

# the REGISTER

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## Juuling: the new teenage habit

The e-cigarette epidemic reaches new younger demographic

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## Close The Gap talent bash

Fund-raising talent show provides entertainment and support for teacher's son

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## Senior rock-climber excels in competition

Michael Pavel climbs his way to the top in an uncommon sport

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# CLOSING THE GAP

A student-led project spreads awareness for the National Hemophilia Foundation and advocates for Central teacher Joseph Mickeliunas



**Anne Gallagher**  
executive editor

DECA projects are common within Central, but this year's community service endeavor has been especially prominent. Due to a teacher's situation within the school, a project idea has been ignited in hopes of support and advocacy of a nationwide cause.

Close The Gap is a student-led mission created by Bria Gilmore, Lydia Baum and Christina Gilmore to support the National Hemophilia Organization. Joseph Mickeliunas is a humanities teacher at Central, whose two-year old son has hemophilia. His family's battle with the blood disease inspired Baum and the project's creation.

The project stemmed from the result of Mick's constant battle for his son's health. "in academic Decathlon last year, Mr. Mick was gone a lot," Baum said, "he was talking about his son Elliott... we wanted to ask him if there's anything we could do". The following year, the girls decided to act upon this situation by starting a project that raises awareness for Hemophilia.

"Lydia and Bria came to me and just said 'we have an idea and we want to do something to help your family'" Mick said. Eventually this supportive idea became a community-wide project that is raising money for research and treatment of Hemophilia nation-wide.

Raising awareness is the overall goal of the project. "A lot of people didn't even

know that Mr. Mick's son suffered from hemophilia, so I felt good about introducing people to what hemophilia is and how they can help," Baum said. Since the beginning of the school year the project has raised funds for its cause.

Hemophilia is a blood disease that reduces the ability of a person's blood to clot. When a "factor" treatment is received, the patient's blood is temporarily able to clot. When blood clots, the gaps in the blood are closed, resulting in the project's name: Close The Gap.

Mick supports the project and its intentions fully, my wife and I were just overjoyed that the students cared enough to do something for our family" Mick said. Not only is the project advocating for the Mickeliunas family, but also for the hemophilia community as a whole, "raising awareness for hemophilia is a huge thing, even just within our school community," Baum said.

To support and help organize this project, Victoria Wiles has taken on the role of the girls' advisor. "I just guide them on deadlines and give them ideas of things that they can do" Wiles said. The girls have guidance, but they have their own input in much of the project. "Bria's done a great job with ordering stuff and coming up with ideas," Wiles said. "She's the real leader among the three".

With a goal of 3,000 dollars to be raised for the National Hemophilia Foundation, the girls are not done fundraising, although they have started accumulating funds already. Through events such as the Halloween talent bash and the sale of Close The Gap buttons, their goal of advocacy and awareness has progressed throughout the school

**CLOSE THE GAP** on page 6

# MIDTERM MADNESS

Despite a "blue wave" in Congress, the Nov. 6 Midterm Elections left Nebraska red as ever, as Republican incumbents kept their seats in the House, Senate, and Gubernatorial races



## DON BACON

CONGRESSMAN - DISTRICT 02

Congressman Don Bacon won reelection on Tuesday, November 6th. He defeated non-profit executive Kara Eastman by a narrow margin of three percentage points even as the Democrats made big gains across the country. The race had initially been rated as a toss-up by election prognosticators such as RealClearPolitics and Sabato's Crystal Ball, but was moved to lean Republican in the campaign's final months due to poor poll numbers for the Democratic candidate.



## DEB FISCHER

UNITED STATES SENATOR

Senator Deb Fischer cruised to victory on election day, defeating her opponent, Lancaster County Commissioner and former Democratic nominee for Lieutenant Governor Jane Raybould. Raybould's campaign took a major hit after the traditionally Democratic Lincoln firefighters' union endorsed Senator Fischer. This race was never expected to be close, with most prognosticators placing this race in the solid Republican column, and Fischer's margin of victory reflects this, as she defeated Raybould by 20 percentage points and won every county in the state except for Douglas and Raybould's home of Lancaster.



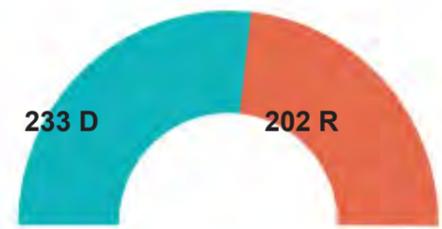
## PETE RICKETTS

NEBRASKA GOVERNOR

Incumbent Republican Governor Pete Ricketts defeated west Omaha State Senator Bob Krist, the Democratic nominee. This race was also never expected to be close, and Ricketts won reelection with the widest margin of victory for a Republican Governor in the mid-west. Just like Senator Fischer, Ricketts won every county except for Lancaster and Krist's home county of Douglas.



Composition of 116th United States Senate



Composition of 116th Congress

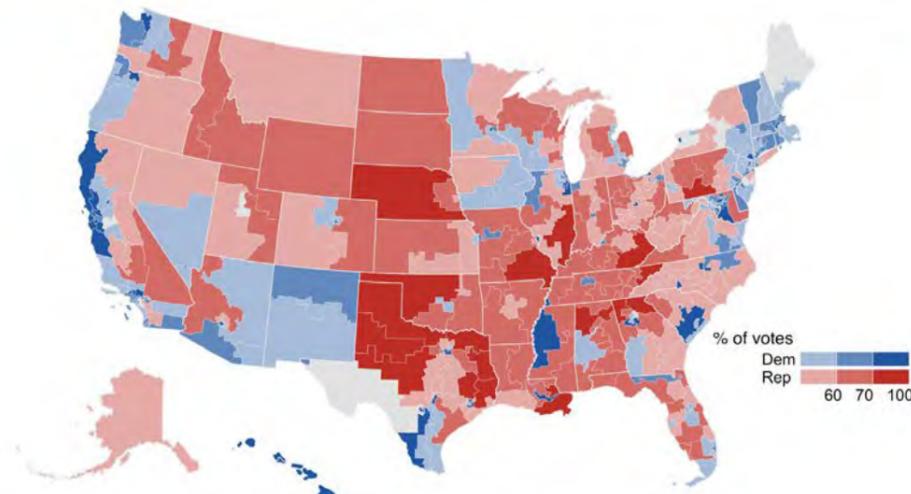


Photo Courtesy of BBC

## BLUE WAVE PUTS DEMS IN CONTROL OF HOUSE

While Republicans increase majority in Senate

**Malcolm Durfee O'Brien**  
Managing Editor

Divided government returned to Washington as the Democratic Party took control of the United States House of Representatives for the first time in eight years, gaining a projected 38 seats across the country. This puts them in control of the House's powerful committees and in control of approving and drafting bills regarding budget and taxation.

A record number of women were elected, bringing the number of female Representatives to an estimated 117, including two elected in Iowa. These were 29-year-old State Representative Abby Finkenauer, who defeated Republican incumbent Rod Blum in the east Iowa-centered district, and 56-year-old Cindy Axne, who knocked off incumbent David Young in her Des Moines-centered district. The elections also likely put a female Speaker in power, as Nancy Pelosi is the runaway favorite to lead the Democrats in the 116th Congress, even as many Democrats had pledged to oppose her. More candidates under the age of 40 were elected than ever before, reflecting the surge in young voting in the midterm election.

Democrats also flipped seven governorships, including a major upset in Kansas, where the state's controversial Republican Secretary of State, Kris Kobach, was defeated by Democratic State Senator Laura Kelly. The Democrats picked up an estimated 350 state legislative seats, taking control of six state legislatures and establishing multiple new trifectas, meaning they control both state houses and governorships of several states. These big gains did reach this state too, as Democrats picked up three seats in the technically nonpartisan legislature with former State Senator Steve Lathrop, Machaela Cavanaugh, and Wendy DeBoer.

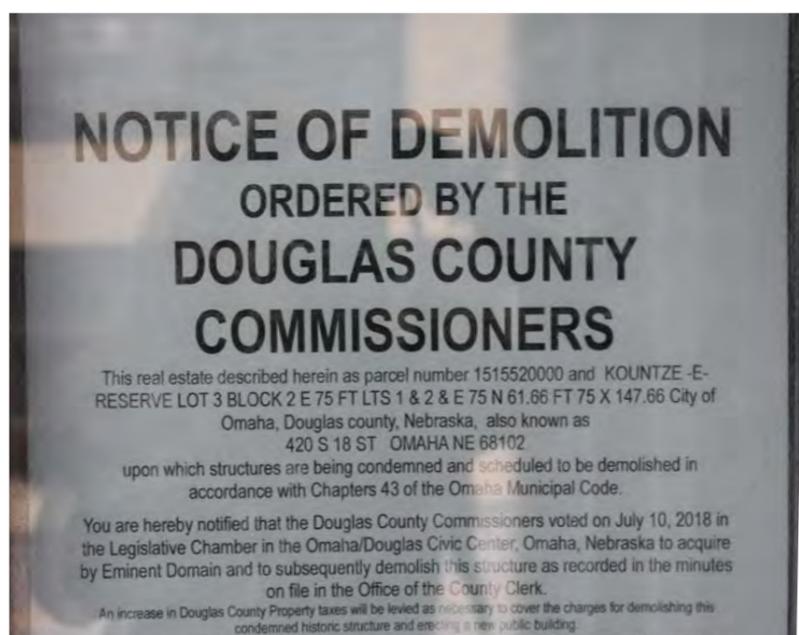
In spite of these gains, Republicans still made some gains of their own. They took between one and three new seats in the United States Senate, increasing and strengthening their majority in that chamber. In that chamber, Iowa Senator Chuck Grassley is expected to assume the powerful position of President Pro Tempore of the Senate as the senior-most

Republican in the caucus. Republicans also gained a few House seats in Minnesota, and in formerly Democratic strongholds that have trended Republican, the party made big inroads as they dominated rural congressional districts. They also took control of Alaska's state government. In Nebraska, the Republicans also held onto all of the federal and statewide elected offices.

In the United States House of Representatives, party leadership is now the focus. Most committee chairmanships have already been decided, but major party leadership positions still hang in the air. With the defeat of many moderate Republicans, the far-right Freedom Caucus has increased its power in the Republican caucus. With Republican leader Paul Ryan retiring, the likelihood of one of the Freedom Caucus' preferred candidates to take control of the party's caucus has increased. Currently running for Minority Leader is the Freedom Caucus' Jim Jordan of Ohio, and current House Majority Leader Kevin McCarthy of California.

As mentioned earlier, the Democrats are likely to put Nancy Pelosi back in as Speaker of the House, especially after most of the candidates who pledged to oppose her were defeated in the elections on Tuesday. The position of House Majority Leader is also likely to be fulfilled by current Minority Whip, Representative Steny Hoyer. The position of Majority Whip is likely to go to current Assistant Democratic Leader Jim Clyburn of South Carolina, currently the only person of color in Congressional leadership, though he is being challenged by former Democratic Chief Deputy Whip Diana DeGette. Running to replace Clyburn as Assistant Leader are Representatives Sean Patrick Maloney from New York, and Ben Ray Lujan of New Mexico, currently the chair of the Democratic Congressional Campaign Committee. The position of Democratic Caucus chair is one that is wide open, with its current holder, Joe Crowley, being defeated by activist Alexandria Ocasio-Cortez in a high-profile primary over the Summer. Representatives Hakeem Jeffries of the Judiciary Committee and Barbara Lee of the Appropriations Committee are running for the post.

# Building threatened with demolition cultivates discussion about prison reform, civic accountability



Left: The McCaffery Building sits right at the intersection of 18th and Howard. Top Right: On the East side of the building, flags with "Save this 1920's building" wave.

Bottom Right: Posted on the East entrance is the Notice of Demolition. As noted in the poster, this vote was made on July 10th.

MOLLY ASHFORD | The Register

**Molly Ashford**  
editor-in-chief

In the front window of Howling Hounds Coffeehouse, a large white poster declaring "SAVE 18<sup>TH</sup> AND HOWARD" is positioned prominently. Inside of the bar-turned-coffee shop, proprietor Greg Sescher converses with each patron. He knows most all of them by name and title. Many of the men and women perched on barstools are lawyers or politicians or other emerging Omaha professionals who chat amongst themselves.

The cornerstone building at 18<sup>th</sup> and Howard, just two blocks away from Sescher's shop, is a recurring topic of conversation.

In late Spring 2018, Douglas County announced that they were interested in building a new juvenile justice center in Downtown Omaha. The board went public soon after with their intent to purchase the land at 18<sup>th</sup> and Howard to build this facility.

After the building owner refused to put the building for sale, the county announced that they would be using eminent domain to gain ownership. Eminent Domain laws in Nebraska give the government the right to acquire any lands necessary for state use (according to Chapter 76, Article 7 of the Nebraska Revised Statutes).

Despite efforts from the County to keep meetings under wraps, word spread about the proposed facility and opposition flared. While opponents agree on the common mission

to force the county to find other space for their Juvenile Justice Facility, reasons for opposition vary. Through their arguments, some common themes emerge: concern about demolishing a historical building in an emerging district and about the heavily understaffed and overpopulated youth prisons that already exist in Omaha. Yet all arguments lead back to the same place: accountability.

Up until the first public meeting on Sept. 7, all plans for the center as well as corporate and financial records were kept private. Civilians were not allowed at board meetings.

This concerned many business owners in the area.

"At the end of the day, detention facilities create large challenges for folks wanting to do business within their proximity", Sescher says.

As it stands as of November 12,

2018, the seven-member Douglas County Board of Commissioners houses two outspoken opponents of the Juvenile Justice Project: Mike Boyle and Jim Cavanaugh. As it is the job of the county commissioners to approve budgets and oversee spending, the board's stance on the proposed 120-million-dollar project is detrimental to what comes of 18<sup>th</sup> and Howard.

"Only Mike Boyle and Jim Cavanaugh have been transparent regarding the issue.", explains Sescher. "The rest of the board is treating us like check writers and not voting constituents."

Despite the majority of commissioners agreeing upon

**"If our city council votes to pass this bond, it will set Omaha back for decades"**

**GREG SESCHER**  
small business owner

the project, opposition both within and outside of the board has not run out of steam. Most recently, a move has been made to register the 18<sup>th</sup> and Howard as a historical building. This would counteract the county's use of eminent domain.

In a committee request obtained from Sharon Martin, an Omaha native and opponent of the Juvenile Justice Facility, the main goal of the opposing public can be stated as follows: "This important decision deserves more time and planning to collaboratively develop a uniting goal, and strategic objectives to maximize long term results for the Juvenile Justice System."

While the future of 18<sup>th</sup> and Howard remains unclear, opposition is unwavering. "Our city council members hold downtown Omaha in their hands," Sescher says. "If they vote to pass this bond it will set Omaha back for decades to come."

