Islamic religion.

"Much of what we see in the news about hatred towards Islam is very sad and regrettable. However, this is not new. There has been sporadic animosity between the 'western world (Christianity)' and Islam since the crusades," social studies instructor Collin Mink said.

Mink teaches multicultural studies, a class devoted to learning about different cultures and religions. He has one unit dedicated to Arab Americans and Islam. He thinks education is key to ending the fear.

"Well, the primary solution would be to make everybody agree with my

point of view. This of course is impossible for people to do, so I would settle for disseminating information to the masses. The information would contain factual information about mainstream Islam (which the vast majority of muslims fall under)," Mink said.

A lot of the fear or hatred expressed towards Muslims, is because of ISIS. However, Muslims, and other many people, think it is unfair to stereotype the entire Islamic religion based on one radical sect.

"People naturally tend to be fearful of what they do not understand or have limited knowledge of. The mainstream media tends to be people's only outlet for news, so all that they see is ISIS cutting someone's head off. The media exists and stays strong by selling sensational journalism. They would not sell if every day in the news they reported, 'Breaking news this morning: 1.1 billion Muslims were NOT implicated in any crimes against humanity and lived peacefully amongst themselves and people of other faiths,'" Mink said.

Now, like most religions, Islam's values and sacred book, the Quran, are and have peaceful messages. Reading the Quran or speaking to a Muslim could help people understand the messages and values in Islam.

"Mainstream Islam is peaceful and the VAST majority of Muslims are peaceful. The religion is based off of the Quran, which though mostly peaceful, happens to contain some

narratives and verses that are violent in nature. Radical groups have used these verses from the Quran as a pretext for killing infidels (nonbelievers)," Mink said.

Because radical groups are twisting the messages of Islam and the Quran and using them for violence, which is later publicized, many are fearful and may portray this fear towards all Muslims, instead of just the ones being violent.

"The fear is largely invalid. The majority of the fear garnered towards Muslims is based off of stereotypes that are perpetuated by Islamic extremists such as Al Qaeda, ISIS, and Al Shabab. These groups are emphasized in the media because of the crazy things that they do, which accomplishes their radical goals of attaining notoriety. A prevailing fear is that refugees from Syria or terror cells from muslim countries will infiltrate the US mainland. The security of US citizens is very important and there needs to be a stringent vetting process when letting anyone into this country regardless of their faith or nationality, especially in a post 9/11 world," Mink said.

Something to know about Islam is their main values. Muslims believe in the five pillars. The first being that Muslims believe in one God Allah. The second is praying five times a day. The third is almsgiving - giving money to the poor. The fourth is fasting during the month of Ramadan and the fifth is a pilgrimage to Mecca.

"I would like [people] to under-

stand the basic fundamental rules and beliefs of the Quran and Islam. The Quran is not that different from the other Holy books," President of the Islamic Institute Syed M Mohiuddin said.

Mohiuddin thinks that the best way to end the fear of Islam is to really educate people on Islam and how similar it is to the other Abrahamic faiths, Judaism and Christianity.

"Of course, we believe in equality in all races. We believe in peace, in high standards of morality and equality of all people before God," Mohiuddin said.

One of the biggest misunderstandings about Islam is the word jihad. Jihad by, literal definition and to many Muslims, is just a struggle.

"As far as the Quran it [jihad] is defined as a struggle. A struggle to get better, a struggle to serve God, a struggle to serve humanity," Mohiuddin said.

Islam is a peaceful religion that is looked at as violent because radical terrorist groups use the Quran for violence and twist the meanings.

"There are 34 verses in the Quran where the word war is mentioned and those are all mentioned as defensive wars. There are 134 verses which mention peace. The primary message of the Quran is peace. The words Muslim and Islam means peace," Mohiuddin said.

When war is mentioned in the Quran it is always mentioned as a defensive war, meaning that people are not allowed to start a war, but they can defend themselves if someone attacks them. There are also many regulations on these defensive wars. People are only allowed to defend against the attacker and shall never harm civilians, ever. Muslims want to honor everyone of God.

"When people say Islam is violent they are repeating what they hear on Tv or in the newspaper. What they should do is learn about Islam. I ask them 'what do you know about Islam.' And they have no idea what to say, except what the people are shouting at them from the TV. I think they should learn," Mohiuddin said.

