

## The Mortal Instruments: City of Bones

With the movie's B-list actors and effects, a surprise performance is in store. Jamie Bower owns the screen.

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## Bellevue Public School's budget cuts deep

Daily school supplies and athletic equipment under scrutiny due to Bellevue Public School's budget cuts.

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*"Either write something worth reading or do something worth writing."*  
-- Benjamin Franklin

# The West Wind



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## Opinion

## Comic book films go dark

Mike Sullivan  
Reporter

Comic books are fun. They've been around since the early 1900s and have always been known for simple, stand-alone storylines, characters that are comical reflections of stereotypes, black-and-white moral compasses, and light-hearted, innocent storytelling.

They have provided inspiration for innumerable films that have garnered large audiences over the years. Some of the first comic movies we saw included "Superman: The Movie," the "Batman" franchise, and the "Spider-Man" franchise. These movies provided consistently comedic and child-friendly cinematic adventures, capturing the simplistic tone of the source material.

However, in the last 10 years, we've seen a shift in cinematic comic adaptations to the "Nolan style." I get this phrase, of course, from Christopher Nolan's genre-shifting adaptation of the Batman comics into a trilogy that brought in over a billion dollars worldwide.

Nolan brought to the table cinematic elements new to comic films. His film style spawned numerous films like "Man of Steel" and "Amazing Spider-Man," sharing a darker, more personal and reality-grounded tone. The style of these films bears uncanny resemblance to the stories we got in the "Dark Age" of comics.

During this time, comic stories evolved from simplistic triumphs of moral confidence to troubled, emotional stories that were ultimately focused on people, not powers or action, although they often contained both. The characters and problems became more real, as shown in comics written by Frank Miller ("Dark Knight Returns") and Alan Moore ("Watchmen"). The shift in style was something early comic films lacked.

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## Seven wonders of Bellevue are local treasures

Sophia Vanfosson  
Reporter

The Seven Wonders of the World, both new and ancient, develop a sense of iconicism for the citizens of today. People today see The Seven Wonders as monumental places located in foreign countries. None of them happen to lie here in the US, and even if they did, the monuments would definitely not be spotted in Nebraska.

Instead of not being able to say, "We have a wonder of the world", We can now say we behold seven. That's right. The Seven Wonders of Bellevue are not only historical, but also modern figures of Bellevue today. The settlement of Bellevue started in 1822, all due to a fur trading post, making Bellevue the oldest city in Nebraska. Thousands of locations have developed over the years Bellevue has been around, leaving many options available to choose for The Seven Wonders.

As a start of our tour through The Seven Wonders of Bellevue, I bring you to the Avenue of Flags. The Avenue of Flags takes place through some of Bellevue's most historic streets. The American flags that hang transform the streets of Bellevue into a symbol of one of the most renowned locations in our city, Offutt Air Force Base.

The flags have been flown proudly on Mission Avenue and Franklin Street since 1999, thanks to many generous donors in the community. Believe it or not, thousands of dollars get donated into these flags annually, just to spend even more on new flags every year. So much money is spent to hang these flags every year, yet I find it a bit ridiculous.

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## Homecoming rumors clarified

Ashley Quintela  
Editor-in-Chief

Rumors concerning this year's Homecoming have been spreading and evolving rapidly. Facebook pages protesting this year's outside Hawaiian dance have been set up, and students have continued to tweet negatively about the upcoming event.

For the record, the dance will still be semi-formal just like previous years, yet this year, sun dresses are acceptable to fit the theme of Hawaiian Paradise. The event will take place in the courtyard in a fenced off area.

"Honestly, I've never gone to Homecoming, but I was planning on going this year but after hearing people talk about it, I didn't want to go," senior Hannah Biggs said.

Comments concerning the rumors about the dance were negative.

"I heard the theme sucks, the dress code sucks and people are not happy with it," Biggs said.

Though the dance will be outside, students should not be concerned about the weather.

"The only difference is the dance will be held outside. Of course, if it

rains the dance will be moved back in the North Gym. Also, the bathrooms by the North Gym will be open for students to use," Student Council Advisor Carli Rhylander said.

Students were uneasy about the dance being held outside and assumed the dress code was informal.

"I think it's stupid. It's supposed to be a prom for freshmen and sophomores since we can't go to the actual one," sophomore Bre Surratt said.

Though some students fed into the rumor mill, others didn't have much of an opinion on the Homecoming dance.

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## Mascot debate continues

Nick Wilkinson  
Sports Editor

"Native Americans feel offended, they feel hurt. They feel their identity is being trivialized," said Carol Spindel, author of 'Dancing at Halftime,' a book that explored Native American mascots.

Bellevue, Nebraska, established in 1855, became one of the largest French trading posts west of the Missouri River. Settlers from the east and people of the Omaha and neighboring tribes quickly discovered how to cooperate with one another to live in a peaceful and prosperous town. Over the years the scenery and citizens of Bellevue evolved and cultures blended together to form the city of Bellevue 50,137 people call home today.

Mission schools became public schools and children of all races packed into classrooms together. Native American people relocated to foreign areas, the residents of Bellevue payed homage to the Indian people by representing Native American emblems and ideas in each of the constructed junior and senior high schools.

Since the creation of professional athletics, the use of Native American mascots has been heavily debated.

Merriam-Webster Dictionary defines mascot as "a person, animal or object adopted by a group as a symbolic figure especially to bring them luck."

Pertaining to the Bellevue area, school officials communicated with Native American elders to ensure peace and understanding among the two cultures as the French settlers did before.

"The school district became close with the great-great-grandson of Logan Fontenelle about 10 years ago when the Native American representation became an issue around the nation," Bellevue West Principal Kevin Rohlfs said.

Conversation arose between the two parties when debates about proper Native American representation for teams became heated.

"The superintendent at the time [John Deegan], received the blessing from the great grandson of Fontenelle to enable the Bellevue Public School district to use Native American representations among the high schools and junior high schools," Superintendent of Bellevue Public Schools Frank Harwood said.

The idea of Native American mascots being misinterpreted is unsettling for some people.

"I am opposed to the usage of Indian mascots because they continue to perpetuate stereotypes and ignorance about Indian people," Ed Zendejas said.

"I am especially opposed to their usage by schools, since it is the mission of educational institutions to eliminate ignorance," Zendejas said.

Zendejas began teaching at the University of Nebraska-Omaha in January 1994 and is now the Director of Native American Studies.

"I was asked to develop courses for the fledgling Native American Studies Program. I had never taught a Native American Studies course and I didn't know what to expect nor where to begin," Zendejas said.

Zendejas decided he would develop the course after learning what students knew about Indians.

Today, I still have students write this essay on the first day of class. The essays are essentially the same as in 1994," Zendejas said.

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Photo by Hailey Stolze

She is not in Afghanistan anymore. Senior Javon Gasper said he was pleasantly suprised when his mom returned from Afganistan after being there for ten months. She dressed up as a referee at the Bellevue West vs. East football game. "I was so excited. It was something you would expect to only see in a movie," Gasper said. Gasper was aware his mother was in America, but he did not know she would be in Nebraska. Gasper thought she was in Colorado where she was stationed. It was hard for Gasper to be away from his mom for so long. "I've always been a mama's boy, so I missed her a lot."

## Husker fans challenge haters

Nick Wilkinson  
Sports Editor

Being right on the edge of the "Cornhusker State," Bellevue West has an abundance of Nebraska fans anticipating Big Red Game Day every Saturday in the fall. However, with a military-based community like Bellevue, it is also common to find fans in colors other than red roaming the halls.

"I came to like Huskers because of growing up in the greatest era in Nebraska football history, with the all-time greats Tommie Frazier, Scott Frost, Cory Schlesinger," senior Bob Marino said.

Marino was raised in Nebraska his entire life and lives around the Husker atmosphere.

"I'm a die-hard Husker fan. I watch every game I can and I just enjoy talking Husker football," Marino said.

Although Bellevue West may have a lot of Cornhusker faithful, it's quite common to see other fans representing their team's gear.

"My favorite team is Texas A&M. I like how they have a no-quit attitude, and if they played Nebraska today they would win by at least fourteen points," junior Johnny Brtek said.

From the perspective of a Husker fan, standards are high and expectations are quite higher.

