

the REGISTER

Vol. 134 No. 6 | May 10, 2018 | omahacentralregister.com



Several seniors commit to colleges across the nation

Ranging from Western Nebraska to Illinois, eight seniors committed to college this spring.

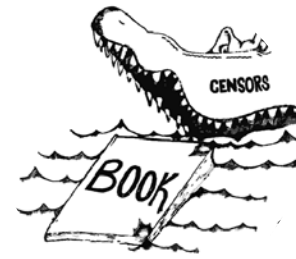
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Senior creates an art show in Benson featuring student art

Senior Allison Harris recruited several high school students to participate in a teen art show called "It's Not A Phase, Mom."

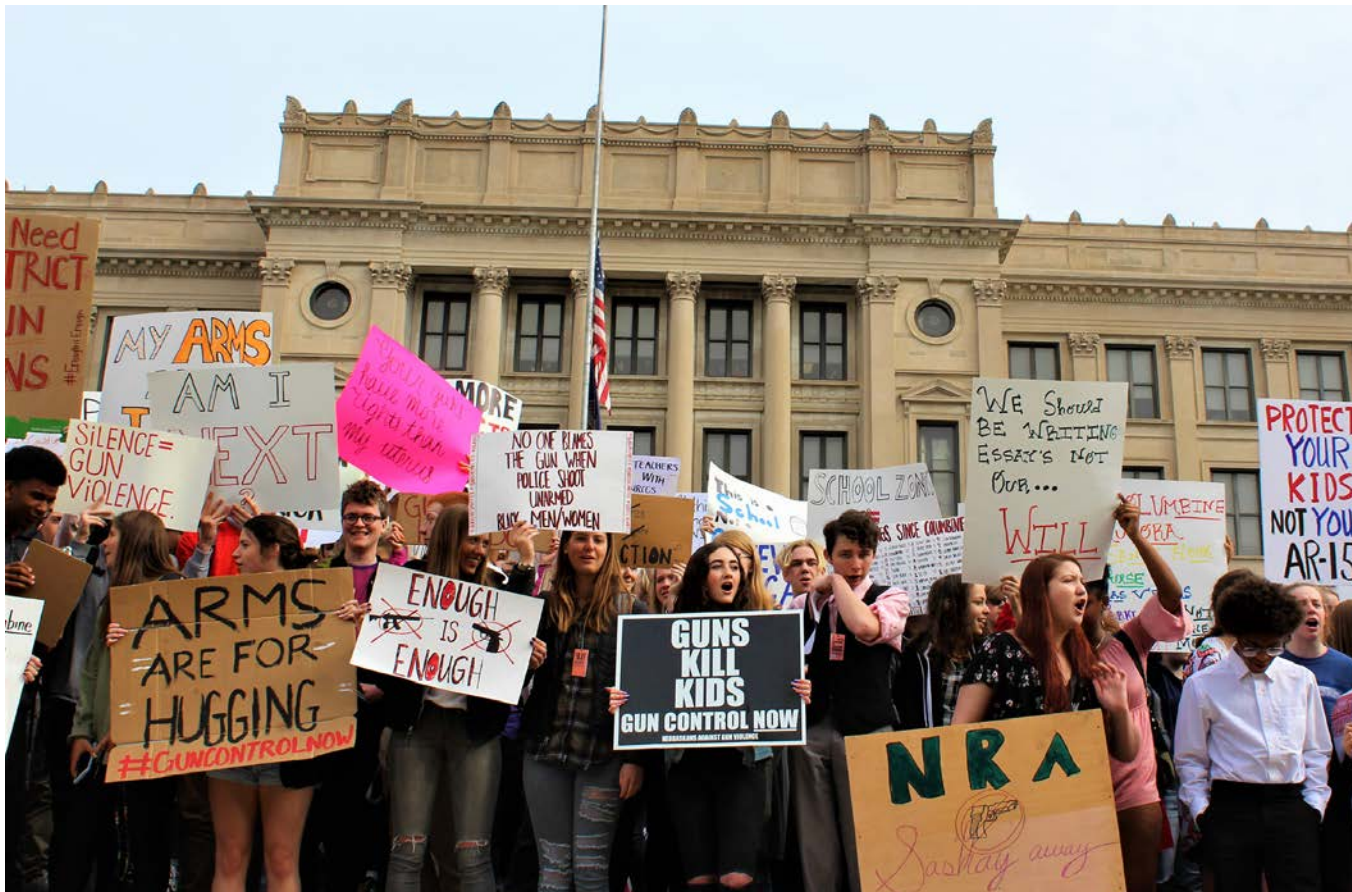
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Banning books is detrimental to the pursuit of knowledge

The act of banning books is just one of the ways individuals' First Amendment rights are violated.

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YVETTE LOPEZ | The O-Book

FIGHT THE POWER

Friday, April 20 marked the nineteenth anniversary of the Columbine shooting in Colorado. Linking the anniversary to the current issue of gun control, students participated in a national walk out.

Molly Ashford
staff writer

At 10:00 a.m. on Friday, April 20, students poured out of the South doors of Central and lined Dodge street. As hundreds trickled out, signs reading 'Am I next?' and 'Fix this before I'm texting my mom under a desk' waved while students chanted 'I believe that love will win' and 'No Trump, No NRA'. Students took turns standing on the Central sign in the lawn and speaking into a megaphone amidst cheers and rallying cries.

As outlined in a memo tweeted by various students and spread around social media, students were advocating for comprehensive gun reform, the elimination of violence in schools, taking power away from the gun lobby, raising the purchasing age of firearms to 21, and hiring more counselors

and therapists at schools.

This call for action comes after the massacre at a Florida high school that left seventeen dead. April 20 was chosen as the date of the walk-out in memorial of Columbine, the deadly school shooting that many consider to be the beginning of the school shooting era.

Junior Sabina Eastman and Seniors Nick Koehler and Elliot Zahn were the organizers of Central's chapter of the National School Walkout. "We didn't really have an estimate of how many people would show up," Eastman says. "I was surprised by how many people walked out since the issue is so controversial."

Local news outlets reported the turnout to be around 350. However, student organizers claim that approximately seven hundred students walked out of Central's doors to

WALKOUT on page 8

More photos from the walk out featured on page 28.

OPS faces controversial budget cuts, layoffs

Malcolm Durfee O'Brien
staff writer

Over \$26 million in budget cuts have been recommended by a budget advisory committee for Omaha Public Schools. The need for these cuts have been caused by two things according to school board member Lou Ann Goding, the primary being the OPS retirement system, which has been not been managed as effectively as expected and OPS will need to ensure a payment of \$18.9 million to the system next year, the other cause is the state budget shortfall which is expected to result in \$12.5 million less in state funding next year. The pension problem has been caused by a recently enacted requirement from the Legislature to fund the OPS retirement fund by 101 percent, which, according to OPS school board President Marque Snow, "no other public pension plan nationally is 100 percent funded, let alone 101 percent funded. The average is around 80 percent funded," he also clarified that, "Being at 101 percent funding assumes that everyone will retire all at the same time," and, he said, "80 percent funding is where you should be and 80 percent could save the district \$20 million." Another cause is a cut in TEEOSA funding from the state, Snow said.

Though no specific cuts have been approved or confirmed, the budget advisory committee, which is composed of around 45 members, and is primarily made up of people from around the district, such as principals and a few board members, with an additional 10 community members, has suggested several areas to be cut. One of the primary areas being considered is employee repurposing which could potentially affect an extremely high number of individuals, with many employees receiving the legally mandated notice of the potential for an assignment change, though according to Snow repurposing will likely only have the potential affect around "56 individuals of certificated staff total." The repurposed staff will primarily be Assistant Principals at Elementary schools who are no longer needed at the school they are currently serving at due to change in enrollment at said school and teachers working at the Teacher Administration Center (TAC) being moved back to the classroom as teachers in the classroom retire and the only change that the employee would see is, as Snow put it, "workload change and salary change, but not nearly as significant as being unemployed or furloughed." According to Goding, other proposed cost saving measures include reducing professional development travel and postponing textbook adoption. The postponement of textbook adoptions would primarily affect Elementary School language arts. The centralization of Elementary summer school has also been a topic of discussion according to Goding, with a goal of

BUDGET on page 8

Junior team qualifies for state science fair

Simone Davis
staff writer

Every year the Metropolitan Science Fair and Engineering Fair is hosted in Omaha, and hundreds of students present different projects. The science fair is open to students in grades 6-12, and they present a research project with data they organize themselves. Teachers, scientists and engineers are amongst those that work for the non-profit and judge the competition. This year, juniors Bria Gilmore and Christina Gilmore competed at the science fair and were extremely successful.

"We started doing science fair in middle school and after winning a few awards, OPS set us up with a coach so we could represent Central at science fair," Christina said. Since middle school, the Gilmores have participated in science fair

each year at Central.

The six projects that advanced to the next competition headed to Nebraska Wesleyan on April 18 to compete again. From there, the top projects have the chance to have their project published with the American Junior Academy of Sciences of February of 2019. The top competitors also advance onto the national convention which takes place in Washington D.C. The Gilmores are proud that their hard work has gotten them recognition.

The project that got Bria and Christina to the national competition is a social science project about the correlation between stress hormone levels and detected symptoms of stress. They hypothesized that whether or not people feel anxious in high pressure situations, the cortisol levels in their saliva reveal that their bodies did react as though they were in distress.

They conducted research on ten different high-schoolers by giving them a survey on stress and taking a saliva sample. Though they held the reigns during the project, they had help along the way.

"Our sponsor Mrs. Bender helped us through the entire process, we couldn't have done it without her," said Bria. "We'd also like to give a thanks to Dr. Calvi from the University of Nebraska at Lincoln. She gave us so much of her time and we're really grateful to have had the opportunity to work with her," said Christina.

Bria and Christina took months to develop their project and are their hard work paid off. The girls will head to Washington in February of 2019 to participate in nationals, and are excited to be going onward in their experience. "It's fun and interesting to learn about something new each year, and we really enjoy the whole process," Christina said.



Photo Courtesy of BRIA & CHRISTINA GILMORE

Nine DECA qualifiers compete at nationals in Atlanta



Photos Courtesy of HARRY GAYLOR

DECA students compete in Atlanta, Georgia while exploring the arts and culture of the city. The most important take-away, in the students' opinion: life is a competition against the whole world.

Anne Gallagher
staff writer

Along with the nine qualifiers and two teachers from central, around 400 people from the state of Nebraska went to Atlanta, Georgia for the national DECA competition at the end of April. Their trip lasted from April 20-25. During this time, the central students and teachers explored some of Georgia's history through its monuments and food, but most importantly learned the value of competition at an international level.

Aside from Saturday, when the group went to Six Flags, the DECA team had to be at the competition for most of their trip. From opening to closing ceremonies, Central students along with the thousands of others attending the competition were involved with the activities. "We got to go to the DECA shop, with college booths and really fun stuff like karaoke," senior competitor Davina Westbrook said. Moreover, these students from Nebraska were able to experience culture outside of Omaha. "I thought that Nationals was fun because we met a lot of different, new people, and I thought that was interesting" sophomore Lauren Lewis said.

Not only were these events able to educate the students, but they also immersed the students in the Georgian culture. "There was a lot of diversity we could see when we looked at Atlanta" Westbrook said. Within the competition, there was also new people and experiences for the competitors. "Everyone was so friendly, you could

just talk to anyone," Lewis said.

Competing was the most important aspect of the trip. "We went every day, some people had tests on one day, some people had it on another day, some were in the morning and some were afternoon," Gaylor said. Students competed in a role play and a written exam with many specific business situations. "It was challenging, but really fun to get to be independent even though the test was long," Westbrook said.

Overall, the team did well in Atlanta. "We had eight people who were recognized nationally," Gaylor said. With thousands of students from around the world, there was intense competition. Canadian groups swept a multitude of events, taking many awards due to their in-depth preparation, although this could not be said for all events because there were thousands of people from across the united states who achieved highly. "There were tons of people there," Westbrook said. "The competition took forever."

Throughout the school year, the DECA troupe at Central prepares for important competitions such as nationals. "Preparation is on a daily basis, it's your classroom, it's your background," Gaylor said. "We maintain a national curriculum... but whether or not they do extra practice is individual preparation." Through things such as periodical reviews and presentations, the marketing curriculum at Central prepares students to its best ability for success in DECA.

Although Central is often perceived for its high es-

teem, Gaylor hopes that the students don't let their pride overtake them as they learn the value of competition in these large conferences. "Life is competition," Gaylor said, "you are not competing for the economic future with only the people at Central High School, you are competing with people all around the world, which is what nationals taught us."

"You can't really fall in love with something if you're not given the chance to do it," Monahan said.

When he switched to Beveridge Middle School, his passion was ignited, but his lack of previous art education meant that he had to struggle to catch up to his peers. He has continued taking art classes and improving his skills throughout high school.

"My freshman year I met one of my best friends, Ashley, she was in my first period art class, and she's been in every art class of mine since freshman year. I always looked up to her artwork and it's been interesting seeing it now become a back-and-forth since I feel like I've fully caught up to the level that [she's] on."

Monahan was accepted into Creighton with art scholarships and plans to major in marketing with either a minor or a double major in the fine arts, depending on what's available.

Monahan wants to stay at Creighton, but, as he said, "College is a crazy place; My parents both transferred from college to college."

"To put it easily," Monahan said, "Wherever I go and whatever I do, it will always have art in it."

Spring marks return of famous C-shaped iris garden, tree blossoms

Emma Whaley
staff writer

Omaha Central High School may be the most beautiful public high school in the state. Much of this is thanks to the building's neo-classical architecture. But when the weather gets warm, Central becomes a landscaping hub not often seen downtown.

The school has grounds keeper David Morlan to thank for the past 23 years of outdoor maintenance on the many acres of Central. He works with head engineer Debra Bolas to make sure that the school has all the materials and equipment needed to boost the botany in the spring. Once the weather gets nice, the first thing to do is cut back overgrowing plants and pick up the beds. There is usually no plan for this end-of-the-year planting, allowing them to make the grounds as special as they can.

"We go with what we like," Bolas said. "We do order the purple and white wave petunias in advance that hang down in front of the south porch."

It's these prideful flower baskets and the well-known "C" iris garden that makes Central's grounds stand out.

Along with the petunias, Morlan and Bolas

mulch and fertilize the flower beds, including the memorial garden. They also aerate the grounds and lay grass seed. There are many flowers that come back every year, as well, including sedum, Stella D'Oro lilies, knockout roses, midnight salvia and irises.

Of course, while school is still in session, these emerging flowers and the rest of the plants on campus are at risk of being trampled by students.

"We try to block off areas once school is out to give the areas time to heal themselves," Bolas said. "We usually will not plant flowers until school is almost out for the summer and then work on the lawn."

Central truly does have wonderful garden beds created by wonderful people. But, it can be hard to appreciate that when flowers are crushed and grass is brown. Ways to help make the gardening and landscaping look its best? "Please walk on the sidewalks," Bolas said. "The grass and flowers are for everyone to enjoy and they make this downtown high look awesome. We work really hard on providing a space [where] students and staff can relax and smell the roses."



Photo Courtesy of AVERY SCHOLTE & RITA HERRERA



Photos Courtesy of JULIA DAHLKE

Cooper poses for photos after his presidential win. He ran on the promise of emphasizing Central's diversity and making sure every student knows that their opinions are respected and valued.

Orestes Cooper elected senior class president for 2018-2019 school year

Hayley Raney
staff writer

Orestes Cooper was elected senior class president for class of 2019. He participates in Tri-M, swimming, student council, the Anti-Defamation League and is a member of National Honors Society. He also holds a part time job at Groats and participates in swimming for Swim Omaha outside of Central.

Cooper's favorite thing about Central is the diversity. "Everyone at Central is committed to the atmosphere of learning," he said.

Initially, Cooper decided to run for class president because he felt he is a prominent figure at Central. He has found that a lot of students come to him for suggestions and ideas but don't know how to implement them. "I felt that I have the voice and that I could potentially be that person to do the things that the people want," Cooper said.

His biggest competition was Austin Gillespie, who Cooper has known since he was six years old. They're pretty close and they have swam together for years.

Cooper's goals as class president is to help Central to

become more culturally aware to compare with it's diversity. Cooper would also love to change Central's sex education, human growth and development classes.

"Our sexual education is based upon this heterosexual relationship and not everyone has heterosexual relationships," he said. He would like to discuss the topic of same sex relationships and how to protect themselves as well.

"It is something that is not very spoken about or even educated about," he said.

He plans on talking to Dr. Bennett about the proposal. Holding meeting and possibly going to the school board.

Student wise Cooper looks forward to the 'anticipation and relief of walking the stage.' "At that point it's not over, but I have made who I am and I'm going to take who I am into this world," he said.

As president he looks forward to making a difference and leaving a legacy for many years beyond his presidency at Central.

Elected president he wants students to know that if you have any suggestions that this isn't just upon him. "This is our school and I have the power to implement change, but its up

to you guys," he said.

He does plan to schedule a meeting with current class president, Nick Koehler to discuss class president objectives.

Cooper describes himself as an outgoing and bubbly person. He is very decisive about his decisions which he feels will help him having the role as class president. "I'm very open to change and to listening to people's ideas," he said.

His parents are ecstatic about Cooper winning class president. Cooper's biological mother is excited for Cooper to be the first one to walk the stage, so she doesn't have to wait for everyone else. His father has told him to be aware and stay woke.

Cooper's favorite high school memory so far is his high school field trips in choir. "Those I will carry with me forever," he said.

The best trip was last year when they sang at the Holland Performing Arts Center. "We knew that we did an amazing job, we got off the stage and oh we just did that," he said.

Cooper's favorite quote from counselor Ron Moore, "Anything is possible, but whether it's likely is questionable."

'Giant Comix' depicts diverse, unique superheroes in comic stories

Sydney Prescott
staff writer

"The comic industry is like the new frontier, literally like the wild west," says Kevin Lofton, the writer and illustrated of the first black female superhero universe called Giant Comix. His goal is to give voice to stories that aren't often told, improve children's self-esteem, and foster more appreciation and respect for women. In the next year he plans to release the first issue of many of his different comics as long as he has enough support and money.

The one issue about creating a whole different universe is that Marvel (Disney) and DC (Warner Bros) have a monopoly on comics with Diamond Distributors, which is the biggest and almost only comic book distributors. The issue with DC and Marvel though, is that these companies only play with the idea of having diverse heroes. They will make a white male hero (Such as Superman or Spiderman) and make the female or a different ethnicity for a few months. Then if the original heroes sold better they stop creating the new versions, which prevents diversity in comics. "Marvel and Dc can't offer true diversity unless they actually create new iconic heroes... they can only offer your grandfathers superheroes. Giant Comix isn't just an idea that can easily reversed with a low quarterly earnings report. "To get his diverse universe out the American public, Lofton must

create a new distribution network. This means distributing the comics without another business: giving them to gas stations, family owned businesses, and corner stores to make them more accessible.

Giant Comix itself has a wide variation of comics for all. On his website giantcomix.com, there are eight different issues and six different comic strips. Some of the notable ones are Neptune Queen (fantasy comic based of Lofton's mother), The Pinkertons (group of five women martial artists and investigators), and Trump Elementary (Comic strip about putting government officials in elementary). Despite the variations in genre, all the comic books have the same message: Women of color are awesome superheroes, and awesome in general.

The idea of having an all-black superhero universe started when Lofton was 7 years old. He would try to draw black characters, but they always seemed harder and less accepted than white characters. Later, after going to college, dealing with the death of his mother, writing a novel, and learning from Google and YouTube how to draw from imagination; he was ready to create black characters. Then after considering, he finally decided that it should women of color, and Giant Comix was created.