Stereotyping can be hurtful and insensitive, especially when identifying all Muslims as violent.

"When I hear negative stereotyping of Muslims or African American or Latino members of our community, my reaction is disappointment and sorrow. I do try to ask what they know of Muslims and it turns out they are repeating what they see on Fox channel or listing to Rush Limbaugh," Mohiuddin said.

Ramazan Kilinc is a professor at UNO and is also the Director of Islamic Studies program at UNO. Kilinc is a Muslim and shares his views on stereotyping Islam.

"I am worried for the people's ignorance when I hear this. But this also reminds me as a professor that we need to provide more forums for people to learn the nuances," Kilinc said.

Along with understanding the five pillars, Kilinc thinks more people

need to take time to think and stop assuming. This may be done by visiting a mosque, listening to lectures by Muslims or speaking with a Muslim in the community. Kilinc has written many OpEds to the Omaha World-Herald, that are available to read.

"The main thing people should understand about Islam is being able to differentiate a bunch of radicals from the majority Muslims," Kilinc said.

There are radicals in every religion, and being able to look at Muslims and see that they all are not a part of ISIS is what Muslims ask for. They would like the same respect as others.

"I just encourage them to meet a Muslim in their school, at the workplace or simply going to a mosque. Islamic Center of Omaha, for example, has an open house second Saturday of every month," Kilinc said.

There are many resources available for students and community members to educate themselves on Islam. They may attend an open house, take courses at UNO that teach about Islam, and speak to Muslims in their community.

"I think the best way to do so is community engagement. Muslims today are more willing to do so than ever. I also congratulate those politicians who promote mutual understanding. President Obama's visit to a mosque a couple weeks ago was a great move in this direction," Kilinc said.



(Above) Members of the community gather together to listen to an Imam speak about the Quran, making it easy for everyone to understand. "The program aims to encourage the audience to reflect upon parables in the Quran in facing the challenges that living in American society brings," the American Muslim Institute said. *Photo used with permission by Syed M. Mohiuddin.*



(Right): Speakers and community members gather at the American Muslim Institute in Omaha, to learn about Islam. This is one of the many places that are available for students and people to educate themselves about the Islamic religion. "The program includes one meeting every month (the first Friday of each month) between November 2015 and May 2016," The American Muslim Institute said. *Photo used with permission by Syed M. Mohiuddin.*

Coaches give advice to spring athletes

Cailin Tomsu
Editor in Chief

The snow is melting, the weather is getting nicer and spring athletes are hard at work preparing for the upcoming season. Winter sports are ending and the spring sports are on the rise. If you're a boy looking to play soccer, here are some things you should know.

"Anyone interested in playing soccer should be coming to after school conditioning Monday - Thursday starting outside the weight room at 3:30," Soccer coach Jeremy Lenz said.

The conditioning lasts until about 4:45 p.m. and consists of lifting weights and cardio, like running around the school or on the treadmill, but can vary depending on the day. There are certain skills a boy in soccer player should have.

"A soccer player needs significant skill and vision, but also needs to be in shape and be able to run/sprint on and off for 90 minutes," Lenz said.

The coaches look for good, hard working players with positive attitudes. However, which team you make depends on how you perform at the tryouts.

"As with all sports if a senior does not make varsity or a junior does not make JV then they will be cut. But there are other ways to be involved with the program without being a player," Lenz said.

If soccer is something you really want to try, the coaches for the boys suggest having soccer socks, cleats and shin guards, along with a positive attitude.

"My favorite part of soccer is watching a team play as one. When they have a complete understanding of each other and their role on the field. No one is playing selfishly and they support each other constantly," Lenz said.

If you love to run outside, jump or throw, then track is for you. Track and all spring sports begin February 29. There is conditioning for track after school, Monday through Thursday, it lasts until about 4:45 p.m.

"Pre-season is open to anyone; its voluntary workouts, so come if you can. The workouts aren't event specific; it's pretty much the group as a whole. It is injury prevention, it is to prepare the body for track," track coach Gary Wood said.

Workouts vary day by day. Some days you may weight lift, do P90X, work with bands, do yoga or run stairs. If track is the sport for you, you should come to practice with a physical and running shoes. Spikes are not required, but they may help. Also, dress warm because the

weather may still be very chilly especially during tryouts.

