When we all think of change, it can be good or it can be bad. However, if we say over time we have evolved and become more developed, it makes things sound ten times better. Starting high school as freshmen, we all lack some individuality, personality or simply just some color...
...However, once we begin to figure out our true colors, we realize the blank canvas we walked into high school with is now filled in. We have finally gained character and learn a better sense of our personality. And together as a class, not only do we create a mosaic of colors, but a mosaic of evolution.
What's in Your Bag?

Wallet
Charming Charlie's: $12

Sunglasses
Tilly's: $10

Nail File
Ulta: $0.99

Purse
Charlotte Russe: $14

iPhone Case
Amazon: $15

Lip gloss
Bath & Body Works: $8

Hair band and Bobby pins
Hair Bands: Target $3.99
Bobby Pins: Target $3.49

Bronzer
MAC: $21

Blush
NARS: $29

Foundation
MAC: $27

Makeup Brushes
Sephora: $23

Mascara
Sephora: $12

Eye primer
Sephora: $20

By: Rachael Rief
A Growing Artist

Junior, Imani Brown, finds inspiration and passion within art. By Tynisha Newell

"Oh my god, you can draw?" A question Imani Brown heard daily throughout middle school. After hearing it so often she discovered something that would help her in the years to come.

Since the beginning of grade school, Brown has shown an interest in drawing. She started out drawing stick figures to characterize people in her little world. Brown has taken a handful of art classes, however she considers herself as "self taught." Due to her outstanding ability, Brown was honored by having one of her pieces displayed in an art case for the whole student body to see.

Realizing she has a passion and a sense of seriousness about art, Brown has hopes to turn her passion into a career by studying anime and cartooning. Showing off her individuality, Brown also uses self inspiration when creating cartoon and anime characters. To consider herself more of an artist she wants to learn how to draw more realistically. She believes that drawing helps her escape from reality.

"I draw when I’m upset. It’s like a stress reliever. When I'm done drawing, I just go back to the real world."

As of right now, Brown stores all of her drawings in her sketchpads. Not only does she plan on keeping her sketches, but Brown also aims to print some of her drawings as posters. Once that is done, Brown wishes to hang all the posters around her room.

Without a doubt, Central will be seeing some outstanding achievements from this student in the future to come. As she plans for the future, Brown wishes to keep drawing a big part of her life. After all, it is a great escape and stress reliever for this passionate artist.
New and Old Traditions
First powderpuff football game and spirit week create memories

Alexis Martinez
"The game served as a fun event that united the junior and senior girls."

Abby Smith
"The game gave a chance for girls to show that not only boys can play football."

Emily Asselin
"I wanted to play because it was the first year Central had a girls football game and I thought it would be interesting."

Posing for a group photo, the senior girls get geared up for the powderpuff game against the juniors. This is the first powderpuff game in CHS history.

Ryan Goding and Maureen Bigsby
Ben Pieper and Sydney Halonen

We got spirit, yes we do!

Tie-Dye Monday
Katie Schwery and Cassady Sisombath rep their bright tie-dyed T-shirts.

Western Tuesday
Seniors Destiny Epinger, Samantha Mareno, and Danielle Greco get spunky in their western gear.
Cheering for their team, fans stand in bleachers with supporting posters.

Senior and junior girls focus directly on the game. It was the Central's first powder puff game, therefore the girls wanted to show their fans what they could bring to the field.

Maddie Buller and Reath Nyooch
Alec Williams and Sydni Lee

Wacky Wednesday
Sophomore Courtney Rhoten showed her inner wacky-ness by wearing a 50's diner girl costume.

Throwback Thursday
Abby Suey, Emily Mayberger, Kaylee Land and the rest of the Pom Squad wore vintage basketball uniforms to represent the evolution of the CHS uniforms for throwback Thursday.

Purple & White Friday
Displaying school spirit from head to toe, senior Arione Nelson shows her spirit by painting her face bright purple.
Dreaming Big

Senior Emily Beck is making a name for herself as she decides to pursue opportunities in journalism and photography.

Beck has earned the title as Editor-In-Chief of The Register after being Executive Editor her junior year.

During her freshman year Beck read the school newspaper and criticized it, because of this she decided she wanted to join staff to help improve it. "I joined because I saw that the paper was struggling and I wanted to make it better," said Beck.

As her sophomore year approached she enrolled in journalism, then joined the newspaper staff second semester.

Beck is also skilled in photography. She has taken photography at the Career Center for two consecutive years. The senior loves the way a picture is able to communicate with an audience so easily “It’s fun to communicate stories and words through imagery,” said Beck.

During her junior year she won many awards for photography such as: The Instructor Award, Gold Key Award and Scholastic Art Award. Beck also had two photos entered in the spring art show at the Career Center.

As a senior, Beck says she obviously wants to win more awards in both areas, but is looking forward to working and experimenting more with photography.

This past summer Beck had the opportunity to attend the Al Nuearth Free Spirit Journalism Conference in Washington DC. In order to be eligible she had to go through a process that included writing essays and getting letters of recommendation. Only one person per state was selected, and she had the honor of representing the state of Nebraska. Beck said it was an amazing opportunity and to be there was a one of a kind experience.

Beck wishes to continue photography in the future. She even hopes to incorporate her hobby into her home. "I want to delve in photojournalism, and I want to have a dark room at my house in the future," expresses Beck.
Veterinarian

Freshman Autumn Frank is what most call an excellent student. She gets her work done and still has time to do the things she enjoys. One of Frank's biggest hobbies is helping out at farms across Nebraska. Frank finds herself wanting to be a veterinarian considering her love for animals. Autumn is intrigued with the fact that she can take classes at the zoo as a junior or senior to get more experience. She is excited to apply the skills that she has gained at Career Center to her future profession.

Pediatric Nurse

Sophomore Brooklin Coleman is indecisive about where she wants to be placed in the medical field. She loves to work with kids and she would not mind the salary that comes with the job. From school, she has learned to keep good grades and prepare for college. In college she plans to take classes such as foundations of health care, human anatomy, and take the certified nursing assistant (CNA) course at the Career Center.

Fashion Designer

Junior DaJaun Lester expresses his interest for fashion and art. Combining the two, Lester strives to become a fashion designer. He stays on top of his wardrobe game, and struts in the latest trends down the hallway. Although school teaches a variety of things, a lesson DaJaun has learned is to "always follow your dreams." Lester's mom got him interested in the fashion industry. Not only has his mother been able to help him to become a model, but she has given him tips when he makes different outfits for other people. Although becoming a fashion designer may not be easy, Lester will not let anything get in the way of pursuing his dreams.
Fashion Trends
Dress To Impress

Fashion can describe many things about a person, especially their personality. Some like to dress casual, cute yet comfortable. Others like to dress preppy, formal and presentable. Clothes can mean a lot to a person because it is how they express themselves. Presence is key to everything.

People can dress a certain way depending on the occasion. Sometimes you can throw on a pair of jeans and sneakers when you go to the mall and then step out in a fancy dress and heels for a candle-lit dinner. There are many styles for people, you just have to dress to what comforts and explains you.
By: Alexandra Everitt, Ashley Swift & Arione Nelson
"I am obsessed with Drake. I mean what is there to not be obsessed about? I have all of his albums and he's my screensaver for everything. I'm going to his concert in December and I am so excited!"

Auvielle Collins (11)

"My obsession is Johnny Depp! He's a really great actor, he's really attractive, and he's done bad stuff like drugs, but I feel like he's learning from it and he's trying to be a better person."

Samantha Nocita (10)

"My favorite show is Doctor Who because it is so fun and interesting. My friends are also really into it, so we can all watch it together and it's just a really fun show."

Emily Callahan (11)

"I'm obsessed with The Little Mermaid because I love the characters and it takes me back to my childhood memories. I always loved it as a kid and I'll always love it. I will probably still be watching it when I'm 20."

Kaylee Land (10)

"I just love math because it works out so elegantly. I love the beautiful patterns of math."

Ryan Goding (12)

"I'm obsessed with polka dancing like Mr. Duane Wilks because he is my superhero and I like the upbeat tempo. Polka dancing is very intriguing and my hero Duane Wilks inspires me to be a great man like himself."

Theodore Kilroy (10)

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**Top 10 Obsessions**

*And the surveys say...*

1. Twitter
2. Snapchat
3. Instagram
4. Afternoon Naps
5. The Walking Dead
6. Vine
7. Fast Food Restaurants
8. One Direction
9. Netflix
10. Video Games

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**What are others Obsessed with?**

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**No, they're not crazy... just obsessed!**

- "Liam is the hottest. I love them because they are One Direction, and they are better than you!"
  - Lily Nunn (12)

- "Who doesn't like to save money? I get name-brand stuff for generic prices."
  - Serena Moore (12)

- "I am always determined to get all A's, because I am looking out for the future and I want to do very good in school now."
  - Cho Kammel (9)

- "I love rugby. It's very fun but not a very popular sport, and I want it to become a popular sport."
  - Jason Paul (10)
What are you obsessed with?

"I love the show Breaking Pointe because it is very inspiring to watch and I especially love behind the scenes because it really shows the stress and pain professionals are put through. The amount of perfection they have is amazing."
Madeline Regan (10)

"I love drawing and painting because it gives me a way to express myself and put my emotions in paintings and drawings instead of bottling them up inside."
Jessica Sheeler (12)

"Coffee is my obsession because it wakes me up in the morning and it's delicious!"
Jesslyn Schroeder (11)

"I'm obsessed with Disney princesses because they are so pretty and my parents always told me to follow my dream and my dream was to be a princess when I was little so now I'm obsessed with princesses."
Emily Mayberger (10)

"I'm obsessed with high jumps because it's always been something I can get better at. It also gives me a rush when I hit a new personal best because it shows me that I worked hard. I really like heights; I would love to skydive someday. That would be amazing!"
Shelbi Poell (12)

"I'm obsessed with Trey Songz because I love listening to his music and his voice is very soothing and relaxing. I just love the way he sings and he's also very good looking!"
Lisa Donham (10)

"I'm obsessed with hot wings. I love them, because I love spicy foods which makes hot wings one of my favorites."
Arriyon Williams (10)

"I love tea. All kinds of tea. It helps me sleep and it goes good with anything. I have it every night with dinner."
Dennis Kelly (12)

"I'm obsessed with Beyonce because I like the person she is, she's beautiful, and her music! She is my role model."
Dejah Howard (10)

"I'm obsessed with Manchester United because I grew up watching them and I idolized the players. I love their tactics."
Thomrin Sen (10)

By: Shambhabi Paudyal & Arione Nelson
Stars in Disguise

DID YOU KNOW YOU LOOK LIKE...?

"People have been telling me I look like Chilli for a long time. One day I put up a picture of her on my Instagram, people thought it was me. I think our only resemblance is that we both sing. She's beautiful, so I'll take it as a compliment."

-Ashlynn Duval (12)

"Have you ever caught yourself walking down the halls of Central and having to stop to do a double take at someone because they look so much like a celebrity? Many eagles get recognized as well-known, red carpet stars, but we will let you be the judge of that.

"Ever since kindergarten, I have been told that I look like Tia and Tamera. I personally do not think that I look like them, but I appreciate the compliments and I do not take any offense."

-Aniya Tate (12)

By: Jacklin Cherry, Alexandra Everitt & Dijha Collins
Learning Experience

Student volunteers on a daily basis

Central students volunteer their time to help out the community. Cindy Tlantenchi, a senior at Central, volunteers at UNO through the Work Experience program. She volunteers everyday from 12:30 to 2:00. She has a daily schedule for what needs to get done. Monday, Wednesday, and Thursday she helps fold pizza boxes and serve salads. Tuesday and Friday she helps out on the UNO campus library. She reflects on her volunteer work as a great experience, allowing her to be a bigger part of her community. "It helped me get out there and meet a lot of new people from different schools," said Tlantenchi. She plans to continue to volunteer throughout this year, but she will also start looking for a job. Below Tlantenchi is pictured folding pizza boxes at her volunteer job.

A Walk with Purpose
Supporting Leukemia Patients

In the fall of 2013 the Leukemia & Lymphoma Society hosted their annual Light the Night Walk. This walk supports many families that are suffering from Leukemia or Lymphoma. Central student Mikayla Whisenant attended the event. It is the second year she has attended. This event also holds a lot of meaning for her. "My step-mom died from Leukemia so we found LLS to help support other survivors and to remember those who have passed," says Whisenant. This has been a great experience for her. "I love seeing all the people that come out to support," expresses Whisenant. The donated money goes to the Leukemia and Lymphoma patients. Mikayla plans on attending many more of these events in the future.

By: Diana Castillo

The O-Club induction was held at Central on October 21, 2013. This is the second year since O-club was brought back. Dr. Keith Bigsby and the club sponsor, Jessica Renshaw both gave speeches.

Emma Peterson, Makayla Lonehill, and Sydney Rogers-Morrell dress up to support the Siena Francis House. "It was fun to see everyone participate in the event," said Rogers-Morrell.

The annual zombie walk has been held for the past six years in Benson. During this event people go all out on costumes and props. They walk around the Benson neighborhoods accompanied by friends and family.
Q: What is your favorite season? Why?
A: "The best season is fall. It gets chilly and I get to wear a lot of boots and scarves."
- Stephanie Paul (12)

Q: What is the worst food you've ever eaten? What was bad about it?
A: "The worst food I've ever eaten was an apple that had been stored in with peppers in my refrigerator. It was really spicy and juicy at the same time. I was disgusted."
- Natalie Nepper (10)

Q: What is one thing that you cannot live without and why?
A: "I can't live without a good book. Anytime I want to get away from my own world for a bit, I just pick up a book and get lost in another person's world."
- Sydney Rogers-Morrell (10)

Q: What is your favorite thing about Central?
A: "My favorite things about Central are the teachers and lunch. The teachers make class interesting and easier to learn."
- Claire Lavender (9)

Q: If you could freeze time, what would you do?
A: "If I could freeze time, I would steal DECA's cookies! Maybe the money too!"
- Michael Svolos (10)
Out with the old, in with the new.

Principal Edward Bennett comes from a family of educators. His mother, both uncles, and three of his four grandparents were teachers; while the other grandparent worked as a mailman for the school district. As a student, he was involved in football, basketball, golf, choir, marching band, Jazz Band, and National Honors Society. Though he went to the University of Iowa on a vocal music scholarship, Bennett soon realized that music was not what he was meant to do. He started considering his options. He always loved English and writing, but also wanted to be an administrator one day. He felt as if he needed to be in education. After college, Bennett ironically landed his first teaching job in Bennett, Iowa. He began his OPS career as an English teacher at Northwest. He remained there for three years before transferring to Bryan to work as a curriculum specialist. After Bryan, Bennett came to Central as vice principal for five years then principal at Buffett Middle School for three years. "The best thing about teaching is the kids. I really liked the kids, who in many cases, didn't have a lot of advantages, who maybe came from a poor upbringing, but who came to class everyday and tried as hard as they could and who seemed to really understand what school was about, what it could do for them."
Keeping the Tradition

Eagle graduate of 1961, Peggy Georgeson, cherishes her high school memories.

Walking through the halls of Central High School as a sub brings back memories for former drama teacher and Central graduate, Peggy Georgeson. Chatter hums in the air and laughter rings through the halls during passing period. Georgeson flashes back to her time at Central. She remembers experiences and bonds so strong, nothing could stop them from leaving an imprint on her life. However similar Central is to the way it was when Georgeson attended high school, there are still many differences. And yet Central still manages to change anyone's life who is welcomed into the nest.

Central's classes taught Georgeson more than just pointless facts. "Central prepared me for life. It also prepared me for who I am now - a good teacher and a good person," said Georgeson. Even experiences outside the classroom helped get Georgeson ready for life. Georgeson says, "I learned how to get along with different people. We were very multicultural back then - just like Central is now. But I don't think we even realized we were different cultures. That's just the way it was."

Central is a place to make memories. Georgeson still has those memories along with some sentimental memorabilia. She kept stickers from dances throughout the year such as the Turkey Trot and May Madness. Georgeson remembers, "My friend, Janie Kennedy and I put on May Madness our senior year."

Participating in Central's plays and musicals was important to Peggy, so she has held on to all of the programs from her productions. Georgeson also values the friendships she made during her four years at Central. "I made life long friends in high school. I even have a group of friends that still meet once a month for lunch," she said.

Differences between Central then and Central now are evident in the physical appearance, but also the stuff that you can't see. Georgeson loves it either way. She said, "I love Central. I couldn't wait to go to Central and I didn't want to leave Central. Central is my home away from home."

Repping the cheerleaders of 1961, Peggy Georgeson poses with the Central cheerleaders. Georgeson says, "I did cheer as a freshmen, but the other three years I was on Pep Squad."

Helping senior Juan Lopez, Peggy Georgeson shows her support of education at Central High. She often fills in as a substitute at Central when she is needed.

Showing her Central pride in her vintage Central gear, Mrs. Georgeson can frequently be seen at sporting events. "I love Central. (It is my home away from home)," says Georgeson.

Making sure her knife is in the right position, Patricia Barron, prepares to slice her homemade cake. The local restaurant owner showed off her cooking and baking skills.
Cooking up memories

Former eagle, Patricia Barron, shares her successes as the chief of Big Mama's Kitchen.

When you walk into Big Mama’s Kitchen, a restaurant off 45th and Bedford, one thing catches the eye immediately. Actually, several things. Dozens of framed awards and newspaper articles line the walls and countertops. On top of one table sits a framed penmanship “My Hero.” All of these articles, awards, and essays are all for one person; Patricia “Big Mama” Barron.

Big Mama is a 1960 graduate of Central High. But she is so many other things- a mother, grandmother, business owner, a renowned chef and a well-liked person.

As an adult, Big Mama still appreciates the education she was given by Central. She said Central really helped her learn how to write correctly and how to express your feelings on paper. “I still write today the way I was taught (at Central),” she said. Big Mama recalls that her Central career consisted of "a lot of reading" which she doesn’t think the kids today have to do.

As a student at Central, in the middle of the Civil Rights Movement, Big Mama sometimes faced great prejudice. Although Central was very diverse, teachers and staff sometimes showed a lot of racism towards their black students. In one of her English courses, she and others were called by the teacher “those colored kids.” She said, “They were outright rude to us.” In response to several incidents with her English teacher, Big Mama attempted to report the problem to her counselor. Her counselor didn’t help, and instead told her, “Well, when you get that scary look on your face, of course they are going to call you (the “N”-word).” Because she received no help, and the teacher continued to be discriminatory, Big Mama refused to attend class and flunked English that semester. That was the only class she ever failed.

Big Mama’s cooking career did not start when she took Home Ec. Classes at Central, or when she received a degree in Culinary Arts in 1973. No, Big Mama has been cooking since she was six years old. She remembers that her mom and grandma told her that she had “food sense.” Food sense is being able to communicate and understand the food. It may sound strange, but Big Mama swears by it. “I bond with the food,” she said. “I talk to the food when I’m back there.” This unwritten communication with her ingredients helps her to make the incredible food she is now well known for.