"Honestly, I'll be disappointed if Nebraska is not in a BCS bowl game this year. There's no reason why they shouldn't be in a BCS bowl with an offense that's supposed to be like the Scoring Explosion from the 1983 season," senior Eddie Ventura said.

Like Marino, Ventura is from the Omaha-metro area and "bleeds red," like other Cornhusker fans.

## New regulations about dress code cause concern

Hailey Stolze  
Editor-in-Chief

This summer, Facebook and Twitter users in Bellevue saw the wrath of Bellevue West students. After administrators mailed students a list of guidelines to follow when back-to-school clothes shopping in July, complaints filled homepages and soon, Bellevue West's halls.

One rule in particular stood out to most students: leggings cannot be worn as pants. However, the 2013-2014 handbook doesn't specifically state the ban of leggings as pants.

"Mr. Rohlfs did send out an update on that for appearance in July," dean Doug

Woodard said. "Everybody thought that was plenty of time, five weeks before school starts, to make adjustments."

Rohlfs explained that though it's not specifically stated, the leggings as pants and yoga pants ban falls under rule number two of the handbook on page 26, which states articles of clothing which are considered revealing cannot be worn. He also stated that leggings can be worn as pants under certain circumstances.

"Leggings can be worn as pants. All students need is a shirt or sweater that covers their rear end," Rohlfs said.

Many think specifying what type of pants students can wear is taking the dress code too far, especially considering

Bellevue East hasn't enforced these rules. However, Woodard said it maintains a business-like dress standard here at Bellevue West.

"They're fine to wear in other settings or even if you've got something over them," Woodard said. "The problem is a lot of them get washed a lot and like jeans, jeans fade when they're washed. Well, leggings fade too but there's not as much to leggings."

Senior Brian Orellana said he agrees with the new dress code rules, and is annoyed with how students have reacted.

"I just hate hearing people complain of what they can and cannot wear," Orellana said.

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## Volleyball serves up a new season

Ashley Quintela  
Editor-in-Chief

This year, the Bellevue West volleyball team set high expectations. As a new season starts, players dedicated themselves by practicing everyday after school in hopes for a stronger season.

"We have a lot more talent this year," senior Michaela Vilorio said.

The volleyball coaches didn't officially have tryouts this year. Instead, the opening "tryouts" consisted of returning players and new players interested in joining the team. Returning players such as

seniors Kristian Menard, Vilorio and junior Sage Meyer are excited for this year.

"We have a lot more returning players so we have a chance for a great season," Menard said.

Menard is looking forward to working with new coaches and wants to improve some aspects of herself.

"We have a few new coaches but I haven't had a chance to work with them yet," Menard said.

Menard plans to work on her court presence.

Aside from personal ambitions such as having more court presence, the team

as a whole has some aspects they would like to work on.

"I'm looking forward to a higher level of volleyball. We need to rise to the challenge of our opponents since we are going to be playing harder teams this upcoming season," Meyer said.

Keeping a positive attitude throughout the season may help the varsity volleyball team oust their tough competition.

"Our goal is to have a good season. I also want for our girls to be positive role models," volleyball coach Sara Bayer said.

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Photo by Katie Begley

Lightning walks through the crowd and gets students pumped up for the game. Over the summer, the mascot club got new suits.



# Limited class space causes students to be turned away

**Jason Wisenbaker**  
Copy Editor

Every spring the school counselors pore over hundreds of class registrations for the upcoming school year crunching numbers and determining which classes best fit into a student's schedule.

While the counselors try to accommodate everyone's requests, some students will be left wanting when they receive their schedule over the summer. Two classes that the counselors have to turn kids away on a significant scale are art and foods. Typically, over 100 students sign up for foods each year that don't make it into a class.

"It's become a very popular career and subject since the Food Network and the cooking channels came on board a few years ago and more and more young men are wanting to learn how to get into the kitchen and cook, so it's not just a gender issue anymore," Culinary Arts teacher Pam Oholendt said.

One of those young men is senior Justin Tran. Tran took a foods class in middle school and from then on he started to enjoy the subject and wanted to pursue it in high school. He took Foods 1 his freshman year, but he couldn't get into Foods 2 his sophomore year as

the class was completely full. However, Tran decided to double up on Foods 2 and Culinary 1 his junior year and he is currently in Culinary 2.

"I just like the cooking and being around, you know, I don't want to sound like that guy, but I like being around knives and learning how to cut things," Tran said. "I like to decorate with knives and cut fruit and make designs."

Oholendt said situations like Tran's are not uncommon for students wishing to get into Foods.

"Some of my students have waited two years to get into a class. They've tried for two years and sometimes on their third year they get in," Oholendt said.

Oholendt even does something no other teacher does to try to accommodate as many students as possible.

"I teach an extra class. I teach six classes instead of the normal five and we can take up to 27 in a class. So I'm one teacher in one room. We really could use another teacher and another room," Oholendt said. "It becomes an economic decision and the district just can't afford it."

Foods has such a high interest by upperclassmen that freshmen are not even allowed to sign up for foods anymore.

Counselor Molly Moore said that giving students what they want on their registration is determined by seniority, and online registration in the library every year now helps determine if they can even offer a class to a certain grade.

"For foods and Intro to Art, we start with the juniors who are going to be seniors and when they sign up for classes we look at the numbers and based on knowing that we only have one art teacher and one foods teacher if we have to cut it off," Moore said.

In some cases exceptions are made, especially if it's a student's career choice, but Moore said the student needs to address that with the counselor if that's the case. Sometimes a wait list is also created incase a student drops the class.

Art classes, due to the number of registrations, see some cuts every year.

Senior Mikhayla Zimmerman had a passion for art since she was a little kid and is currently in the highest art class that Bellevue West offers: Art Thesis.

"I went to a private school so art was one of the things they enforced on us," Zimmerman said. "It's a lot of freedom because it's not just homework every day and if you have a passion for it I feel like it's really enjoyable."

Zimmerman received Honorable Mention at the Scholastic Art Show and Best of Show back in April for the AC Lofton Art Show.

"One of my majors I was thinking about is animation and I was thinking about maybe interning for Disney, because I feel like that would be really fun," Zimmerman said.

Oholendt said that the students who

actually have a passion for the subject are the students that are going to get the most out of the class and are the ones who will enjoy it the most.

This spring, students will undoubtedly want to get into foods and art classes and the counselors will once again have to make the decision of which students are lucky enough to get in.



Photo by Bekah Hayes

Junior Makayla Phelps draws during GPS on Sept. 5. GPS was used to catch up on art projects and improve their artistic abilities. "I've always wanted to take art before but this year I had spots open in my schedule and I love it," Phelps said. Though art classes were full, the fact that she was a junior gave her the opportunity to get in faster than underclassmen.

## West hires "new" assistant band director



Photo by Grant Harrison

Assistant band director Marques Eckhoff discusses band with head band director Kyle Haugen during GPS, between working with students. Both men frequently help students during this time to improve their performances for upcoming events. They often call in sectionals.

**Grant Harrison**  
Commentary Editor

The Bellevue West band has a new staff member roaming the halls. Former assistant band director A.J. Bowen is gone, and in his place is Marques Eckhoff, the 6' 4" man who was officially hired by Bellevue West this year.

After Bowen left for other teaching pursuits, Eckhoff moved to Bellevue from Chicago and was brought on staff, although he has worked with the band for several years. As assistant band director he is responsible for working with the Marching Band, Varsity Jazz Band and Advanced Band.

While this year he is an official fac-

ulty member, Eckhoff's relationship with West is not new. He worked with band director Kyle Haugen at Sioux Falls Lincoln High School in Sioux Falls, South Dakota, where both men student taught in 2006. The following year Haugen was hired by West and Eckhoff assisted with the band for seven years before being officially hired.

"I was subcontracted, so I was just brought in as a percussion instructor only. For the first three years it was just for two weeks during band camp, because I was in school. And then the last three years it was as the full percussion instructor for the full season," Eckhoff said.

The years of experience with Bellevue West made the transition to a new assistant director easier for some students.

"Rumors were going around that Mr. Eckhoff was going to be the teacher. It was exciting because I've never been this close to an instructor or teacher before," junior Sandy Segrist said.

Eckhoff's approach to teaching is to foster students' interest in music and help them become more self-sufficient in how they learn music.

