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Superintendent Logan holds first town hall with students

Tyler Zipay
staff writer

On Sept. 6, OPS' new superintendent, Dr. Cheryl Logan, hosted a town hall style meeting with students. OPS middle and high school students got the opportunity to have their concerns and ideas heard by Dr. Logan and the greater district administration.

Several dozen students attended the meeting, while some who couldn't make it e-mailed their questions. Many issues were discussed at the town hall, from school safety and college preparedness to the school lunch program.

One issue that was recurrently brought up was college and career preparedness. Some students felt as if the district wasn't preparing them enough for higher education and careers.

"People really do want to hear their concerns and that they have a voice."

DR. CHERYL LOGAN
superintendent

According to Dr. Logan, that was one of the most important issues brought up.

Another major concern of students at the town hall was school safety. "it's all about relationships and aligning training for all staff so everybody gets the same information," Dr. Logan said regarding school security procedures.

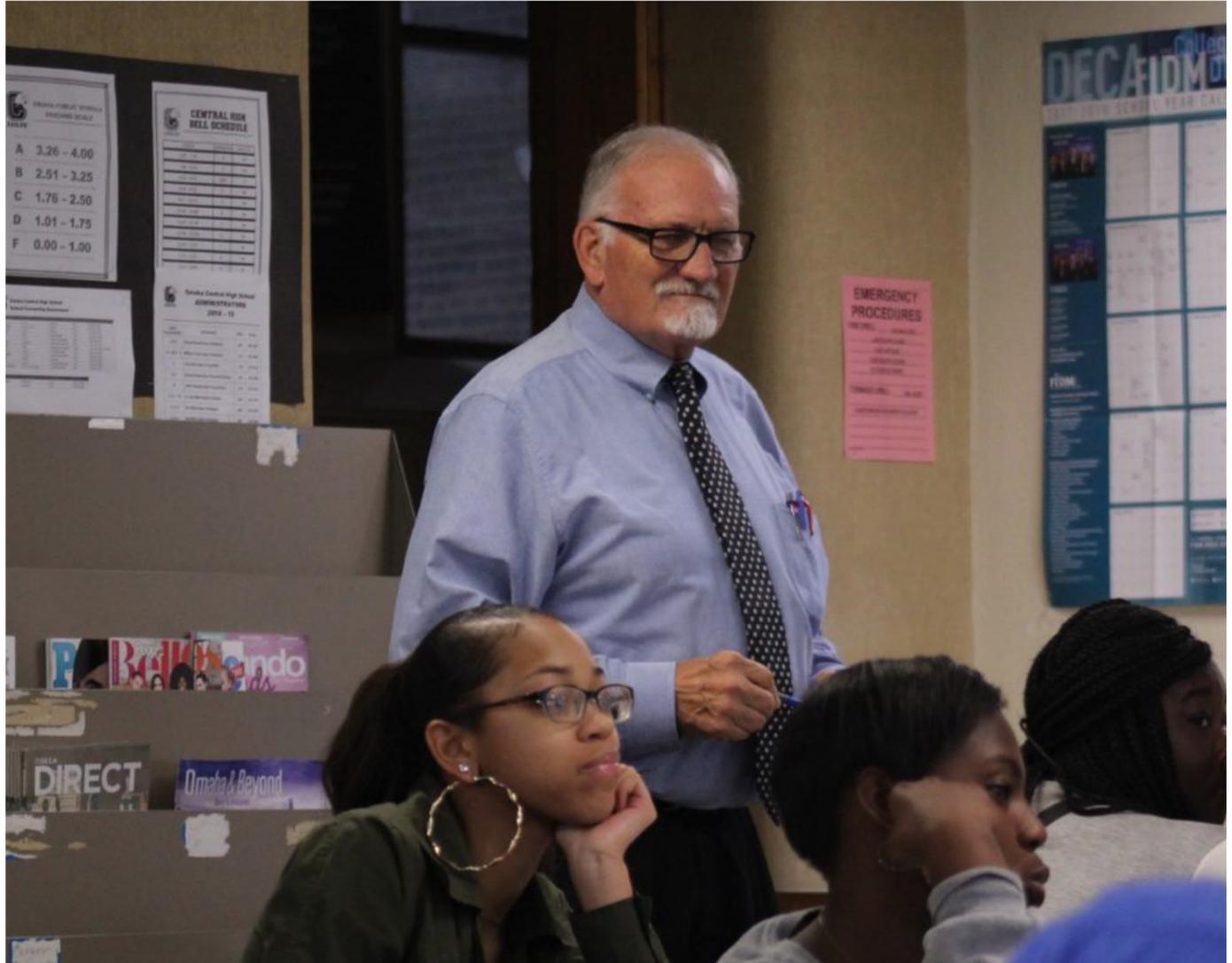
As expected, the school lunch program was mentioned throughout the meeting. When asked what changes were planned for school lunches, Dr. Logan said that "I can't tell you right now what changes will be implemented, but in about nine or ten months we'll be working on that, in terms of actual changes."

The town hall was a learning opportunity for both students and the OPS administration. Students were able to learn more about the process of civic engagement and administrators were able to learn more about what students thought.

Dr. Logan said that she hopes students learned that "people really do want to hear their concerns and that they have a voice." Students were able to use their voice to affect change in the OPS community and the Omaha community.

The Superintendent said that she, and the greater OPS administration realized that they have a lot to learn. She also said that she gained new information and new ways to think about things from the town hall. "They're not just kids" she said, indicative of her belief that students' opinions matter.

For those who would like to have participated in the town hall, but didn't get the opportunity, there will be another one in spring of this year at the TAC building. An official date has not yet been determined, but all OPS middle and high school students are invited.



Olivia Drobny | The Register

GAYLOR'S GOLDEN YEAR

Marketing instructor celebrates 50 years of teaching

Olivia Gilbreath
staff writer

The 2018-2019 school year marks the 50th year of Harry Gaylor's time teaching. Gaylor has been at Central for 36 years, prior to his career here, he taught at Tech High School. After Tech closed, he was the first teacher placed at another school and there were many students from Tech being transferred to Central. "My favorite part about teaching at Central specifically has been the demographics and the honor, privilege and pleasure to work with some of the city's best students," remarks Gaylor, "I like to work with students that face great challenges in their everyday lives and to inspire students to succeed. Students motivate me to keep teaching."

Since he began teaching, Gaylor has noted improvements that have been made and that he believes should be made. He believes that by requiring Central students to take an economics class, the school is ahead of other public schools. In some areas, Gaylor believes that the school has become more lenient... when he first started teaching at Central, early out was only available for ninth hour for students with a very particular set of classes. While discussing the importance of economic education in schools, Gaylor states, "All students should have a course that teaches them how they contribute to the economic system and how they will fit into the system after they leave high school."

Because of his many years of experience in public education, Gaylor has advice for newer teachers. As a teacher, it is important to be motivated and to motivate students, each student can be reached if they have a teacher that tries to reach them. A good teacher is made with communication, ability to connect with a variety of students and having goals. Although a teacher may feel alone, Gaylor advises new teachers to look at their jobs as a team effort. Gaylor says, "All teachers start somewhere, asking for help can make the job a little easier. There are other teachers in your department who

are teaching similar curriculum and working together can be greatly beneficial."

Gaylor has also observed student life during his time teaching high school students. Once students begin to get competitive with their grades, they begin losing sight of their interests. Gaylor thinks that students should take classes based on interests and what skills are developed from classes, rather than playing the GPA game. He concludes that, "Not enough students take time out of their lives to go to high school while they are in high school. They don't realize that once they leave, they can't come back to make memories."

Gaylor strongly supports the idea of not only teaching the curriculum, but also teaching skills in school. His opinion on the career center is that it is a positive attribute to the school's course options. According to him, students should first consider whether their desired career requires college. He believes that at least one course a student takes should qualify him or her with some sort of skill. "High school education should focus on preparing students for what's next, even if what's next isn't college," says Gaylor, "There are lots of kids that don't have anyone pushing them, we need to encourage students to succeed. Even if success for that student isn't dependent on a college education."

After 50 years of teaching, Gaylor has experienced many different things in the school environment. Because of his connections in DECA and marketing, he has been able to work with many different students and he has been able to see what it is like to compete with different schools citywide, statewide, and even nationwide. He has met many different students, teachers, and faculty members with different perspectives on education. Gaylor shares his individual perspective claiming, "Education boils down to three questions: what do you know, what can you do and what is your attitude? When we start measuring these things, we will increase/improve our value of education."

Seven students conduct individual research at Creighton

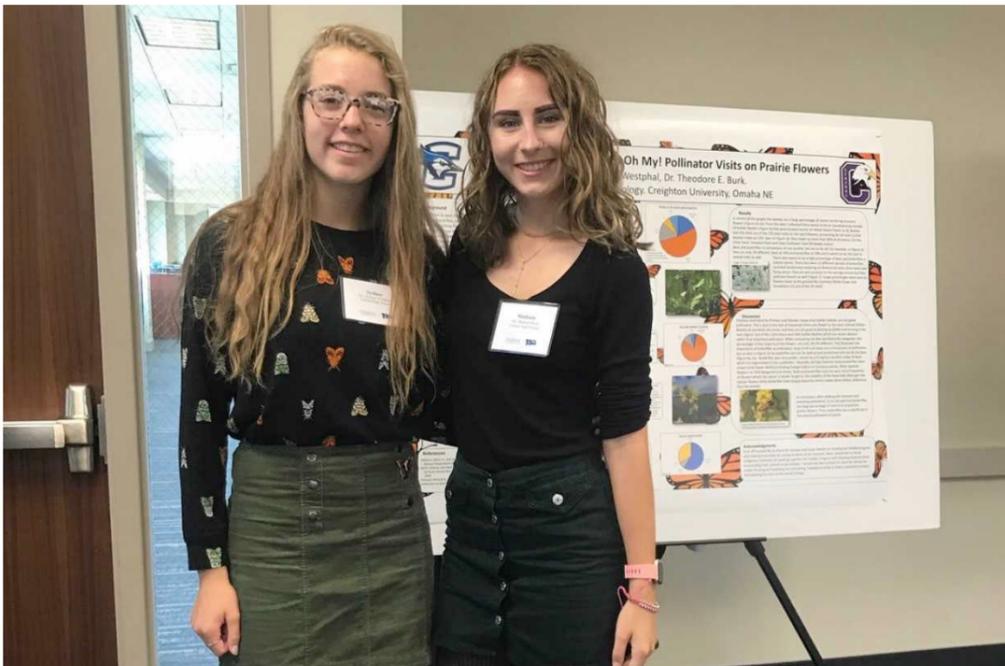


Photo Courtesy of MADISEN REED

Sydney Prescott
staff writer

For students interested in science, there is an amazing opportunity at Creighton. The Haddix STEM Corridor Program allows 13 bright students to come and research on campus for eight weeks. This gives students the ability to not only research at Creighton, but also research with a Creighton faculty member and participate in workshops about STEM careers.

This program was started in the summer of 2017, after the College of Arts and Sciences received \$10 million dollars; donated by alum George Haddix and his wife. It was created to provide the schools on 24th street (Omaha Central, Omaha South, Omaha North) with more exposure to sciences and to pour into the next generation.

Central senior Ashari Allen was one of the 13 selected for the 2018 summer program. "I found out about it through my Chemistry teacher," she said, "I definitely didn't think I was going to get in... I thought my application was average... Luckily I did, and I am so happy the decided to choose me because it was an experience I didn't think I needed but did."

Since Allen was on Creighton's campus for eight weeks, she was able to network with many different leaders in the STEM fields. One leader she was able to work with was Creighton Biochemistry professor Lynne Diekman, who worked

with her on cloning proteins. By being able to clone these proteins, they found the relationship with two gene-canceling proteins; which helps cancer research. "It was totally different to conduct my own experiments and come up with a hypothesis of what my results showed," Allen said, "I got to use technology only a college research program can expose you too."

Along with growing in her knowledge of biochemistry, she also learned more about herself. "Not only was Allen able to get to know professors on campus, but she also got to meet other students. "I was a spectacular experience," Allen said, "I learned how much I depended on other people to tell me what to do and through that I learned my own strength and confidence within myself."

All in all, Allen was able to get much out of an eight-week program: biochemistry knowledge and experience, networking with Creighton University, new friends, and mental strength; with a stipend of \$3,000 to boot. "I would recommend it because I think those who have never done scientific research have preconceived ideas of it. I thought everyone would be standoffish and I would just be researching others' research and doing a paper over it, but I was wrong," Allen said, "Plus, the best part was the guava punch... you haven't lived until you've tried Creighton's guava punch."

Top: Central researchers pose with their peers after receiving honorary lab coats from researchers at Creighton. Other students in the program came from North and South High Schools.

Bottom: Seniors Sydney Westphal (left) and Madisen Reed (right) stand by Sydney's completed project. She conducted research on the pollination of prairie flowers.

OPS makes district-wide switch to Microsoft Teams

Jackson Godwin
staff writer

In recent years, Omaha Public Schools (OPS) has been offering a more interactive way to bring students together outside of the classroom. Microsoft Teams is a chat-based tool that is a part of Office 365 services.

Teams has a lot to offer that the classroom has never seen before such as enabling global and separated teams to collaborate and work together through a workspace, group chat, or documents," it is easier access for students and teachers to communicate with each other about their specific class," said Mr. Nielson.

This app brings your team or groups conversations, files, or notes, or even sketches into one place that can be revised or edited by anyone in one's team. It provides students an easy and efficient way to collaborate on group work.

Not only has teams been used in past years for students to access but teachers as well. Teachers have assigned class assignments to be completed on teams bringing the class together. Some are for the entire class to work on together and other times it has been for individual work to be completed and enter answers separately to compare the classes work.

Outside of class work teams have also helped teachers set up lessons and assignments that students may have missed while being out of school, "after being sick for a few days my teachers made it easier to catch up by having documents of what I missed to help catch back up," junior Andrew Tejral said.

If a student is absent from school for a longer

period of time or even a day many faculty and teachers have set up in teams PowerPoint slides and word documents to show what he or she missed and that can be completed without having to come in before or after school to make it up.

In the past couple years as teachers are beginning to learn more and more what teams has to offer they have begun to introduce it to students as well. Teachers have added every student in their class to a team on Microsoft Office 365 separated by class and period, "in the past I never knew too much about the app but as teachers implemented it in our learning I found out more on what it has to offer," Tejral said. Modern society today revolves around technology and with some teachers using Teams over some pencil and paper work it gives opportunities that engages students to work," i think potentially in some classes it could take away from paper and pencil stuff but i think that will always be apart of classes but i know a lot of business classes things are done electronically already and so those are handed in electronically and can be handed in through teams." said Mr Nielson. Overall, as the world of technology continues to grow faster than ever, school districts all over are beginning to take advantage of it with Microsoft Teams.



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New faculty additions include head engineer, resource officer

Chad Knott: Head Engineer



HANNAH BROWN | The Register

Grace Turner
staff writer

The lights, internet and cleanliness at Central normally goes unnoticed, but there is a very dedicated team that oversees this work at Central- the engineering department. Chad Knott has recently been hired as the new head engineer at Central and works to make sure the school is kept to its normal standards.

While they are not often talked about, without the custodial and engineering teams at Central, the school would be unable to function. This team is responsible for maintaining the property surrounding central, making sure the lights, plumbing and other needed utilities are taken care of and in general making sure the school stays clean. This is a nearly impossible job working at a school with 2600 students.

"There are multiple jobs as head engineer. It is overseeing the custodial staff and that they are all doing their jobs," Knott said, "It is also taking care of the strainers and filters for the air conditioning, taking care of yard, and making sure all the equipment is taken care of, taking care of varsity football games and making sure they have coverage, would be a really basic overview of what we do."

There are many reasons why Knott enjoys working at Central. The atmosphere and attitudes of many of the people at Central and working with a large group of people that are appreciative and excited to be working at the school is only one of them. Knott said, "I have been around a lot within the district. I have been to a lot of different high schools, and the tradition at Central is something special. I am very happy to be a part of it, and it is my favorite part of working here."

However, not everything about the job is always great. Making sure everyone is happy at a school of 2600 students and 250 staff is nearly impossible, and this can make working the job a lot more difficult. Despite these struggles, Knott still enjoys working at Central. Knott said, "There are eighteen of us on staff and there are nearly 250 staff members, lots of students, and many community residents. Making sure the facilities are top notch and within the standards that have been set for years can be difficult."

When not working Knott enjoys spending time with his children. Knott said, "I have two boys, and any time I can spend with them, hanging out or doing anything, would be my favorite thing."

Knott and the Central High engineering staff are working hard to make sure the school is in top condition and the school is functional. While most of their job is not in the limelight, the engineers like Knott work to make sure Central will be able to function every day.

Knott said, "My favorite part is comradery. Being a part of the crew, staff and administration that takes such pride in the facilities and traditions is really neat. I really enjoy being a part of the family and being an eagle."

David Preston: School Resource Officer



SOPHIA SIDZYIK | The Register

Mackenzie Coughlin
staff writer

"Being in a high school, you're around young adults, future scholars, and people that really want some direction in life. And this makes the job even easier," Central's new resource officer David Preston said.

A resource officer is the specific officer that is assigned to a school to monitor and be at the school throughout the day, working for the Omaha Police Department as well as OPS. He is at the school every day of the week to make sure everything runs smoothly in the hallways, at pick up and many other behind the scenes things. "My daily work day varies, for example I write reports, do a lot of investigations, in and outside of school, and sometimes that even leads to working with detectives," Preston said.

The work of any officer is never dull and can be quite the undertaking at times. "As an officer, your decision means everything, and can have a lasting impact on the rest of your life or someone else's life," Preston said. Even with the hectic schedule and circumstances, he takes much seriousness and pride in his job.

"My job as a resource officer allows me to help students in a lot of ways, and many police officers don't like doing that. They just want the adrenaline of fighting crime," he said. For an officer that is trained to deal with high impact situations such as Preston, it can sometimes get difficult knowing when to hold back that training. He has a very clear understanding of the school environment and uses this knowledge when addressing students and administration.

As a part of getting to know the students and forming a bond with them, Preston definitely wants to be someone that students can come to and recognize as a friendly face. "When the barrier between a student and police is broken, they will realize their whole world changed, not just towards police, but people is general," he said.

Although it is his first year working at Central, Preston has started to become familiar to some students. "With 2,500 students, the hardest part would be getting all of them to have trust in the police force and having them feel comfortable to open up," he said.

He has greatly benefitted from being a resource officer over the years. "Having the interaction with a lot of people and their families is rewarding because sometimes you're able to help people that think there is no help," Preston said.

His connection to the school setting and how everything runs can be seen in his strong work ethic and devotion to his job. "I used to go here years ago, and seeing how the administration is obviously on point is great," says Preston. "There appears to never be an indecisive moment where they don't know what to do."

So far Preston has been an excellent addition to the security team. He deeply shows how much he cares for the well beings of the students and the school. "I have been wanting to come to Central for a couple years, and it's great to be in this type of positive environment."