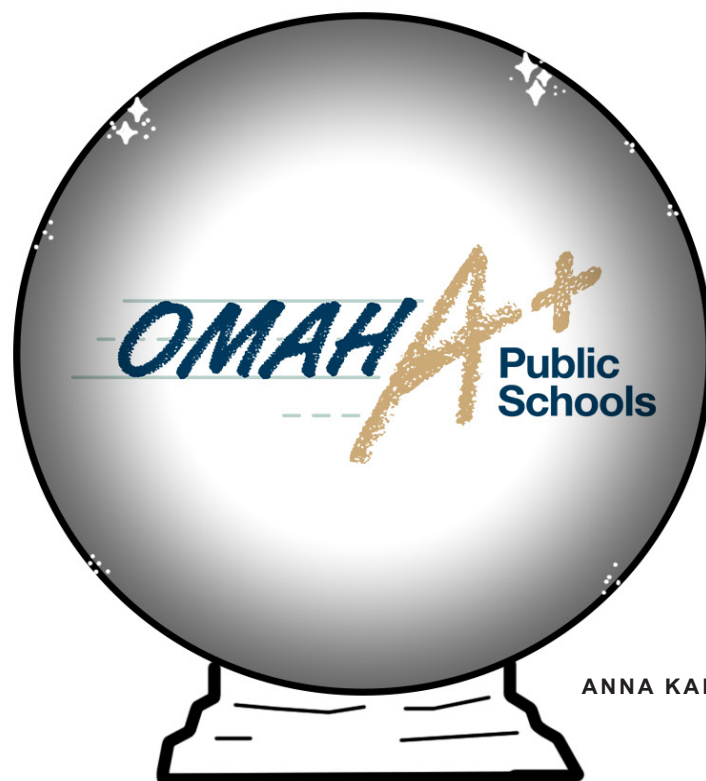
Now Giant Comix is working on growing and gathering a support group, "like the early stages of Face-

book." Right now, Lofton is working alone, but is looking to hire young artists from college or high school. He also has a support group called Giant Watch, which gives allows readers to receive the first issues of each comic as well as getting updates on the growing Giant Comix.

All in all, Lofton is combating gender and racial stereotypes set up by decades of white male superheroes by making his own superheroes- this time women of color.



Graphic Courtesy of KEVIN LOFTON



ANNA KAMINSKI | The Register

Future of OPS district remains unclear with superintendent switch

Alec Rome
staff writer

The future of OPS and how the district may fare in competition with other local school districts could depend on a few key moments coming up in the next few months that will have an impact that will last for decades.

On May 15th, voters choose whether or not OPS will receive \$409 million for a Phase II bond that would include new buildings and maintenance needs that were missed during Phase I. If the bond passes, it could significantly address multiple issues, including overcrowding. The district has 265 portables, the largest kindergarten and first grade classes in decades and over 6000 students that live in the OPS area that attend other districts.

Superintendent Mark Evans believes that there is no better time than the present to move forward in hopes of solving these issues. "From my perspective, if we don't do something, what are you going to do with these kindergarten and first grade classes," Evans said. "At many sites, you can't add any more [portables] because you're out of space."

Overcrowding has been seen first hand at schools across the district, including Castelar Elementary, where second and third grade classes are being taught in two houses that have been converted to classrooms. Evans does not want kids to cross the street every day and learn in a less-than-ideal environment. "We really don't want them in a house with regular windows, in a day where, I hate to say it, but Parkland and all the other [shootings]," Evans said. "I know the chances are very, very small but it still to me is not optimum in the least."

This game of catch-up is partially due to the lack of attempt of a bond issue for fifteen

years before this one, according to Evans. In order to make the most of this attempt, a PAC associated with "Yes for OPS" has been running TV and radio advertisements along with direct mailings. Along with those resources include professional polling, which has given Evans some insight as to what the voting populus has to say. He said that numbers are in "the high 50s" in support of the bond, but nothing is for sure. You really don't know the exact feeling of the masses, the best way is the polling," Evans said. "You may get one-offs with an individual who is concerned with this or that, but you don't really know what that means as far as the masses."

On top of all of the bond components, the district has had to make around \$18.9 million in reductions to the budget, which includes a reduction of around 90 positions. The cuts come heavily in central office, yet there are some school administrative positions that will be affected.

Once that deficit is taken care of, the district may only have to take care of around \$3 million each year as pension requirements increase. The current \$18.9 million flows through to paying the pension in upcoming years. "The optimist in me would say we have no budget reductions next year, the pessimist in me says it will be between three and five million, maybe six at the worst," Evans said.

State aid could also end up being reduced, although Evans believes that with a steady increase in enrollment and a rise in assessed property valuations, it could all even out. "Last year's enrollment was the highest it's ever been. We think [state aid] will be flat or slightly up," Evans said. "The other piece to that is what happens to property values. If they go up, state and local funding goes up."

Yet again, nothing is certain. The district can only look at patterns and trends to predict

where things may end up. If OPS is able to retain more students that they may currently lose to other school districts, enrollment could help balance everything out or tip the scales into a state aid increase.

Evans anticipates local funding to increase due to more demand in the real estate markets. His successor, Cheryl Logan, has found that out as she has been searching for permanent residence in the area. Logan begins officially on July 1, but she has been making the trip from Philadelphia to Omaha as she begins the transition. Evans will be around to assist in her transition into her new district.

Logan has a couple of key challenges in her "first hundred days," including informing herself on the implementation of the bond, finishing the reduction of the aforementioned 90 positions and more. Despite that, Evans knows Logan possesses the traits both personally and professionally to be successful. "She's had the experiences in urban education, she understands large organizations, she understands the dynamics of urban education in America and the political dynamics, she's well read, she's articulate, she has all the skill sets and knowledge to have success," Evans said.

"On the personal traits, I just find her to be delightful. She's just a fun, high-quality, good person."

As for the future of the exiting superintendent, Evans hopes to spend more time with family that lives across the country, including his new granddaughter. He'll be taking care of his elderly parents, and hanging out with his "long suffering wife of 36 years."

"I'm surprised [my wife] is happy to spend more time around me, she knows me pretty well, you think she really wouldn't want me around that much, I'm kind of shocked," he said, jokingly.

They hope to do a little bit more biking, maybe across the Wabash Trace Trail, which he recommends for its shade, smooth ride and gradual inclines and declines.

It won't all be play; Evans will be doing some consulting work on the side, training new superintendents on the challenges and idiosyncrasies of passing bond issues and working through budget shortfalls.

He said he will miss seeing the people he works with, the freedom of coming into schools and shaking hands, and the joy that comes with witnessing good things happening in schools.

There are a few things Evans can cite that helped him accomplish his goal of leaving things in a better state than when he started. "I think I can point to things like the bond issue, like graduation rates that are the highest it's ever been, the achievement gap which is as low as it's ever been, schools that were persistent low-achievers by the state's own definition which are now no longer and are showing growth, which makes you feel good," Evans said.

Although, not everything is perfect, and he is certain that Logan will pick up where he left off and improve on places with less growth, which includes math scores.

Overall, Evans was happy to be around and work in the district. "Thank you for the opportunity to have a little piece of their life and their educational life, it's been my honor and privilege to be a part of OPS and I mean that with sincerity," Evans said, when asked what he would say to his peers and the students of the district.

"I feel lucky to have worked in a city that values public education. Omaha does."

Personal Finance course to become a district requirement for seniors

Jackson Godwin
staff writer

Starting as of next year, Omaha Central will be adding a new required course for seniors to take. To prepare students for their future years in college or in the work force, personal finance will be a requirement to all seniors. The personal finance curriculum consists of: ways to help students become more responsible when it comes to money, finance and economics. In previous years Central has only made students take an economics course as a sophomore.

Personal finance has always been an optional course for seniors but now many schools and districts have concluded there are benefits to having it be required.

Finance is a field that studies investments, business, money, and even retirement years. It not only gets high school

students ready for college but also provides information that can help them the rest of their life as an adult. There are now 17 states in the United States that require students to take either an economics class or personal finance as a class. Due to the growing demand for financial literacy education 89 percent of teachers believe that personal finance should be mandatory at least one semester in high school. The current Economics teacher, Denise Powers will as well be instructing the personal finance next year, "I'm actually jealous that kids get to take this class because I didn't have anything offered to me like this as a kid, you had to learn everything by asking your parent or an adult," said Powers.

These classes are specifically set in students' schedule not to just fill in a course but to give information about money and the economy that students may have know.

Numerous amounts of students leave high school with

minimal knowledge of the subject of money and finance and everything that one must do to live a financially stable life ahead of them. Along with Northwest High School, the 2017-2018 school year Central ran a test run for personal finance before applying it for next year.

Throughout the year the class will learn and discuss financial management, financial services, credit, and insurance. It helps students be prepared for situations they can't expect to happen like a car accident or medical bills, "We fill in the curriculum that parents may have missed telling their kids," said Powers. It is hard for students to learn about adulthood from other students because they are both living in the same era so having a Personal Finance course helps kids learn from adults who have already had to deal with situations that involve insurance or credit.

retiring teachers

Two Central teachers make the 2017-2018 school year their last and rest their purple feathers.

deb bolas



Zoia Morrow
executive editor

Unseen from the public eye, engineers and custodial staff tend to be the people keeping schools afloat. There would be no school for teachers to teach in or a principal to administer if there was not working electricity, plumbing or just clean halls by the hands of technical engineers and janitors. For the past 18 years, head engineer of Central, Debra Bolas has dedicated her time to Central and all the engineering problems it concurred.

She says what the basis of her job is every day, "Running around maintaining the building, the grounds, and the staff." Her job as head engineer is to make sure Central is up and running every morning for students and faculty alike. Throughout Bolas' 18 years at Central, she believes the

best part of her job was working with the students and staff. The positive atmosphere surrounding her staff and what being an engineer requires is what Bolas attributes to, "Getting to know people and the challenge of my job," she said.

Originally, Bolas had plans to become a florist. Soon she worked her way into the cleaning business. For a while, Bolas was a maid at a hotel, but it wasn't until she was a manager that she saw more for herself. The opportunity to work in Omaha Public Schools (OPS) arose and it came at the perfect time in Bolas' life. Her first OPS job was at Norris Middle School as a night time custodian. As previously stated, Bolas worked her way up from a maid to a custodian to a soon to be retired engineer. Receiving her engineering license was the gateway to her beloved longtime career. "Instead of cleaning hotel rooms

and making sure they're okay, it's classrooms [and conference rooms,]" Bolas said.

Like many other women in male-dominated job positions/careers, Bolas dealt with people not taking her seriously. "When I would call and said something needed to be repaired, there was a safety hazard or an issue, they would think I was over-exaggerating," Bolas said. Overcoming this meant she had to insist on more checkups to prove her extensive knowledge. "So, I had to keep fighting and pushing until they finally came out, 'Oh yeah, she does know what she's talking about.'"

Her retirement comes due to the adoption of her two grandchildren that are two and eight years old. She plans to devote her full time to them and managing her home.

Anna Kaminski
editor-in-chief

From pursuing poetry in San Francisco to practicing law in Lincoln to teaching English and special education in Omaha, special education department head Rich Bollerup has lived a fulfilled life, to say the least. In his last few weeks as a teacher, Bollerup reflects upon his time at Central, he said, "I've really grown to love this place. I love the people here. The faculty that I've worked with are incredible people. I've met and gotten to know very well huge numbers of students for backgrounds that I never would have encountered otherwise."

Bollerup planned on retiring last year, but he decided to give the special education department one more year. He initially made the decision to retire in December of 2017, so it has been slightly difficult to get through this last semester.

Bollerup was born in Western Nebraska, attended the University of Nebraska at Lincoln for his undergraduate degree. After college, he moved to California for a brief period of time, "San Francisco was the Mecca of the counterculture at the time," Bollerup said, "And I fancied myself as a poet of sorts, so I followed my literary heroes (Lawrence Ferlinghetti, Allen Ginsberg, Jack Kerouac and others of the San Francisco Renaissance) out to the Bay Area to become enlightened." Whilst he was in San Francisco, Bollerup worked odd jobs to pay the bills, took classes at the University of California, Berkeley and "generally lived some facsimile of counter-culture lifestyle."

Eventually, he ran out of money decided to move

back to Nebraska to attend law school and make a living. After earning his law degree from UNL, Bollerup worked for a small firm in Lincoln as a general trial associate with focus on criminal defense, family law and juvenile law. He went on to be a lawyer for 28 years, but an impending move affected Bollerup's entire life. His wife had commuted to Omaha for years while they lived and Bollerup worked in Lincoln. Bollerup and his wife decided to move to Omaha once all of their kids grew up and moved, so Bollerup decided that if he were to ever make a change, that would be the time. He enrolled in a second career program at the University of Nebraska at Omaha, earned his teaching certificate, taught for a year at Millard South and has now been teaching at Central for nine years.

"It was really reaching a point in my law career where I was getting to a burnout phase where I was just tired of it. Tired of the grind, tired of the stress, tired of no time off."

"I always had it in the back of my mind that I would like to teach," Bollerup said. In his time at Central, Bollerup has noticed, "It's constantly evolving," he said, "But on the other hand, there are certain things about Central — values that we have — that remain constant. There are certain traditions that I think help promote that consistency over time."

As of the moment, Bollerup has no specific plans for retirement. "Mainly I'll sit around and think deep thoughts," he said. Although, his wife was recently diagnosed with cancer so he wishes to spend time with her and the rest of his family and offer her as much support as he can give.

rich bollerup



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anna kaminski editor-in-chief

UNIVERSITY OF OREGON

When I first came to Central as a 14-year-old, I knew one single person. I came from a Catholic school with a graduating class of 60, so Central was a little bit of a culture shock. I remember deciding on a whim to take a journalism class just to fill my schedule. I never thought that it would change my life.

I originally came to Central for the IB program - which I eventually dropped, for many reasons. My time in IB was valuable and informational, but, in the end, I decided that journalism was what I wanted to do. Initially, I did not take journalism very seriously. It was something that I was mildly good at and enjoyed. I remember that I barely talked to anyone on staff my sophomore year; I did my work and was not very moved by the technicalities of journalism.

Over time, I became more and more passionate about writing and designing and the importance of

journalism. Especially with the current state of the media and the stark contrast between conservatives and liberals, something that is extremely important to me is respect for the truth and the duty of journalists to report the truth.

In September, I will be moving 25 hours away to the University of Oregon to study journalism and pursue a career in the field. As I reflect upon my time on the staff of The Register, at Central and in Omaha, I am so incredibly grateful for all that I have learned. I have met people who changed my life for the better and people who have changed it for the worse. Central has taught me acceptance and community and the importance of knowledge, and as much as I am ready to leave this place, it will always hold a special place in my heart.

zoia morrow executive editor

UNIVERSITY OF MISSOURI

From a young age, I watched movies about high school. They depicted it to be something that it's not. I never fathomed my high school experience would be as it has. I feel like I missed something that everyone caught onto.

But yet, I've come full circle. I'm leaving high school a completely different person (I say this because I can't even remember freshman year, so that must say a lot). I spent a lot of time worrying about my social life and how people

perceived me to properly enjoy anything. It doesn't help that I only got decently pretty at the end of Junior year. And that was only because I started to do my eyebrows and winged eyeliner.

I have grown exponentially since joining the journalism department at Central. I have blossomed into the writer I am today. Now, I plan to further my education at the University of Missouri at Columbia (Mizzou).

All in all, high school wasn't all

that memorable. It could have been much worse, but I did not by any means peak. Here's to the next four years of my life and everyone who has helped me get there. I appreciate you.

And if you're an underclassman reading this, or an incoming senior, I'm really proud of how far you've come, in case no one has told you lately. Better things are coming. Today I do. Tomorrow I will.



alec rome staff writer

UNIVERSITY OF NEBRASKA, LINCOLN

I came to Central as a confused, annoyed, virtually lost freshman that had no sense of self-identity. With no clue what my purpose was, I was not really fond of myself, after years of dealing with the social repercussions of being outwardly unique. Thus, my ability to react and be confident around others was diminished.

However, The Register became a place where I felt a purpose. I was surrounded by a wonderful family of people whom I have grown to love over the years. 029 extensively improved my writing skills and it gave me the inner confidence to talk to people whom I've never met before without feeling anxious or nervous.

Without The Register, I would not have tried broadcasting and video production, and I certainly would not be the person I am today.

If you have ever been on the fence about trying journalism,

please just try it. You will gain valuable knowledge about the world around you, curate your ability to question and have more fun than anything else you may do. It led me to a purpose, and I hope it may do the same for you.

To the parents who read The Register (like my mom and dad), to the teachers who have complimented my stories and given me the time to find stories and grow personally, to the students, to Blayne for putting up with me and to everyone I have ever interviewed the last four years, simply:

Thank you. Thank you for giving me a shot to become a better person and storyteller. I will greatly miss this place, the memories created, the friendships and the comfortable, squeaky chairs.

I'm sure I will come back to Central, so this is not goodbye, but rather, see you later.

simone davis staff writer

UNIVERSITY OF MISSOURI, KANSAS CITY

Signing up for journalism my sophomore year was the smartest choice that I made in high school. Being a staff writer for The Register has taught me the importance of integrity and hard work, as well as providing me with long lasting friendships. Though I'm not pursuing journalism professionally, I've gained

experiences that will continue to aid me throughout my life. In the fall, I'm excited to announce that I will be joining the University of Missouri- Kansas City Dance and Music Conservatory to study ballet, and will be pursuing dance as a professional career.



hayley raney staff writer
UNITED STATES AIR FORCE



My three years on the Register staff have been a life changing experience. Working for Central's newspaper has helped me become very social and not afraid to speak my mind. I have become more open and confident with myself because of working with so many people. I appreciate the bond all of us staff members share. Newspaper is one big family. After high school I am going to serve as a proud member of the United States Air Force. My four years at Central has been an amazing time and I never imagined myself going anywhere else. Central have taught me so many valuable ideals and precious memories I will have for the rest of my life.

julian hock-beaty graphics editor
COLUMBIA COLLEGE CHICAGO



I've been a part of Central High's journalism team for four years. I took journalism as a freshman, joined the Register staff as a sophomore, and have been writing and designing for it ever since. Now in my senior year, I've completed countless graphics, cartoons and stories throughout my time. Next year I will be moving to Chicago for film school at Columbia College.

vasili sgourakis staff writer
UNIVERSITY OF NEBRASKA, LINCOLN



Since signing up for newspaper my sophomore year, I have had no regrets. I have made friendships and memories that I will always remember. Although I am not pursuing a career in journalism, my writing skills have developed greatly during this period. Newspaper has been a terrific outlet for voicing my opinions and developing new ideas. This fall I will be attending UNL and majoring in Political Science with the goal of pursuing a career in law.

carlson koch staff writer
UNIVERSITY OF NEBRASKA, OMAHA



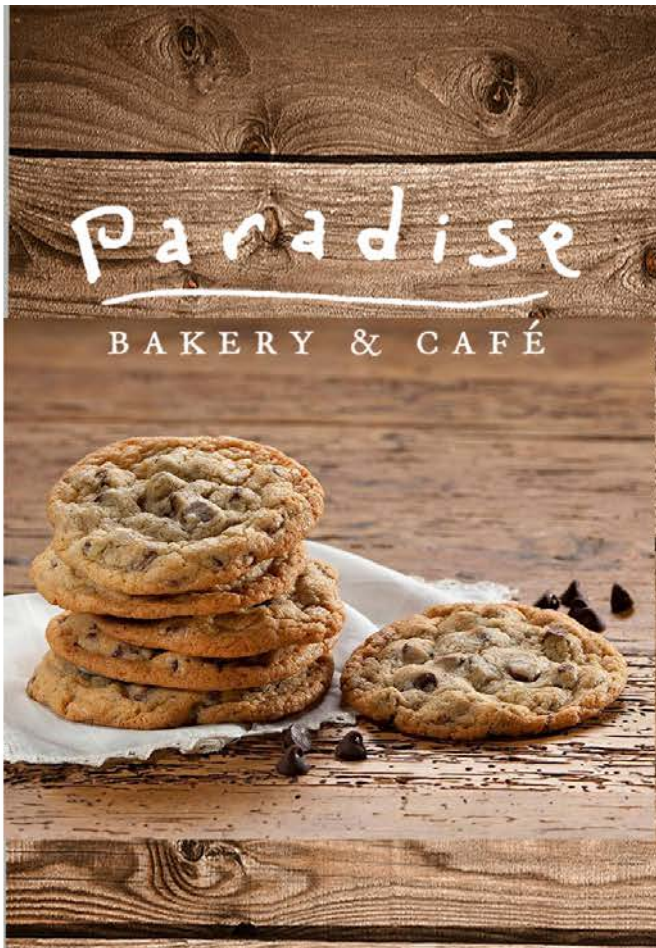
Signing up for Journalism as an eighth grader was simply a class to fill my schedule. Looking back, I am thankful I did. Without my time spent writing for The Register, my writing abilities would be weaker, and I would not have made some of the friendships I have now. Even though I am not choosing to continue journalism in the future, my ideas and my voice have become something I am more comfortable with sharing. While writing for the paper, everything I have learned and experienced has made the path for my future clearer. In the fall, I am attending UNO with a major in Business Administration with a focus in Real Estate.