"Our approach is more teaching you how to teach yourself. So we want you to learn how to hear when something's wrong so you can adjust it, so that way we don't have to do it every time, and that helps us move faster," Eckhoff said.

While his teaching philosophy remains unchanged, being employed by the school ushered in several changes for Eckhoff.

"Now I teach full band, I have insurance and more money, my wife moved here. I now have a place to live full time, we have an apartment," Eckhoff said. "[The students] have to call me 'mister' now."

While Bowen is gone, so is Marques, both replaced by the more formally titled Mr. Eckhoff. But name change or not, the man with seven years' experience teaching at West is still the same instructor.

"Even though we have to call him Mr. Eckhoff he'll still always be Marques," senior Becca Yost said.

## Deans crack down on dress code

**Hailey Stolze**  
Editor-in-Chief

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On Aug. 19 dean Anna Thoma told senior Erin McMaster she wasn't allowed to wear yoga pants with a shirt that doesn't cover her entire bottom, to which McMaster rolled her eyes.

"Nowhere in the handbook does it say you can't wear yoga pants," McMaster said.

When asked to respond, Thoma declined due to dean-student confidentiality.

While McMaster does agree that students shouldn't be allowed to wear thin leggings because they are often see-through, she thinks yoga pants are much thicker than leggings.

Castellano emphasized that students are unsure of what they're allowed to wear in school because the handbook is not all-inclusive and guidelines are not always followed.

"I wore leggings the second day of school and no one said anything to me," Castellano said.

Another change that's more unknown was shorts regulations. The handbook no longer states that shorts/skirts need to be "fingertip length," but instead says they cannot be "extremely short."

Woodard explained this change was set in place because fingertip length was a hard rule to follow. He said not all students stand with their arms down all the way, which makes monitoring students difficult.

"It's more of anything trying to be understanding that maybe there's a fashion now that shorts are a little shorter and trying to be reasonable," Woodard said. "If we strictly went to fingertips, there would be a lot of people that would have to change every day."

McMaster finds this new rule to be a sigh of relief, as she said the only shorts fingertip length are bermuda shorts, which she said have gone out of style. Junior Raquella Taylor thinks ad-

ministration should revert to using the fingertip length rule.

"Everybody's got their own definition of 'extremely short,'" Taylor said. "They should totally go back to the fingertip length rule."

Though they no longer specify the length of shorts, there are still guidelines.

"On average, if your shorts are shorter than the middle of your hand, that's going to be a problem," Woodard said.

While dress code precautions are meant to create a business-like atmosphere, many find some rules unnecessary.

Taylor agrees with most of the dress code regulations, such as rules about short shorts and wearing leggings as pants, however she thinks students should be allowed to show their shoulders.

"I've never known anybody that's gotten turned on or anything by a bare shoulder," Taylor said.

McMaster agrees that the dress code

goes too far with promoting modesty.

"I think they're sexualizing parts of our bodies that don't need to be sexualized, like our shoulders," McMaster said.

Many students, such as Castellano, find the new regulations to be gender biased.

"If they're going to minimize legging wearing, they should minimize bro tanks," Castellano said.

Castellano said bro tanks were designed to flaunt guys' muscles, which is equally as distracting as leggings.

As he has two daughters, Woodard wants students to recognize that regulating how students dress is probably his least favorite part about being a dean. He understands that students want to dress certain ways, yet knows the school needs to enforce rules about what could potentially distract other students from learning.

"We're trying to sell a professional climate here, but at the same time understanding that we're dealing with teenagers," Woodard said, "You've got to walk that tightrope."



Photo by Hailey Stolze

Dean of students, Fran Pokorski, monitors the lunch room. Each day she watched for dress code violations. Pokorski would pull students aside if they were not dressed according to the dress code.

## Student council to student body: say "Aloha to Homecoming"

**Ashley Quintela**  
Editor-in-Chief

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"I don't really care about Homecoming. Now that I'm a junior I have prom and I still have the ROTC ball to look forward to," junior Nick Lawrence said. "If I was going, I would still dress up for the occasion."

Although some students are not anticipating this event, student council members plan to keep a positive outlook no matter what the word around school is.

"The student council is very excited and positive about trying something

new," Rhylander said.

Student council members think it will be a lot easier to decorate and expect the DJ to be outstanding.

"I don't know if it's the idea that it is outside and people started interpreting it differently, but it's not going to be boring or anything," student council vice president Amy Reckin said.

Though the dance is unlike any other dance Bellevue West has ever hosted before, the people behind the scenes are trying to make it a positive experience for everyone.

"Enjoy Homecoming. It's something new," Reckin said.



Photo by Rachel Colwell

Every Thursday morning, members of Student Council have a meeting. During this particular meeting, students discussed plans for Homecoming. Ideas pertaining to spirit days the week of the dance were shared. Each meeting, donuts were purchased for the members to enjoy while attending the meeting.

## Budget cuts take effect on provided supplies

**Megan Yanders**  
Reporter

On the first day of school, many students were told about the budget cuts affecting the district. Though Bellevue Public Schools have long provided supplies for students of every grade level, because of the cuts, supplies are being more closely monitored, and students may have to start providing more of their own.

Though the budget cuts have only officially began this year, the possibility of them occurring has been looming for a while.

"The administration has been prepping us [for the budget cuts] for a couple of years," science teacher Nicole Menard said.

Although they took effect this year, Menard predicts the cuts will have more of an effect on the upcoming school years.

"The cuts are new, and science supplies have already been bought for this year, so there's not as much of an effect, but next year we will need to prioritize which supplies we order," Menard said.

Junior Leah Gillespie heard of the effect of the cuts from her teachers on one of the first days of school.

"I've heard that we need to save paper, and scantrons, and that classes couldn't supply as many folders or anything because there just isn't enough money," Gillespie said.

The budget cuts not only affect the lab supplies for science classes, they also affect basic classroom supplies. This requires students have to bring more of their own supplies.

Though right now Menard has not seen many problems with students

bringing their own supplies, as the school year progresses it may become more of an issue.

"I haven't seen [problems bringing supplies] with my students, but they all did their school supply shopping in August. As the year progresses and they run out of those, I think we'll see it more," Menard said.

Despite budget cuts affecting various departments, Assistant Principal Larry Murry said they will make sure to provide for students who cannot afford their own supplies.

"We have to examine our practices, and obviously if there are students who are unable to afford those things, then we would provide for them," Murry said.

These cuts don't only affect school supplies, they also impact athletics. First-year football coach Michael Huffman commented on the effect of the cuts on football team supplies.

"As I understand, in the past they had unlimited supplies. Now it has to be more need-based," Huffman said.

Despite the cuts, Huffman said the school still provides all parts of the uniform to their players, with the exception of shoes. This is in part aided by the fundraising of the team.

"[The first I heard of the cuts was] this summer, and I knew that we would have to stress the importance of fundraising, which they have been doing a great job of," Huffman said.

Menard summed up her response to the cuts.

"It's not just 'you need it, we buy it' anymore. You have to really make sure that you need it, and check and see if maybe there are supplies hidden away somewhere that you could use," Menard said.



# School lunch nutritional value varies for students

**Chloe Brim**  
Features Editor

Lunch tends to be an essential part of every school day for most students. Bellevue West serves 1,626 students on a daily basis. It is most crucial that the food is correctly prepared and distributed for every school day. Bev Riha has been working at Bellevue West for 34 years, running the lunchroom and making sure everything goes smoothly. “I’m here at 6:15 in the morning and I’m supposed to leave at two in the afternoon. With other jobs you can leave your work for the next day, but you can’t here because kids have to eat,” Riha said. Before Riha can serve the food directed for that particular school day, the menu is checked by the federal government. It is of high importance to the lunch staff that students get proper nutritional care. “When my boss makes the menus the federal government

has to check to see if there are enough greens and fruits and things,” Riha said. The guidelines for school lunches are located at the food service warehouse. These specific guidelines are determined by the federal government. The guidelines must be met in order for lunch to be served. Although there is a wide variety of students who eat school lunch, some students prefer to bring their lunches from home. “I bring lunch from home so I know exactly what I’m going to eat that day,” sophomore Lydia Granahan said. Microwaves and a condiment bar carefully stocked by the lunchroom staff, are located around the lunchroom for the convenience of students who bring lunch from home. Granahan normally sticks to a simple lunch that is easy to pack. “I always have to at least have fruit, a sandwich, and some sort of chips,” Granahan said.