Garden Club revived for second year, community service emphasized

Kayla Johnson
staff writer

Now on every other Thursday after school, students can meet in room 249 for the second annual start-up of the one and only Garden Club. The club is welcome to all those with the passion of gardening and enthusiasm for helping the environment in a variety of ways. The club sponsor, Mrs. Martinez even encourages students to give suggestions on projects or ideas to include during the duration of this year's garden club meetings.

Opportunities such as planting inside the building year-round was popular discussion brought up by brainstorming students. "Our first goal of the year is to enhance the school environment by adding colorful, calming plant life to common

areas such as the courtyard," said Mrs. Martinez.

Objectives throughout the year for the club include clean ups throughout the Omaha area, as community work is also an important factor. Members want to not only focus on the downtown area but expand into other neighborhoods to help clean up- and possibly plant a few things along the way.

The club also aims to incorporate the educational aspect of learning about plants into the extracurricular activity. Occasionally, meetings will include a short lesson about the biological background of plants and how they flourish when being properly cared for. In the future, they would love to partner with other local businesses to learn more about plants as well as eco-friendly advice.

Students hope to contribute to the landscaping around

the school building and add more vividness. Due to the construction on the east side of Central's building, club members are pushing back planting anything on that side until the project is finished (which is not expected until after Spring break). But in the meantime, students have made it a task to tidy up inside the Central building as well as clean and dispose of any trash found in the teacher, junior, or senior lots. This club takes the initiative to help the environment in small ways- like picking up trash, knowing the domino effects it can have on other students. Thus, in no time onlookers are more apt to pick up trash when they see their peers leading by example and doing the same exact thing.



ALEXIS BLANKENFELD | The Register

The library will face further budget cuts this year. The budget has declined each year for the last ten years.

Library staff prepares for another year of budget cuts

Mac O'Brien
staff writer

When Central librarian Beth Eilers learned that the library budget would be cut again this year, she was not surprised.

"This year we just assumed without anyone even telling us that our budget was going to be cut," Eilers said.

This year's library budget cut was a component of district wide cuts. The cut is representative of a steady decline in the library budget over at least the last ten years, according to librarians Eilers and Colleen Nieland. In Nieland's ten years as a librarian (three at Central, eight at Buffet) she has never seen the budget increase.

"It's been similar," she said, "but it will either stay the same or decrease."

Eilers described a similar experience, but said it was possible it increased her second year.

The budget dropped from \$8,500 last year to \$7,300 this year. A couple years earlier the budget was "closer to \$13,000," according to Eilers. The OPS library budget was decided by the district, who allowed Library Services to divide the funds between the schools.

Library Services calculates each school's library budget

based on the number of students rather than, as Nieland said, "how many books x school is circulating versus how many books y school is circulating."

"It's definitely reasonable," Eilers said. "The question is, I think for all of us, if our per-student circulation is considerably higher than another school, does that have to be factored into the calculation?"

But the regular budget cuts have not always been decided by the district. Three years ago the secondary librarians voted to give a portion of their budget to the elementary school libraries who they felt were in more dire need of it. Eilers said that the drop that year was roughly fifteen to twenty percent.

"At a secondary level we get so much more money because we have so many more kids," Eilers said. "But we don't see every one of our kids every week. So the circulation at an elementary school is going to be much more constant, those kids are taking those books home, they have a lot more wear and tear, generally, than our books do here."

Nieland said that doing this helps all of the library programs because "If you can grab kids when they're in elementary school as library users, they're going to tend to have a positive experience, and that will eventually pay back to us as high school librarians."

With a lower budget comes the responsibility for the

librarians to make more selective choices in the books they order. Eilers and Nieland have to know what the students are reading and make predictions about the future trends.

"Let's say you have five books in a series and the first book is missing," Eilers said. "Is anyone going to read two, three, four and five without having the first book on the shelf?"

But Eilers says that if a student really wants a book, there's a good chance that it is in the substantial digital library in the form of an e-book or an audiobook.

"The nice thing about a digital book is that it can't get lost," Eilers said. "Now, we might only be leasing the book for a couple of years and then it would disappear, but for the most part once we buy a digital book, it's ours forever, and it's not going to get lost. The class of 2018 is not going to walk off with it."

Unlike in other services, the library budget cuts did not result in any lost jobs.

"That's what we're all afraid of," Eilers said. "We're all afraid that were going to lose a para or we're going to lose a librarian."

Overall, the librarians don't think that this budget cut will make a drastic difference in the way the library is run.

"Like anything, you work within what you have and you make the best of what you have, Nieland said. "It is what it is."



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Questions arise regarding district guidelines for transgender students

Emma Whaley
executive editor

Nationwide, the battle over transgender people and bathrooms wages on. Sixteen states have considered a bill that would require transgender people to use the restroom or locker room that aligned with their biological sex, not their gender identity. While North Carolina has been the only state to actually pass this legislation, though they have since repealed it, the conversation continues.

For whatever reason, in schools, this conversation can get especially heated. Since Nebraska has no law that says people must use the facilities that correspond with their sex at birth, transgender students are free to use the restrooms they identify with if they so choose.

Luka Morris is one such student. Marked female at birth, the junior identifies as male and, in turn, uses the men's restrooms at Central. Last summer, Morris underwent a medical procedure commonly known as top surgery, which gives people transitioning from female to male the appearance of a flat chest. He says this has boosted his confidence if using men's facilities.

"Last year, for a little bit I used the nurse's bathroom," Morris said, "[top surgery] helps. I think if I would have tried to use [the men's restroom] freshman year I probably would have had an anxiety attack. I know Central does have a harassment policy in place so that if something did happen I could go to an administrator."

That harassment policy is the same for any harassment in OPS. It encompasses "any physical, verbal, graphic, electronic, or written material or behavior, related to a person's disability, gender, race, color, national origin, gender identity, sexual orientation, age, religion, or marital status which has the purpose of creating an intimidating, hostile, or offensive school environment." Depending on the severity of the offence, a

student could receive anything from an after-school suspension to expulsion.

"The victim would have to report that," Principal Ed Bennett said. "Some people don't feel comfortable reporting, but if we don't know about it, we can't do anything about it." Teachers are required to report harassment they see, but Bennett reminds students that just because it seems like a teacher saw something and will report it doesn't mean they were focused on the event. It's best to report harassment oneself.

When dealing with minors, preferred names and pronouns can also be tricky.

All I really want...is to have everybody have a good experience here.

DR. ED BENNETT
principal

"I don't care what they tell you they want to be called. It is not your job to stand as judge and jury. If a student says 'call me' whatever it is, as long as it's not profane, as long as you know they're being sincere about what they want to be called, that's what you call them."

According to OPS records, Morris's name is Luka, even though that's not the name he was given at birth. He had his name legally changed to Luka Morris in August.

"If you don't have your name legally changed," Morris said, "they cannot legally put it as the first thing to show up, but they can put a preferred name ... I emailed all my teachers beforehand. Once I got my schedule I emailed them, and I explained everything about my name and pronouns."

Transgender athletes are another issue raised worldwide. The International Olympic Committee has made it harder

for transgender athletes to compete. Transwomen hoping to compete in female events will need to reduce their testosterone levels even further to qualify than they had to in the 2018 Winter Olympics. The Nebraska Student Activities Association has a similar gender participation policy. For a transgender student to compete in the gendered sport they identify with, they need a letter approved by a parent about their gender identity, letters from peers confirming their identity, verification by the student's doctor and records of medical procedures such as hormone therapy or sexual reassignment surgery.

"[OPS] guidelines are different than the NSAA. And the NSAA said, in terms of locker room use, you need to go by what's on your birth certificate."

At Central, transgender students have the option to use the locker room they identify with, so long as other students don't have problems with it. Even if they come to a compromise of changing in a stall in the locker room, they have the right to be there. That means that there are students who use the locker room they identify with during gym classes, but, after school, they need to use the locker room that aligns with their birth certificate.

"All I really want as a principal," Bennett said, "is to have everybody have a good experience here. If somebody's mean to you, let us know. We'll tell the kid to knock it off and, hopefully reinforce that if we have to so that everybody who comes here - all they need to worry about is going to school, having friends, having a good time and making it through high school which is pretty dang hard."

Transgender student determined to spread acceptance

Pangaea Kaan
staff writer

Within the past several years, various controversial issues have been addressed throughout the world. One specific conversation, the transgender agenda, has a large array of opinions surrounding it. An issue people fail to see is the effect negativity has on the members of the transgender community.

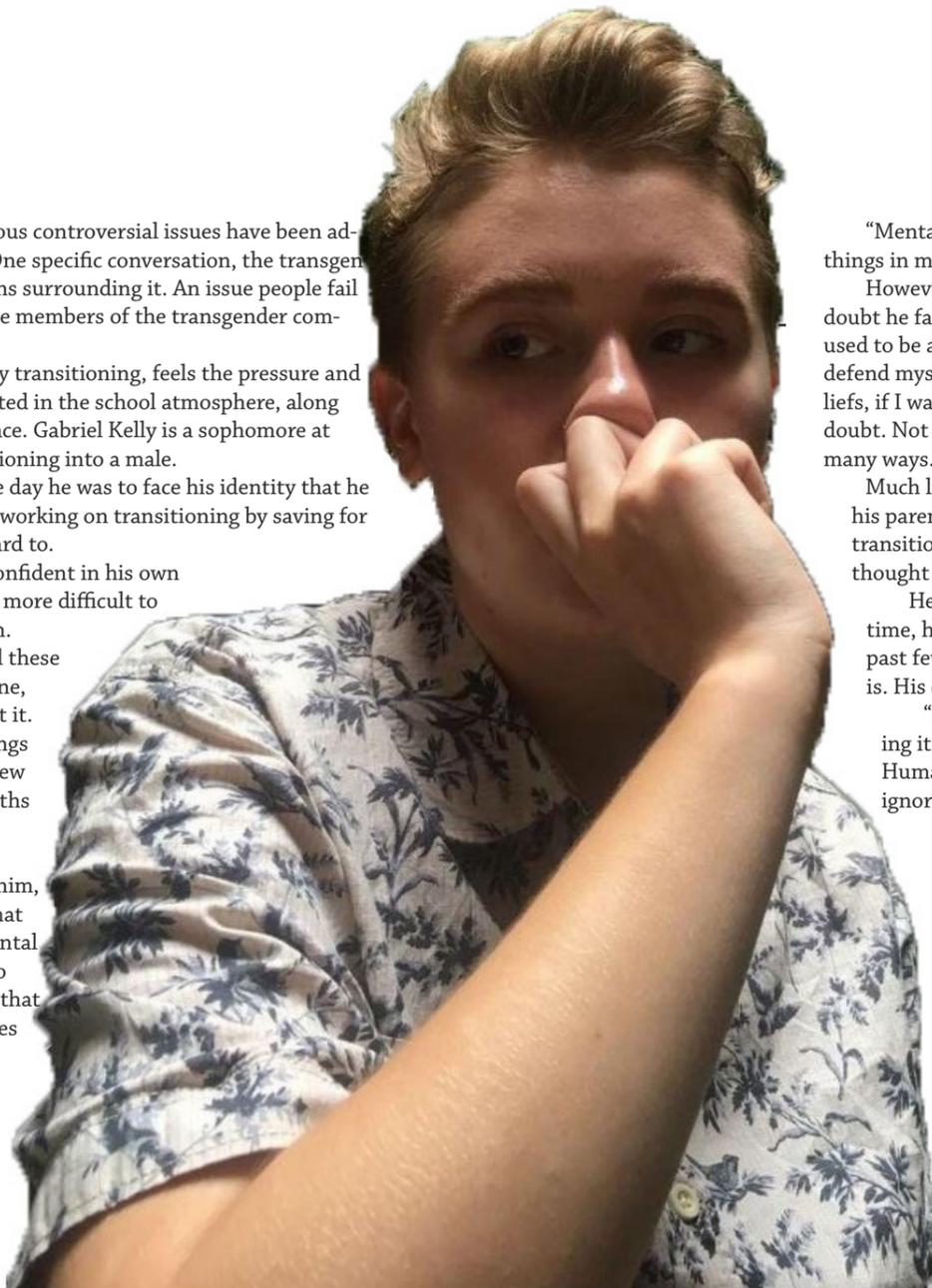
A Central student, who is currently transitioning, feels the pressure and difficulties some of his peers have created in the school atmosphere, along with the everyday struggles he must face. Gabriel Kelly is a sophomore at Central and has recently begun transitioning into a male.

In 2016, he finally decided was the day he was to face his identity that he had ignored before. Currently, Kelly is working on transitioning by saving for the physical treatments he looks forward to.

Although Gabe is currently very confident in his own skin, when he was a child, it was much more difficult to understand what he was going through.

"I remember as a kid I would do all these things to look and come off as masculine, and when I did I felt super happy about it. When I stopped running from my feelings and I learned about transitioning, I knew that was what I wanted and a few months later I began the process."

He worried about the effects the medication and treatment would give him, due to the high rates of suicide rates that coincide with dysphoria, which is a mental health disorder that causes someone to obsess over a certain flawed body part that warrants one to take excessive measures to fix the flaws.



"Mentally dealing with dysphoria has been one of the hardest things in my life, but overtime I've come up with ways to counter it."

However, the most difficult part of transitioning was all the doubt he faced, both from himself and the people around him. "I used to be afraid of the kids at school, about whether or not I could defend myself if someone saw my existence as a threat to their beliefs, if I was going to be thrown out of my home, there was so much doubt. Not feeling free to live as yourself can tear people apart in so many ways."

Much like Gabe grew to accept himself through time, so did his parents, who were not very supportive of his decision to transition. His mother believed it wasn't feminist and his father thought it was just a cry for attention.

He was not allowed to tell any of his other family at the time, however, his parents have grown tremendously over the past few years and are beginning to accept their son for who he is. His endurance is what he gives credit to for his confidence.

"Identity is such a versatile and wonderful thing, restraining it and then oppressing people because of it is horrible. Humans don't like things they don't understand...and that's ignorance at its finest."

Health crisis at local apartment complex displaces refugees, students

Grace Salianthro
staff writer

Last Thursday multiple city workers including housing inspectors, fire-fighters and police examined a North Omaha apartment complex to determine the living conditions. The officials removed and are relocating around 500 Myanmar refugees because of the dangerous living conditions, including bedbugs, holes in ceilings, “horrible” plumbing problems, gas leaks, mold and rodents.

The city Planning Director, Dave Fanslau, told The World-Herald “We have a code enforcement job to do, but it’s a humanitarian effort as well. We want to take care of these folks.”

The Yale Apartments located on 34th Avenue and Lake Street, were built in the 1960’s and contained 13 buildings and 100 apartment units. Rent for two and three-bedroom apartments go for \$550 to \$595 which is a bargain according to the owner and landlord, Kay Anderson. Over 94 complaints were filed by the tenants with help from a group of volunteers who assist impoverished refugee families called Restoring Dignity, who Anderson described as a “couple ladies on a rampage”. Anderson admitted he had become “lackadaisical” about repairs, but tenants claim they have never seen repairs made on their apartments. “Everything is broken,” said Sin Maung through a translator. “Everywhere is broken.”

Of the 500 refugees removed, an estimated 175 are children. Around 10 students from Central are being affected by this situation and are seeking help from the administration.

The Nest, an organization ran by Central’s counselors to help students in need, is taking charge in helping these misplaced students. Besides the plentiful resources regularly provided in The Nest for Central students, it is gifting the affected students Target gift-cards to help refurbish some of the things lost in the process of being removed. “We’re just trying to take this situation day-by-day. Things are changing every day for these students, so we are all just trying to help as much as we can,” Megan Kaminski-Doloto, head of the ELL Department said.

Throughout the next two weeks Central is starting a clothes and food drive through the guidance center to help those affected by the Yale Park Apartments being shut down.



GRACE SALANITRO | The Register

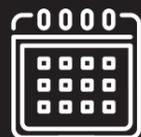
The dangerous condition of the Yale Park Apartments forces 500 refugees to relocate. Central will host a drive to help replace belongings lost in the move.



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Our open house event will give you **access to exceptional resources** that will help you prepare for the college application process. Attend our breakout sessions, ask a lot of questions, and take a walking tour of campus to find out what it means to be a Maverick.



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OCTOBER 11

FRIDAY
OCTOBER 19

SATURDAY
OCTOBER 20

SATURDAY
NOVEMBER 17

SATURDAY
DECEMBER 1

FRIDAY
DECEMBER 7

REGISTER ONLINE

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UNIVERSITY OF
Nebraska
Omaha



ALEXIS BLANKENFELD | The Register

Construction takes place on the East side of Central. The addition was planned to open at the close of first semester but has been delayed to February due to weather.

Addition scheduled to open doors in late winter 2019

Ari Saltzman
staff writer

In 2015, it was announced that a massive new expansion to Central High School would be happening on the east side of the building. The expansion was going to include a new state-of-the-art library, as well as music and rehearsal rooms. Last summer, the estimated \$20,000,000 project began. It is expected to be ready to open its doors later this school year.

Principal Ed Bennett is pleased with the progress being made. "I am pleased with how easy it has been to work with the construction workers from Samson Construction," he said. "I like the way the construction firm has been very welcoming

and open anytime we wanted to tour the building. They have made it possible, and they have shown us exactly where things are going to go, and what it's going to look like. They have been accurate with their time schedules, and overall they have been great to work with." He also credits the district for coming in and providing "guidance and support on how it will eventually connect to the existing building."

When the ambitious project was first announced, it was originally scheduled to be done by the end of first semester this year.

"Now it has been moved back to Feb. 7," Bennett said.

He blamed the delay because, "we had very rainy summer, we had a cold and late spring, so there had just been a lot of days where they (the construction company) literally just could not

work, and there is nothing you can do about that."

When the expansion opens, Bennett is excited about the prospect of "walking into a brand-new facility connected to the oldest high school in Nebraska." He says Central, "will have the oldest and the newest facilities in the state."

He also believes most students will enjoy the library, "because every student will at some point be in the library, some students may be singing or playing the band, but every student will hopefully get in the library and be able to look out onto downtown Omaha in a beautiful library."

EDITOR'S NOTE:

I am so excited to present to you the first issue of *The Register* for the 2018-2019 school year. I hope that this issue provides the same upstanding and fulfilling content *The Register* always strives to publish.

For my first issue as Editor-in-Chief, I have tried to put emphasis on making sure that the paper is visually appealing as well as filled with interesting and relevant content. I hope that my, as well as the entire staff's love for journalism shows through our work.

If you are interested in writing or cartooning for us, do not hesitate to get in contact! Stop by room 029 or send an email to central.register@ops.org. As well as our print publication, we will be trying to establish an internet footprint as well. Follow the journalism department on twitter at @CHS_press and instagram at @chsregister. Thank you for your continued support and readership of *The Register*.

Molly Ashford
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.