"The tryouts to make varsity is based on your time, your results. The top scores go on to varsity but there isn't really a tryout to make the team, everyone makes the team," Wood said.

If you have been thinking about track seriously, come with a positive attitude to impress the coaches.

"There's really not one thing you look for, I just like athletes that want to be there. I just want athletes that will try. I don't like athletes that complain all the time about track, because it's what we do," Wood said. "Have an open mind; you may think you want to do a certain event but listen to your coach, they may see another area that you might excel and have success in, Just have fun," Wood said.

If track and soccer aren't your thing, no need to worry golf is also an option. Golf is considered to be more on the difficult side, but students can still go out for golf.

"I would love it if they have some experience. I would love it if they have a physical and have purchased an activity card," golf coach Lance Raabe said.

Weather will still be on the chilly side during the end of February, so make sure golf athletes come with jackets and hats, along with golf clubs. Golf clubs can be provided for tryouts, but the coaches would rather you have your own set.

"Tryouts are two days at Tregaron golf course, we play nine holes each day. My assistant coach and I watch them and look at the scores and potential," Raabe said.

The coaches keep the teams pretty small. They only allow about 12 people to participate, so bring all that you have to tryouts.

"Be ready to go for tryouts, because you really only have a couple days to show yourself and what you can do," Raabe said.

If you make the team, all the practices will be held at Tregaron Golf course, and will last until about six. You will work on rules and hitting. The varsity golf team will miss about 10 days of school, so be prepared to catch up on homework. If you are determined to make the golf team there are things you can do preseason.

"They can work on a lot of short game stuff right now, those are the hardest things to get a feel for at the start of the season," Raabe said.

If you're a boy and still looking to play a spring sport, then baseball might be for you.

"We baseball coaches at East look

for hard working ball players that have great attitudes and put forth great effort. The set of skills a player has comes after these attributes," Baseball Coach Donald Kiviniemi said.

Baseball players should come to practice with a glow, a set of cleats, and baseball pants both grey and white. Bats and helmets can be provided. There is also preseason conditioning going on.

"Yes, we have preseason conditioning going on right now on Tuesdays and Thursdays from 3:45 p.m. - 5 p.m. It includes a program to help the guys with their throwing, catching, and hitting skills" Kiviniemi said.

Baseball player should have a good work ethic and attitude, along with a good swinging arm, feet speed and arm strength. They should have all of this by tryouts.

"Tryouts are usually indoors, because of the early spring weather. We have tryouts at the Lied Activity Center. We take all the players trying out through hitting stations upstairs in the batting cage area, and also take them through throwing, catching, glove work, and running stations downstairs on the gym floors. Unfortunately not everyone trying out makes a team. We have 18 roster spots for each varsity, junior varsity and reserve teams," Kiviniemi said.

Practices will stay inside at the Lied Center until the snow melts. After that, they will be at the outside Bellevue East Don Roddy field.

"The advice I would give to someone trying out for baseball would be to show up with a great attitude, work extremely hard, and try to impress all the coaches that are there evaluating everyone. Ask questions if you do not understand things, and help others with anything.

The coaches will easily recognize a player's set of baseball skills, but we have to also evaluate you to see if you are a hard worker, will you be a team player, do you have a good attitude, and are you coachable. The latter are the harder ones to evaluate at tryouts. We need great guys that work hard and have good attitudes that want to be coached to become better baseball players and better people in life" Kiviniemi said.

If you are a girl and still looking for a sport to play, than tennis might be just right for you!

"I look for, first and foremost, attitude, positive attitude and character. Second I look for abilities and third their passion to want to play," tennis coach Andrew Werner said.

If you want to join tennis, you will need a good racket and shoes. Teams will not be decided right away, the coaches will work with each player and then make the decisions. If you are nervous or worried about tennis, there is pre season conditioning going on.

"Conditioning this time of year usually involves working out inside school here. It consists mainly of footwork with some core and upper body conditioning as well," Werner said.

Tennis is broken down into games and matches. You may play by yourself against an opponent or with a team member against two opponents. The coaches will teach all the rules and techniques.