# AP and IB American history classes visit Offutt Air Force Base

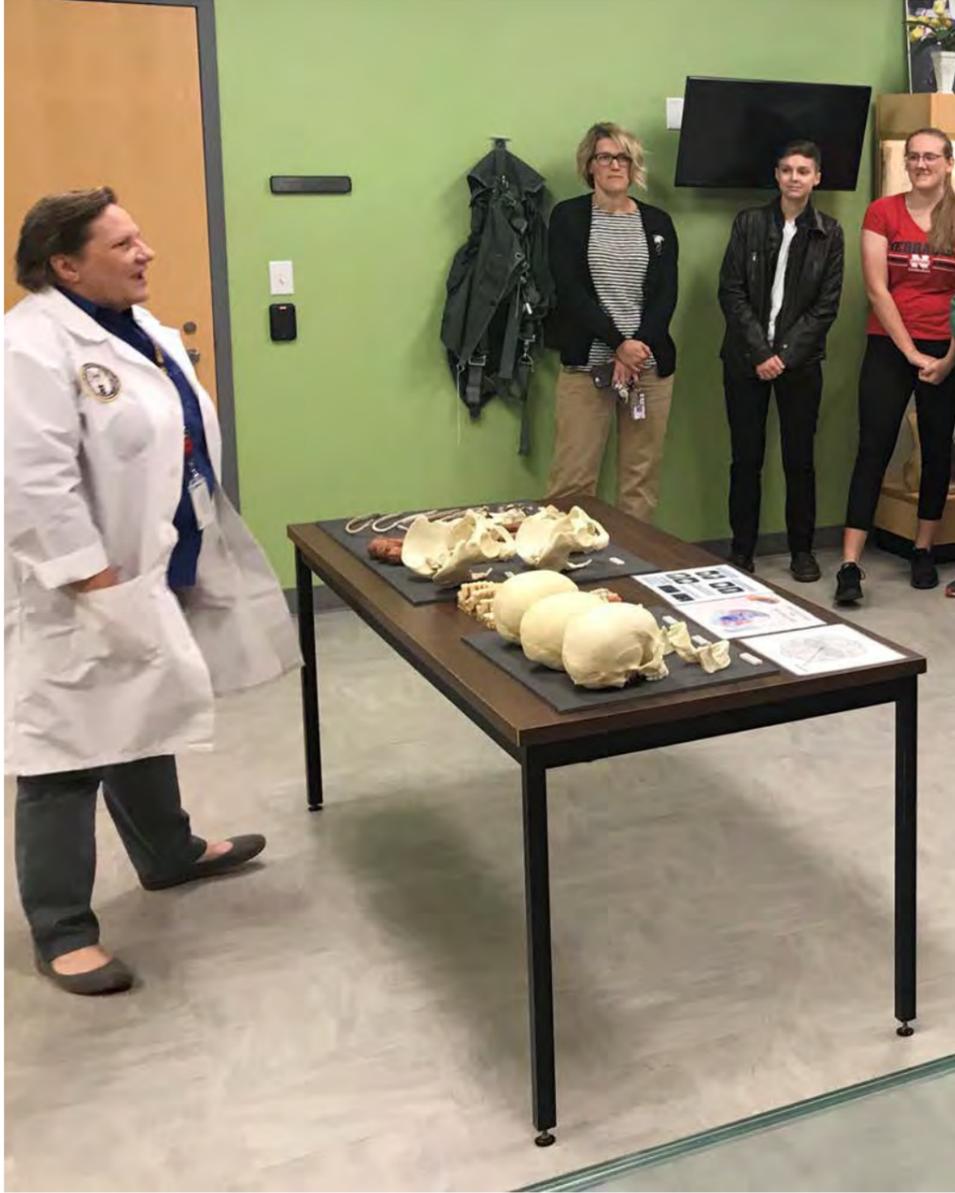


Photo Courtesy of **SCOTT WILSON**

A DPAA employee speaks to students about their POW/MIA program. The organization works to identify remains of soldiers.

**Molly Huibregtse**  
staff writer

Field trips offer students a chance to see how their in-class curriculum can be applied in the real world. On Oct. 19, some of Scott Wilson's AP and IB students were given such an opportunity to experience the "rewriting of history" at Omaha's historical Offutt Air Force base. Students received a guided bus tour of the military base led by Ryan Hansen, and a lecture on the use of DNA to identify fallen soldiers, and other information regarding the DPAA.

Housed in the Martin bomber building at Offutt air force base, the Defense POW/MIA Accounting Agency or DPAA's mission is to investigate and attempt the recovery of all U.S. military declared MIA servicemen during past military conflicts from WWII through Vietnam. The DPAA has successfully identified 2492 fallen soldiers since the early 1980s (all of DPAA not just Offutt) and sent them home to their families to properly rest. The DPAA lab at Offutt

was started in 2012 in preparation for the disinterment of the 400 men lost in the sinking of the USS Oklahoma during the bombing at Pearl Harbor.

Between 600 and 700 people currently work for DPAA all over the world. However, that does not include the many people who only work on one mission, or the DPAA's volunteers. For an individual mission, teams are usually comprised of between 15 and 25 Americans, and sometimes as many as 100 local laborers. On a typical Offutt led mission, there are usually 1 or 2 civilians, and anywhere from 13-23 military personal involved in the recovery process. Linguists are often part of the military crew and are often also naturalized US citizens (immigrants from the countries in which the missions typically take place). However, for work sites located in countries, such as France or other European nations, DPAA must contact local governments to ask for linguist recommendations. Typically, a good linguist is fluent not only in the language but the local customs and social rules of the area as well.

During the field trip, students had the privilege to learn about the DPAA first hand from the division's head Anthropologist and Forensic Bioarcheologist, Dr. Penny Minturn. Dr. Minturn generously answered many student questions about the DPAA, as well as clarifying what exactly is being accomplished and how they are doing so. She explained the lengthy process of DNA comparing and identifying, stating,

"The DNA process begins with a sample from the bone we've recovered being sent to our laboratory (AFDIL) in Delaware. AFDIL must extricate DNA and then replicate it in the laboratory so that it is readable. When AFDIL reports DNA results to us, it can only work for identification if we have a known relative to compare it to. If our unknown remains belong to who we think it does, then his DNA will share patterns with a known relative. Without the DNA of relatives, we have nothing to compare his to, and he will likely remain an unknown. We have gathered DNA samples from relatives for several years. Our database is incredibly private and protected. It is never used for anything except to compare to our unknowns."

Dr. Minturn relayed to the students that while the job and the chance of not making progress can be challenging and disheartening, the rewards outweigh the challenges. "For me personally," Minturn commented. "It's hard when I'm not finding anything, or when I have to walk away from a site without any positive results. Sites that are physically challenging, like being incredibly steep or incredibly hot, or have lots of leeches, are difficult to stay focused on sometimes!"

The US military give their members a promise that no one will be left behind, and that means even when someone goes missing, they (the military) will attempt to recover his or her remains so they may rest in peace on U.S. soil. Dr. Minturn revealed the satisfaction that making progress invokes in her.

"This {job} allows me to show our military that I support them and appreciate the sacrifices they've made for me. Being able to see that someone we helped locate has been returned to their family is a wonderful feeling. Meeting the families and seeing how much it means to them that the US kept their promise (even after 50, 60, 70 years!) is a wonderful benefit of the job."

Many students had a similar reaction to the experience, as Minturn has when doing her job. Although the field trip lasted for a mere 3 hours, it has left a lasting impact on the students in attendance. AP senior Natalie Ruckman was inspired by this amazing opportunity to pursue a career in math or science. IB senior Madison Reed shared that, "I had a great experience learning that we have the technology right here in Nebraska to find people's family members and friends that have been missing for decades. It is inspiring to know that families can finally be at ease and are finally able to bury their lost family/friends". Reed and Luka Morris expressed that they were not sure what to expect before the excursion occurred but found the trip to be a fascinating experience.

Reed confirmed that fieldtrips such as this, enhance and help students understand history in its full importance and comprehend its true impact on the present.

"I think learning that there are over 400 lost soldiers just from the U.S.S. Oklahoma that sunk during the Pearl Harbor attack was wildly interesting," she said. "I think a lot of people don't realize how many lives were lost that day, and it was interesting to learn that after some of the ships were raised, people had to go in and look for remains that had been underwater for several decades. What's more interesting is the fact that they have been able to identify about half of the soldiers from the U.S.S. Oklahoma after decades of being lost".

## Mock Trial ends second year of competition at regionals

**Grace Turner**  
staff writer

After a second year of competition, Central White, one of the two mock trial teams at Central, was selected to compete at the regional competition. The team already competed in three preliminary competitions. They defeated Mount Michael White and Creighton Prep White, but lost to Mercy Gold. On Wednesday, Nov. 6, they also competed against Prep Blue in the regional competition.

Sophomore Jaden Tchalassi is a member of the Central White team. He said, "I was ecstatic to make it to regionals. To be honest, I never believed we would make it this far. I thought this year would be more of learning year for Central, since we are still new to the competition."

Jaden Tchalassi, sophomore, Milla Krainak, sophomore, and Sedona Cheloha, junior, are all witnesses for the Central White team. This means they act as one of the witnesses being questioned in the court case.

Juniors Claudia Richwine and Malcolm Durfee-O'Brien and senior Cormac O'Brien are all lawyers on the team, meaning they ask the witnesses questions, competed opening and closing statements, and make objections. Vanessa Amoah, junior, is the alternate and time keeper for the team.

The team is looking forward to competing at the regional competition. They know they have a lot of work left to do, but are also confident in what they have done.

Richwine said, "One thing we have done consistently well is opening and closing statements. The witnesses are very good at knowing their parts as well. One thing we have not done the best is confidence. We just need to work on being confident in ourselves."

Everyone on the team joined for different reasons. However, everyone agrees that so far they have had an amazing time while competing and practicing mock trial. Some people joined

***I was ecstatic to make it to regionals. I never believed we would make it this far.***

**JADEN TCHALASSI**  
sophomore

because they want to be a lawyer and other people joined because they thought it looked like an interesting opportunity.

"I joined for 3 main reasons," Tchalassi said. "One because it would allow me to make connections outside of school that could benefit me later in life. Two, because mock trial is nationally known, having that on my resume and applications would help me a lot. Three, I joined because I was interested in law and becoming an attorney. And because in high school

there is very few things you can do to see if that is something that you really want to do. Mock Trial was one of the best ways to immerse myself within that field."

Richwine joined because she wanted try something new. "I joined mock trial originally because I was, more than anything, curious," she said. "I was raised on crime shows and my sister had gotten a bachelor's in criminal justice, so I've always been interested in things like law (especially criminal law, which is something else that initially drew me in about the case file). I wanted to try something new, and it payed off in a big way."

Central Purple, the other mock trial team, won one of three preliminary competitions. This team consists of Cassandra Sorensen, sophomore, Simret Habte, junior, Anna Harris, junior, Hannah Green, junior, Leonardo Risch, junior, Elana Elder, freshman, Grace Turner, junior, and Taegen Swanson, junior.

Both Richwine and Tchalassi highly recommend that anyone interested in law, criminal justice, or just want a new experience join mock trial. Tchalassi said, "Anyone who enjoys theatrics, arguing, debating, critical thinking/analysis, and/or law should join mock trial. You won't regret it."

# Girl Up club celebrates inaugural year, looks to spread love

Simret Habte  
staff writer

Students have the opportunity to become involved in many different clubs. Every year, new ones are added to the available options for extracurriculars. This year, one of the newest clubs is Girl Up. It was described by Quincy Carlin, the president of the club, as having the overall goal to “bring girl empowerment to girls around the world.” Girl Up is a club that’s sponsored by the United Nations. They say it is, “Girl Up is a global leadership development initiative, positioning girls to be leaders in the movement for gender equality.” All around the world there are over 2,000 Girl Up clubs with more than 40,000 members all dedicated to promoting gender equality.

Seniors Quincy Carlin and Olivia Drobny are the co-presidents of Central’s chapter of Girl Up. They started the club here so that they could take part in empowering and uplifting girls at Central and throughout the community. Carlin first heard about Girl Up last January and immediately knew that there were lots of people at Central who would want to take part. She believes that a group like Girl Up will help people who are looking for a way to promote women’s

rights have an outlet to do so instead of just going to protests once a year. They want to encourage diversity and open up the club to all types of people throughout the school. Because of that they’re attempting to advertise Girl Up on social media in order to reach a wider audience than just their circle of friends.

As a UN requirement to be an official Girl Up club, they have to have five events throughout the year. Those events can be events for the community, awareness events, or they can be fundraising events for girls in nations that are developing. They hope to hold one of those events in the coming weeks as a fundraiser for girls’ education in Uganda. The most important thing is to, “spread awareness for how important it is for girls to have access to education and other resources.” Quincy and Olivia’s biggest goal of the club at central is to inspire girls past their tenure here. After graduation they plan on passing Girl Up and its responsibilities down to other students who will carry on the message of, “spreading girl love and empowerment because people don’t give girls enough credit.”



Photo Courtesy of OLIVIA DROBNY  
Co-Presidents of Central’s Girl Up club, Quincy Carlin (left) and Olivia Drobny (right) pose on International Day of the Girl.

# Self-defense weapons, ‘chemicals’ cannot be used by students

Emma Whaley  
executive editor

It’s midnight. You just got back to school from the state championship. Your car is still in the junior lot a few blocks away, so you and some friends start the three-block journey. The only light emanates from the front door of the Creighton dorms. Someone’s sitting a few yards away under the overpass. The trip to your car only takes a few minutes, but you’re filled with tension and, though you don’t want to admit it, fear.

Dozens of students experience this. The walk to the junior lot is relatively long and the path isn’t lit very well. 20th Street doesn’t have much traffic and the underpasses create pockets of shadow. It can be a sketchy walk late at night. It makes sense for a student to feel unsafe. But Dr. Ed Bennett assured that such an event has never happened.

“I can’t remember one documented case of a student who was injured on the way to the junior lot by an outsider,” Bennett said. “That doesn’t mean that we don’t care. It doesn’t mean that it couldn’t happen tomorrow. It doesn’t mean that when students walk down there that they’re suddenly feeling much safer because nothing has ever happened.”

And many students don’t feel safer which leads them to take precautions. Junior Kaitlyn Engel has a rape pull attached to her backpack: a small device that emits a wailing when yanked, creating the same effect and serves the same purpose as a rape whistle.

“If it’s at night, I feel safer because I know that there’s another level of security,” Engel said. “It makes feel a little more secure, just having something that will let people know where I am and hopefully scare off a rapist or a criminal.”

The same effect can be achieved by a car alarm. Keeping your key fob in hand as you walk to your car allows you to set off the panic alarm if you are attacked or if you see your car being broken into.

While such a device is a good defense mentally, if one wishes to fight off an attacker, they don’t have much to work with. The OPS Code of Conduct states that “students are forbidden knowingly and intentionally to possess, handle, transmit or use any instrument that is generally considered a weapon.” This includes “any object which could be used to injure another person: notably guns, knives of any kind, brass knuckles and “chemicals,” an inclusion that bans pepper spray or mace. The use of these items, even in defense, is grounds for suspension.

In the case that a student is punished for using an item for self-defense, Bennett said, “I would hope that there would be a modicum of reason used.”

If one feels the need to defend themselves physically, they could follow in some novel footsteps.

“In the back of my car I have three pool noodles, a foam bat and a golf club,” Engel said. “The golf club really is just in case something goes really bad.” She claimed that the club can be used as an intimidation device, as well as to punch out her break lights if she gets stuffed in her trunk.

Since the golf club is kept in her car and isn’t generally a violent device, Engel is allowed to have it. Of course, this also means it isn’t readily available to her if she’s away from her car. The next best weapon anyone has is common sense. Don’t walk to the parking lots alone at night and be aware of your surroundings – that means earbuds out and keys in hand. Walk confidently and avoid particularly dark areas.

“It is Creighton,” Bennett said. “It’s an education institution. There are not bars, restaurants, abandoned lots along that area ... I think that probably contributes to why we haven’t had any documented problems.”



- SE corner of 72nd & Pacific
- 168th & W. Center (2855 S. 168th St.)
- 147th & W. Maple (3605 N. 147th St.)
- 20th & Cornhusker (2015 Pratt Ave. Bellevue)
- 84th & Hwy 370 (304 Olson Drive - Papillion)

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# Seven-year-old makes name for herself in hemophilia community



Left: Joseph Mickeliunas and his family pose following the Hemophilia walk in Omaha. Amelia, pictured second from left, is a strong advocate for "Team Elliott." Right: Amelia stands next to Elliott's stroller. The seven-year-old has garnered national attention for her fundraising. **EMILY HODGES** | O-Book

**Olivia Gilbraith**  
staff writer

Joseph Mickeliunas is a history teacher whose son, Elliott, was born with severe hemophilia VIII. Amelia Mickeliunas is a seven-year-old girl with a goal to help raise money for her younger brother, Elliott. Three years ago, Amelia started a lemonade stand, selling cookies and lemonade to raise money for Elliott. "She is the absolute best big sister. It was all her idea. We are so proud of everything she does for Elliott," Amelia's parents say, "With all of the recognition she receives, she remains humble and loves her brother unconditionally."

Although it is hard for a little girl to have a sibling with such a devastating disease, Amelia is a rock star. Amelia loves to dance, make crafts and play hide and seek, but most of all, she loves Elliott. She enjoys going to hemophilia events with her family and that her family gets to spend a lot of time together. Amelia and Elliott love playing together, and Amelia

is known to hold Elliott, to sing to him and to play with him. With love, Amelia describes Elliott, "He is kind, funny, cool and happy most of the time."