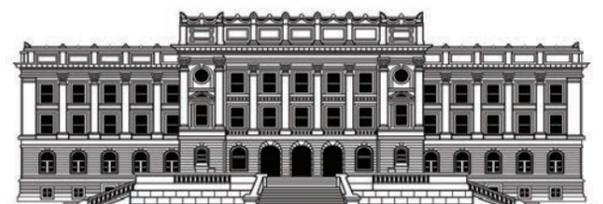
It is the goal of the Central High Register to represent the student body in issues affecting their lives as young people and students. If you feel that we are not covering an issue that is important to you, we welcome contributing writers who bring fresh ideas to the issues. If you would like to write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

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Despite test score discrepancies, public school teaches what's important.

Two Register editors battle it out over the landmark Supreme Court case.



Watch out, it's Libra season.

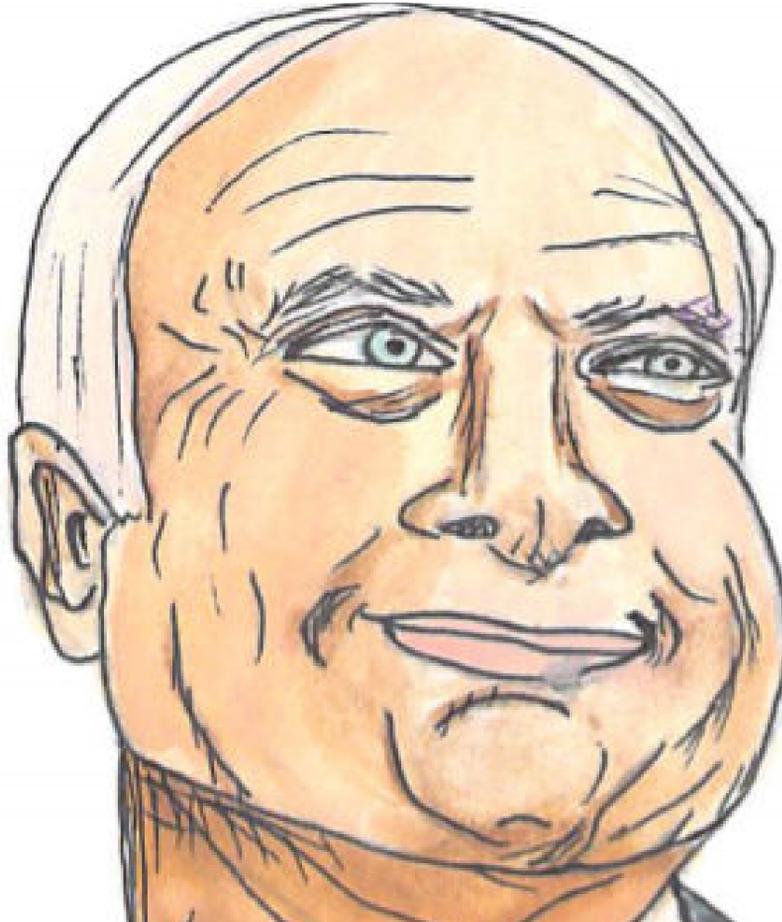
opinion

THE REGISTER

Vol. 134 No. 1 | October 4, 2018

Remembering John McCain

One Man's life, career, and his fight against fear



SADIE CHELOHA | The O-Book

Malcolm Durfee O'Brien
managing editor

On Aug. 25, Senator John McCain of Arizona died of the brain tumor he had been battling for a year. Behind him he leaves a legacy of struggle, success, and error. He also leaves behind a Congress comprised of a batch of political lightweights and hacks who concern themselves more with ideological culture wars than the matter of governing the nation. The failure of democracy begins when the people begin to view their government as an alien force, rather than an extension of itself. No man understood this better than John McCain, as we look back through his legacy, we see a man waging a losing war against a fall to fear-ridden hatred.

McCain was born in 1936 to a navy admiral in what was the strongest symbol of American economic power, the Panama Canal Zone. He, of course, would join the navy as a cocky, arrogant fool; be shot down and tortured for years on end as a prisoner in Vietnam and learn the meaning of freedom and of the ideas of the warrior's code of honor. He learned respect, gained his sense of humor and his sense of righteousness while being tortured. Soon after his return from captivity, he became the naval liaison officer in the US Senate, befriending heavyweight senators like Gary Hart, Joe Biden and Ted Kennedy. He was elected to the House in 1982, and this is where his legacy begins.

In 1982, Congress was a very different place than it is today; Democrats had controlled it since 1954, southern states were still dominated by "yellow-dog Democrats," and the northern states were dominated by old-school liberal Republicans. In this era, it was uncommon for passed bills to not have a level of bipartisan support, whether they be as conservative as tax reform or as liberal as a civil rights act. In addition, partisan differences didn't affect the way Congressmen treated or viewed each other, sure they would give sly remarks about the party from across the aisle, but it was a place of joking love rather than hateful attack. It was in this environment McCain learned to legislate and how to apply his warrior's code of ethics to government. This is why he adored working across the aisle on issues. John McCain's code of ethics is lacking in today's House as passed bills almost never have bipartisan

support. Not only does the party of another member affect the way members of the opposition treat or view them, it is virtually the only requisite for judgement by the other party.

In 1986, McCain was elected to the United States Senate, succeeding the man who birthed the conservative movement, Barry Goldwater. Going into the '90s, he was a fairly mainstream conservative Senator with Presidential ambitions. Then came Newt Gingrich, who created the concept in America of an "opposition party", a party which refuses to work with the president on any issues, and then came the order to stop sitting with Democratic senators because it "looked bad." In this partisan-ized environment is where the maverick is born. He begins to regularly buck his own party, backing the line item veto, voting to confirm both of Clinton's supreme court nominees, and became an

Unlike McCain who put values above ambition, every member of Congress puts political power first.

MALCOLM DURFEE
managing editor

advocate for closing the gun show loophole amongst other moderate gun control measure. Perhaps most importantly, he not only supported, but became a champion of campaign finance reform with ultra-liberal Russ Feingold. All of this was used against him when he ran for President in 2000. He probably would have been the Republican nominee had it not been for this streak. He probably would have been President had he not bucked his party. This is part of the problems facing America, unlike McCain who put values above ambition, every member of Congress puts political power first. This is why we see such divide in this country, they will take advantage of whatever bull-brained proposal or fear to split the electorate and keep their seats. The fear they use takes many forms, for Obama it was accusations of being a Muslim, for the progressive movement it's accusations of pushing a socialist agenda.

In 2008, McCain was nominated for president as the

only properly functioning adult running for president as a Republican. By most accounts, his campaign was an extremely unpleasant experience. John McCain wasn't too keen on getting pushed around, but as a nominee of a major political party, that's all that really happens. His first choice of running mate, Joe Lieberman was rejected by the party for being pro-choice, the initial obvious replacement, Governor Tim Pawlenty was ruled too boring by the Party, and Sarah Palin was essentially forced on him. Throughout the campaign, he was forced further and further from his ideals, with the real him only showing on brief occasions, like the Al Smith Dinner and his concession speech. After his defeat and Mitch McConnell's treatise that the Republicans would force Obama out of office and a challenge to him from the far-right in the 2010 Republican primary for the US Senate in Arizona, he saw the complete death of political decency from his own party, who then nominated a man who had attacked him on multiple occasions in 2016. In 2017, he was diagnosed with glioblastoma brain cancer, the same that had killed his friend, Ted Kennedy. In the environment of Trump division and with nothing left to fear, the maverick returned anew, voting against his party on healthcare reform multiple times for their failure to transition from campaigning to governing and demanding that they start doing work. He continued this firebrand criticism of partisanship as long as he could, soon his cancer forced him away from the Senate, and effectively sidelined him as a foil to Trump. Eventually, of course, he succumbed to the disease.

The Congress that birthed his nonpartisan ideology is dead. Because of demands created by McConnell, Gingrich and Senator Harry Reid, ideologues like them are what are elected to the House, not McCains. Democrats have been pushed far to the left by ultra "progressives" who are more concerned about scoring political points than governing, Republicans have been pushed far to the right by tea-party "activists," who seem more like talk show pundits than elected officials. Between these two pushes to extremism, a John McCain cannot win. Moderates are attacked as either "RINOs" by Republicans or "corporate Democrats" by Democrats. We must fight for McCain's legacy and push for people who will govern rather than people who will divide.

Anne-Isms: Sexism's prominence in the workplace, daily life

An "ism" is defined as a distinctive practice, system, or philosophy.

While politics often work their way into everyday societal interactions, the isms that I will cover throughout the year have to do with negative ideas about a certain group of people. Sexism is one of the most prominent isms in contemporary society.

It is known as the prejudice and discrimination on the basis of sex, typically against women but can sometimes be against men.

From the end of the 20th century to the current time period, the use of the term sexism has vastly grown in popularity and recognition. Although the awareness of sexism in society has increased, its importance remains at a constantly high level. Equality among genders is relevant and yet not as prevalent as it should be.

An example of women being taking advantage of is known as the pink tax. The pink tax occurs when toiletries or female-oriented products have a higher price than the equivalent male product, purely because of its feminine nature or additional bells and whistles to draw in feminine desire. The pink tax exploits females through the societal expectation of women to be more

complicate, which leads to want of a product that is more girly.

Additional discrimination against women occurs throughout individual and institutional boundaries. In the workplace, women are often treated as inferior. Solely on the basis of their sex, women are more likely to be disregarded or not taken seriously after giving their opinion or ideas. This leads to the process of mansplaining. This occurs when the thought of superiority causes a man to explain situations to a woman in an authoritative yet unneeded manner.

Additionally, the New York Times published an article titled "Is there a man I can speak to?" that focuses on the struggle for female equality in the workplace. As a suggested in the title, it explains the prominence of the situation in which women are asked to hand their phone to a supervisor or the "Man in Charge" during business calls. This not only degrades women, but also shows how uneducated our modern society can be.

Because of these institutional and individual problems for

women, feminists have created a significant movement with the goal of gender equality. The reverse of traditional sexism is not widely recognized, but when feminism turns women into people who believe in female superiority, progress is hard to achieve.

Overall, equality can only be achieved through the realization of cohesive human ideals. We may not all think the same or live the same, but we are all part of the same society. Being a woman, man, or neither does not define one's intellectual ability or potential. It is immensely important that the population is educated enough to understand and hopefully turn from the dated ways of superiority and gender roles.

A woman's place is not restricted to "the house" watching children and doing dishes, but rather to create her own version of a successful life in which she can contribute to society as much as any other person. True equality between genders would be a step to actually making America great.



ANNE GALLAGHER
ANNE-ARCHY

Even in the digital age, paper books stand superior to electronic copies

Tyler Zipay
staff writer

It was announced last year that Central's new addition would feature a "digital library." While electronic books are convenient and have certain advantages that regular books don't, it is important not to forget about traditional books. A lot of humanity's problems come from innovating and then forgetting about what came before the innovation. It is important that in moving forward, we don't forget to acknowledge the past and that we keep traditional books in our library.

While it may seem that the content of the text is the only important thing, research has shown that reading on electronic devices actually changes the way we read. Readers are more likely to skim the text than read deeply on digital media. This is due in part to our neurological circuit for reading; the circuit is best suited to the environment in which it is used, so when we read on media that encourage multitasking and skimming, that's what our brains start to do. It affects not only our reading on digital media but print media as well.

As skim reading becomes more common, deep reading and inquiry become less common. Skim reading makes readers less likely to question and think independently about the content, which can make citizens more susceptible to misinformation and authoritarian ideology. The education system needs to do more to teach inquiry and analysis to promote deeper comprehension of reading, rather than teaching students to skim texts for remembering facts.

Traditional books also have a certain physicality to them. It's not just about the words, it's about how it feels. A book is concrete, it can be held, touched, smelled, pages flipped through, whereas an e-book doesn't have that nature to it. Our brains are always connecting the dots for us, it records and connects information about where we are, what we're doing, and countless other inputs; when one reads a traditional book, there's a neurological connection between the content and the environment

in which it was read. When people read e-books, that connection is weakened because electronic devices are designed to make the user ignore their surroundings.

Another advantage that printed books have over digital books is the ability to easily save progress and go back to review content. The ease with which readers can move around in the text gives readers more comprehension of the text. A 2013 study by Anne Mangen of the University of Stavanger in Norway, concluded that reading on paper produces better comprehension than reading on screens. In the study, 72 sophomore students read the same 1,500-word texts, with half reading on paper and half on a computer screen. After reading the texts, the students were given reading comprehension tests and the students who read on paper on average performed better.

Digital books are also more physically taxing on the reader than print books. 70 percent of people who spend long hours working and reading on computers report symptoms such as eyestrain and headaches. The American Optometric Association even officially recognized an ailment known as "computer vision syndrome." The extra effort that people need to exert to read digital texts may make them less likely to remember and understand the texts.

Paper books are also more accessible to readers than e-books. Not everyone has an electronic device on which they can read e-books, and if we switch to a totally electronic library, those who can't afford them will be disadvantaged. Another advantage that traditional books have is their ability to be shared. Many people love to share and loan books to others, so others may also experience thrilling stories and gain new knowledge. Most e-book software doesn't allow book lending, and if they do, it's very limited.

All in all, paper books are a tried and true method of reading that we can depend on. Just because electronic books are newer, doesn't mean they're better. Digital texts do have their advantages, but we shouldn't ignore the advantages that traditional books have.



Dallas Busch | Contributing Cartoonist

Diversity in political ideology, thought lacking amongst student body

Grace Turner
staff writer

Central is known for its extreme diversity in nearly all aspects, however Central lacks a lot of political diversity. The majority of Central has very strong democratic beliefs, which is not an issue, but it quickly becomes an issue when communication is sacrificed. People can have their own opinions, and often times people who go to Central are informed about their beliefs. Yet, many people are quick to judge those who have opposing views.

The majority of Central students have very democratic ideals. In the last two years, Central has had two political protests one about the election of President Donald Trump and remembering the victims of the Parkland School shooting. While these protests were just, people who disagreed with the message were quickly ridiculed. Students refuse to hear opposing views and will only listen to students who have the same ideas as themselves. Even when issues are not about social issues, people who are not considered democrats are immediately ignored, talked over, or attacked for their beliefs.

It is not only the students that make communication difficult. Many teachers make thinly veiled jokes or stories that attack political beliefs they disagree with. It is not uncommon for a teacher to say that a person is 'free to express their opinion' in a way that makes it obvious that the only allowed opinions are those that they agree with. Some teachers are even willing to go as far as attacking students' beliefs or saying they don't know what they are talking about as soon as they disagree.

This is not only an issue brought on by Democrats, when in large number, republicans also often refuse to listen to what the democrats have to say. They are quick to shut down the oppositions views and only listen to what other republicans say. However, this is less of an issue with Republicans than Democrats because there is a much smaller number of Democrats than there are Republicans.

The biggest issue facing Central is the lack of conversation surrounding politics. Central is riddled with confirmation bias, and people only talk to people who they agree with. If people were able to have more open conversation, there would be less issues surrounding politics and there would be better communication.

ROE V. WADE

Since the Supreme Court ruled in 1973 that women have the right to a safe and lawful abortion, controversy has not ceased. With the recent political climate and Supreme Court appointees, there has been talk about and fear surrounding a reversal of Roe v. Wade. Two Register staffers weigh in on this possibility.

At its heart, abortion is about women who have chosen not to carry their pregnancies to term and those who wanted a child but were forced to terminate the pregnancy for medical reasons. They are the most important thing in the story of abortion: not politics, not religion, and not whether you think it's murder.

On January 22, 1973, Norma McCorvey and the United States Supreme Court granted Americans the abortion rights they have today. She challenged the Texas abortion law of the era; you could only have an abortion if you had been raped. McCorvey, who presented herself to the press as Jane Roe, convinced the Supreme Court to grant the right to a safe and legal abortion in the landmark case Roe v. Wade. Now this decision has come into question, especially with the nomination of Justice Brett Kavanaugh into the Supreme Court. However, Roe v. Wade has made women's lives safer and has expanded rights which they should have always had.

In 1965, illegal, self-induced abortions made up one-sixth of pregnancy related deaths. Clinics were often closed quickly by authorities and women would attempt to conduct their own abortions. At the time, 8 in 10 low income women in New York who had abortions conducted them themselves. A few years later, the results of Roe v. Wade regulated and legalized abortions, making them much safer and much more available for women of all social classes. Death from abortion decreased five-fold and it is now one of the safest medical procedures available.

In 2007, the Supreme Court upheld a law that banned certain abortion procedures in the second trimester of pregnancy. Now, as of the 1992 case Planned Parenthood v. Casey, regulations and restrictions on abortions are legal, as long as they don't cause "undue burden" on women. One of the procedures that the 2007 laws prohibit is a partial birth abortion, in which a fetus that is dead or has already been killed is removed from the mother. This procedure is done mid to late-second trimester and is one of the cheapest, safest abortion procedures. Some may say that, by this point, the fetus is a person and, thus, the procedure is murder. Many women who have this procedure would agree. A woman who doesn't want a child wouldn't endure a pregnancy for 20 weeks. Partial birth abortion is used when a child will not be able to live a fulfilling life outside the womb. It's not fair to shame these would-be-mothers for killing a child they would have loved and cherished.

Recently, most of the concern about abortion is whether or not Roe v. Wade will be overturned as Brett Kavanaugh prepares to take his seat as a Supreme Court justice. Pro-choice activists fear that Kavanaugh will overturn the landmark case. This fear has caused such activists to initiate world-wide protests. Women have been marching dressed in the red and white robes described in Margaret Atwood's book *The Handmaid's Tale* and the Hulu original show by the same title. These women try to bring to light the unfair female health policies in their countries by comparing their world to that of the thought-provoking fiction.

While these protests and others like it do occur in the United States, the majority of citizens support Roe v. Wade. 72% of the public are opposed to overturning the ruling, according to Planned Parenthood. The belief is also bipartisan, with 53% of Republicans, 76% of Independents and 86% of Democrats in support of Roe v. Wade. It seems religion doesn't overcome women's right to proper care with six out of ten Catholics in support of the case.

The choice to get an abortion is a personal matter. Politicians should not be allowed to meddle in this decision-making process by enacting laws that could overturn Roe v. Wade. That case was fundamental to ensuring women get the care they deserve. Would anyone prefer to return to a time where women died trying to keep a child that would be unlabeled from suffering? I sincerely hope not. For the sake of women's rights, Roe v. Wade must remain.



EMMA WHALEY
SAVE THE WHALES



SYDNEY PRESCOTT
RUN N READ



Roe vs. Wade was a landmark decision that has led to many effects on American society today, but many don't know the real story behind the case. Look in-depth at the case and how it effects Roe shows the problems with abortion.

First, the background behind Roe vs. Wade: it was a Supreme Court Case in 1973, with 7-2 decision. It was between "Jane Roe", the pseudonym for Norma McCorvey, challenging the district attorney over Texas's law of prohibited abortion. Finally, the justices declared that women have the right to have an abortion

under the 14th amendment, which claims that the government cannot restrict the simple rights of citizens (CNN). But the subject most people don't know about is the plaintiff McCorvey. Before she had gone to court, she was just a young woman in Texas who couldn't afford to have an abortion, since they were not accessible in Texas.