Aside from the students who pack their own lunches, others like the simplicity of the school’s lunch system. “I purchase a school lunch everyday. I don’t have time in the morning to put a lunch together,” senior Erika Catton said. Managing to serve a whole school of growing teenagers is not always an easy task. It involves preparing enough food for every student by a certain time, while making everything taste good. “It’s definitely challenging and I’ve been here for 34 years. I look out and it’s amazing serving 1,600-1,700 kids compared to serving a family of four people,” Riha said. Reasons behind students bringing lunch from home and actually purchasing a school lunch are simply because of what is most convenient. Students will continue to be taken care of by the lunchroom staff every day until the last school bell rings.



**Photo by Chloe Brim**  
*Knife to the board: Maria Marshall prepares the toppings for the salad bar in the early morning school hours. The Bellevue West lunch staff has to finish making food within a certain amount of time so it is available to students. Lunch is checked by the FDA.*

## Tanning beds are emptying wallets and more

**Rebekah Hayes**  
Reporter

Teenagers and the modern culture obsess over being the perfect shade of brown, but how much does this fad cost? Tanning memberships, the necessities to make it a safe experience, and the time it takes to satisfy guilty pleasures takes its toll on young people. A membership to a tanning salon such as Sun Tan City varies in price based on the level of tanning that is chosen. Tanning bed memberships range from \$19.99-\$79.99 a month or a annual package price of \$199.99.

People who do not tan also realize the benefits as well as the consequences of tanning. Junior Nick Lawrence does not see the point in going to a tanning bed and risking skin cancer. “Yes, girls are more attractive when they tan but there is a perfectly good sun outside,” Lawrence said. Junior Chantelle Moseley prefers tanning outside more than going to a tanning bed. Moseley said that even if skin cancer was not a risk she would still turn down tanning in a bed. “[Tanning bed users] are wasting money when you can go

outside,” Moseley said. A recent USA Today article titled “FDA proposes tougher regulations on tanning beds” stated that 58% of teenagers who use tanning beds get sunburned. The FDA is trying to prevent abuse of these machines and create better warnings for teenagers and any tanning bed users. Bellevue resident Crystal Griffin admitted she used to tan during her teen years and early twenties. “I used to work at a tanning salon in high school,” Griffin said. Griffin said it was not mandatory for tanning salon employ-

ees to tan, but tanning experience was key in helping customers and giving appropriate advice about tanning. Sophomore Aubrey Shae said she’s tanned almost every other day since June, but if her parents didn’t pay for it she would stop tanning because it costs a significant amount of money. Junior Sabrina Boyce also said her mom pays for her tanning membership but she stopped once she realized how unhealthy tanning really was. Boyce only goes on special occasions now. “I stopped because I didn’t want skin cancer,” Boyce said.

# Native American mascots: homage for some, hatred for others

*Continued from page 1*

“Today, I still have students write this essay on the first day of class. The essays are essentially the same as in 1994,” Zendejas said. Though battles rage in Washington between officials and Native American activists, the five schools in Bellevue are only a handful nationwide still using a Native American emblem. “The reason I think we were able to keep the [mascots] are because we had a good relationship with the tribes around this area and we were treating the emblems with respect,” Rohlf said. The Bellevue Public Schools district worked with the Native American people to ensure they are completely comfortable with the changes made at Bellevue. “Currently there is no further discussion between the Bellevue Public School district but if the representation becomes an issue in the future we will talk with the Native American tribes to make sure there is no negativity between our relationship and representation,” Harwood said. Zendejas believes Indian mascots should be eliminated completely. “A common defense by schools who use Indian mascots is that they are attempting to ‘honor Indians.’ It is my experience that most schools do not teach much, if anything, about Indian tribes and people,” Zende-



**Photo by Sidney Marks**  
*Be Prepared For The Coming Change: This mural of individual bricks designed and sculpted by Susan Horn and Jay Tschetter, was dedicated in the spring of 2000 to commemorate education in Bellevue—past, present and future. Omaha Chief Big Elk is featured on the right-hand side of the mural, leading future generations.*

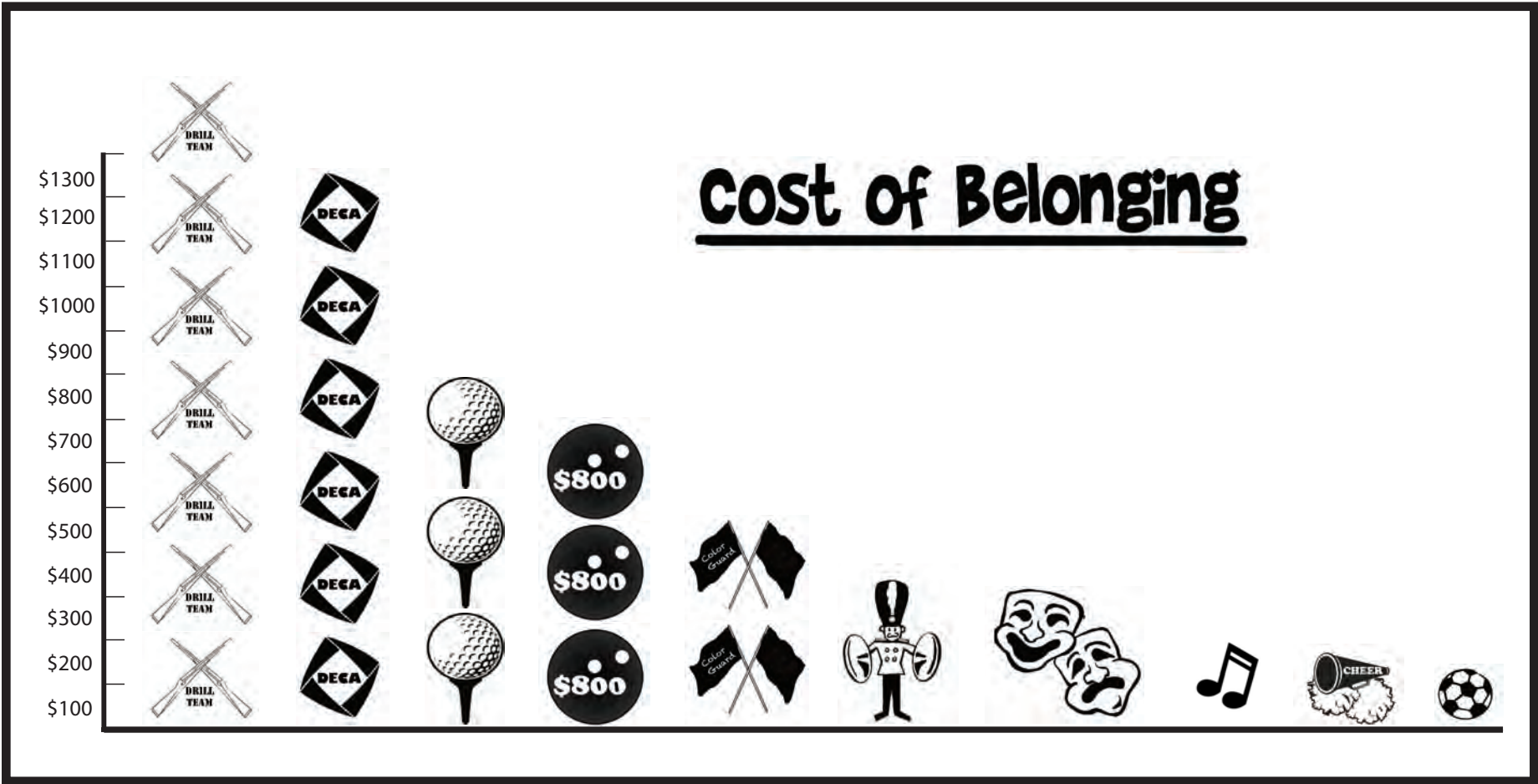
jas said. “If schools really do want to ‘honor,’ Indians, they could start by including Indian history, government, and policy into their curriculum.” In previous years Bellevue East used to have a student dress up as a Chieftain as their mascot at football games. Then the Bellevue high schools switched to inflatable mascots. Harwood believes Bellevue