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Students walk out for gun control, organizers share their goals



WALKOUT from page 1

for stricter gun control. Following the walk-out, thirty or so students traveled to Senator Deb Fischer's office to stage a die-in and orchestrate a small protest outside.

While students received National and local support, backlash was plentiful as well. On social media, comments accused students of being unknowledgeable about the issues and using the issue as an excuse to skip class. "They clearly don't understand central, or what we're fighting for," Eastman says in response. "We're scared for our lives and the lives of the people we care about, and the walkout was the best course of action to show our community that we are serious."

As for next steps, she says that students need to take their advocacy efforts from the streets to the frontlines by working for candidates who are fighting for gun reform. Despite this, Eastman emphasizes the importance of youth having their own voice. "We will not let our politicians speak for us anymore."

OPS budget cuts controversial, expected to eliminate up to \$60 million

BUDGET from page 1

reducing the number of students attending Elementary summer school by 75 percent. Another area is gradual spending cuts to specific areas in the district.

An area that has been heavily reported on in the past is the potential of busing cuts. The Omaha World Herald specifically has been covering this topic quite heavily, with one of its articles having Former Central principal Keith Bigsby come out strongly against any proposed busing cuts, saying that it would effectively re-segregate urban and suburban high schools. Such cuts are not going to happen, however, according to Goding, "Busing will not rank high in priority for any board member," and that the likelihood of cutting busing is almost zero, as "60 percent of students attend high school other than their home attendance area high school." Snow also stated that cutting busing would defeat one of the board's goals of keeping the effects of cuts out of the "core of the onion," the

core being a metaphor for the classroom. The rumors of cuts to busing came as part of a list compiled of potential cuts to the general budget created by the Superintendent, which, according to Snow equaled about \$60 million of potential areas that could be cut. Areas that will not and cannot be cut are areas that are paid for by federal funding and grants.

The board will vote on the Budget Committee's proposals in June. Snow stated that he will support whatever the committee recommends, so long as it meets the aforementioned parameters of keeping out of the "core of the onion." Goding said that the board will vote on the cuts they can coalesce around so long as they are out of the classroom.

OPS also has an upcoming bond issue for \$409.9 million bond issue to provide funding for new schools, but the OPS budget cuts are unlikely to affect this bond issue, as, according to Goding, the district would not have to pay for the schools until

two years after each building is completed. Concerns of a need for increased funding for staffing at the new schools is also negated by the fact that "Staffing will move with students to new buildings." According to Snow, concerns that "OPS has been an irresponsible steward of your taxpayer dollars," are unfounded because of the fact that little to none of the issue resides with OPS' management of schools and money, but because of the recently passed requirements for the OPS pension system and the cuts to OPS' funding due to the state's budget shortfall.

Snow said that "anyone who opposes the Bond issue has not been to South Omaha." In addition, Snow believes that in the future, the legislature will "own up and recognize that this is not an OPS problem, this is a state of Nebraska problem," referring specifically to the 101 percent requirement on the OPS pension and he believes that the State Senator Brett Lindstrom's LB548 which attempted to infuse \$300

million in loans to the OPS retirement fund will be passed in the next session. "What we could do with the legislature is have a Senator put up a bill and say 'let's take that 101 percent fully funded down to 80 percent,' and ask how much that could that save us." Between board infusion and pushing the requirement down could save the district \$15 million, Snow said and then proceeded, saying that after this, they could pass a levy override and basically make this problem go away. He wants these things to happen so that they don't have to come back next year and "remove another layer of the onion."

In regards to the effects of the budget cuts on Central High, effects will be unknown until the school board votes on the budget in June, with Principal Ed Bennett saying that, "At this point, I don't want to speculate on budget cuts because the school board is still taking recommendations."

EDITOR'S NOTE:

I am so excited and honored to present to you the sixth and final issue of *The Register* of the 2017-2018 school year. I hope that this issue provides the same upstanding and fulfilling content *The Register* always strives to publish.

As I write this memo for the last time, I wish to thank several people. First, to Ms. Hillary Blayney for her guidance and dedication to truth and reliability. Second, to my staff and all those who contributed to the creation of this paper. Third, to Dr. Bennett and the administration for their feedback, advice and support of the first amendment. Lastly, to all those who continue to read *The Register*, thank you. Without an established readership, none of this would be possible.

Throughout the year, we have challenged mainstream opinions, discussed the pressing social and political matters, featured a few of the many Central students and faculty who have stories worth telling and, most of all, we have worked tirelessly to give the Central community a publication that they can be proud of.

Until next time,

Anna Kaminski
Editor-in-Chief

The Omaha Central High School Register seeks to inform its readers accurately as to items of entertainment, interest and importance. The staff strives to uphold the principles of journalism in all of its proceedings.

The Register is a member of the National Scholastic Press Association (NSPA), the Nebraska High School Press Association (NHSPA), the Journalism Education Association (JEA), Quill and Scroll and the Columbia Scholastic Press Association (CSPA).

The Register is an 11-time Best-in-Show winner for large newspapers at the JEA/NSPA national conventions in San Francisco, Boston, Phoenix, Dallas, Washington, D.C., Seattle and Chicago. The Register also won first place in Front Page News Layout for large newspapers at the JEA/NSPA convention in St. Louis.

The Register has won multiple NSPA Pacemakers, which is considered the Pulitzer Prize of high school journalism. It has also won many Cornhusker awards from NHSPA, and has been awarded the Gold and Silver Crowns from CSPA for its overall work.

Unsigned editorials are the opinion of *The Register* staff and do not necessarily represent the opinion of Central High School.

Signed editorials are the opinion of the author alone, and do not necessarily represent the opinion of Central High School or *The Register* staff.

Special thanks to all the faculty and staff of Omaha Central High School and Omaha Public Schools. Your cooperation with our students helps us maintain a professional atmosphere in order to teach media education.

Thank you, readers.

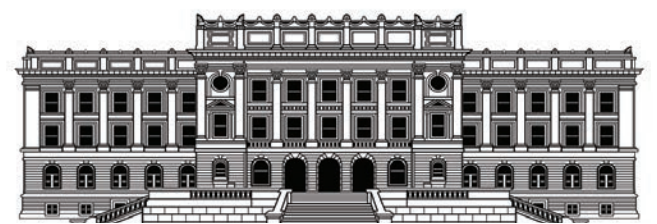
It is the goal of the Central High Register to represent the student body in issues affecting their lives as young people and students. If you feel that we are not covering an issue that is important to you, we welcome contributing writers who bring fresh ideas to the issues. If you would like to write a story for your student newspaper, please contact Hillary Blayney at hillary.blayney@ops.org or come to room 029 to discuss your idea.

ATTN: *the REGISTER*

124 N. 20th Street
Omaha, Neb. 68102

Phone: 402.557.3357
Fax: 402.557.3339

central.register@ops.org



the REGISTER staff

EDITOR-IN-CHIEF

Anna Kaminski

EXECUTIVE EDITOR

Zoia Morrow

ADVISER

Hillary Blayney

PHOTOGRAPHER

Alexis Blankenfeld

GRAPHICS EDITOR

Julian Hock-Beaty

CONTRIBUTING WRITERS & ARTISTS

Avery Scholte
Mataya Frezell
Connor Paintin
Rita Herrera
Yvette Lopez
Falisha Aristide
Tyler Zipay

STAFF WRITERS

Molly Ashford
Simone Davis
Malcolm Durfee O'Brien
Emily Engel
Kaitlyn Engel
Anne Gallagher
Jackson Godwin
Simret Habte
Lizbeth Hermosillo-Najar
Heidi Heyden
Kayla Johnson
Carlson Koch
Javier Lepes
Cormac O'Brien
Sydney Prescott
Hayley Raney
Alec Rome
Ari Saltzman
Vasili Sgourakis
Grace Turner
Emma Whaley



Gym spread

The Register staff reviews six gyms around the Omaha metro area.

PAGE 10-11

Spring signings

Features on the athletes, their interests and their futures as they begin their collegiate athletic and academic careers.

PAGE 12



Where are they headed?

See a map of where the eight athletes will be traveling to for college.

PAGE 13

sports & leisure

THE REGISTER

Vol. 133 No. 6 | May 10, 2018

SIGNING OFF

Eight Seniors signed to colleges to continue their academic and athletic careers in early April.

CONTINUED to page 12

ZACH HANGMAN



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JESSICA LEE



Briar Cliff University

TYRA BLUE



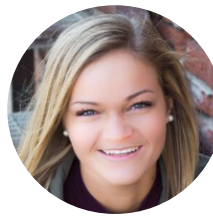
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NYABOUNY GATKEK



Central Community College

BRI HEALY



University of Nebraska Kearney

NYAJOK PAL



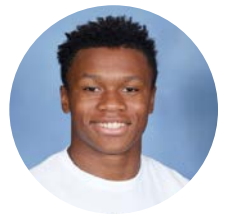
Central Community College

JACY DUNDEE



Bellevue University

TRE WILLIAMS



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MADISON THARNISH | The O-Book

From left to right, NyaJok Pal, Tre Williams, Bri Healy, Jessica Lee, Jacy Dundee, NyaBuony Gatkek, and Tyra Blue pose for a picture together following their signings on April 11.

Column: NCAA Women's final four consistently unpredictable

For the second consecutive year in a row an undefeated UConn Huskies Women's basketball team has lost in the final four. Each year UConn has been favored in both games and was predicted to win the Women's National Championship.

The team that defeated them was the Notre Dame Irish who was also a 1 seed. In the past the Irish have not matched up well against UConn in most games.

In the 2015 National Championship Notre Dame lost by 10 to the Huskies but was determined that wouldn't happen again this year. Last year the Huskies again fell short in the final



JACKSON GODWIN

J G O D

four to Mississippi State who played Notre Dame this year in the National Championship.

Even with women's basketball not being talked about as much in popular culture as men's many teams have made accomplishments over the season. The newly crowned national champions, Notre Dame, ended in first place in the conference with a

record of 35-3 and an automatic bid to the tournament. A second team that accomplished many things throughout the season even with falling short in the championship is Mississippi State.

The Mississippi State Bulldogs ended with a record of 37-2 and placed 1st in their conference as well. Lastly despite their loss in the final four Louisville women's basketball played an outstanding game against Mississippi State and took them to overtime although losing in final seconds.

The Louisville Cardinals finished high in their conference with a record of 36-3 and was just short of first place in the ACC falling one game short of Notre Dame who finished 35-3. Even with finishing second in the conference and losing in the Final Four the Cardinals had outstanding talent and will learn from their late season losses to prepare and get ready for next year.

This year's championship was a long time coming for the Fighting Irish. Before this year it was exactly 17 years since the women's team

have won a National Championship. Many people are even predicting Notre Dame to have a strong chance to come back again next year just as determined as this year.

Next year the team will be returning 4 out of 5 starters and 3 of those players did not suffer from serious injuries this year.

If the team can stay out of injury trouble reporters say they deserve to be the favorite next year over UConn Huskies. Following winning the championship the coach Muffet McGraw felt the team was fed up with continuing to get second at the end of the season.

"We were tired of being bridesmaid," McGraw said. Overall, each year can surprise viewers watching but it all really comes down to how you handle each game as a team.

FUN & FIT

The most useful and worthwhile gyms across the Omaha area. Here, staffers review the atmosphere and what they offer to customers.

BLUE MOON FITNESS

Vasili Sgourakis
staff writer

Many gyms are intimidating for those who are infrequent to physical activity. As a result, they instead opt to forego a gym experience at all. Blue Moon Fitness on the other hand, is geared towards those who are not necessarily working out savants.

As the title would suggest, Blue Moon Fitness provides a relaxed and welcoming environment so that even people who only exercise once in a "Blue Moon" may fit in. Immediately when one enters the gym they are greeted with a friendly smile ready to sign them in or provide a tour of the facilities to a prospecting new member.

In order to appeal to people new to working out, there is even a section of machines specifically for beginners. They are easier to use and are equipped with photographs de-

picting how to properly utilize the device.

While Blue Moon is designed to appeal to those who are infrequent visitors of the gym, they are not ignorant to experienced gym guests. Along with the section of machines designed for beginners, they are also equipped with all the same ones found at other gyms such as Prairie Life or Genesis Fitness.

Blue Moon is also extremely affordable with memberships starting as low as \$10 per month. However, this leads to two of the shortcomings with the gym, the absence of a swimming pool and basketball court. While they do provide an area for yoga and various types of field work, there is no basketball court inside of Blue Moon.

Regardless, Blue Moon Fitness is the perfect blend of a gym for regulars as well as infrequent visitors who do not want to be intimidated by advanced machines and a hostile atmosphere.



Kaitlyn Engel
staff writer

Frequently overlooked, the Jewish Community Center's Fitness Center is a state of the art facility that is a great value. Opened in 1925, the "J" has continued to serve Omaha's Jewish and non-Jewish communities to maintain a healthy life style.

Members have access to almost all of the facilities and services, including the 20,000 square Phil Sokolf Fitness Center. This state of the art facility has the equipment for a plethora of activities. Members can mix up the usual routine of running and lifting with the swimming, cycling, or playing other sports. It is open from 5 A.M. to 10 P.M.

Beyond the fitness center with its newly updated machines, the Jewish Community Center has all of the athletic necessities. There are basketball, volleyball, tennis, and racquetball courts scattered across the twenty-acre campus as well as a full baseball diamond. The crown jewel in the campus is the newly remodeled

JCC

aquatic center that will open in June 2018. With a lazy river, waterslide, and new lap pool, everyone will find something to enjoy.

Countless programs are also offered with membership. Nearly seventy classes are taught weekly at no charge to members. Fitness assessments are also offered every six months at no charge.

For new athletes, there are introductory courses with staff members that teach how to use machines and help tailor a work out for the individual. Teenagers are required to take an orientation, which helps establish a routine for a healthier life. This routine consist of a mixture of aerobics and lifting.

The environment encourages newcomers to fitness due to its non-intimidating nature. Members go to the Jewish Community Center to become better and work on their own fitness. There are relatively few show offs or intimidating gym-goers, in comparison to other metro gyms. The calm atmosphere works for teenagers and strong athletes alike.

Heidi Heyden
staff writer

A motivated gym goer goes to their morning workout. The place just so happens to be Prairie Life Fitness. He or she goes to one of the three locations: 31st and Farnam St, Q St, and 132nd and Center St. This person can expect many different things from this gym, including the prices. From experience, membership costs \$39 per month, and people can choose from month-to-month memberships, once-a-year, and twice-a-year memberships. To find out what prices to expect at a specific location, one would have to physically go to that location because the prices are not listed online.

Prairie Life seems to be a comfortable environment to be in from checking in to leaving. It tends to attract an older crowd, and people there are more fitness-oriented instead of being social. There is no overcrowding, and people tend to mind their own business. The trainers there are very friendly, and they care about one's goals and preferences. They do not try to hold training sessions if they see that someone is using the equipment in that area.

This equipment is almost always readily available to all members. Besides a gym, there is also a pool, a basketball court,

and multiple racquetball courts. There is both an indoor pool, an outdoor pool available for use, and a hot tub. The indoor pool consists of four lanes and a large area for open swimming, while the outdoor pool has two slides and a shallow play area for younger kids. Safety equipment, such as life jackets, noodles, and kickboards, are always easily accessible. There are lifeguards in both the indoor and outdoor that encourage the safety of everyone, especially children. Based off experience, the lifeguards act quickly if they see someone who is about to drown in the pool, and they make sure to restate the rules to make sure that it doesn't happen again.

Prairie Life is geared to children and families. They have many kids' programs, along with a childcare program. There are two rooms for childcare that one can put their children in while they work out: a room for babies and toddlers, and another for older children. The room for older children isn't open half the time, which means that there are six-year-old children and six-month-old babies in the same overcrowded room. There are adults at these rooms, but they are there only to supervise. They tend to the babies, who are in a sectioned-off area in the room, but they do not try to relate to the older kids or try to get to know them. When the second room opens, the older kids walk to the other room where they are met with more of the same

toys and little adult contact. Of course, they are supervised, but they are also left alone. This is entirely based off experience.

The kids' programs include swimming lessons and recreational clubs. Swimming lessons are offered at a young age, and they consist of six levels. When a child passes a level, they move on to the next group. They teach children about the different strokes and how to tread water, but it may take up to five or more times before a child can move up to the next level, even if the child has clearly mastered the skills taught. The recreational club involves a wide variety of sports, and different activities that require physical activity. These activities are geared more towards older children and it is often a place where they can go and not have to worry about hurting younger children.

Overall, Prairie Life is a very comfortable, family-oriented place where people can go to improve their lifestyle efficiently and without judgement. It is somewhat affordable and there is a wide range of ways that people can be physically active and stay fit. The staff there clearly care about all members, but the childcare has some room for improvement, in terms of care for the older children. Prairie Life is a place where people can see a positive change in their life just by going to the gym.

PRARIE LIFE FITNESS

LIFETIME FITNESS

Kayla Johnson
staff writer

Life Time Fitness is a facility which clearly values the importance of the inclusion of everyone when constructing their business. This fitness center hosts a variety of activities and amenities for families- meaning everyone of all ages. The child centers are friendly departments of the building which act as a daycare and care for young children while their parents use the workout facilities. Located near the child centers, there are activity centers which children and teens can enter for a series of interactive and energizing exercises for all age groups. These gyms allow children to also become active in different sports. In the workout facilities there is a large assortment of equipment. From beginners to advanced athletes, everyone can be comfortable working out at Life Time Fitness without feeling insecure or self-conscious. Amenities for club members even include being able to join and participate in group fitness classes during numerous days of the month. The aquatics are also very suited for both adults and children with classes as well as recreational use. The indoor pool is open year-round while the outdoor pool and slides are open during the warmer months of the year. Each individual club even hosts their own set of (almost) daily activities for members as a part of their amenities. Another great benefit of the club is their late hours.