"New advice, if you're serious about playing we can work with that. If you have the right attitude, and you enjoy the sport and your a good teammate come out for the team and we'll teach you what you need to know," Werner said.



Go! Running outside, sophomore Kelani Kennedy practices for track. The season is starting up and teams are getting excited. "I've always ran, and that's why I just keep doing it," Kennedy said. *Photo by Faith Wer*

Playing hurt; Spring sports bring injuries

Megan Miller
Sports editor

As spring comes, so do spring sports and the different injuries that the sports bring with them.

"I've had shin splints once, but mostly I've had hip injuries," senior Sandy Montoya said.

Injuries in baseball most often occur in the shoulder and elbow. Tennis injuries that are common include tennis elbow, wrist strains, back pain, sprained ankles and achilles tendon injuries.

Commonly occurring track injuries include runner's knee, stress fractures, shin splints, achilles tendonitis and pulled muscles. Sprains, ligament tears, fractures and contusions, ruptured blood

capillaries, are common soccer injuries. Some common golf injuries are back, shoulder, elbow and knee pains.

"We often see overuse injuries such as tendonitis in our track, tennis and baseball athletes. Ankle sprains are common in soccer," athletic trainer Jennifer Carda said.

Sophomore CJ Semanko is a baseball player who has been injured previously. In a previous season, Semanko broke his wrist during a game.

"I was running to first, and a guy had his foot across the base and I tripped over his foot and rolled," Semanko said.

There are multiple treatments that can be used to treat these injuries. Some treatments include rest, ice,

compression, elevation, protection and rehab. If it is too serious, surgery may be necessary. More serious injuries will take more to heal, while small injuries, like a twisted ankle, will only need ice and rest. Which treatment an athlete has to use depends on the seriousness of the injury.

"Working with each athlete to ensure the proper treatment is essential," Carda said.

Montoya has acquired a few different injuries running track. The main one is called piriformis syndrome. Piriformis syndrome is a less common injury that causes muscles around the hips to spasm and irritate the sciatic nerve. Treating it usually includes exercise and

stretching.

"It takes a lot of mental motivation just to not push it too hard, and also a lot of stretching and again not pushing myself to hard and just taking back a step, slowly progressing to get better," Montoya Said.

To prevent the common injuries, wear the right gear, use proper technique and condition the body. It is also beneficial to take at least 1 day off a week to let the body rest and recover.

"You must use common sense and make sure you are using any protective equipment for your sport properly. Being conditioned and in shape for your season will cut down on the overuse type injuries," Carda said.

East versus Bellevue West for winter sports

Starting Young Stopping for a second between games, junior Eric Leneer takes a breather. “I started playing basketball when I was three and my dad taught me the skills,” Leneer said. *Photo by Faith Wer*



Making a splash Senior Eli James (top right) dives at a meet against Bellevue West. “I felt confident going in, because all of our dives were practiced for the entire week, and it just felt like a normal meet,” James said. *Photo by Megan Miller*



Get low (bottom left) Facing his opponent, freshman Clayton Dillon gets ready to wrestle at the East vs. West meet. The wrestler has a mindset that he tries to get into. “Before a match I get pretty hyped up and I visualize winning and how much closer this match will get me to state,” Dillon said. *Photo by Nia Booth*

Dodge (right) Protecting the ball, senior Brysen Gantt blocks out West. The team competed Jan. 22. “Mostly, I don’t think, I just trust my instincts,” Gantt said. *Photo by Faith Wer*

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Phone Dependency

Staff Editorial

There have been many technological breakthroughs within the past few years, and many new technological gadgets and updates. Cell phones are slowly becoming more and more integrated into the lives of many. Now, don't get us wrong, We love our phones and we always carry them with us. People are often found being less social in big groups, having our phones in our hands 24/7, and spelling skills have definitely decreased! It is the opinion of the newspaper staff that people are becoming too dependent on cell phones, and the side effects of cell phones should be widely known.

Cell phones are very nifty and very handy. However, it does become very hard to put down. When you have a conversation with someone they are often looking down, checking notifications, while the other person is speaking! How rude of us! We will even be talking to someone and mid sentence checking our phones which causes us to loose our train of thought. This is a reoccurring problem we see not just within ourselves but others as well. It has become the social norm to rely on a cell phone to communicate with friends, plan an event, and to stay organized.