East and Bellevue West do a good job of avoiding chants and gestures that may seem offensive to Native Americans. “Some teams use the war paint, war chants and the tomahawk. Those are some things we try to avoid and haven’t really had a problem with in the past,” Harwood said. Though the Bellevue Schools have never had a problem with

derogatory gestures, even having a Native American mascot is a problem for Zendejas. “I suggest that school boards and administrators seriously assess what is being taught in their classrooms regarding Indian people,” Zendejas said. Bellevue tries to teach Native American heritage with the school district and honor the Indian people by showing dis-

plays in both of the high schools and the three middle schools. Each high school has a display showing the history of the Native American people tying into the community. Some students may not know what the displays represent, or where they are even located in their school. “Some students may not even know what the meaning of the Thunderbird is. It is a topic

we could educate further,” Harwood said. Changing the mascots would be the job of the school board to make changes and hear discussions if the topic became an issue. If it was mandated that it should be changed, that would come from the Nebraska Board of Education or the Nebraska State Activities Association. Possible punishment could be that Bellevue West can’t be an accredited school, with refusal to change. “We have to keep honoring the mascots to be able to keep them and I think we do a pretty good job of that,” Harwood said. Zendejas believes one day all Native American mascots will be rid of the Bellevue Public schools. However, the Washington Redskins organization in the National Football League has been able to retain their title for over 40 years. The Bellevue Public School district hopes to maintain their emblems as long as the community honors and respects what the mascots truly stand for. “I am hopeful that one day, schools will educate themselves and decide to end the practice of using Indian people as ‘mascots,’” Zendejas said. “I have no idea when that day of change will happen. I am under no illusions that it will be soon. This is not an issue of ‘political correctness.’ To me, this is an issue of ‘historical correctness.’”



Over the past ten years it’s been a Bellevue Public Schools policy that the student fees are limited. The recent budget cuts have put more pressure on activities to fund themselves. West Wind staff members found students were having to pay a significant amount of money to participate in their after school activities. Prices range from over \$1,300 to participate in drill team, to \$100 to participate in activities such as choir, cheerleading, or soccer.

Graphic by Nick Wilkinson



# Bellevue’s seven wonders create fondness for city



Fontenelle Forest sits as not only a place for hikes and picnics, but as a natural educational center for the people of Bellevue. Fontenelle is one of the largest deciduous forests in Nebraska, marking it as a National Natural Landmark.

Continued from page 1

This monumental area sits next on our list in The Seven Wonders of Bellevue. Olde Towne was the beginning of a city we call home, that today is slowly fading away from the rest of world. Having once been the city center, now sitting as chipped paint and memories, Olde Towne is turning around for a revival. I believe that most people, especially teenagers, feel like there is no hope for Olde Towne, and in a few cases, they make a valid point. I see Olde Towne as a part of our city that has died off. Restaurants and shopping outlets have been shifted in and out of the area to the point where people don’t even attempt to enter Olde Towne.

It’s something about the elderliness of Olde Towne that keeps the people striving to bring life back into it, though. The parks are getting renewed and the shops are sweeping sidewalks for a fresh start. The Bellevue Little Theatre has adapted modern shows to attract the younger generation, as well as the older. The restaurant, Swine Dining, has become quite a popular eatery for the pork lovers in Bellevue. I think by the beginning of the next Spring, Olde Towne will definitely be changed, leaving it to be one of the best places in Bellevue.

Next on the list, we have the Lied Activity Center. This hot spot is popular because it was constructed to meet the additional needs of the students and staffs of Bellevue. Not only does the Lied Activity Center produce different possibilities for school members, it is open to families and other patrons housed in Bellevue. Personally, I like

going there for all the activities and services they provide. The Lied Activity Center has an indoor pool open all year, but it’s especially nice during winter when swimming outside isn’t available. Going to workout there is awesome, too. Not only do they have basketball and volleyball courts to practice on, they have a track and a wellness room. The prices are affordable for any student or family and is honestly worth paying for.

Another location that is definitely worth spending money on happens to be a bit natur-esque. The Fontenelle Forest Nature Center is designated as a Natural National Landmark, encompassing over 2,000 acres of forest, prairie, waterways and wet-land. Being an outdoorsy person, I love getting lost in Fontenelle Forest. The landmark itself has a representation of natural beauty with every step you take on one of their many trails. More than 90,000 visitors walk the paths every year. The 26 miles of twists and turns leave people speechless with the ever-changing nature setting that lies within Nebraska’s oldest private nature center.

Just down the street from this historic nature center, I bring you to one of the current modern wonders in Bellevue. Leopard Lanes bowling alley has been planted on the east side of Bellevue for over three decades. Being one of the best entertainment sources in a city like Bellevue, it brings a different meaning to the word get-together. When my friends invite me to go bowling, the purpose isn’t to actually bowl. All of us gather around the tables and eat the delicious chicken fingers and fries made by the generous lady behind the snack counter. Leopard Lanes

is one of the best places to go if you are a really bad bowler, like myself, because no one cares about anything except having a good time. Although, the bowling alley is not the only good source of entertainment in Bellevue.

Marcus Twin Creek Cinema has been around since I can remember. This next stop has affected lives of moviegoers in many ways. It can be simply said that Twin Creek is one of the most popular places in Bellevue. Going to see a movie is one of the easiest ways to spend time with friends, family or even that special someone. If you are going to take that someone on a date to the movies, it’s not recommended to dine at the movies. The food at Twin Creek is good, but for the price of what it all costs it’s easier to eat elsewhere, then make the way to the late night showing. The chairs aren’t recliners such as other movie theaters in the area, but they are very comfortable and relaxing while being entertained by the latest movie. Always remember to bring a sweatshirt, because the owners don’t know how to keep the temperature above 68 degrees.

As for our last and final stop of our tour through The Seven Wonders of Bellevue, I place you at one of the most amazing restaurants you will lay eyes on. Stella’s Bar & Grill recieved it’s world famous status from the millions of Offutt Air Force Base airmen and officers who spread the word about the restaurant internationally. The name of the best restaurant in Bellevue was selected because of the founder Estelle Francois Sullivan Tobler, who became the city’s first tavern owner. The world famous “Stella Burger” started from a well-seasoned cast iron grill, which is



Teenagers of Bellevue wander outside of the Marcus Twin Creek Cinema late Saturday evening on Aug. 24. The theater is open to people of all ages, providing the current shows for all types of movie-goers.

still used to this day.

As for the atmosphere of Stella’s, the people are friendly and looking forward to an awe-some burger. The uniqueness of the tavern has to come from not only the ‘made-from-scratch’ burgers, but they way they are served on paper napkins. Stella’s is a place where the food is down-right fantastic, the customers are laid back, and where “If things aren’t broken, they don’t need to be fixed.”

The Seven Wonders of Bellevue have impacted the people not only located within the city, but surrounding it. In some way, these Seven Wonders have been a part of the Bellevue lifestyle, changing it for the better. These unique and one-of-a-kind locations in Bellevue show just how important it is to take pride in our own city. It’s not necessary to wish for a world-wide monument, when Bellevue already has seven extraordinary monuments of its own.



Photo by Sophia Vanfosson

Junior Shakeida Bullis chooses a creative, new-found method to use while bowling at Leopard Lanes Saturday, Aug. 24. The atmosphere of the teens at this weekend hotspot caused commotion throughout the alley. “It was really funny just because when I started doing that, the people next to me and my friends starting joining us,” Bullis said.



Photo by Emily Brandon

Sitting as one of the most famous restaurants in town, Stella’s Bar & Grill holds a special key for food and entertainment. Open from 11am to 9pm on any regular weeknight, Stella’s creates an environment with a great taste for any variety.

## Fast food break-feast unsatisfying



Photo by Megan Yanders

Most important meal of the day? McDonald’s vegetarian breakfast option of yogurt and a smoothie leave much to be desired.

### Megan Yanders Reporter

Finding a breakfast food that is quick and convenient, tastes good and can be eaten on-the-go seems a daunting task. With busy schedules, before school activities and school work, many students skip breakfast. Various fast food restaurants have attempted to solve this dilemma, often advertising new additions to their menu.