Although this is the background of the case, many don't know about McCorvey, and why she was trying to get an abortion. She was a young woman in Texas who claimed she had been raped yet said later she just had the baby out of wedlock. She then was sent to go see Linda Coffee and Sarah Weddington, who were looking for a case just like hers: someone who didn't have the money but wanted an abortion. Although she was the plaintiff, she was never involved in the case; and since the case took around two and a half years, she had already had her child and given it up for adoption. "[I] was never invited into court. I never testified...I found out about the decision from the newspaper just like the rest of the country," she said (Endroe.org)

And yet, that wasn't the end of the story. 20 years later she completely reversed her point of view. She became a hard-core supporter of pro-life and attempted to overturn the Supreme Court Case in 2003, stating that abortions harm the women to choose it. "I realized that my case, which legalized abortion on demand, was the biggest mistake of my life," McCorvey said, "Participating in the murder of your own child will eat away at your conscience forever," (The Daily Signal).

This is true, because according to PubMed, women who choose to have an abortion were more likely to have depression, anxiety, substance abuse, and suicidal behaviors compared to their counterparts. Abortion is used to help the woman have better health, and instead evidence shows that it does the opposite. Despite arguments to the contrary, abortion hurts women emotionally and mentally.

Then another study found that one out of every three women getting abortion are getting inaccurate information about abortion (Forbes). This causes many not to know about the other alternatives. There is adoption, where you could help people who can't have children, the child to have a safe and loving home, and the mother who could continue on with her life. They could choose whether or not to continue contact with the child as well. If its just not the right time, then they could put the child in foster care or have them stay with a family member until they can care for the child. There are many different options for a pregnant woman, and abortion doesn't always have to be answer.

Now with Republican Brett Kavanaugh being nominated by Trump as the next Supreme Court Justice, American citizens have freaked out. Many are holding protests, others have started to accuse him as a sexual predator. Others say that these claims are false. All I know is McCovey is no longer hearing to fight for life, so we must do it for her.

Serena Williams held to unfair standards at French Open

Lizbeth Hermosillo-Najar
staff writer

Serena Williams, the top earning female athlete in the world, according to Forbes, was recently caught in some controversy at the French Open. She wore a black catsuit that was not only fashion-forward but helped with her blood circulation to prevent blood clotting because after giving birth to her daughter, Williams suffered blood clots in her lungs and nearly died.

The French Tennis Federation President Bernard Giudicelli reportedly said the tournament would be introducing a dress code. He also said It will no longer be accepted. One must respect the game and the place.

This type of situation is nothing new for Williams. Over the years she has endured so much discrimination and inequality that this instance is nothing new for her. This year already

Williams has been tested for drugs five times which is more than any other female tennis players. In her 23 years of playing professional tennis she has never tested positive.

In the media Williams has often been compared to animals and deemed unattractive due to being muscular and in shape. The press has always tried to make belittle her, in one instance they tried to say she was cheating because she was playing while pregnant. Many times, she has been called many racist remarks, been body shamed and encountered sexism. Despite decades of hardships she stayed consistent and kept winning.

Recently Williams was accused of cheating during the U.S Open, which then led to her arguing with the umpire over the false violations. This, of course, is yet another example of Williams being discriminated against. She responded to this incident with "I don't cheat to win. I'd rather lose." It was clear

that she was exhausted, reached her breaking point and had to speak up.

When a black woman in America finally speaks up and expresses their concern they are labeled as 'angry' and 'difficult'. This narrative was given to Williams finally speaking out after years of being attacked. Not only is this a problem within the tennis community but as the industry as a whole. This narrative is far too familiar to black women everywhere.

Serena Williams is one of the greatest athletes of our time, with a win percentage of 80%, four Olympic gold medals, 23 Major singles title and many more awards. Despite all the chaos, she has continued to dominate not only tennis but sports in general.

— OCTOBER —

HOROSCOPE



SIMRET HABTE
SIMMER DOWN

When working with others, be aware of miscommunications and be understanding of them.

Virgo- The next few weeks will bring new opportunities, Virgo. There probably won't be anyone around to help you. Don't be afraid and trust your instincts. Always double check your communications with those around you to avoid misunderstandings. Others may want what you have, but don't be jealous or possessive. What's for you will stay with you.

Libra- Hard work is always good, but sometimes it doesn't lead to your intended results. Don't push too hard for something that isn't working. You may want to move on to a different project. When you're working with others, do your part and don't expect praise.

Aries- In these next few weeks, you have to work hard, but that work won't go unnoticed. Expect praise from those above you and don't be reluctant to accept it from them. You might face some frustrations, but be careful what you do when you're angry, there are consequences to your actions.

Taurus- In the coming weeks, both you and those around you will have some projects going on. You need to focus on what you have going on in your life, and not what others are working on. Be patient with yourself and what you're working on and look forward to your long-term goals in life.

Gemini- Problems from your past might be coming up. Make sure to work through those issues before trying to tackle new concerns that may arise. You might be feeling restricted by what's around you, but you can't let that stop you from your creative process.

Cancer- You will soon have a lot of time to think about some important stuff. Get in touch with your feelings and work on your understanding of the world around you. This might be a good time to get involved with your community. Maybe look into some volunteer opportunities in your area.

Leo- Set more goals for your future and be patient when you hit roadblocks. Be confident in your natural abilities, but make sure to also work hard and don't be afraid to ask for help.

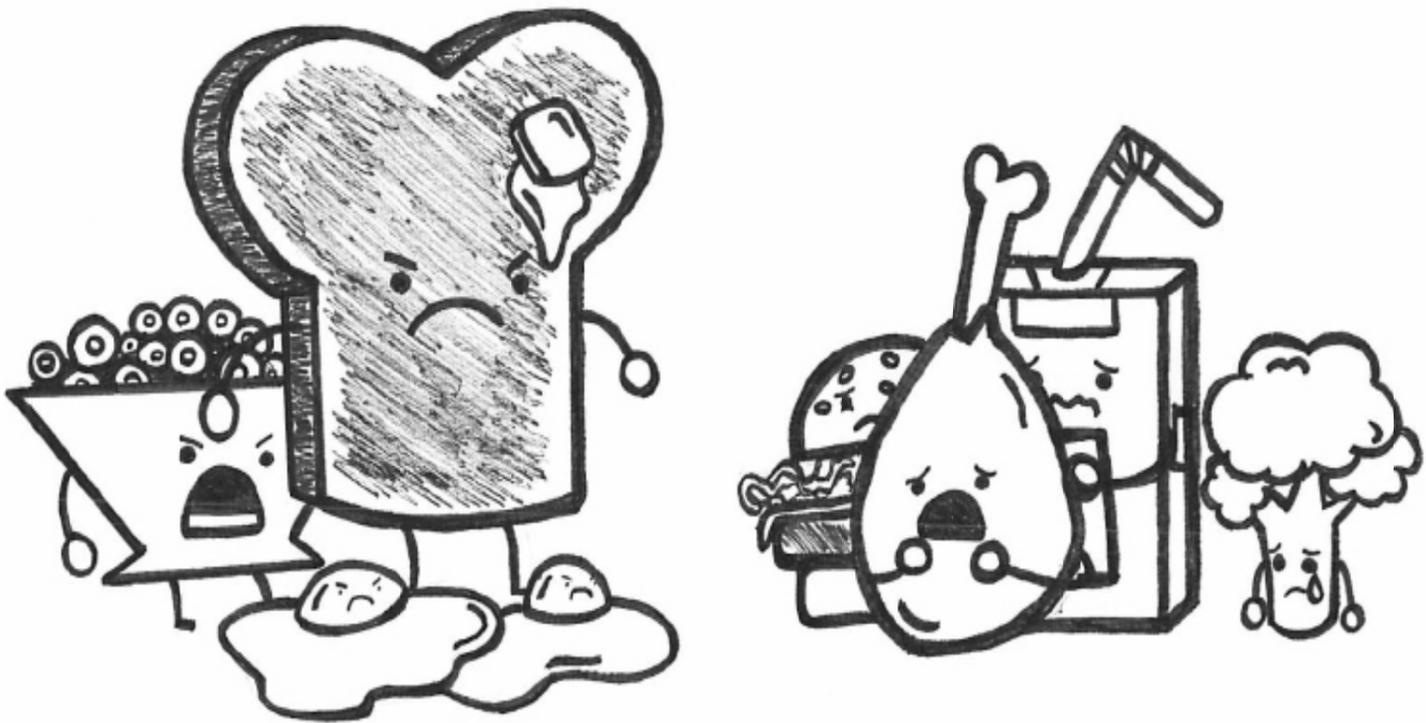
Scorpio- You might feel some frustrations with the people around you, maybe your family or your close friends, be patient and understanding. In the near future, you are going to hear some surprising information about people in your life, be careful how you react to that news, it will have some long lasting consequence.

Sagittarius- There are going to be many thoughts of the future crossing your mind. Try to remain focused on your present and ignore thoughts of uncertainty and doubt. Worry about what's going on in your own life and not on the lives of others. You need to find a balance between your life and concerns with helping the people around you

Capricorn- You're going to be trying new things very soon, so listen to your intuition and remain patient and persistent.

Aquarius- You are looking forward to your future, and while that's good, you can't neglect your present responsibilities. Make sure you are keeping this in mind when making plans these few weeks.

Pisces- You are especially susceptible to the negativity of others at this time. Try to ignore that and have confidence in your abilities and accomplishments. Work on improving what you can control and don't stress about what you can't.



JOEY WINTON | Contributing Cartoonist

The importance of breakfast is a well-established myth

Sophia Sgourakis
staff writer

Moms always seem to have famous words that kids grow up to believe are correct. One of which is, "Don't forget to eat breakfast, it is the most important meal of the day." Kids listen to this phrase without ever thinking about how accurate this may be. I'm here to tell you that breakfast isn't all that important after all.

First, it is still unclear what breakfast really is. When searching for the definition online, breakfast is, "a meal eaten in the morning, the first of the day." But for a meal to be breakfast, do you have to eat right when you wake up, or can you wait a couple hours? For those who work overnight and get off in the morning, is their breakfast actually their dinner? Breakfast is still an unclear and undefined meal.

This phrase becomes engraved to our heads as the right action. A mental block is created because the importance of breakfast is adulated. Once breakfast is forgotten, you believe you must eat more at the next meal or add another meal throughout the day to make up for missing breakfast. The idea that breakfast is the most important meal of the day creates psychological damage.

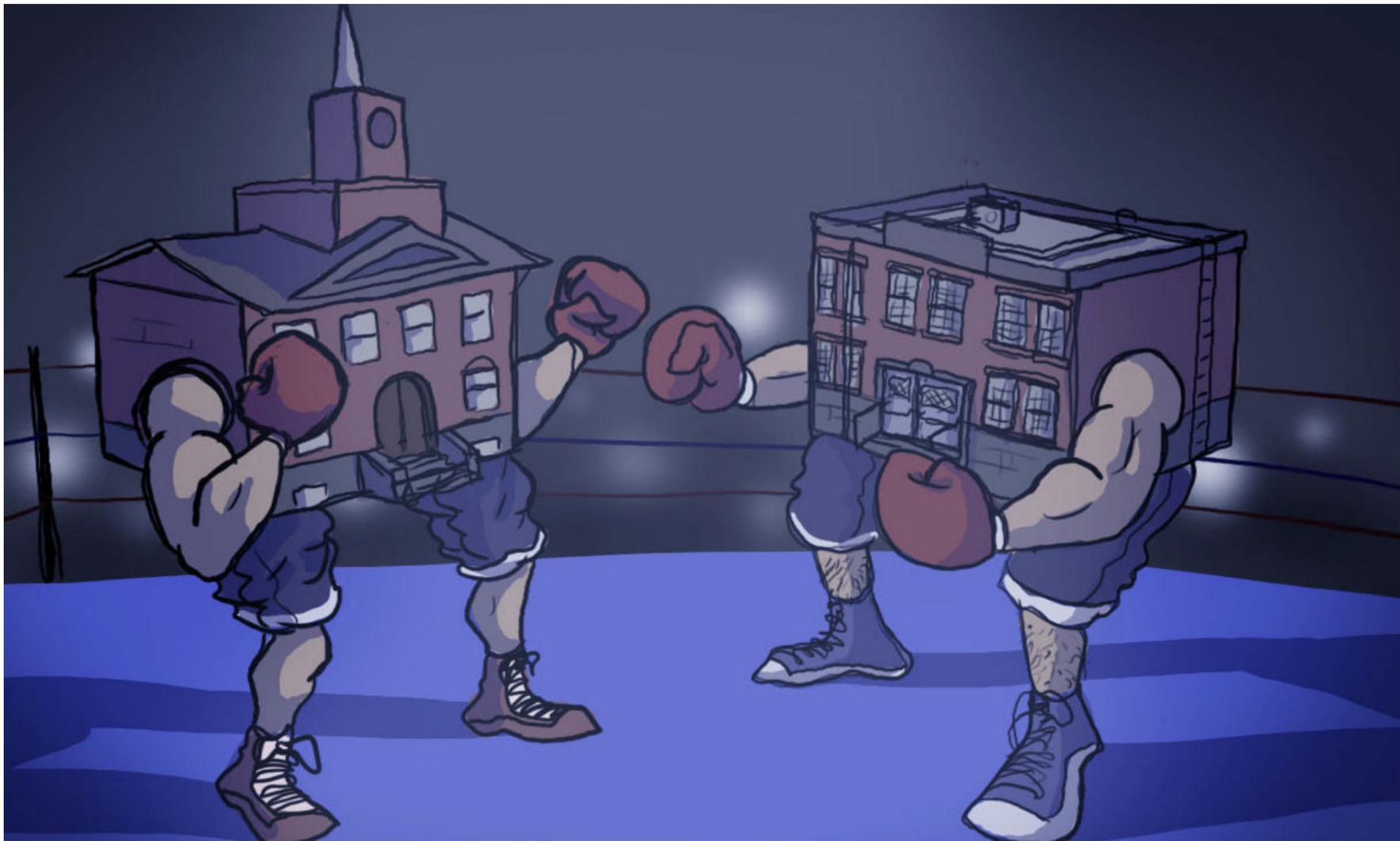
People say breakfast is the meal that starts the day off and they are right. So, for breakfast you can have cereal, donuts, pancakes and waffles with sugary syrup. But is starting the day

with a high sugar and calorie intake worth it? According to the article, "Is Breakfast Really Your Most Important Meal," eating a high sugar and a high carbohydrate breakfast is detrimental in terms of appetite control and snacking. If breakfast really is to start the day with fuel, why isn't it all about acai bowls, protein shakes and egg white omelets?

It is also all comes down to how hungry you really are in the morning. If you have a fulfilling dinner, chances are you will not be hungry for breakfast. For others, it may just be nauseating to eat right when you wake up. Because of this some try intermittent fasting. Skipping breakfast is a strange ideal to some. "But once you start to do well without eating the most important meal of the day, the less important the meal really seems," writer Ben Johnson states in his article, "How Important Is Breakfast, Really?"

But eating any meal of the day comes down to what you want. Do what you want when it comes to eating. Skipping breakfast, eating a donut for breakfast, snacking all day. There are no restrictions on what you can eat and when you can eat. In the article, Through the article "Breakfast May Not Be the Most Important Meal of the Day," it is stated that it is important to not let "Breakfast is the most important meal of the day" dictate how you eat; instead listen to your body and decide the best way to eat for yourself.

So, mom if you are reading this, I think I might skip breakfast tomorrow morning.



BEN LANE | Contributing Cartoonist

Community education: an argument for public schooling

Molly Ashford
editor-in-chief

As a public-school kid through-and-through, I have often found it difficult to relate to or understand those who went to private, for-profit primary and secondary schools. Among the claims I have heard from private school advocates over the years, there seems to be a common denominator: an assumption of academic superiority.

Statistically, according to the CAPE (Council for American Private Education), private school students score an average of +90-120 points on the SAT compared to public school students. In ACT terms, this is equal to about +3 points. CAPE claims, falsely, that this proves that private school graduates are more likely to be ready for college work.

Especially as prestigious universities move towards a holistic and extracurricular-focused admissions process, the emphasis that private schools place on test scores and percentages is bound to become meaningless. Standardized testing scores were once seen as the pinnacle of high school success but are likely to become extinct at some point in the future—over 700 colleges have moved to be test optional according to FairTest. Public opinion about standardized testing is changing too: Gallup reported in 2015 that 64% of Americans believe that there is too much emphasis on standardized testing.

But besides being a dated system of evaluating student performance, the emphasis on standardized testing in religious and independent schools shows the inherent classism built seamlessly into private school foundations.

In a study published by University of Virginia researchers, there was no difference in student's academic, social, psychological, and attainment outcomes between private school and public school when one key factor is done away with: socio-economic status.

In other words, private school does not indicate student success. What does, however, is money.

Education is largely commodified in America, so it is no surprise that ACT reported in 2016

that students with a family income of 80,000 dollars or more score an average of 4.1 points higher on the test than those with an income below. ACT prep courses often carry hefty price tags that low-income families cannot afford.

In public schools, there is more to learn than how to take a test. At Central specifically, diversity is emphasized from the moment a student sets foot in the building. More importantly, however, diversity is present throughout the school. While the vast majority of schools in general teach topics that deal with racial, ethnic and cultural undertones, private schools largely lack physical diversity.

Nearly 60% of private schools in America are classified as virtually all white, meaning that less than 10% of students are of an ethnic or racial minority.

I realize that after a bit of reading, statistics tend to jumble together and become meaningless. Private schooling is not evil in and of itself—the intentions are sometimes good. However good the intentions, however, they are equally lucrative. Though it is my opinion that all education should be free, generally, there is barely any point to spending over 10,000 dollars a year for the equivalent to a few points on the ACT.

While high school performance may be an indicator of college success, it is by no means a fair assessment of intellectual abilities. As more colleges realize and embrace a non-traditional approach to admittance, private schools will be faced with two options: continue operating under established norms or evolve with the ever-changing world. If they are able to flow with the latter, the institutions may have a chance at becoming greater.

At the end of the day, high school is high school. What a student puts into a program, whether that be at a private or public institution, will affect greatly what they get out of it.

However, public schooling should not be discounted. Since its establishment, the public-school system has been meeting the needs of kids from all walks of life. Critiques of public education are not made without merit, but they are made without consideration: in order for the public-school system to work, blame for low test scores must be placed on ever-falling budgets and shrinking salaries for educators rather than on the students themselves.

Criminalizing homelessness unethical, ineffective in fixing crisis

Kween Alabi
staff writer

The Department of Housing and Urban Development released a report in December 2017 revealing that the homelessness population has increased for the first time since 2010. The surge most prominent in west coast cities. In Los Angeles, 58,000 citizens are left without food, shelter, water or medical supplies that are necessities to survive. The city with the second highest homelessness rate in the country has taken more steps to enforce the criminalization of homelessness.