At a very young age, Big Mama learned how to use her skill to her advantage. She said, “Food is a peace element.” By offering people food, you can reconcile and also negotiate. “I don’t like to clean, but I do like a clean house,” she said with a giggle. When she was younger, she would bake for the kids in her neighborhood and get them to clean her house as a trade off.

In Big Mama’s Kitchen, you can’t help but to feel at home. Walking in there is like walking into your own house. Big Mama said she had been looking for another place to move her restaurant to, but she can’t find anything as good. She questioned why everyone loves this place so much, so she brought several professionals in to tell her what exactly was so great about it. They told her the tile floors, the bright daylight, and the floor length curtains make people feel at home. The fact that you can see into the kitchen makes everyone feel comfortable, and as soon as you walk in, the sweet smell of food hits your nose. The restaurant’s setup is perfect, and moving anywhere else would upset a lot of people.

Big Mama is more than a restaurant owner and professional chef. Big Mama is truly the person everyone strives to be.
Ms. Grenfell and Ashley Swift (12).
"Ms. Grenfell is my favorite teacher because we have a lot in common. She is always there for me when I need her. During one of our many talks that we had, she told me 'Never change for anyone, you are an amazing young woman. Be yourself!' That is something I will never forget."

Mr. Boyer and Matt Greco (11).
"I chose Mr. Boyer as my favorite teacher because he's funny, cool, and always keeps the class awake. I mean, banging on the desk to scare you or wake you up from your sleep, which happens to me a lot. He raps to the class and I think a lot of the videos he shows have a nice beat to them, it's classic. He's just awesome!"
Mr. Sand and Lily Pitts (10).
"Mr. Sand is my favorite teacher because he is consistently energetic. He is always involved with the class and has a great sense of humor. Mr. Sand is fun to talk to and his class is so much fun."

Mrs. Kuskie and Alexys Hayes (9).
"Mrs. Kuskie is my favorite teacher because she makes learning something brand new, easier and fun. She always finds a way to make everyone feel comfortable and involved. She is funny, but serious when she needs to be. She makes me love learning a new language."
Lee and Tylee Glover live the everyday life of a twin. "I can't really explain it. It's so amazing. Knowing you have a brother, a best friend and a partner in crime is amazing," Tylee said. The twins could not imagine life without each other. "I would hate to be an only child. My childhood would've been dull. I wouldn't have my best friend."

Both seniors are alike when it comes to their interests and hobbies. "We share the exact same hobbies, it's crazy. We like sports, talking to people, video games, firing at the firing range," Tylee said. They each have their own group of friends and their own personality, but growing up together means they enjoy some of the same things.

Telling the Grovers apart is a difficult task for Central students. Tylee said, "We aren't even identical! The only way people can tell us apart is by our backpacks. If we switched our backpacks it would be chaos."

Lee is inspired by his brother. "When I see him working harder I want to work harder. When he sees me work harder, he works harder. We push each other to do better," he said. The Grovers may have their differences at times, but in the end they love being twins.

By: Rylee Bottorff & Julia Gigliodoro
1. Grouping up right after a race, the team goes over some strengths and weaknesses before the next event. Words of encouragement are always the right way to strengthen a team.

2. In a race to the finish line, Maddie Buller completes the final portion race. In cross country the goal is to have the fastest timed run.

3. Seni Adekunle and Leah Henriksen work to pass a Marian competitor. The two kept an equal pace during the cross country meet at Fontenelle.

4. Tinca Joyner runs with the competition and pushes to get ahead. On average, about 500 compete in a cross country meet.
Senior, Louise Mullen began her journey on the cross country team her freshman year of high school. Louise only had a few reasons that inspired her to run cross country, but now she said she does not know what she would do without it.

As a freshman, she did not know too many people on cross country, but due to her passion for running, she has made several friends. They all share her same passion for running. She says she will never give up running and has set future goals that involve her love of running and cross country.

Mullen had never ran cross country until she came to Central. She only had her sights set on soccer season. She did not know that she would soon be running with the cross country team.

"I wasn’t planning on running cross country, but Dr. Bigsby said I should because it helps to keep in shape," said Mullen. “My uncle was also big on running, so it made me want to try cross country.”

The team bond that Louise has with her cross country team did not just happen. "The girls inspire one another, and make each other laugh everyday," said Mullen.

"We have team dinners and team bonding activities in the summer like swimming." She also said that she loves to see that the freshmen have come in with so much experience, and that it is inspiring to see her team work hard.

Mullen may not continue with the sport. However, she will definitely keep up the running. Her future holds an Iron Man Triathlon and maybe running for a college team if she receives the chance. "I want to run in college if I can and try. My ultimate goal is to do an Iron Man Triathlon," she said. Running cross country was an experience with many inspiring aspects and several lifetime benefits for Mullen. "I met a lot of friends through cross country and running is so relaxing for me. I am so happy. I enjoy it. I will definitely still be running in five years because it is just so rewarding!"

Some of the girls on the cross country team stand on the sidelines during one of their meets, cheering the members of the C team on. The girls cross country team support each other in every race to help motivate everyone to be better and beat out the competition.
Go the Distance

Working hard and pushing to improve becomes the teams mantra

By: Chris Winchester & McKenna Painthin

All day long your stomach is in knots, and you can't get the upcoming meet out of your head. This is what all of those long, hard days of training have been for. The bus ride there and warming up are a blur already and color.

As the runners creep up the starting line, the feel of the crowd and other competitors becomes palpable. Suddenly, listening for the gun to go off, no one is racing with the intent to win on the start of the race. The adrenaline, with pressure, finally sounds. Everything but placing one foot in front of the other is forgotten.

The typical day for a cross-country runner consists of hard work and determination. By the end, their legs are like jelly and their lungs are on fire.

Sophomore Luke Koesters started off his first year on cross-country with a bang. "My best time was when we ran at Chillicothe for our home meet. I ran a 15:40 5k," said Koester. His goal for the year is to improve that time by one minute and fifteen seconds.

"I just want to keep improving and get better every meet I go to," said Koesters. Improvement is something Coach Elliot Evans focuses on. Early in the week, the team works on speed and after a recovery day, they transition to tempo runs. For Koesters, the most enjoyable part of the week is the feeling of finishing a race and knowing that they did their best. They can be on the best feelings in the world. It starts with the practice and concludes once they have received the card in their hand after the last sprint of the race.

Koesters said once you conclude that last sprint of the race, relief and pride surge through you like you've never felt before; those feelings have been held back and are just now getting released. Nothing beats that feeling.

GAME ON GAME OFF

Pushing himself to the limit, Justus Henderson competes to the best of his ability at the district meet. Henderson began his cross country journey last year and has already improved to the point where he could compete at the district level.

Sophomore Justus Henderson competes in running cross country, while also supporting the other teams of Central as the mascot. Running track is a great way in which Justus stays in shape for being the mascot.
1. Running up to the competition, Chase Davis improves his place in the race. A common goal amongst most runners is to finish better than they started.

2. Bolting to the finish line, sophomore Joe Saniuk focuses on doing his best and improving his time. "My goal this year was to push myself to get a better time."

3. Flying up the hill, Daniel Ewart zooms past his competition and leaves the other runners in the dust. Ewart says, "Working hard is the key."

4. Sprinting on the straight-away, Justus Henderson strives to get his best time of the season. "I like meeting new people at the meets and beating them."

Catching the competition, senior Daniel Ewart works his way towards the front of the pack. This is his fourth and final year on the cross country team, and has been a key to winning meets.

Picking up the pace, freshmen Alex Tollinger passes his competitors. "Being on varsity as a freshman can be difficult, but Alex feels at home. "All the guys are pretty close even though cross country is an individual sport.""

Finishing with a bang, junior Chase Davis takes a deep breath before kicking it up a notch. Running is both a physical and mental sport, which means both the mind and body must be in good shape to improve one's time.
"The year has been good. We are a very supportive team." Courtney Klare (11)

"We made a lot of progress. I enjoyed every minute of it!" Erin Rhoten (12)

"My team is extraordinary. I don't know what I'd do without them. You grow to love them." Meghan Peterson (11)

"We help each other out. This team is very encouraging." Shaun Zak (9)

"Golf is a lifetime sport that anyone can play." Stephanie Paul (12)

"Golf is not just a sport, but something you can do with your family and friends." Courtney Rhoten (10)

"Golf is a lifetime sport that anyone can play."

"Golf is not just a sport, but something you can do with your family and friends."
As they begin to walk to the next hole, Samantha Mareno and Emily Jezewski discuss their strategies. Golf may be an individual sport, but by sharing strategies, these ladies are able to perform better.

By: Bri'Jae Littleton

**It's Tee Time**

**Mareno justifies how golf impacts her life**

As she grabs her golf club and walks to the course, she contemplates on how she will put the golf ball perfectly into the hole. Golf is a technical sport for most, but not for senior varsity player Samantha Mareno. She began playing at the age of 14 because her dad suggested it and saw she would fit the sport.

Although she loves golf, she does not have any thoughts of playing in college, but she does want to coach it. “Sure I would. I would love to coach because it will be fulfilling to share my experiences with others,” Mareno says. Outside of school, Mareno practices occasionally on the weekends. She does not have many other hobbies. “Well, just sleeping and eating food, if that counts,” laughs Mareno. On tournament or championship day, Mareno says the best way to get her morning started is Cranes Coffee and an amazing night of sleep.

“There is the good, and the not so good in golf,” says Mareno. Her favorite thing about golf is, that it’s always a challenge against you versus being on a team. As for the worst, Mareno believes the game is frustrating 99% of the time. Having amazing supporters and positive influences makes Mareno more hype for the season. “My parents are definitely my biggest supporters,” says Mareno. As for head coach, Ben Mihovk, he is a huge influence on Mareno’s golf experience. “Mihovk is the greatest, most sarcastic, funniest guy I have ever met!” Mareno goes on to say, “He is seriously the best golf coach in the world.”

At every practice, the girls take everything step by step to reach their goals for the team. Mihovk has been the most influential coach to them because he pushes everyone to do better and encourages them. “Everyone on the team appreciates Mihovk for all the things he does for us,” says Mareno.

Mareno believes that her team is working very hard this year. They are trying their hardest to make it to state. “Golf seems like a tough sport to comprehend, but with concentration and technique, it will all seem so easy”, says Mareno. “Practice really hard and keep a positive mind set, always.”

**GAME ON GAME OFF**

From the field to stage, Amanda Huck, swings for the hole and sings for an audience. Huck has participated in both activities her entire high school career.
Being on two teams, having a job, and maintaining schoolwork all at once could be a strain on any individual, but not for senior Alexis Ramirez. Ramirez has a lot on her plate. She is currently a member of two softball teams involved in Pep Club, and also works at Goldberg’s. Ramirez declares, “I basically use up as much of my free time as possible before or after work. I’ll bring my homework and do it during work if it comes down to it.” Although she has a lot going on, she makes time to get everything done, especially her school work.

Ramirez has been playing softball since she was eight years old, and has been a part of the CHS team since freshman year. Not only does Ramirez bring hard work and determination to her team, but she also brings the fun out in things.

“Alexis brings energy and leadership to the team. She talks to every teammate and brings out the best in everyone.” Jordan also recognizes how different it will be next year without her on the team.

“It’ll be much quieter next year, but everyone still has that bond. It’ll still be different,” replies Young. Throughout the past four years, Ramirez has received varsity letters for completing four years on the varsity softball team and a trophy from her recent championship. She has made it known that softball is her ultimate hobby, despite the obstacles she has faced throughout the years.

“The way we can all come together as a team and really help each other out makes it worthwhile. It’s nice knowing you can depend on someone else,” Ramirez said. Alexis and her fellow senior teammates showed a bit of emotion due to it being their last season playing as Lady Eagles, but they aren’t the only ones. “Watching them is a blast. Seeing them grow and mature is one of the greatest parts about being a coach. Watching them leave like Alexis is also one of the saddest times a coach has. I will miss her and the other seniors more than anyone knows,” expresses Coach Ryan Neel.

With all the mixed feelings a senior has to overcome, Ramirez has kept focused and takes things one day at a time.

Suceeding both in the classroom and on the field, Lauren Wegner earns a scholarship to Stanford. Stanford is one of the top softball programs in the US and has been to the Women’s College World Series several times.
1. Watching the yellow highlighter ball, Taylor Corbaley swings the bat. Corbaley has played on Varsity for two years.

2. Eyeing the signs from the catcher, Kailey Meyer awaits the batter. Meyer played on the Varsity team as a freshman.

3. Focused directly in the game, Crystal Carney, prepares for the next play. Carney plays third base.

4. Stealing second, Lauren Wegner slides into the base. Wegner has played on Varsity since her freshman year.

Overwhelmed with mixed emotions before their last home game, Seniors Lauren Wegner, Claire Pooeckes, Aniya Tate, Sydni Nore and Alexis Ramirez pose for a picture with their parents during Senior night. The Seniors received gifts from their teammates as appreciation for their contributions to the team.

"The team was very fun to be a part of and it helped me improve my softball skills." Kailey Meyer (9)

"This season we became stronger as a whole team." Crystal Carney (10)

"Talent may get you far, but confidence is key! I love my softball family." McKenna Corbaley (10)

"It was honestly the best softball season I've ever had. All the girls worked so well together and gave their best effort." Sydni Nore (12)

"I'm so proud of everything we accomplished! We won our first invite in years and I am sad to say goodbye." Aniya Tate (12)

"My experience playing softball has been truly amazing. We formed a bond that I wouldn't trade for anything." Lauren Wegner (12)

"Tate has been playing softball for nine consecutive years." Aniya Tate (12)

"Displaying a bright smile on her face, Alexis Ramirez is ready to make a play. "I have been the catcher since my freshman year, but recently play short stop."
"I had a great time getting to know everyone."
Vanessa Himelic (10)

“It was a good season just getting to meet new people. That was awesome.”
Brianna Rigs (10)

“It was like adopting a new family. Especially after moving schools.”
Zoe Sutherland (10)

“I liked being a part of the team and hanging out with all the girls.”
Makensy Pankers (9)

“It was a great season. Softball is an intense sport, but very fun.”
Nicole Abbott (10)

“Never let the fear of striking out keep you from playing the game.”
Claire Schroder (10)

1. Claire Schroder rushes to second base with hopes that she won’t be tagged out. After batting the players must get to a base before the ball does.

2. Brittni McGuire and Zoe Sutherland go out to the field after a nice inning against Mercy. They gained the lead quickly, and worked hard for a victory.

3. Makensey Pankers patiently waits for the pitcher to throw the ball. Pankers played in the outfield.

4. Anxiously waiting for the softball to arrive, Brittni McGuire is alert and ready for the pitch. She hit the first ball, and earned a double.

Arianah Lee helps out Zoe Sutherland warm up before the game. Both of them prepare to take on their opponent.

Brittni McGuire steps up to plate ready to hit. “Every hit helps towards winning a game. The only thing that is on my mind is getting a hit and getting to base.”

Going in for a hit Savanna Lakin swings toward the ball. Lakin makes it onto first base after hitting the second pitch.
Diving towards the ball, Brianna Riggs begins to warm up. Knowing she only has a few minutes left to practice before the game against Mercy, she prepared the best she could so her team could earn a victory.
Ace the Competition
Central volleyball team priority to improve as a team
By: Arline Nelson & McKenna Paino

Block. Bump. Spike. Score! The roar of the crowd reverberates through the gym. The growing student section attending the volleyball games leads a cheer in celebration. The girls intense game faces portray their concentration and their will to win. Fragrances of popcorn, pickles, and cleaning supplies waft through the air adding to the atmosphere of the game. The close relationships that the girls formed from months of dedication to their team are visible from the stands.

These girls will go to end of the world to bring their team to victory. Isabella Martello, a sophomore, started her second year on varsity this season. She focuses on improving her skills and becoming a better player. One of Martello’s biggest goals is to play at the top of her game every time she is on the court. "Volleyball uses up all of my time," Martello said. Her volleyball fixation began in third grade and she plans on continuing her legacy in college.

Even though Martello plays at the top of her game, there are still moments where things can get frustrating. Some days, Martello feels off of her game, but she never gives up. "I just have to breathe and think through it," said Isabella. Martello was able to do just that and pull through for her team this season.

The girls volleyball team is made up of very different personalities and each girl brings something different to the team. The uniqueness of Central’s volleyball team represents the diversity and acceptance of Central as a whole. "I add spirit," Martello says. The diverse personalities on the team are what bring them together and make the Central High volleyball team unique.

After months of hard work and dedication, all it comes down to is the game and giving it your all. These girls have tried their hardest and represented their school well. In the end, the team brought their ‘A’ game and built friendships that will last a lifetime.

Showing her skills along the way, sophomore Chloe Madigan moves from the court to the field. "Between practices and game it can get crazy at times but its fun and definitely worth it," Madigan said.

Posing for the picture on senior night, the varsity volleyball seniors cherish their last year at Central. "I really look up to the seniors. They’re all so good and they’ve helped me learn a lot this season," says sophomore Chloe Madigan.
1. Seniors Alex Bohn, Aaliyah Dunbar and Amara Meeks all work to save the ball in a game against the South Packers. Bohn set the ball for Meeks to spike.

2. Jumping up for a block, seniors Aaliyah Dunbar and Amara Meeks help the Eagles score a point against Northwest. Blocking the ball is the key defense in volleyball.

3. Congratulating the other team after the game, the Central High volleyball team shows their good sportsmanship. The lady eagles take pride in their sportsmanship and say that it is a priority for them in every game.

4. Serving over the net, Maddie Shafer helps her team score a point against the Omaha South. When a point is gained through nothing more than a serve, it is called an ace.

Celebrating a victory on the first set, the varsity girls huddle together for a quick pat on the back. Noni Henderson, a senior who has been playing on the varsity team since her freshman year explains, "the feeling after scoring a point is unexplainable! I love celebrating with my teammates afterwards!"

Preparing for the serve from the other team, Maddie Shafer, and Amara Meeks, Aaliyah Dunbar plan their defense. Trying to decipher what the opposing team will do always helps.

Preparing to serve the ball, Kennedy Leach takes a breath before setting the game in motion at Northwest High School. This is Kennedy's last year playing for the Eagles.

“The nice thing about teamwork is that you always have someone on your side.”
Noni Henderson (12)

“Our team is very diverse and energetic, but hard working at the same time.”
Kennedy Leach (12)

"Win together, lose together, no matter what we stay together.”
Sydni Lee (12)

"I enjoy volleyball because of my teammates. This year we were all really close.”
Maddie Shafer (11)

"My favorite thing about playing is celebrating with my team after scoring a point.”
Chloe Madigan (10)

"My team is like my family.”
Aaliyah Dunbar (12)
Janae Kmiecik (10) serves the ball at a reserve volleyball game. Kmiecik is number seventeen and has been playing volleyball for Central the past two years.

Melaine Dryak (10), Janae Kmiecik (10), Brooklyn Grixbly (10) and Yaasmyn Spivey (10) run to hit the ball back over the net. The girls on the team have special signals they use to let other teammates know who they are passing the ball to.

The team celebrates a point at the Leap for a Cure game against Mercy. This game raises money to help find a cure for breast cancer. The team raised money by selling shirts, candy, food, and admission to the game.
Callie Watson (9) jumps to set the ball over the net. This is Watson’s first year playing on a high school team. Her teammates and coach are proud of how well she has done this season.