Maureen Grace, the Executive Director of the Nebraska Chapter of the National Hemophilia Foundation approached the Mickeliunas family after seeing how much money Team Elliott had been raising. Wondering who was raising so much money, Grace approached the family and promptly asked who they were. The Mickeliunas parents say, "From there, we became a part of NHF and we work with them all the time. Amelia has been a part of the nationwide emails and letters. Val Bias, the CEO of the National Hemophilia Foundation heard her story and wanted to pass it on."

At her first lemonade stand, Amelia raised five-hundred dollars. Each year her profits have continued to increase— at her second stand, Amelia raised two-thousand-five-hundred dollars, and at her third stand Amelia raise six-thousand-five-hundred dollars. The National Hemophilia Foundation recog-

nized Team Elliott is number one in the state of Nebraska for raising the most money. "We attend family and educational events so we know more about Hemophilia and treatments," says Joseph, "I am a board member on the Nebraska Chapter of the National Hemophilia Foundation. I am on the Advocacy Committee and chairman of the Fundraising Committee."

Amelia Mickeliunas is an extraordinary little girl with big goals and a bigger heart. She largely contributes to the National Hemophilia Foundation and hemophilia awareness in the Nebraska Chapter. The Mickeliunas family goes through a lot of struggle, but they have a positive outlook on the situation. "It truly makes us stronger as a family. We knew that we were all in this together and needed to be strong for Elliott and learn as much as possible," says Joseph, "Jenny and I became medical parents. The staff at the Children's Hospital and the Emergency Department know us by name."

## 'Close the Gap' project advocates for hemophilia awareness

**CLOSE THE GAP** from page 1

year.

The project is not over yet, as the girls plan to bring their ideas with them to state DECA this year. The academic side of the project could not be completed without the full benefits of the community service aspects that have been received by Mick along with the Nebraska advocacy board for hemophilia. "We just kind of feel like we're not as alone," Mick said. "It really helps build our community because it is something that is so rare, so we appreciate people getting

involved with the charity side of it".

The leaders of Close The Gap hope to continue with the success they have had. "Even after we graduate, we hope people will still support the cause," Baum said. Overall, the Close The Gap project has achieved its goals. "It makes me happy to come here every day" Mick said, "it has just shown me the love that Central has."

## On female-dominated team, senior makes his mark



**Lizbeth Hermosillo-Najar**  
staff writer

The scoreboard reads half time and the Central Band comes out marching onto the field as well as the color guard team. On the field you see a variety of people performing but one person specifically stands out. Max Heyden, the only male performer on the color guard team.

Max Heyden has been part of the color guard team for six months. He decided to join because he wanted to try something new and to continue branching out as a performer. Before joining color guard, he had a slight concern that he was going to be too isolated from the other due to him being a male. He never wanted that to show because he found it to fun and did not want to affect the other members.

"After joining color guard and getting to know the other members it really felt like a family and there was never a dull moment" exclaimed Max. He then proceeded to explain how his family was worried he was going to get made fun of for being the only male on the team. Granted he was but he didn't really care,

eventually his friends were more supportive of it and other people were too.

Max never really thought joining color guard would be considered as defying gender norms because of all the support and positive reinforcement from his family and peers. "Never let adversity keep you from living your life the way you want," Heyden said.

Recently Heyden has also made it to the collegiate level color guard. He described it as a unique experience trying out with other performers for a team that is well known around the region. It consists of dance, flag and optional weapon audition. There are several criteria that are being looked for such as form, understanding of routine and fundamentals. They also compete at regional, national and even world stage.

Along with color guard, Heyden is very involved in school. He is currently part of two choirs at Central and competes in track. He is undecided at the moment on which college he is going to attend but is planning to major in music education.

Photo Courtesy of **MAX HEYDEN**

Heyden, pictured at the top right, poses with the color guard. "After joining color guard and getting to know the other members, it really felt like a family," Heyden said.

# Senior brothers preform at Joslyn's annual "Celebrate Creativity" show

Grace Salanito  
staff writer

On Nov. 1 Joslyn Art Museum hosted their annual day-long even called 'Celebrate Creativity,' a day dedicated to encouraging young students to get involved in the arts. This event included Omaha elementary and middle school students. It consisted of interactive workshops, gallery tours and viewing of an Omaha Symphony concert, which featured two of Central's senior class musicians, Alec and Ethan Harrison.

The brothers have been playing violin for around ten years and plan to continue broadening their musical horizons. The Joslyn Art Museum had a Central student perform at the event last year, so the museum invited Central to have a student perform again this year. The boys performed a solo accompanied by the Omaha Symphony. It was their first time performing with the Symphony as soloists, which was they said was an overall good experience.

"It was scary at first because the players are so much better than us but it was also fun because they are so good," Alec said. The brothers agree on the fact that they've always wanted to be the best they can be and playing with the state's best musicians has helped further their musical knowledge and ability.



Left: Senior Alec Harrison plays the violin on stage at the Joslyn. Harrison is playing alongside members of Omaha's Symphony. Right: The Omaha Symphony prepares before their performance at *Celebrate Creativity*. The symphony helps to host this event in an attempt to create excitement and curiosity about the arts.

# Personal finance class now a graduation requirement

Hailey Hutfless  
staff writer

Personal finance has been added to the curriculum for all graduating seniors throughout Omaha Public Schools.

Currently, 22 states require a class on economics of some form, whereas only 17 states require students to take a personal finance class. Nebraska does have guidelines when it comes to the curriculum concerning business classes, however do not require a credit concerning these classes for graduation. Yet, this year 95 Nebraska school districts are requiring their students to complete a personal finance course; There are 149 other Nebraska school districts that are not implementing a personal finance course.

Nebraska is not the only state slowly making this course a requirement, many states nationwide are following the movement as well. The decision to add this course was made by the school board, not the administration.

The school board found this class necessary for all students as many students are unaware of how to work pensions, insurance and overall budgeting.

As far as Central's history with personal finance, this class has always been offered as an elective, and was made a requirement starting with the 2019 graduating class.

"Adding this class won't hurt, given the financial stability the nation is in at the moment, this class will be helpful," business department head Jodi Dierks said.

Some students believe the class should be offered for both juniors and seniors, so that there is more flexibility for senior's schedules.

Personal Finance will most likely stay a requirement, given it is only benefitting the future of students and their economic stability. This course is being offered as a regular and honors credit. Both courses give the same information, but the honors course requires more work and moves at a faster pace.

By adding this course, the business teachers' schedules have changed, considering roughly 700 students are now needing an extra class. Many of the personal finance classes are full, leaving teachers with a tight schedule.

Central did not hire another teacher to help with the class, however Lori Falcon has moved to become a personal finance teacher as well.

## EDITOR'S NOTE:

I am so excited to present to you the second 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.

As we build upon the foundation set by the first issue, I hope that my, as well as the entire staff's love for journalism shows through our work. The editorial staff and I have been focusing on creating interesting, diverse layouts and more conceptual design. I am looking forward to watching *The Register* grow in the months ahead.

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](mailto: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

*Molly Ashford*

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.

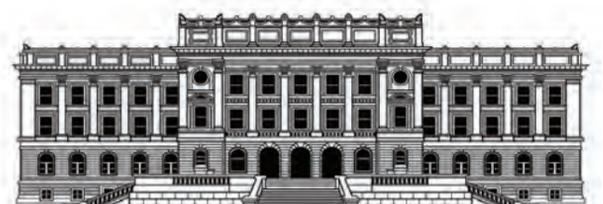
It is the goal of the Central High Register to represent the student body in issues affecting their lives as young people and students. If you feel that we are not covering an issue that is important to you, we welcome contributing writers who bring fresh ideas to the issues. If you would like to write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

ATTN: *the REGISTER*

124 N. 20th Street  
Omaha, Neb. 68102

Phone: 402.557.3357  
Fax: 402.557.3339

[central.register@ops.org](mailto:central.register@ops.org)



*the REGISTER* staff

**ADVISER**  
Hillary Blayne

**EDITOR-IN-CHIEF**  
Molly Ashford

**MANAGING EDITOR**  
Malcolm Durfee O'Brien

**EXECUTIVE EDITORS**  
Anne Gallagher  
Emma Whaley

**PHOTOGRAPHERS**

Angelina Baratta  
Hannah Brown  
Lexi Blankenfeld  
Olivia Drobny  
Sophia Sidzyk

**GRAPHIC DESIGNER**

Connor Paintin

**CONTRIBUTING ARTISTS**

Dallas Busch  
Elizabeth Hernandez  
Ben Lane  
Madeline Krause  
Luka Morris  
Joey Winton

**STAFF WRITERS**

Ari Saltzman

Carolina Castro

Grace Salanito

Grace Turner

Hailey Hutfless

Jackson Godwin

Kayla Johnson

Kween Alabi

Lizbeth Hermosillo

Mac O'Brien

Mackenzie Coughlin

Molly Hui Bretgse

Olivia Gilbreath

Pangaea Kaan

Rozlyn Olson

Simon Bullerdick

Simret Habte

Sophia Sgourakis

Tyler Zipay

**CONTRIBUTING WRITERS**

Makenna Anderson

Stella Ehrhart



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Is setting the 3.0 GPA bar for the December dance an incentive or discriminatory?

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Planned Parenthood Teen Council member and contributing writer talks the facts about STD's

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# opinion

## THE REGISTER

Vol. 134 No. 2 | November 15, 2018

## The effects of social media on mental health



SOPHIA SGOURAKIS  
GREEK GODDESS

You're scrolling through Instagram and all you seem to see are pictures of these "picture perfect" girls. You can't help but to think, "Gee, I wish I looked like her."

When you are growing up in a digitized world, it is easy to constantly be attached to Instagram, Twitter and Snapchat. A new report by the Royal Society for Public Health in the UK, has found that all social media sites have demonstrated negative effects on young people's mental health, Instagram being the worst. Whether it is hard to believe or not, the most negative effects are seen in young women.

With easy access to Photoshop and filter changes, girls compare themselves to unrealistic versions of reality. They believe clear skin and skinny waists are the norm which causes mental health and self-worth problems.

As reported in the 2016 Dove global study, the advent of social media has created a self-image crisis reaching, "a critical level on a global scale." One of the biggest problems is comparison. We are quick to compare ourselves to other girls. It is hard for teenagers to understand that you have your own body and face. There is no "right" or "perfect" image. Self-doubt and pride are the only two things that come out of comparison. If teenage girls are conscious of how bad comparison is for their mental health, hopefully they can make a change.

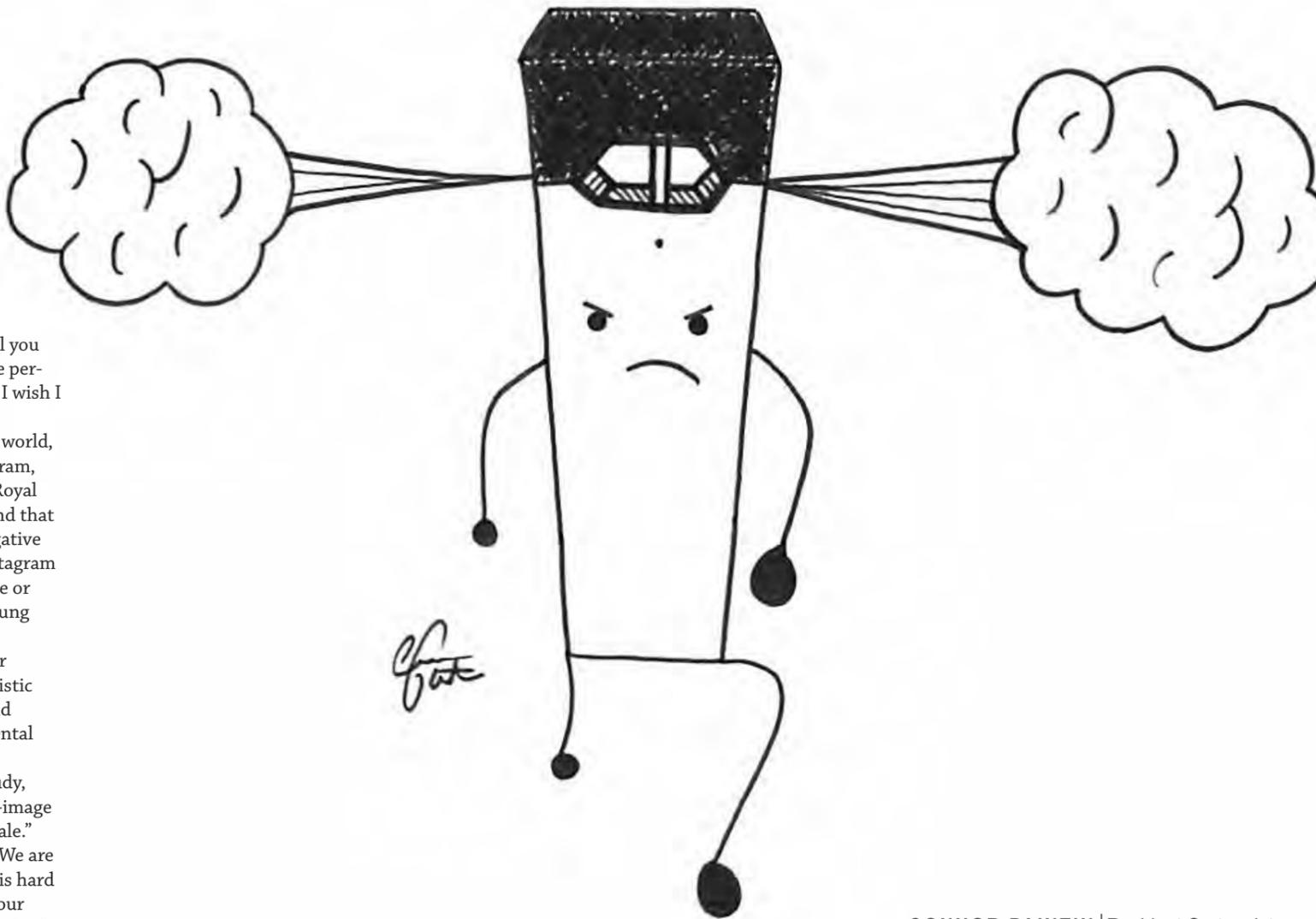
It is so important to be kind to yourself. I feel that we are always taught, "be kind to others," which is such a valuable lesson, but we are never taught the importance of first loving and caring about yourself. When we see these "perfect" girls on Instagram, we immediately point out our imperfections. I will be the first to admit to doing this. Never point out your flaws, because most likely, there are several other girls already doing that to you. Making little comments about yourself will make you start to believe they are true.

A Dove commercial highlighted the impact of negative self-talk. For an experiment, women volunteered to say something they are insecure about and wish they could change about themselves. It shadowed women who were instructed to critique other females with the same words they used to critique themselves. You do not realize how unacceptable the comments you say about yourself are until someone else is saying them. Women make themselves so strong to take their own self-criticism. If it is not acceptable to say it to ourselves, why say it to someone else?

Now that you realize how negative women are to themselves because of social media and comparison, when was the last beautiful thought you had about yourself?

# JUULS ARE FOR FOOLS

A recent trend causes an epidemic in Central's halls.



CONNOR PAINTIN | Resident Cartoonist

Anne Gallagher  
executive editor

**E**dgy trends constantly target the teenage demographic. Among these is a recent success for the addictive nicotine industry known as Juuls. Rather than the Marlboro packs, high school students have started purchasing boxes of Juul pods, or having their 18-year-old friends buy a pack for them.

Juuls are a form of e-cigarette that deliver a heavy dose of nicotine to the largely young user base. One pod has the equivalent to about a pack of cigarettes worth of the very addictive chemical that makes cigarettes taboo.

First released in 2015, the popularity of Juuls has increased exponentially as more and more marketing has informed the public of the product's eight different flavored pods. From mango to crème Brulee, the flavors attract a young audience who want to seem "cool" to their friends.