Los Angeles has several "Quality of life" laws, seemingly an attack on their homeless populations. The laws deem sleeping in your car during the hours of 9 pm to 8 am or at anytime within a block from a park, daycare, or school faultily, sleeping or sitting on a public sidewalk, however the law is not effective on benches or other seating provided by the government illegal, and having a tent in any public hour from 6 am or 9 pm unless it is under 50 degrees or raining outside but the police can immediately remove the shelter if it blocks a path or in any way be considered hazardous illegal. LA officials have denounced the idea of interdicting homelessness but as the population continues to grow so have the arrest on homeless citizens. The LA Times reported that since 2016 the number of arrests against the two-thirds of the population that are not able to access housing shelters by 36%. The arrest first starts out as citation, committing one of the acts restricted by the quality of life laws results in a ticket with the upward value of \$100 with an additional \$1-200 of court fees without much need for explanation the homeless keep committing the "offenses", the tickets pile up, court dates are missed and the innocent are eventually thrown into the already overpopulated prison system.

It should not be considered a surprise that throwing the homeless in jail is not a solution to the crisis. Obviously, no one wants to be homeless and to add misdemeanors to their resumes makes it easier for jobs to turn away homeless citizens who are actively trying to get out of the streets. Where is the justice in punishing the one's who are forced to slum in the streets because no other opinion is available to them? The former head of the LAPD's homeless department Todd Chamberlin released this statement in regards of the growing number of arrests "What we're trying to do is our best to serve and solve a complex problem that is far beyond what we have been given the tools and mechanics to fix

The criminalization of homeless is a far fetched idea of "fixing" the homeless crisis. Considering the fact that felonies can disqualify a person for getting housing. Instead of locking the homeless up, the city of LA should look into creating rehabilitation services in place to stabilize victims of homelessness or the creation of more shelters are created to combat the overflow happening in shelters around the city. Nationalhomeless.org studies have showed that the homeless populations are made up mostly of domestic violence victims, veterans, persons with mental health disorders, and people suffering from addiction. Most have an inaccurate idea of homeless people, people on the street looking for money instead of getting and readily available job. The reality is not that simple, even if the homeless were able to find jobs, consider the fact that most do not have formal college education, leaving them to minimum wage jobs. A pay that does not cover rent, anywhere in America. The existence of homeless people is a problem that will undoubtedly take decades to fix, not by throwing victims in jail but by communities and the government to recognize that homeless people do not fit into a sub-genre of humans, researching and developing support services must be established to be able to even think about solving the crisis that is growing by the day.

Political extremism on the rise, alt-right, antifa represent dangerous ideals, threaten American public discourse

Political extremism has risen in prominence since the heads of the political parties were cut off.

The alt-right has given the American far-right its loudest voice since Pat Buchanan's presidential campaigns and the antifa has given the American far-left its loudest voice ever.

The voices of both extremist sides have grown so loud that they have begun to enter mainstream discussion. This is not a good thing.

Both antifa and the alt-right represent inherently un-American ideals. The alt-right obviously represents Nazism and racism, an ideal which would tear apart the very fabric of American society.

On the surface, the far-left counterpart to the alt-right, the antifa, does not represent an ideology that is inherently dangerous, but it does, though they are far less explicit in what they represent. The Antifa represent Communism, an ideology which has become quite heavily romanticized in recent years, but is as brutal and as murderous as the Fascism of the alt-right.

Even the group's name, though often used to display the group's morality and humanity, antifascists, comes from the 1930s "resistance group" Antifascist Aktion, which has been depicted by Antifa as heroic fighters of the Nazis. In reality, Antifascist Aktion was the Communist Party of Germany's Paramilitary wing.

The German Communist Party was an organization who implemented the same plans to wipe out and systematically murder opposition that Adolf Hitler did, as could be seen when they took control of East Germany, they used secret police, torture, explicit murder, and crush their citizens free speech

The fact that these groups have come to prominence in the first place is not the problem, but the ideas of how to conduct political discourse that they have brought with them is extremely problematic. Both groups have resorted to attacking reporters and denouncing the media as liars. Both have denounced election results as being "rigged," whether it be against Donald Trump, Hillary Clinton, or Bernie Sanders.

Both groups also have endorsed violence to be used as a political tool, something common in authoritarian dictatorships like Nazi Germany and the Soviet Union.

The endorsement and use of actions such as political violence and targeting of journalists shows an inherent distaste for freedom of the press and a distrust of democracy from these groups.

In addition, the views taken are dangerous to public discourse, they denounce and attack anyone who doesn't follow exactly the ideologies they do, such as Senator John McCain, who after his decision to end treatment for cancer, received statements of support from most

normal humans, but the antifa and alt-right issued attacks on Senator McCain and had begun celebrating his upcoming death. When he did die, these attacks only got worse, denouncing him as a "war criminal" (he obviously wasn't) and as a "secret Democrat" (he obviously wasn't).

To be fair, antifa still has the significant moral high ground in regards to political violence to the alt-right, as they have not resorted to murder to advance their goals. But the fact that the alt-right and antifa share anti-democratic values such as a distrust for freedom of speech and support for political violence and slander still stands, making both extremist groups equally dangerous to the people and government of the United States and the discourse of its citizens.

Another part of the dangers of these groups is that they have not been denounced, but rather been embraced by major political leaders. Donald Trump, after Charlottesville, infamously said there were "some very fine people on both sides," obviously courting the alt-right neo-nazis present at the rally and also obviously oversimplifying the reality of the event significantly.

Every single Unite the Right marcher was morally reprehensible, they were all neo-nazis not a moral person could be found on their side, but on the counter protest side, the villainous antifa was a very loud minority, nearly everyone was a morally good person, most were not there looking for a fight, but to show the fascists that they were outnumbered. Keith Ellison, Deputy Chair of the DNC, endorsed antifa and their violent stances on twitter.

The reason for these two declining to oppose authoritarians is clearly to court voters, and shows their fear of losing votes to the extremists, so how do we defeat these anti-democrats if they exploit the weaknesses of democracy against us?

We can't suppress them or we would be made as morally reprehensible as they are, and the result of suppression would be their insane beliefs being validated. We can't attack with either words or with fists, or we run the risk of instigating their violence, and we can't debate them, as there is no reasoning with extremists.

Unfortunately the only means of dealing with these hateful extremists is to ignore them and their beliefs. This is the most difficult way to deal with something, when we see something we hate, we have an innate desire to do something, anything, but in the case of extremists like antifa and alt-right, we are like oxygen to their fire.

Should we ignore them, the fire will slowly burn out and end one of the most dangerous aspects of modern political discourse. The only way forward is to stand still in the case of extremists.



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Vintage Lineup

Check out three of Omaha's vintage stores and see which suits your fancy.

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THE REGISTER

Vol. 134 No. 1 | October 4, 2018

FINDING HER VOICE

Freshman singer and songwriter Grace Titus' music reaches beyond Omaha



Photo Courtesy of GRACE TITUS

Freshman Grace Titus preforms at one of her local shows. As well as local venues, Titus is nationally celebrated and plays nationally.

Olivia Gilbreath
staff writer

Omaha cannot get enough of the young singer/songwriter Grace Titus. The R&B, acoustic- loving and authentic-style artist enjoys sharing her talents with her audiences. She has performed around the city at different bars, restaurants, and events that are brought to life by a little music. After singing in musicals and other performances her entire life, Titus has come to Central to embrace her talents and grow as an individual. Titus says that she loves to sing and act because she likes to, "Be able to express herself in a way that is more meaningful than just using words."

Without a group to play and collaborate with, Titus works according to her own schedule. Because she's 14, Titus must find harmony between school, music, friends, and extracurricu-

lars. She loves singing but has decided that she must put school first so that she can set herself on the right track for a successful future. Titus wants to incorporate music into whatever career she ends up choosing to pursue and will always value the role music has played in her life.

Although Titus loves the performing arts, she is also a celebrated softball player, and this can make living her dream a little harder. Titus is the JV starting pitcher at Central and reveals that she often finds herself choosing between softball and music. Titus tries to live with a healthy balance between the two, but it proves to be an arduous lifestyle. Living the double life is made possible with the support of her incredible family. Grace's parents and two younger sisters help her to do what she loves every day of her life. "My biggest supporters are my family members," says Titus, "They help me continue to improve and grow as an artist every day and they always have my back."

When Titus travelled to Nashville about a year ago to work with other artists on some original music, she really began to write a lot more of her own songs. She worked with some amazing people to make equally amazing songs that are loved and appreciated by many different people around Omaha. Grace has worked with a couple different musical groups, but she would love the opportunity to work with more bands and sing in more musicals. When discussing her most recent gig at the B-Side in Benson Grace states, "I love performances because I love sharing a special connection with the audience."

Titus is a very devoted musician influenced by inspirational female musicians as well as her loved ones. Her one piece of advice for other aspiring artists out there is to, "Be completely and utterly authentic. Although it's cheesy, it is the only way you will truly be confident in your craft and continue to pursue it. You have to be strong enough to stick to being who you are."

Employers should not consider tattoos, piercings unprofessional

Today more and more young adults are getting facial piercings and tattoos. The point of piercings and tattoos are for self-expression and showcasing art on your body. Many people have hard opinions on whether tattoos are professional or will hold back ones' professional career. In my case, I have twelve piercings and a medium-sized tattoo, and the only people who have had issues with them are older people. Even older people, who I don't even know will ask why I decided to "put a hole in my face" or permanently tattoo something on my body. It is nobody's business but mine, but people feel as if they should have a say in someone else's personal choices.

The main issue for adults, I believe, is thinking their child won't look professional and therefore won't get a job. Yet, at my current job all my co-workers and managers have tattoos and piercings. People choose to judge others for decisions they would not have made. Even if, permanent body art becomes an issue in the future there are methods to conceal and remove piercings and/ or tattoos. Certain jobs that do not allow their employees to have visible piercings or tattoos are jobs in the medical field, since it looks "unpro-

fessional". However, I do believe that with time these fields of work will become more accepting towards self-expression.

A thought is how can tattoos be unprofessional and lead to career failures, when some of the most successful influences have tattoos or piercings of some sort. I understand this is far-fetched, but former President Theodore Roosevelt had a tattoo of his family crest yet was still respected and admired. Some of the most brilliant individuals have ink; tattoos would not be available if Thomas Edison didn't create the first "electric pen" (tattoo gun).

Tattoos were created to symbolize memories and showcase art on one's body. My point of view on body art is that one's body is a canvas and can chose to do with it as they want. Tattoos and piercings have great historical meaning behind them and are supported by highly successful people. Yet, there is still a lack of acceptance of body art in future professional careers. I think with more time; younger people will be taking over jobs and are naturally more open-minded. This open-mindedness will create a more accepting future workplace.



HAILEY HUFTLESS



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HAILEY HUFTLESS

Urban legends prevail in the Omaha Metro, attract adventurers

Mackenzie Coughlin
staff writer

When one thinks of Omaha, Nebraska, not much specifically comes to mind other than maybe the College Worlds Series or the zoo. The scary stories heard and told nationwide of ax-murders and paranormal activity don't usually occur in the "Big O". Despite this, there are several urban legends tied to the Omaha area that many may not know exist.

1. Albinos in Hummel Park

Hummel Park offers many outlets for children and families to get outside and interact with nature. The park is completely enclosed in the woods, with high trees covering its visibility from the public. Hummel Park has several unexpected legends and stories about it. A fairly disturbing one deals with an "albino farm" hidden in the deep woods.

It has been said since 1966 that a family has been hiding in the trees of Hummel for years and only ventures out at night. They supposedly stay there to hide from society. The family preys on lone visitors, attacking and eating them. Because of how isolating the trails feel, many people believe this legend.

2. Moving Statue in Council Bluffs

At the edge of Fairview Cemetery in Council Bluffs, Iowa, stands a beautifully made statue of an angel looking over the people in their graves. While the angel holds a dish that carries water to the bottom of the figure, an elegant shadow is draped across the cemetery. Although the statue reigns for all to see in the daytime, rumor has it that that is not the case for the night.

Within the decades of the statue being built, there have been numerous sightings of the angel moving in the night and doing different things. Many say that at sundown she, the angel, uses her powerful wings to fly around the surrounding graves, or that she shoots fire out of her eyes at midnight.

Some have even heard of children running behind the base of the figure and suddenly disappearing forever. Even though many locals believe it is all folklore fantasy, it is a mystery as to what happens in the cemetery at night.

3. Murder at Mystery Manor

During the Halloween season the haunted house known as Mystery Manor, becomes a very popular spot to get in the scary spirit. Every year the business holds attractions for the public to walk through, and be frightened by zombies and murderers drip-

ping in fake blood. Many are familiar with the Mystery Manor of today, but few have experienced the house of the past.

The legend starts with the original owners of the home, William and Greta Hall, living happily until the stock market crashed on October 23, 1929. William had lost all of his earnings and was out of control. He took out his anger by killing his wife Greta, and burying her in the front yard of the Manor.

Later, Greta's brother got revenge on William by killing him and burying him with Greta. To this day William supposedly haunts the Manor in search of any soul that enters his home.

4. Papillion "Hatchet House"

In the town of Portal, just south of Papillion, there once was a small one room schoolhouse right next door to a creaky old bridge. With this urban legend getting right to the point, it is said the teacher went crazy and decapitated every one of her students and placed their heads on their desks. She continued to take each of their hearts and throw them, one by one, over the nearby bridge and into the water below.

The schoolhouse is now called Hatchet House. Many visitors will go to the school and bridge in search of feeling the long lost presence of the teacher and students. The bridge also received the name, "Heartbeat Bridge", because as one goes across, the boards shudder and shake, sounding of the hearts in the river below.



ANGELINA BARATTA | The Register

From quick bites to vegan fare: Top four breakfast joints in Omaha



ALEXIS BLANKENFELD | The Register

Lizbeth Hermosillo-Najar
staff writer

Breakfast is said to be the most important meal of the day, so why not spend that meal at the best spots in Omaha? Omaha has a variety of restaurants to choose from- whether out west or downtown- there's something for everyone to enjoy around the city.

11-worth Café

This classic old diner is located downtown on Leavenworth street. They provide huge portions of food that will leave you with leftovers for days. They're infamous for their hashbrowns and breakfast burritos. The diner seems to always be packed all hours of operation, but they do provide coffee for waiting customers. 11-worth provides a very friendly atmosphere including the warm and cheerful staff. The diner seems to be decorated with your grandma's furniture and paintings, but it makes the feel so much more like home. Everything on the menu seems to be conveniently priced considering the portions. It's a typical, American breakfast diner that many tourists and Omaha natives enjoy.

Leo's Diner

A small yet very delicious diner that offers various options of classic American food such as burgers, hot dogs, and Philly steak sandwiches. Not only do they have lunch, they offer various breakfast options too. Customer favorites include their fantasy island and eggs benedict. Leo's diner is smaller but very cozy feeling with an open kitchen and accommodating staff. It is a

very family friendly environment. A customer can get a meal for under \$10 and leave with a full stomach. Leo's diner is located on maple street.

Saddle Creek Breakfast Club

SCBC is a vegan friendly restaurant with many unusual options available to choose from. The kimchee omelet, vegan banana pancakes and real maple syrup makes saddle creek breakfast club very different from other breakfast restaurants. A very hipster looking restaurant with the wood tables, blue chairs and the vegan menu that's offered. Saddle creek focuses on the customer needs and the food they are consuming, only serving food from local farmers and making everything in their kitchen. Saddle creek is an experience that many would enjoy on their weekends. They're located on north saddle creek road.

Le Peep

For coffee addicts, Le Peep is the place to be with coffee bar offering numerous different options available. Infamous for the huge pancakes, stuffed French toast and wonderful service, Le Peep does not disappoint. The waitresses are very attentive and warm. Because the restaurant is always packed, the wait to be seated is a bit longer than other establishments, but worth it nonetheless. Le Peep ranged from \$10-\$30 per person, making it a pricier restaurant. There are three different locations in Omaha.

SUMMER

in review

FILM:

Photos Courtesy of **IMDb**

Molly Ashford
editor-in-chief

The Miseducation of Cameron Post, the latest major film depicting LGBTQ+ youth to debut, is a heart-wrenching portrayal of conversion therapy set in the 1990's. Throughout the short movie, the audience follows Cameron Post, an 11th grade student who is sent off to 'God's Promise' camp after she is caught kissing another girl on prom night.

Her journey introduces us to many interesting characters—crazed anti-gay adults who claim to have 'recovered' from their same sex attraction, campers who have bought into the system and allowed themselves to become brainwashed (though we see the ineffectiveness of conversion therapy on these campers throughout the film), as well as the small group of rebels with whom Cameron finds her niche who chose to completely defy the message of the camp.

Chloe Grace Moretz took the lead role of the film's namesake, Cameron Post. Moretz played this part well—with an amount of angst, anger, and emotion that has not been shown in the majority of her previous roles. Many of the most powerful scenes were carried by her characterization.

In fact, none of the acting was overly cheesy or unbelievable. The raw and real nature of the movie was where it excelled. While some of the campers were a little 'out there', for lack of a better term, the majority were relatable, normal people. Luckily, The Miseducation of Cameron Post avoided the trope of making LGBT+ people secondary to their sexuality and instead emphasized the individuality of each character.

While the film is set over 20 years ago, the social commentary is still eerily applicable to the modern day. Conversion therapy is much less of a taboo topic than it has been in the past, as the horrors of it have come to the surface recently, but it still remains legal in all but 14 states. The Miseducation of Cameron Post shows conversion therapy in a frighteningly realistic light: there is no physical abuse, only emotional manipulation. Repeatedly throughout the film, this abuse is discounted by adults who the campers seek out for help.

As most movies catered to teenagers do, The Miseducation of Cameron Post tiptoed around cliché just enough to avoid being completely predictable but not enough to leave the audience wondering what could happen next. At times, tragedy seemed thrown in as a plot twist for shock value instead of as a device to enhance the existing plot line. However, what the film lacks in originality it makes up for in the topics discussed above: commentary, acting, and an overall message that is applicable to most but especially important to teenagers who may be going through similar familial, religious or internal issues with their sexuality.



Photo Courtesy of **IMDb**



Photo Courtesy of **CINEPLEX**

Sophia Sgourakis
staff writer

“Mamma Mia, here we go again,” is a popular lyric heard throughout the first Mamma Mia which premiered in 2008. Now, the second movie has come out, Mamma Mia! Here We Go Again. The film took place on the islands of Greece, however, actual filming took place in Croatia. The cast also gathered in Surrey, England to film song and dance numbers with renowned star Cher. Along with Cher, Lily James, Amanda Seyfried, and Meryl Streep are contributing stars to this romantic comedy.