"For the Centarri girls, I know most part we all get along with them by their shoes," Coach Larson said. Larson has his hands full with the identical girls on the Central freshman volleyball team.

Abbi and Alexis Centarri play on the freshman volleyball team. They have been playing volleyball since they were in middle school at McMillan. The girls are very happy to be on Central’s volleyball team. Both girls said it was an honor to have played on such a great team. Even though they loved being on the team together, there are some downfalls to being twins. For example, freshman Georgia Chambers, who plays on the team with the Centarri’s, says "It gets confusing to tell them apart sometimes, because Abbi and Alexis play the same position."

Other members on the team notice how well Abbi and Alexis get along during practice. Chambers says, "They get along alright. They are more head and head then the other girls are. Even if they don’t get along all the time, the girls get along great with other freshman on the team."

"There are always girls who are going to bother you, but for the most part we all get along with each other and work great as a team," said Alexis.

Joining the volleyball team this year has offered them many opportunities to meet new people and make new friends. Teamwork was an important part of being on a team and the twins did a great job setting past their sibling rivalry in order to work together and win games. The season was a long one and it brought many wins, but also losses. However, the season will serve as an experience to their futures when they try out next year in hopes of making the junior varsity team.

They constantly push each other to do better and this has helped their performance on the team. The coach has stated that they usually play all over the court and do a good job. It has been the start of their high school careers and also a mixture of experiences from participating on Central’s volleyball team.

GAME ON GAME OFF

Mallari Hangman is a rockstar on and off the court. Hangman concentrates in school to keep her grades up, and also is one of Central’s most valuable players.
The tennis team excelled at their skills and bonded through friendships

"The most rewarding thing about being on varsity tennis is being with the team," says senior Noah Martinez. The boys are very close with their teammates and describe the usual practice as very fun and entertaining. Noah described his favorite memory during practice, saying that one time the whole team tried to hit Coach Bob Tucker's belly and gave each other points when they did. They joke around with each other, but also work very hard.

Something that the boys agree on is that meeting new people was one of the best aspects of tennis for them. Tennis is where their friendships started and brought them together as one.

As a child, Noah played soccer and baseball, but he first played tennis his freshman year. Martinez said he got his inspiration to play tennis during his freshman year. He started to really develop with the game and enjoyed the summer after his freshman year. "It takes a lot of hard work and dedication to keep that healthy school and sport balance," says Noah. Also, being a senior can be very stressful most of the time.

Keeping up with college application deadlines, scholarship applications, volunteer work, and so much more, Martinez works very hard to maintain that balance.

Tennis is not a sport where you just pick up a racket and be good at it. It takes a lot of practice and hard work. Nevertheless, it is a sport that one can play for the rest of their life because it is very relaxing and has its way of relieving stress.

Martinez said tennis has shaped his future and helped him become who he is. He spoke of the sport fondly as he said he will most likely play tennis for the rest of his life because it's a lifetime sport. He also mentioned that he would love to play tennis in college, but whether that may or may not happen, he will definitely play the sport recreationally. He expressed that he has received a lot out of the experience, from making new friends, with whom he is close with now, to finding a sport he adores and will play throughout the rest of his life.

Off the tennis court, Miles Kay is also involved in Decathlon. "I joined Decathlon because I thought it would be a great way to get involved at Central, and it's a great competition. I love tennis, and I enjoyed playing varsity this year for Central!"
1. Doing something very essential before a game, Matt Burns warms up. In the game of tennis, players switch sides of the court every time the score adds up to an odd number.

2. With some of the team members in front of him, Coach Tucker discusses the previous tennis matches. In tennis the goal of the game is to win enough individual matches to win the game.

3. In a doubles match, freshmen Matthew Stobbe and Miles Kay prepare to return the ball. They were up against Papillion La Vista South.

4. Returning the ball during warm up, senior Ben Pieper prepares to play a doubles match with Senior Matt Burns. Playing doubles in tennis is all about strategizing with your partner to defeat the opponents.

Very carefully, junior Jack Stobbe returns the ball to his competitor. Due to working hard and staying dedicated, Stobbe did very well this season.

Running up to the ball, senior Noah Martinez returns the ball with a forehand. Forehand is a very effective technique in tennis and one of the most popular ways to return the ball to an opponent.

"I think we did really well this season. In my doubles, I had a winning season!" Ben Pieper (12)

"The best part about playing tennis is making new friends and playing the sport." Matthew Stobbe (9)

"I like the individuality of tennis, and how you can build your game over time." Miles Kay (9)

"Tennis is a relaxed sport and it is just overall fun to play." Matthew Burns (12)

"Tennis is a life sport that I will probably be playing recreationally for the rest of my life." Noah Martinez (12)

"I'd say with all the talent this season we had some high expectations and I think we met them." Joseph Ferris (11)
John Godin swings to hit the ball. He has a closed stance while he hits the ball. The most popular forehand stance is the open stance.

John Godin and Thomas Wright warm up for their match by rallying before hand. The team practices together by rallying with each other before they begin any match.

An opponent tosses the tennis ball to Blake Anderson as he gets ready to start the match point. Before a match tennis players spin their racquet to determine who gets to serve first.

The most popular forehand stance is the open stance.

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A Friend of Tennis

Nick Shanahan grows to love the sport
By: Tynisha Newell & Rachael Rief

For student Nick Shanahan, tennis is a friendly sport that serves as a good way to get involved. As a Junior, he joined tennis to get engaged in a school activity. Shanahan has enjoyed the idea of being a part of a team with his friends. At first, tennis was just another extracurricular activity for Shanahan. Later, it turned into a delightful aspect of his junior year.

He enjoyed being a part of the team, and he now looks forward to gaining more experience with tennis. Shanahan joined the tennis team simply intrigued by the sport. "I had a buddy on the team that I wanted to support and that's when I became interested in tennis," said Shanahan. Tennis is an eye opener sport meaning that watching something new can make anyone more interested in playing.

Shanahan's favorite part of tennis is getting to be a part of the team along with his friends. This was one of the reasons he began to play tennis in the first place. Shanahan was intrigued to play because of all the good aspects of tennis that his friends mentioned to him. He explains the joys of practicing with his friends.

This was Shanahan's first year playing tennis, but he enjoyed the sport and wants to improve. The former basketball school football player said he will be gaining more experience before next season. "I plan on playing for a league outside of school. I have never done that before," said Shanahan. Many students know that college ball is a lot different than high school ball due to the amount of fans and stress that comes with it. "I am prepared for what college ball is going to bring me. It is going to be something completely new, even though the game is the same," Shanahan added.

Throughout his first year of tennis, Shanahan managed to find a sport that he really enjoys. "I like to come out and have a great time; not everyone is perfect at tennis, but practice makes perfect." He practices many times throughout the school year to gain new skills that will help him become a better Tennis player. "Tennis is not an easy sport, it is a lot of dedication and a lot of concentration. That is what makes Tennis what it is."

GAME ON GAME OFF

"During tennis I wanted to meet some new people. This was my first year of tennis and I won some matches but also lost some. I think it was interesting to try something new for once," expresses Alex Moffatt.

Joseph Eubanks and Nick Shanahan warm up before their tennis match. During a doubles match the players cover all parts of the courts. One is near the net and one stays back at the service line.
Over Achiever

Sophomore shining on varsity

By: Amiah Roth & Tynisha Newell

The lights shine down, the crowd is cheering and the pressure is on. At age seven, Elijah Wilson started playing football to give him something to do. It quickly caught his interest. He used to play for the Bellevue Junior Sports Association Cornhuskers little league.

Wilson receives a lot of encouragement from his mother. "My mom inspired me to play football. She always supports and encourages me," he said.

This sophomore has already made his way onto the varsity team. Coach Jay Landstrom appreciates Wilson being on the team. "With him being a sophomore, we expect him to do a good job the next two years," said Landstrom.

"It feels good to be on varsity as a sophomore because it doesn't happen very often," expresses Wilson.

Landstrom appreciates how hard Wilson works, and how hard he played throughout the season. "After my first varsity game I realized how hard I have to work to be the best player on the field," said Wilson.

His teammates also value his contributions. "Elijah is cool, funny, and tall. He contributes to the team by being a big play maker on defense," senior Malcolm Montgomery explains.

Montgomery and Wilson have both declared that it always feels good to win, especially during your first year on your high school team.

"My best football memory was from freshman year when we played Papillion South," said Wilson. "I had a blocked punt, two sacks, and five tackles."

Wilson preps for a game by not talking to anybody and listening to music; eventually he's in his own world. His favorite part of playing football is getting to tackle someone as hard as you can and not get in trouble. Then getting to get up and do it again.

"Coach Landstrom helps in a lot of ways. He is a good motivator and helps push me through many of the things that I believe I can't do," Wilson added.

Wilson plans on playing football after high school and hopes for a football scholarship for college.

GAME ON GAME OFF

Demetrice Marable is involved with modeling when he is not on the football team. "When I model I feel like everyone is there to see me and me only. When it's over I just have the urge to keep going. When I'm playing football I get in a frame of mind that no one on the opposing team can stop me," said Marable.

The team huddles together to talk about the results of the game. "Over the season I learned to love these boys. Towards the end of the season, they were all like family," expresses sophomore, water girl, Taylor Skipper.
1. Varsity boys refuse to let the opposing team get a touchdown. "Football teaches you to have heart, strength, and wants. This is a mans game." expresses Xavier Graham.

2. Junior Demetric Marable talks to Coach Ball before he leads his team in the next play. "I was telling Coach Ball I wanted the ball, and I knew I could make a big play in the clutch situation because we practiced for moments like these, all year."

3. Coach Storm congratulates sophomore Conner Pavlik with a high-five after a great play. Pavlik helped his team get ahead in the game.

4. The varsity team runs through a banner onto the field, signifying that it is game time. The team was excited and ready for a win.

Malik Harris and Nick Rock go toe to toe to warm up before the Purple and White game. The purple and white game is the first game of every season to help the team get pumped up.

Eric Johnson and Millard South's Anthony Cloyd, rush down the field trying to support their teams. The two boys went head to head in a match together.

Chad Hooper and Jordan Smith tackle their opponent. They tried to keep the opposing team from gaining any yards.

"At the end of pain, you reach success and that's what this team did. We faced adversity."
Austin Greenfield (11)

"My favorite game of the season was the Creighton Prep game. They're our rival and we won."
Xavier Graham (11)

"There is no other feeling like helping your team win a victory."
Arnell Thomas (11)

"It's not the will to win but the will to prepare to win that makes the difference."
Karon Coleman (12)

"I love football. It's my passion. It's a exciting strategic game."
Kahlil Muhammad (12)

"My favorite game this season was against Prep."
Jordan Flowers (9)
As the ball snaps back to the Northwest quarterback, Central freshman carry out a man-to-man coverage play. Every play is crucial in winning a football game.

Gathering in a team huddle, the Central offense discusses the next play they will execute. The huddle is a great time to recuperate after a long run and discuss strategies to carry out the play.

After a great stop against Bellevue West, the players begin to exit the field. Almost every time a defense stops the offense short of the goal line, it is considered a win for the defense on that drive.
In a team effort to win the game, Central freshman block and run down the field towards the ball. Every player on the team has a specific job, and if that job is not carried out correctly, the entire team is affected.

Tackling His Challenges
Player displays his appreciation and enthusiasm for the game
By: Emma Kinney and Elazhia Gray

Sweat pouring down his body, heart racing, and his muscles aching, sophomore, Corbin Foster experiences these characteristics three times a week after playing during the reserve, junior varsity, and varsity football games. He plays the position of running back and linebacker for both the reserve and junior varsity teams; and on varsity, Foster plays on the return team.

"Corbin is a very athletic and competitive football player. He has a real nose for the ball and has made several big plays for us this season," said Coach Jay Landstrom. "He is a multi-sport athlete and his background in wrestling helps him be a great tackler." Foster has earned this praise from a lot of practice and hard work.

Starting from the young age of ten, Foster has been playing football for various teams. It began simply as a way for him to have fun and get some exercise, but soon he realized that all of the aspects of playing on a team were enjoyable. One of the most rewarding parts about playing football is getting a touchdown and adding points to Central’s score.

Additionally, Foster loves socializing with the other team members. To prepare for games, Foster usually talks with his friend, sophomore Johnny Whelan. Whelan has a good time playing football with Foster and expressed his positive opinion about Foster’s football skills. “He’s energetic and has an easy-going personality,” Whelan said. “It makes the game fun.” This enthusiasm is only a part of what makes Foster such an astounding player.

Foster’s other favorite part about being on a team is his coach, Coach Peter Pham. Foster enthusiastically says that “he has the best play calls; like, he gets them straight off of Madden.” If Foster were not on a team, then he would not have the opportunity to work with Coach Pham, get pumped for games with friends, or even score a touchdown. With no specific goals in mind, Foster plans to continue playing on a football team as long as he is offered the opportunity.

GAME ON GAME OFF

Sophomore Cydell Baker plays for the Reserve football team and also participates in Central’s JROTC program. This balance takes hard work, but he thoroughly enjoys both programs offered at Central.
Raising the Bar

Female powerlifter aiming to be number one

By: Stephanie Sanchez & Christopher Winchester

Sweat beading down her face, her muscles screaming at her to stop, and weight pressing down on her like the sky pressed down on Atlas.

Starting as a sophomore, Brittany Margrave has experienced these three things every time she has competed in a powerlifting meet. As a junior, she is the top female powerlifter at Central, and third in the state as of last year.

However, third in the state is not good enough for Brittany. “I aim to become state champ and to be first in the state,” she announced. However, this does not just happen overnight. She works tirelessly to improve towards her goal of being number one not only at Central, but in the entire state of Nebraska.

On top of working hard, Brittany gets a lot of encouragement from her teammates. “My team members yell in my face, which pushes me to work harder,” she explains. This support and hard work are key factors to Brittany becoming number one in the state.

Powerlifting is an abrasive and cruel sport to be a part of. It is not something one can just enter and expect to get nothing out of. “What makes powerlifting worthwhile is the muscle strength and self-confidence that I get,” Brittany says. These two things alone provide a major sense of accomplishment, on top of being the best powerlifter at Central.

As well as being an abrasive and cruel sport, powerlifting requires someone to try out something new, but it can be a good thing in the end. “Powerlifting has gotten me out of my comfort zone. It is very rewarding,” Margrave announces. This shows that since Brittany tried something new and got out of her comfort zone, she acquired the chance at becoming the top powerlifter in the state.

Deanthony Reynolds is not only a powerlifter, but also is involved in anime club. He uses his skills of strength and creativity to stand out amongst the Central High student body.

GAME ON GAME OFF

With the sight of winning a medal ahead for himself, and a victory for his team, David Denton pushes past the adversity placed before him. Powerlifting is individually competed, but each person contributes to the overall success of the team at every meet that they compete in.
1. Before lifting the weights, Angelica Blazevich prepares herself mentally and physically. Every powerlifter must prepare themselves if they wish to succeed.

2. With the weights pressing down against his body, Spencer Witte pushes with all of his might to overcome the intimidating task at hand. To many powerlifters, there are many obstacles that they must overcome.

3. Pushing up the weights with every muscle, Mayson Schultz defeats the task of lifting them. Every powerlifter must persevere over the tasks set in front of them.

4. As the weights are passed to Tyvon Merritt, he concentrates on the one thing he must accomplish. Anything can sidetrack a powerlifter if they do not concentrate hard enough on lifting the weights.
Sheila Cobb swims to the edge of the pool, ready to do a flip turn and onto another lap. Warm ups are high keys for athletes to get their muscles ready for what’s to come.

While warming up for her meet, Hannah DePriest bonds with fellow swimmers. DePriest has been on the team for three years and has developed a strong bond with her teammates.

Senior Lorenzo Pallotti does the breast stroke at a JV practice. As an exchange student, this is Pallotti’s first year on Central’s swim team.
A Central swimmer ‘flies’ his way to a victory. The butterfly stroke is one of the most difficult to do, but the downtown high school does its best when it comes to difficulty.

Being on varsity swim is quite harder than most would think. Before swimmers get into the water, they do ab workouts, running, and weight training. Warm ups consist of many laps and different strokes. The initial workout includes diving, laps, and races. Therefore, the overall practice can be very time consuming.

“During the season, it takes up most of my time,” said freshman Calvin DePriest, “so it becomes very important in my life.” DePriest has been swimming for a long time. His interest began when he first attended swimming classes at a young age. “I enjoyed swim lessons during the summer, so I decided to keep doing it.” DePriest is one of 15 talented freshman on the varsity team.

“We have a young team with a lot of talented freshman,” said Coach Samantha Zickefoose. Zickefoose has paired up with Mike McGuire to coach the varsity boys and girls teams. McGuire has been coaching the boys group for six years. “His experience helps everyone get better.” Calvin said. With Zickefoose’s three years of swim coaching experience, the two put in plenty of effort to help swimmers improve and have a great time.

Being a freshman on the team, DePriest had some worries. Emily Harwick, a junior, explained that the upperclassmen welcome everyone with open arms. The team is always fooling around. “We do prank each other. We saran wrap people’s cars this year,” Harwick said. She enjoys the fun atmosphere and thinks DePriest is a great addition to the team. She jokingly mentioned that he was cool and had “nice hair.”

The coaches are proud of the effort and time DePriest commits towards the team. Zickefoose mentioned that DePriest is exceptional because he “works hard, shows strong commitment, and always maintains a positive attitude.”

While involved in honors classes, Nicholas Von Oldenburg balances homework, and swim practice; along with managing to make it to State. Von Oldenburg is one of Central’s few dive team members.
We are the Champions

Pouring sweat and giving their all to maintain pride

By: Rylee Bottorff, Diana Castillo, & Shambhavi Paudyal

Wrestling is a sport that pushes an individual to their limit in a short amount of time. Team sports are done together, however when a wrestler is on the mat, it is just him and his equal on the other side of the mat. Therefore, no one is available to accept the blame for a loss. It is just a single wrestler and his capabilities. If he wins, only he will be celebrated.

Wrestling is a sport that makes one realize their weaknesses but also their solid attributes. Ben’s a really good young man. Very nice, hard working, and does well in school,” says Coach Foster about wrestler Ben Kueny.

Ben Kueny, a junior, started out as a fourth grader who just wanted to give wrestling a try when his cousin started the sport. He has been seven years and wrestling is one of Kueny’s favorite things. He described his favorite part of wrestling as saying, “I like the team bonding part of it and we are really close as a team, but I also like to compete by myself.” The key times when the team bonds are during tournaments and competitions. “We just want to do well at districts and tournaments. The team is performing well. We’re heading toward the heart of the season, and I think we’re going to continue to progress.”

Having the team on his side, he works very hard to maintain his form. This is because when it comes to winning and getting better, working hard, maintaining one’s form, and pushing oneself is key. “I like to push myself as much as I can, but there’s also my coach pushing me at the same time,” says Kueny.

Speaking of working hard, Kueny has been pushing himself to the limit because he foresees himself reaching his goal to place in state. Although Kueny will not be wrestling in the future, he plans on making the best of it during his high school years.