The facility also has its own café located right inside the building. "LifeCafé" hosts a wide variety of fresh foods for its club members. The menu ranges from smoothies, shakes,

sandwiches and flatbreads, salads and even more hearty entrees. Nutritional values and calories are listed clear as day so that customers can understand what they are putting into their bodies. This is also very helpful is customers are following specific diets or limiting their caloric intake. The café even serves more child-friendly meals such as cheese pizza, chicken tenders, quesadillas, and macaroni and cheese to accommodate their younger guests. Parents can feel confident serving their children these meals due to being able to know their calorie content and ingredients. The gym also has vending machines in multiple spots which sponsor low calorie, but flavorful drinks such as teas and flavored waters. Nutritious and protein packed snacks are also available for purchase in these vending machines.

Although the price for Life Time is typically double the rate of an average gym, it is worth the price- because this is not your average gym. All the luxurious amenities and lavish treatment makes that extra fee all worth it. The "LifeSpa" provides services such as hair, nail, massage, and skin treatments for those of all ages. Not to mention, the equipment and restrooms are all upkept very nicely in a sanitary fashion. Staff members and cleaning crew members are constantly walking around organizing, wiping down, and disinfecting surfaces both in the restrooms, saunas, showers, locker room spaces, and workout facilities. Members even receive benefits such as unlimited and fresh towels and blow-dryers in the locker room area. Life Time fitness provides an energizing and recreational environment in a luxurious and sanitary manner for its guests.

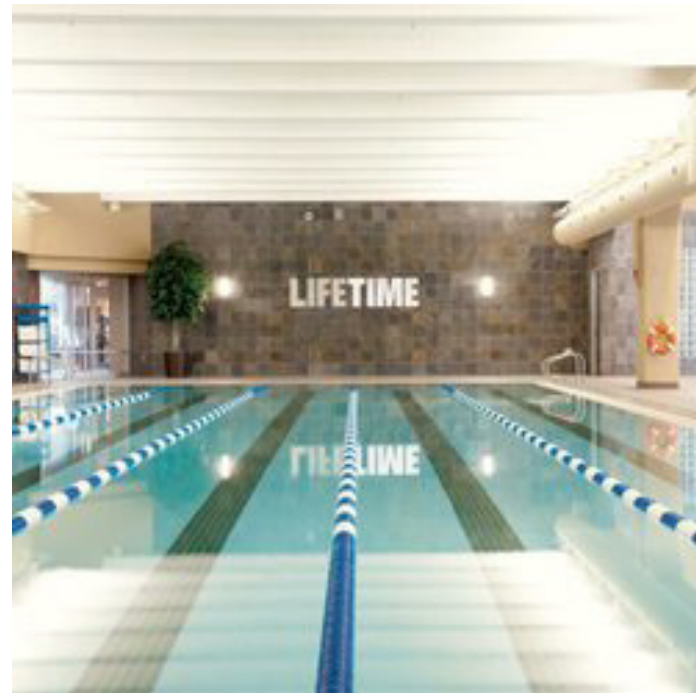


Photo Courtesy of YELP



Molly Ashford
staff writer

The YMCA is probably one of the most well-established, recognizable gym. There are nine locations around the Omaha Metro Area, with one conveniently located three blocks away from Central. It may not be the most glamorous gym, but the YMCA is easily one of the best in the Omaha area.

The affordable pricing is one of the best features of the gym. Adult memberships are 42 dollars per month, and student memberships are only fifteen. They are one of the only gyms in the area that provides a substantial discount for youth aged 12-18.

Besides allowing youth to access the gym itself, the YMCA also offers basket-

ball, baseball, volleyball, flag football, and soccer teams for kids in kindergarten through eighth grade. For older youth, there is an intermural swim team for kids up to eighteen. Open gym and pool time happens daily, giving time for scrimmages and recreational exercise.

That being said, it is obvious that the YMCA promotes itself as being a family gym. They offer low-cost childcare, youth camps and service opportunities, and often hold children's birthday parties. While this is extremely helpful for parents looking for childcare programs while they work out, it does take away from a professional gym atmosphere. But for fifteen dollars a month, it is worth walking past a few children.

There is an alternating schedule of classes such as Zumba, High Intensity In-

terval Training, and yoga offered daily for no cost with a valid membership. There are swim lessons for adults and children alike as well as tandem or individual personal training services at discounted rates for members. The services that they offer for free for members are nearly unmatched.

So, why the Y? With all of the fancy gym options in Omaha, the YMCA may seem a little bleak. And while it is not the most glamorous gym experience, it is comparatively cheap, accessible, family-oriented, and matched with a friendly and helpful staff. For students especially, the youth pricing options and close proximity to Central make the YMCA an excellent choice that is well worth the setbacks.

YMCA

GENESIS HEALTH CLUB

Jackson Godwin
staff writer

There are various popular fitness centers around Omaha that are popular amongst people. Most gym centers offer your average weight room, fitness room, and an aerobics center. Some of the larger size buildings even have pools, racquet ball, and tennis courts. One of the more popular fitness clubs that have opened around Omaha recently is Genesis Health club. Currently there is a total of 7 locations around Nebraska. The newest Genesis that has opened is the Westroads location on 1212 North 102nd street. Previous to it being Genesis, the gym was formerly known as Elite Sports and Fitness until December of 2016.

For people who are interested in getting a membership at Genesis are offered many options. The club gives you multiple options to work around your schedule and how long you plan on being a member. Some of the fitness activities that they have is a hot tub, swimming pools, two separate basketball courts, men's and women's locker room and an executive locker room for members only. The basketball area also has

vending machines and healthy food for a snack and the two courts are separated by a divider to keep workouts and other practices separate. In both basketball and volleyball season the facility hosts tournaments bringing in teams around the area to compete. Other interactive activities that they have are tennis courts and a small indoor track for runners.

For those who are dedicated to working out on a daily basis the gym has trainers that can help with techniques and workouts. There are also classes offered that are led by qualified experienced trainers focusing on flexibility, strength, cardio, and yoga. While adults are in fitness classes there is a daycare center that is convenient for parents to drop their kids off right before class. The trainers focus on what is the best workout and schedule for a specific person not just an entire group. One of the points the club emphasizes the most is having enough space for everybody and not have people waiting in line to use a machine or weight. The gym has rows of weights offered to people and rooms full of machines that focus on working out each part of the body. Overall, the gym offers a wide variety of opportunity to work out and has year-round classes for activities offered.



Photo Courtesy of GENESIS HEALTH CLUBS

SIGNING OFF

Several seniors signed to colleges this spring to continue their athletic academic careers.

ZACH HANGMAN Midland University

Alec Rome staff writer

Senior Zach Hangman competed in multiple different track and field events during his time at Central, including the 110m hurdles. Yet, he had to jump a few more hurdles in order to reach this point in his track career, as a new signee with Midland University.

He blew out his knee last summer (despite that, he won sixth in the decathlon at a national competition) and thus his future as a track and field athlete was put into question. Coaches were hesitant to sign him, but he found a home with coach Daniel Gerber. Gerber and the staff had serious conversations with the decorated Central athlete on what he wanted out of himself.

“Coach Gerber was one of the only people who continued to have faith in me and my ability,” Hangman said. “He kept

in contact and I could tell he really wanted me to come and I really enjoyed talking to him.”

His visit to Midland went a little bit differently than he expected it to. Hangman was mainly interested in the track and field facilities, but was shown the entire campus. Impressed by the beauty of the campus and the hospitality of those studying and working there, he felt confident in choosing what he hopes to be his new home for the foreseeable future. They really stressed how much they are willing to invest in me as an athlete and a person,” Hangman said.

“Overall, it was the best visit I’d been to so far, just because the people are so friendly and that is always something I look for.”

Running again has been a big anticipation for Hangman, as he hopes to continue to improve on a national level in his favorite event, the decathlon, which is a combination of ten events. “I’m still hungry for a gold medal at nationals in the

decathlon,” Hangman said. “Coach Gerber has stressed to me how realistic that goal is. I’ve been in the top two since I started the decathlon and I plan to be number one as I continue into my track career in college.”

As for his academic plans, Hangman is going for a pre physical therapy concentration, with a major in biology and minors in sports medicine and human performance. “It saw how much it helped me and I want to help others when they are at an all time low,” Hangman said. He also hopes to continue singing, as he is currently auditioning for the Pathfinders men’s choir in Fremont.

The three year varsity athlete will miss his track team the most, and he carries with him a key piece of advice from Central’s own Elliot Evans. “Coach Evans sat me down after a rough meet and said ‘you’ll never win a race you don’t think you’ll win.’ And that has been my mindset for the past three years,” Hangman said. “He taught me to believe in myself.”

NYABOUNY GATKEK Central Community College

TYRA BLUE Briar Cliff University



Javier Lepes staff writer

Born in Ethiopia, Africa Nyabuony Gatkek has been determined on breaking gender norms and achieving her goals in the sport of basketball. Growing up playing soccer Gatkek wasn’t really into Basketball. Her brothers were basketball players but from Ethiopia it wasn’t normal for girls to be playing basketball. Because of the gender norm, her parents didn’t really think about letting her play club basketball growing up.

“Where I’m from, it’s rare for girls to play basketball so I looked up to my brothers and cousins” said Gatkek. But if it wasn’t for her decision to play freshman basketball she would have never gotten all the opportunities she was given from the sport of basketball. When asked who has helped her the most with the sport of basketball she says “My brothers, but it was mainly me, myself, and I. I motivated myself and I started everything myself.”

Instead of playing basketball growing up like she wishes she could’ve, she ended up playing club soccer. But after her club soccer coach moved back to England she had a chance to play Freshman Girls basketball. She didn’t get varsity experience till her junior year, but she also didn’t get to see many minutes on the court till her senior year.

The way she played her senior year ended up getting her a few offers from colleges. But when signing day came she decided to sign to Central Community College, a school located in Columbus, Hastings, and Grand Island. She plans to increase her skillset basketball wise and get better, then later transfer to a university to play basketball there.

But her plans academically for college I still undecided for her. She has yet to decide what she wants to major in. But she says her going to a smaller college at the moment is better off for her so he can decide what she wants to do later in life by her experiences in college.

After everything that has happened in her short basketball career she is relieved,” Before the season I was stressing because I haven’t gotten any offers yet, but after the season ended I ended up getting two offers” said Gatkek.

She hopes to use her accomplishments as motivation and to set an example for others. “I am the first in my family to go to college and play basketball in college. It’s a big deal to me, I can prove to my family that I can play basketball and that I’m able of accomplishing this stuff” Gatkek said.

After everything that she has achieved here at central she gives credit to Central for helping her and setting her up for success. “All four years here have been great, I’m very glad I came to Central” Even though she says Central wasn’t academically hard for her she believes that it has helped her prepare and achieve success in college.

From being a nervous freshman and undecided if she should try out for the basketball team to improving a lot her sophomore year in the sport to achieving all she has achieved in the sport up to this date, she wants everyone to know that hard work does pay off. After college her dream is to eventually go back to Africa and to make a change for her family and everyone from Ethiopia. She wants to be successful and make a difference for everyone back in Africa.



Carlson Koch staff writer

Located in Sioux City, Iowa, Briar Cliff University recently added senior Tyra Blue to their team as she signed to play Volleyball and become a Charger. She signed on April 11th, committing herself to at least another year of volleyball, after playing four years on varsity at Central.

College sports compared to high school are typically more rigorous, from workouts to practices to the level of competition, it is no soft serve. Because of this, Blue has made sure to push herself this year. “I increased my hitting percentage from last year, played a new position, and got better at defense,” Blue said.

Blue has played volleyball for Central all four years at Central, starting on Varsity and adding a key element to the team. From these years, she most improved thanks to, “Coach Cap, she has helped a lot,” said Blue, “from workouts, team dinners, to some hardcore practices, it has prepared me for the next level.”

Currently, Blue plays middle, meaning she is largely responsible for blocking the opponents hits and doing a lot of spiking across the net on offense. This position is critical, as it serves both a specific purpose on offense and defense.

Briar Cliff is part of the NAIA division in collegiate sports, and so like division one and two schools, NAIA plays with other schools in their division. Schools that the volleyball team could play include Northwestern in Orange City, Doane and Morningside.

Teammates rely on each other for the team to win games and perform well. Typically, they do this best when they are friends and trust one another. If Blue forms this sort of bond with her team, the probability that she achieves her two goals of “to make lifetime friends and do good things on the court,” she said, are much higher than without.

Everyone has their own reasons for choosing the college that they attend, for Blue it was an “Energetic team, intense coaches, and even though the school is small it feels like a big university,” she said, that drew her to Briar Cliff. While on the team next year, she hopes to improve her ability to block and to become faster.

JESSICA LEE
Knox College



Anna Kaminski
editor-in-chief

After almost a year of being scouted by various colleges from around the country, senior Jessica Lee will be attending Knox College in Galesburg, Illinois, made official by committing this spring to play basketball for them. Lee has been playing basketball for 10 years, four of those have been spent playing point guard on Central's varsity team.

Initially, several colleges were looking to recruit Lee, but she felt that Knox would be her home away from home. "When I went to Knox, the girls were just very welcoming," she said, "the coaches understood me off the bat...and I think that [Head Coach Kline] is just an amazing person. She has already set expectations for me as a person, as a student, as a player."

Lee said that playing for Central this past season has been a journey of sorts. She said that she had to push herself to get through the season while simultaneously managing the stress of senior year and impending college decisions. "Time management is huge," Lee said.

Boston Celtics' point guard Kyrie Irving has been a big inspiration for Lee. "I try to take a lot of his moves but sometimes it doesn't work out," she said.

"Playing for Central all four years has definitely built my character," Lee said. That being said, playing for Central has also built her resume; Lee has made the All-State team three years in a row. "Central, overall has treated me very well, and I feel like I've really developed and came up a better person within the four years I've spent [here.]"

BRI HEALY
University of Nebraska Kearney



Ari Saltzman
staff writer

This spring Bri Healy signed her letter of intent with the University of Nebraska-Kearney softball team. The senior shortstop is coming off a season where she batted .449 and had was on base 50 percent when she had an at bat. She also drove in 21 runs to go along with 3 homeruns and 5 stolen bases.

Healy played all four seasons at Central on the varsity team. She played in a total of 81 for the eagles. Of her time at Central Healy said she will, "remember a lot of the coaching staff, and how much they were dedicated to helping me in with my school-work and athletically, and I will remember my teammates."

A few hours to the west, Healy joins a UNK club that is coming off of a 16-29 2018 campaign. A club that has also not had a winning season since 2012. With the Lopers she hopes "to bring leadership and dedication and the heart for the game." UNK has also not made the NCAA Tournament since 2000, when they bowed out in the South Central Regional. The Lopers have also won two national titles in their history.

At the collegiate level, Healy is "looking forward to all the challenges that will be thrown at (her)." Some of the challenges could certainly be adapting to the college game. At the Division II level, the game is still played at a high level.

Healy hopes, "To accomplish just being a team player and doing what the coaches need me to do," while in Kearney.



Photos courtesy of Madison Tharnish and DeShawn Dial. Graphic by Anna Kaminski.

NYAJOK PAL

Central Community College



Hayley Raney

staff writer

Senior Nyajok Pal has played basketball for six years. After high school, she will continue playing at Central Community College in Columbus, Neb.

She started playing basketball at Sacred Heart Middle School. Pal loves to play basketball because she finds it fun and it has always been a hobby of hers.

Her biggest role model is one of her favorite basketball players, Kevin Durant. "He never gives up," she said. Her coach, Matthew Hamel has been her biggest support system playing basketball. "He always kept pushing me to do better," Pal said.

What Pal has liked about Central is the clubs she has participated in. "If I didn't do basketball I would be bored," she said. Pal's going to miss playing basketball for Central. The team is fun and they have created a family bond this year. "And we were building on that," she said.

She chose Columbus because it's not too far and not too close to home. She plans to go to their for two years and transfer to University of Nebraska Lincoln (UNL).

Pal plans to major in pre-medical and become an oncologist, a doctor that specializes with cancer patients. She is not for sure if she is going to play basketball at both Columbus and UNL, but she is going to try out for the teams.

She is satisfied about her decision to Columbus because her cousin will be joining her. "It's exciting, it's going to be a new chapter in life," she said.

JACY DUNDEE

Bellevue University



Anne Gallagher

staff writer

Although she lived most of her early life outside of Nebraska, Jacy Dundee is excited to pursue her soccer career at Bellevue University. She made the commitment to attend Bellevue alongside seven other athletes who signed their way to college athletics on April 11.

Dundee has played many sports in the past, including volleyball and basketball in addition to soccer. Her athletic past led her to search for scholarship money within these sports. Her interest was sparked by the assured scholarship money, but after visiting, she was allured by the beauty of the campus. "I visited the college and I just really liked the campus and the learning environment," Dundee said.

Although Bellevue university was her only offer for scholarships, Dundee learned a lot about soccer through playing for Central and knew that she wanted to continue in college regardless of who offered her money. "I feel like coach Vargas really opened up my soccer IQ," Dundee said. "He has really taught me a lot." Because of his teachings, Dundee feels confident in her abilities at the collegiate level.

Throughout her Central soccer career, Dundee has seen Casey Denton as an inspiration and role model, "She's a beast at soccer," Dundee said. Overall, through the help of this inspiration and the beneficial coaching styles at Central, Dundee has learned how to dedicate herself through playing soccer, among many other sports. "I've learned how to work hard for what I want and how to work well with others through soccer," Dundee said. "I think I'm ready to take this next step."

To continue her soccer career, she has learned that she has to express herself in the way she always has: with dignity. "I've always been mature my entire life and I'm responsible," Dundee said. "I've taken the steps to get me to where I am now and I'm ready for college soccer."

TRE WILLIAMS

Minnesota West Community College



Mac O'Brien

staff writer

Senior Tre'Vion Williams was in seventh grade when his father signed him up for his first wrestling practice. It started as a way to learn to tackle better for football, but as he improved and learned more about the sport, it became something more. Today, Williams is a record holding high school wrestler committed to wrestling for Minnesota West.

To Williams, the sport's appeal comes from its individual nature. In football or basketball, the responsibility for each game is distributed amongst the team, so no one player is fully responsible for any win or loss, but each wrestler is wholly responsible for the outcome of their match.

"I like how the sport is," Williams said. "If you lose, it's on you."

Despite the individuality of the matches, off the mat, Williams is helped by his coaches, Foster, Storm and Vito, and the

alumni who help with the program.

"In practice they say 'little things matter,' and they win big matches," Williams said.

Williams takes his coaches' advice to heart, focusing on getting the little things right in practice. The most important thing for a wrestler to do, Williams said, is to stay focused, and learn the basics.

"Doing the big things, like doing a big move or something, that doesn't really matter to me," Williams said.

His freshman year, Williams won eight matches. After a year of hard work and improvement, he was able to win fifteen his Sophomore year. Junior year he won twenty-eight, and by his Senior year, he was able to win thirty-eight.

"I almost doubled my wins each and every year just by doing the little things that matter," Williams said, "working out over the summer, working out during the off-season, going to Sunday practices, little things like that, that's what helped me improve the most."

Williams is proud of many of his accomplishments, including his title in the metro championship, but what he's most proud of is his admission to the career falls list. A fall in wrestling is a victory condition in which a wrestler pins both their opponent's shoulders to the ground until the referee declares them the winner of the bout.

"To know I'm top five for career falls, it's pretty great for me, so that's probably my biggest accomplishment," Williams said.

Williams decided that he didn't want to stop after his high school career.

"This summer, I said, 'alright, I'm going to try to go to college for wrestling.'"