Cell phones and technology have a serious affect on social interaction especially in younger children getting exposed to technology. According to the Huffington Post, children in preschool that have been exposed to technology at home, or given a tablet to play with have less social skills than the children that have no technology. A study by Accuconference shows that 27 percent of people had trouble doing things without their phone. It is best to monitor the amount of time spent on a cell phone or tablet. People rely on their phone for everything, because almost everything is at your fingertips. However phones can contain many germs.

In 2011, researchers from London School of Hygiene & Tropical Medicine, discovered that every one in six phones was contaminated with fecal matter or E.Coli. When E. Coli enters the body it can cause vomiting and fevers. Make sure you wash your hands often and try to disinfect your cell phone!

Cell phone addictions can also be dangerous not to just yourselves, but others, too. Driving and texting has become more and more common, and that often leads to accidents or car crashes. A study by the Center of Disease Control and Prevention reported that 69 percent of drivers in the United States talk on their cell phones while driving, while only 31 percent text while driving. It is not just the drivers that are distracted either. According to a study by injury Prevention, 1 out of every 3 pedestrians will be distracted by their cell phone when walking across the street. Accidents due to cell phones are very preventable, just put it away when driving and look up when crossing streets.

Because cell phones are small and filled with fun apps that entertain many, people stare or look at them for long periods of time, this can lead to vision issues. According to the Vision Council looking at cell phones too long can lead to eye strain. Eye strain can cause dry eyes, irritation or redness of the eyes, back and neck pain and headaches. To prevent this eye strain, look up from your cell phone after being on it for too long.

Now we are not suggesting we all throw out our phones and start over again. We simply think that people need to know when and where it is appropriate to use a phone and to make time for other non cellular activities. People also need to know how to have manners, and interact with people without a cell phone in their hand. Try putting down your phone for an hour or a day, and see how different it is, and realize there is more to life than your cell phone.

Pro-life: The right to live



Maria Mwita
Reporter

In my opinion, abortion should be illegal. According to Abortion ProCon.org, a well organized nonprofit organization which covers the pros and cons of abortion, over 57 million unborn children have been killed since the legalization of abortion in 1973. That's more than the population of Spain. That's 155 babies per hour. 1 every 24 seconds. What if your parents made the decision to end your life before it even started? In my opinion, each life is valuable and unique. When a child is born, there is a mystery to who that child would turn out to be. The unborn child could have been the new president of the United States. Abortion takes away the right of a child to live a life and have opportunities and experiences like we do. Not only do I believe that having an abortion selfish to the world, I believe it is also selfish to the unborn child because he/she did not make the choice to be conceived, the parents did, and they should deal with the consequences. I believe begins at conception. We were once all in our mother's wombs. From the moment of conception we all existed. An unborn child has a distinct unchanging code, unique in all of history, from the moment of conception till death. What an amazing indescribable thing.

Taking this life away is nothing short of murder. In a civilized society, murder does not go unpunished and this should not be any different. In my opinion, there is one acceptable exception which is

when the mother's life is in critical danger. One loss is better than having two deaths occur over something that could be prevented. Rape does not fit these circumstances..The unborn child should not be punished - instead it should be the perpetrator.

Abortion is not the ultimate solution for an unwanted pregnancy. There are alternatives that are much safer and healthier both psychologically and emotionally. First, abstaining from sex or unprotected sex will eliminate the possibility of unwanted pregnancy. Secondly, adoption, which is a safe and better way for the child and the mother. In some cases, it provides a chance for the mother to have a relationship with the child. With abortion, the decision is final. Depending on the adoption the parents can keep in touch with their child and stay in their lives. There are many families and couples that want to adopt children. The adoption not only helps the child, but also other families in need.

Having an abortion is not risk free. According to afterabortion.org, 10 percent of women undergoing induced abortion suffer from immediate complications, 2 percent are considered major. A majority of the complications take time to develop. Immediate risks include hemorrhage and damage to the cervix and womb, which is rare and happens every 2-3 percent of abortions. Of course, the death of a mother is the most serious consequence. Women who had abortions were 3.4 times more likely to commit suicide compared to women who had not been pregnant. A woman may also not be able to bear a child in the future.