Dax Galloway is not only involved in wrestling, but he also plays the cello. He has been playing since the fourth grade and enjoys it.

Planning out his next move, Senior Louden Adkins looks for an arm drag. An arm drag is when a wrestler hooks his opponent by the arm and flips them over onto the mat.
1. While wrestling a Millard North opponent, Senior Isaiah Hall attempts to lift a double leg takedown. In wrestling, a double leg takedown is worth two points.

2. Chaz Brown looks to work the cradle against his South high opponent. A cradle is when a wrestler wraps his arm around the opponent’s neck and the back of his knee.

3. Isaiah Hall locks up a front headlock on a South grappler. A grappler is a wrestler that tries to throw the opponent to the ground.

4. During a match against Omaha South, Shannon Jackson scores another takedown. Jackson finishes his high school career with 351 takedowns and as a State Runner-up.

5. Pinning his opponent to the ground, Corbin Foster looking for one of his 22 falls of the season. A fall is when a wrestler pins his opponent to the ground on his back.

Standing on the side lines of a match, Coach Foster yells moves at his wrestlers. Foster has been coaching wrestling for 17 years.

Chase Phillips gains a reversal on his South high opponent. A reversal is a move used by a wrestler who comes out from below his opponent and then gains control of him.
1. At the Heartland Hoops game in Grand Island against Denver East, Jarek Coles and Tre'Shawn Thurman guard them to prevent them from scoring. Denver East was one of the top teams at the time Central faced them.

2. Though Bryan added two more points to the scoreboard, Austin McGaugh did his best to block the shot. Central was eventually able to even the score.

3. Just as a Bryan player attempts to make a shot, Senior Malik Harris jumps to swat the ball to turn the ball over to the Eagles. With their teamwork and hard effort, the Eagles had another shot at a state title.

4. High in the air going for a jump shot, Tre'Shawn Thurman makes his way to help score against Bryan. A basketball player must be able to jump high in order to dunk, block shots, and shoot baskets.

On Friday, December 13th, the Eagles played against the Bryan Bears. As a player from Bryan attempts a shot, Austin McGaugh puts his arm up to block the shot.
Seniors Rashaud Johnson and Jarek Coles stand alert waiting for the ball to be dribbled down the court by the opposing team. Both Rashaud and Jarek were determined all year to win games.

**Talented Transfer**

First year player shows his skills on the court

By: Dijha Collins & Elazhia Gray

Running up and down the court, shooting the hoop and scoring baskets is not all senior Rashaud Coles does to help the Eagles to victory. Even though this was his first year here, Coles earned a spot on Central’s basketball team.

"Jarek was a good fit to our team," said senior K’Zhan Jererson. "He is a very talented player, school is important to him as well. He builds relationships with his teachers and after practices, he works hard to finish homework. He is a wonderful student, a polite and respectful young man and talented basketball player," Behrens said.

Coles is a transfer student from Michigan South. "I'm glad to have a player who knows Central," Coles said. "I love Central." Coles has been a tremendous addition to our basketball program. We are happy to have him at Central and we hope he is happy with his decision to spend his senior year at CHS," Coach Eric Behrens said.

Coles' dad introduced him to basketball at a very young age. "Since then he has had the dream to play. Coles' biggest pressure is filling big shoes since Central has won state the previous four years. The coach and team have helped him overcome his stress," Coach Behrens is like a friend, you can come to him with anything," he said.

"Jarek was a good fit to our team this year. He is a great teammate and clicked with the team right away," sophomore K'Zhan Jererson said.

Even though Coles is a very talented player, school is important to him as well. He builds relationships with his teachers and after practices, he works hard to finish homework. He is a wonderful student, a polite and respectful young man and talented basketball player." Behrens said.

Sophomore, K'Zhan Jererson plays hard on the court and works hard to volunteer in as many outside community events as he can. "Sometimes I don't even know I'm volunteering."
Shoot for the Stars
Sophomore player working hard on and off the court
By: Emma Kinney, Dijha Collins & Rylee Bottorff

Sophomore Alex Bartle, remembered for his fire red hair, is the shooting guard on Central's reserve team. This is Bartle's first year playing for Central, but he has played basketball for almost seven years. He started when his friend's dad asked him to play. Bartle played on a YMCA team from age ten to twelve and played basketball in middle school at McMillan.

Bartle has a full schedule of honors classes, along with practices for football, basketball and baseball. Bartle balances all of these activities by getting all of his homework done at school. His role model is his dad because he works hard and always encourages, motivates and supports his son to do his best.

Before a game, Bartle listens to music and stretches to calm his nerves. His strengths are passing and shooting while he needs to work on dribbling.

"Alex is a great example of a student athlete, maintaining a GPA of a 4.2 while still participating in sports," said coach Scott Rice. "He is taking six honors classes, plus practices and games; this makes for quite a bit of work on his part. He is an extremely well conditioned athlete, and he works very hard during practices."

One of Bartle's closest friends on the team is sophomore Patrick Carter. Carter agrees that Bartle is a good team player who passes a lot. He makes the sport fun because of how well they work together. Alex is funny and always determined to do his best and to win the game."

Before a game, both boys will go to Subway to get a sandwich. Outside of Central, the two hang out often because they both live in Dundee. They will go to the AV Sorenson Library and play basketball in the gym, and they also go to the boys varsity games to support their upper-level teammates.

In the future, Alex hopes to go to college to get a degree in social science or history because he loves both. Bartle hopes to continue playing basketball and work his way up to play for the varsity team. His advice to any incoming players is, "work hard and to not be afraid to try out because the game is worth all of the hard work and practice that you put in."

GAME ON GAME OFF

Sophomore Patrick Carter shows his love of basketball on the court, and off the court. Off the court, Carter also participates in Central's math club.

Playing against Millard North, Philip Mason dribbles the ball down the court in preparation to pass the ball to a teammate. Basketball is a game that cannot be won by a single player; it's a team effort.
1. Isaiah Chandler jumps up to dunk against the Thunderbirds, adding two more points to Central's score. Being able to dunk in basketball is a very useful skill to a vast majority of players.

2. Central players block a basket shot by a Papillion-La Vista team member. Each player must be good at both offense and defense on basketball.

3. Playing defense, Keondre Spivey attempts to block the ball. He leans in that stance so that he is able to quickly move left, right, or go front or back.

4. Marcus Polk shoots a basket from the free-throw line. If a player can master the free-throw shot, then they can score for their team every time they are fouled upon.

5. Phillip Mason dashes down the court in hot pursuit of the ball. A basketball player must have both skill, stamina and speed.

Looking for one of his teammates to pass the ball to, Cole Uhlig dribbles the basketball towards the opposite net. Uhlig channels his love for the game onto the court each time he plays.

As the defenders attempt to block the ball, Keondre Spivey prepares to heave the ball towards the basket. Shooting under pressure, in some players, can bring out their best shooting skills.
Eleix Martínez prepares to pass the ball. Even though the season ended earlier than the team had hoped, the girls still stayed positive. "Our goal next year is to win state and that is what we are focused on," Martínez expresses.

During an away game at Benson, Tiani White looks for an open teammate. She defends the ball so the opponent does not steal it.

Junior Megan Gamble grabs the ball before it rolls out of bounds. At this agonizing moment, Tani White hopes that Gamble snags the ball.
Like Father, Like Daughter

A passion for basketball shows on the court

By: Amiah Roth, Elazhia Gray, Bri'Jae Littleton & Alexandra Everitt

Elexis Martinez dribbles the ball down the court. She runs with all of her might in a race against both the clock and her opponents. The ball is no longer a piece of equipment; it is now part of her body as it nails the ground and reverts back to her hand as if it were large, orange yo-yo. As the basket quickly approaches her, she prepares to shoot. At the last second, as if she were going to run out of bounds, Elexis hears the ball into the net and adds two points to Central's quickly expanding lead with a layup shot.

The long week spent staying after school for hours each day practicing, the additional practice put in outside of school, and the stamina and effort put in to just this one shot pays off when the crowd cheers and your teams score continues to skyrocket.

The effort that the junior puts in to playing basketball reflects her passion for the sport. "Basketball is what I love to do more than anything. It is my passion, which makes it my motivation," she states. This motivation, she hopes, will someday lead her to earning a scholarship and being able to attend a college where she can continue her passion of basketball.

Her appetite for basketball appears to be part of her genetic makeup as her father and her share this motivation and love for the game together. She describes her father as "A basketball legend who has played against many NBA greats. I've been in love with this game ever since he put a ball in my hands." From her first touch of the rough-surfaced, round ball, Martinez was destined to be great.

"Lexi is a strong leader on her team," Coach Danielle Brandt boasts of her. She is vocal, encouraging to her teammates, and she is always ready to step on the court and contribute." Praise seems to be the only thing that she receives from the fans, her family, teammates and coach. She is always prepared and nothing can stop her drive and passion to play basketball. She will always find a way to represent on the court.

GAME ON GAME OFF

Asya Beasley dominates on the court with her basketball skills, but when she's off the court, she spends a vast amount of her time volunteering. "I try my best to be good on and off the court with my passion for volunteering!"
Sky is the Limit
NeTanya Harris takes on Central's court

By: Tynisha Newell & Rylee Bottorff

"When I was in the second grade I hung out with all of my male cousins and they always played basketball. After teaching me the basics of the game, I started playing at my elementary school, Saint Cecilia," expresses sophomore NeTanya Harrison. Ever since then, Harrison has been playing basketball. Her mother is her biggest supporter, as well as her summer coach, Daniel Roddy.

Harrison plays for the JV team here at Central. "So far it feels pretty good. I am hoping to end the season with more wins for the JV team," said Harrison.

"She's confident with basketball and she works hard to put herself in positions that will help her team be successful," said Coach Danielle Brandt. She balances school and sports by staying organized and switching gears fast after practice to get both jobs done. "If possible I try to complete half of my homework before practice so the other half after.

Harrison also plans to play basketball in college at Baylor University. In the seventh grade, she went to Final Four in San Antonio with her mom and watched them play. "I instantly fell in love with their team and how they work with their coach," she said. Brandt said Harrison is a natural leader, and her ability to motivate, challenge, and encourage her teammates is one of her greatest contributions to the team. Everyone agrees that she has a bright feature ahead of her and is going to make something out of herself. They are prepared to see her on the varsity basketball team next year.

During her years at Central she has always played on the JV team.

"When I played my first game as a freshman, I was nervous, but I did what I had to do," Harrison said. "I ended up scoring eight points during my first game!" she added.

Harrison enjoys basketball, but she is also involved in many different activities. "I am involved in Tennis and a College Preparatory program. Education comes first in my life," Harrison expresses.

Basketball can teach many lessons showing it is more than just a sport. "Basketball has taught me to be a leader and a team player," she says. "I am happy that I am a part of this team. It is making me the person I am today."

GAME ON GAME OFF

Antigone Falkner, a sophomore, excels both on the court and in JROTC. Each activity requires a vast amount of additional work outside of regular school hours.

Brooklyn Grisby runs along side one of the Millard North players attempting to steal the ball. Grisby pushes and blocks the Millard North player trying at least slow her down as she approaches the basket.
Taija Sanderson goes in for the layup and ends up scoring for her team. One of the trickiest parts of a layup is mastering hand, foot, and eye coordination.

Antigone Falkner shoots at the free throw line, making a total of two more points for the Eagles. They ended up going on to beat Papillion-LaVista.

LaTasha Baker gets the rebound and dashes down the court with the ball. All of her teammates were determined to make sure that the opponents did not catch her.

As the Benson girls follow in quick pursuit of Ciara Sledge, she weaves her way down the court towards the basket. Being one of the fastest runners on the court can become a great advantage.

Lexia Hamilton attempts to find a teammate to pass the ball to. LaTasha Baker comes in to try and get open so that Hamilton has someone to pass to.

Arriya Williams dives for the ball, attempting to save it from going out of bounds. "I felt like I saved a life going for that ball like that," Williams said.

In a heart pounding moment, Taija Sanderson crosses three of the Papillon players. After passing the opposing players, Sanderson plans on scoring with a layup.
"Being on step team the past four years has been the time of my life. We are crazy around each other."
Elazhia Gray (12)

"I have gained new stepping skills thanks to my squad!"
Brooklynn Roberts (10)

"This year was really fun. I enjoyed entertaining the crowd."
Makayla McDonald (12)

"I love my step sisters and brother!"
Jalya Valentine (11)

"What I like about step team is that we're a big family and these are friendships that will last a lifetime."
Antoinette Herbert (12)

"Getting to meet new people and form new relationships was great this year!"
Jameatiea Barnes (10)

The Step Team performs their solo part of the surprise Collaboration performance during half time. "This performance was a huge success. Step, Cheer and Pom kept this a secret and we worked hard together to get this accomplished. We started a tradition!" states senior captain Ashley Swift.

Senior Augie Welch prepares to perform their next routine at the home basketball game. He enjoys showing the crowd some of his own signature moves.

Performing their first routine of the year, the Central Step Team, pumps up the crowd at the winter sports pep rally. "We did such an amazing job with only having a few weeks to get new and old steps taught to the new step team members."

1. Performing their solo part of the collaboration performance, the team shows out and engages the crowd. The main goal of Step Team to engage and excite the crowd.

2. During the Pep Rally, the step team yells loud and proud their CHS Signature Step. This step has been performed at least once a year.

3. Captain Destiny Epinger and Co-Captain Ashley Swift leads the team while performing during half time. "Being co-captain has shown me how to be a leader and responsibility," expresses Ashley Swift.

4. Waiting for the next command, the team stands in position ready for their next big move. The Captain must know the routine the best out of the entire team because they will give the next moves.
As the step team perform one of their amazing routines; Destiny Epinger, Elazha Gray, Lyric Johnson and Makayla McDonald flip their hair with attitude to the opposing team. The team shows that the Central Eagles are not afraid of a little challenge.

When half time begins for home basketball games, the crowd gets a bit rowdy. Everyone is ready for the step team to perform their routines. As they begin to stomp their way onto the middle of the court, anticipation flares through Destiny Epinger, the step team captain. This is Epinger’s senior year at Central High. She has been on the step team since her sophomore year and captain for two years.

Being captain seems like a lot of responsibility to have, and could get frustrating at times, but communication is key. “It feels great to be captain because it is a great experience,” said Epinger. “It lets me know it will be easier to be in charge of something in the future; like a CEO for a job. Both years of being captain has been a lot of my plate, but I can’t complain! Being the Captain has showed me how to be a leader.”

Epinger says that leadership is an import role to have in life.

Stepping is the only form of dance Epinger does. “I have never been interested in other dances such as ballet or tap because it is not my style of performance.”

“Plus, my family was not into all of that,” she added. Her sister Chelsey has been a big influence on her stepping career because she was a stepper when she attended Central. “My sister was on the step team her sophomore through junior year. I thought it would be a good idea to join the step team since I am good at catching on to things such as steps and dances.”

Though step takes up some of her free time, Epinger has other hobbies as well. She enjoys singing and she is an exceptional poetry writer. With her help, the step team has progressed since it first started. They have made up better dance routines, received exceptional uniforms, gained more members, and a set sponsor. “I believe we are recognized more”, says Epinger. “People respect us and appreciate us more for putting on a great show for the audience.”

Epinger also has set future goals. “I plan to go to college and may be sophomore year I will join a sorority so that I can continue to step.” She also adds, “I really do love my team, and I have learned a lot with being on this team for the past three years.”

GAME ON GAME OFF

Senior Ashley Swift performs on the Step Team during halftime at home basketball games inside of school, but outside of school she takes time to work with kids at Pump It Up.
As the Pom Squad finishes their last move and runs off the field with applause from the entire audience, the squad takes it in, with sweat dripping down and a smile on their face. Junior Alyssa Smith has been on pom since she was a freshman. The past three years she has formed a bond with these young ladies and grew to love them. "They are like a big family to me. I spend a lot of time with them," Smith says. Her coach is like her second mom and every performance is like family time.

Pom isn't all about the performances, the stress that comes with it is great; early morning workouts every day, practices in the summer, and long runs to condition her body to the hardships of dancing. The squad is supposed to be a role model for the school, showing off their spirit and hyping the crowd up at games.

Next year, she hopes to be one of the squad captains. "I want to be like my sister who I looked up to when she as a cheerleader. I want to be someone that the rest of the team looks up to or goes to when they need something."

Whenever you need a pick-me-up, she's the perfect person to go to. She's got a rare personality that makes it impossible not to love her," said junior teammate Emily Tommes. One of Smith's other goals is to help the girls balance their struggles with pom and school as well as she does.

Though the tedious and repetitive motions of dancing the same part over and over again until it is perfected, she finds the practice and the hard work worth it when she gets to give her all on the field or the court. When times are hard and she feels under, Smith turns to her teammates who are like her sisters. They help pick her back up. The team relies on each other for getting the movements right and for timing.

Pom squad's coach, Katy Bezy encourages the girls to have fun and to let loose in their performances, "When they perform I tell them to have fun and to let loose in their performances, "Dancing til they drop, the pom squad performs at a football game. "It has made me learn to keep my priorities straight. Pom keeps me very busy, but it's worth it," said Emily Mayberger."

"Working hard every day of her life, sophomore Hannah Kirby focuses on dance but is also on student council. "The team is my family and we support each other in everything," said Hannah."
Performing at one of the first basketball games, the pom squad shows off their moves for the crowd. "I have made a lot of new friends and new experiences," said Emily Mayberger.

Preparing for a basketball game, Alyssa Smith makes sure she has all the techniques down. The dance team performs at every home basketball and football game.

The squad has attitude while posing at the end of one of their routines. "Our team has been through a lot this year, but we came out better," said sophomore Abby Suey.

Performing at the fall pep rally, sophomore Hannah Kirby leads the pom squad in their first dance of the year. "We are a family full of ups and downs. Nothing can get between us," expresses Kirby.

Listening for the start of the music, the Central pom squad stands in their positions and reviews the moves in their heads. During the month of October, pom squad used pink poms and bows in honor of Breast Cancer Awareness Month.

Showing off their technical skills, Ammy Wertheim and Libby Bullerdick perform under the lights of the football stadium. The squad performs their routine in the center of the field.

The pom girls perform their new routine at a basketball game by adding in unique hip-hop dance moves. The girls add flair to different dances, making each one different.

"Pom has allowed me to grow as a person and a dancer." Emily Mayberger (10)

"Pom has helped me become a better leader. It is fun showing the crowd our spirit!" Hannah Kirby (10)

"We work well with each other because we have grown to know one another." Mary Bullerdick (11)

"Being in Pom has shown me that we really are a family." Anna McCann (9)

"One squad, one unit! This is what reminds me of my Pom Squad family." Abby Suey (10)

"Pom is just like a big family dancing together." Laura Foekes (10)
Alexis Johnson (10)  
“Cheer has made me the dedicated person I am today.”

Tanzania Givens (12)  
“So far cheer has been a fun experience.”

Cynthia Ordonez-Martinez (10)  
“The team is like my second family.”

Mariah Abney (9)  
“I love cheering. It means the most to me. It keeps me busy and it’s my favorite thing to do.”