McDonald’s, of course, has food available for every meal of the day, including breakfast. When I looked at the menu, however, being a vegetarian, I was disappointed at the relatively small variety of breakfast food I could eat.

There were a couple items that-would be difficult to eat while on-the-go, like oatmeal and pan-cakes, so I chose what I thought to be the easiest to eat while in the car: a fruit and yogurt parfait and a mango pineapple smoothie.

I have to admit I wasn’t exactly impressed with this sampling of the McDonald’s break-fast menu. The parfait was mostly just plain yogurt, and the small

amount of fruit in it was half frozen and, once melted, made the rest of the yogurt watery.

I had similar complaints with the smoothie. On first sip it wasn’t bad, but it lacked flavor and had an excess of iciness. Of the little flavor that it did have, the pineapple overwhelmed any hint of mango.

Taco Bell recently started advertising to promote their new breakfast menu, although the Waffle Taco and the Cinnabon Delights were the only items I saw that were exclusively for breakfast.

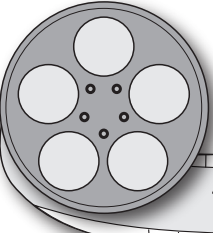
The Cinnabon Delights were soft and warm, covered with a sprinkling of sugar and cinnamon, a welcome contrast from the icy smoothie I had previously. Once you were on the second bite-sized piece, though, they became a little overwhelming in their sweetness. Also, these might not be great for on-the-go, as they are filled with frosting that is rather messy.

Chick-Fil-A boasts the most extensive breakfast menu of the restaurants I visited, ranging from hash browns, to parfaits, to sand-

wiches and breakfast platters with various combinations of meat, eggs, and biscuits, for any omnivores. Although I couldn’t eat quite a few of their menu items, even then I had, at minimum, four options to choose from.

I went with the Cinnamon Cluster, a group of about six mini cinnamon rolls drizzled with icing. I quickly discovered that they were not meant as a finger food, like the breakfast items from the other fast food places, and even eating them with a fork turned out to be messier than any of the other items I ordered. If you’re looking for something quick to eat while in the car, the biscuits, or bagel with cream cheese they offer may be a better option.

Although some fast food breakfast options can satisfy the requirements of a portable, quick and delicious breakfast, some seem to sacrifice at least one of those to make way for others. I may grab something from a fast food place for breakfast once in awhile, but personally, I don’t think fast food for breakfast will become a part of my morning routine anytime soon.



## Movie Review

### ‘Bones’ a fresh surprise

#### Sidney Marks Entertainment Editor

No movie has ever made me want to read a book more than “The Mortal Instruments: City of Bones.” Everything from the special effects to the storyline was amazing. Granted I’ve never read the books, but if I was author Cassandra Clare, I would be proud of the movie adaption.

Clary (Lily Collins) discovers she is from a long line of Shadowhunters. She comes home after a rushed phone call from her mother (Lena Heady), a former Shadowhunter herself and realizes her mother is missing. With the help of her oldest friend Simon (Robert Sheehan), new accomplices Jace (Jamie Campbell Bower), Alec (Kevin Zegers) and Isabelle (Jemima West), Clary sets out to find her mother and figure out her true self in a world she’s just discovered.

I thought I would be comparing this movie to the next “Twilight,” and as a self-proclaimed “Twi-hater” I was kind of dreading seeing the

movie. However, within the first 20 minutes I was interested as to why Clary was the only one who could see the “Rune of Angelic Power” symbol.

The storyline unfolded really well. The movie was an hour and a half, and I wanted it to keep going. Nothing was too rushed or felt like it was just being dragged on. Everything seemed necessary for the movie to make sense.

The plot may not be entirely original, but with how well it’s portrayed, originality isn’t really needed. Parts of the movie were completely unexpected (for me at least). I changed my entire view of many characters more than once, thus shifting my predictions.

The unexpectedness was a nice breather from the cliché “action-adventure/forbidden romance” movies \*cough cough Twilight cough cough.\*

Lily Collins and the rest of the “B-list” actors and actresses were quite believable. I never would’ve guessed that kind of performance from a lineup of such unknown actors. They kept my eyes on the screen and had

me reaching for the popcorn multiple times.

I loved how Bower depicted Jace as a character. He was sarcastic, witty, passionate and titillating. The performance had me waiting for his next move with his character’s unpredictability.

I’m one of those people who looks at the effects and thinks about how they do it. The effects were amazing for a production company that’s not very well known. I was pleasantly surprised by the credibility of the “demons.” They had me almost cringing at the scene when the dog’s head split in two then grew tentacles.

The end was the worst part of the movie. Not because it was bad, but because it left me with so many unanswered questions. What happened to Alec? What happens to her mom? Where does Valentine end up? They were obviously going to make a sequel because of the book series. Well the cliff hangers worked. I will be counting down the days to see the next installment of the series, “City of Ashes.”

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# Dark comic films are here to stay, fortunately



Mike Sullivan  
Reporter

*continued from page 1*

While lighter comic movies like Sam Raimi’s “Spider-Man” franchise and the “Superman” franchise are very enjoyable films, they do not provide the level of introspection and realism we got with Nolan’s style.

Nolan offered us a Batman grounded in reality. Many of the special effects were practical, without much aid from CGI. We were also given realized versions of our favorite characters (including one of the creepiest, craziest Jokers of all time) and a more mature style of storytelling.

Nolan offered us a Batman grounded in reality. Many of the special effects were practical, without much aid from CGI. We were also given realized versions of our favorite characters (including one of the creepiest, craziest Jokers of all time) and a more mature style of storytelling.

Comic movies like Nolan’s have provided entertainment for a much wider spectrum of people. Better stories, better characters, and better visuals are



Graphic by Lauren Trunick

undeniably more important than staying 100 percent true to the comics.

Mark Webb’s “Amazing Spider-Man” and Zack Snyder’s “Man of Steel” are two phenomenal examples of Nolan-inspired cinema that provide way more universally relatable movie ex-

periences. They don’t appeal to exaggerated emotion and unrealistic character chemistry, but instead rely on more-than-solid performances by actors, great plot elements and some fresh, often fan-polarizing, deviations from the source material. For those who have seen the end of

# Bike lane drives motorists crazy



Jason Wisenbaker  
Copy Editor

It’s a lonely world out there. The only place that might be more lonely is the bike path on Fort Crook Road.

On July 1, Bellevue debuted a new bike lane for the overwhelming number of bikers that reside in Bellevue. I can only imagine they carried pitchforks and pickaxes to the door of the mayor and terrorized her, threatened her family and her well-being until she was forced to go ahead with this asinine idea.

Bellevue boasted that 120 bikers turned out for the grand opening for the bike lane. There was even a ribbon cutting ceremony to make it official! It was a glorious day! The bike lane seemed destined to go down as a

smashing hit.

Until all the bikers were eaten by the Loch Ness Monster and never returned.

The bike lane is a complete waste of space, not to mention all the money it most likely cost. The argument for the bike lane was that the days of the heavy traffic on Fort Crook Road were over and the city could afford to reduce the three lanes that were previously there to two.

Since I started driving two years ago I have driven down Fort Crook almost every single day and I loved having three lanes. There was more room and it never seemed crowded.

I can understand the argument for why there should be a bike lane and I think bike lanes are awesome for cities that actually have a substantial amount of bikers. Bellevue is not one of those cities. I have never seen a single biker use the bike lane. Ever. The notion that people use the bike lane is about as realistic as aliens.

There just is no rationale for a bike lane there. No one uses it and it just sits there and everyone avoids it like the plague.

# Calling for kindness



Katie Allen  
Reporter

The halls of Bellevue West are filled to capacity with people during passing period, and during that time it’s hard to ignore the different expressions and moods of fellow peers. Some may be laughing with friends, mad at the obnoxious people pushing their way through or blatantly making their way to the next class.

As students recognize the people who could use a little pep in their step, our student body can be the ones to make each other’s day.

When noticing those with blank faces or people who are just trying to survive the chaos, say something to them. Make it positive and start up a conversation. Comment on how cute their shoes are or how you noticed them in a game they played in.

Chances are people will

spread so much joy to others, even if a smile is the only thing that’s given. It may be just for an instant or it can make their whole day. It’s so much better to point out the good in people rather than their flaws. It’s hard to know if someone’s on the brink of breaking down or having the best day of their life, and being kind never hurt anything. What could go wrong?