Teens are purchasing and using these chrome-colored devices at social events, but the USB-resembling gadgets are also becoming prominent during everyday activities. In the classroom and the bathrooms, high schoolers are taking advantage of their limited freedoms to indulge in this unhealthy indulgence.

The nicotine in the product gives the user a "buzz" that lasts anywhere from 10 seconds to two minutes. This includes a head rush or heart rate increase that works to draw in the user for another puff. It has become socially acceptable and desirable to own a Juul because of this sensation.

Although this buzz is desired by users, long-time Juul owners may be immune to the sensation yet still crave the feeling of hitting the forbidden version of a teenager's toy. They may

not feel anything, but the slight burn in the person's throat is enough to keep them coming back for more.

The user base is not limited to teenagers, but the company is under investigation for its youth-targeted marketing tactics and is rumored to be in the process of eliminating its flavored pods. This action will result in the sale of only tobacco cartridges which is desired to deter the younger owners from such severe use of the product.

Other products can also be found in the nicotine market and are used by the teenage demographic. Smoks and Suorins are two examples of the nicotine-based vapes that kids are attracted to. These items are not as common as Juuls, but just as addictive.

Using nicotine vaporizers other than Juuls has its benefits. The juice for these products is typically around \$20 and can last the user for a month or longer. Juul pods, which come in a pack of four, are anywhere from 13 to 20 dollars with each pod lasting only a few days.

The Omaha area is not immune to this epidemic. The product can be seen within the halls of your own school. A user can easily hide the product from parents and teachers in order to carry out this angsty habit.

Overall, Juuls are taking over teenage habits. The product presents itself as taboo to the older generations, but teens are taking advantage of the simplicity of this harmful drug. In conclusion, Juuls are for fools, but this socially accepted product has an unstoppable presence.

# Malcom Saves America: The essential immigration reform

Donald Trump's implementation of a "zero tolerance" policy for handling undocumented immigrants has drawn a firestorm of controversy, as over the summer Americans sat in horror at the images of children being forcibly separated from their parents and put in holding cells that resemble the cages of animals.

The controversy spread as he proposed ending due process for these undocumented immigrants and as Attorney General Sessions revoked the ability of those suffering domestic violence to seek asylum in the United States.

These policies show a gross ignorance of human dignity and a disrespect for those suffering violence and oppression on the part of the Trump administration, as well as an ignorance for basic foreign policy. Of course, there is a need for border control, while immigrants are a vital and important part of the economy, doing the manual jobs that most Americans do not want to, too many immigrants will cause the currently imbecilic argument of "they're taking our jobs" to become a legitimate one, as it would actually become difficult for the poorest Americans to find jobs in the fields which they currently dominate.

We must find a balance between Trump's inhumane "zero tolerance" and the absurdity of "open borders" so that the influence China is beginning to exert on these countries will be lessened and to return America's standing as a nation of immigrants and protector of liberty. This is my solution to this problem. It's not perfect, but nothing involving immigration ever is.

To start, certain sections of the immigration code must be loosened. Undocumented immigrants that have been in

the United States for at least five years must have a path to amnesty. This will allow immigrants who have established roots in this country to gain legal recognition and contribute more to the economy than they already were, it would also act as a DACA fix. It will also ensure that the families that these immigrants may have built in the US will stay united, thus avoiding the horror that was the child separation policy.

The five year mark will also ensure that only those with strong ties to the United States will receive amnesty and will avoid an enormous influx of immigrants arriving before this became policy, thus avoiding a potential humanitarian crisis.

In addition, the ten year waiting period to seek legal entry into the United States placed on immigrants who initially arrived illegally must be cut significantly, at most to one year. This will encourage those immigrants who wish to return to the United States legally to return and will allow the United States to humanely remove those

who do not wish to stay in the country.

The United States must also loosen asylum requirements. Every single border town should have officials with the ability to give amnesty. This will discourage asylum seekers from taking illegal and drastic steps, which would put them in further peril, to enter the United States.

After all this, the United States must take further steps to deter illegal entries into the country. To do this, the causes of people illegally crossing the border must be addressed.

Drug Violence in Mexico, Central America and South America that drives citizens north to seek a better life must be counteracted. The United States should work with the affected nations to aid and arm their law enforcement to effectively

fight violent criminal organizations, or in areas where that has proven ineffective, use diplomacy to find a solution.

A lack of economic opportunity in these countries also drives their citizens to the United States, and the solution to this is to encourage businesses in the United States to invest in these countries while also making sure that any investment does not come at a cost to workers within the United States. The government should also help any workers who are negatively affected by such a policy by bringing back the Works Progress Administration and ensuring that anyone who wants a job can get one.

The United States should also encourage these immigrants to attend colleges in their states, offering in-state tuition in exchange for a promise to return to their home country afterward. By educating immigrants and then returning them to their home countries, American ideals will be spread as they take positions of power.

By having American educated citizens, the nations will become friendlier to the United States and be more receptive to our country's policies. In addition to helping the struggling citizens of these countries, these policies would also serve American foreign interests.

By helping these nations, the influence that China has been exerting upon them would be combatted and would allow "Pax Americana," the ideal that American superiority leads to prosperity to grow in the western hemisphere, to be re-established and strengthened.



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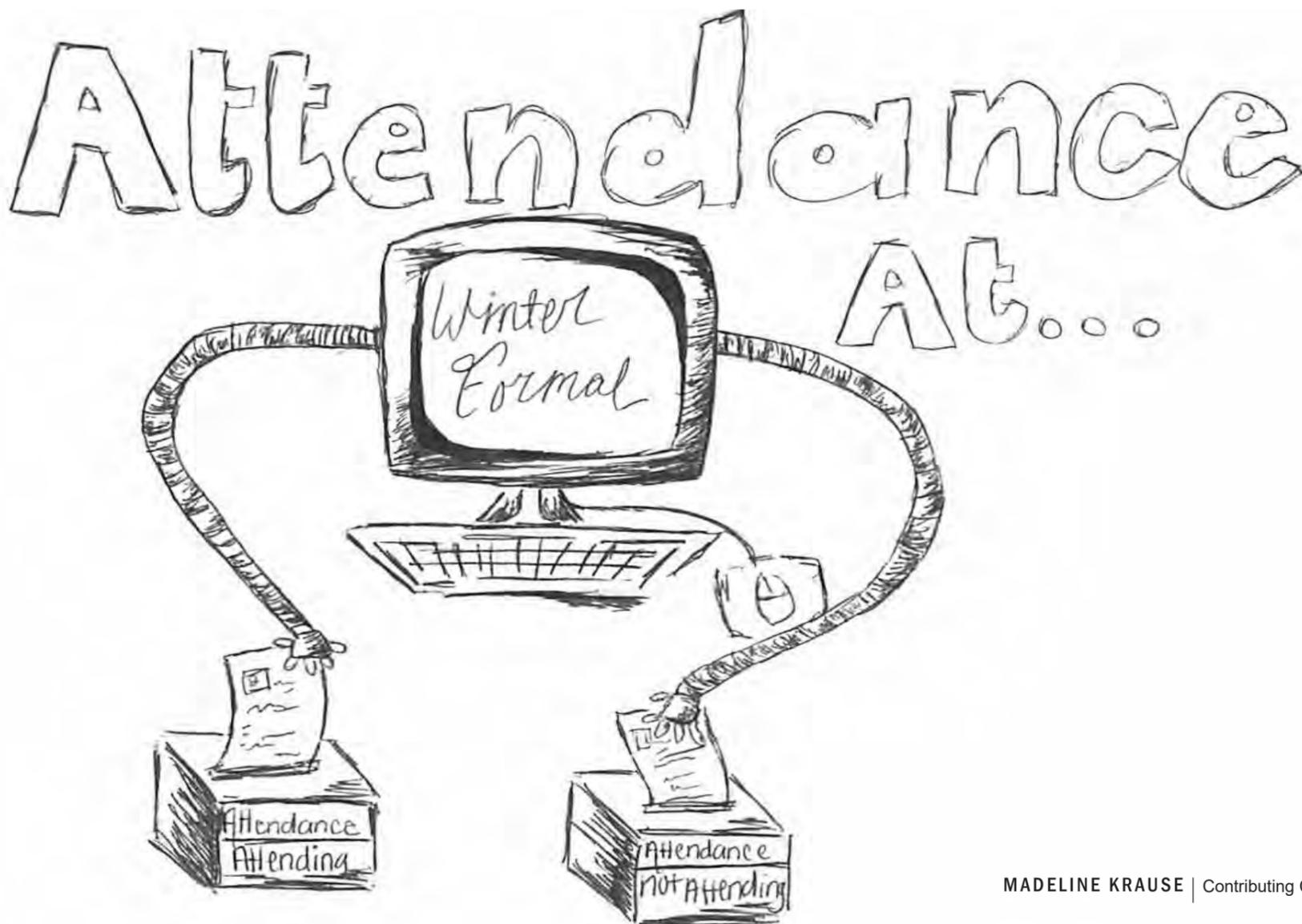
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MADELINE KRAUSE | Contributing Cartoonist

## GPA requirement for Winter Formal unfair, misrepresents school

**Mackenzie Coughlin**  
staff writer

One of the biggest aspects of one's high school experience and what he/she remembers the most, are the social events like dances and sports games. Being able to create unforgettable memories with friends is very important to many. Although, one's chance to enjoy high school could be taken away at the drop of a grade.

The Winter Formal is an annual dance that occurs in February, exclusively for students with a cumulative weighted GPA of 3.0 or higher. The grade point average requirement enables higher excelling students to be recognized for their hard work. Although, there are many other ways that this group of students could be recognized without singling out those of less academic status.

Holding a school dance that isn't an opportunity for the entire school will definitely make those who can't go think lesser of themselves. There are unique situations when a student that always works hard and tries their best doesn't have a 3.0 GPA. That student's commitment and work ethic should not be based on a numeric score. Not being invited to the Winter Formal because of this number could tell that student that their time and work doesn't matter and that they should stop trying.

Along with this situation, having a GPA requirement sets up the aspect of no diversity. Because Central is praised on the diversity of the students ethically and physically, academic diversity should be looked at as well. A big part of this school is celebrating the differences between people, and grades would fall under that umbrella of differences.

Other reason why having an academic requirement for a school dance would be that the students' behavior is not taken into account. There are probably students that meet the requirement, but don't represent the kind and caring eagle attitude. This is unfair to those, as mentioned before, that put in the effort at school, but come short of a 3.0 GPA.

The whole premise behind Winter Formal is almost to the point of immaturity. A school dance should be the place where students have fun and enjoy themselves with all of their friends. Telling a student they are not allowed to attend a dance sounds childish, almost like they are being grounded by a parent for insufficient grades.

Now, there are those that would add that the students who meet the GPA requirement need to be recognized and appreciated for their levels of success. Of course they should be honored by the school, but there are alternative routes like a dinner/lunch ceremony, assembly, or an event similar to Purple Feather Day.

Overall, holding a dance meant for only a select group of the school population can lead to several downhill occurrences, such as the misrepresentation of school diversity. It is important that students get the chance to live their high school years to the fullest while maintaining their grades at a personal pace.

## Dapper Dudes: The basics of layering and color schemes

In the previous column, the utilization of the French tuck was introduced for outfits during the fall season. With the upcoming cold weather, the second lesson to becoming a dapper dude will explain the aspects of layering clothing. Layering is the idea of wearing multiple different articles of clothing to form one cohesive look. By combining different textures and patterns, the outfit can become more attractive overall. Using unique clothing to create an outfit can make that outfit more intriguing and can make the person wearing it seem more confident and interesting.

Based on the color combinations a person chooses, mixing colors can be very appealing or very obnoxious. If a person is unsure of which colors work well together, he or she can use neutrals paired with more vibrant colors to add a pop to the look. Blending neutral toned

garments with a colorful piece works well because neutrals do not cause the look to be overwhelming. For example, one could pair a black and white top with a colorful bomber and jeans to create a nice, layered look that is pleasing to the eye.

For more confident dressers, contrasting hues and analogous colors work well together in regards of fashion. The color wheel shows that colors opposite each other are contrasting and that colors next to each other are analogous. Colors like blue and orange are contrasting and colors like yellow and green are analogous. If one were to combine olive pants and a deep blue shirt with a gray cardigan, this look would have an analogous color scheme (with the addition of a neutral piece). The pairing of a blush/rose hued shirt with gray-green pants would have a contrasting color scheme.

Combining different textures and different materials makes a look more interesting. There are so many textures that a person can explore that have pertinent relation to fashion and types of clothing. Some materials to explore

are denim, corduroy, tweed, gingham, wool, and many others. Jean jackets are currently very popular, and they are versatile clothing articles. Jean jackets can be worn through all seasons with many different looks, always positively adding to outfits. To keep warm in the colder seasons, jean jackets can be layered over sweaters, sweatshirts, or flannels. When wearing jean jackets, pairing them with khaki pants or dark denim (black, charcoal, etc.) is an easy way to match clothing articles.

One basic rule for layering is to keep an outfit to three colors or less. If a person wants to wear a blue shirt with green pants, they should layer it with neutral tones. With more confidence, people can pull off whatever look they want to, once a person reaches this level of confidence he or she is ready to explore different aspects of fashion. If one feels comfortable and confident in the clothes that he or she wears, their positivity adds to their style.



**OLIVIA GILBREATH**  
DAPPER DUDES

# PARKING? PASS

The Register staff shares views on the parking situation at Central

## IN THE OPINION OF THE REGISTER

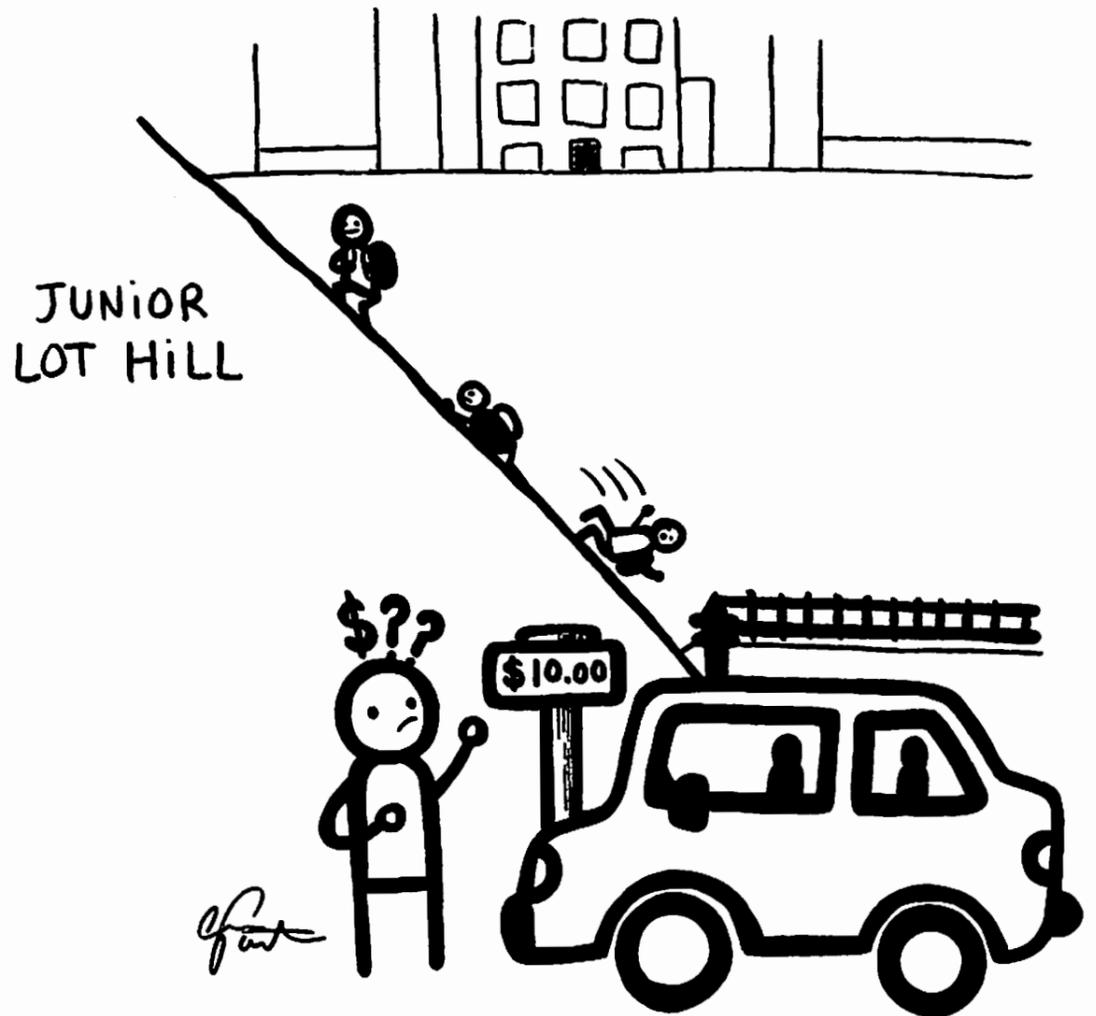
While we all agree that Central is the greatest High School in the Omaha area, we also acknowledge that it is one of the most overcrowded. One of the downfalls of the large student population is the parking situation. Central has three parking lots: one for teachers, one for juniors and one for seniors. Even with these parking lots in place, there are still many students who are not fortunate enough to have access to these parking lots for multiple reasons.