Kayli Bighia (10)  
“You have to be the peepiest. It’s not the easiest to lead the school, but it’s fun.”

Courtney Klare (11)  
Quashayla Perez and Christina Remijio show their silly side during a cheer at a basketball game. The girls show their team spirit through their dance moves.

Sydney Halonen shows her smile at a home football game during Halloween. The cheerleaders dressed in extra accessories for the game that took place on Halloween.

To pump up the crowd for the upcoming sports season, the girls cheer at the winter pep rally. “I honestly couldn’t imagine how my high school life would’ve been without it,” said Dominique Cook.

1. Getting the crowd excited at the annual winter pep rally, Makayla Walker leads a cheer. “It shows school spirit and I get to be with my close friends while doing something I enjoy,” said Abby Callahan.

2. Dancing at a football game, and freshmen having a blast at their first Central football game. “It’s definitely time consuming, but it keeps me busy and involved,” said Dominique Cook.

3. Preparing for the football team to make their appearance before the game JV cheerleaders perform the school song. Mary Winekauf states, “You get really close with the girls and have a lot of fun.”

4. Showing their school spirit during halftime at a basketball game, varsity cheerleaders form a C with their poms at the ending of their cheer. This has become a tradition at games.
The cheerleaders get the crowd going by dancing to a song. "My favorite thing about cheer is how the squads are like a community and how we can contribute to the community of Central and just show spirit," said Teresa Statnysy.

The hours of doing homework for IB classes and practicing to perfect a cheer routine keeps senior Sydney Peterson’s schedule packed full. "Though it gets stressful at times, the feeling of perfecting a routine, or being able to lead the crowd, or even just getting to spend time outside of cheer with the girls makes it all worthwhile," she said.

Her favorite sport to cheer at has been basketball, especially the state tournament in Lincoln. "It is so much fun and there is always so much action going on," says Peterson. Even though this is her last year, she has always been able to live her dream. "Ever since I was young, I have wanted to be a cheerleader," she expresses. "I used to cheer at Palmer when I was little, other than that, I danced for twelve years before high school."

Due to her four years in the cheer program, Peterson has made numerous friends. "This is one of the things I will miss most about Central. It is hard knowing this is my last year." Along with the friends that she has made while in cheer, cheering for the Eagle basketball team is another thing that she will strongly miss from her time as a Central cheerleader.

As time winds down on her high school career, Peterson has achieved her dream of being a cheerleader, while concurrently earning her IB diploma. To all girls who wish to be like her, she states, "Do not be shy. Also, practice makes perfect. Put your whole heart into it no matter what." For over a decade she has prepared to be a cheerleader, and now she has gotten to live that dream for four years.

GAME ON GAME OFF

Teresa Statnysy shows her dedication to Central High School through involvement in school activities. As a cheerleader, IB student and president of FBLA, Teresa has her hands full.


COACHES CORNER

"I enjoy coaching because I get to meet new students. It gives me an opportunity to help students set goals, challenge them during training, and best of all, I get to see their hard work pay off!"
-Coach Barna
Second Row: Shannon Dillman, Tincia Joyner, Madison Craig, Yessica Aguilar-Pina, Averie Lynnell, Olivia Larson, Tessa Harlow, Hannah DePriest, Ann Mikkelsen, Brianni Jones, Grace Tuttle, Syranda Poole, Charity Perkins
Third Row: Trent Lodge, Margaret Winton, Aisha Udofia, Alexandria Bradley, Oluwaseni Adekunle, Barbara Mullen, Madalyn Buller, Hannah Peterson, Maureen Bigby, Madeline Badura, Alexis Grenfell, Brandon Skocz

Senior Football: Front row: Jeremiah Johnson, Christopher Del Rello Otero, Tyvon Meritt, Marquette Dixon, Eric Johnson, Kahlil Muhammad-Allen, Shanon Jackson
Second row: Michael James, Chad Hooper, Issiah Hall, Keith Tooley, Deonte Dupree, Connor Hanson
Third row: Connor Kell, Christopher Carter, Skyla Dowd, Ethan Tweedy, Noah Gauff, Aztez Tolbert, Karon Coleman
Fourth row: Brandon Williams, Malik Sams, Cameron Dorsey, LaTrell Jameson, Malik Harris, Ronald Blue

COACHES CORNER

"The Central girls Cross Country Team is the true definition of a team. They supported each other and were thoughtful towards one another. They truly valued each other as a teammate. This is why I enjoyed coaching Cross Country."

-Coach Grenfell
Varsity Volleyball
Front Row: Avery Brown, Kennedy Leach, Taesha Rideaux, Alex Bohn, Isabella Martello.
Second Row: Claire Bexton, Chloe Madigan, Sydni Lee, Maddie Shafer, Hayley Olson.

Junior Varsity Volleyball
Second Row: Bella Mancuso, Megan Ruckman, Kia Scott, Hayley Olson, Yaaasym Spivey, Taesha Rideaux.
Third Row: Melanie Dryak, Gabi Leiferman, Chloe Madigan, Elise Saniuk, Marybeth Holen.

Reserve Volleyball
Front Row: Brooklynn Grixby, Ann Milroy, Yaaasym Spivey, Bella Mancuso, Janae Kmieciik.
Second Row: MaryBeth Holen, Megan Ruckman, Gabi Lieferman, Elise Saniuk, Melanie Dryak.

Freshmen Volleyball
Front Row: Jakiera Adams, Ana Ketzler, Alex Ketzler, Jazlyn Brown.
Third Row: Emily Gillespie, Georgia Chambers, Mallari Hangman, Brent Larson.

COACHES CORNER
"Coaching both the girls JV and Reserve teams this year was a challenge, but seeing the progress of each of my players and the team chemistry as a whole has been very rewarding."
-Coach Morley

Boys Cross Country
Front Row: Alexander Tollinger, Colin Lefebre, Calvin DePriest, Joseph Saniuk, Grant Burbach, Enelzo Salado-Ramirez.
Third Row: Elliot Evans, Alexander Martin, Chase Davis, Justus Henderson, Corey Finnigan, John Morley.


COACHES CORNER

"The Softball program was successful because of the support and hard work of each individual. This group of girls is the reason I coach and I am truly inspired by them."

-Coach Mohr


COACHES CORNER

"Coaching Swimming at Central has been one of the best things that I have gotten involved with while being a first year teacher. I plan on coaching swimming again next year and growing as a team."

-Coach Danielson

Step Team

JV Cheer

Freshmen Cheer
Design your future
During the I Hate Shakespeare matinee, Javier Hernandez and Joe Ferris fight. Othello and Lago fight over Desdemona's death in the reenactment of Othello as a Jerry Springer episode.

2. Auditioning for the role as the mime and as a chorus member, sophomore Jacob Murray reads a scene from Once Upon a Mattress. "I suggest anyone, from any background/nationality should participate in this department." Murray said.

3. Luke Gregorson, acting as Prince Dauntless, performs a solo. This is a part of music in which it becomes an individual activity.

4. Gina Comstock reinvents the character of the princess and the pea. Princess Fred climbs the ladder to her bed.

5. During one of the final scenes of Once Upon a Mattress, Gina Comstock sings along with other members of the cast. Countless hours are put into creating a play.

6. In his role as "Unhappy Audience Member," Nicholas Hernandez hugs the doll that represents King Hamlet in the Hamlet parody scene in the play.

7. Juliet, played by sophomore Kathryn Bohn, lustrs after the man she won.

The Dating Game featuring also Romeo and Paris.

"It amazes me how incredible this department really is, from the actors, to the sets, to the costumes, and the history. This is such a big part of my life, and I really don't know what I would do without it."

-Jacob Murray (10)
Eagles give their all in *Once Upon a Mattress* and *I Hate Shakespeare* performances

Richard Gerbeling hides behind a chair in the play *Once Upon a Mattress*. *Once Upon a Mattress* was first opened off-Broadway in May 1959.

Senior Javier Hernandez and Juniors Melissa Comstock and Joe Ferris get in character to dissolve their feud in a mock episode of *Jerry Springer*. Unfortunately there was more disaster than dissolving.

Javier Hernandez plays a jester in the play *Once Upon a Mattress*. Javier came to Central as a junior and has played a key role in the drama department.

Daniel Hangman and Erin Budesheim perform on stage during the *Once Upon a Mattress* play. Each actor and actress must put in hours to memorize their lines, go to rehearsals, and to partake in the play.
Rhythm of the Eagles

Students express themselves through various forms of music

Asked to play at Jacqueline Sanchez’s quince, the Central Orchestra prepares to perform. “They did such an amazing job! They had the crowd in tears during the entire performance,” Sanchez said.

While warming up with the class, Mr. Brad Rauch demonstrates a chord. Students taking a guitar class will learn the basics of guitar playing and how to read different notes.

After the A-Capella performance, Lyn Bouma, choir conductor, shows off her students. Bouma has been the conductor for Central for 21 years.

Watching the director, Elizabeth Ronsiek practices the bass. Ronsiek is one of the five students who play the bass.
Musical Outlets Inspire Students

"Throughout my musical career at Central, I have had great teachers who have inspired me to pursue a choral career in college. The Boumas, Mrs. Cowan, and I have developed a strong relationship and I am thankful for it."
-Jory Boynton (12)

"Guitar is by far my favorite class because it lets me express myself in a way that none of my other classes do."
-Audrey Hughes (10)

1. At their Winter Concert, Mr. Bouma and Mrs. Cowan accompanies the choir. "Music is teamwork," Cowan said.
3. Rehearsing for an upcoming concert, Brianni Jones and Micah Martin watch Mr. Wilger for directions through the song. Orchestra performs a fall, winter, and spring concert, as well as Graduation and Roadshow.
4. Checking the positioning of her fingers, Julie Christensen practices the different chords. The most basic chords for guitar are E, A, B, D, G, C, and F.
5. During their winter A Cappella concert, Grant Koch, Megan Troia, and Morgan Fields sing "Sleigh Ride". A Cappella members must participate in one concert per quarter. Roadshow, All-City Choral Adjudication, and a District Music Contest.
6. During a group rehearsal, Claire Begley, Alexia Childers, Melissa Comstock, and Aidan Hay practice their harmonies. Harmonies are one of the most important elements in music due to the emotion, texture, and richness to added to the song.
7. Reciting a piece for the spring concert, Dax Galloway studies the sheet music. The cello is the second largest instrument of the string family.

"Music is not only enjoyable, it's really useful. I know that wherever I go in life I can use the skills I developed at Central in music, not just in singing but practical application and working with my peers."

Emily Bell (11)
1. Mr. Jimmie Foster directs his students as they dig into each other's food dishes for their annual heritage food day.

2. Ms. Brigid Freymuller teaches several Latin classes at Central. She enjoys giving oral presentations to the class while using the smart board to give students a visual and verbal representation for the lessons.

3. Students in Foster's Honors Human Geography class talk amongst themselves as they enjoy the food brought by their classmates.

4. Senior government student Cameron Coleman studies hard in order to ace his midterms.

5. French students in Micah Ringlein's class decorate their classroom in celebration for Mardi Gras.


7. French student Emmaline Sabin hangs traditional beaded necklaces on the Mardi Gras wall.

"Taking a language is important. I take Spanish because it is like America's second language so I know it will come in handy later in my life."

-AMIAH ROTH (11)
Golden Center of Intellect
Diversity from around the world

Students of Jimmie Foster's Honors Geography class celebrate their annual food day. Every year the students are responsible for bringing a food that represents a part of their heritage.

Excitingly, sophomore Morgan Hop'gu presents one of her family's traditional dishes. Once the whole class was able to taste it, everyone wanted a copy of the recipe.

Teacher Rod Mullen, annually dresses up in his Dashiki to celebrate his heritage. As a teacher of African-American History, he enjoys sharing this tradition with his students.

Getting in the Mardi Gras spirit, senior Teresa Stasny helps decorate the seasonal wall for French Class. She explains, "I found the mask in the box of decorations, it's cute so I just put it on!"
Sculpting a Bright Future
Central students apply their creativity to the real world

Students work hard on classroom projects before the class period is up. Central is full of hard working students and teachers.

Demonstrating his cooking skills to his other classmates, junior Kelan Jones helps cook a dish in a Culinary class.

Senior pottery student Caitlin McGee works hard in pottery class making her vase.
1. A pottery student molds clay together in order to finish making her pot.
2. Mr. Haggard shows his class how to properly make the next project.
3. Sophomore Alexys Townsend is being very careful to not mess up her lines on the piece of fabric she is using to practice on. One little mistake and Townsend would have to redo her work.
4. Child development student junior Tre’shaun McGlon-Hollie practices taking care of his baby before he takes it home. This was Hollie’s first time caring for an infant.
5. Junior Art 3-4 student Citlay Garcia admires her own art work with her teacher. Garcia put in a lot of hard work and dedication to get her work to perfection.
6. Computer Graphic Design student Christian Harmon works on a poster of Downtown Omaha. Harmon made sure that he contributed all the elements he needed to represent Omaha.
7. Junior Ashley Landrum practices how to put a diper on a baby efficiently. Landrum struggle at first, but after a lot of practice, she nailed it.

“I really enjoy creative textiles. It gives me the opportunity to express myself and become more creative.”

-ALEXYS TOWNSEND (10)
1. JROTC members hold their trophy after winning at a competition.
2. Freshman Alex Ketzler stands tall as she waits to be inspected. This is Ketzler's first year on JROTC.
3. A student prepares to serve the ball under-hand in a volleyball game during gym class. Gym incorporates a wide variety of sports into their curriculum.
4. Getting into teams, students prepare to do their gym activities. Gym isn't all about working out and running, you often play games.
5. While preparing for inspection, The Company Commander leads the JROTC crew. Inspection is an important part of JROTC. It helps them do better and fix their mistakes.
6. Freshman Calvin DePriest gets ready to serve the ball to his partner during gym. DePriest is involved in many sports, so gym and exercising comes easy to him.
7. During a ping pong match, John Kandaru hits the ball over the net. Ping pong is a sport that originated in China.
8. Danielle Jorgenson briefs her battalion during class. Briefing is talking about upcoming events and competitions, as well as talking about what needs to be done for inspections.

"My experience in JROTC has been amazing. The program truly motivates people to become a better person. It helps you build leadership skills and achieve your goals. It pushes you to go beyond your limits and pushes you to do your best."

-YAEL CALDERON (11)
Students share their attitudes toward physical education and JROTC.

Sophomore Rosa Ixcoy Garcia serves the volleyball while in gym. Gym is a great way to get in shape during school.

BATTALION CDR AND STAFF

Getting ahead in the game, Anna Pieper bumps the ball to the other player during gym class. Pieper is a sophomore who has played two years of volleyball at Central.

ROTC members wait for their next command. While waiting, the members stay focused to make sure that everything goes correctly in their performance.

Marching in line, JROTC members compete at Battalion Lu Vista South High. JROTC has won many awards and trophies.
Above and Beyond
Striving for academic excellence by participating in special programs

Taking part in classroom activities, freshmen Andrew Kreifels and Fatima Fonseca play a vocabulary game.

Senior Melissa Jun participates in the activities of the OPS sports classic by playing basketball.

Junior Victoria Manus stuffs Valentine’s Day bags with candy and Valentine cards along with student council.
1. Megan Townsend works with her students seniors Edgar Jacinto and Rachel Docken on vocabulary by playing word games.
2. Participating in a trust exercise at an IB summer camp, classmates and a teacher reach out to help senior Amanda Huck walk across a log.
3. Carrying boxes of food and resources, junior Brittany Margrave helps with other IB students after the tornado in Wayne Nebraska.
4. Using her classmates assistance, junior Lindsay Barnum balances as she walks across a log at an IB summer camp.
5. One of the student council members junior Jared Givens helps senior Edgar Jacinto sort out Valentine's Day cards. The student council and Special Education students held a Valentines day party.
6. Preparing food for Wayne, Nebraska tornado victims, IB students do everything they can to help out as many families as possible.
7. Sophomore Jacqueline Peck helps out at the Special Ed and student council event for Valentines day and works with Abby Plato who happily smiles for the picture with all of her Valentine's Day cards.

"IB is very challenging. We have to write an internal assignment for every class, even math not to mention 50 hours in creativity, action and service."

-Sushmita Adhikari (11)
1. Students in Greg Sand's E-math class participate in a competitive card game. Card games such as this one engage students to get more interested in math.

2. Students Elexis Martinez, Alex Ascencio, and Drew Barnhart act out a scene from the Scarlet Letter. Acting out a scene is one way that English classes at Central bring books to life.

3. Grace Tuttle and Margaret Mazariegos-Sanchez filter different chemicals during a lab in an honors chemistry class.

4. Students Cole Flores, Tommy Black, and Cherezetta White perform another scene from the Scarlet Letter. The Scarlet Letter is a book read by many juniors here at Central.

5. Performing as a group, Liam Corcoran, Queren Panameno, and Adrian Carpenter help clarify what is happening in the Scarlet Letter. Students get to enjoy books more often when they are able to experience them in a different way from the average norm of just reading them.

6. Naomi finishes up her lab and writes her lab conclusion on the computer. Chemistry labs are long and usually last 2-3 periods.

7. Janelle Meyer and Mackenzie Sempak use a dropper to pick up certain chemicals as part of an honors chemistry lab. Many different materials are used in chemistry labs.

"Chemistry shows how the world works and how amazing the world really is."
- Jack Erikson (10)

"Reading, writing, speaking is something the world needs all the time."
- Elexis Martinez (11)

"English is important because life wouldn't be right without being able to read and write."
- Jalyia Templeman (11)
Calculating, Experimenting, and Writing

Math, Science, and English students learn skills for their lifetime

Different chemicals are being filtered through a funnel. This was part of a four-day chemistry experiment in an honors chemistry class.

Mr. Sand teaches his E-math class how to play an interactive and fun math game. Sand has a way through his enthusiastic voice and varying body motions to make a math class entertaining.

E-math students sit across from each other to face off in a game of skill and mind. E-math is a great class for math-lovers to get more chances to use math in a more creative way.
DECA is a program that was established over sixty years ago. It has helped prepare students to become great leaders and entrepreneurs. It is a global organization that helps students express their learning style and discover their interests. Members of DECA get the opportunity to travel and compete against others who are in DECA. DECA is currently led by Harry Gaylor and Vicki Wiles and is a fun filled learning experience.

Marketing students head to Milwaukee, Wisconsin for Central Region Leadership Conference to declare their DECApendence.

Students visit New York to discover the fashion marketing world.
ANIME CLUB

This is a club where students can watch and discuss anime. They give their opinions, draw, and play anime card games such as Pokemon. Generally, this club is fun and is used to show new anime to people who are interested in it.

African American History Challenge

African American History Challenge was created by the 100 Black Men of America, Inc. to enhance the study of African-American history. The goal of this competition is to encourage pride, self-worth, and an appreciation of the African-American legacy and culture in Omaha Youth. Oluwaseni Adekunle, Connor Grossehme, Antoinette Herbert, Danielle Jorgenson, Rachel Pruch, Monica Sheirdan, Mecca Slaughter, and Song Zheng competed against eight high schools in this year's competition.