If this school was a kinder place, people will feel more of a sense of belonging and safety. Students could focus more on school and less on being judged. Bullying would become a rare encounter.

Students everywhere are making an effort to make the environment a better place, whether it’s at school or their community. Rachel Scott was a strong advocate for kindness.

Rachel Scott was the first person killed at Columbine High School. Because she was always reaching out to others and always looking out after people, her parents created Rachel’s Challenge. Rachel’s Challenge is a campaign that discourages bullying, and promotes friendliness and a sense of belonging.

Her website, Rachelschal-

lenge.org, campaigns their message throughout the country. One of her quotes explains her goals. “I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same. People will never know how far a little kindness can go,” Rachel Scott said.

Her message has reached 19 million people worldwide, and every year another two million people are influenced by her message, judging by how many people join the website. The people that have been reached have made a difference on their communities after following Rachel’s example.

Pushing your way from class to class or ignoring certain people you want nothing to do with isn’t going to make your peers any happier. Spreading a rumor to hurt someone isn’t going to make anyone feel any better. Use Rachel’s leadership as a guide to reach out to people, even if it doesn’t seem like the “cool” thing to do.

It never hurts to strengthen someone’s self-esteem. From kindness comes happiness. When people recognize the good in themselves and spread it to others then the school or even the world will become a better place.

# “New” emails extract excuses



Sidney Marks  
Entertainment Editor

In October 2012, Bellevue Public Schools provided every student in grades 4-12 with a personal email account. The account includes Google Drive and all of its features such as documents, spreadsheets, presentation, forms and drawings. If a teacher shares an outline of a document, students can make a copy of it and go off that.

I didn’t know I had the email until the end of second semester last year. A lot of students weren’t aware of the emails, and if they were, hardly used it.

Students have been complaining they’ll never use it this year either. I don’t see why not, though. It just gives students more opportunities to work on HOMEwork.

If you haven’t already heard every teacher/student complain, Bellevue Public Schools is suffer-

ing from budget cuts. The district wants us to save a little paper. One way to do this is by sharing projects and written papers with teachers.

Students will be encouraged to use their “all new” email this year, which is not a bad tool. Now they can’t use the excuse, “I left my flashdrive at home,” or “I didn’t save it.” They must take responsibility for typed papers.

I’ve used Google Drive, through my personally-made Gmail account, all my high school career. It has saved me from many late assignments. My home computer wasn’t loaded with Microsoft Word. Without my Gmail account I would have to carry around a flash drive, that I would more than likely lose. I would also worry if my project partner or teacher wanted to change something minor in the document. I don’t have to worry about that with Google Drive.

Student-teacher boundaries might be a concern for the new email system. Teachers don’t want their emails blown up with unnecessary questions about homework that could be answered in class.

However, most students won’t. High school students usually don’t want anything to do with their teachers outside of class. But teachers should clearly state their policy for emailing

them if it’s an honest concern.

I have heard some students complain that they already have their personal email with all of their contacts and website subscriptions. What rule states you can’t use both emails? The school email will eventually be deleted from all of cyber space, so it’s good to have a back up one anyway.

Students have access to every email address in the system ranging from a fourth grader at Leonard Lawrence Elementary School to Bellevue’s superintendent, Frank Harwood. If you need to get in touch with anyone from the district, the source is right at your fingertips. Granted I won’t want to get in touch with any middle schoolers from Lewis & Clark anytime soon, but having preloaded emails of teachers in the building is a nice tool to have.

The positives of this new system outweigh the negatives. Having this new email system is not a bad idea; it just gives students more reasons and resources to actually do their homework once they learn how to use the several features of Drive. The email system should improve grades and create a technological awareness of how Bellevue Public Schools are trying to become completely tech savvy.

# College prep: step one



Joel Fowler  
Reporter

*The College Prep column is a recurring guide to help students through their college selection and application process. It will focus on different aspects of preparing for college in each issue.*

College is once again beginning to creep into the minds of old and new students alike. For some, it seems so far off it’s hard to care too much about it, and for others it’s so close now they are starting to feel the pressure of it more and more each day. No matter which mindset, however, it is imperative to start thinking about college and taking the necessary steps to prepare.

STEP ONE  
NINTH-ELEVENTH GRADES:

College may not be nearly as pressing for you as it is for the

seniors, however, it is important that you keep it on your mind because it will creep up on you. If you are not ready when college is upon you, you are going to wish you were.

Right now, you all must start looking into different colleges and start separating what you want in your college from what you need in your college.

Needs include affordability, location, having the right majors, whether it is accredited, and other necessary aspects that depend on who you are and what is important to you.

Wants are characteristics you prefer your college to have, but don’t absolutely need to have. Wants might include population of the school, activities like sports, clubs and more. It is highly unlikely that you will find one that has everything you are looking for.

If you have a good idea of your wants and needs, then the college search will be much easier for you.

SENIORS:

For you, if you haven’t started looking into colleges it is time you get on that. Even if you have no intention of going you should apply, because you never know what will happen and you don’t want to be at the end of your

senior year and wish you had at least tried to get into college.


Even if you can’t start applying yet, it is good to get ahead, and start looking at the pros and cons of each of your college choices.

Everything that the freshmen through juniors have been doing you should continue doing as well. Especially when it comes to separating your wants from your needs. Most of this can be done by looking on the college’s website, or going on collegeboard.com to do college searches and find SAT/ACT test dates.

By now you should have three to five colleges that you are looking into and getting information on. It is imperative you know the school’s application process, and start focusing on what you need to do to get accepted.

Know the school’s due dates on applications so that you don’t fall behind in applying. It is important that you look into your college choices costs and set up interviews and college visits so that you can get a feel for the college, and decide if this is really a place you want to attend.

The college journey starts now, get applications turned in, get ahead of the pack, and start looking towards your future.



## LETTER TO THE EDITOR

Got something to say?

Write it down and bring it to the Publications Lab in room 426

Letters to the West Wind editor are welcome, but because of space limitations the staff reserves the right to edit letters for length, grammar and punctuation. All such letters must be signed; they will not be printed anonymously. If one feels strongly enough to write a letter, one should feel strongly enough to sign one's name.

Letters or guest editorials for the West Wind will not be printed if they contain libelous, obscene or profane statements. The West Wind is under no obligations to print all letters.



ASHLEY QUINTELA'S BLOG, HITTING THE RUNWAY, BRINGS YOU THE TRENDS AND ADVICE TO BE A FASHIONABLE T-BIRD. IT IS PUBLISHED EVERY WEDNESDAY ON

# THETHUNDERBEAT.ORG



# Bowling season strikes again

**Hailey Stolze**  
Editor-in-Chief

It is once again the time of year where the sound of falling pins strikes attention. With no time to spare, the bowling teams are already practicing to maintain and improve skills.

Junior Kenny Steadman goes to the bowling alley on Offutt Air Force Base, which offers three free bowling games every Monday through Friday to practice year-round.

“I usually practice anywhere from three to four times [per] week to always make sure my spare game is sharp and that I am consistent,” junior Brenden Sramek said. “[I’m] just trying to make sure I don’t rush myself, trying to take my time, focusing on every shot.”

At practice, the girls perform a one or two step approach, yet at games they complete a five step. This is the number of steps a bowler takes before throwing

the ball. Different step counts can help with perfecting different techniques.

“The three step and the four steps help with control of the ball,” senior Lexi Madison said.

This year, Steadman anticipates Fremont being their biggest competitor.

“They had two very good bowlers last year but now they’ve got a third one coming up which could be a big challenge,” Steadman said.

The girls team is experiencing another obstacle this year, according to Madison. While in the past five members of each team were allowed per bowling lane, this year there will only be four. Each bowler will still bowl two frames per game. This decision was made by coaches from all of the teams.

Despite these challenges, Sramek said West should be in the mix for State Championships this bowling season.

“Everyone on the varsity team except for Kenny Steadman was new to varsity so now we all have experience

and intend to place higher at the tournaments. The JV returners are going to stay sharp and in the mix for state this year if they work hard,” Sramek said.

Though both teams said they are committed to improving, they are also focusing on providing an inspiring environment.

“West bowling is very competitive but also really fun, and when it comes to encouraging each other we are 100% [about] being fair and giving tips to everyone around us,” Sramek said.