Abortion is also a religious battle. As a Christian, I am strongly against abortion. The 10 Commandments say "thou shalt not murder." God has a plan for every child. This unborn child is a creation of God. We did not create life. He did. Therefore who are we to make the decision whether an unborn child should live or not. Not only Christianity, but many other religions such as Hinduism and Buddhism reject the idea of abortion.

Abortion will always be a controversial topic. In 100 years, it will still be a battle. No matter how much we talk about it and how much we digest through this issue, abortion, at the end of the day will be wrong; and children will die before they even get the chance to live.

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Pro-choice: The right to decide



Nia Booth
Reporter

What if you found your life was suddenly restricted because of a religion you don't follow? If everything was based off of the many different religions in the world, then so many things would be restricted and seen as "immoral."

Suddenly, certain medical procedures such as life saving animal organ transplants and blood transfusions would be replaced with prayer circles. If you would not want someone else's religion deciding what you eat or if your life could be saved in a medical procedure, why should it decide whether or not someone stays pregnant? It is situations like this that cause me to believe that abortion should stay legal, despite controversy.

Some would say that adoption is an alternative to an abortion. What is not taken into consideration is the financial difficulty behind carrying a child. According to What To Expect, an online source for expecting mothers, the price of an uncomplicated vaginal birth has a range of \$3,296 to \$37,227, depending on the hospital, and a C-section is even more. Prenatal care by itself, which includes regular doctor visits and vitamins, costs

\$2,000. Not everyone can afford this. It is estimated that new parents in the U.S. will spend on average \$7,000 the first year on a new baby's diapers, formula, and day care and that does not include medical costs. Some would say that adoption is an option, but the pregnancy alone can cause stress to the body which involves trouble sleeping, headaches, loss of appetite, overheating and major body changes. The child being put into the foster care system could also suffer developmental issues and abuse, if placed in the wrong homes, according to the American Academy of Pediatrics.

Some believe that a pregnant person should have thought about consequences before getting involved in actions that result in pregnancy, but having sex is not consenting to pregnancy. There are many situations such as failed contraceptives, rape, and impaired judgment which can lead to pregnancy.

There are even women who plan to have children and decide later on that it was no longer the best decision for their lives and they should be allowed to change their decision on a matter that could negatively impact their lives.

Others turn to abortion because of medical concerns. Infection, fever, depression, and death are some of the risks caused by childbirth. Scientific American states that between 700 and 800 people die each year as a result of childbirth in America and some people would rather not risk their lives. Many would say that it's selfish to "end a life" to reduce a small chance of complications, but in the end it should be the person with the potential child in their uterus to decide.

The main reason I believe abortion should be legal is because everyone is supposed to have complete control over their bodies, but making abortion

illegal takes away that right. Pro-lifers argue that the potential child in the womb has the right to live, but when you force someone to continue to with a life-changing decision, you take away a lot of potential for the person with the child.

Whether the pregnancy was intentional or not, consent should be necessary for childbearing. If there was any other needed medical procedure that someone wanted, there would be no objection because it's regarded as their business, but with this it's seen as a community decision.

I understand that many see abortion as murder. Potential life is certainly ended when an abortion happens and reducing a baby to a clump of cells is offensive to those who see the child as more than that, but at what point does society protect the person holding the child? A lot of hypotheticals are used to justify taking away the right to do what you want to your body by pro-lifers. "What if the aborted child could have cured cancer?" But what if the cure to cancer is inside the mind of the teen mother who had to use her savings to carry and have a child and had to settle for a minimum wage job and could no longer afford to go to college?

The person who is already alive and living her life should be the priority - the life that should be preserved and taken care of. Humans are not just hosts for continuing the human race, they have jobs, plans, and aspirations and sometimes that does not include having a child. The ability to choose should be respected. One person's religion should not regulate another person's life. One person's personal view should not regulate another person's life. If you do not support abortion, then the answer is simple - do not have one.