ACADEMIC

Academic Decathlon students spent fall semester studying the theme of World War I. "An advantage was that students had two school-sponsored opportunities to visit the nation's World War I Museum and the Liberty Memorial in Kansas City," the sponsor, Victoria Deniston-Reed, said. The competitive team did exceptionally well in the Super Quiz over WWI history at both regionals and state finals and took home the third-place trophy for large schools in the state. Students earned a number of individual medals as well.

DECATHLON

Rachel Pruch, Song Zheng, Oluwaseni Adekunle, and Antoinette Herbert do some last minute studying in preparation for the competition. Books, such as the ones in the picture, were one of the main tools that competitors used to prepare for the competition.
Bowling is not only a club but also a team. Bowling is an individual sport, but together they support each other. They work together to improve and have a lot of fun. Their scores combine to make a team score. The highest team score will win the competition.

"Bowling is very special to me. I started two years ago and I'm already pretty good at it. I mean, any one can do it. It just takes dedication and hard work." — Devante Carr (11)

Word
Poets of Today

Word is a club formed by the Fine Lines Writing students and the Central Slam Poets. They have found a similar appreciation for creative writing that they can share as a group. Every Wednesday the club meets to share poems and give each other feedback. The Slam Poets compete in the spring against over thirty other schools.

Chess Club

On November 23, students hosted a chess tournament at Central.

Senior, Zarea Jefferson contributes to the school mural by helping paint it. The mural features the author Langston Hughes, and is one of a series of three paintings that will be featured in the English wing hallway. It is one of the major projects Art Club members have been working on. Jessica Sheeler expresses, "I like art. It's an outlet for me, instead of just sitting at home."

Art Club
PHYSICS
ENGINEERING

The Physics Engineering club, sponsored by Mrs. Colling, is working with Pezio-Electric generators to put on Central's stairs to reduce the electricity bill. The generators will work by storing energy every time someone walks on the pad on the stair.

Senior, Doug Barnum shows his knowledge of the Pezio-Electric strips and tests the outputs.

ESL International

ESL International is represented by 27 countries and 21 languages. This year they attended many field trips and had fascinating guest speakers. The students completed a community service project, in which they made Christmas decorations for patients in the hospital and decorated two trees for residents in nursing homes.

CULINARY CLUB

This year, members of culinary club have experimented and expanded their cooking skills with recipes such as scones, fried ice cream, and s'more cups. These opportunities were available after everyone pitched in during a full month of fundraising around the school. The club has also invited speakers from Delice European Cafe and current Metro culinary students. By the end of the year, they will have done a bake sale and cake bake-off. It has been a fun, eventful year for the culinary students!
The 2013-2014 color guard consisted of two seniors, three juniors and two sophomores. The theme this year was "Picture This." The color guard performs different tricks such as tosses and drop spins. "We incorporated picture frames and a photographer," said Jacques Todd, a senior member. The performers learned the routines quickly and received a lot of positive feedback from the fans.

Senior, Jacques Todd performs her first solo ever. "I was really nervous and excited," she said.

Sophomore, Courtney Rhoten performs during half-time at a home football game. "I like doing flag corps because it is something different, interesting and fun."
Sign language members learn how to sign the word "ouch."

SIGN LANGUAGE

Central's sign language club gives students the opportunity to learn sign language. Anyone who is interested has the chance to participate. Those who already know the language also join and help out the new learners. During the club meetings, Ms. Stastny teaches students and also answers their questions on how to sign certain words.

"Learning sign language is really great and the people are fun to learn with."
-Sydney Rogers-Morrell

"Listening to ukulele musicians as well as each other, we came to play and teach each other the beautiful instrument that is the four-stringed ukulele," said sponsor Micah Ringlein. "Many thanks to Central students and staff for keeping the word going about this fun club all year long and for those to come! Special thanks to our club president, Elizabeth Ronsick who makes her efforts to keep the club going!"
On Saturday, January 26, the JROTC attended a competition at Papillion-LaVista South High School. Drill team and Color Guard had a chance to impress judges and schools throughout Bellevue and Omaha in which they showed their honor and respect towards their team. Hard work does not come over night; they practiced for months during the mornings before school.
HAND BELL CHOIR

Bell Choir rehearses different styles of music and prepares for the 100th Road Show.

National Honors Society

One hundred members this year helped out at the Omaha Marathon and sponsored the Methodist Hospital Fundraiser. Last year, NHS raised over $2,700 and needs $2,300 this year to get their name on the dedication wall of the new surgery ward at Methodist Hospital. No high school has ever donated this amount of money before.

"NHS has helped me appreciate the intrinsic reward that accompanies academic excellence, peer collaboration, and community service. It's an honor to be apart of such a prestigious society."
Maureen Bigsby
(12)

Latino Leaders is a strong community that welcomes all. The leaders of the club strongly encourage the members of the club to keep up with their academics, good attendance record, and help their students stay on track during the school year. With a strong drive to focus on school, Latino Leaders are also rewarded by taking fun trips outside of school.

Senior Tanzy Givens participates in Valentine’s Babysitting night for the staff at Central.
Girls Rock serves as an empowerment group for the girls at CHS. They strive to be great role models for each other.

On January 30th, the Girls Rock club came together to give back to the community. The girls worked together to make dog treats for the Omaha Humane Society. With different shapes and sizes, Girls Rock bonded with each other, while giving back.

GAY-Straight Alliance

The GSA dance held in November was a success and resulted in an entertaining night for everyone who attended. The sponsors along with the members of GSA agree that the purpose of the club is to let everyone feel accepted and supported. In other words, Gay Straight Alliance is all about bonding, togetherness, and support.

Tri-M Music

Tri-M is a music honor society that distinguishes those who have musical achievement, community service and academic excellence. Band, orchestra and choir students who applied were inducted on January 30, 2014.
Math club, led by Greg Sand and Brianna Pinquoch, hosts a math competition for middle school students each year. The theme for this year was Surf and Turf. This theme is incorporated into the questions, shirts, and decorations.

Enjoying the theme and having a good time, the Math Club members entertain each other and the middle school students.

The Senior Class Officers present a check for $1,114.37 to Karen Daneu, Executive Director of the Nebraska Susan G. Komen Foundation. Students sold shirts, beads, and socks to raise money for the breast cancer awareness charity.

SENIOR CLASS OFFICERS

MATH CLUB

CHS MIXER

"The Central Mixer is a club for kids seeking friendship and learning about everyday activities. We go on trips once a month that help each student interact with the community and each other as they get to bond over many fun and exciting experiences. This Central Mixer is a fantastic club to be in and I'm honored to be a part of it," expresses Ben Fletcher.

ENJOYING THE THEME AND HAVING A GOOD TIME, THE MATH CLUB MEMBERS ENTERTAIN EACH OTHER AND THE MIDDLE SCHOOL STUDENTS.
Interview. Type. Publish. The Register takes several steps to publish the school newspaper. Six issues of the Register are published each year. The Central High newspaper is the oldest newspaper that has been continuously published west of the Mississippi River. They attend a national conference each year to learn various new skills and compete in events such as writing, layouts, advertising, etc.

Emily Beck designs the newspaper by laying out pages before designing them on inDesign. Beck is the editor of The Register, one of the most challenging and time-consuming jobs in journalism.

Rachael Rief, Chris Winchester, Natalie Nepper, and Emily Beck win individual awards at the Journalism Education Association national conference in Boston, Massachusetts on November 17, 2013.
A CAPELLA
This club meets once or twice a week to sing together. They remix modern songs with different beats and change up the tempo. The group plans on performing in the 100th Road Show.

FUTURE EDUCATORS
On Friday, February 21st, the Future Educators had lunch with some of the special education students. They do this every Friday. This shows that all students, no matter what the circumstances are, can all have a great time together and learn from each other.

Michelle Freeman and Ika Von Gehlen eat lunch together and have conversations that lead to many laughs.

"Seniors can apply for scholarships through FEA and it is very helpful to anyone who wants to learn more and loves education."
Ann Pratt

World Languages Club has met once each month over the year to unite students that take a variety of languages to teach them about traditions from all over the world. Their learning and activities encompass holidays, such as the Spanish holiday, Dia de los Muertos, to old traditions such as the German tradition of making gingerbread houses. World Languages club shows on a small stage that people from all over the world can share each other’s traditions in peace.

Languages
Student Council organizes many events such as Prom, Winter Formal and penny drives. They also volunteer many hours helping fellow students, the community, and charity organizations. Students have to fill out an application, get 50 student signatures, four teacher recommendations, and then be elected by their classmates to be on Student Council.

Gabi Leiferman spends part of Valentine’s Day with special needs students doing a variety of fun activities. “I love Student Council. I get to be involved with everything at Central” says Leiferman.

OPS Sports Classic

The OPS Sports Classic is designed for students that are apart of the Alternative Curricular Program (ACP). These students work on competitive sports, such as basketball, football and track and field. This is the first year that this organization was introduced in OPS High Schools.

STEP TEAM

Performing at the winter sports pep rally, the Step Team amazes the crowd with a new unique routine.

SEWING CLUB

"The most important thing I love about this club is that you get to create your own style and keep it and wear it at any given time after it’s done!” said junior, Mayeli Sanchez.
"The Rock Climbing Club started in 1998 when a student I had in class approached me about sponsoring a rock climbing club. He worked at the Southwest YMCA, was a rock climber and had heard I had done some rock climbing during the summer. He initiated a grant to pay for the use of the wall by teens and the club started. When the YMCA wall was closed we moved our climbing to UNO," said sponsor Jean Whitten.

ROBOTICS

Weeks of staying after school and working hard on their robots, is exactly what robotics members go through to compete at one competition. They show their accomplishments by racing their robots. "We were definitely surprised that we qualified since we hadn't known we qualified with driver skills challenge," said sophomore Cole Heimuli.

Seniors, Nathan Borcyk, Grant Fishburn, Jackson Shafer, and Zach Wilson all stand next to their finished robot.

D-CLUB

This year O-Club members helped with summer athletic concessions, sorted clothes at the Open Door Mission, cleaned Elmwood Park, started a prom dress donation drive and helped clean Downtown Omaha. All members are nominated by a coach and have multiple varsity letters and high academic standings.
In Band, students have daily practices for their concerts. Wind Ensemble has prepared for adjudication and a trip to Kansas City in April. Band performs during basketball and football games. Marching Band practices on the football field during warm mornings; and during the winter, they practice for concerts and other performances in the band room and the auditorium.

Rehearsing for the upcoming Marching Band performance, Saywer Harris-Finnell waits for directions from the conductor.

Katie Walenta, Molly Rogers, Patrick Nolan, and Nick Rock practice playing the trumpet. "Band was the first way I met people and they have all stayed my friends. I have learned a lot about leadership and respect," said Walenta.
STUDENT DEMOCRATS

Student Democrats meet on Wednesdays in room 119. The meetings feature speakers, debates and pizza. Students all come together to talk about the issues they care about most and also to listen to what is happening in the Omaha community.

"This club has been prominent in helping to spark my own interest in politics, especially at the local level" said Junior, Maya Durfee O'Brien.

The Fishing Club, also known as the Eagle Anglers, was started by sophomores, Max Malnack and Luke Koesters. It currently has approximately ten members. They plan to fish for a variety of species around the metro area this spring and to compete in high school bass fishing tournaments in the future. They are sponsored by Mary Beth Hoien, Brad Rauch and Scott Rice.
Anime Club Front Row: Adrian Carpenter, Cornelius Blake-star, Cheyenne Alexis, Deanna Brust. Second Row: James Jordan, Chase Davis, Jacob Murphy, Christopher Guinde, Andrew Kreifels.


World Languages Teral Lee, Collin Lefeber, Treven Heaton, Nicole White, Emily Froelich, Jane Boeka.


German Club Front Row: Holly Thurnish, Etienne Brock, Emily Beck. Second Row: Erica Meyer, Sam Planck, Lila Hutchinson.


Light Club Front Row: Jessica May, Julie Christensen, Maddie Badura. Second Row: Ellie Sjogren, Jesse Busse, Brooklyn Martin.


Science Olympiad Kyle Parkhill, Rachel Pruch, Heidi Klem, Dylan Kabala, Lindsay Wilson, Emily Beck, Jackie Morales.


Guitar Class Clockwise from Front: Samantha Dickson, Malik Hearn, John Kramer, Ceriah Moran, Justin Reiss, Jared Pistorius, Brad Rauch, Curtis McCullough, Zachary Woods, Brandon Fuller, Skye Love, Binod Gurung, Christian Jensen.


Paint your portrait
"It's like beginning the climb up a ladder to the most diverse educational establishment you will ever find." - Choteau Kammel
Freshman year is a year of transition for teenagers. There are numerous differences from middle school, which we were all used to. A new start can be difficult, but it's all about adapting. Sometimes this is an easy transition into high school, but for some it was a much more difficult one. Meeting new people and becoming familiar with them has been part of the experience along with distancing ourselves from some of our old friends. That can be really challenging for those who had such close relationships with their childhood friends. But after freshmen get over the worrying, we realize that we still see our good friends from middle school, even if they go to another high school, cheering on different teams at sporting events. Getting accustomed to teachers and the work they assign and how to manage our time and not let school overtake our lives. In this year we are still discovering what classes we should and shouldn't take and what we want to do with our teenage years. This doesn't apply to all because some of us are still clueless after freshman year and what we want to do and how to get there, but we all have three years to figure it out. But isn't that what high school is about? This year in a big or small way has prepared students for the rest of high school. Being exposed to bigger and wiser (sometimes) upperclassmen and the new changes really help freshmen grow out of middle school habits while starting to grow their eagle wings.
"This is the way I see myself. People say I am a weird, funny, energetic person."

- Cyan Chatmon
"DON'T BE A FOLLOWER, BE YOUR OWN PERSON. HAVE YOUR OWN IDEAS."

- Austin Robinson

Jessie Gonzalez

Sofia Gonzalez Castillo

Hannah Goodman

Izekah Goodwin
Caleb Granillo-Chavez
Cedrick Grant
Sherrel Green
Kylee Greve
Micah Griffin

Jordan Gulley
Niraj Gurung
Subash Gurung
Timon Gurung
Wendy Gutierrez-Valente
Tyler Hald

Shaila Hall
Amanda Halvorson
Mallari Hangman
Paul Hanna
Justin Hardin
Estrella Haros
Monroy

Nicholas Harpster
Valencia Harris
Xavier Harris
Sayer Harris-Finnell
Joseph Harso
Xavier Haskin
Hatim Hassan
Dalontevius Hatten
Kajaun Hatten
Kira Hawkins
Liam Hay
Alexys Hayes

Madeline Hayko
Eron Haynes
Hunter Hazel
Skylar Heath
Taylor Heaton
Treven Heaton

Rachel Heilig
Jamie Heisner
Taylor Hemsley
Leah Henriksen
Dane Herbert
Mercedes Hernandez

Justice Hilding
Hayden Hill
Ian Hill
Sacha Hill
Seth Hill
Tamiya Hill

Peter Hinchey
Olivia Hinrichs
Carley Hixson
Zachery Hixson
Thorin Hoberg
Taylor Hogan

Taylor Hogan
Iyuna Hollins
Tracy Holmes
Jestine Horner
Rebecca Houghton
Ingrid Howell

Saul Huerta
Zane Hug
Tyson Hurst
Samantha Hurtado-Holguin
Nayeli Ibarra-Cruz
Amanda Jackson

130
"My eyes are big, so I like to explore."

- Atarah Keener
Alexander Tollinger
Elena Tomasello
Lyric Torres
Michaela Traudt
Katherine Trevino
Kaiya Trigg

Megan Troxel
Cole Uhlig
Tylor Underwood
Kavon Utterback
Jennifer Valadez
Darnaeya Valentine

Denys Valle Rivera
Ciara Vance
Christian Vargas-Perez
Laura Vazquez-Ceballos
Dayton Veland
Tevyn Velez-Semidey

Jennifer Vindel-Chairez
Jackson Vlasak
Savannah Vogel
Nicholas Von Oldenburg
Samuel Wagner
Dinairo Walker

Tyglen Walker
Damien Walling
Mackenzie Waltemath
Tyler Walters
Dominique Ward
Kevonte Washington

Callie Watson
Roxanne Wattier
Lauren Weide
Ciara Weihe
Tylin Welch
Chriche’ Wells

Daijanell Wesley
Debonay West
James Wheeler
Aleah Whitcomb
Madeline White
Nicole White
Coming back to The Nest that first day and realizing you're not a freshman anymore. You've grown. More responsibility. More work. More freedom. More knowledge. Not a freshman anymore, not quite an upperclassman. It's a transition between the have's and the have not's. Knowing what it's like to be on both sides. Starting to feel like you've found a place where you finally belong. Finally being able to find your way around the building. Learning all of the secrets about the building and the classes and making new ones. You take a seat behind the desk that forced you to find your true potential. Pushing yourself to the limit. Understanding what everyone meant when they talked about EFL and Geography. Pulling your first all-nighter on a school night in an attempt to finish all of your homework. Discovering the true meaning of being overtired. Learning procrastination is not an option. Finding out why freshmen are so annoying. Realizing that mistakes are made, but they can also be forgiven. Figuring out who your true friends are. You are too young to be taken seriously, but too old for anyone to coddle you. You look forward to never forget your past. You realize that your sophomore year is all the more exciting than your freshman year ever was. Still in the process of finding what makes you special. But beginning to find your true colors.
"It is nice not to be called a newbie anymore, but I also don't have to worry about my future after high school just yet." - Kayli Bighia
Nicole Abbott
Taje'nae Abram
Ramsey Adams
Angelina Adrian
Lizbet Aguilar-Lumbrano
Chelsea Akyeampong

Nedhal Al-Kazahy
Joseph Allen
Asante Alvarado
Jeremiah Amaya
Valeria Amezcua
Mariah Anaya

Blake Anderson
Casandra Anderson
Tariq Anderson
Liliiana Andres Juan
Essence Anthony
Cesar Antunez

Ana Arellano-Rivera
Hannah Asbury
Tete Atiso
Jennica Avila-Vasquez
Moraima Azpeitia
Breyah Badgett

Cydell Baker

Dakota Baker

Rebecca Ballard

"FLUID AND ANGULAR, WILLING TO ADAPT."
- OWEN ZAHM
"THIS IS HOW I SEE MYSELF. SIMPLE."
-CHRISTOPHER TURCO
"My scarf is a big part of who I am. It encompasses me."