Coaches from Northwest helped him to find Minnesota West, and after deciding that the college would be a good fit for him, he decided to attend. He plans to continue wrestling throughout college.



Popular Media in Review

The Register reviews two notable television shows and an even better Marvel movie.

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Lauritzen Gardens Spring Exhibit

Lauritzen Gardens' spring exhibit "Widespread Flowering" showcases geometric techniques and surreal styles of art.

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The Best Wings in the Omaha Area

Six wing restaurant reviews featuring establishments both local to the Omaha area and nationally known.

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arts & style

THE REGISTER

Vol. 133 No. 6 | May 10, 2018



Photo Courtesy of ALLISON HARRIS

One of the many artists featured in senior Allison Harris' (right) student-curated art show titled "It's Not a Phase, Mom" was her friend and classmate Sarah Bartle (left).

IT'S NOT A PHASE, MOM

Simone Davis
staff writer

Spring is filled with new opportunities and events, and students are fully taking advantage of that. Senior Allison Harris opened her own art show entitled, "It's Not A Phase, Mom" to the public on May 4 at the Little Gallery and was excited to showcase both her own art and the art of other students.

"I got the opportunity to show my art at the Little Gallery for a show in 2016 and ever since then I've thought about how cool it would be to do a show of just teen artists," Harris said. The show features artists from across Omaha, all of whom are students or teenagers. Harris called for artists in various ways, such as social media sites like Twitter, handing out flyers, and reaching out to art teachers throughout the city. The pieces all differ stylistically, since each artist that submitted work has their own style.

Senior Sarah Bartle is amongst one of the artists who submitted a piece to the show.

"Allison told me about the art show she'd be curating far in advance, and once she sent out the call for artists she let me know and I immediately submitted the artwork I had," Bartle said. The piece that she entered is entitled "The Endurance of Existence" and is up for display at the Little Gallery. "The show was successful in my mind and blew all my expecta-

tions, I know everyone involved in the show was so happy with the way it turned out," Bartle said.

Harris was also pleased with the outcome of the show.

"We had more submissions than I expected, and the show looked so amazing hung up. Our opening night was such a blast and we had an incredible turnout," Harris said. The show had a three hour opening night on May 4, and a lot of the artists who submitted work were present at the opening, along with Harris.

To set up the show, Harris had to coordinate with both the artists and the owner of the gallery, Teresa Gleaswon. When Harris got the idea to curate the show, she and Gleaswon sent the call for artists. From there, it took about a month and a half to get all the artwork submitted, dropped off and hung.

"The hardest part was getting all the submissions dropped off, since not everyone was able to bring their artwork on the same day," Harris said. "I had to come into the gallery several extra days to accommodate everything."

Overall, Harris was pleased with the outcome of the show. The show is set to continue to run until May 26, and some of the pieces submitted are for sale.

"I just wanted to give other kids the opportunity to show their work like I did," Harris said.

Pharmaceutical industry preys upon those with mental illnesses

originally published by
Affinity Magazine

If there is one thing that we have been conditioned to cling to more than anything, it is our sanity. We fear conditions that deteriorate our ability to remember or think clearly, we safeguard our brains from difficult emotions.

Where there is fear, there is inevitably a way to monger and generate profit from gullible and desperate populations. The pharmaceutical industry rakes in more revenue than any other industry in the United States and is no stranger to billion-dollar malpractice fines. When mental health became a mainstream issue, the industry made an unthinkable amount of money by introducing medications as the quintessential treatment to any problem under the sun.

Why do they do it? The answer is simple: money. Psycho-pharmaceuticals are the most profitable sector of the entire pharmaceutical industry; Antipsychotics alone generate 14.6 billion dollars in profit a year. How they do it, however, is much more complex and corrupt.

Perhaps the most disturbing statistic of the industry is the extremely excessive prescription of second-generation antipsychotic drugs, particularly to young people in mental institutions and correctional facilities. These medications, which are approved to treat bipolar disorder and schizophrenia exclusively, are handed out to 44% of depressed patients and 45% of residents with ADHD in youth residential rehabilitation centers.

The systematic misuse of atypical antipsychotics is even bleaker for incarcerated youth. In an exposé about the Florida Department of Juvenile Justice (DJJ), it was found that "Overall, in 24 months, the department bought 326,081 tablets of Seroquel, Abilify, Risperdal and other antipsychotic drugs for use in state-operated jails and homes for children... That's enough to hand out 446 pills a day, seven days a week, for two years in a row, to kids in jails and programs that can hold no more than 2,300 boys and girls on a given day." Furthermore, they were often prescribed these medications for conditions such as sleeplessness and anxiety, which has not been tested nor recommended as an appropriate use of antipsychotics, particularly those that are second-generation.

That being said, why is the pharmaceutical industry to blame? Is it not the negligence of physicians and healthcare providers who over-prescribe medication in the first place that cause the excess of antipsychotic medication to circulate among America's most vulnerable populations? In some cases, negligence and careless over-prescription of antipsychotic medication due to their reputation as a fix-it-all drug is to blame. But take the juvenile justice system as a poignant example: there were 52 psychiatrists hired to evaluate children in the juvenile justice system by the DJJ. One third of them, seventeen to be exact, received payments from pharmaceutical companies. These seventeen psychiatrists wrote 54% of the antipsychotic prescriptions

for the entire Florida DJJ.

While the misuse of antipsychotics has only recently garnered national attention, similar systematic over-prescription of stimulants made to treat Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) has been prevalent since the late 1900's. Advertising is the culprit in this case, as loosened restrictions on advertising controlled substances led to glamorized adver-



MOLLY ASHFORD
DOUBLE DUTY

tising of amphetamine medications resulted in a falsely idyllic reputation.

After medication has been sold to parents and patients, physicians are the final frontier. After all, patients can only buy what their physicians buy into. As previously explored when talking about antipsychotic medications, doctors are at fault much of the time for over-prescription due to their association with drug companies. While this is still true with stimulants, many physicians are not paid off

by the drug companies directly, instead they are ignorant to the dangers due to misleading information.

Doctors and psychiatrists are often influenced by other psychiatrists who are paid off by the pharmaceutical industry to present the drugs to groups of people as having maximum efficacy and minimum side effects, regardless of the truth. For example, Dr. William Dodson, a psychiatrist, recently gave a speech to a group of about one-hundred other psychiatrists explaining the importance of using stimulants to treat ADD not only in childhood, but lifelong in order to avoid shortcomings in the future. In one year alone, he received 45,000 dollars from the pharmaceutical industry for speaking appearances

It is an endless cycle of influence; the pharmaceutical companies influence doctors or organizations with profit, those doctors go on to influence other medical professionals by word-of-mouth, and those physicians or psychiatrists prescribe stimulants knowing only about the fallacious information fed to them.

The only combat that civilians have against Big Pharma is awareness of themselves, awareness of the wrongdoings of the industry, and a desire to understand the corruption. For mental and physical conditions alike, we are an over-medicated nation. Our brains are all we have that is truly and fully our own. What do we have left if we allow companies to capitalize upon that?

Best ice cream shops to beat the heat

Lizbeth Hermosillo-Najar
staff writer

Hot, dry summer days are around the corner and your craving for ice cream increases as the days go by. Luckily in Omaha there's a variety of places you can choose from for every different taste of ice cream you're in the mood for.

1. eCreamery Ice Cream & Gelato

Located in the heart of Dundee on the corner, making it quite difficult to miss. eCreamery is with the huge windows that display the bright green and red shop, this family friendly shop has over 16 different flavors which include vegan flavors that rotate daily to choose from. Containing Omaha's #1 vanilla, \$2 single scoops Tuesdays and dairy free ice cream, ecreamery has something for everyone.

2. Ted and Wally's Premium Homemade Ice Cream

Established in 1984, Ted and Wally's stands in a pastel yellow building on the corner of 12th and Jones Streets in the Old Market. Entering the shop, customers see big neon signs, vintage furniture and an outdoor seating area. They sell varying flavors of ice cream that cater to everyone, including vegan, low carb/low sugar, frozen yogurts and sherbet options. If plain ice cream is not enough, customers can pick up a soda or a float. The shop is also totally Instagram worthy.

3. Coneflower Creamery

Placed in the Blackstone district in a brick building this small shop contains hand-crafted cones, ice cream and sprinkles. Locally grown and made coneflower offers a taste of Nebraska while supporting local farms. Their mission is to make the best and original ice cream while using the freshest ingredients. The atmosphere is organic and friendly, it makes you come back for more.

4. Goodrich Ice Cream

Inside or alongside of subway Goodrich, ice cream has many ice cream flavors. After eating your sandwich, you can treat yourself to a sweet dessert such as a malt, shake or just a simple waffle cone. Start saving up your change because every Wednesday they offer waffle cones for \$1.99 at select Goodrich locations. This conveniently placed ice cream shop is overlooked but worth checking out.

5. Cold Stone Creamery

Cold Stone has various locations around Omaha. The fire hydrant red letters and décor stands out from other buildings. Cold Stone lets you build your own sundae or you choose a simple flavor. This franchise offers thick creamy flavors of ice cream such as Oreo overload and apple pie a la cold stone. If you're in the mood for a drink you can pick up a frappe or even a cake for birthdays. There's something for everyone to purchase and to satisfy everyone's needs.



Visiting the zoo or going to the Old Market are great ways to pass the time when the heat is unbearable.



ALEXIS BLANKENFELD | The Register

Cool things to do when the weather's too hot

Grace Turner
staff writer

100+ degree days can be difficult to find anything to do. It feels like it is too hot to be outside, but at the same time it feels like a waste to be inside. Sometimes it nice enough to be outside for a few hours, sometimes it is too warm to do anything inside, and other times it's a combination of the two. Here is a list of eight things you can do in Omaha on 100+ degree days.

1. Go to the Henry Doorly Zoo

While normally this is something that should be done in cooler days, going to the zoo on a warm day can be manageable. Hitting the indoor exhibits such as the jungle, kingdom of the night or desert dome offers a great way to stay out of the heat while still enjoying a natural environment. While it the most packed exhibit at the zoo, the aquarium also has the best air conditioning and is one of the longest exhibits, so it is a great place to cool down. The zoo has some of the best soft serve ice cream. Be in the lookout for zoo volunteers who can tell you more about the exhibits.

2. Visit the Joslyn Art Museum

Take a picnic and enjoy the outdoor sculpture garden at the Joslyn Art Museum. One of the exhibits has running water, which are not only allowed, but encouraged, to walk in, providing a great way to cool off. While you are there also visit the indoor exhibits, which include a wide variety of different art. This is perfect for a warm day in Omaha because it's a good way to enjoy outside, while never being too far away from air conditioning.

3. Go Geocaching

Geocaching is taking time to look for boxes and jars hidden in nature (and not nature) areas, where people have placed small trinkets to find. There is also often logs to record who has found the geocache. Downloading the app, Geocaching, provides GPS directions to caches throughout the world. It is possible to find caches in walking paths, neighborhoods and even business areas. If you decide to geocache don't forget a pen for logs books, and small trinkets to replace the ones you take.

4. Play a game at Spielbound

Spielbound, a board game café in Midtown, has over 3,000+ games to play. They have classic games such as Sorry! and Monopoly, along with unique games such as Harry Potter deck building games. If you are not in the mood for competition, try playing a collaborative game where all the players work together to win. Also, they have amazing coffee and Italian sodas to enjoy while gaming.

5. Visit all the pins located in Omaha

Throughout Omaha, there are 15 pins, which mark some of the best things to do in Omaha. Some of the locations are Boys Town, The Old Market, The Henry Doorly Zoo, and the Joslyn Art Museum. There is even an app to download that gives all the places where pins are.

6. Visit Schramm Park

Schramm Park is one of Nebraska's state parks. While this is an activity that can become hot very quickly, it is an amazing place to visit in the evening or on a cooler day. The park offers some of the best hiking trails in Omaha, including a suspension bridge, and acts as a fish hatchery. It is a good idea to bring bread or crackers to feed the fish and geese.

7. Create Pottery

Visit It's Yours Pottery or That Pottery Place to paint your own pottery. There are many different types of pottery to paint, and many different types of painting. It is also a great way to stay out of the heat during the summer.

8. Walk around the Old Market

There are many interesting shops to look through, including an old book store that sells books that are difficult to find in many large stores. Also walk around the Gene Lahey Mall or walk across the Bob Kerrey Pedestrian Bridge. There is also a small water park located near the bridge that acts as an amazing place to cool down.

Central's spring play, Almost Maine, a nine-part love story

Simret Habte
staff writer

Central High School's drama department has made many great productions throughout its numerous years. This spring, the play being put on is called Almost, Maine.

Almost, Maine requires a lot of work on the part of the technical crew so that the story is told effectively. Junior, Ana Reiff is the student technical director of the play. Her role is to, "Oversee all technical areas...and try to make sure everyone stays on track." She describes the play as being "Nine different love stories, but not."

This play is done in multiple vignettes which is basically just a lot of little stories that are part of a larger plot. It's set in the city of Almost, Maine. One of the major differences about the spring play that has been noticed by the technical crew is the amount of sets needed to tell this unique story.

Because there are nine different stories, each one needs its own individual set. While that requires some extra work on the part of the crew, it's extremely important to the narrative.

This play has also been a unique experience for members of the cast. Rachel Ross, a sophomore who has been on both the technical crew and is now a part of the cast describes

what that experience has been like. The main difference she says is that, "there is no lead character." The nine different scenes each have only about two characters per scene. She also says they are "doing more elaborate scene pieces than on Grease (the fall musical)."

Another difference found in the production of this play than most other plays has been the rehearsal schedule. Usually, in one of the productions there are very regular, daily rehearsals to practice lines and go over cues. In Almost, Maine, that type of schedule is not possible.

Because of the nine distinct scenes with different characters and plots, each rehearsal can only focus on only a couple of the scenes. While this is different, Ross says it is not that difficult because, "when you go to rehearsal, you're just rehearsing your scene and you're not really caught up in everybody else's scene."

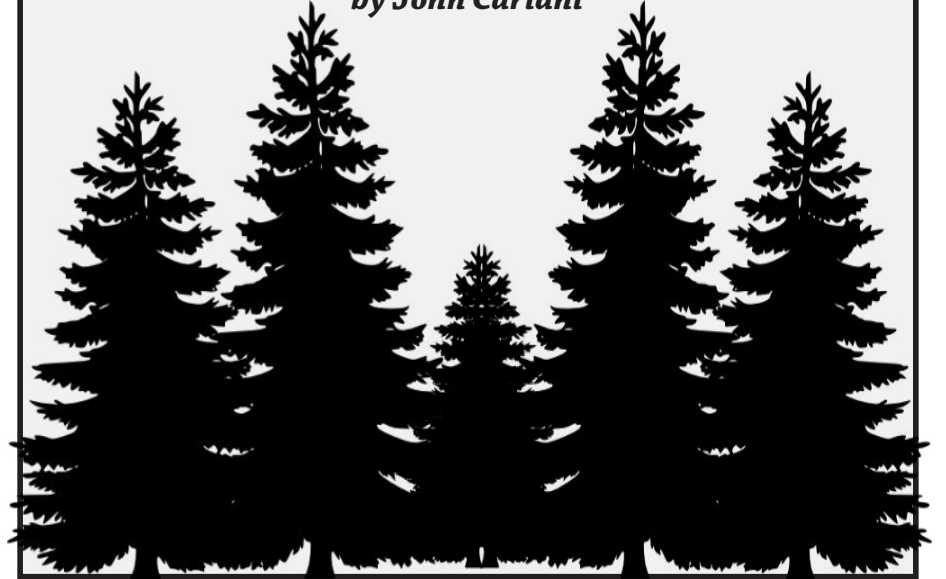
These productions are impossible without the collaborative efforts of both the cast and the crew. The drama department creates a "sense of community and creates another family at school."

It's a great way to meet new people and make a lot of bonds. This year's spring play is a result of the hard work and teamwork that's evident in Central's drama department.

the central high drama department
presents

ALMOST MAINE

by John Cariani



ANNA KAMINSKI | The Register

Almost Maine was different from the other plays due to its extensive programming.

Preparing for AP testing includes staying hydrated, prioritizing time



EMMA WHALEY
FEMINIST

Finals and AP tests are fast approaching. These exams can strike fear into the heart of every teenager and are often the main cause of stress before the summer break. Regardless of whether your GPA is a 4.5 or a 2, these six tips are sure to make finals week and AP

tests go off without a hitch.

1. Stay hydrated and full: Your brain can't run on nothing. Most of us are dehydrated anyway, causing dry skin, bad breath, and general not-fun times. Get a water bottle and use it. It doesn't have to be a big, expensive, insulated one; I just refill the same Dasani water bottle every day. The important thing is that you're running on a full tank. Which means now is not the time to start a diet. Though you aren't doing much physical work, thinking hard takes energy. Not to mention, eating releases dopamine, the pleasure chemical in your mind, so it might even calm you down if you're nervous about next period's test.

2. Prioritize your soonest test for studying: If you have a math test tomorrow, don't study for your English test tonight.

If you have weeks before any of your tests, go ahead and study for all you can, but, at this point that isn't the case. Each night of finals week, do at least a little studying for your tests the next day. After that, if there's an exam you're particularly anxious for, cover that. Effective studying is all in prioritization.

3. Don't pull all-nighters: Whatever you do, do not stay up until 4 a.m. studying. I know it's stressful and I know sometimes it seems like it's the only thing you can do, but pulling an all-nighter is the worst thing you can do. Sleep helps with concentration, memory, brain function and not feeling dead. Anything you study past 11 won't be in your brain the next morning. It's in your best interest to get to bed and get some rest.

4. Communicate with classmates: Sometimes, things just don't make sense.

But, chances are, it makes sense to someone else. Make sure you know the phone number of at least one person in each class, even if it's that one kid you did a project with first semester. Hopefully, they understand those tricky equations and that one part of Tale of Two Cities that was too complicated. And, who knows, maybe you can help them out too.

5. Don't stress out: I know for some of you there's a lot riding on these tests, and you should definitely take them seriously. But stressing out too much will just clutter your mind so none of the curriculum comes out. Find ways to calm down: music, friends, a stress ball anything that helps. When test time comes, you can't freak out. Take a deep breath and ace it.

Newest video game becomes a cultural phenomenon amongst teens

Heidi Heyden
staff writer

It is December 31, 2017. People around you are excited for the year to come. Everyone is talking about what might happen in 2018. Imagine all these crazy predictions people are coming up with. Now, imagine thinking the following: Five months from now, I will be on my couch, competing against up to 100 different video game players, competing for who is the best at not dying!

No one has expected it, but the popular video game, Fortnite, is taking the world by storm. The game had been developing since 2011, but it was first released in September 2017 by Epic Games, Inc. Since then, it has become the most viewed game in YouTube history, according to nme.com, and has even earned the likes of celebrities such as Drake and many professional athletes.

With every popular video game comes the inevitable (for some) transformation from a hobby to a lifestyle to an addiction. According to addictions.com, "[c]ompulsive video game addiction is a modern-day psychological disorder," and that, "video game addiction can have just as many negative effects as any drug or alcohol addiction if left untreated.

Video game addiction can result in harmful effects such as weight gain, a decreased ability to

socialize with others, aggressive thoughts and behaviors, and increased risk for ADD and ADHD due to the high amounts of interactivity in these video games.

It does not seem to be different for Fortnite players. In the UK, there was a case in which a ten-year-old boy named Leo was so addicted to Fortnite that he started to shun his family in favor of the game, according to online news website The Sun. Eventually, he, "Had the game confiscated... his life has improved since it was taken away."

He tells new sources how he missed Fortnite the first couple of days since having it confiscated but has since moved on.