'Fat to Fit' needs to quit



(left to right) Ray and JJ star in the first episode of "Fat to Fit" on A&E. JJ, a personal trainer, gained weight to lose it alongside Ray. Photo under Fair Use

Nia Booth
Opinion Editor

Losing weight isn't something new; for years gyms and TV personalities have tried selling everyone the "perfect body" and the revolutionary story with a matching before-and-after picture. Everyday, trainers fill the gym with their clients and try their hardest to be the motivation to get clients just like them physically, but what hasn't happened before is trainers gaining weight so that they look just like their clients and then going through the journey of weight loss with them, until now. In 2012, fitness trainer Drew Manning gained 75 pounds in order to sympathize with his clients and learn the hardship and four years later A&E has debuted a new show based on that experiment.

The new reality television show aired on Jan. 19 introducing JJ, the first of 10 trainers to try and challenge themselves by gaining weight for the first four months while under close medical supervision. His client was Ray, a husband with dreams of soon starting a family after his weight loss.

It starts by introducing the focuses of the show and their thoughts before the program. Ray enters the program with high hopes, a little bit of excitement, and worry. He describes a thrill at the thought of being able to eat whatever he wants and a little bit of anxiety over the mental strength that will be needed for this.

Ray on the other hand is frightened about the prospect of failing. Throughout the program the two give monologues to go along with the progress of the program, both good and bad, that generates great sympathy.

The idea behind it seems great. Give trainers the opportunity to see what it's like to be the people that they constantly try to motivate and get a good physical standing, but the actual show wasn't the best.

I would give this show a six out of 10. It wasn't the worst show but it wasn't amazing either. Because the show is only an hour long it's understandable that the information from months would have to be cut greatly to get the basic understanding of the show but it really cuts into the quality of the program. It seems rushed and there isn't enough time or film of the actual challenges that the trainer and client go through to being completely invested into the people of the show.

'Pride and Prejudice and Zombies;' undead love story

Bobby Storck
Web Editor

I have never been a fan of zombie movies. Nor have I ever read or watched Jane Austen's famous novel, "Pride and Prejudice." So when I was tasked with reviewing the new movie which is the birth child of the two, Seth Grahame-Smith's "Pride and Prejudice and Zombies," I was not expecting much. However, by the time the movie was over, I was entranced by the absolute splendor and greatness of this utterly fantastic movie.

"Pride and Prejudice and Zombies" was a novel that answered Seth Grahame-Smith's question: How do you make 19th Century English literature appealing to young adults today?

The answer: add some zombies. The book appeared on shelves in April



of 2009, and it was instantly a success. It was not long before directors and actors were called to make film based on the new book. However, budget issues and people leaving the film stalled production. In 2013, director Burr Steers stepped in to continue and finish the movie.

The movie begins with a narrator explaining to us how zombies came to be in Britain in about 1800. It then introduces us to the Bennet family: a wealthy man, wife and their five daughters, but there is a catch. They are all expert zombie killers.

Trained in China in the art of swordplay and shooting guns, all seven of them live in a world where only a small ring around London is safe from the undead hordes. However, some zombies make their way within the ring, killing some and turning others into zombies. Elizabeth Bennet (Lily James) and her sisters are tasked with surviving in this apocalyptic world where people they knew and welcomed are one by one becoming zombies.

Elizabeth has another problem on her hands: Mr. Darcy (Sam Riley). As a colonel in the Royal Army tasked with protecting what is left of Great Britain, Darcy is about as arrogant as one can get. The

two constantly cross paths throughout the film resulting in fighting the undead, fighting each other, and possibly affecting one another in more ways than they realize. Also appearing are Mr. Wickham (Jack Huston) and Matt Smith (Mr. Collins).

This movie was a combination of successful acting, fantastic action scenes, and some, but not too much, romantic comedy. Every scene was sensational, and the plot jumped from one scary zombie-filled action scene to the next. I later spoke to another person who had also seen the original "Pride and Prejudice" and he said this new film had the same off-romance and the same character interactions. This movie was "Pride and Prejudice... and Zombies".

I would rate this movie a 10/10. I found no major flaws with this movie, as every scene felt it was happening right in front of me. Although "Pride and Prejudice and Zombies" had a similar plot to the original "Pride and Prejudice," it was designed to be a parody movie, just as its namesake book was designed to be a parody book. I would encourage both old-book lovers as well as zombie fans to go see this movie, as both parties can enjoy their respective aspects of this film.