- Sacdiya Xasam
Ja-Waun Moore
Tre'vion Moore
Joshua Mora-Jacobson
Daniel Morales
Ha'gu Morgan
Jace Morris

Mar'queonna Morrow
Trae Mose
Imani Murray
Jacob Murray
Aquilee Muse
Ashley Nash

Nija Nash
Jennifer Nava
Kaitlyn Negrete
Megan Negrete
Caitlyn Nelson
Angelus Nelson

Annalise Nelson
Duka Nepal
Natalie Nepper
Stephanie Nepper
T'niyah Nero
Sameep Neupane

Samantha Nocita
Vicente Olivar-Gallardo
Hayley Olson
Cynthia Ordonez-Martinez
Dearis Orduna
Vincent Orduna

Jose Ortega-Carino
Katherine Ortiz-Argueta
McKenna Paintin
Kendall Palensky
Josette Pappan
Eben Parker

Elijishiana Parker
Germon Partee
Shambhabi Paudyal
Erin Paulson
Jason Pauly
Nicholas Pavel
Marielee Reyes
Jazemyn Reynolds
Jose Reynoso
Justice Rhoden
Courtney Rhoten
Maxine Rife

Briana Riggs
Gabrielle Rima
Rodolfo Rios-Flores
Jennifer Rivera
Madison Roach
Morgan Robbins

Brooklynn Roberts
Janay Roberts
William Robinson
Braulio Rodriguez
Arias
Sydney Rogers-Morrell
Thomas Romberger

Jaclyn Rosas
Luis Rosas
Marissa Rubio
Megan Ruckman
Martaloni Rush
Jacob Rutherford

Anthony Ruvalcaba
Vanessa Saavedra
Enelzo Salado-Ramirez
Maria-Esther Salgado
Tavonta Sanderson
Elisabeth Saniuk

Joseph Saniuk
Laura Santiago
Hernandez
Danny Santos
Babita Sarki
Sunil Sarki
Andrew Savage

Tayler Scalise
Christian Schimpf
Ellie Schmeits
Arica Schneider
Claire Schroder
Dylan Schufeldt
"More than just two dimensional."

- Jack Mensinger
Alexander Troser
Christopher Turco
Michael Turone
Grace Tuttle
Noah Tweedy
Brandon Twyman

Chloe Ulrich
Joselin Urias
Nicolette Urquhart
Lyndsay Vaca
Dallas Valdez
Dayon'tra Valentine-Goynes

Ashley Valenzuela
Jason Vargas
Jesus Vasquez-Ceballos
Keyshawn Veasley
Tiana Veland
Angelo Velasquez

Julio Ventura Cana
Ivan Ventura Sabino
Brianna Virden
Samantha Vogel
Allison Vorthmann
Justin Voycheske

Anthony Wade
Brandon Wagner
Kathleen Walenta
Glenna'sha Walker
Vincent Walker
Jorden Walkup

Brittany Walters
Tyreese Walton
Nick Wanek
Alek Ward-Stoural
Colin Warren-Bowen
Keaundra Washington

Lorenz Washington
Shakeeela Washington
Mario Watson
Samuel Watson
Briana Weihe
Summer-Rayne Welch
Kiersten Wendell
Jonathan Whelan
Austin White
Matthew White
Malik Whitner
Arryian Williams

Mira Williams
Savon Williams
Elise Willits
Kaylee Willits
Elijah Wilson
Christopher Winchester

Mary Winekauf
Dylan Wolfe
Jacob Wood
Denierka Wright
Marlon Wright
Thomas Wright

Cheyenne Wyne-Sweatte
Sadciya Xasan
Gavin Zahm
Owen Zahm
Eddie Zarate
Breanna Zastera

Samantha Zeek

Edwin Zepeda

Iram Zepeda

"I JUST SMILE ALL THE TIME. I MADE A HAPPY FACE."

-KALPANA GURUNG
You start realizing that the future is closer than you might think and you have to start doing something about it because you're not a little kid anymore. - Jordan Young
Being a junior is one of the most challenging, yet exciting times of someone's high school years. When a person imagines "junior year," they instantly think "upper-classman," but that is not all that comes with that. Most would say that the 11th grade is the most difficult one out of the four. Sometimes it can get stressful, but the main focus should be staying on track of things because it is also the most important year. A positive mindset is the perfect trait to have; giving up cannot be the answer. A lot of pressure can also be put on a junior because of all the tests that are like. Acuity Testing, State Writing Test, ACT, and SAT are tests someone will take junior year. Grades are very important to keep track of when a junior because if a student has to be exceptional to be at the top half of your class. Being at the top half of your class is important because many colleges require it. Keep in mind that it is not all that important because there is only one more year left! It feels good to use of the experiences. College visits, picture day, and just being an upper-classman. Keeping your classes together is also important. Coming together and doing things as a whole is a great way to start off junior year. Some words of advice to upcoming juniors is to be prepared. Do not worry too much; just focus on the important things. Study hard because college will come in handy and be excited because it is a little closer to walking across the stage!
"I don't really wear dresses, but this is the general look with my curly hair."

- Trenay Newsome
"When you look at me, my eyes stand out."

- Paige Colburn
"I DREW MYSELF WITH WAVY HAIR BECAUSE IT ADDS TO MY CRAZY PERSONALITY AND MY INTELLIGENCE."

- JALYLA VALENTINE
"I drew this funny picture because I like to make people smile."

- Jordan Smith
Four years ago, the seniors walked these halls for the first time as nervous little freshman. They came in with hope, fear and excitement. Hope that they would meet new friends, not getting caught in “freshman beat down”, yet excited for the day they would graduate. Now, that day is moments away. The memories that we gained, are experiences that will stay with us forever. The years may have seemed long due to the late nights of homework and studying, or they may have seemed short due to the everlasting memories and friendships formed. Either way, these seniors are beginning to open a new chapter in their lives and with the amazing faculty by their side, it would be hard for anyone to walk away from here without a smile on their face. Now, they must worry about where life will take them. Some may be going to college, or the military, however as a whole seniors must leave an image for the following graduates of Central. The class of 2013 left with a bang and now, it is OUR turn. Goodbye to the bad parking, goodbye to hall sweeps, goodbye to Justin Bieber...Goodbye to high school. We must now close the book of childhood and become accustomed to face the world as young adults.
"Graduation is the first step to the rest of our lives. As we all part ways, I know the class of 2014 will do big things"

- Olivia Ball
My style matches my personality... very chill!

My impressions are important. Therefore, I always try to look my best.
Exercise makes me happy. I wish everyone was athletic so we could all just run and jump around everywhere.

I was lucky enough to be blessed with my athleticism and I enjoy showcasing it.
Jennifer Conway
Brandon Conyers
Carly Cook
Joshua Cook
Elliot Corbaley
Carcena Cosey
Kelcee Cotton
Nicholas Courcier
Capria Cox
Jordan Crouch
Breanna Crum
Marisol Cruz-Molina
Imani Cummings
Kevin Curry
Austin Curtis
Brittney Czarnikow
Nathan Daugherty
Carrington Davis
Austin Daye
Aaron De La Garza
Megan Deboer
Raul Degante-Salazar
Antonio DeJesus
Christopher Del Rello
James Demott
Growing up in a church really did make me the person I am today. I love it!

I have never done anything wrong in school, so it's good!
Never give up on each other. Always push through the hard times. That's what we do.

Beginnings are usually scary and endings are usually sad, but it is everything in between that makes it all worth livin.

**MOST LIKELY TO GET MARRIED**

**Dalton McAtee & Yaremi Guerra**

Never give up on each other. Always push through the hard times. That's what we do.

**Austin Redondo & Daisa Silik**

Beginnings are usually scary and endings are usually sad, but it is everything in between that makes it all worth living.
No matter where life takes us, we know that we can always count on each other. We are all sisters! We wouldn’t trade each other for the world.

We make beats and we are good at it. We have lots of money because we can hit high notes.
Making people laugh is what I do! I like seeing others happy. I never mean to make people laugh, it just happens. Like Nike, I just do it!

MOST LIKELY TO MAKE YOU LAUGH

Abigail Niebrugge
Making people laugh is what I do! I like seeing others happy.

Austin McGaugh
I never mean to make people laugh, it just happens. Like Nike, I just do it!
I study! Therefore, I am!

Lauren Wegner
They say I'm type A.

Ryan Goding
I study! Therefore, I am!

Patrick Nolan
Sidni Nore
Luke North
Lily Nunn
Reath Nyoach

Skylar O'Dowd

Ryan O'Neill

Jaquwan Oliver
Zachary Oliver
Ryan Olson
Jose Ortega
Jose Ovando Sanchez

Lorenzo Pallotti
Kendall Panas
Mahlan Parker
Ashley Parks
Makayla Parks
Senioritis is very real. You know it's bad when you're too lazy to even cheat. 

spare me some motivation please?

WORST CASE OF SENORITIS

Arione Nelson
Senioritis is very real. You know it's bad when you're too lazy to even cheat.

Malik Kelly
Can someone spare me some motivation please?

Keturah Robinson
Saleena Robinson
Neftali Robledo
Xavier Rodgers
Raul Rodriguez
I think my hair is my best accessory!

I just got that good good!
I love Central so much and supporting our teams at their games! It's so fun!

not my son... but I will raise it anyways!

I love Central so much and supporting our teams at their games! It's so fun!

The roof is not my son... but I will raise it anyways!
"Working at Central is like going to a museum: you never know what you are going to see or do, but you know that you will see something strange, beautiful, and diverse each day." - Jane Luethge
I never ask students to do something that I am not willing to do myself." - Rod Mullen.

"It's not what you begin with, it's what you end up with when you work hard." - Joe Mitchell.

Central School can be summed up in one quote: "Diversity: Independently together." - Malcolm Forbes - President of Forbes Magazine.

There is no better place to teach or learn history than Central High. So many of our graduates have been, and we continue to be, a part of this country's history.

Utilizing Central as a way to enrich the curriculum and passing on its history to new Eagles is one of the real thrills of this job. "I have a great job that I love as Treasurer for Central High School." - Julie Willey.

"Work smarter, not harder." - James Jordan.

"Students at Central make me believe that the world at large is about to get a whole lot better. With their desire to make a positive impact and the ability to make it happen, I have no doubt the communities to which they will contribute in will benefit greatly once these outstanding people descend upon them." - Tracey Menten.

"I had a warning about this place with its amazing history and amazing students. No warning, though, could have actually prepared me for the Eagle pride I would feel in my first year at Central. I thank you for such a warm welcome into the CHS family!" - Beth Biers.

"You must be the change you wish to see in the world." - Mahatma Gandhi - Jayne Kreifels
Alma Smith
Alejandra Soto
Pat Spieler
Layle Spompinito
Doug Stansberry
Jennifer Stastny

Matt Storm
Aaron Strain
Lisa Studer
Edurado Suarez
Sgt. Dwaine Sutter
Tina Theis

Shane Thomas
Rondale Thomas
Kathleen Thompson
Drew Thyden
Christian Toscano
Chad Townsend

Megan Townsend
Robert Tucker
Joe Venditte
Christina Viselli
Michelle Vulgamott
Tom Wagner

Machlin Warrington
Samantha Weatherington
Dr. Amy Welch
Cassie West
Lisa Wheeler
Jean Whitten

Anna Wicksell
Victoria Wiles
Peter Wilger
Julie Willey
Charles Williams
Dan Wilson

Scott Wilson
Samantha Zickefoose
In the sight of:

Purple & White

Spring insert
Embracing her Talents
All around champion in school and sports
By: Abigail Jeffrey, Ashley Swift & Dijha Collins

Enrolled in honors and A.P. classes throughout her high school experience, senior Maddie Buller has been dedicated from the start. Ever since seventh grade she has participated as a star athlete at her school. From city meets in middle school to state meets in high school, Buller has always been one of the top competitors on her team. She is "a hardworking, intense, young lady," says her coach, Trent Lodge.

"Of all the events, Buller prefers the shorter, more fast-paced races. I love the 100 meter hurdles and the four by four." Buller, after sprinting, Morgan Greenfield participates in the Girls Rock Club. Both after-school activities help make her the person she is today.

Cross country is another sport the senior excels in. She began competing in the fall sport her sophomore year. She took up the distance running as conditioning for her track off-season. She has been a team captain for both sports throughout her senior year. By putting schoolwork first and competing as a dedicated athlete, Buller emulates a well-rounded student who all underclassmen can look up to. "She's one of the hardest working athletes we've had," said senior Seni Adekunle.

Buller is now a senior and has accomplished more than many others have in highschool. Maintaining an impressive GPA and continually winning races in track meets, she is at the top of her game.

Track only lasts for about three months, but Buller utilized her resources by meeting with coaches over the summer and attending conditioning in the winter. On March 16, 2014 Buller signed for track with the University of Nebraska of Omaha. She was given a full-ride scholarship to compete for the UNO track team. She has also received additional academic scholarships. Looking to the future, Maddie plans on majoring in history and focusing on track.

GAME ON GAME OFF

"Racing past her opponents, Kiana McCloud pumps her arms to build momentum to finish first. "I like to push myself, which is why I run track," McCloud said."
1. Jakiera Adams runs at the track meet to try and beat her opponents to the finish line. Each runner must focus their mind and body in order to win a race.

2. Amani Pope runs along with six other girls as they approach the finish line. During a short-distance race, runners must keep up with their competition without falling behind if they wish to win.

3. Reaching the end of the race, Auvielle Collins finishes strong to reach her goal of first place. Their competitive spirits is what pushes the girls to do the best that they can.

4. Kennedy Leach strides to take the lead at the beginning of the race. She ended up winning her 100 meter race at this meet.

Amani Pope and Cyiera Sherrod get ready to start their race. Despite the cold weather and the 60 mph winds, the girls compete to their full potential.
Nicholas Rock races down the track in the second lane at a track meet. A runner must stay in their lane during a meet, otherwise they will be disqualified.

Preslie Malloy passes a Bellevue East runner during a competition. Sometimes getting behind can help a runner win a race, so that they can keep an eye on their competition before passing them at the last minute.

1. Coach Lodge walks along the football field while the Eagle track team practices for a competition. Lodge also coaches girls cross country.

2. Daron Johnson practices jumping in order to prepare for his meet. Track is made up of multiple events, the long jump included.

3. During practice, Thomas Black and Alexander Tollinger control their breathing as they run down the lane. Controlling your breathing is one of the most important things a runner must do in order to race well.

4. Isaiah Hall pounds fiercely down the lane during a competitive track meet. Full effort must be given in every millimeter taken down the track during a race in order to win.

'Dino Walker and Anthony Peak run a lap around the track during practice. Track is mainly an individual sport, but having teammates can really help runners improve.'

'Nicholas Rock races down the track during practice.'

'Preslie Malloy passes a Bellevue East runner during a competition. Sometimes getting behind can help a runner win a race, so that they can keep an eye on their competition before passing them at the last minute.'
Cameron Dorsey has been an athlete for as long as he can remember. He has competed in as many sports as his schedule would allow, since the beginning and has had a lot of success in each one.

He admits that track has not been one of his favorite activities, but he runs to condition and stay in shape. Starting in elementary school, he has sprinted around the track in relays, hurdles and sprints. He recalls that he has always been ahead of the pack and strives to be the best.

Coach Jay Ball acknowledges Dorsey's dedication. "Being a three sport athlete and all the time and commitment it takes I appreciate his effort to track, and him being a team leader."

Dorsey, a senior, is the fastest athlete on the team. He does not waste a season to relax. He has played starting quarterback for Central's football team and is a state champion in powerlifting.

He keeps his days filled with exercise. Though his true passion is football, Dorsey continues to excel in track, competing and winning. "An overachiever right there. He works. He leaves everything he has on the track," Marlon Wright says of his teammate.

He has repeatedly made it to state for the 300 hurdles, 110 hurdles, the 4x4, and the 4x1, but has not yet placed. He hopes this year may mark a first state win for his track career.

His plans for next year consist of attending college at Morningside College in Sioux City, Iowa. He has received a scholarship to play football for the school. Dorsey plans on majoring in Pre-med/Neurology engineering. He recites the track team motto saying, "track is life."

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Soar Fore More

Koch states the reasons behind his love for golf

By: Shambhabi Paudyal, Julia Gigliodoro & Tynisha Newell

Even though one pictures lush, green courses when they think of golf, this season started off cold and wet for the Eagles. Golf is a sport that can be played individually or in a group. The advantage of playing golf is knowing that it will be peaceful and quiet, which is exactly why senior Ethan Koch loves golf. "I like spending time kind of in the quiet, and I feel close to nature. It's very peaceful, and calm. Usually when I am playing golf, my thoughts are my own, and I can talk to people if I want, but if not then I can just ponder." Apart from the composure, something else Koch likes about golf is how fun it is. "I've been playing golf since I was little, and it's one of the sports I enjoy."

Having fun while playing a sport is very important, as well as setting up goals. Goals are very effective, because when ambitions are set up, the mindset becomes very direct and clear. Koch has set up goals not only for himself, but also for his team. "We want to do well as a team as much as we can and I think we are just going to do the best we can every single day. But, mostly just have fun and make sure we're representing Central well."

Setting up goals is a start, but one has to be genuinely determined to follow through in reaching that goal, like Ethan Koch. He is very determined in the sense that he tries his best and gives it beyond a hundred percent every day. A fellow teammate, Jackson Shafer describes Koch as, "a really good golfer, he can shoot really good scores, and he's one of the coolest guys I've ever met. He's very fun to play with and very determined. This is his last year playing because I don't think he'll play in college, but he's very good."

In addition to being driven, Koch also keeps a very calm and cool attitude. "I've been being driven since I was little, and it's one of the sports I enjoy."

GAME ON GAME OFF

On the course, Xavier Rodgers plays his heart out on varsity. Off the course, Rodgers is a good student, dresses well, and is ready for anything to come his way.

Coach Ben Mihovk and Christopher Neumann walk to the next hole while talking about what he should do next. Mihovk has been head coach at Central for two years and has been coaching for eight.

Setting up goals is a start, but one has to be genuinely determined to follow through in reaching that goal, like Ethan Koch. He is very determined in the sense that he tries his best and gives it beyond a hundred percent every day. A fellow teammate, Jackson Shafer describes Koch as, "a really good golfer, he can shoot really good scores, and he's one of the coolest guys I've ever met. He's very fun to play with and very determined. This is his last year playing because I don't think he'll play in college, but he's very good."

In addition to being driven, Koch also keeps a very calm and cool attitude. In this, Coach Mihovk also has a say, "Ethan's greatest strength is his attitude. He seldom appears to be frustrated and is enjoyable to be around even if he's not playing as well as he'd like. This attitude is one of the most important parts of golf."

In conclusion, Ethan Koch is a very determined and calm person who uses that attitude to make golf enjoyable not only for himself, but also for the ones around him.
1. Positioning his golf ball, Christopher Neumann readies himself to get the ball onto the green. Neumann is determined to win the tournament.

2. Being precise and careful, senior Jackson Shafer strives for a win. Shafer tries his best as he is fighting with the wind.

3. Squatting to get a better view of the field, Ethan Koch and Christopher Neumann strategize. Squatting is a good idea in golf because it gives you an idea of how you want to hit the ball.

4. Making a shot, Jackson Shafer hits the ball into the hole. Shafer has great techniques when it comes to golf.

Positioning the club, Ethan Koch makes his shot to get the ball in the hole. Koch has played golf as an eagle for three years.

In the sand trap, Xavier Rodgers drives the ball out onto the green. The sand trap is one of the main types of hazards.

Teeing off, Jackson Shafer drives the ball hundreds of yards down the green. One of the most important parts in golf is the tee off.
Turning the ball around, Maureen Bigsby helps her team out by scoring a goal. The girls won this game against Mercy.