The movie is based on ABBA songs relating the story of a single mother raising her daughter in Greece. The first Mamma Mia is all about Donna, played by Meryl Streep, getting ready for her daughter's wedding with the help of her two friends. Her daughter Sophie, (Amanda Seyfried) has secretly invited three men of her mother's past, with a goal to find her real father to walk her down the aisle. The sequel is about Sophie opening a hotel in honor of her mother Donna who passed away a year earlier, with flashbacks to 1979 when Donna was young. The sequel details Donna's original journey to Greece; her adventures, loves and how she came to stay permanently in Greece. It also establishes why Donna wasn't sure which man was her daughters' father.

During the first Mamma Mia, filming took place on the Greek islands. However, the most recent Mamma Mia was filmed in Vis, off Croatia's Dalmatian Coast. This island has remained undisturbed, until last September when the crew occupied its entire 35 square miles for six full weeks. A lot of action in the movie was centered to the west, in the village of Komiza. Stiniva beach, with its gorgeous white pebbles and crystal-clear blue water and Vis harbor were also the settings for multiple scenes. To portray that Mamma Mia takes place in Greece, many disguises were made. A restaurant in Komiza, famous for their lobster, was converted into a Greek taverna during a scene. Pizzeria Pansion Dionis was made into a village market, with food imported from Greece for authenticity. While filming, the stars stayed in yachts or villas on the island. Amada Seyfried and Andy Garcia, a director, moved into luxurious homes for the six weeks of filming.

Because the music was Abba inspired, so were the outfits. The ruffled trousers and Mediterranean color palettes transported us back to the early 1970s. Designer Michele Clapton made fun pieces, but during performances she tried to make handmade copies of what they thought the performance would be. Because some of the film goes from Oxford to Paris to Greece, a color palette was used for each city. Oxford was dark blues and greens, Paris was tan and

MAMMA MIA! on page 22

ALBUM:



Photo Courtesy of **PITCHFORK**

Simon Bullerick
staff writer

The Strokes front man, Julian Casablancas nails it again with the release of the second full-length album, “Virtue” by the Voidz produced by Shawn Everett. The last time we received anything from this experimental rock group was back in 2014, when they were known as Julian Casablancas and the Voidz, instead of just the Voidz. With an incredibly wide soundscape, there is no predicting what the next track will bring. Songs like, “Leave It In Your Dreams” will leave you reminiscent of the classic Strokes’ vibe. It makes you think that it is just going to be another simple project by JC, but when the auto tuned assault of “QY-URRYUS” starts, it is clear this The Voidz are keeping it as wild as ever.

The Voidz put their own spin on

the riff-rock genre with “Pyramid of Bones” and “One of the Ones” with a sinister groove and captivating guitar riffs. “ALieNNatioN” slows it down with calming auto tuned vocals and a mellow sci-fi groove that makes me feel like I am going up an elevator on an alien spaceship. Another highlight is the incredibly funky “All Wordz are Made Up,” featuring catchy, harmonized robot vocals. This is just one of many tracks that does a great job blending different genres and grooves together into one, satisfying concoction.

Some of the best moments during the album are not always during the digital mayhem like one would assume. In “Think Before You Drink,” Julian is at his most vulnerable, singing about war and human cruelty over an acoustic foundation. The soft rock jam “Lazy Boy,” gives us an amazing pair of drums and guitar

that continues to build and work off each other throughout the track.

The Voidz cover all the bases in this album, sounding like a different band from track to track. To be able to change from genre to genre, sound to sound and nail it is something spectacular, especially in an album that has 15 tracks! The album just gets better with every listen and with it bouncing around constantly it seems it will never go stale. The Voidz nailed it in “Virtue,” giving life back into rock genre and Julian's career. Once again, it doesn't need to be consistent in sound if all the doings are consistently good.

From music to movies to quick reads, The Register staff reviews popular entertainment from the summer season.

BOOKS:

Rozlyn Olson
staff writer

From a world of fantasy, adventure, romance, assassins, royalty and mystery, first conceived in the mind of 16-year-old Sarah J. Maas, comes the internationally acclaimed Throne of Glass series. The story follows the 18-year-old assassin, Celaena Sardothian, who at the beginning of the book is found enslaved by the King in the Endovier Salt Mines. That is until the Crown Prince offers her the chance to compete in the King's competition, against criminals and thieves, to serve as his champion for four years; after which she would be granted her freedom. Celaena is thrust into an intricate world of mystery and façade within the palace walls where an unexpected evil lurks, and she, with the help of her unlikely companion the Captain of the Guard, Chaol Westfall and the Crown Prince Dorian Havilliard begin to uncover secrets surrounding the kingdom and herself that leaves readers in a puddle of tears.

Maas beautifully illustrates the world of Throne of Glass through her descriptions, detail, well-rounded characters and heart-racing story line. Unlike most books, she manages to make every second of the book interesting. There are no moments where the reader struggles to get through to the next part of the story, each word has you racing to read the next, due to the fast paced and yet smooth transition and tone in which she uses to link them together. Maas' books in general have the most elaborate, well-thought-through story lines that I have ever read, and I have read a plethora of books. Her Throne of Glass series especially, with the seventh and final book coming out October 23rd of this year, runs together without any loose ends and character's stories intertwine in an elaborate weave. Each character has a complex story and a background that brings them to life and helps the reader develop an attachment... for better or worse. For instance, Maas' most recently released book in the series uncovers mysteries and makes sense of events that happened in the first book, making the reader think, "How could I miss that?"

The series in its entirety has several underlying messages to be considered. The first is that of friendship and loyalty. Celaena struggles throughout the series trying to determine who she can trust and rely on. There are occasions in which she is betrayed, and others where she is graced with unanticipated allies. Self-empowerment is another major theme. Celaena is an empowered, self-sufficient woman who doesn't need a man to save her. If anything, she saves the men who need her. But she isn't the only example of a strong woman in the series. Celaena's journey has her crossing paths with many other women, all of which demonstrate their strengths in different ways; even the evil ones.

The Throne of Glass series is a wonderfully written piece of work; with dark, mysterious and romantic elements that I recommend for anyone prepared to laugh, cry, and lose track of time getting lost in the story.

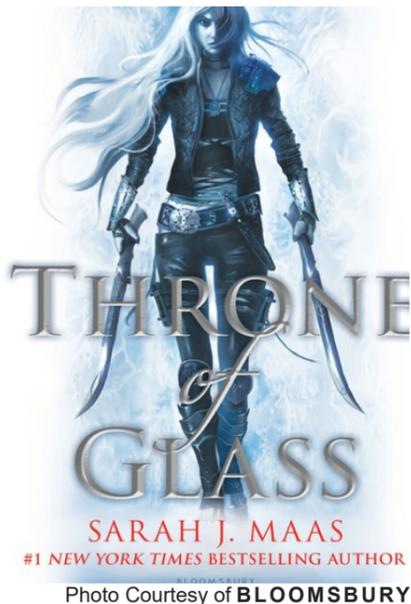


Photo Courtesy of BLOOMSBURY

Malcolm Durfee O'Brien
Managing Editor

Over the Summer, a flood of books written by ex-Obama administration officials were released. One such novel was former Deputy National Security Advisor Ben Rhodes' *The World as It Is*. The book chronicles Rhodes' hiring as a speech writer for the 2008 Obama primary campaign and follows him throughout his eight years as Deputy National Security Advisor and the foreign policy events that the administration had to contend with. In this regard, it is an excellent novel.

This book is extremely well written, as Rhodes is indeed a speech writer and analyst first. Better than any novel, essay or article I have read, Rhodes details the rise of national-

ism throughout western democracies. He describes how events that contributed to its rise are connected and how the rise of nationalism impacted the administration's policy and his personal life. That is why the portion of the book focused on the fallout from the Benghazi attack is by far the novel's strongest section, as he delves into how he was vilified by far-right nationalists and beautifully illustrates how alone he felt as he was hounded by Fox News and Congressional Republicans. Another strong element of this book is how Rhodes manages to take events that are completely disconnected and weaves them into a wider tapestry that demonstrates how he and Obama dealt with foreign policy and details both of their falls from ideologues, imagining a perfect world where democracy and diplomacy reign, to near-cynics, who want to do the right thing, but are forced not to by the dangerous creature of politics. This is seen when Rhodes describes the administration's responses to the Arab Spring in 2010 and then the administration's reaction to chemical weapon use in Syria in 2015. This book is excellent at establishing the kind of lonely awe policy makers feel and helps to humanize some of the people who are behind the scenes and seen as far away figures, like when Rhodes describes his awkwardness at watching Obama and National Security Advisor Susan Rice singing "Thrift Shop" in the Presidential limo, the beast. It is a truly fascinating book overall that shows the struggles of America's leaders when what's right has friction with what is best.

I found very few problems with this book. There are moments where Rhodes is directly quoting private conversations from years prior that don't seem like he would remember with such clarity what was said, but that is a minor problem that is necessary to the creation of a compelling narrative, as is the constant name dropping of administration officials. In addition, the book is fairly one sided for obvious reasons, offering no Republican rebuttals to his attacks on their behavior, but again, this is a minor contrivance, this is a book about his perspective on issues, not the Republican party's.

This is a fantastic book, if you have not read it yet, you absolutely should. I barely scratched the surface of the incredible elements of the novel. If you want your Obama fix, buy *The World as It Is*. I give this book ten insane conspiracy theories out of ten.

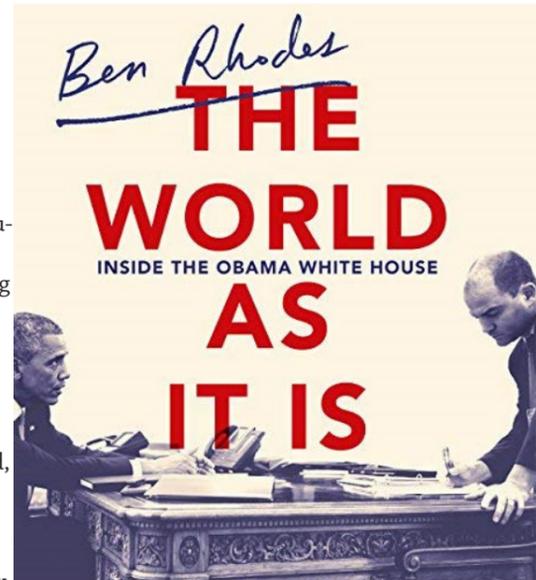


Photo Courtesy of AUDIBLE

TELEVISION:



Photo Courtesy of FREEFORM

Carolina Castro
staff writer

Grown-ish is a spin off of the popular series *Black-ish* centering around the life of the oldest of the Johnson kids, Zoey. The show centers around the first steps into young adulthood set in the first year of college for Zoey. This freeform series has done relatively well receiving adoring reviews for introducing a fresh cast and for its 'realistic depiction of college'. While other critics have argued that the show has not quite found its voice yet and may further develop it in the anticipated season two.

Watching the show as someone from our generation, that has been made to be significantly more aware to social differences than any other generation due to the internet being at our fingertips, it seems to be lacking. The show has received praise for combining comedy with social commentary while Zoey attempts to find herself in the college atmosphere. The first few episodes delve into the issues of campus drug use and hook up culture, clearly not avoiding mentioning realistic topics like the shows about teenagers we are used to. While it is refreshing to have these topics mentioned they are not really assessed as much as they could be leaving the viewer feeling dissatisfied. It is understandable why this is the case since Freeform is mostly meant for family viewing but it still

seems like if the heavy handed topics are going to be mentioned only to be glazed over later on perhaps they should not be mentioned at all or mentioned solely in passing.

The show seems to be in an odd limbo of wanting to prove itself as socially aware but also having to play it safe and not really get into the issue. The show seems to desperately try to distract the watcher from this by inserting an on going love triangle that later turns into a love square. While this may be entertaining, especially for someone like me who watches the Bachelor, it is almost awkward being lumped in with such relevant and pressing issues.

One aspect that I will applaud is the show brings in different perspectives through the different characters in Zoey's friend group. This is very realistic, as college is the time to have opinions challenged and form new ones. This is another thing we usually do not see in shows about young adults because we usually see characters congregate with characters who are like minded.

VINTAGE KIDS

Vintage and thrift clothing has become increasingly popular among young people in recent years. The Register staff evaluates what Omaha's vintage scene has to offer



OLIVIA DROBNY | The Register

Hailey Huftless
staff writer

Lion's Mane Vintage, in the heart of Benson, is one of the cutest vintage stores Omaha has to offer. Starting off with visuals, the store has an adorable aesthetic. I found most of the 'vintage' pieces to be more retro compared to other vintage stores. This store felt vintage, full of old, versatile pieces. Solid vintage stores are hard to come by, given most of them find their pieces at thrift stores and raise the prices. Lion's Mane to have a great selection of original items, but also items with a modern touch. All the items are reasonably priced, which is shocking given most vintage stores have overly high price tags. Also, there was a solid selection of higher-end products combined with average pieces.

There was also a substantial amount of men's clothing, which is also hard to come by given most vintage stores cater to women's clothing. Not to mention the quality of the clothing is amazing, as other stores in Omaha sell pieces that have been over-worn. This store is full of great pieces that can fit different styles. For example, there is a great selection of long retro dresses, denim, and vintage sweaters and tops.

LION'S MANE VINTAGE

Their online following is impressive as well, their Instagram is current and well-kept making it easy to find ongoing deals and pieces.

The location of this store is perfect. One can walk around the Benson area, shop, or eat. Given the Benson area can be busy, parking can be a hassle. Unless someone is a genius at parallel parking, there are parking lots around the block. The only "con" about Lion's Mane is their store hours. They don't stay open past seven, which is understandable considering the bar scene in Benson. However, for some people it may be difficult considering they close at five on Sundays and don't stay open past seven during the week.

The employees are all very kind and willing to help you find pieces or just browse the store. This store is very accommodating for finding one's size or favorite style. I would highly recommend this hidden gem of a vintage store to anyone.

THE FLYING WORM

Simret Habte
staff writer

The Flying Worm is a local vintage store located in the heart of the Old Market area in downtown Omaha. It was first opened in the summer of 2009 by Joe and Chantel Dempsey. Before the store's opening, Mr. Dempsey used to buy and sell antiques and collected vintage clothing. The owners liked the sustainability of reusing the clothes and opened the Flying Worm believing that others would feel the same way. The Flying Worm sells men and women's vintage clothes such as denim, flannels, printed sweatshirts and dresses; they also sell some new clothes as well as accessories, jewelry and bags.

When you walk in, you're greeted with smiling faces who welcome you and ask if you need anything. They all seem extremely willing to help with whatever a customer is looking for. It's an overwhelmingly positive environment. The store is also well decorated with cute vintage artworks up on the walls as well as inventive methods of displaying clothes.

All the products are organized in a very clear and obvious way so that everything is easy to find. There is a wide variety of clothes to choose from in the whole store. The Flying Worm has unique options for every type of person. If you're into vintage clothes, this store obviously has clothes that will fit your sense of style. It also has clothes that are newer with more modern styles, although the options for those types of clothes are not as numerous.

The only issue I've found with the Flying Worm is the price of the products. As a high school student, the affordable clothing for me is pretty limited. Although many of the items are not low cost, the quality is great and therefore the price can be justified by many people. All in all, the Flying Worm, although pricey, has great products and a wide variety of options for everyone.

Shopping at the Flying Worm not only provides you with cute and fun clothing and accessories, it's also an environmentally conscious decision. By reselling used clothes, the store minimizes the impact of fast fashion on the world and sweatshop workers in countries overseas. Their methods of supplying their store are sustainable and achieve what they set out to at the beginning of the store's conception. Overall, shopping at the Flying Worm is a positive experience. From the atmosphere to the workers to the product; the Flying Worm is a great addition to Omaha and the community.



ANGELINA BARATTA | The Register

Jackson Godwin
staff writer

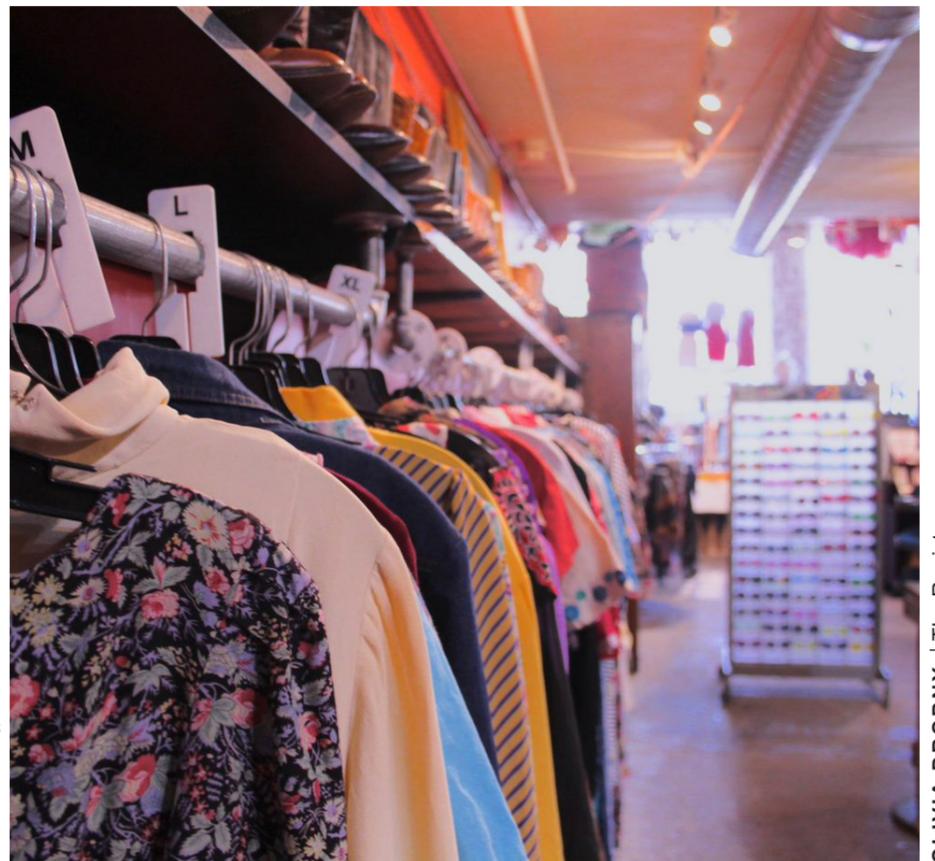
Many teens and young adults have been hopping on the recent popular fashion trend of the vintage look. One of the more popular vintage stores that has become a rave in Omaha is Scout Dry Goods and Trade. Scout is located in Dundee within walking distance to many delicious restaurant options as well. The store is a buy, sell, and trade of both men and women's vintage clothing and accessories. If the clerks take your items, they give you cash or store credit on the spot so one does not have to wait for his or hers items to sell.

Right as you walk into the store, you can see the surrounding arts and crafts created out of household objects now used as decoration on walls and hanging from ceilings. You get a sense of time and effort put into the what the store itself looks like. Scout is dedicated to recycling and reusing pieces and household items to create an enjoyable warming environment. The store itself has a wide range of what it offers. It

SCOUT DRY GOODS & TRADE

carries all of the basics of different styles of brands of shoes, socks, tops, bottoms, and many other accessories to an outfit. Scout holds a variety of old school vintage clothing that you will not see in any other store around town which is what brings in many of its customers.