Students who don't have access to these parking lots are forced to park in spaces elsewhere off campus, which often get taken up before the school day starts at 7:40 a.m. and are far from the building. Most students who are not lucky enough to receive a parking pass must pay meter or lot parking prices because of the location of our school being downtown. If students fail to pay the parking meter, the city tickets their car with a ticket for \$16 and it increases to \$36 if you wait more than 30 days to pay. Lots around the area dispense tickets of over \$90 if you are found parking without paying the monthly fee.

As far as on campus parking goes, space is reasonable. The junior lot, which is located between Dodge and Cass street in between 19th and 20th streets. The parking lot is located under a highway,

which means the land belongs to the Nebraska Department of Transportation. Every year before the school year starts in August, Principal Ed Bennett writes a letter to the Department of Roads and requests use of the land. "There is no other efficient use for the land being that it's under the interstate," Bennett explains. The lot is offered to not only juniors but also seniors that do not have a spot in the senior lot.

Arguably one of the best perks of being a senior at Central is the parking lot that is substantially closer to the school than the junior lot. This lot is smaller but is used exclusively for the senior class and teachers. At the end of each year, there is a sign-up sheet in the counseling office for a lottery drawing of senior lot passes. If your name gets picked, you get a senior lot pass. Mostly everyone who signed up for a pass received one for the next school year. Different from the junior lot, the senior lot is in fact Central High School property that was purchased by an outside entity for the specific use of a parking lot. As part of their agreement, the outside entity only allows Central administration to charge students \$10 for an all-year parking permit. This money that seniors pay to park goes to a fund that is used for up-keep of both the upper and lower parking levels. Up-keep includes fixing pot-holes, re-painting lines, etc. Bennett also added that not only students but young people in general tend to value and take better care of things that they had to pay for rather than it being free.



CONNOR PAINTIN | Resident Cartoonist

## “Fat Acceptance” movement hypocritical, demeaning

Emma Whaley  
executive editor

One hundred-sixty million Americans are overweight or obese, 13% of the global total. Despite the health problems that can come with being overweight, such as type 2 diabetes and coronary heart disease, there has recently been a movement of “fat acceptance,” encouraging those who are overweight to not feel pressured by society to change their bodies.

In general, this kind of movement is a good thing. No person of any size should feel forced to change their body unless they want to. While opposers of the fat acceptance movement often defend themselves by saying that being overweight isn't healthy and that to be healthy, one should lose weight (which isn't necessarily false), the fat acceptance movement is mainly about societal beauty standards.

However, as with many “movements”, sometimes this support for one group turns into hatred for another. There's been a recent trend of activists for fat acceptance attacking thin people online. The Internet is full of posts from these activists shaming skinny women for feeling uncomfortable in their bodies. They say things like “don't ask your fat friends to assure you you're not fat.”

While one can understand the frustration, the shame is blatantly unfair. If you're allowed to feel uncomfortable in your body, so is everyone else. If you're allowed to accept and

love your body, so is everyone else.

There's a large amount of hypocrisy that comes from this movement. They say diets for weight loss are unhealthy, meanwhile, they often maintain a diet that lacks proper nutrients and that contributes to their weight, which can lead to deadly symptoms. They don't want other people telling them to lose weight, yet they're often the ones encouraging skinny people to eat a sandwich and put on a few pounds. They preach about how society's view of fat bodies causes them mental health problems, ignoring the fact that many people afflicted with eating disorders developed them at a healthy weight. There are improvements to be made on both sides.

Kelli Jean Drinkwater, a self-described “radical fat activist”, gave a Ted Talk in 2016 titled “Enough with the Fear of Fat” that went viral. Internet trolls reprimanded her for promoting being fat, with one commenter saying the ideology was “misguided and dangerous.” Her face can be seen in fat acceptance “cringe” compilations all over the Internet.

She is nowhere near alone in her thinking. Dozens of fat activists, mostly women, get put on talk shows - many from Australia, where 2 out of every 3 adults are overweight, leading to an “obesity epidemic.” They question if thin people can be truly happy or if they're just lying to themselves to preserve what society sees as attractive.

This is, clearly, incredibly rude. Questioning someone's happiness when you know nothing about them is stepping out of line, not to mention they do this as they complain that

everyone assumes fat people are miserable. Like many other radical activists, they play victim and are hypocritical when confronted. Drinkwater herself does this exact thing on an episode of *Insight*, an Australian talk show that discusses hot button topics with experts. She blatantly attacks Breanna Cox, a woman who chose to lose weight because of her health, saying that she must have some health problems now that she chose to diet.

These women are doing nothing but hurting their cause. They try to get the public to take fat people seriously and to see them as successful and in control, things which Drinkwater claims society views as only for slim people. But their argument is negated as soon as they call a skinny woman unhappy and wonder why they're being attacked immediately after attacking someone.

This movement is unreasonable and unfair. Yes, there are people who are overweight and feel perfectly comfortable in their bodies, and that's fine. But there are those few “radical fat activists” that choose to take their opinion on the injustice that obese people clearly face and turn it into hatred for all skinny people. It's the same kind of generalization that leads to white people believing all people of color are criminals. There should be no place for that sort of hatred anywhere, in any argument.

# PRO / CON:

**Grace Turner**  
staff writer

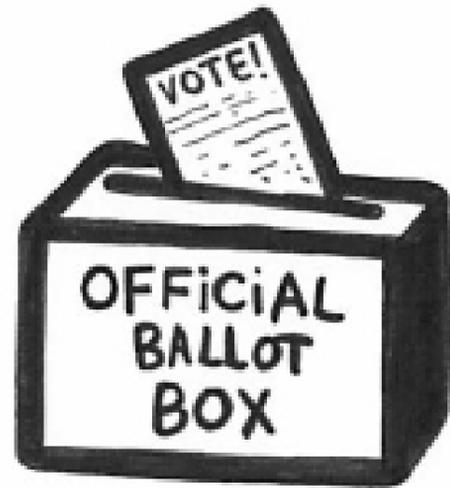
The latest midterm occurred on Nov. 6, where citizens from the United States has the opportunity to vote for representatives in Congress and the senate. Every time a major vote comes up, so does a major question: should people be required to show proof of their citizenship in order to vote? If there are people voting without proving their citizenship, it allows people to vote in an election for a nation they do not claim they belong to. In order to vote, people need to be legal citizens of The United States.

Similar to how a United States citizen would not be able to vote in the Russian Presidential election, people who do not claim citizenship should not be able to vote in the United States. Voting and the democratic process is a constitutional right granted to citizens of the US. This right does not extend to people who are not citizens, similar to it not extending to former and current federal criminals. If we are not letting former federal inmates, who are still loosely considered United States citizens, to vote, than why would someone who has no citizenship vote in the election.

Although the immigration policies of the US are too strict and need to be relaxed, it does not change that there are people residing in the country illegally. These people are not citizens of the United States, and therefore the right to vote does not apply to them. A person should not be allowed to vote in an election of a country

they are not a citizen of. People have the right to vote about their county's issues, and a person does not get to vote if they are not a legal citizen of that country. As soon as an illegal immigrant were to go through the proper procedure to be a legal citizen, then they would have the right to vote in elections.

In order to ensure that only United States legal citizens are voting in elections it is important to check the citizenship of those registered to vote. It will be a greater hassle to check the citizenship status of every person registered to vote, as compared to just letting anyone register. That being said, ensuring that everyone voting is an American citizen is crucial to maintain the democratic process and ensure legal citizenship remains a necessity to participate in the rights and freedoms given by the United States. If illegal immigrants are allowed to have all the freedoms and rights of a legal citizens, than the value of being a legal citizen does not exists. Citizenship exists in order to ensure that the people living in a country are all held to the same standard, (in ways such as paying income taxes or receiving minimum wage). Voting is a right that should only apply to United States citizens, as people who do not claim legal citizenship of a country should not be able to vote in that country's elections.



CONNOR PAINTIN | Resident Cartoonist

**Pangaea Kaan**  
staff writer

As of 2017, the number of illegal immigrants coming into America has risen 30 percent. There are various issues regarding the rising numbers of non-citizens, however, the votes in an election concerns hundreds of public officials due to the effect they could potentially have on votes in elections.

Although voting rights for illegal immigrants have always been against the law, that ceases to affect some illegal voters. Only a small number have been caught in the poll stands without censorship, meaning a large portion of unidentified citizens could possibly be voting without the government knowing.

This ideology of whether noncitizens should be allowed to vote or not has been recently brought up throughout the country due to the large concerns regarding immigration and any idea surrounding it. In 2016, San Francisco voted to allow illegal immigrants to vote in School Board elections, however, following

the terms that the voter is of voting age (18), reside within the city, and be guardians with legal custody of children enrolled in a school. This remains the only law allowing noncitizens to legally vote in any type of election.

Other countries allow noncitizens to vote under certain circumstances. Countries such as New Zealand and Uruguay allow all individuals to vote in national elections, which include votes regarding congressional and presidential elections. Others allow individuals to vote in local elections, which coincide with mayoral and municipal elections, in areas such as European Union (including Denmark, Spain, Sweden, etc.).

Countries that allow immigrants to vote do not see illegal immigration as much of a threat, whether it's because of population issues, or simply a matter of humanity, one third of the world's countries allow all individuals in the nation to participate in at least one type of election

Some individuals believe certain political influences encourage the illegal voting of individuals in certain states. This is evident throughout states such as Indiana, Mississippi, and Georgia, voters are allowed to show up weeks after election day if they acquire an ID. This act of pushing the voting date farther back would allow any voter, including illegal immigrants, to vote after the assigned election day. This comes back to the idea that certain political persons want and believe they need extra votes to gain the election, which would explain why one can vote past the official date.

In the United States today, illegal immigrants' voting rights still remain a large issue due to the prejudice ideologies of political leaders.

## Voter fraud in America overestimated, illegitimate concern

**Mac O'Brien**  
staff writer

In the abstract, it's easy to say that the problems of voter fraud and voter suppression are equally dangerous for American democracy: fraud by unfairly over-representing ineligible voters and suppression by taking away the input of eligible voters. The problems could, however, not differ more greatly in scale. Widespread voter fraud simply does not exist in America and is only present in public discussion as a scare-tactic to encourage support for the far more insidious problem of voter suppression.

Voter fraud, put simply, is the act of casting a vote in a knowingly illegitimate way. For example, if a person impersonates someone else to cast a vote in their name. This kind of behavior, if it existed on a large scale, could sway elections away from the desires of legitimate constituents. Laws requiring photo ID, according to proponents, help to assuage this risk by ensuring that voters are, in fact, who they say they are.

In reality, however, the laws address an imaginary issue.

A report from the Brennan Center that exhaustively examines the issue of voter fraud finds that the probability that a vote is the result of voter fraud through impersonation is somewhere between 0.0003 percent and .0025 percent. This means that it is literally more likely for an American to be struck by lightning than it is for them to impersonate someone else at the polls.

A similar study, conducted by the Washington Post, found that out of a billion past votes, just 31 could be credibly claimed to be the result of voter impersonation. Even in the cases they deemed credible, some did not have conclusive evidence.

Statistically speaking, these studies demonstrate that voter fraud is remarkably rare, and not broad enough in scale to have any effect whatsoever on elections.

Photo ID laws do next to nothing to protect elections from illegitimacy, but can very effectively suppress legitimate voters. This is by design. According to a 2007 Houston Chronicle article, David Masset, the former political director for the Republican party of Texas, does not believe that voter fraud is causing Republicans to lose elections, but said

that "requiring photo IDs could cause enough of a drop off in legitimate Democratic voting to add 3 percent to the Republican vote."

This is because the laws disproportionately affect people of color. And this too, is supported by credible studies. Recently the Washington Post reported that in states with strict voter ID laws, minority voter participation rates were significantly lower than in states without such restrictions, while white voter turnout remained largely unaffected. This effect is most pronounced among Hispanic voters, whose turnout decreased by 7.1 percent.

One especially egregious example of voter suppression in the guise of protection against voter fraud is North Dakota's law requiring voters to have an official street address. This law implicitly excludes many Native Americans who live on reservations and typically do not have such addresses.

Voter fraud is a problem that may be worth addressing if it existed in any notable capacity. Since it does not, there is no legitimate justification for the widespread disenfranchisement that results from stricter voting laws.

# STD stigma prevents youth from getting tested and treated

Carolina Castro  
contributing writer

There is an undeniable stigma surrounding STDs and it is evident through the language we use to talk about them.

In the Omaha area STDs have reached epidemic levels and more than 5081 cases were reported in 2016. While this number is slowly declining,

Douglas County is a hot spot for sexually transmitted diseases but most people are unaware of this. This stems from the harsh language surrounding the topic of sexually transmitted diseases.

The fear and disgust are clear in conversations about STDs and STIs when people ask others about whether or not they have STDs they say "are you clean" implying that if they do have a STD they are dirty or unclean.

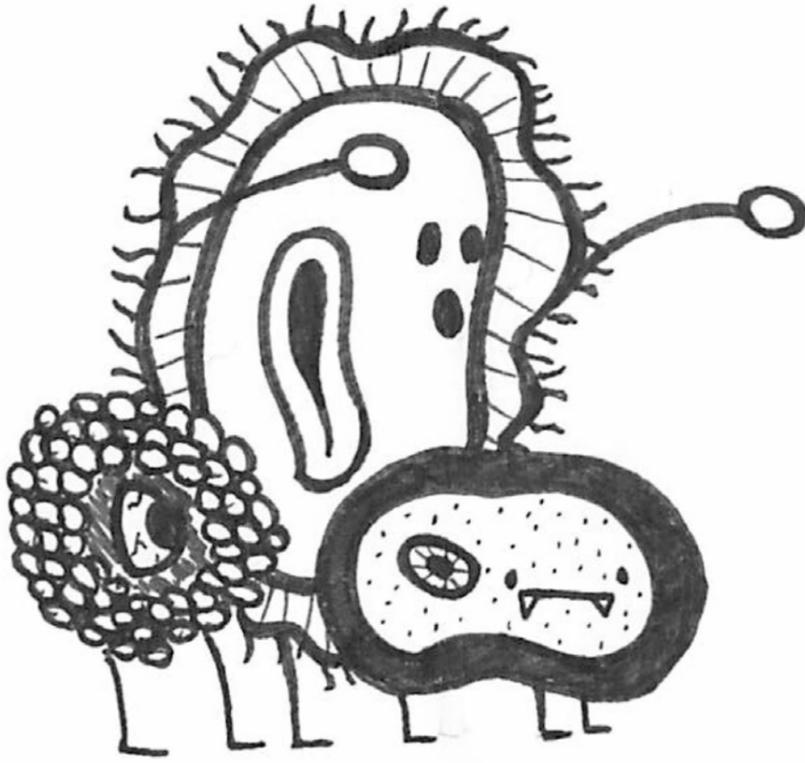
With that, it shames the person who has an STD and implies that it is somehow their fault that they have one.