Fortnite has even plagued the school environment, including Central. According to psychguides.com, games such as Fortnite, "... can also be very time consuming, leaving addicted gamers with less time to focus on their education and career."

Excessive video game play can cause people to stop studying, doing their homework, and even paying attention in class.

Although Fortnite is simply a popular video game that everyone seems to want to play, it is important to remember that video game addiction can not only possibly destroy gamers' lives, but their futures as well. As with everything else: moderation is key.



Photo Courtesy of AVERY SCHLOTE

Fortnite is available on various technology platforms including iPhones and iPads.

T.V. & FILMS

in review

Here, staffers review the most popular netflix shows and the latest Marvel movie to date.

ROSEANNE

Emily Engel
staff writer

In the 1990s, the prime years of the sitcom *Roseanne*, centered around the Conner family and their day-to-day struggles with money, family and growing up. Roseanne and Dan were the two traditional, hard-working parents and David Jacob (D.J.), Becky, and Darlene were their children.

In the 2018 reboot, the show is about Roseanne and Dan as grandparents and their struggles to adapt to modern pop culture as Darlene moves back in with her children Harris and Mark. Most of the new episodes seem to be about times changing and the clash between the old and new generation.

With the current divisive political climate, most TV shows avoid mentioning politics of any kind. *Roseanne* did the exact opposite and took a very clear pro-Trump stance in the first episode. The episode focuses on a feud between Roseanne, who supports Trump, and her sister Jackie, who deeply disagrees with Trump and ridicules her stance.

Throughout the episode, Roseanne and Jackie clash on their politics in almost cartoonish arguments calling each other "deplorable" and "snowflake," but the episode is effective in portraying Trump as the savior of the working class. Though in they both decide to put family

over politics and Trump isn't mentioned in any other episodes, this set a political undertone that seems to linger. In later episodes, Roseanne and Dan keep up a more conservative stance towards social issues, but they always seem to support their family despite disagreeing with their endeavors.

Overall, the new season of *Roseanne* does a decent job of tying in the family values it represented in the 1990s with 2018s culture and ideas. So far it hasn't been anything too unique and, aside from the bold first episode, focuses mostly on safe topics that plenty of other shows have covered. As far as reboots go, it's fairly represented and nicely done. Roseanne requires relatively little prior knowledge on the series and doesn't reuse jokes or rely on the original series as a crutch.

Though it does seem that a majority of the comedy in the new season focuses on the generational divide and seems to specifically appeal to older viewers. Despite being slightly biased against it before even watching it (because of its pro-Trump views) and not fitting into its target demographic, the new season of *Roseanne* ended up being alright.

I give it about three out of five stars because it was able to hold my interest and was fun to watch, but I won't go out of my way to keep up with the new episodes.

SANTA CLARITA DIET



Photo Courtesy of [IMDB.COM](https://www.imdb.com)

Kaitlyn Engel
staff writer

After its break out first season, *The Santa Clarita Diet* was destined to satisfy its fans in its 10-episode second season. Released on Mar. 23, this next chapter in the Hammond's life lives up to legacy of the first.

The first season introduces the story of Sheila Hammond, an average Californian realtor and wife who suddenly becomes zombified. Her husband (Joel) and daughter (Abby) work their teenage neighbor (Eric) to cope with and adapt to Sheila's new zombie nature. Joel and Sheila hilariously try to maintain an average life while attempting to maintain Sheila's lifestyle of eating people and subtly decaying.

Eventually, Eric connects the Hammond's to Dr. Cora Wolf, a woman who attempts to cure Sheila's decomposition.

Picking up where season one ends, the family focuses on curing Sheila's decomposition and concealing the murders of Sheila's meal. Additionally, Joel begins investigating the cause of Sheila's zombification.

The cast has the perfect chemistry to make this horror-comedy work. Drew Barrymore and Timothy Olyphant relate

perfectly to each other to form the wife-husband dynamic. Liv Hewson (Abby) and Skyler Gisondo (Eric) perfectly emulate the awkward teenage relationship, while still having a sophisticated and complex relationship that is not one dimensional.

With such a dominating main plot, it is truly miraculous how seamlessly the subplots flow in with the main ideas. Each one still progresses the plot while still entertaining the audience. Viewers will be satisfied with the witty dialogue and fresh take on family life. The dark humor starkly contrasts the overly sappy sitcom humor that audiences have been overexposed to in recent years.

The *Santa Clarita Diet* is the fresh take on the zombie genre and on humor. The only true criticism I have is the unnecessary gore. Each episode features a minimum of one brutal scene with Sheila tearing a body apart, or her decomposition. These scenes are not quality enough to mesh with the plot and clutter the scenes.

Overall, *The Santa Clarita Diet* is a new breed of comedy that cable television has not caught up to. The dark humor will appeal to viewers that would never normally go for a zombie-themed show. The script and casting creates a stunning work that appeals to most people. 4.5/5 stars.



Photo Courtesy of [THE DAILY BEAST.COM](https://www.thedailybeast.com)

AVENGERS: INFINITY WAR



Photo Courtesy of [IMDB.COM](https://www.imdb.com)

Zoia Morrow, Julian Hock-Beaty
executive editor, graphics editor

It is the greatest superhero movie of all time. The abundance of stars featured in the film helps *Avengers: Infinity War* make its mark on film history. This movie comes six years after the premier of *Avengers* in 2012, but the wait was worth it. At the end of *Avengers*, Thanos makes his first appearance and now *Infinity War* is all about his conquest for the infinity stones he searched for six years ago.

Infinity War was filled with action, drama and brought out the emotions in everyone in the theater. Everyone's favorite characters were featured in the film from Gamora in *Guardians of the Galaxy* to the newest Spider-man to the world phenomenon Black Panther. The two and a half hours flew by whilst watching *Infinity War* because the audience was so entranced in the screen and invested deeply in the characters.

The movie began with Thor and Loki and their encounter with Thanos. It was a rollercoaster from there. The first 15 minutes were undeniably sad, heart-wrenching and shocking. From there on, *Infinity War* had a slow start due to the introduction of characters. It took a long time to get to the actual plot where Thanos began his journey toward world domination. This is also because the *Captain America* film: *Captain America: Civil War*. This movie was the beginning of

the end of the Avengers.

Although the movie was long, not a dull moment went by. Every scene enthralled the audience in ways that are indescribable. *Infinity War* was and seemed like a billion-dollar movie. The costume designs were unlike any other Marvel movie. It may have been because there were so many superheroes side-by-side that the world hadn't seen or thought of to compare to each other.

However, the plotline somewhat suffered in all the mix of characters. This is not surprising because many Marvel movies often have weak plotlines, but make up for it in cast, design and graphics. The scenery in *Infinity War* throughout the entire movie was pleasing to the eyes. Because of the space aspect from *Guardians of the Galaxy* and Thanos, the visuals were unlike any other movie in the Marvel Cinematic Universe (MCU). Although, there were some confusing points, especially to moviegoers who are not hardcore Marvel fans and do not keep up with superhero movies, *Avengers: Infinity War* was a success in the box office and in the people's hearts.

Marvel is known for their extravagant movies and *Infinity War* was no exception. Only this time, it was a billion-dollar movie and top secret to fans and even the cast. They individually recall getting fake scripts and a crack down on stealing props from set like they usually do.

INFINITY WAR on page 22

New Lauritzen Gardens exhibit displays geometric flower art



Emma Whaley
staff writer

The Lauritzen Gardens, while well known for its botanical collection, houses a range of art exhibits within the visitor center, conservatory and outdoor areas. The most well-known of these in recent days is the Metamorphosis exhibit, which has been on display since January and has run through the spring. However, there is a smaller exhibit that is often overshadowed.

Widespread Flowering is a collection of paintings and drawings by Ann Brugenhemke, all depicting nature.

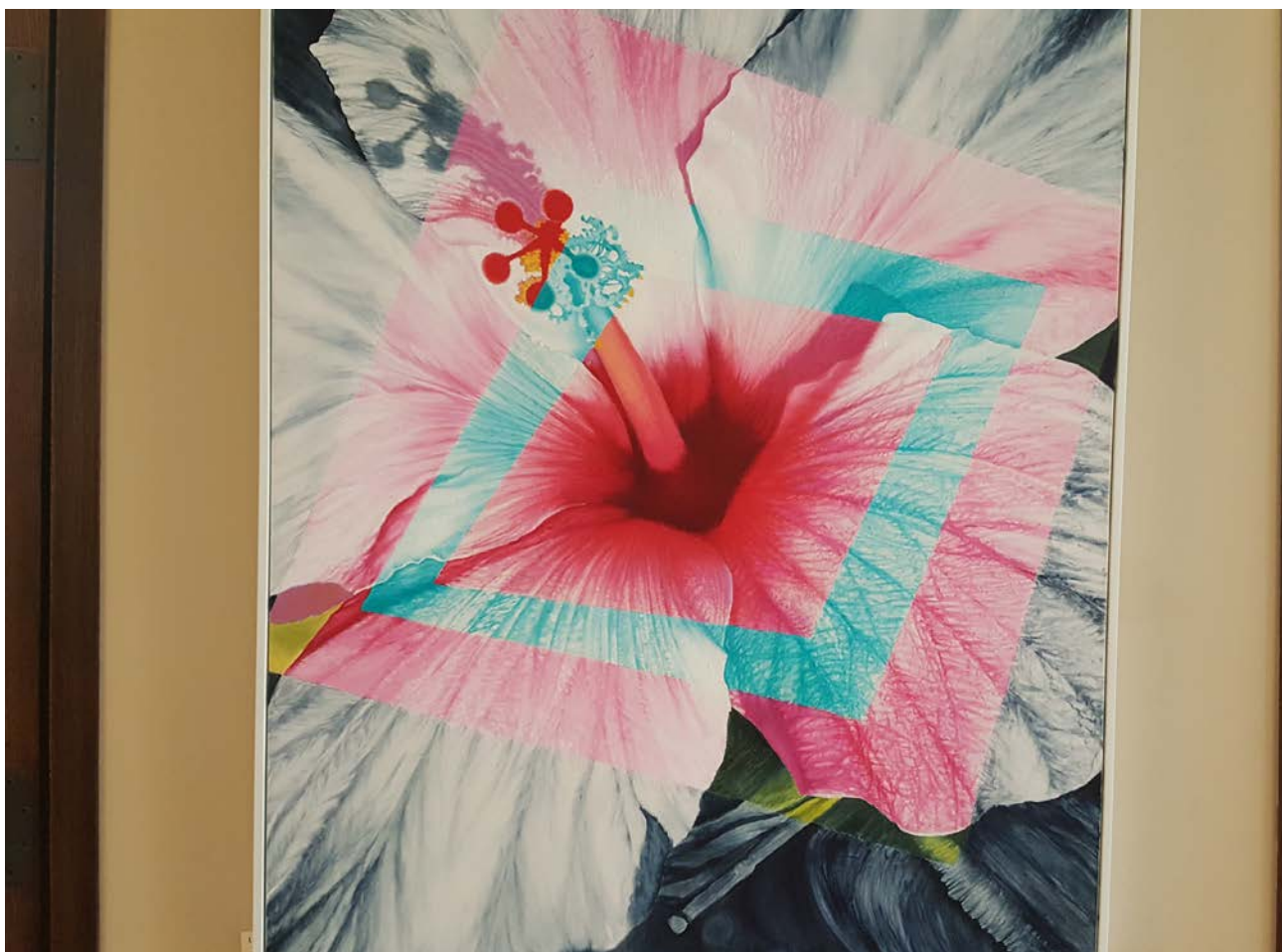
Located in the visitor and education center, this simple display is easily missed by anxious visitors on their way to the conservatory. However, a close look at the pieces will reveal a world of detail. Most of the works are in unrealistic color schemes and all focus on what Brugenhemke calls a “nucleus of importance.” Fine, distinct brushstrokes form the veins of flower petals and there is a purposeful use of negative space.

Another unique aspect of this exhibit is the use of geometry. Many pieces have rigid shapes and lines that overlay the organic, soft forms of flowers and leaves. The artist also utilized the passage of time in her exhibit. The canvases are hung on walls that form a loop. The moment one painting would

leave your line of sight, a new one appeared around the corner. There was a continuity in the display that created the illusion that no time has passed.

It is easy to get lost in this display, no matter how mundane it may seem in comparison to all the other sights to see at the Gardens. There is a specific, captivating kind of beauty

in these simple paintings and sketches. The exhibit is only open until mid-June and the works are all for sale, so it is in your best interest to venture to the Gardens soon to see the exhibit, as well as the botany decorating the grounds.



EMMA WHALEY | The Register

The collection is called *Widespread Flowering* by Ann Brugenhemke. The exhibit began in January and runs through spring.

Novels lack diabetic representation, isolate diabetics

As a young child, I loved having my parents read to me. As I got older, I loved reading novels myself. I quickly fell in love with book series like *The A to Z Mysteries*, *The American Girl Dolls*, and one of my favorites to this day, *Harry Potter*. Every year for my birthday books were the first things I asked – something that I still do. Every time I read a book, I would be transported into its world, and I would feel like I was friends with the characters in the novels.

Sometimes I could see myself in the characters and the way they acted, felt, or interacted with others. I am not the only person who has ever experienced that when reading a book. Many people read books where they are able to see themselves in the characters and feel like someone understands them.

When I was ten I first started trying to write a book. I took all my favorite novels at the time and tried to steal ideas from each of them to write my own book. I never succeeded

in finishing any of those novel attempts because I was always ready to jump to the next thing. It was not until last year, my first year of high school, when I started writing my own novels and fanfiction seriously.

Before I had always given up, or a story I had planned to be 50 pages, ended up being five.



GRACE TURNER
4H CHICKEN GIRL

However, at that point I decided I would succeed in writing something successful, and I did – a *Harry Potter* fanfiction and an original work about mental health now and in the 1930s.

When I was five years old I was diagnosed with type one diabetes. Eleven years later, I have learned how to live with diabetes, but it is difficult, and talking to anyone else that has it feels like someone understands. I was lucky,

when I was diagnosed, my mom had been living with type one for years, and there were other kids we knew who also had it. I never felt like I was alone, and while there have been times where I felt like no one understood, I always knew other people going through it.

Every year I attend a camp for people with diabetes. Nearly 100 people attend every year. It is a wonderful experience, and many times on the first year you can see the younger campers overwhelmed with the feeling of feeling like they belong, eight and nine-year-olds finally being able to talk to someone else who understands what it is like to live through having diabetes every day.

I also going to a diabetes support group type program, and there are many times that middle school aged, newly diagnosed diabetics will go.

Again, you can see some of them having their first experience talking to someone else who has lived through what they have. Many people don't have the opportunity to talk to other diabetics and live with the feeling that they are alone for weeks, months, or even

years before they finally meet someone else living with it.

However, maybe some of the feeling of isolation, would disappear if there was more representation in movies, television, or preferably books. It is not uncommon for people to relate to characters in their favorite novels and being able to find a character that has the same experiences as you can be an amazing experience. Writing about diabetic characters would give an experience for teenagers, children and adults to relate to a character that has lived through many of their own experiences.

It could reduce some of the isolation felt by people who haven't met other diabetics. It also is not just diabetes that needs more representation through out novels, it is nearly all chronic illnesses that people live with on a daily basis. By writing about people with these disabilities many people will feel like other people understand what they are going through.

WINGING IT

Register staffers review some of the best wing restaurants. From Wings and Rings to chains such as BW3 and Wingstop.

DJ'S DUGOUT

Hayley Raney
staff writer

DJ's Dugout is Omaha's number one sports bar that has six locations throughout the metro area. The DJ's I am most familiar with is the downtown location, only because my mother, Mandy Raney, works there as a waitress.

Throughout the week DJ's has a special menu. Monday's are three dollar off burgers, taco Tuesday, wing Wednesday, Thursday steak special and Friday prime rib melt.

Downtown DJ's most popular days are Wednesday's and Thursday's. The special on wings Wednesday's are 65 cent boneless/traditional wings.

There are 12 flavor options for the wings either boneless or bone, dozen or half dozen. My personal favorite are the boneless 24-Karat or teriyaki. Other customer favorites are sweet chili fire and Parmesan garlic. But if you have a craving for the heat definitely try Da Bomb.

The atmosphere on a day to day basis a steady flow of usual customers. "With the new capital district opening across the street, were the last resort for food

which has been a positive increase in business," Mandy said.

Downtown DJ's is for sure the home of the Creighton Blue Jays and their fans. There most busy nights are Century Link concert nights and Creighton Blue Jay games.

I personally love the atmosphere and all of the employees. Because my mom works there I have met a lot of her co-workers.

All of the waitress' are sweet and fun to talk to. They have their usual customers and always make sure to put them first. "We're the best servers in Omaha," Mandy said.

My moms managers are very cool as well. They're easy going and fun to laugh with.

The bartenders are some hard workers. They're not usual bartenders that are stuck up and quick. They're cool and make the face of DJ's a happy and fun environment.

Though I have never had Wing Stop, I actually love DJ's wings a lot better than Buffalo Wild Wings. And with DJ's Dugout being the number one sports bars in Omaha you should definitely give it a try!



Photo Courtesy of DJ'S DUGOUT



Photo Courtesy of BUFFALO WINGS AND RINGS



Zoia Morrow
executive editor

Chicken wings are a go-to for many social gatherings and parties. Wing spots are best known for their various in size television screens with different sports playing on them. Wings & Rings does differentiate, but their quality and quantity of food, service and atmosphere does.

The only Omaha location for Wings & Rings is in West Omaha on 122nd and L Street. The other one, to my knowledge in is downtown Lincoln. For starters, the service is amazing. All employees serve with a smile on their faces and Wings & Rings gear. The wait was not very long, but because everyone is aware of how good they are, there was a wait since it was so full. Once seated, there is a waiter who checks up often enough to give time to think about what to order and so on.

The most important part: the food, most of all the wings. Something to note is their menu is set up in steps. One, you choose your style of wings. There's 'Grill 'Em,' 'Tenders,' 'Boneless' and 'Tradition-

al.' Three out the four are boneless wings. Also, there is Chef Elliot's Mix which is 10 traditional wings soaked and blended roasted garlic and buffalo hot with a side of blue cheese. Next, you pick your flavor. There are 12 flavors to choose from including buffalo to sweet thai chili to award winning bourbon bbq. They ask you if you would like your wings 'xtra wet' which is your wings swimming in sauce. Third, you set your heat tolerance. This ranges from mild, medium, hot, xtra hot and atomic. Finally, you can top it off with bleu cheese, ranch and/or celery sticks.

A personal favorite is BBQ, both sweet and bourbon. It is the right amount of kick and bourbon sweetness. The fries are seasoned well and made even better. The garlic parmesan is not seasoned too much for it to be overbearing, but also not enough for it to be lacking. It was enjoyable but not the best batch.

Wings are not the only food option Wings & Rings offers. There's a variety of choices, some healthy, some not so much. Salads and soups, wraps and sandwiches and burgers and quesadillas. The wide

range of options is why Wings & Rings is a spot for everyone to go. Their catering is probably just as credible as their in-service dining.

Moreover, the atmosphere surrounding the entire building is energetic and fun. Every television displays a different sports game, everyone is eating their wings in peace yet somehow there is a slow buzz of music playing. Oh yeah, there's a bar too. Though, it is not what Wings & Rings is known for. The best part of this wing restaurant are the prices. You get what seems like more than you pay for (no one is complaining). The portions are gracious and on top of that taste delicious. Unless ordering 50 wings for \$42, most of the prices are under \$12. As far as I know there is no charge for extra sauces or substitutions on sides or other food items.