While having great service when being in there the workers were helpful in finding anything throughout the store while seeming to know a fair amount of the background and what the store is about. Since opening in the winter of 2008, the store has been striving to perfect the business of buy, sell, and trade. They have attempted to keep a wide variety of clothing and colors offering many different styles of different sizes for everyone. Not only do they keep a variety of clothing on the racks, but the store makes sure to take out and replace old clothing to new to bring in a new flair to the local shop. Overall, the store provides a comforting enjoyable environment giving customers an opportunity to shop for whatever vintage item desired.



OLIVIA DROBNY | The Register

Vintage Market Days brings fashion, knick-knacks to Elkhorn



KAYLA JOHNSON | The Register

The Vintage Market Days was held the weekend of Sept. 8-10. The event allows vendors from all over the country to display and sell their items

Kayla Johnson
staff writer

Vintage Market Days is an annual event held in Elkhorn which features a numerous amount of vendors all selling a multitude of vintage style items. The event typically lasts a full Friday, Saturday and Sunday weekend for that local farmer's market aura. Upon arriving at the venue located at 508 Skyline Road, there is a very scenic area surrounding the barnyard-like building with large grasslands, dirt roads, and horses which all heavily play into the rural or pastoral vibe portrayed. The parking lot (also known as the grass) quickly fills in with eager customers ready to load all their finds into their trucks. Tickets to enter the event cost \$5.00 each day or consumers can choose to purchase a three-day pass for only \$10.00. Despite the outdoorsy feel, the venue is well ventilated with cool air during the blazing heat of the Summer day. Surprisingly, the floors were all covered in dirt and sand which both children and dogs could not resist to play in.

Although Vintage Market Days is commonly mistaken for a farmer's market- they tend to differ in various ways. First and foremost, farmer's markets or green markets are typically for consumers to purchase locally grown and produced products or food. But the Vintage Markets

Days event allows vendors from all over the country to come and display their products for those to purchase. This not only allows consumers to be exposed to new products and companies they would not normally be, but it allows companies to expand their business to people all over- which is a win-win for customers and companies altogether.

The Vintage Market Days franchise began back in 2011 (in Tulsa), and ever since continued to expand to other cities around the United States. The franchise became a hit and eventually made its way to reach the eager consumers in Omaha, Nebraska. The highly selective panel chooses from tons of vendors aspiring to become involved in the franchise. The panel makes sure to choose only those that display originality and quality that properly fit the 'vintage' theme.

Variety is also another factor that ultimately decides whether a vendor is selected. Tons of different products are sold at the event which guarantees that there is something appealing for all guests- despite their age. Everything from home items, plants, clothing (for both dogs and humans), jewelry, purses, food, and plenty more were available. The entire event was also very dog friendly with the dirt covered floors and multitude of dog accessories and vendors featured. Several of the vendors even hosted giveaways for those in attendance.

Dapper Dudes: A guide to men's fashion for the fall and winter

Everyone has had a moment in their lifetime where they looked at all the clothes in their closet and thought "I have nothing to wear."

There are many feminine fashion inspiration outlets, but fewer masculine fashion advice columns. For all the blokes out there who are not sure what to wear, now introducing, 'Dapper Dudes'.

For the first lesson to becoming a Dapper Dude, a person must establish the basics to looking good and feeling good with what they are wearing. By having confidence in one's own clothing, and feeling good in one's own skin, a person can maximize his or her look.

Clothes that look good and provide confidence do not have to be purchased new. There are many secondhand thrift

shops where one can purchase cheap and unique clothing that can fit anyone's personal style. Purchasing clothing secondhand is a smart way to try out multiple different looks to find what suits oneself. Trying out new looks is essential to find what fits one's personality, because fashion is a way of expressing oneself for others to observe.



OLIVIA GILBREATH
DAPPER DUDES

For that awkward time between summer and fall, khakis and a short-sleeved button up are comfortable and have a pleasant appearance. This look pairs well with the French tuck, a way of subtly tucking a shirt into the front of pants/shorts and leaving it untucked in the back. By utilizing the French tuck, the look is neither too preppy nor sloppy.

Dressing this look up with a subtle loafer, boat shoes, or even a casual boot is simple and practical. Adding a pair of sneakers would dress this look down quite

well, converse or vans could potentially work with the outfit.

There are many different outfits a person can make based on one original outfit. For the previously mentioned outfit, one can substitute colored khakis for plain ones and add a little flare to the look. Colored khakis look nice when worn with a patterned button up that has the color of the khaki in the pattern.

Another option for colored khakis is limiting the outfit to three colors. If one were to wear a button up with two different colors, a third color could be introduced with khakis.

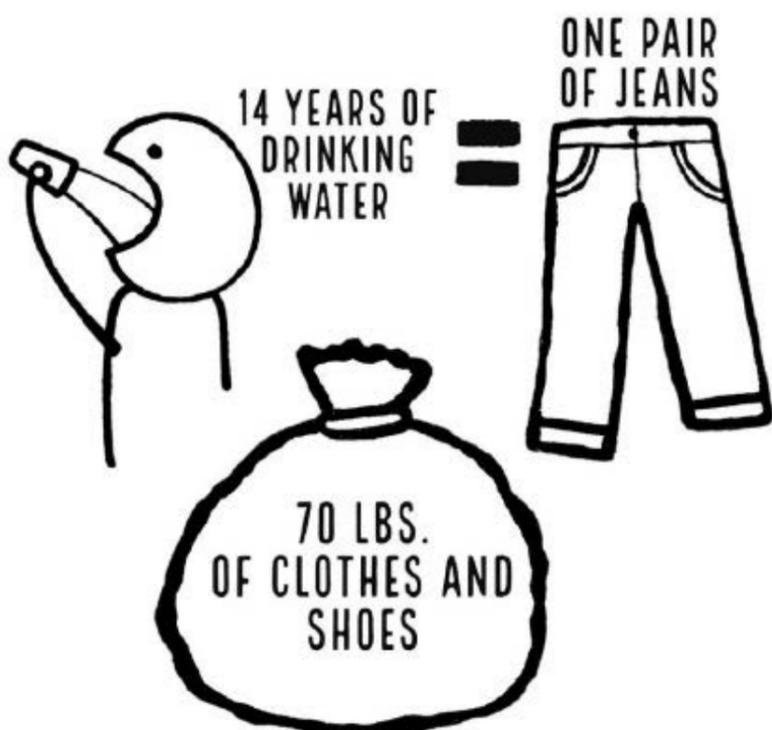
Another way to wear this look would be adding a simple bomber jacket or cardigan to the look. The bomber added to the look gives off a more laid back, chill presence whereas the cardigan gives off a distinguished, studious vibe.

Adding and blending different materials and textures can improve a simple look by making it more unique and individual to one specific person.

Currently, different places to look for male fashion inspiration are *Queer Eye* (Netflix reboot series 2018) and *Scout*

FASHION on page 22

Fast fashion has detrimental effects on the environment, citizens



CONNOR PAINTIN | Cartoonist

Grace Salinatio
staff writer

Did you know that it would take you about 14 years to drink the amount of water used to make a single pair of jeans? Or that the average American throws away on average 70 pounds of shoes and clothes in a year?

Fast fashion is a temporary term used to describe the trends in clothing that are widely spread and move quickly from run ways to our closets. Fast fashion is everything you see in department stores and probably what most of your closet consists of. Chains such as H&M that have manufacturing warehouses in Bangladesh were one of the firsts to popularize fast fashion in the 2000's. Until 1970, the majority of clothes in the United States were made here. Clothing manufacturers then moved a lot of their warehouses overseas because of the noticeably lower price of production. In the 1990's half of the clothes in the United States were made in the United States, today it's just down to two percent. As a result, global clothing production has more than tripled since 2000.

Most clothing manufacturers with factories overseas are in third world or developing countries, employing small children and women that work long hours in dangerous conditions for little or no pay. Which wasn't a big concern for American companies until 2013 when the Rana Plaza factory building collapsed, killing more than 1,100 and injuring 2,500. This accident brought attention to working conditions in factories. Over 200 big name brand clothing companies agreed to create factory oversight programs in Bandedesh. Taslima Aktar, 23, was having repeated health issues and wasn't allowed a day to miss work and see a doctor. She later passed out at work and still wasn't allowed to miss a day of work. Instead of sending her home, they revived her and sent her back to work. Later that day she collapsed and died at her work station in Bangladesh.

Not only does fast fashion have a negative impact on worker's lives, but also a substantial environmental toll. Farming all of the cotton we use for clothing makes up for 25 percent of all pesticides used in the United States. Producing cotton for just one pair of jeans accounts for 1,800 gallons of water, which is equal to 105 showers. Cotton is not the only fabric we use, we also use polyester, made from petroleum that releases dangerous gases in the air.

Review: Mamma Mia: Here We Go Again fulfills promises to crowds

MAMMA MIA! from page 18

mauve, and Greece was clean Mediterranean blue, white and orange. Ruffles were featured for characters during the flashbacks and even in real time. Because Cher has been known as a fashion icon, her and Clapton collaborated on designing her outfits to replicate the style of ABBA.

Mamma Mia has always been one of my favorite movies, even putting aside the bias of being Greek and falling in love

with all the views of Greece. Croatia's views during the movie make you believe, and wish, you were there on the islands of Greece. ABBA music is incorporated and gives the same feel as the first Mamma Mia.

You might catch yourself or your movie date singing along to some songs! When I saw it in the theater, it was alive with everyone singing along and clapping to the beat of iconic ABBA songs. My favorite part of the whole movie was the last scene.

The whole cast closed the movie series off by performing to an ABBA original from the first movie. You may say you are not an ABBA fan but I bet you won't leave the theater without a smile on your face singing to the closing song, "Super Trouper, shining like the sun, smiling, having fun feeling like a number one."

Dapper Dudes: Looking good and feeling comfortable in the cold

FASHION from page 21

Dry Goods and Trade. Queer Eye is a television series featuring five men that travel around the southern US consulting different men on ways to improve their lives. Queer Eye focuses on five different parts of life, and one of the five specialties is fashion.

Tan France is the fashion expert on the show and he helps men to find styles that work for them.

Scout is a local thrift store located in the Dundee area that buys and sells men's and women's clothing. Scout employees have clothing racks around the store featuring very different looks that they compile from the clothing in the store. Inspiration can be found in Scout from the different employee's personal tastes and different clothing that is found around the store.

Finding a look that is personal and fits with one's persona becomes easier when a person searches for different influences. Patterns, moods, music, celebrities, and so many other common things can be inspiring for choices made in fashion! Caring about one's appearance and feeling good about what oneself is wearing will make a person more confident. Confidence generates positivity coming from oneself and others, which is why putting effort into one's appearance is important.

Review: Netflix's The Innocents thrills audiences with strong story

Tyler Zipay
staff writer

Netflix is pleasing audiences again with its new sci-fi-drama-thriller series "The Innocents." The show can't really be put into a preset category, you have to watch it yourself and come to your own conclusion. The show is like a supernatural thriller mixed with a love story, with some very interesting plot twists, but don't worry, I won't spoil it.

The show revolves around June McDaniel, (Sorcha Groundsell) who has a rare ability to enter other peoples' bodies, which is known as "shifting." As June is learning how to navigate the adult world, she also has to learn how to deal with her rare ability. June lives with her father, John, (Sam Hazeldine) and brother Ryan (Arthur Hughes). She has a rough home life because her mother mysteriously disappeared three years ago, and her father is trying to take her to a remote Scottish island.

Due to her family troubles, June plots to run away with her high school sweetheart Harry Polk (Percelle Ascot). Almost as soon as they leave town, their plans go awry, and June discovers her ability to shift. Meanwhile, in Norway, Dr. Ben Halvorson (Guy Pierce) is attempting to bring June to his remote farm, known as "Sanctum," where she can be "re-centered."

The British TV series premiered on Aug. 24. The show was created by Hania Elkington and Simon Duric and directed by Farren Blackburn and Jamie Donoughue. It was primarily filmed in the town of Skipton, in Yorkshire, England, with major parts filmed in Norway as well. The show features eight episodes, each about 45 to 55 minutes in length, with only one season as of yet.

"The Innocents" is overall a good series, and it's worth the

time it takes to watch. The best thing about the innocents is the unexpected turning points in the plot. The show was produced in such a way to make viewers expect a certain thing to happen, and then something totally unforeseen happens. It keeps viewers on the edge of their seat throughout the series.

Another good aspect of the show is the fact that it blends different genres. "The Innocents" is part sci-fi, part supernatural thriller, and part love story. The blending of the genres is well executed, the story is cohesive and not choppy, as many films and series that attempt to mix genres are. It's a heartwarming tale of young lovers mixed with suspense and thrilling action scenes.

Of course, no TV series is perfect, and "The Innocents" does have its flaws. One of which is the season's ending. There's not much I can say about it without spoiling it; but it's just disappointing but also surprising. Another flaw is the show's unnecessary lingering on certain events, which was either an attempt to gain shock value, as those scenes were typically the more "edgy" parts of the series, or an effort to use up empty time in the episodes. Either way, it was a somewhat cheap move, and the show's writers should have come up with something more relevant to the plot.

Even though the series is somewhat flawed, it's still a darn good TV show. The creators definitely put a lot of effort into it, though maybe not as much as they should have. "The Innocents" is worth watching for anyone who enjoys a serious, emotional series. Its frequent plot twists and surprise ending keep viewers engaged and entertained.



Photo Courtesy of **ROTTEN TOMATOES**

College confidential: Early action and early decision cycles

If I've learned one thing from high school, it's that nobody really cares about high school. Between the constant questions about college plans and the emphasis on these four years being a stepping stone into college independence, it all feels like an awkward in-between.

I only have one year left at Central. After, I will be headed out of the state to God-knows-where to study God-knows-what. Sure, I have vague ideas of what I'd like to do, but more questions pervade than answers.

I am still in the very beginning stages of the college admissions process. As of August, I have the basic information in my Common Application filled out, a rough list of schools, and a rough draft essay.

Alas, I know that my struggles are not unique. I share them with a sizable portion of the Senior class. The truth is that the prospect of applying to college is terrifying to me—and to many. For each issue of the paper

this year, I would like to talk about a different aspect of the college application process. Hopefully my woes and successes can be helpful for someone- and maybe I will learn some along the way.

For a number of elite schools and most public universities, early action and early decision plans present students with a fast-track option into college. These application plans typically have deadlines in early November to mid-October, with the advantage being an admissions notification by January or February.

High schools do not typically emphasize the option of applying early or it's benefits and drawbacks. It is glazed over in the generalized instructions of applying to college.

Understanding the difference between early action and early decision plans is crucial for a student who is considering early application.

Early decision is binding, and if you are accepted to a college through early decision, you are contractually obligated to attend unless financial concerns restrict your ability. It is worth noting that acceptance rates are significantly higher

(especially at elite colleges) during these early decision cycles, due to the much smaller applicant pool.

Early action is the same sentiment, but it is non-binding. While choosing early action over early decision does increase the competition between students, it offers a student significantly more freedom in choice. This is ideal for a motivated student who is also unsure of where they would like to end up.

I am applying to thirteen schools—all but three have early action cycles. I will be applying early to all of those that offer it. For me, early action is appealing for the obvious reason of having admissions decisions at an earlier date.

However, the prospect of having everything done for college prematurely is very appealing to me, and I think that it would be to many other students if more emphasis was put on non-traditional methods of applying to college.



MOLLY ASHFORD
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Girls golf team success

Difference between sports viewership and schedules attributes to pay rates per season

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New women's leadership gym class

A new physical education course caters specifically to female varsity athletes

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New quarterback

Junior Abe Hoskins takes his place as the starting quarterback for the season

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sports & leisure

THE REGISTER

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MOLLY HUIBREGTSE | The Register

From Left to Right: Tay Johnson, Emery Leitch, Max Heyden, Mia Dempsey, coach Kira, Anahi Lagunas, Sarah Overbeck, Simone Regnier, Molly Huibregtse.

COLORGUARD COMEBACK

Central welcomes the return of a long-missed tradition: The Color Guard

Molly Huibregtse
staff writer

The mighty eagles marching Band becomes mightier this year, as they reinstated the Color Guard. It may come as news to many students that Central did indeed have a color guard before not too long ago. According to Courtney Rhoten, Central Alum class of 2016, the color guard was put on hold in May of 2015 as there would not be a coach available for the 2015-2016 season.

In 2014, the guard consisted of an eight-member team: seven girls and one boy with no official captain. This year's color guard team consists of nine members: eight girls and one guy, with co-captains Mia Dempsey and Sarah Overbeck, who are both juniors. The small team size is credited to its novelty and sudden reinstatement as students were not given enough information regarding try-outs and what being on color guard entails. "I tried out for color guard because I felt like it would take all of my strengths and use them effectively," senior Maxwell Heyden said. "Also, knowing that it would be the first time in a while that Central has had a team like this made me want to do it even more."

Heyden took the chance as an opportunity to challenge himself, however Overbeck says she was asked to consider trying out for the team. "Well Ms. Stratton had asked me a few times

if I would be interested in it {color guard}. I've been a dancer for most of my life and I thought it would be a fun new challenge."

Heyden and Overbeck joined the team for a challenge and challenge they got. Overbeck confessed the challenge that comes with the responsibility of being team co-captain, saying, "Personally I think being co-captain is a lot of making sure everyone else, as well as myself knows what they are doing. Sometimes it's stressful and I often feel like being too hard on the rest of the guard, even if that's not the case."

Every performance requires lots of hard work and dedication. Heyden provides insight on what being on the team is like, saying, "Overall, the most difficult part about color guard is timing and consistency. To have nine people move at the most precise time while doing a routine, takes so much focus. People almost discount how difficult it is to be precise and put on a show."

Practice makes progress, therefore the color guard practices every morning during first period and every Tuesday and Thursday night. Color guard is difficult, however like it is with any team, your team mates become your family and practice stops being work when you are doing something you love with the people you care about. Rhoten suggests, "I think color guard is something everyone, even guys, should try."

Frost hopes to revitalize Husker Football



ARI SALTZMAN
GO BIG RED

Nebraska head football coach Scott Frost has his first few games as the new man in charge. This Saturday, the Huskers travel to Camp Randall Stadium to take on Wisconsin. The Badgers should be highly ranked and were the heavy favorites to win the West Division when the season began. A win in Madison, could do wonders for the Huskers, and certainly make the West race closer than it was otherwise expected to be. A loss, and the Huskers, and their coach, should leave with their heads held high regardless, knowing the program is in much better shape than the last time the Huskers faced the Badgers.

A year ago this week, the Badgers came to Lincoln as the 9th ranked team in country and looking to keep their West Division hopes alive. That night, the program was honoring their 1997 national championship winning team, Grant Wistrom lead the tunnel walk, and the sold-out crowd at Memorial Stadium was going wild. The national championship winning quarterback was not at the ceremony, he was busy coaching UCF in an early American Athletic Conference Test, against Cincinnati. Back in Lincoln, the 3-2 Huskers were kicking things off against Wisconsin. In league play Wisconsin was 1-0, Nebraska 2-0. It was a wild first half, but ended the Nebraska being down 17-10.