This perpetuates the idea that people who have the diseases acquired them deservingly when. You can get a STD anytime; even from your first sexual interaction.

But by talking so negatively about the diseases it makes people not want to get tested to avoid finding out if they are a carrier and avoid feeling demonized by society.

The language also leads people to be less willing to disclose information about having an STD to partners. This enables the spreading of sexually transmitted diseases.

Some are even self conscious about talking about the subject in general because in today's society even asking about STDs can imply something negative. So people don't ask their partner or



JOEY WINTON | Contributing Cartoonist

don't disclose information to their partners because of the social implications that has all rooting from the language used. To break the cycle, we have to change the way we talk about STDs.

The ways we can talk about STDs should be very obvious but because the language we use to talk about it is ingrained in our minds it will take a conscious change.

Here is where you can start: avoiding the word clean, not assuming people are suffering because STIs come in all different levels of severity, and just being more open to a conversation about them

because contrary to popular belief STIs are not some big bad thing we need to avoid talking about as a society.



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## Letter to the Editor: Understanding difference between dysphoria and dysmorphia

I am going to preface this by saying that I'm transgender and I care greatly about making sure that any information that is being spread about transgender people is accurate. The reason that I am [contacting] you is in regards to an article in the school newspaper, "Transgender student determined to spread acceptance" by Pangaea Kaan.

The section of the article that I take much issue with is, "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 flaw." The main thing that this section gets wrong is the definition for gender dysphoria. Gender dysphoria is the distress a person experiences as a result of the sex and gender they were assigned at birth, the assigned sex and gender do not match the person's gender identity. In much simpler terms, gender dysphoria is the disconnect between the brain and the body of a transgender person, the gender (brain) of the person does not line up with the sex (body) that they have. The definition given in this article is not gender dysphoria, instead the definition given is the one for body dysmorphic disorder (BDD).

BDD is a mental illness involving obsessive focus on a perceived flaw in appearance. As you can see, while each of these may be mental illnesses, they are in no way the same thing. BDD has nothing to do with transgenderism, whereas gender dysphoria has everything to do with it. The definition used in the article for gender dysphoria is incorrect. I felt the need to bring this to your attention due to the fact that with

a subject as serious as transgenderism, it is extremely important to make sure all information is correct. Spreading incorrect information ultimately does harm the transgender community, while the mistake in this article was most likely not an intentional one, it is still very important that information is correct when an article like this could be the first introduction someone might have to a topic such as transgenderism.

The other main issue with this small section of the article is bringing up the rate of suicides among transgender people and not only giving the actual statistics, but the wording makes it sound as if it's the medications and treatments that lead to these numbers being so high. The suicide rate among transgender individuals falls around 41% compared to the 4.6% of the general population. This high number is due to lack of acceptance and lack of treating gender dysphoria (I say treating here because as of currently there is no cure for gender dysphoria). In the article, the wording of the line that talks about this subject is done in a way that makes it seem as if the effects of the treatments and medications are to blame for the suicide rate. In all, this small section should have had much more research and fact checking done on it because it is essential that correct information is being spread, especially concerning this topic. Thank you.

Signed,

Luka Morris



### BROCKHAMPTON Releases New Album

Popular boy band BROCKHAMPTON released their studio album last month.

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NOVEMBER NETFLIX

PAGES 18-19



### Kanye Prepares for Album Drop

After a massively controversial few months for the rap star, West announces an upcoming album

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# arts & style

## THE REGISTER

Vol. 134 No. 2 | November 15, 2018

# CLOSE THE GAP TALENT BASH

Student organizers hold a night of musical entertainment at Sozo Coffeehouse to benefit the National Hemophilia Foundation

## November too early for holiday decorations



MACKENZIE COUGHLIN

I DON'T KNOW

For many, the most wonderful time of the year, the holiday season, can start as soon as summer comes to an end. This urge to celebrate holidays that are still months away is encouraged by almost every store, with displays of Christmas trees next to trick-or-treat bags. Personally, this merging of holidays must come to an end before it gets unstoppable.

This holiday decoration dilemma has been recognizable for quite some time, but it definitely grows earlier and earlier every year. I have seen aisles in certain stores being cleared out for Halloween decorations as soon as August, and for Christmas decorations as soon as Halloween.

With an overlapping of decorations and holidays, it is very likely for many to have aspects of holidays lose their value. When I hear Christmas music playing over the speakers in the grocery store in October, by the time December rolls around the actual Christmas radio station that is so loved, almost become an annoyance from being overplayed.

Because this phenomenon is known by so many, the internet and social media as taken the topic and turned it into a "meme". The relatable posts convey the emotions of both sides of this situation, the ones for, and against early decorating. With such quick access to the internet and the ability to converse with others that agree as well as disagree, this topic turns into a popular point of conversation around this time of year.

Scrolling through social media and coming across post after post of others playing Christmas music and putting up decorations is so unnecessary and unwanted, but no one will say it. If that is their choice, I can't control that, but the whole world does want to know or care that their Christmas lights are up and blinking over two months before the actual holiday.

Another point to consider is when people give in to the holiday themed displays and start the decorating process far too early. It can't just be me that gets personally offended when I see a snowman before the month of December. According to a poll carried out by Confused.com, over 86% of people believe that November is too early to put up decorations.

Even though this situation is known and recognized by many people, it is baffling how nothing has changed. Consumers have realized this for a long time, but stores seem to do nothing but add more red and green festive decoration displays.

The debate over holiday decorations that can get oddly very intense, will unfortunately never get solved. As the companies making these decorations get increasing sales and attention, they create more items to buy, continuing the cycle of the love/hate relationship with the decorations in the first place.



SADIE CHELOHA | The O-Book

Mickeliunas made a guest appearance at the benefit for *Close the Gap*. Before teaching, Mick spent time playing in a band and is involved in the Omaha music scene.

### Olivia Gilbreath staff writer

Close the Gap is a project that was started by Bria Gilmore, Lydia Baum and Christina Gilmore to support Hemophilia awareness and raise money for the National Hemophilia Foundation. Joseph Mickeliunas, a history teacher at Central, has a son named Elliott who was diagnosed with severe Hemophilia A at birth.

Baum and the Gilmores are former students of Mickeliunas who decided to do this project in honor of Mickeliunas and Elliott. Baum recalled the beginning of the project during the event's introduction, "Mr. Mick has always been one of my favorite teachers. In Academic Decathlon last year, we decided that we needed to raise awareness for Hemophilia. We wanted to help Mr. Mick, so this year we decided to incorporate our ideas into a project for DECA."

The Halloween Talent Bash was an event hosted at Sozo Coffeehouse in Downtown Omaha on October 28 to raise money for the National Hemophilia Foundation. There were nine different acts at the event and there was an informational and heartfelt segment from Mickeliunas, all lasting a combined total of four hours. Students performed improv, songs (instrumental, vocal, and combinations of both) and slam poetry.

Before the performances started, students and audience members mingled and spoke of thoughts and feelings on the event. Willa Rauch, one of Mickeliunas' students, stated, "I'm nervous- the first two songs in my set are solos and they are original pieces. Jackson [Farho] and Holly [Kerr] are coming up to perform with me for the third song. I'm really excited, we're performing an Alicia Keys song. I hope it goes well."

Students of all grades performed at the Halloween Talent Bash,

but one group featured Mr. Mickeliunas as a guitarist on the last two songs in their set. Bad Self Portraits, a trio started in [find year of band starting] had a 45-minute time slot filled with their "acoustic indie pop" style music. The audience was captivated during the band's performance, people were seen moving along with the beat and recording different portions of their performance.

Bad Self Portraits engaged with the audience between songs, making jokes and conversation. Throughout their 45-minute time slot, the trio danced and moved along with the music they were making, giving off a mellow and down to earth vibe. This group embraced the atmosphere and the addition of Mickeliunas was celebrated by other performers and those who came to support Hemophilia awareness.

Mickeliunas shredded the electric guitar during his performance with Bad Self Portraits. He's been playing guitar since he was twelve-years-old and has always had a love for music.

Mickeliunas thanked his Central family for their support and the students who performed in the bash. Throughout the event, there was laughter and there were many smiles, but there were also tears shed. During his "TedTalk" Mickeliunas told the audience members about Elliott and how his family was trying to help raise money and awareness for Hemophilia.

At the Halloween Talent Bash, Close the Gap Raised six-hundred-fifty dollars through ticket sales and donations (at ten dollars per ticket). Mickeliunas jerked some tears when telling the audience about his initial reaction and discovery of Elliott's disease. "To us that was a complete shock," he told everyone, "To know your child has a disease that could limit him. Instead of looking at ways he would be limited, we looked at what we could do to help him [Elliott] and others like him."

# OMA-HOT SPOTS

From Ramen to health-food spots, Register staffers review and report on new restaurants in the Omaha Metro

Photo Courtesy of **MOLLY ASHFORD** and **OLIVIA DROBNY**

## PRESSED GROVE



**Jackson Godwin**  
staff writer

As there are multiple juice and coffee shops in downtown Omaha that have a variety of options, that won't stop a new one from opening. The Grove Juicery and Wellness Café is a popular new option on the corner of 24th and Farnam for those who enjoy vegan options and healthy options. They try to provide nourishment for a sharp mind, glowing body, healthy heart and a happy soul through natural foods and potent adaptogens. The designer, owner, and creator of The Grove is former fashion consultant Meghann Schense who used her former skills in the fashion industry to inspire this new idea.

The grove has a variety of juice options anywhere from smoothies, cold-pressed juice, house made vegan Grove milks, wellness shots, detox tonics, and beauty elixirs. While each containing different ingredients, they all provide nourishment in some part of the body. Many of the juices will make one step out of their comfort zone such as one containing maple syrup, lemon, sea buckthorn, and jalapenos. Their mission is having building blocks for a sharp mind, glowing body,

healthy heart and happy soul which is why each juice provides nutrients to nourish a certain part of your body. While stopping in from time to time may have tasty results, replenishing your body with the ingredients included in their drinks daily has been proven to help the health of one's body.

Inside the shop lies a very relaxed environment. They have an open area to relax and complete any work needed to be done while snacking on an Acai bowl or drinking a cup of their coffee with house made vegan milk. There are various seating areas for one to choose including even a couch area surrounded by tall rising plants to relax and enjoy your order.

While healthy products are an importance to The Grove flavor does not lack at all. They make sure each drinks flavor makes up for what is deceptively healthy. Without being told what is put in the drinks many would assume it is an everyday smoothie. The Grove balances bad taste but healthy and great taste but bad for you to create drinks for others that appeal to many. With another new Juicery location in downtown now, the health benefits of The Grove are set to bring in many new customers.

**Sophia Sgourakis**  
staff writer

If you are on a quest to eat healthy, I found the restaurant for you. Superfood café, Vitality Bowls, located on 67th St. in Aksarben Plaza, is the place to go. With open windows, you can see into your designated destination.

The restaurant gives off a Nebraska feel with table tops, counters and walls that consist of refurbished barn wood. Benson artists have also left their local mark by displaying their art work in the painted logo.

With seating for tables of 2 and a table for a larger group, you will find a comfortable place to enjoy your meal. A leather couch and leather chairs also provide seating. Although the restaurant seems to give off a rustic look with the barn wood, it also has a touch of modern décor with light fixtures and 3 TVs which clearly display the menu.

Pictures display popular meals and different ingredients used such as graviola, acerola and pitaya. The pictures helped me identify exactly what I wanted to try.

Guests are instantly welcomed by the owner and workers. Although the menu may seem intimidating, you are walked through the process to get something that will satisfy and excite your tastebuds.

A second menu was then showed which listed

what ingredients and toppings are included in their special, açai bowls. Açai bowls are served with the base made of frozen and mashed açai palm fruit. The menu listed all the toppings included in all eleven açai bowl options.

Workers were very helpful and made ordering a breeze. I spoke with the owner, who said rushes usually occur between 7 and 8 o'clock in the morning and evening.

With a location close to UNO, many students stop in for a healthy and nutritious breakfast and late dinner. Lunch hours do just as well with all the businesses nearby. Anybody who wants a quick and healthy meal, should give Vitality Bowls a shot.

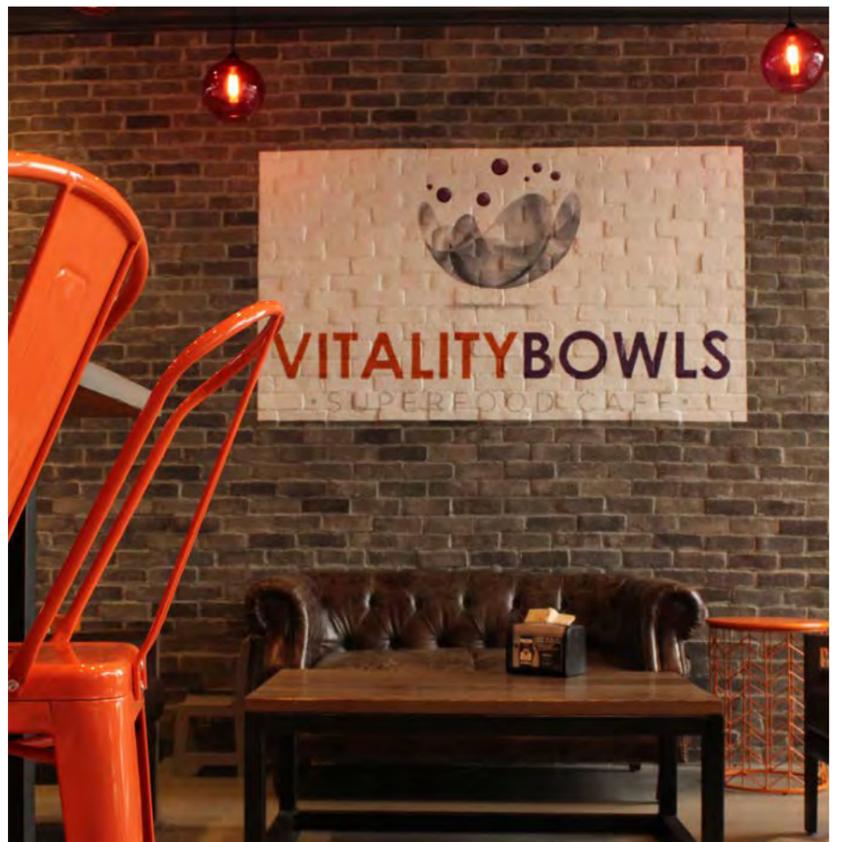
After a long process of deciding between açai bowls, paninis, salads, smoothies and juices, I decided to order the original vitality bowl and the Sunsatation smoothie. It only took a little more than 5 minutes for the food to come out.

The smoothie was served normally in a plastic cup, but the açai bowl came out in a modern metal bowl. When I first looked at the bowl, I was able to see all the ingredients that the bowl contained as toppings which was granola, bananas, strawberries, goji berries and honey.

I was quite hesitant to try the açai bowl because of previous bowls I was not a fan of. However, this bowl was different than others. I was able to taste the açai, bananas and strawberry which were

**VITALITY** on page 22

## VITALITY BOWLS



## IKA RAMEN



**Kween Alabi**  
staff writer

Ika Ramen and Izakaya is an Authentic Asian eatery that specializes in Japanese cuisine. The restaurant intermixes Japanese culture with attitudes influenced by African American culture and lies in a strip of Benson that probably holds Omaha's most active nightlife.

When arriving to the Ika, it's small yet wheelchair accessible entrance was what first caught my eye, along with the manager greeting us talking about how important accessibility is to Ika, in making a restaurant that everyone can indulge in. Next, was the open seating, as busy as restaurant's get on a Friday night Ika was extremely flexible with where my part of four wanted to be seated.

While waiting on the kitchen to receive our orders, I quickly noticed all the details that make the restaurant feel such a cohesive eatery given its location and cultural background.

The restaurant infuses it's Japanese roots by intermingling Japanese words for some of its ingredients listed under the dishes name. For people like myself, who are strangers to the language, the translations are listed on the wall in front of the dining area for a fun little scavenger hunt for their customers. The restaurant also has a TV in the corner that plays 90's and 2000's anime series.