Getting around her opponent, Sydney Peterson plays defense to get her foot around the ball. This is Peterson's last year on the team, after playing all four years on varsity.

Getting ready to pass the ball, Maya Pirie spots her teammate and prepares to kick the ball to her. In soccer the girls must learn to become very reliant on their teammates.

1. Defending the ball from her opponent, Chloe Madigan, loses sight of the ball. This was Madigan's second year playing for varsity.

2. Attempting to pass her opponent, Mackenzie Bronson makes it across the field. To make it towards the opponents goal box, it takes strategy and team work.

3. With the ball in the air, Megan Wolford gets ready to send the ball back up field. This was Wolford's last year playing for the Eagles.

4. While the opponents rally behind Maureen Bigsby, she keeps on dribbling the ball down the field without any trouble. Bigsby will continue playing soccer at University of Missouri Kansas City next year.

"Being on the team makes me feel a part of a family with a bunch of people who love doing the same thing."
Kirsten Vlasak (11)

"Soccer is my escape from my stressful, uneventful life. It is hard work, but I love it."
Julissia Mayo (11)

"While playing soccer you get to make many friends and get to improve your communication and leadership skills."
Mackenzie Bronson (12)

"The soccer team is definitely family oriented. I cannot imagine how my life would be without my teammates."
Megan Wolford (12)

"Soccer is a great way to get my mind off everything, and the girls I play with are a great support system."
Samantha Neota (10)

"Soccer is one of the best things I have gotten involved in at Central. Being a part of the team is so much fun."
Sydney Peterson (12)
Goalie Martha Winterer kicks the ball down the field. The goalie is in charge of preventing the opposing team from scoring.

Best Foot Forward

Bigsby's determination will help her reach her goals

By: Rachael Rief, Diana Castillo & Abby Callahan

Being a part of the soccer team in high school was a necessity for senior Maureen Bigsby. Bigsby has been playing soccer for fifteen years and it has played a very significant role in her life. "I didn’t really have a choice to start playing soccer," said Bigsby. "My sisters played, so naturally I signed up to play, too."

Soccer gives Bigsby an escape after she has endured a day of stressful classes. This means that Bigsby’s favorite aspect about soccer is that she can just release all of her frustrations and get in the zone.

Bigsby exhibits one quality that every athlete needs. This quality is perseverance. Bigsby knows that in order for her team to get to state, they must work hard and practice nonstop. It is occasionally hard for Maureen to do this because some of her teammates do not always have the same goal in mind. "People don’t take it as serious as me sometimes, I always try to do my best, and some girls just do not want to try as hard on certain days," said Bigsby.

Even with hard work anyone still must have some talent when it comes to sports, but Bigsby knows that the most important ingredient to a winning record and a high record of goals is strength and hard work. “You don’t have to have the most talent, but you can come together and surprise everyone by using all of your individual strength, and strength as a team,” said Bigsby.

Having gained a number of great experiences with the Central soccer team, Bigsby is nearing the end of her time as a Central soccer player. Some of her greatest moments on the team have been because of her teammates. She is also going to end her time on her club team after she has won state with them, been to regionals with them, and nationals with this team.

However, her soccer career is far from over. She is taking her hard work and perseverance and will be joining the soccer team at the University of Missouri at Kansas City, and attending college there on a soccer scholarship.

GAME ON GAME OFF

On the soccer field, Leslie Mercado plays her hardest at every game. While she is not on the field, Leslie Mercado passes her time playing the drums, which she has been doing for about a year.
Heading to the Top

Junior plays on Varsity for 3rd straight year

By: Emma Kinney & Arione Nelson

Junior Drew Barnhart, a center midfielder, has played soccer since he “came out of the womb” so really, for as long as he can remember. His dad played soccer, which is how he got his start. He played other sports along the way but continued playing soccer because he had a strong passion for the sport, and because, “Who doesn’t like a soccer player?” Barnhart started out on a YMCA team and continued playing for West Omaha. He has played on Central’s varsity team for the past three years.

The things that Barnhart enjoys about soccer are forming a close bond with his teammates, who are like his “brothers” and also the Friday night games and playing under the lights. However, he hates the potential for injuries. Unfortunately, he was injured during both his freshman and sophomore years with high ankle sprains. Barnhart says, “I hate injuries because not only are you injured, you miss out on most of the season.” Barnhart has also suffered a few concussions.

However, he says his weaknesses include not having a very strong right foot, where as his left foot is a “cannon.”

Barnhart’s coach, Peter Pham says, “Drew is a student of the game. Drew has been blessed with very good skills, but his work ethic is what separates him from other players, he is encouraging and gives constructive criticism if need be. As a student, he maintains a high class rank and GPA. As a person, he has potential to do whatever he wants, from becoming President or a firefighter.” Barnhart says that Pham has taught him the importance of putting school before soccer.

On Central’s team everyone is Barnhart’s friend. But in particular is his best friend, junior Brandon Roebuck, says, “Drew is like a brother to me. I’m honored and privileged to play with a player like him.” Once he graduates, Barnhart wants to go to college for sports medicine or business. In the long term, he hopes to take over the family business, Barnhart Press.

GAME ON GAME OFF

Mohamed Adam prepares to kick the ball up the field using a side kick with his left foot. This prevented the defender from stealing the ball from Adam.

Jordan Stark, a senior and team captain, is a valuable member of varsity soccer. Off the field he assists with Central’s trainer in athletic training. Stark says, “I am planning on going into something with athletic training in college.”
In their invite against Lincoln Northeast, Cole Horner jumps up to head the ball. In the captain position as a sophomore, Horner's goal is to lead the team to victory.

2. Faking out the defender, Emmanuel Ajayi creates space to play the ball up the field. This protects both the kicker and enables them to still kick the ball up the field.

3. Brandon Roebuck recovers the ball and drives it to the goal. During this game, the Eagles aimed to gain a 4-0 record against Northwest.

4. In their game against Bellevue East on April 8th, Drew Barrhart scored a goal, putting the Eagles 1-0. His teammates run to congratulate him for their lead.

"Our goal this year is to be at state. I believe that we can and will achieve that, as long as we work hard and stay focused." Khalif Urwin (12)

"Soccer never stops, and neither will we." Cole Horner (10)

"I think we have potential, definitely aiming for state." Theodore Kilroy (10)

"Pham is pushing us hard this year, and with hard work I believe we can achieve our goal of state." Brandon Roebuck (11)

"We should be well off this year. Our players are more experienced and comfortable playing together." Noah Egger (11)

"In order to succeed this year we need to work as a family and hold each other accountable on and off the field." Emmanuel Ajayi (12)

In a fight for the ball, senior Jose Ayala races to steal the ball away from the Northwest player. The boys ended up pulling out a win against Northwest.

Chasing a 50-50 ball, varsity player Theodore Kilroy sprints to reach it before the Bellevue East competitor. The Eagles beat the Huskies with a score of 2-0.

Kneeing the ball, Michael Galeski attempts to maintain control of it. The best soccer players are able to use more than just their feet.
Bringing her racket forward, Abby Petrick prepares to return the ball back over the net during practice at Tranquility. Each player warms up before taking on their opponents in order to ensure that they do their very best during a match.

Bringing her racket level with the ball, Callie Watson taps the ball back towards the Millard South Patriots. The Patriots were just one of over fifteen teams that the Eagles faced this year.

Coach Tucker gives his pregame speech informing the Eagle tennis players about the game plan and wishing them luck in their matches. Coach Tucker does this before each competition to give the girls a boost before taking on their opponents.
Bonham and Peterson reel in the victories

By: Bri'Jae Littleton, Stephanie Sanchez & Chris Winchester

Minutes tick away at the clock, each one reeling in the meet closer and closer. The feeling of anxiety and excitement build up. When the time finally comes to compete in the meet, these feelings are at an all-time high. The first steps onto the court feel as great as imagined. The radiating sun bakes the skin of all of the competitors in a warm aura, assuring them that the time for tennis has come. Each competitor takes their place on the court and gets ready to swing the ball at a moment's notice. The server whacks the ball over the net and the match has begun. The time for tennis has finally arrived.

These feelings and experiences are characteristic of many tennis players who love what they do, especially that of senior Kate Bonham. Playing since the age of eight, Bonham has played the game she loves, improving with every strike of the ball. This constant playing for the past ten years has made Bonham good enough to win many games with her good friend and partner Sydney Peterson. "We've been playing together since freshman year," Peterson said, thinking back on all of their great times together out on the court. Peterson is one of the main reasons that Bonham enjoys playing tennis for Central so much, however; it's not just restricted to her. Bonham expresses "I love the rest of the girls on my team and just the enjoyment of the game itself" she says. This gives her enjoyment in what she does, on top of allowing her to be superb at it.

However, her love for the game is not the only reason that Bonham wins so much. Due to how close Bonham and Peterson are, it has allowed them to become one with each other when they are out on the court. This allows them to dominate over many other doubles and take home the win almost every time. "We listen to One Day by Matisyahu before each meet," Peterson says of their pregame rituals. This gets them pumped up and unites them together just before stepping onto the court to compete. Peterson, along with Bonham herself, her life, family, and other friends, all motivate her to do well. This has allowed Bonham to proudly represent Central for four straight years as an Eagle tennis player. The team will miss this great star once she has left the nest.

Eva Gomez is not only a tennis player, but also a runway model for Quinceanera Magazine. "I love trying new things like tennis, but having the spotlight and camera on me is a true reward. It pays off for all the hard work I have done," Gomez said.
Three strikes, you're out! However, there is little possibility of striking out the Omaha Central's baseball team this year. With cheers from the growing crowd, there is no stopping these eagles. The smell of concessions wafting through the air creates the perfect baseball atmosphere. High-pitched clink of the ball against the bat reverberate through the park and can be heard over the low lull of the spectators. The pitcher and catcher share a glance before the ball is launched toward home. As the batter swings, the bat around and connects with the ball, all motion stops and a hush goes over the crowd. This tight-knit group of Eagles will stop at nothing to bring home their ultimate goal... state.

Senior Xavier Bradley-Rael hopes his baseball skills will help his teammates reach their goal. "I think we will make it to state," says Bradley-Rael. Winning state is a tough goal to meet, but the guys believe in their team and in each other to pull through when they are needed most. However, the appeal of the team is what will help them soar to state, not any particular individual. "There is still a lot that needs to be worked out like team chemistry and whatnot, but we will be alright," he says. The boys have their eyes on the prize and won't let anything get in their way.

At four years old, Xavier Bradley-Rael fell in love with the classic American pastime - baseball. Choosing baseball over other sports, such as football and basketball, has made a huge impact on Bradley-Rael's life. "I will miss it when I don't play in college," he says. Bradley-Rael plans on going to the University of Nebraska at Lincoln for his college career. The fact that this is his last season playing his favorite sport is what keeps him motivated for state.

As the Eagles wrap up their season, the real question is how badly they want it. If they have the drive, passion, and focus mixed with the perfect amount of team chemistry, these underdogs can beat some of the best teams in the state. They’ve proved that the strength of their team will push them through many obstacles on the way to their goal.

Noah Zaleski not only plays baseball, but also sings for the Chamber Ensemble. The Chamber Ensemble is a group that performs without a director. "I have a lot of friends on the team that I've known since freshmen year and we have done pretty good so far this season. My goals are just to get better," said Noah.

Swinging with all of his might, Keegan Lathrum connects with the ball, sending it far into the outfield. Lathrum has signed to play baseball at Washington University.
1. Putting all of his weight onto his right leg, Kenneth Wells pitches the ball. The defense is always lead by the pitcher, as he is the one that can make or break a season.

2. Catcher Richard Stockton-Hoover looks onto Coach Kreber for a sign. Signs are used in baseball so the coach can communicate with the players.

3. After sprinting down the dirt line, Alex Bartle slides into third base. Bartle also plays basketball in the winter.

4. Running as fast as his legs will let him, Connor Kell stares down the base, determined to be safe. Sprinting is a key factor to scoring runs.


Third Row: Jerry Kreber, Connor Malnack, Zachary Wilson, Jory Boynton, Malik Sams.


Graduation is one of the biggest milestones that none of us will ever forget. It is the first accomplishment of many that we will achieve throughout our lives. We have climbed over obstacles and persevered through life’s hardships. This time in our life holds a lot of meaning. For parents, it means that their little boy or girl has finally grown up. For teachers, it means that they can finally sigh in relief. And for the Class of 2014, it means we can finally begin a new chapter in our lives. No matter where we are headed, whether it’s furthering our education, joining the military, or heading straight to the work force, we must always remember to embrace the eagle way! As eagles, we have earned our wings. Now it is time to fly! Congratulations class of 2014!
Dear Keegan,

You are an EAGLE and we know you will fly! We are so proud of the fine young man you have become. We love you very much!

Mom, Dad, Kenzie, Khloee, Klaire, Kit and Kat

It's only for a moment you are mine to hold,
The plans heaven has for you will all too soon unfold.

Many different prayers I pray for all that you might do,
But most of all I want to know you're walking in the truth.

And if I've never told you
I want you to know
As I watch you grow . . .

I pray God will fill your heart with dreams,
And faith gives you courage.
To dare to do great things,
I'm here for you whatever this life brings.
Let my love give you roots,
And help you find your wings.

It's not living if you don't reach for the sky,
Through tears as you take off,
I'll cheer you as you fly!

Find Your Wings
Congratulations Stephanie!

Love, Mom, Dad and Jon

My Son

Author: Amy R. Campbell

Oh how the years go by,
Oh how time can certainly fly.
From once just a thought in far away dreams,
now into my arms and in my eyes gleam the presence of you.
Your laughter and smiles
which go on for miles,
warms my heart and soul.
You're growing up so fast,
as I wish each moment with you to last forever.
My little boy will someday be a man
and right by your side I will forever stand.
I will pick up the pieces when you fall,
I will hold your hand and help you stand tall.
And when the day comes when you are on your own, never feel
that you are alone.
No matter how near or far apart
I am always right there in your heart.
Always remember whatever you go through
that no matter what, I will always love you.

Congratulations
DaJour Lamar Pollock

We are very proud of your accomplishment.

“Class of 2014”

Love You Always
Dad, Mom, Denzel and Harmonie
Asya Beasley

We are very proud of the young woman you are becoming. Making wise choices and using discipline are a few of your strengths.

- Love, Mom & Dad
Alexandra,
We know this is a very exciting time for you as you come to the end of your senior year of high school. I remember so clearly your first day of kindergarten like it was yesterday. You were so excited to be going to school that you hit the ground running and that big, beautiful smile of yours never left your face. You flew through your grade school years always wanting to help your classmates and teachers. You have such a big heart and we always knew you would do great things as you grew. Then, in junior high, you changed from that little girl to a teenager that wanted to take over the world. School was always your first priority and we are so proud of all the things you have accomplished. Now you are finishing your high school years and you gave it your all. We are more proud of you with every day that passes. You have become a very bright and caring young woman and we can’t wait to see what the future holds for you. Always keep your head up and never let anyone tell you that you can’t do something. You can do anything you set your heart and mind to! Show the world what you are made of and let them see the beautiful and strong young women that we see. You have a bright future, so reach for the stars and stay true to yourself.
We couldn’t ask for a better granddaughter,
Best of everything sweetheart,
We love you,
Grandma Lori & Grandpa Bano Vasquez
ABIGAIL niebrugge

We've watched you grow into an extraordinary young lady, we are very proud of you and your accomplishments throughout your school years. Always remember that you can achieve any goal you set for yourself and that we are always here for you whenever you need us. We love you to the moon and stars and back.

Love, Mom & Dad

Set out each day believing in your dreams. Know without a doubt that you were made for great things.

Quote by Josh Hinds

What a joy and a blessing to have had the opportunity to coach a wonderful, talented and competitive athlete. Abigail has demonstrated great leadership on and off the floor, was a dedicated and hard worker her entire career, and one of the most pleasant people you could meet. She played a very valuable role in our 3rd, 4th, and state championship places as a 3 year starter and team captain. Abigail is truly a coach's dream!

- Coach Lee
Ashley, you are someone that I really cherish in my life. I think it is crazy how we are best friends and future roommates now when four or five years ago you hated me! You are someone that has been there for me and I love you to death. I am so proud of everything that you have accomplished and I am excited for what the future holds for you.

-Anya Tate

We are proud of you for realizing how important it is to be successful and going above and beyond to make sure that you are. We are proud of the hard work that you have done at school, work and church. You are what every proud parent wishes for in a child. Remember to always stay active in school and always be close to your church home. Congrats.

-Mom and Dad

From sophomore year to now you have truly evolved into a responsible and mature young lady. You have one of the most thoughtful and generous hearts of anyone I know. Remember to always keep the big picture in mind. I am so proud of you! You have grown into a lovely young woman. Keep working hard throughout college and make me proud!

-Ms. Grenfell

You are a phenomenal young lady that is a devoted daughter and friend. You set goals for yourself and exceeds them. You are on pace to reach the stars. Continue to evolve into a dedicated, socially responsible and determined young woman. Seeing you grow in church has been a blessing. Proud of you "bread"!

-Pastor Pringle
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Pamela Bartling Buffett. CHS 1960
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Clark. CHS 1995. & Emily Lauritzen
Michael & Susan Strauss Lebens. CHS 1970
Harley. CHS 1985. & Beth Schrager
Tom Zuk & Toni Zuk

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We are so proud of who you are becoming.
We love you, Booh Bear!

Mama and Papa

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We are so proud of who you are becoming.
We love you, Booh Bear!

Mama and Papa

Nathan-
You bring joy to my heart...
Thank you for being my son
Love,
Mom

May you grow up to be righteous
May you grow up to be true
May you always know the truth
And see the lights surrounding you
May you always be courageous
Stand upright and be strong
May you stay forever young
We are so proud of you!

Love always,
Mom, Dad & Emily

Patrick Nolan

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My dear sweet child,
No words can express how proud I am of you. God
gave me the chance to
watch you blossom from a
child to a young woman in
such a short time. You had
to grow up fast and you did
it with grace. I know that
you can accomplish any-
thing and everything your
heart desires. You are a
beautiful independent and
strong young woman that
will turn obstacles into
opportunities.
I love you!!
Love, Mom.
Holly Tharnish

Congratulations Holly!
We are so proud of you and all of your accomplishments. What an artist you’ve become. Your creativity is amazing. Keep working hard and stay focused on your goals. We know you will achieve all your dreams.

Love,
Mom, Dad, Madi, Shana and Family
Jessica,

We are so proud of you and the young lady you’ve become! Life is filled with moments to live full.

All our love,
Mom, Dad, Amanda, & Nicolas

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Congratulations Rachael!
You are such a caring, intelligent, and strong young woman. We are so proud of you!

Love, Mom and Dad
Noni,
We are so proud of the young lady you have become! We read this book to you every night before you went to bed when you were younger and we always had to stretch out our arms to show you how much we loved you. Then you would always come back with something more like, "I love you to the moon and back and then to Jupiter!" We have so many great memories and look forward to what your future holds – you are full of purpose, power and potential – nothing you do can fail! Always remember who you are and never settle for less than you deserve, which is always the very best of everything!

We love you to the moon and back!

Love, Mom and Dad
...
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