In the 2nd half, a team in red and white, put together a familiar beat down, running the ball down the opponent's throat, and the defense never let the opponent back in the game. When it was over the team in red & white won 38-17. Frost's UCF squad won 51-23, just like his team used to beat down opponents. The only difference on that night in Lincoln, was the red & white team was Wisconsin. The Badgers simply "Out-Nebraskaed" Nebraska.

The Huskers went on to finish 4-8, their worst season since 1962. Head coach Mike Riley was fired, ending a tumultuous three-year tenure. UCF went on to finish 13-0, capped with a #6 ranking in the final AP poll, and beating Auburn in the Peach Bowl.

New Athletic Director Bill Moos was able to lure Frost away from UCF, and other potential suitors, and hire the Wood River, Neb native as Nebraska's new head coach.

Within the first two months on the job, Frost put together a decent recruiting class, highlighted by swaying highly-sought-after dual-threat QB Adrian Martinez, away from Tennessee and bringing him to Nebraska. Martinez wound up being named the starting QB prior to the Husker's season opener against Akron. In April, the spring game sold out in less than 26 hours. The Nebraska Football hype train rolled on through the summer, into fall camp and into the season.

Nebraska has failed to win big games for the last 17 years, and failed to win a conference title this millennium. The guy who led the Huskers to their last national title as a player, is now the coach. All the pieces are set, for what is being called the "Big Red Revival", and Nebraska's return to national prominence. It's a divisional game, against a highly ranked opponent, on the road. By night's end, we will see if another red & white team, is asserting itself as a Big Ten Power for years to come.

Girls' golf team looks to end strong season on a high note



LAUREN TSE | The O-Book

Pangaea Kaan
staff writer

The girls golf team has been taking names and medals throughout the beginning of the 2018 season. The varsity team placed first at the OPS Invite at Northwest. Four girls placed in the top ten at the Invite; sophomore Megan May placed 3rd, junior Safiyah Abdessalam 4th, junior Olivia Smith 5th and sophomore Pangaea Kaan 10th.

The golf season ends towards the beginning of October with the State championships in Norfolk Oct. 8 and 9.

Throughout August, the team worked on their form, swing, putting and positivity towards themselves and others. Although there were a few returning members, the team gained three new players, two sophomores and one freshman, who adjusted to the group, putting forth all their effort,

similar to the returning team members.

The beginning of the season begun with a rough start for varsity, when senior Lau-

ren Tse injured her wrist, disabling her from playing during the season. This unexpected event caused a shift for the girls' dynamic; however, they quickly and easily filled their new slots with ease and precision.

"I'm disappointed I haven't been able to play very much this season. I hope to compete in Metros and Districts and finish out my senior season as well," Tse said. "I'm really proud of my fellow teammates for working extra hard and bringing wins back to Central."

Currently, the goal of the golf team is to place in districts, which would allow them to play in the State tournament, for the best of the best in the girl's golf community.

"I'm really proud of my teammates for working extra hard and bringing wins back to Central"

LAUREN TSE
senior golfer

The players have been running drills and practicing as much as possible to earn their deserved spot at State. "We need to put together some good tactics time, there's some, consistent scoring is what we need to have. And to be comfortable in high position tournaments," head coach Brent Larson said. "Playing at that next level, I don't want the team to feel uncomfortable."

Larson will continue to work his girls and push them out of their comfort zones, allowing them the chance to see their true potential and skill.

Assistant coach Jodi Dierks, has recently begun to take some time with the team to set goals for themselves in and outside of golf. This exercise allows the girls to reflect on their time management, skill and a healthy and positive mindset.

The players also agree they enjoyed the activity, allowing them to dig deeper into their body and conscious.

Central's number one varsity

spot, Olivia Smith, agrees, saying it has allowed her to focus on her goals to play in state and the steps she plans to get there. "Taking my time before I drive the ball because a lot of the times I get distracted and try to get the ball out there and I need to take my time and focus," are some of Olivia's plans to make her way to state.

Although the season has only a few weeks left, the team continues to individually place at invites. At the Bryan Invite at Elmwood Golf Course, Abdessalam placed 5th, Smith placed 8th and Kaan placed 11th.

Above left: Junior Safiyah Abdessalam follows through with her club. She has been on varsity since her freshman year.

Left: Junior Olivia Smith takes a swing at the Bryan Invite. She placed 8th overall.

Central graduate finds her passion coaching varsity volleyball

Jackson Godwin
staff writer

Many Central graduates over time have somehow made their way back to the nest, whether that may be for teaching or coaching. Out of all the alumni that have returned, one that is currently coaching and teaching at Central is lifetime sports teacher and head varsity volleyball coach Angela Thorn. Growing up she was always interested in the sport and while Thorn attended Central she played volleyball under former head coach Jodi Dierks, who began coaching her sophomore year. "We had a great team my junior and senior year. We made the state tournament for the first time in OPS history," Thorn says. As high school continued Thorn never lost interest in the game and wanted to pursue it further in college.

Following college, Thorn was interested in teaching and returned to Central to student teach and became a lifetime sports instructor. While teaching a variety of sports in the class, volleyball was still a passion for Mrs. Thorn. Although her playing days were behind her she decided to get involved in coaching, "I had no idea that this is where I would be coaching and teaching. I knew I wanted to be in a high school, but it is really awesome to be back where I started. The Eagles always come back to the nest."

Coming back to one's home school, to coach the sport they worked so hard at takes a lot of dedication. While it takes both time and determination learning and being guided by your old coach, it was a big help for coach Thorn. "I never thought I would be able to be a head coach, but after coaching with Jodi Dierks for 10 years, I knew that I could handle the head position," Thorn said. "Dierks was a great person to follow, she definitely prepared for me everything I needed to know," said Thorn.

While now having the experience in both playing for Central and now coaching the team, Thorn has widened her view on the game. It has changed the aspect of looking at the game now getting to see it from a coach's view. "I see things that maybe playing I wouldn't be able to see. Playing bring excitement, but coaching brings on a level of pride for all of the girls that succeed with my help," she said. While Thorn's playing career may be finished, she has brought her passion for the sport into coaching and teaching, helping others who are interested in volleyball reach their goals.



ANGELINA BARATTA | The Register

Thorn converses with varsity players during a time out at the annual "Leap for a Cure" match. Central won all three matches against the Bryan Bears.

Coaches' salaries determined by schedules, popularity

Anne Gallagher
executive editor

Central has included sports in its "tradition of excellence" ever since its creation in 1859. In order to carry out these high school sports, dedicated staff members who are willing to spend their time on student athletes must be compensated for their work. Coaches range from math or English teachers to retirees who make their way back to Central purely to help coach a sport.

Like any other job at OPS, coaches are paid in accordance to what the district is willing to provide. For many sports, this is an unequal range of payments. The Omaha Education Association (OEA) as well as a negotiating group, work together to determine the salaries of each sport's head and assistant coach.

According to Luke Dillon, the athletic director at Central, representation is a major part of these determinations. If one sport has more representatives in the OEA to vouch for the hours each coach puts in, that sport is more likely to get paid an equal salary. "Most of it's based on the input from members of the OEA, then they base it off of the number of coaches hours, length of the seasons, things of that nature" Dillon said.

As could be assumed by the popularity of the sports, football and basketball have the highest head coach salaries per season with \$7000. Volleyball follows with a salary at around \$6,100. The lowest paid sports are cross-country and golf, who receive \$3,050 per season to their head coaches.

Their salary is set at the beginning of the season and each coach gets paid in increments,

similar to their teaching pay. For this reason, specific games and meets do not grant coaches individual paychecks. "Every coach gets a stipend every x amount of years, so if they've been doing it for a while they get an increment every 5 and 10 years" Dillon said.

Head Coach of girl's cross-country Trent Lodge agreed with the reasoning behind the increased pay for football coaches. "Football is more time consuming" Lodge said, "they do weights pretty often and they put in more hours over the summer".

Many sports condition for the fall season during the summer. The pay difference comes from a variety of reasons that differentiate the sports. From a monetary standpoint, there appears to be a bias in the opinions of the OEA. More viewership and popularity allows for a higher salary for certain sports. Those who stick to the routine of practice with fewer hours and shorter seasons are less likely to earn a larger paycheck.

Unless a representative from the sport in question presents themselves at a negotiated meeting, the other members are likely to continue their higher paying attitudes towards the higher benefitting sports. "Sports like basketball and football are the ones that create revenue for athletic departments" Lodge said, "you pay to watch them and that's where they get the most crowds".

Overall, the coaches are aware of the pay difference between sports yet allow for their salaries to continue due to their passion for coaching the sport. There may be a bias to the determination of wages for coaches, but there is an equality in the heart and pride accumulated by each coach, regardless of sport.

Gender-biased paychecks show lack of female sport marketing

Professional athletes are commonly considered as some of the wealthiest members of society. While all professional competitors make a substantial amount there is a large wage gap between male and female athletes. For example, the average player in the National Women's Soccer League is paid six thousand to thirty thousand dollars compared to the top men's league which pays a minimum of fifty thousand dollars.

Many women athletes have private endorsements that accommodate for some of the lower salaries, but some still believe it is not enough when compared to how much men make.

The trend continues not only in soccer but many other sports as well. In the National Basketball Association (NBA) the average male player makes more than sixty-eight times more than the average female player.

While many believe that this is how it always has been, so it should stay this way, in recent years there has been a growth of supporters that strongly want women to get paid as much as men if they are competing at the same level.

Both genders put in equal work on a daily basis to reach their goals and wants in life so why not pay them the same. Both leagues train for the same amount of time play a similar amount of games yet still there is a major wage difference. Some of the supporters of equal pay believe the

WNBA is approaching advertisement wrong. Instead of playing

commercial and handing out posters at an NBA game many think it would work better and more efficiently to start advertisement to gain viewership at the collegiate level.

The advocates for equal salary believe if the athletes are competing at a professional level whether they are women or men, he or she should be getting paid equal. Others say that female athletes have proven their success over time enough and are still under the impression they deserve better.

People who are against equal pay think the lack of interest in female sports, lack of viewers, cheaper merchandise, and lower ticket prices rationalizes the way they are paid. Some also debate the level of competition is more when it comes to male sports compared to female.

Due to women generating less revenue it is harder for professional leagues to pay more. An athlete is paid based off the marketing of their sport and the income of the organization as a whole. Since professional women's leagues do not generate as much value as men's, it is more difficult to gain popularity and endorsements to help them get paid more.

While everyone has their opinions, many wonder if there will ever be equal pay in professional sports or if will men stay ahead.



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New gym class to help female athletes meet individualized goals

Sophia Sgourakis
staff writer

When PE is mentioned, most may think of a class that is likely to improve your GPA with an easy A. More than likely you will think of the generic class that incorporates team sports, fitness testing and running the mile. However, a specific class at Central called Womens PE Leadership does more than just the minimum. Full of female athletes, the class is designed to specifically work on strength and conditioning of the mind and body.

This is the first year for this class and the first class of its kind at Central for female athlete. Meredith Kinman and Angela Thorn helped design this class along with female varsity coaches helped. Other schools have already incorporated this type of class and Central boys' varsity football players were involved in this class last year. The PE teachers presented the idea to administration, they approved and made it happen. Conveniently, the class is during the last hour of the day, so the ladies don't have to worry about being sweaty all day. "We are very fortunate to have the backing within the administration in order to bring it to our building and curriculum," Kinman said.

Varsity coaches also have the last hour of the day to work with their athletes individually, whether it be in the weight room or working on specific drills. Some coaches have also scheduled time during this class to have their players watch and critique film from previous games. "The varsity coaches can come in and be part of the process of their athletes improving," Kinman said.

Within the class, the ladies are

focused on strength training and conditioning. Whether this be by lifting or working on mobility and endurance, the athletes are working for results. A workout may typically consist of running stairs, core exercises, bench pressing or squatting. The female athletes have been doing a great job and completing their workouts, Kinman and Thorn reported. "Once we get a baseline established, our goal is to see the girls get stronger and hopefully have them see their results in their specific sport performance," Kinman said.

A focus of the class is weight lifting where the athletes perform lifts with bench pressing and squatting. It is very important to safely and correctly do these actions, so injuries don't happen during the athlete's specific seasons. "A big goal for both myself and Mrs. Kinman is to have all the girls performing each lift correctly while helping them get stronger," Thorn said.

A benefit to this class is all the students have similar goals. They are all female athletes, wanting to excel in their sport. When they arrive to class every day, they are ready to work hard and achieve goals both personally and as a team.

Another benefit to the class is the all-female theme. The girls push each other because they know all they are capable of hard work and excellence in sports. There are no boys to intimidate the girls or diminish their self-esteem.



ANGELINA BARATTA | The Register

Top: Weight-lifting warm-ups prove easy for junior Rayann Hawkins as she squats the 45-pound bar. Bottom: Freshman Kenya Winston flexes to demonstrate her hard-earned gains during the class.

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DILLON GALLOWAY | The O-Book

Junior Abe Hoskins runs the ball toward the purple team's end zone. The purple-white game was a successful scrimmage for the beginning of the football season.

Central football team welcomes returning quarterback

Ari Saltzman
staff writer

Junior quarterback Abraham Hoskins and the varsity football team are well into their 2018 season. Through five games, the Eagles were sitting with a record of 2-3, a mark already well ahead of last year's team that end up 0-9.

The program has not been to the state playoffs in three years, but still have an outside chance to make it this year with three games left. To even have this chance is a testament to how well Central has handled adversity. They are now on their third coach in as many years, and had a 3-15 combined record in 2016 and 2017. Perhaps nobody has had to handle as much adversity as Hoskins though.

Last year, Hoskins was in his first year with the varsity team. He ended up winning the starting quarterback job for the season opener. However, in just the second game of the year, he injured his wrist and was sidelined for the rest of the year. The junior admitted "it was pretty hard" coming back from the injury. "There's always, that mental part of coming back," Hoskins said. "You think you're going to get hurt

again, (so) rehab was pretty tough and, you just have to be mentally strong (in) coming back and (being) ready to play again."

His first game back Hoskins completed 50 percent of his passes and threw for a touchdown with no interceptions. On the ground he ran the ball six times for 104 yards and three touchdowns. Central routed Benson 52-26.

The next two games Central played the top two teams in state, and what many people consider to be the best defensive player in Nebraska, Nick Henrich. Henrich committed to play for Scott Frost and Nebraska earlier this year. In that game, Henrich had 12 solo tackles and 4.5 tackles for loss. "It was a great experience, and it's always fun going against great competition, and seeing how you compare against them," Hoskins said. Hoskins completed 17/26 passes for 133 yards and a touchdown.

The following week Central played Bryan and won 60-14 for their second win of the year. Hoskins credits Central's improvement to "executing better" and being more discipline on both sides of the ball. He also said, "we have a lot more structure, there is a lot more people that care to play, last

year was not as disciplined, not much focus. This year coach Landstrom has done a good job, give a lot of credit to him, of keeping everyone in line, and making sure that our goal is to win games."

In order for Central to make the state playoffs for the first time since Hoskins was in middle school, Central will have to finish well down the stretch. Hoskins said Central's goals for the rest of the season are, "executing at a higher level and make bigger plays."

He also said, "Since we have a lot of the young players coming in everybody's getting their game by game experience under their belt so now everyone's [playing, so] there should be a little control out there. [We] know how to do this and get out there and make plays and have fun."

Hoskins said his goal is to do their best to make the playoffs. He is happy that Central has improved from last year. He hopes that the program can build off their improvements. Hoskins also said, "I want to pass for 1000 yards" before he is done at Central.

Softball sisters aim to improve while playing for the same team

Olivia Gilbreath
staff writer

This year, sisters Christina and Michelle Hart joined the school's junior varsity softball team. Christina and Michelle are two years apart in age, but it is the first season of Central softball for each of them. Christina (16) played baseball for nine years before moving to softball this past year. Michelle (14) had played softball for six years, and prior to that she played baseball for three years. The sisters enjoy playing together on the team, Christina speaks for them both when she says, "Playing with my sister makes me feel a lot more comfortable. Because this was something new for me, this helped me get used to playing high school softball."

Because of their biological bond (and athleticism), the two girls have often been referred to as the "Hart Foundation" via Coach Kreber. The sisters cultivate the talents of one another and help each other to become better players in the field and at home. During off season, Christina and Michelle play baseball and softball for Benson teams, and they also go to the batting cages quite often throughout the year to improve their hitting. Michelle talks about the support of their family stating that, "there is always someone around to practice with. I practice a lot with my dad and siblings because everyone plays softball or baseball."

Christina moves around the infield, playing short stop, second base, and (reluctantly) catcher. In the team's first tournament on Friday, August 31, Christina and the team's center fielder were both running to catch an "in-between" that dropped a few yards past second base. As she was running to catch the ball, Christina sustained a knee injury that has the potential to put her out for the rest of the season. Recalling the moment in which the injury

had taken place, Christina remarks, "I felt a pain that I had never felt before. It felt like I had broken something. I was scared to know what would happen next because I knew that it would be bad."

Some siblings may think of playing a sport with their older sibling as a negative thing. Michelle enjoys playing softball with Christina because they help each other to fix mistakes and better themselves as players and teammates. Michelle plays both infield and outfield, learning new positions with the help of her coaches and family. Currently, she has been having more fun playing in the outfield because, "there's a lot more to be done there than what it seems."

Her older sister is a role model for her and Michelle appreciates having someone there to help her improve and to teach her new things. Christina helps Michelle to become a better athlete and the sisters try to make each other better. As a younger sister, Michelle does not express any lower expectations for herself in comparison to Christina. "I never feel like I am any less than Christina just because I am the younger sister," says Michelle, "I am actually glad that I have someone older to show me how to do everything."

The Hart sisters want to continue playing softball throughout their high school careers and Christina specifically stated that she hopes to play college ball. The pair has individual goals for the season and for softball in general. Michelle would like to advance in bunting and base running and she is practicing to better her technique- offensively and defensively. Christina wants to become a more powerful hitter and to learn to use her strength to really drive the ball. Throughout the season, Christina's two goals were to have a maximum of five strikeouts and to get on base at least once each game. Together, the sisters work to progress individually and as a team. "I am motivated to continue playing softball because my family supports me," Michelle reveals, "because my family tells me I can become better, I believe them."

I practice a lot with my dad and siblings because everyone plays softball or baseball.

MICHELLE HART
sophomore softball player



FARMERS MARKET

HANNAH BROWN | The Register

The Aksarben Farmers Market is a tradition loved by many of the residents of Omaha and has been continued for more than 100 years. It hosts over 115 vendors who carry something for everyone; from handmade jewelry to organic produce and even dog treats. The market begins in the early summer season and runs until late fall, every Sunday morning from 9 a.m. to 1 p.m.