Although sound is being drowned out by customer's conversation's and background music the subtitles are always on. The restaurant also pays homage to its Benson's location, featuring graffiti, a style of art that has a deep connection to black culture and is featured on almost every street in Benson.

Finally, the food arrives. If there's one recommendation that needs to be made to a first-time visitor of Ika, it has to be the Benson Bomb, an appetizer that is made of chicharrones (a piece of fried pork crackling), crispy pork, onions and drizzled with spicy mayo. By far the

best dish on the menu, the mix of the tangy but sweet mayonnaise mixed with the crunchiness of the chicharrones intermixed with the pork is one you have to experience for yourself.

The next dish on the list of favorites from my visit is the Tonkotsu bowl, which was recommended to me as being the best ramen bowl by the server. The Tonkotsu bowl was composed of ajimata (half boiled eggs), negi (green onions), garlic, and char siu (pork belly). The broth made of rich pork, was delicious and honestly the best ramen I've had in Omaha. The only downside of the bowl was the ajimata, as I much prefer my eggs boiled or not fully cooked. The only plate I would stay away from is the Ebi Goyza, the soggy of the goyza does well with chopsticks ending up creating a mess that's not worth the blandness of the goyza.

Overall, Ika definitely deserves more recognition and is more than worthy to be your next restaurant visit.

# Three Omaha restaurants serve unique ethnic cuisine



Photos Courtesy of **MOLLY ASHFORD, LEXI BLANKENFELD, HANNAH BROWN**

## Via Farina ITALIAN

Accurately placed in "Little Italy" south of the Durham museum, Via Farina offers a unique dining experience that seems to drop you right into a modern Italian restaurant, five thousand miles away. Via Farina offers a relaxed environment with contemporary décor that is bright and cheerful, usually with happy little yellow flowers sitting on the tables.

The kitchen and its passionate chefs are on open display, and seating at the pizza bar offers some relaxed entertainment while you wait for your food. One of the highlights of Via Farina is its beautiful, orange-tiled, teardrop shaped, wood fire pizza oven. The staff is friendly and accommodating to your every need.

The food itself adheres to the saying, "the secret ingredient is love," in that you can taste the passion of the makers in the food. The menu is broad with a lean towards those with a sophisticated palate; one pizza comes with a fresh egg cracked on top right before it enters the oven... however, their simple pizzas are heavenly as well, with their sourdough crust that is homemade and cultured on site. The restaurant is vegetarian friendly and definitely somewhere to go for romantic evening.

## El Basha LEBANESE

El Basha Mediterranean restaurant is a hidden oasis in the drudge of Omaha, off 75th and Pacific. Specializing in Lebanese food, El Basha has something for everyone... in other words, they serve in accordance to any dietary restriction I can think of; from kosher and hallah, to vegan and gluten free... and it's all delicious! The falafel wraps with mashed potatoes and lentil soup is my favorite trio.

The people are friendly, which adds to the outstanding aura of the establishment. The inside, although small, is like walking into another world. Large, dark, and wooden tables and chairs built in a middle-eastern style, and lanterns, along with the aroma of foreign spices, hang in the air to light the room. However, the highlight of the décor is the outdoor sitting area.

Hidden from the street view, El Basha's patio seating really is like an oasis, in that it is covered in greenery and even has a fountain bubbling in the center. A beautiful painted mural of a classic Mediterranean scene fills the side of the building. El Basha is relaxing and beautiful, and a wonderful place for a meal, especially if you are up for an adventure.

## Sakura Bana JAPANESE

Sakura Bana takes a traditional stance in their beautiful yet casual establishment. Upon entrance, you see an authentic Japanese Kimono hanging above the vibey sushi bar on your right, and a candy bar with Japanese candy on your left.

Unlike other trendy sushi restaurants, you feel like you could actually be sitting down in one of many nondescript sushi bars in Tokyo. Pine wood structures and airy shoji screens fill the room while the Japanese hosts greet you with a hot towel to cleanse your hands before your meal.

The food here is affordable and flavorful. Other than sushi, Sakura Bana offers a wide variety of Japanese cuisine; from soba noodles to tempura-everything. All is delicious. Chopsticks are the assumed utensil, and forks must be requested.

If you are looking for a true Japanese dining experience, don't look any further than Sakura Bana. There is no pomp and circumstance, just good food and friendly service.

**Rozlyn Olson**  
staff writer

# Despite stigma, senior plans to pursue theatre as a career

**Stella Ehrhart**  
contributing writer

They are in rehearsal. They stay for hours and hours and they work as hard as they can. They are there for every night for over a month, they can't hang out with friends or go to the football games, but it will be worth it. They start to feel excited as you watch the show coming together. They get a little giddy felling in the core of their stomach when they think about their family all being in the audience watching them. They can feel the sweat on their face and they are exhausted, but they keep working.

Imagine how the students feel that put in all that work and then are told it's not enough. There are people all over the world pursuing theater and the things they are passionate about every day. But for some reason there is a stigma around kids doing it. The National Endowment for the Arts says the share of adults who personally perform or create artworks has remained stable - 45 percent in recent years. If so, many people are doing it, why is it so stigmatized?

Lydia Baum is the Thespian President of the Central High School Thespian Troupe. Baum is a senior at Central and is planning on pursuing theater as a career. Baum has been doing theater since she was in the third grade and has done lots of community theater. She has done many shows at central. Baum is constantly inspired and supported by her parents.

Baum has always wanted to act on a stage and is recently considering film after being in a television pilot. Her idol job is to be a part of 'Second City', an improve comedy troupe based out of Chicago. Baum does plan on attending college after finishing high school. She is un sure of exactly where she will attend college but is considering Columbia College- Chicago.

She thinks that the stigma against it will be the most challenging part about her career. "Immediately the first thought is what's your backup job?" Baum said. "People not trusting I have the

passion and the drive to go for it."

Baum says to start by watching theater, then try to enroll in a class. Start auditioning and being involved in things. . She says drive is the most important, but only if backed up with passion. She says a college degree is helpful to make more connections but is not necessary.

Scott Mead has been a high school drama teacher for 13 years and has been at central for 8 years. Mead has performed in community theater around Omaha and has done lots of theater throughout high school and college. Mead received his undergrad degree at Wayne State College and went to graduate school at Eastern Michigan University.

Mead says the hardest part about a career in the arts is that it's hard to find jobs, in any element of theater e.g. (teaching, performing, technical). "It's a hard career path to follow," Mead said. He says that the best way to start directing is to find other directors and to assistant direct them and help people. Making connections is key.

Mead likes to be on stage and behind the scenes directing. "I really like that theater can bring all of the different art forms together," Mead said "That's one of the things I really like about theater."

Mead says every actor needs to get as much experience as possible, and that they are constantly working on your craft. He says some people make it without a degree and some get a degree and do great that way.

Stephanie Anderson is a teaching artist with WhyArts. Anderson has been doing theater since she was a kid. She says she is currently pursuing her idol job, doing theater with people with developmental disabilities. Anderson's career is one of the many ways people are making theater a part of their career. She brings theater into the lives of people who wouldn't have it any other way.

Anderson agrees with Mead, an actor should be constantly working and improving their skill. "Actors improve by constantly acting," Anderson

**THEATRE** on page 22

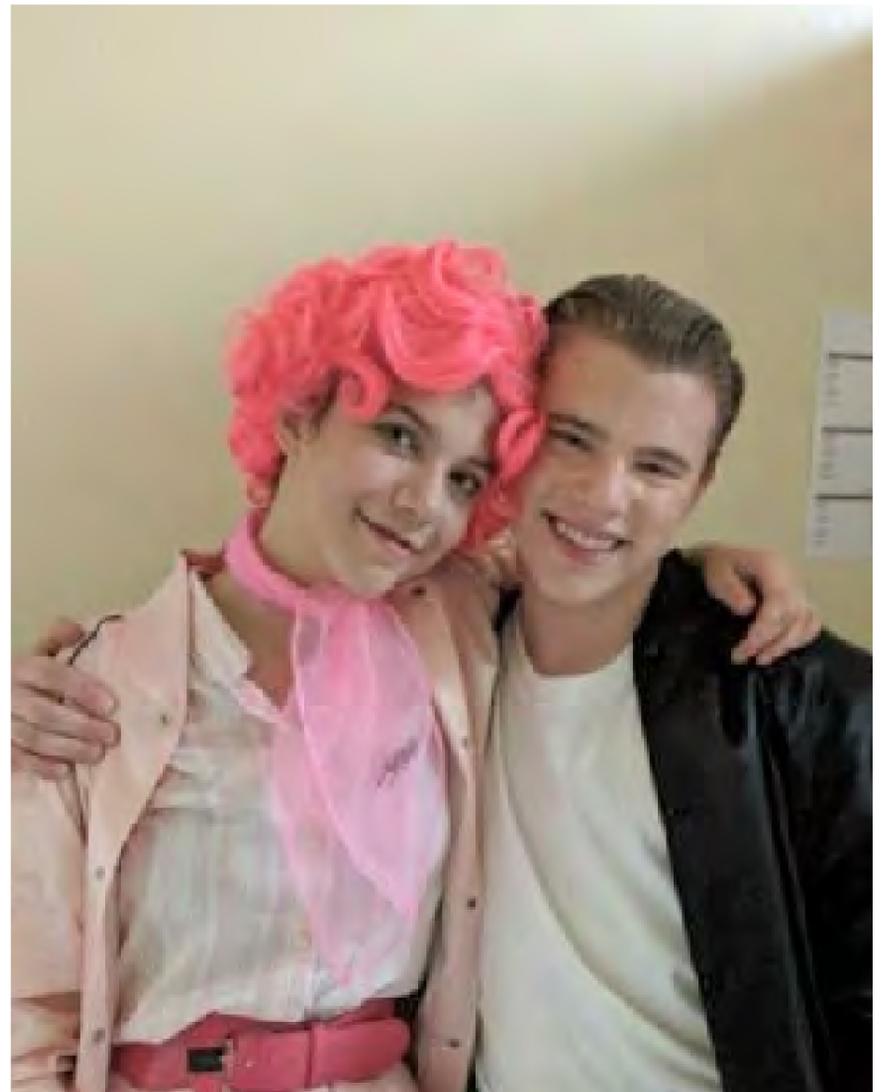


Photo Courtesy of **LYDIA BAUM**

Baum, left, poses next to fellow thespian Henry Wisneski (12) following the Fall 2017 production of *Grease*. Baum was cast to play the iconic character of Frenchy.

## NOVEMBER



**Molly Ashford**  
*editor-in-chief*

Creating a new 10-episode series out of the acclaimed *Haunting of Hill House* novel, Netflix and director Mike Flanagan have brought the supernatural thriller to life. Despite Netflix's consistent mediocrity in the realm of horror, *The Haunting of Hill House* does what little horror content does: presents terror in many forms.

While overall critical acclaim has been positive, the ten-hour-long episode format is a point of contention between critics. Though ten hours is a comparably long run time to what we consider a typical horror or ghost story, the fragmented episodes allow for different angles to be explored and for in-depth development of the characters. As twenty-first century horror becomes increasingly dependent on jump scares and predictability, a series that brings in an actual analysis of human interaction should be welcomed.

That is not to say that this series does not fall victim to some familiar downfalls, but predictability is nearly impossible to avoid in horror. Despite being centered around a stereotypical haunted-house story, *The Haunting of Hill House* also dabbles in the psychological realm. It is not only scary that ghosts and demons and supernatural worlds exist in this series, but the effects of paranormal experiences on the main characters help to guide the show into something more substantive than most modern horror films.

More than anything, the show has a gold mine of a plot, which is heavily attributed to Shirley Jackson, the woman who wrote the 1959 novel on which the show is based. Anything with children and horror is inherently scary to many audiences, and the story focuses heavily around the way that children dealt with ghosts in their young lives and the way that it haunts them—literally and figuratively—into their adult lives. The balance of interpersonal relations and supernatural relations leads the audience to be invested in the show on multiple levels.

The most appealing aspect of the show, in my opinion, is simply the fact that it is exactly what Netflix needed. As the platform has become more and more known for original content, horror endeavors have continuously flopped. Because of the already established following and name recognition that *The Haunting of Hill House* possesses, the show has already received more mainstream media publicity than any of Netflix's recent horror series or films.

*The Haunting of Hill House* fulfills its purpose on many fronts, as it not only offers an unsettling and traditionally scary ghost story, but also serves as a good omen for future horror content on Netflix.



**Emma Whaley**  
*executive editor*

**T**he Netflix original cartoon *Big Mouth* is disgustingly funny. And I mean disgusting in the best way possible. The second season of the comedy is no less funny than the first. The adult cartoon circles around a group of middle schoolers and their “hormone monsters” as they dive into puberty and the world of semi-adulthood. Not for the weak of heart, it has no lack of inappropriate scatological humor, sex jokes, and cartoon nudity: definitely at least a PG 13 rating, definitely not something to watch with grandma. The characters are voiced by such names as John Mulaney, Jason Mantzoukas and Maya Rudolph and the show is written by Nick Kroll, who voices another character, Andrew Goldberg, the mind behind *Family Guy*, Jennifer Flackett and Mark Levin.

The second season of a show can be tricky; the last thing anyone wants is for character intentions to change or plotlines to fly off the rails. Fortunately, *Big Mouth* retains its initial integrity, if it ever had any. Character intentions shift, but not too far. After all, the characters are 12; things are bound to change. Old crushes dwindle and new ones replace them, people experiment with drugs and boys, depression strikes and friendships get pulled apart, you know, classic middle school stuff.

For some reason, this show has decided that fourth-wall breaks qualify as humor. And, for some reason, they make it work. The second season of *Big Mouth*, much like the first, is full of audience interaction at the credits and shameless promotions for Netflix itself. For some reason, perhaps due to the already ridiculous nature of the show, the breaks don't appear out of place. It's a dumb little detail, but something about it makes the show memorable. There aren't a lot of programs that can do that and seamlessly blend it into the show.

Despite the show's overall comedic intentions, there are times where real lessons get mixed in, sometimes leading to a downer episode. Body image, depression, divorce and slut shaming all get discussed in detail in the second season. Modern politics makes its way in the mix - though not to the extent of, say, *South Park*; it's only mentioned - and there's a whole quasi-educational episode about Planned Parenthood. While these themes do bring the energy of the episode down a bit, the remaining comedy is enough to keep it happily entertaining.

*Big Mouth* is a trash pile of a television show - but it works. It's truly hilarious and relatable; we've all been jealous of our friends and we've all had a crush on someone we thought was out of our league. If you don't watch it for the comedy, watch it for the art style, the little songs built into the episodes or the

# NETFLIX FIX

Photos Courtesy of NETFLIX.



**Simon Bullerick**  
staff writer

Halloween may be over but spooky season isn't. As days are shorter and weather gets colder staying warm inside doesn't seem to be a bad idea. Netflix has plenty to offer, and with their new segment Netflix and chills featuring some of the scariest movies and shows they can offer to keep our nightmares fueled for the season. Releasing different titles throughout the season it'll keep the segment alive and exiting until you run out of candy.

From Netflix originals to classic blockbusters, they have it covered for whatever type of scare you desire. "The Witch" is dark and disturbing following a sinister witch and her plot of tormenting this family for her own gain. "Terrifier" is modern take on the classic killer clown idea with makeup and effects that will surely come to haunt you. "1922" is made by Netflix is about a murderous husband told through Steven King who has never failed to give us a scare.

Movies aren't the only option if you don't like being tied down for 90+ minutes offering plenty captivating tv shows. The award-winning show "American Horror Story" keeps updated with the new chilling season "Cult" following the events and terror

after the 2016 presidential election. More recently, Netflix released a new original series, "The Haunting of Hill House." Only being out for a few weeks now it is being praised for its eerie, cryptic storytelling and effects. Along with "The Walking dead" "Death note" and others, movies aren't the only option this Halloween

Even if scary movies aren't your thing, Netflix makes sure you aren't left out. With a variety of horror comedy's in their collection, we can still celebrate Halloween without freaking ourselves out. "The Babysitter" is a slasher comedy featuring many old YouTube/Vine stars in this Netflix original. "Tucker and Dale vs. Evil" is an absurdly gory comedy of two dimwits avoiding all sorts of evil. It's Hard to get a horror comedy right as there completely contradicting genres, but when it is done correctly it's a good way to spend a cold spooky night inside.

