

A Review...



Chatty Squirrel earns its acorns

Shelby **Stefanski**

I'm being followed. Everywhere I go, I always have the feeling someone is watching me. The scary part is that they're not human; they're small and furry. My friends, I am being followed by squirrels. Ever since I had heard about The Chatty Squirrel café these bushy-tailed creatures had suddenly taken a liking to me. For the past two months, they have been going strong at 12323 West Center Road in Westwood Plaza. The Chatty Squirrel first started in LaVista, but made the move to Omaha because it wasn't in high traffic location. Why have a restaurant? The name came about from a comment the owner's daughter made about the noise squirrels made in their backyard. A unique aspect about this café is that they have daily specials. Everyday offers something different. They offer a variety of different sides including Russian potato and Couscous salads.

When you first walk in, you see a small area with portraits and statues of squirrels on the walls. The calming music in the background makes the room feel serene. The air smells of homemade chicken and rice soup.

Though the menu is small, the food is exceptional. If you like a nice-sized sandwich with a side and a dessert. You just walk in, order at the counter, and sit and wait for them to deliver your food to you.

I had a turkey panini, a bowl of soup and a

dessert, for around \$9. The best part is, I was full when I was done! Nearly everything there is homemade, aside from the bread, which is still delicious.

My panini was neatly wrapped in wax paper and my soup had steam coming from the perfect sized styrofoam cup. I took a sip of my banana cherry chocolate smoothie and unwrapped my panini. After taking a bite of my first panini, my tastes buds died and went to heaven. The flavors from the caramelized

onions, mushrooms and turkey really seemed to pop. It was a great first experience.

After the panini, I continued on to the chicken and rice soup. I took one sip of it and smiled. It was just how Grandma used to make it. The chicken was tender and the flavors flowed from the spoon to my mouth.

Along with paninis, The Chatty Squirrel serves cold sandwiches and salads. Wraps are coming soon. Though the restaurant isn't exactly a Chuck-E-Cheese, they have a kids

menu for the younger ones. For breakfast, there are muffins and fruit parfaits. If you want something more filling, you can have 1 of 3 different types of quiche. For drinks, they serve coffee, tea, smoothies and Italian sodas.

This place is a place to know about. If you enjoy a quiet setting that has good food, excellent service and wi-fi, then The Chatty Squirrel is the place for you. I have to give it four out of five acorns!



Fast Facts on Fast Food
Graphic by Molly Rakoczy Source: www.chattysquirrelcafe.com

Location: 12323 West Center Road

Hours: Monday-Friday 7am-8pm,
Saturday 8am-7pm

Main Menu Items: sandwiches,
salads, soups, paninis, wraps

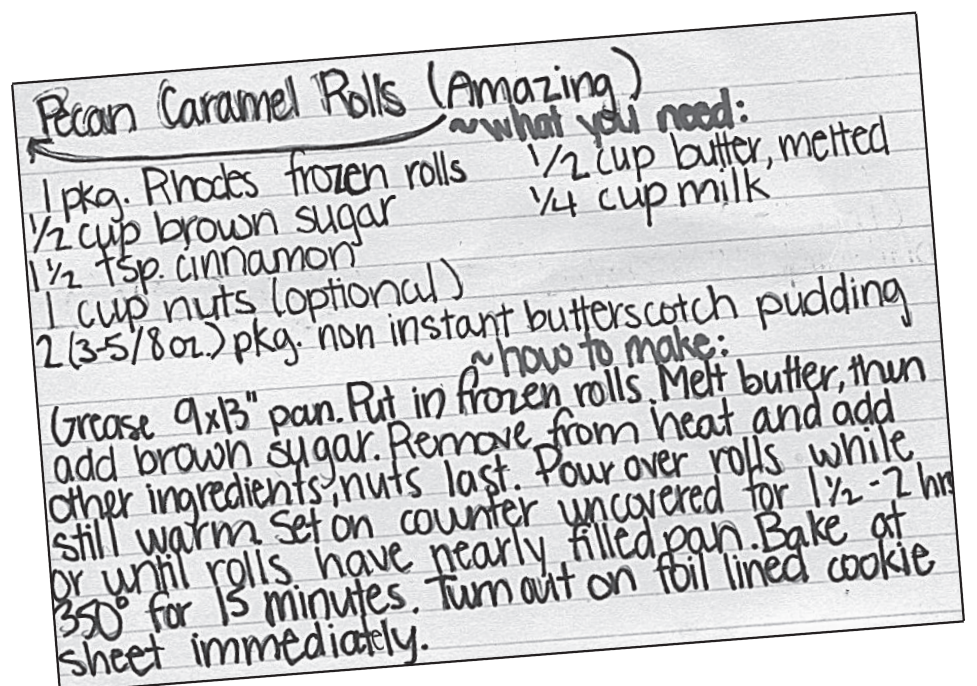
Motto: "The Home of Healthy Fast Food"