Fast-paced series Flashinates fans

Maria Mwita
Reporter

“The Flash.” The name ring a bell? It’s only the most popular and best superhero television series going on right now. If you’re not watching it then start doing so. “The Flash” has something for everyone to like. Romance, comedy, drama, adventure, sci-fi and so much more. The Flash is based on the ongoing DC comic book series. The show is about a young crime-scene investigator named Barry Allen that has super speed and who encounters a series of unbelievable events along the way.

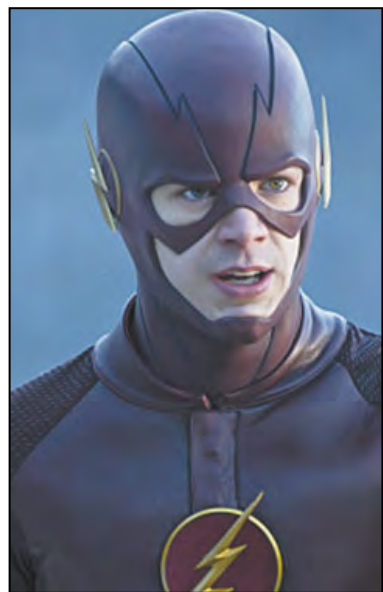
Barry’s mother was murdered when he was 11 years old and his innocent father was convicted of murder. Now as a crime-scene investigator, he is dedicated to finding out the truth about his mother’s death, which drives him to follow up on every scientific advancement. His latest obsession, a particle accelerator that was heralded as a world changing invention, happened to explode which causes a freak accident that affects not only him, but many others in Central city. Barry was struck by lightning and then in a coma for nine months. When he wakes he finds out he has

the power of super speed. When he learns that others who have gained powers use them for evil, he dedicates himself to protecting the innocent, while still trying to solve his own personal mystery.

“The Flash” has an amazing cast that portray the characters very well. Barry Allen, the main character, is played by Grant Gustin. Grant Gustin is also known for his role in the television series Glee, as Sebastian Smythe. His best friend that he lived with for a long time is Iris West, who is played by Candice Patton. In “The Flash” Barry meets some new friends along the way. Caitlin Snow also known as Dr. Snow and Cisco Ramon are Barry’s partners in the series, played by Danielle Panabaker and Carlos Valdes. Grant Gustin was nominated best actor in a television series for The Flash, which I am not surprised. “The Flash” has won best breakthrough performance award and best superhero adaptation television series by the Academy of Science, Fiction, Fantasy & Horror Film USA, along with many other astonishing awards.

“The Flash” is a fast-paced riveting series. There will never be a dull moment. “The Flash” uses plot twists like it’s their

business! You never see anything coming. Did I fail to mention that this is the best superhero series going on right now? “The Flash” will keep your blood pumping and wanting more. Once your watch one episode you’re hooked. You can adventure through the first 23 episodes of the first season on Netflix. “Return of The Flash,” the second season, is currently airing on the CW. This incredible series is an absolute 5 out of 5 golden stars. “The Flash” is like seeing the Eiffel Tower. You don’t really get the experience of being in Paris till you’re there. You don’t understand the thrill of “The Flash” till you watch it.



Riddles and puns just for fun

Megan Miller
Sports Editor

Q: A clerk at a butcher shop stands five feet ten inches tall and wears size 13 sneakers. What does he weigh?

A: Meat

Q: Which is correct to say, “The yolk of the egg is white” or “The yolk of the egg are white?”

A: Neither. Egg yolks are yellow

Q: Why is it against the law for a person living in New York to be buried in California?

A: He is alive.

Q: Imagine you are in a sinking rowboat surrounded by sharks. How would you survive?

A: Stop imagining

Q: You throw away the outside and cook the inside. Then you

eat the outside and throw away the inside. What did you eat?

A: An ear of corn.

Puns

Did you hear about the guy who got hit in the head with a can of soda? He was lucky it was a soft drink.

My friend’s bakery burned down last night. Now his business is toast.

I wondered why the baseball was getting bigger. Then it hit me.

I can’t believe I got fired from the calendar factory. All I did was take a day off.

I want to make a joke about sodium, but Na...

It was an emotional wedding. Even the cake was in tiers.

Did you hear the joke about the German sausage? It was the wurst!



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