Wings & Rings is all-around great experience. I give it a solid five out of five stars. The food was exceptional, service was more than decent and the abundance of televisions were just a bonus.

QUAKER STEAK & LUBE

Kayla Johnson
staff writer

The blatant retro centric and sporty atmosphere immediately occurs upon visiting Quaker Steak and Lube. The restaurant features showy displays of notorious automobiles throughout the decades. The walls of the restaurant have automobile parts plastered along the memorabilia of famous American athletes. Before walking into the restaurant, the exterior almost looks as if it were once a gas station of mechanic shop. In the lobby there is a range of arcade games catered for a younger crowd, located next to the pit stop area (also known as the restrooms). The front counter also serves its purpose for seating of guests, but also as an area to purchase Quaker Steak and Lube merchandise. Each corner of the dining rooms host its own set of crystal clear televisions that display a current sporting event. Staff members even allow guests

Waitresses at Quaker Steak and Lube often volunteer making suggestions to new and indecisive customers alike. The mission of staff members are to provide quality meals at a reasonable speed. Waitresses always make the customer their priority and check in, even during high volume hours and days of the week. The restaurant is very family friendly in the way it targets everyone but can easily serve as an amazing place to dine for a night out with a group of friends.

The variety of boneless and bone-in wings sauces at Quaker Steak and Lube are one that can cater to even the pickiest of eaters- particularly children. The wings display a homecooked and fresh taste, rather than the frozen taste that most chain restaurants serve to their guests. Quaker Steak and Lube's wide range of shakes and malts in their classic dish also heavily contribute to that retro 50s feeling. Even customers who are not necessarily in the mood for wings can appreciate their wide variety of



Courtesy of QUAKER STEAK & LUBE

WINGSTOP



Vasili Sgourakis
staff writer

Originating in Dallas, Texas, Wingstop has two locations in the Omaha area. Located on 119th and Blondo as well as 71st and Pacific, Wingstop is known for their duo of chicken wings and fries.

Unlike other wing stops in the area such as Buffalo Wild Wings and Wings and Rings, Wingstop does not have sit-down service. Instead, customers are directed to the counter where they order their meals. This is convenient because dissimilar from various chicken wing restaurants, the waiting time is sparse.

The staff is always nice and welcoming. Orders are typically correct and finished in a timely manner. However, if by chance this is not the case they will not hesitate to accommodate the customer to make sure they are pleased with the experience.

The menu is simple and contains two main options: chicken wings and fries. This allows them to focus and perfect these options. While they offer both boneless and traditional wings, one cannot go wrong with whatever they choose. The wings are fried enough but not too oily either. From lemon pepper to hot wings, it will be a good wing experience.

While the wings are admittedly terrific, the fries are what set apart Wingstop from their competition. I have never

noticed this done before on fries but uniquely the fries are seasoned with salt and sugar. This provides them with a sweet and salty taste that makes them even more addictive. The potatoes are faintly crispy, but soft enough that they aren't crunchy or rough to eat. These fries are unlike any you will try.

Whether you are looking for a take-out option for a big sports game or an affordable restaurant to visit, Wingstop will fit your needs. If you are a chicken wing fan whatsoever it is imperative you give Wingstop a try.

Malcolm Durfee O'Brien
staff writer

Ray's Original Wings resides in Midtown Crossing, its third location. When walking into Ray's, one is faced with the stereotypical look of a sports bar, dark and covered with televisions showing a whole range of sports channels. The atmosphere is a bit more relaxed than the intensity of a sports bar, however and one feels like they won't be screamed at by a fan of some random sports team.

The staff is friendly and informative. I had never been to a restaurant specializing in buffalo chicken wings prior to my coming to Ray's, but my server was extremely helpful, explaining to me the purpose of eating celery with buffalo wings. Ray's has a wide array of food on their menu beyond wings, however that is most definitely their forte.

I had far too much food while eating here, starting with stuffed nachos for an appetizer, which was a bit bland though had a fine flavor. At this point, I discovered that the staff was also very attentive, coming by the table quite frequently to check for refills and any of my needs. I had

for the main meal, mild wings, which was quite flavorful and mildly spicy. Of course, no wings are complete without sauces. I had the Bourbon Sriracha sauce, which had a nice combination of sweet and spicy, as well as Garlic Parmesan sauce, which was bland but fine. I also had ranch which tasted like ranch. In addition to the wings and apps, I had one of their cheeseburgers, which was a bit dry, though very passable. The price was fair, however one should not over order here.

Overall, Ray's is a friendly, safe feeling place, with a friendly and informed staff who is attentive to the customer. I give Ray's five rays of sun out of six.

WAYS ORIGINAL WINGS



Carlson Koch
staff writer

Buffalo Wild Wings, with three locations in Omaha is known and appraised highly for its wings, which provide fantastic food with an equally lively atmosphere.

When you first walk into Buffalo Wild Wings, there is one overwhelming emphasis; sports. With at least six televisions set-up on different sporting events, it is obvious that this restaurant is the place to go for a sporting event. If you are at Buffalo Wild Wings during the time of any sort of football game in the fall, expect a loud cheer occasionally.

When I sat down, it was a bit awkward, especially since it was just me. Most of the seating was for large groups, with tables seating at least four and up to eight and many booths on the edges of the restaurant.

When it came time to order, I was not sure of what to order because of the many options of combinations of wings. From "Blazin'" to "Sweet BBQ" there is a level of hotness for everyone.

BUFFALO WILD WINGS

I chose to order 10 wings with five of them having a Honey BBQ sauce and the other five with a Chipotle BBQ dry seasoning.

The food was promptly brought out, and it looked like it was straight from the fryer, as if there was no delay from the fryer to my table. Each flavor of wings had its own paper boat, and while the Honey BBQ was a little messy, most wings are, but that is why I chose a dry seasoning to balance out the excess of sauce from the Honey BBQ wings.

In the case of accidentally ordering too hot of wings, use the ranch, it will save you from sweating and eyes watering. Along with ranch, the wings also come with carrots and celery to compliment the hotness in a good way.

Each wing was large enough to the point of satisfaction, so there are no complaints in terms of leaving hungry. If you order the minimum number of wings, which is five, order something else otherwise it is possible that you would leave still wanting more.

If you go to Buffalo Wild Wings and want to order twenty or even thirty wings, go for it, the price is still reasonable and they will all be brought out at the same time, unlike many other restaurants. For an even lower price than usual, Buffalo Wild Wings offers traditional wings on Tuesdays for .45 cents per wing and .60 cents on Thursdays for boneless wings. With that low of a price, it is hard to beat or even pass up eating wings once a week.

Overall, Buffalo Wild Wings represents a traditional restaurant to watch the big sporting event with a lot of people, but also tasty wings for any occasion at a reasonable price. For its fantastic wings and a generally appealing atmosphere when there is no crowding from the Super bowl, I give the restaurant with a three and a half out of five star rating.

IB teacher receives honorary doctorate from Grinnell College

Mac O'Brien
staff writer

English and Theory of Knowledge teacher Tracey Menten has been awarded an honorary Doctorate of Humane Letters from Grinnell College. The degree is awarded to one teacher each year from across the country based on the nominations of current Grinnell students. Menten was nominated by former students James Dumont, a 2014 Central graduate who is graduating from Grinnell this year, and Emma Kalkowski-Farrand, who graduated from Central in 2015.

"I had two students nominate me," Menten said. "They usually only get one nomination letter, but for whatever reason Emma decided to write a letter as well."

The degree, for Menten, is meaningful because it is indicative of the positive impact she had on her students' lives, something that teachers too rarely get to see after their students graduate.

"The fact that someone who's graduating from college thought enough of me to even think to nominate me was pretty cool," Menten said.

The degree comes after nine years of teaching at Central, and around nineteen after she began teaching in Arizona at 28 years old. She had always wanted to be a teacher, but had at first been intimidated by the idea of standing up in front of a classroom.

"The only two places in life that I've ever felt completely myself and safe are the library and

school," Menten said. "So it was either be a librarian, or be a teacher."

The more she taught, the more Menten improved as a teacher — and the more she became aware of flaws in the education system.

"Public education in the United States is fundamentally flawed in a lot of ways because we teach that what's important is the end result, whatever that is, your diploma, your degree," Menten said, "and we've lost this love of what's important—the means."

In her classes, she teaches the way she thinks school ought to be taught, asking questions, and teaching the process of learning more than the content. To her, it is more important for her students to graduate with the ability to develop and defend their positions than it is for them to memorize facts. "We're in a place where critical thinking is not valued in the way that I think it should be, so that's why I think it's important to teach people, one at a time, why thinking is important, not what to think, but how to think," Menten said.

Ultimately, Menten teaches because the world is better served by people who have the ability to think critically and engage in respectful, productive discussion.

"I do think you change the world one person at a time," Menten said. "I think you model what you'd like to see, in terms of people, in the world, and I think that's what teaching is."



ANNA KAMINSKI | The Register

After dedicating her life to influencing change on students, Tracey Menten is to receive an honorary degree from Grinnell College after she was nominated by a former student.

Newest Avengers movie impresses comic fans, brings fans to tears

INFINITY WAR from page 18

Most of all, the last 20 minutes panged the heart right where it hurts. It was the case of knowing what will happen but not knowing exactly. And after the first two hours, it came as a huge shock because people were caught up in focusing on everything else. Marvel has already established their mark on

history and the film industry with its countless other films, but Avengers: Infinity War most definitely solidified their one, earnings from the box office and two, spot in fans' hearts and minds. Infinity War deserves an eight of 10 stars. It was the movie the world had been waiting for. Now, the world may bask in all its glory. Fans are foaming at the mouth after seeing the film, and hopefully part two picks up some of the wreckage

that part one left in its wake. It's sad to say that the franchise is coming to an end, but Marvel will no doubt provide adequate closure for their hardcore fans. The work Marvel has done over the last decade has been executed impossibly well, and they're showing no signs of letting up any time soon.

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Recent emphasis on attending HBCUs after certain media attention versus attending a predominately white insitutions.

An IB and AP student weigh in on the pros and cons of their respective programs.



The Register and The O-Book photographers cover the April 20th Walkout to protest gun violence in schools.

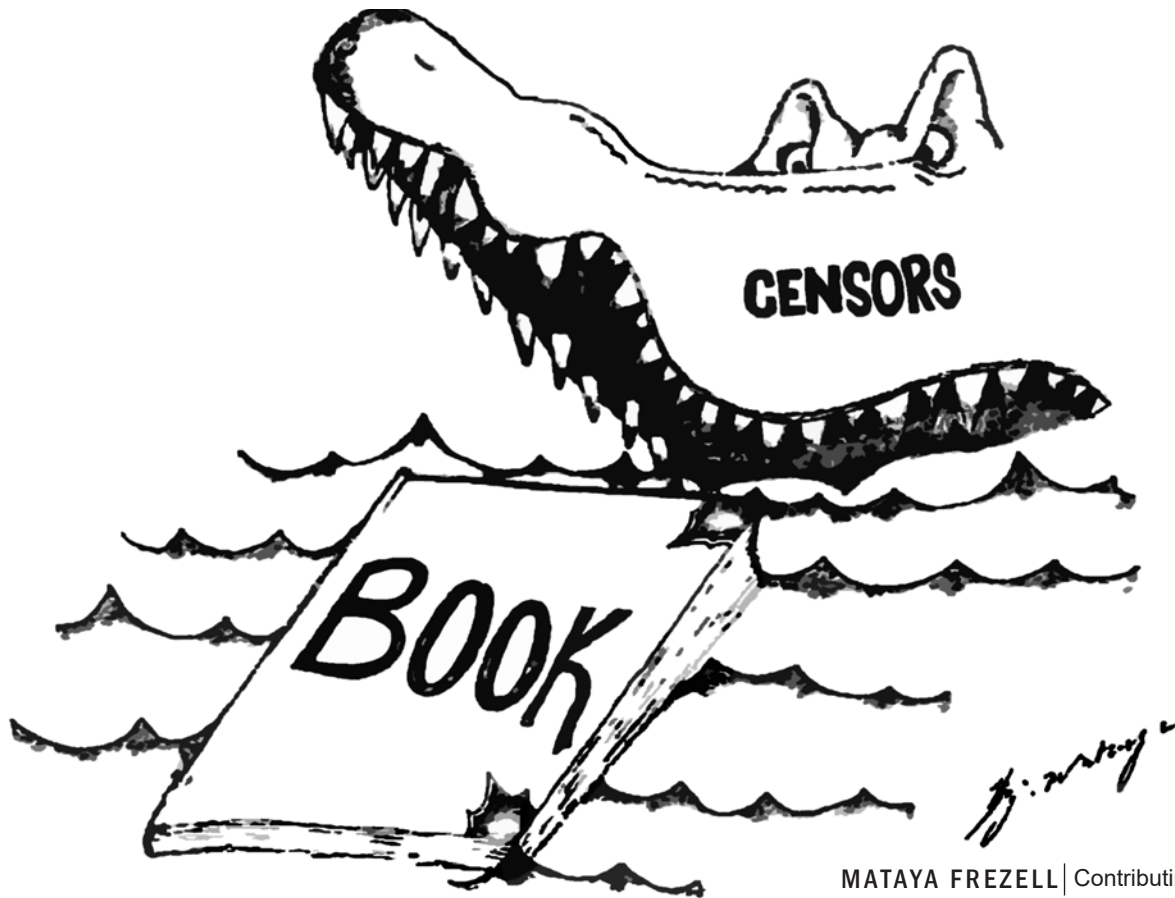
opinion

THE REGISTER

Vol. 133 No. 5 | May 10, 2018

BANNING BOOKS

Censorship of books is a violation of the First Amendment



MATAYA FREZELL | Contributing Cartoonist

Heidi Heyden
staff writer

When students go to the library, they are met with shelves upon shelves of books about an extremely wide variety of topics. But few people know that some of these books are prone to being challenged by parents, businesses, organizations and others, and face the possibility of never being seen on that shelf again. Books are frequently challenged and banned, with very popular titles being challenged without most of the public realizing it. The main reasons for books being challenged include obscenity of any kind, racism, violence, homosexuality and conflicting values within a certian community.

Sometimes, the books that are frequently banned are because the people who challenged those books do not agree with those values. For example, homosexuality has become the subject of the challenging of two of the top ten most frequently challenged books of 1990-1999, according to the American Library Association (ALA). The second most challenged book on this list—Daddy’s Roommate—tells the story of a young boy whose father who started to live with his male partner. The ninth most challenged book—Heather Has Two Mommies—deals with a young girl named Heather and her two mothers and shows their life as a family. Both books

were quickly pulled off shelves as people were worried that their children would be influenced to be homosexual. In doing this, they put the LGBTQ+ community in a negative light and shut down people’s ability to love who they love and live a life free of hate.

Other challenges go as far as to interfering people’s First Amendment rights. According to the Legal Information Institute (law.cornell.edu), the First Amendment is stated in the Constitution as, “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.” Many of the books that were banned, according to libguides.com, include the encouragement of “damaging” lifestyles (e.g. homosexuality), religious affiliations, and political bias. These three reasons alone go against freedom of speech, freedom to petition the government, freedom of press, and freedom of religion.

Most books are challenged or banned because the people banning the books don’t agree with their themes and/or morals. It is important for students and even adults to read books that contradict their beliefs so they can learn about a new perspective on life and see situations in a different lens. The only thing more educational than reading is learning about the perspective

Blaming bullying for school shootings irresponsible, victim blaming

Molly Ashford
staff writer

As KETV livestreamed Central’s gun control walkout on April 20, an immense amount of anger poured in. Among the plethora of “get back to class” and “they don’t even understand” comments, there was a notable amount of people who blamed bullying as the root of school shootings. “They should be shouting, ‘stop the bullying! stop the bullying!’”, a woman remarks. A commenter below her says that he “hopes that they spend as much time stopping the bullying of fellow students as well”.

This mindset is not rare. There is a thriving community of educators, parents, and a few students who created the ‘Walk up not out’ movement, encouraging students to ‘walk up’ to kids who have been bullied or outcast in their school instead of participating in the nationwide walkouts advocating for stricter gun control measures. Though this concept is innocent enough, people believe that doing so will bring about the end of school massacres.

While the sentiment of teaching kids to be kind and empathetic is obviously important, this counter-movement is such a blatant disregard of the actual issues and the entire point of the walk-out. It is victim blaming. Bullying is not uniquely American, yet the regularity of school massacres is. In the United States, there is an average of 10 school shootings a year with over 187,000 students exposed to gun violence in the post-Columbine era (The Washington Post). This is ridiculously high compared to other developed countries.

Twenty percent of students in US High Schools report being bullied (Stop Bullying). The figure is the same in Australia (Bullying No Way). Reports suggest that bullying in England may actually be significantly more prevalent than in America with 51% of students reporting being bullied in their high school or collegiate career (Ditch the Label).

It has been upwards of twenty years since a fatal school shooting in both England and Australia. One-hundred and twenty-two have died in school shootings since 1999 in America.

While the stereotypical gunman is typically outcast from

his peers, multitudes of data explicitly refute the claim that bullying directly leads to mass shootings. A mere one in ten million bullied adolescents end up committing a senseless act of violence at their school (Langman). There is quite literally no legitimate statistical evidence to back up the claim that bullying is directly related to school shootings. The common thread between gunmen is typically extreme depressiveness, traumatic childhood events, psychotic or psychopathic tendencies and a difficult familial or otherwise personal loss often directly before a rampage.

Teaching children at a young age that potential shootings could be prevented if they act nicer is not only naïve, but it can be incredibly damaging. The ‘survivors guilt’ that many survivors already face in the aftermath of violence can only be amplified by insinuating that their actions, or lack thereof, directly led to senseless violence. At the end of the day, there is no one at fault but the shooter. Children should be taught compassion for the purpose of decency, not for the hope that one day it will save their lives.

pro/con IS IMPEACHMENT THE ANSWER?

The prospect of impeachment has divided even those who do not support President Trump.

IMPEACHMENT

Con



CONNOR PAIN TIN | Contributing Cartoonist

Con: Impeachment impractical, waste of political capital

Malcolm Durfee O'Brien
staff writer

Since his election, protestors, pundits and billionaires have called for the impeachment of President Donald Trump. Recent events and Robert Mueller's investigation into Russian meddling have continued these calls at the same fervor as they started. Democrats in Congress have even brought impeachment to the floor of the United State House of Representatives. I am no fan of the President to be very clear, in fact, I despise him. But in my opinion, it would be a politically wasteful exercise to impeach the President of the United States.

Least of all the reasons is the hypocrisy that the impeaching of the President would represent. Only a select group of House Democrats support the impeachment of Donald Trump based upon current evidence. The same can be said for the Republican push to impeach Barack Obama. The current evidence being used as an argument for impeachment is no more than Republicans had when they called for the impeachment of Barack Obama, only appointees and associates had been accused of any crimes when Republicans began calling for Obama's impeachment, just like with the current administration.

In addition, most of those accused of

any crimes in the Obama administration were cleared of charges by the courts and by Congress (e.g. Hillary Clinton), which could very well still happen with those accused in the Trump administration. For Democrats to call for impeachment at this point makes them look identical to the Republicans who called for Obama's impeachment throughout all eight years of his administration. There are no convictions of any Trump associates (though there are several guilty pleas) and there is no conclusive evidence of collusion between Donald Trump and Russia. Impeachment can be discussed when all these things have been achieved. At this point in the investigation, Democrats' calls for impeachment reek of partisan hypocrisy.