And a Recipe...

Abbey **Furlow**

As we are going to try and have "A Review and A Recipe" for every issue of *The Network*, send your restaurant hot spots and delicious recipes to the staff! Write down your ideas, and put them in the letters to the editor's box outside of Room 304 and your restaurant or recipe could be featured in the next issue!

Thanks to freshman
Bailey Costello
for this month's
Pecan Carmel Rolls recipe!



Check out **The Network Online** for more stories and pictures!
www.omahamarian.org/netpaper

Leading a Double Life

Kathleen Gerber Senior Keeps Up With Rigorous TV Schedule

Senior Katy Feichtinger plops her backpack down on the kitchen counter just as the clock strikes 4 on this fateful Thursday afternoon. She hops into her favorite brown, cushioned chair and throws her feet up on the ottoman. She begins her journey into an alternate world with a push of the power button on the remote. She then enters the world filled with surreal romances, dramatic fights and somewhat happy endings all within a sixty-inch plasma screen. This parallel universe is made up of the 17 television shows that Feichtinger tunes into every week.

The beginning of autumn means the beginning of Feichtinger's rigorous TV schedule.

By day, senior Katy Feichtinger is a beloved class officer, a TAR and the Field Day guru of the Class of 2011. However, by night Katy is a guru of another sort. Her week is jammed with work, school and not to mention 15 hours of television. From "The Soup" to "Glee," her 17-show line-up are staples of her week. She has passion for everything she does, and television is no exception.

"This schedule started when I was in eighth grade. My nanny, Debbie and I would

turn on the TV every day after school and watch 'Gilmore Girls,' and sometimes she made me watch 'Oprah,' but I seriously hated that," Feichtinger said. Her schedule began to progress gradually after eighth grade, as she added show after show.

Although she may appear to have a good amount of free time, her schedule is considerably crunched. She works as a cashier at Hy-Vee Monday through Wednesday and runs on the Marian cross country team.

Feichtinger coordinates her schedule in order to fit in her favorites shows whenever possible. "When I get home around four on Thursday and Friday, I usually watch about

two hours of television in order to de-stress before I start thinking about doing my homework. Even as I do my homework, I have to have sound in the background, and

it usually turns out to be our TV. Then, once I finish my homework, I watch another show or two before I head to bed."

She frequently uses her DVR to record all

the episodes and usually watches them at the end of her night. "I like stepping into other people's lives for a short time and just forgetting all my stress. It's almost like I live vicariously through them at times. I have to watch TV in order to fall asleep, it's how I unwind from my day," Feichtinger said.

Although she had to train for cross country by running 300 miles this summer, Feichtinger trains for the fall television season by watching past seasons of shows, such as "Friends" and "E.R." "I love watching 'Friends,' but I have to start at season four, because anything before that is not worth watching," Feichtinger said.

Although Thursdays are packed with five different shows, Katy finds a special place in her heart for Joel McHale's performance in "Community."

Then on Fridays, she dedicates all her time to McHale, who also hosts "The Soup" on E! Network. "I seriously love Joel McHale, I will marry him someday," Feichtinger said.

This senior has her work cut out for her every day, from work and sports to her ever-demanding television schedule.

How Feichtinger stays cool and collected throughout the school day is a mystery to many.