As captain, Madison is responsible for motivating the team.

“We do our little cheers at the beginning and in between our Bakers games,” Madison said. “We have a little chant we do if we get a strike of spare.”

Along with the team’s encouragement, Steadman said their parents play a large role in keeping team spirit alive.

“We also rely on our parents to try to keep us positive throughout the tournaments,” Steadman said.



**Photo by Hailey Stolze**  
*Sophomore Rebecca Walker bowls during practice Aug. 26. She initially joined the team because of former bowler sophomore Kori Breeling’s encouragement, but stayed for the experiences.*

# College football cultures clash at Bellevue West

*Continued from page 1*

But what is the Nebraska tradition? Is it fair for fans to judge each other if they don’t understand one another’s history?

“Five National football titles. Three Heisman trophy winners. Over 300 consecutive sellouts. Two Hall of Fame coaches. Known for the Blackshirt defense. We dominated the 1990s. That’s Nebraska Tradition,” Marino said.

To some fans, Nebraska tradition may be completely different.

“Five National Championships mean nothing. The only reason they had good football back in the 70s, 80s, and 90s is because there wasn’t as much competition as there is today,” Brtek said.

Whether friendly game day “trash talk” makes any difference, what it all comes down to is respect.

“College football fans do respect Nebraska, they sure do respect the fans. Nobody treats their opponents like we do. Fans enjoy coming to Lincoln to watch their team. Not many schools can say that,” Ventura said.

Even if one may think respect is given, others may not.

“Like any other team it has its haters. For some reason people like to bash on the Huskers,” Marino said.

From the view of a “hater,” the feelings toward Nebraska are obvious.



**“Title Fight.”**  
**Graphic by Nick Wilkinson**

# Thunderbird volleyball team sets up for postive season, improvement

*Continued from page 1*

This is Bayer’s second year as head volleyball coach. As a coach, she looks forward to watching her team grow into stronger athletes.

“[I’m looking forward to a] tougher schedule and seeing the girls get better,” Bayer said.

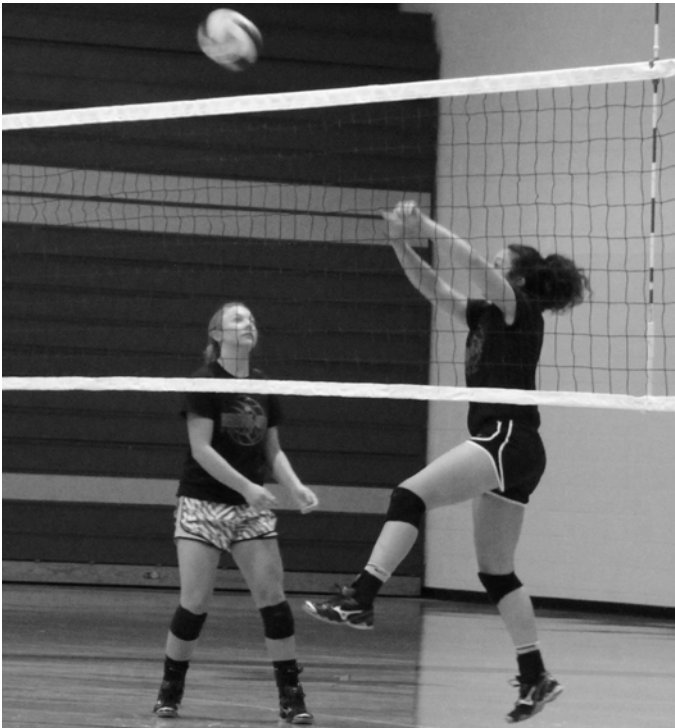
The team practices everyday after school from 3:00 P.M. to 5:00 P.M. The team will be expected to attend a few morning practices throughout the season.

Some players feel they need to work on being more of a team.

“I plan to keep a positive attitude. We need to work as a team as a whole and not be individualized,” Meyer said.

Though there are some attributes the team wants to enhance, they are anticipating this season.

“I can’t wait to play this year. It’s going to be fun. It’s my last year I know its going to be a good season,” Viloría said. “I want to make it a year to remember with the rest of the seniors.”



**Photo by Nick Wilkinson**  
*Senior Kate Liveringhouse returns a volleyball in practice while junior Savannah Conyers backs her up. The team hopes to improve on last season’s record.*

# Fueling the football team

**Bekah Hayes**  
Reporter

Football players are preparing for a new season at Bellevue West. Their lives revolve around practices and conditioning, but a key part of their success could depend on what is in their stomach during a game.

Unlike professional football programs that plan out their athletes’ diets, there isn’t much thought put into what they consume on a daily basis.

Junior varsity player Nolan Anderson drinks protein shakes in the morning when he works out and in the afternoon post practice. Other than that, he consumes what every other teenager does: fast food, carbs,

pizza and sugar.

Thursday nights before game day there are scheduled pasta feeds which ensures that the players consume carbs to energize them the day later.

“I don’t perform to my best if I skip the meal before the game,” Anderson said.

Another varsity player had the same views on his diet; senior Tyler Smith eats a lot of carbs and protein. He occasionally consumes protein shakes and eats pasta before games.

A large part in athletes’ diets is the choice to eat school lunches or to bring their own lunch.

As opposed to Anderson, who eats the school lunch every day, Smith steers clear from the provided cafeteria food.

“I bring my lunch and eat here sometimes. [I] usually bring two sandwiches for protein,” Smith said. Seniors Mike Gilbert and Jake Garner both denied taking part in any kind of specific diet. Both do drink protein shakes on a daily basis.

“Yeah we drink protein shakes every morning and workout,” Gilbert said.

Gilbert eats a light breakfast, a heavy lunch and then something light before the game. They also admitted that eating something heavy before the game reduces their quality of performance.

“You feel heavy when you eat a big meal before a football game,” Gilbert said.

The coaches do play a big

# Boys tennis is in full swing

**Grant Harrison**  
Commentary Editor

With summer winding down and the school year in full swing, the Bellevue West boys tennis team has launched another season.

The boys tennis season began with practice on Aug. 12, and the first match was on Aug. 29 with a dual against Ralston. The season will conclude with Metros on Oct. 9 and 10 and State on Oct. 17 and 18.

The 16 person team is led by seniors Shawn Schellerer, Connor Sidzyk and Jason Wisenbaker. Junior Segan Trunick feels the team had a strong start to the season.

“We have a lot better standing to begin with than last year, and we have a little bit more, I’d say, team connection. We hang out a lot more together outside of practice,” Trunick said.

Though winning matches is the goal of the sport, many players simply enjoy playing the game or being a part of the team.

“I came out to just have some fun and the tennis

team is really welcoming and I really like the coaches. They made sure that I knew how to use all the proper techniques,” first year player Caleb Eby said.

For newcomers to tennis, emphasis is placed on learning the fundamentals. Serves, volleys and spins are all ways of hitting the ball that must be learned, and basic footwork and conditioning are critical for first-time tennis players.

While some athletes are just beginning their tennis careers, others have more experience.

“I played a little bit back in Hawaii before I moved here last summer but I played [with Bellevue West] last year and I’m playing this year now,” Trunick said.

Levels of experience on the Boys Tennis team vary this year, but some players are looking for success in their matches this season.

“We want to try to win state and metro. That’s one of our biggest goals,” Schellerer said.

With an upcoming Sept. 12 match at home versus East and the Millard West Invite on Sept. 14, the Bellevue West boys tennis team is swinging into another year.



**Photo by Grant Harrison**  
*Freshman Aiden Klaassen returns a serve at practice. The West boys’ tennis team hosts Bellevue East Sept. 12 at 4:30 p.m.*

part in enforcing guidelines as to what their players should be eating.

With their focus on the team being able to compete with other schools in the district, diet is not a priority, performance is.

“He gave us a workout [routine] and it said to eat a lot of ba-

nanas and fruits and vegetables,” Anderson said.

It seems that most of the varsity football players do not follow a strict, nutritious diet but instead eat moderately healthy food when they are hungry and make sure they get a good workout in early.

With the East-West game under our belt and many football games to come their record will prove more than anything that strict diets for high school athletes are not necessary.

Coaching staffs should continue to focus on conditioning and building a well rounded team.