Something else that Democrats must consider when talking about impeachment of Donald Trump is his line of succession. If he is impeached successfully by both the House and Senate, the duties of President of the United States would fall to Vice President Mike Pence. Pence is well to the right of Donald Trump on social issues and economic issues and has something Donald Trump lacks: an ability to govern. Should Mike Pence rise to the Presidency, a far-right agenda pushing for the banning of abortion, gay marriage, the repeal of Obamacare, and the crushing of voters'

rights.

Though most of these policies would fail, the mere attempt would reenergize the Conservative Republican base and could get Pence a full term in office. Some will argue that Pence could also be removed from office, but that would never happen. By impeaching a President, virtually all the political capital the Democrats had would be destroyed and they would be unable to achieve the three quarters majority required to remove him from office.

Democrats cannot impeach the President, as removing Donald Trump from office would only result in an agenda to the right of his being implemented by an effective pragmatist named Mike Pence rather than an ineffective populist demagogue named Donald Trump.

The message that impeaching Donald Trump would send must also be considered to both the nation and the world. Right now, Trump-style populism is on the rise throughout the world, whether it be Germany and its AfD Party, Italy and its Lega Nord Party, or Japan and its Party of Hope. By impeaching Trump, a martyr would be made for those Parties. It would also send a message that they are not losing power on the world stage if Trump is only removed via impeachment.

To the country, impeaching Trump

would show that our Representatives do not trust us to make the right choice in a clear-cut Presidential Election between a demagogue and a real leader. To impeach Donald Trump would be a weak message and would show a Congressional distaste for the electoral process. Donald Trump should be removed from office only through our nation's electoral process.

Impeachment has also become a weak threat to sitting Presidents after the joke of an impeachment process that Bill Clinton was put through, so all that would happen is more Trump-style candidates would run for more offices and gain more and more power. By allowing the people to vote Trump out of office, a sharp rebuke would be sent to Right-Wing populism worldwide, show trust of the American public and allow an elected and more qualified President to take office.

In conclusion, impeachment is not a worthwhile endeavor. All it serves as is a weak rebuke to Donald Trump and populism. It would also cause Mike Pence to rise to the Presidency, which would be a nightmare due to his effectiveness as an administrator and would result in the passing of unfair, discriminatory laws.

Pro: Impeachment is a required step in negating 45's damage

Emma Whaley
staff writer

Donald Trump's presidency has been a controversial one. Now, all presidencies are controversial; it's not hard to recall the aftermath of the Obama election and even George Washington had people who wanted him out of office. But with the recent controversy regarding Syrian airstrikes, we are again left to ask: should Donald Trump be impeached?

Impeachment is the act of charging the holder of a public office with misconduct. Most often, it's judges who get impeached, though there have been a few Presidents, the most recent being Bill Clinton who was charged with perjury. The debate on Donald Trump's presidency has been going on since before he was even in office. Then, Democrats said Trump wouldn't make it through his first 100 days without being forced to leave office. Now, they say he still needs to go.

One of the reasons Democrats have wanted impeach-

ment since Trump was elected is his refusal to completely give up his corporation, The Trump Organization, which includes Trump's 500 separate businesses. The Emoluments Clause is a section of Article I in the US Constitution that states, "No Title of Nobility shall be granted by the United States: And no Person holding any Office of Profit or Trust under them, shall, without the Consent of the Congress, accept of any present, Emolument, Office, or Title, of any kind whatever, from any King, Prince, or foreign State."

Basically, the government and government officials cannot accept gifts or money for services from a foreign nation without the approval of Congress. The Trump Organization can therefore no longer rent out its ballrooms to foreign embassies or rent office space in Trump Tower to a state-controlled Chinese bank, which it does. While Trump reluctantly relinquished management of his companies to his sons, he still owns the businesses. This exchange of money for services between a foreign nation and a government official is an infringement of the Emoluments

Clause.

Trump continues to breach international law with his missile attack on Syrian forces. The only times one country can use force on another country without its consent, as set by The United Nations Charter, is when the attack is given permission by the Security Council and when the attack is for self-defense. The Syria attack led by Trump was not approved and was "intended to deter the regime from using chemical weapons again," according to the Department of Defense. The attack was also carried out without the approval of Congress. This is only allowed when the United States is under attack.

Many of the other countries around the world see our president as a fool and see the administration as a train wreck; they're not exactly wrong, either. By taking Trump out of office, the US can show that we are strong enough to own up to our mistakes and change for the better of our country.

PWIs, HBCUs, should not be factors when choosing a college

Zoia Morrow
executive editor

Picking a university proves to be difficult for every senior because when it comes down to it: college is incredibly expensive. Students choose universities for mostly financial reasons because they want to invest in their future wisely, especially considering they will be spending thousands upon thousands of dollars for it. Of course, there are other aspects that go into choosing a college. One for instance, is the fact for many Black students there's always the issue of attending an HBCU (Historically Black College or University) or a PWI (Predominately White University). Also, most colleges that are not classified as an HBCU is a PWI.

There are advantages and disadvantages to attending either an HBCU or a PWI. Attending an HBCU, there are some experiences offered that may not be at a PWI. The atmosphere is completely different because Black students are surrounded by people who are exactly like them, something white students can receive at various other universities. This, and other factors come up in the conversation about going to an HBCU or PWI. It's always, "which is better?" "what is worse?"

The conversation is given to every Black student thinking about going to college. Many HBCUs are prestigious and very competitive. The downside though, is a lot of HBCUs are "stingy." They do not give out a lot of scholarships, only the best of the best gets them. While one student may be better than

the other, this can be said for any university. Society needs to get rid of the notion that black colleges are stingy with their money since most them rely on donors to keep schools up and running and choose to disburse money wisely.

Realistically, Black students have better chances getting a scholarship from a PWI than an HBCU. On the other hand, white students can attend an HBCU but their chances for scholarships may be at a lesser chance than others.

Other factors for choosing an HBCU include: a first-rate education, location, social atmosphere, alumni and diversity. The professors at Black colleges are some of the best in the country. It guarantees a valuable education that is worth putting time and money into. For schools like Howard University and Spelman College located in Washington D.C. and Atlanta have amazing connections for internships and work after college.

There aren't any more pros or cons to attending an HBCU or a PWI or vice versa. A college education is valuable anywhere and should be treated as such. If researched hard enough, every college has had some history that turns students away. But currently, the main reason students choose a college is whichever costs them the least amount of money. Financially reasons should be the main factor as the average amount out-of-state is more than twenty thousand.





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School dance dress expectations for female students unfair

Anne Gallagher
staff writer

There are three major school dances per year during the three different seasons we are at school. As the weather changes, so do the requirements for what to wear. Girls make decisions from thousands of styles of dresses, pantsuits, and two pieces to eventually spend around \$20 to \$200 on something they can only wear once at a school dance.

One of the biggest taboos as a female high schooler is to wear a dress for more than one school occasion. If a dress is worn to homecoming, it is highly unlikely that she will think about wearing it to winter formal. It is seen as tasteless to re-wear a fancy dress, which may lower the confidence of girls because it has assimilated a very judgmental society.

Alternatively, the expectation for masculine clothing is set to a much lower standard. People who want a dress shirt or tie can go to any department store and find an acceptable selection. From then on, this outfit can be worn at a multitude of social gatherings. These outfits can also be easily rented and returned after a dance.

For feminine clothes, people often search many stores before finding the right fit or style. This can partially be attributed to one's picky nature, but there is an overwhelming selection to look through that deters girl's choices and urges them to spend more money. Rental is a much more complicated procedure on the feminine side as well. Both boys and girls must be fitted so that they know their size, but the twists and turns of the many styles of dresses are often complicated and overall hard to deliberate on in the first place.

The taboo of wearing a formal dress more than once shows the shallow nature of high school girls. A girl can be seen as tacky or even poor for not changing her look at every occasion. This should not be the case. As long as good hygiene is kept, and clothes are not worn day after day, any style should be permitted by the snooty teen population.

For some girls, fashion is a priority and looking nice represents how they want to be perceived. For others, what they wear has nothing to do with who they are. School dances shouldn't be a place of scrutiny for these young girls, but rather an accepting and fun atmosphere.

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AP

VS.



IB program unnecessarily divisive, strikingly similar to AP

Anne Gallagher
staff writer

With 6,311 programs spanning 4,786 schools worldwide, the International Baccalaureate Programme is a prominent world-wide organization. Over a million people around the world are a part of the IB program. It claims to have a more student-centered learning environment where students can "develop strong academic, social and emotional characteristics", when in actuality, all schooling focuses on these aspects.

Through the middle years program preceding the Diploma program, students are taught that IB creates inquiring, knowledgeable, open-minded thinkers. This proves to be true through the success rates of IB students, but all schooling is meant to help students attain these characteristics. School is an inquiring and knowledge-based environment regardless of the program's title.

Advanced placement also thrives from the thoughts and actions of its students. Public education has an overall goal that is not changed by labeled programs. Whether a student is involved in AP, Honors, IB, or regular classes, the schedule will contain core criteria and electives to guide the students' growth.

Etymological courses such as "Theory of Knowledge" are required along with four years of a foreign language as a part of IB. Students are obviously prompted to do their best to prepare for college through their course loads, but the "in-depth" techniques of the IB program are not always beneficial. Just because these students are expected to write more doesn't mean they are learning the content to a better extent. AP classes help to cover the largest amount of information that can be applied to the real world.

Specifically, within Central, the IB program does not cater to the needs of all students. There is an individualized learning style with under 30 students involved in the program per graduating class. This can be considered helpful to the student's intellectual growth but can actually limit one's learning style.

With a student-body of 2500 students, Central is a prime environment to engage with a diverse alignment of peers. There is a wide demographic in this school that is not represented in the IB program. Classes may be taught near each other, but the IB students are seemingly separated from the rest of the student body, excluding passing periods.

IB isolates a small group of students from the rest of their peers. In social instances such as school fundraisers or events, the small group of people often resort to their clique to gain prominence. This is not to say that friendships can't be formed across program barriers, but the inclusivity of the learning style may limit student interactions. AP classes are much more versatile in the diversity of students they include and the variability of the scheduling hours in which students can be placed.

It can be said that IB is not as diversified in regards to their interactions within school, but once these students are released to the outside world, there are many international benefits to be reaped. The multilingual requirements allow for a global perspective, but language classes are available for all students. As an IB dropout after the middle years program, I cannot claim to have extended knowledge on the subject, but IB doesn't fit an abundance of students' social and academic preferences, including my own.

Ultimately, the International Baccalaureate Programme is not much different than regular Advanced placement classes. Both of these programs will provide high school students with advantages for their futures. Aside from the benefits of more globalized learning, IB students are at a near disadvantage. There is a lack of versatility in the classes IB can take. Some of the most fun or important to the students' futures do not fit into the cohesive IB schedule. To the students within this program, it may seem as though their futures are broadened, but I personally feel as though AP classes will help me explore my future to its fullest extent.

AP lacks critical thinking, IB a more holistic, liberal option

Mac O'Brien
staff writer

There is no ubiquitously applicable answer for students deciding between taking Advanced Placement (AP) and International Baccalaureate (IB) courses. The decision will always come down to what each student wants out of their high school education. That being said, I've had a very positive experience with IB and believe that there are many advantages to the IB program not found in my admittedly limited experience in AP.

The primary reason I stand by my decision to join IB is the overarching philosophy of the program. In IB, classes are structured to teach students how to think critically and express their thoughts in writing, while also learning the relevant content. The final exams reflect this philosophy, mostly consisting of questions that require critical thought rather than rote memorization. Paper 1 of the science exam is the only IB test that includes multiple choice questions.

This emphasis on critical thinking is reflected not only in the final exams, but in the projects, discussions and coursework required by each class. Nowhere, however, is the emphasis more clear than in Theory of Knowledge (TOK). IB describes TOK as a class that "asks students to reflect on the nature of knowledge, and on how we know what we claim to know." The class, I believe, is one of the most valuable classes a student can take in high school. While there is something to be said for the broader perspective that inevitably results from going through TOK, its real value comes from how it teaches you to think. In the class, students are taught to analyze and critique other perspectives, and to rationally synthesize their own beliefs based on their reading and discussions. Learning how to do that, to me, is significantly more important than learning enough content to pass an exam at the end of the year.

None of this is to say that taking IB will be without its difficulties. But if IB starts to get overwhelming, there is always a community to rely on. Since IB students take nearly all of their classes with the same group of people, it can become almost like a family. The teachers too are a part of the supportive community. Since the class sizes of IB tend to be small, it's easier to rely on teachers for support and they are generally more than happy to provide it.

It is true that IB imposes a schedule on students that can be at times overly restrictive, and I strongly believe that if taking IB would stop you from taking the classes that you're extremely passionate about, you should choose to follow your interests rather than take IB. But if this isn't your case, you should not be immediately swayed by the schedule, because it is not as rigid as it might seem. The only classes that you are not given any options about are TOK, English and History. You are able to choose which science class to take, which language to take, which elective (Psychology, ITGS, Music or Art) to take, and what level of math class to take. Additionally, the range of courses IB requires you to take show colleges that you are willing to challenge yourself in all subjects, which may not come across if you pick and choose AP classes.

Both IB and AP will challenge you academically, and both will look good on college applications. When choosing between the two, students should consider what they are hoping to get out of their high school education. IB was more in line with what I was looking for, and I'm confident that I made the right decision. Others who value a holistic approach to education with an emphasis on critical thinking should strongly consider taking IB.

Social media activism useless, delegitimizes social justice movements

Since the rise of the Facebook, a new wave of protesting has begun. People can post a single image and their message is spread to countless others across the world. This has allowed for large-scale movements and protesting that actually affect corrupt policy.

But with such a spread of people, the message can get warped by individuals. Often after a mass demonstration,



KAITLYN ENGEL
"DETAIL"

protesters flock to their social media to post about their activism and #wokeness. Some of these posts further the message of the protest, and spread the message to those who were previously unaware. But others use these protests for real change as an opportunity to make it about themselves with little relation to the purpose of the protest.

It is these posts that trivialize these movements of change. These pictures, tweets, and status updates shift focus onto the individuals. While these self-centered posts seem to have little impact on larger movements, it can slow the progress of the movement.

These posts also make serious movements much

easier to poke fun at and criticize. When the members of a protest divulge from the cause, it opens itself up to memes and ridicule. With a quick search of #blacklivesmatter on Instagram, nearly three quarters of the posts under "Top" are memes or criticism of the movement. With a switch to the "Recent", nearly all of the posts are images of individual protestors with signs, but captions that have little relevance to the topic.

To have more meaningful protests, protestors need to take the vanity out of their posts and support the cause, not their like count. This will lead to more effective protests that create change.

American education system weak, based off memorization

Tyler Zipay
contributing writer

The American education system is broken. It is a system that rewards complacency rather than creativity and conformity rather than individuality. Students, from day one, are told to “stay in their place” and blindly follow instructions and procedures rather than question them, which forms the basis of knowledge. One cannot prove a hypothesis without questioning it first. We have an education system that aims to give the same lectures to all students and measure all students’ knowledge in the same way. Does psychology not teach us that every human brain is different and all people form neurological connections in different ways. We, the people of this nation, must use all the tools and skills at our disposal to ensure that our education system does not continue to go down the wrong the path.

Since the beginning of the 19th century, the U.S. has been following the same educational model. The Lancasterian model that the vast majority of our schools follow, is one which the teacher gives the same lecture to as many students as will fit in a room, and they are all made to perform the same task. This model, which was designed by wealthy factory owners in New York, emphasizes discipline and obedience over questioning authority, which serves as a great education for a factory worker. One thing we must consider, however, is that this is not the 19th century. Only 9 percent of Americans work in the manufacturing sector today. We have such a diversified economy and an incredibly diverse array of talents and skills, but have a terribly homogenous education system.

The Lancasterian model has been lowered to an even more pathetic level since the passage of such legislation as No Child Left Behind and Common Core. Nowadays, not even the best and brightest can succeed without waiting for less intelligent students to catch up. In today’s education system, it is not just every student in the same room receiving the same lecture, but every student in every math, history, or english class across the country receiving the same lecture. The same mindless repetition and drilling of facts into the mind over and over again from Florida to Alaska. It is a major lowering of our standards, it is a system that rewards students who are smart enough to pass but not smart enough to question.

Another concerning development is the rise of standardized testing. Right here at Central, students are worrying about their ACT scores and whether they’ll pass the AP exam all the time. These tests are meant to measure all students’

knowledge in the same way, but the measurement is almost invariably inaccurate, because every student is different. One doesn’t measure the amount of water in a cup the same way they measure the area of a room. Even Frederick Kelly, the creator of the first standardized intelligence test once said, “These tests are too crude, and they must be abandoned.” Because of the rise of standardized testing, schools across the country have devoted countless hours to the memorization of facts and preparation for exams, rather than the cultivation of creativity and critical thinking. Students today, rather than learning what they are passionate about, are learning what the test makers think is important.



JULIAN HOCK-BEATY | The Register

We have an education system more concerned with numbers than knowledge. Countless pressures and measurements, like GPAs and test scores are being thrown at students, causing students to be stressed and worried all day. People work better when they’re not stressed, humans are meant to have some relaxation, some enjoyment. We need both relaxation and stress throughout the day, not eight hours of unrelenting stress, and eight of relaxation and eventually boredom. Some may say that the education system is meant to model the way “real life” works, but I say that if this is how our society works, then we really need to take a look at the broader

picture and need to critically evaluate the way we’re living our lives. The sad thing, however, is that our education system does not encourage us to critically evaluate anything.

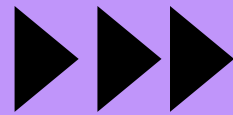
Another thing I would like to poke a stick at is the fact that the American education system places more emphasis on the memorization of facts than the development of creativity and skills. A person who knows all about fish, but nothing about catching them couldn’t be a fisherman. Our economy is changing, and for the change to go in the right direction, we need people with unique skills and creative ideas. If we do not have people with unique skills and creative ideas, in 20 years, our country is going to be all retail and warehouses with even more money going to the super-rich. We need people who think differently, who can navigate the complex economy, so giant corporations don’t monopolize the entire supply chain.

It is also not only the wealthy who can help creative people who are struggling, it is everyday people. Rather than spending money on a television set or a new smartphone, why not put it towards seeing a play or a concert. We are deliberately robbing America of its culture and arts and giving erroneous sums to multinational media companies. I think a fundamental problem in our culture is incessant consumption of mass media. When one spends time watching television, they are watching a mere electronic reproduction of life that cannot be touched, cannot be tasted and is separated from them by a piece of glass. Everybody can decide how they spend their spare money, and one thing we must consider is, whether we’re watching television and using Facebook because we want to or because society has coaxed us into doing so.

The point of this article is not to assign blame for the problems in our educational system, because we all, no matter how little, have contributed to this problem. It is the fault of voters, consumers, politicians, employers, school faculty, teachers, professors, parents, and students. There are also many people in the Omaha community and right here at Central who are trying to make a change. It is very commendable and must be continued. However, it is the duty of every single one of us to try to make a change. The thing we must do is not assign blame but take action and fix this broken system. We all have it within our power to make a change, no matter how little. We must use everything we can to solve these issues, because if we can remake our education system, we can remake our society.



WHAT'S ON THE WEB



Seven students were selected to participate in Creighton University's STEM Biochemistry research program for the summer.

STEM STUDENTS



NEVER AGAIN

On April 20, students participated in a half hour long walkout in protest of America's loose gun laws and the National Rifle Association's influence on the government. This comes 20 years after the Columbine shooting and a month after the Stoneman Douglas shooting in Parkland, Fla. Students held up signs addressing current social issues and organizers gave speeches of empowerment and encouragement.

FALISHA ARISTIDE, YVETTE LOPEZ, ANNA KAMINSKI
O-Book, The Register