"It's funny, because even though I know my television watching habits are bad, they are nothing compared to my sister's," Feichtinger said with a laugh.



Photo courtesy of Katy Feichtinger

Katy's Week in Television

Sunday My Boys Dexter One Tree Hill	Monday Gossip Girl Chuck Weeds Castle Greek	Tuesday One Tree Hill Glee	Wednesday Top Chef	Thursday The Office 30 Rock Grey's Anatomy Community Project Runway	Friday The Soup	Saturday Catch up day for all shows
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Graphic by Molly Rakoczy

A Brief History of the iPod Nano

Erin Reed

After hearing about the newest generations of the iPod Touch, iPod Nano, and iPod Shuffle, I was thrown back in time. Although it seems like eons ago, the very first iPod was released in October 2001. This era of portable music devices was just unleashed upon the world, yet my 7 year-old self was still rocking out to my Walkman. In fact, I wouldn't know of the iPods' existence until five years and four "generations" later.

Perhaps the most interesting of the "evolutions" of these lovely music players is that of the iPod Nano. The first generation Nano was released in September 2005, and after its initial positive reviews, it received much backlash because of how easily it would attain scratches, especially on the LCD screen. Apple solved this problem in September 2006 with the release of the second generation by adding a scratch resistant casing, much like the previous Mini's. Along with its new casing, the second generation received a battery upgrade, doubled size storage and a 40 percent brighter screen. The third generation, released in September 2007, had undergone a complete makeover. Along with its new shorter, wider and heavier design, it was the first Nano to play video and give users the option to browse music via Cover Flow.

The fourth generation, which was announced in September 2008, had gone back to the narrow design of the first two generations, but retained and rotated the two inch screen of the third generation. The six previous colors were replaced by nine new ones and were advertised as "nanochromatic." It received an "accelerometer," which allows

the iPod to shuffle songs by shaking it. The new additions didn't stop there. It also included a new voice recorder feature and the new "Genius" feature, which would automatically create a playlist based on a selected song. In addition to all the new changes, the fourth generation was also advertised as "the most environmentally friendly iPod Apple has ever made."

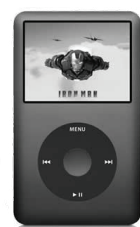
The fifth generation Nano saw some notable changes such as a video camera, a built in pedometer and FM radio. It still had nine colors like the fourth generation, but they all had a shinier, glossier finish. The newest generation features a smaller multi-touch screen and a battery capable of 24 hours of music playback after a single charge.

iPods always gain new features over their generations. However, this particular model lost key features such as a video camera, built-in voice recorder and built-in speakers that were features on the previous generation are now obsolete. It also lost its ability to play videos. These are probably some of the reasons why the sixth generation is the same price as the fifth generation.

Listening to music, playing games and watching full length movies are just a few things one can do on the iPod Nano. Almost all of these things were made possible through the launch of the first version of the iTunes Store on April 2003.

Now as I sit here listening to a Justin Bieber song, while switching back and forth between playing checkers and checking Facebook, I can't help but wonder, "What will Steve Jobs come up with next?"

The Evolution of the iPod



2001 ipod classic first generation

2002 ipod classic second generation

2003 ipod classic third generation

ipod classic



ipod mini

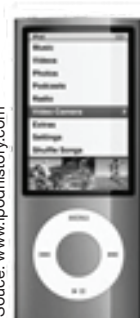
2004 ipod classic fourth generation
ipod mini first generation
ipod photo first generation

2005 ipod classic fifth generation
ipod nano first generation
ipod mini second generation
ipod shuffle first generation



ipod shuffle

2006 ipod nano second generation
ipod shuffle second generation



ipod nano

2007 ipod classic sixth generation
ipod nano third generation
ipod touch first generation

2008 ipod classic 6.5 generation
ipod nano fourth generation
ipod touch second generation



ipod touch

2009 ipod nano fifth generation
ipod shuffle third and fourth generation
ipod touch third generation

2010 ipod nano sixth generation
ipod shuffle fourth generation
ipod touch fourth generation