Netflix covers all bases, from their own originals to classic thrillers like the "Shining." Never failing to please their audience, Netflix makes celebrating the spooky season easy. Everyone loves Halloween and its incredible to see Netflix fuel that love, and the play on Netflix and chill joke that started years ago is hilarious to see them embrace it.



**Mackenzie Coughlin**  
staff writer

If looking for a new dramatic, horror, and action filled show to binge watch this fall season, Netflix's Spanish series Elite could be just the one. This one-season series dropped to Netflix in early October and has gotten overall great feedback, with many eagerly wanting a second season. The show touches on several important social issues while remaining in the high school setting. Because of the show's school and teenage environment, it very much appeals to the older school aged population.

The opening episode of the series begins with a group of three lower income students, Nadia, Samuel and Christian, being transferred to a very wealthy and prestigious academy, Las Encinas, through a scholarship. They received this opportunity when their old school burned down, and all of the students were sent to different local schools.

When arriving at the "elite" status school, it is clear to the viewer that the students are not welcoming of the transferred students. They give them snarky looks and talk about them to their friends. The students and teachers of Las Encinas even go as far as to shame their Muslim culture, for the rest of the school is white.

Because of the conflicts between the students and friend groups, a shocking turn is took

as a murder ensues. This plays into unique storytelling aspect of the series, where there are flash-forwards of every student being interviewed by a police officer about said murder. These allow for more additions to the suspense of finding out the killer.

Elite is the second Spanish original series to come to Netflix, following Cable Girls. This is breaking down the genre's barriers as more diverse content is added to the mix. It is said that Elite is unique in its own ways but has also been compared to Netflix's Thirteen Reasons Why, for its overly dramatic high school characters that deal with heavy situations.

The social issues that tie into the episodes include drug use, sexually transmitted diseases, unwanted pregnancy, social exclusion and love triangles. These topics are quickly thrown onto the characters and the viewers can see how different people handle each tribulation. The way the characters portray their parts is very artfully and emotionally done. This new Netflix series is definitely worth a watch.

# Review: Beautiful Boy showcases acting, cinematography falls flat

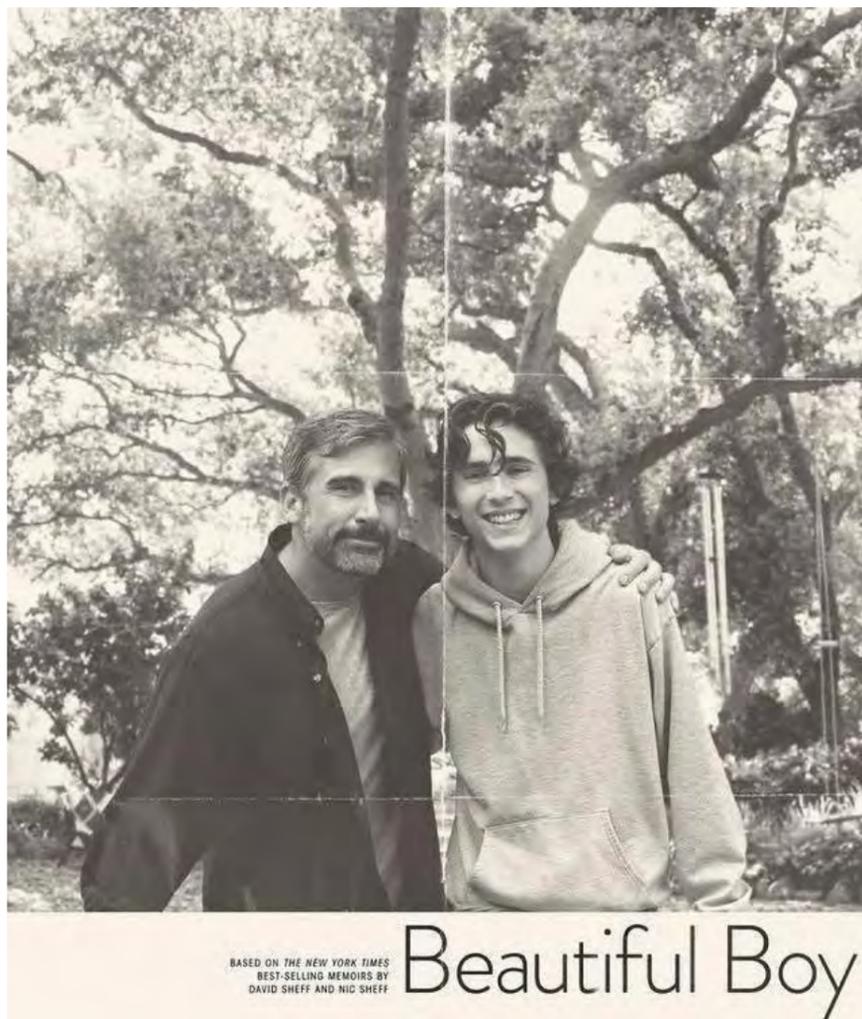


Photo Courtesy of IMDB

**Malcolm Durfee O'Brien**  
*Managing Editor*

“Beautiful Boy” was released on Oct. 12. It stars Timothee Chalamet and Steve Carell and was directed by Felix Van Groeningen. It was based on a book of the same name by David Sheff, which tells of his struggle with his son’s addiction. Like the book, the film chronicles Sheff’s struggle to help save his son from meth addiction.

Probably the strongest aspect of this film is the performances. Steve Carell is fantastic and convincing as a father struggling to help his son, and, due to his being Steve Carell, is extremely easy to get attached to and to empathize with. However, there were moments in his performance that took me out of the film. For instance, when Carell yells, his vocal cadence matches that of his character, Michael Scott, from *The Office*, and as such, when he yells, I had a hard time holding back laughter because I thought, “what crazy hijinks is that Michael up to today?”

Timothee Chalamet did a great job as the meth addicted son of David Sheff (in part because he already looks like he is addicted to meth) and gave great emotional depth to the role. He makes this abusive, manipulative, brash character likeable and forces the audience to identify with him and his struggles.

The supporting performances were all strong, such as one from Amy Ryan as Chalamet’s stepmother, who is clearly devastated by Chalamet’s character’s behaviors. The child actors who play David Sheff’s (Carrell) younger children were

surprisingly effective and did not annoy the audience.

The soundtrack is also fantastic, using songs from David Bowie’s “Low” to highlight major stages in Nic Sheff’s (Chalamet) addiction and is used extremely well to contrast his past with his present and to highlight major points in the film. Also, the songs tended to be good. The direction was also fantastic. The camera’s framing is strong and reflects the character’s emotional state. Innovative techniques were used to demonstrate Sheff’s struggles with addiction.

The film’s weakest aspect was the cinematography. The lighting was that muted, drab, and gray that looks nothing like the real world and serves only to make the audience feel “sad.” It takes the viewer out of the movie and makes it harder to understand the characters because when it makes one think, “I’m just watching a movie.” This lighting is especially terrible due to the structure of this film, which weaves in and out of flashbacks. The lack of contrast between the lighting in these different periods significantly weakens the otherwise effective contrast between periods in Sheff’s life in this non-narrative structure. Sometimes the dialogue undercuts more emotional moments in the story and made the story’s impact lessen.

Overall this film was quite good. The message of it is especially important while we are in the depths of the opioid crisis and dehumanization of addicts is rampant. I give this film six “not as good as the books” out of ten.

## Top four fall-themed recipes for the upcoming cold season

**Grace Turner**  
*staff writer*

Photos courtesy of respective websites in article

### Pumpkin Bread

This may be the most basic and widely accepted fall baked good through out the United States. However, the beauty behind pumpkin bread is it can be redesigned and imagined each time it is made. One of these great varieties is pumpkin streusel bread, which is a traditional pumpkin bread with a brown sugar, cinnamon and oatmeal filling and topping. This particular recipe changes the ideas behind a traditional pumpkin bread without detracting from the original goal.

Another great reason to bake pumpkin bread is the easy to obtain ingredients and fairly simple baking methods. Unlike some of the other recipes on this list, the hardest ingredient to find is canned pumpkin. This is available at every grocery store and is not overly priced. Additionally, to make pumpkin bread, it is only a quick mix and about 40 minutes in the oven, compared to the long kneading and rising process associated with most yeast breads.

The best pumpkin bread recipe can be found at All-Recepies. The great thing about this recipe is it is easily reduced (so you can half it to make less bread.) Also, it is easy to change the amount and types of spices in this recipe to fit personal taste, or even turn into a different type of pumpkin bread, such as a pumpkin streusel bread.

### Pumpkin Spice Cookies

Pumpkin spice is the most popular flavoring during the fall season, but it is also quickly over used. However, pumpkin spice cookies take a possibly disastrous and overused flavor combination, and turn it into an amazing flavor combination. This cookie is made by taking a regular chocolate chip cookie recipe, taking out the chocolate chips, and instead adding pumpkin spice. Then to finish the cookie, it is rolled in a pumpkin spice and sugar mixture before being baked.

The best recipe for these cookies is at juststasty.com. However, this recipe can be hard to use because it calls for a vast amount of spices. Yet, it is definitely worth making these cookies. The recipe claims it takes two and a half hours to bake, yet most of this time is spent letting the dough chill, and a baker can be doing anything they want during this time. Although this recipe takes a vast number of spices, it is definitely worth making these cookies before the end of fall.

### Apple Pie Bites

Moving on from the pumpkin inspired recipes, apple pie bites are perfect for people who like fall flavors but hate pumpkin. These pies are extremely miniature and are a lot easier than the traditional apple pie. That being said, these pie bites are still easier to make when using a pre-made pie crust. While maintaining a perfect crust consistency is much less important in this recipe than a traditional pie, nailing the perfect pie crust is nearly impossible. Using pre-made pie crust saves a lot of time, energy and quite honestly sanity.

Real House Moms provides an amazing apple pie recipe. This recipe is more similar to an apple pie as both sides of the apple slice are surrounded by a flaky crust. The recipe calls for a homemade caramel sauce, but as caramel is not always fun to make, another great alternative is using a slightly thicker icing. Normally when making icing the perfect recipe is one cup of powdered sugar to every ¼ cup of water. However, this recipe may be either too thick or too runny, so it can easily be changed by adding either a tablespoon of water or a ¼ cup of powdered sugar based on the desired consistency.

### Candy Bars

This is the perfect recipe for getting rid of all the extra candy from trick-or-treating. However, it is only good for chocolate candies. I highly recommended cutting large candy bars into multiple parts before adding them to this recipe. The flavor of this is more of a winter flavor, as typically chocolate is best in winter holiday recipes, yet this makes the fall list for its ability to use leftover candy effectively. This is basically a chocolate chip cookie recipe where instead of using chocolate chips, candy bars are used. This is also best when baked as a tray and then cut apart, rather than individual cookies, as the candy makes individual cookies spread really easily into thin wafers.

Relish.com has a great recipe and includes a list of usable candies. However, Twizzlers and jelly beans are not always the best choice to include due to their fruit flavoring. Normally using chocolate-based candies turns out a lot better. Another trick this recipe neglects is doing a traybake. Instead of forming individual cookies, spread the cookie dough into a greased 9x9 pan and bake for about double the time, or until the batter is a golden brown and a toothpick inserted in the middle comes out clean. This keeps cookies from spreading and allows bakers to control the portion sizes on pieces.



# HOROSCOPE

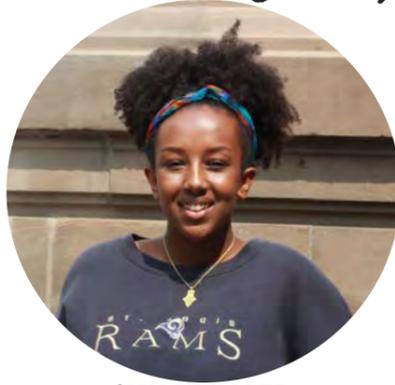
**Aries-** Commitment is a big theme this month for you. Relationships will be improving and becoming more serious. Be open to new creative endeavors and take charge and become a leader in those situations. Don't hesitate to commit to new opportunities, they will have a good result.

**Gemini-** Try not to be so stuck on maintaining control of every aspect of your life. Instead be more open to changes in your plans. Let other people help you with your projects and accept their advice and opinions. Sometimes a different person's perspective is just what's needed to make a project a success.

**Taurus-** There will be a major conflict in an important relationship in your life. Some topics that may be difficult to discuss might come up. Don't shirk away from those conversations. It'll lead to a huge shift in that relationship. Whether or not it's a positive shift will be up to you.

**Cancer-** You've had to be independent lately and take of problems on your own. There are useful lessons in those situations, don't take them for granted. Accept those responsibilities and work to accomplish them to the best of your abilities.

**Leo-** You may be feeling a lot less social these days and that's okay. You should stay home and relax, you don't always have to be out and social to be productive. Clean out your personal spaces and take this alone time to reflect on what you need in your life and what's just clutter.



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**Virgo-** Some decisions and plans you make in the coming weeks will have an impact on your future. It's going to be important while making those decisions to focus on the big picture. Let go of some of the little details. Everything doesn't have to be perfect to be a good addition to your life.

**Libra-** You recently celebrated a birthday. Start this new year with a fresh outlook on your projects, relationships, and life in general. Focus on improving the old relationships as well as cultivating new ones. This is a much-needed time of renewal in your life.

**Scorpio-** This will be an important month for you, Scorpio. Don't put off telling a friend or family member that secret

you've been meaning to talk about. If you aren't the one to bring it up, it'll come out some other way and cause more pain. Be honest and open to criticism and all will eventually work out.

**Sagittarius-** Embrace teamwork and help from others if you need it. Asking questions and asking for help isn't a sign of weakness, it's a sign of strength. Most times, people genuinely want to help you. Accept their efforts, you might even learn something from them.

**Capricorn-** Remember the golden rule, do to others as you want done to you. Don't take advantage of opportunities that were meant for someone else. What's yours will be given to you, it just might require a little more patience than you have anticipated.

**Aquarius-** Being in the spotlight is fun and exciting but reflect on why you are receiving attention in these coming weeks. Is it because of something positive or because of something that only appears to be positive. Decide on whether or not the attention you're receiving is a good addition to your life.

**Pisces-** Keep negativity away from you. You deserve stability and reliability in your life. Some people around you right now might not be providing that for you. It's probably best to distance yourself from them to gain perspective on their impact on your life.

## Mac Miller's last album highlights late artist's struggle



Grace Salanito  
staff writer

In his fifth studio album, "Swimming," Mac Miller seemed to be continuing his new sound which he displayed on his previous 2016 album 'The Divine Feminine'. The release date following his public break-up, he wanted to make sure listeners knew that "Swimming" isn't a breakup album, it's a more complete picture of my life."

A month before his deathly overdose at 26, Mac was pictured on the album cover bare-foot sitting up-right in a coffin with a window. On "Swimming," he makes frequent reference to keeping his head above water... or not, "Got my head underwater, but I ain't in the shower, and I ain't getting baptized," he raps over the sluggish, dancehall-inflected trip-hop of "Jet Fuel."

At the end of May, Mac released three songs from the album to give listeners a taste of what was coming at the beginning of July when he released the album. Hit single "Self Care" was released with a video to follow. "What's the Use?" was also released, featuring vocals from Syd, the legendary Snoop Dogg and long-time friend and frequent collaborator Thundercat.

On this album, the Pittsburg native oddly enough strayed away from his usual lyrics about not only struggling with drug addic-

tion, but also using it as a coping mechanism along with his music. On highly praised track 'Self Care', lyrics like "didn't know what I was missing/ now I see a lot different/ I got all the time in the world / it's a beautiful feeling" make it obvious that the artist had grown a lot over his career.

Track '2009' begins with a full orchestra, followed by a kick drum and Mac. On this song he expresses how his life has improved. "Nowadays all I do is shine/ take a breath and ease my mind/ I don't have it all and that's alright with me". He also discusses trying to buy happiness, "Isn't it funny, we can make a lot of money/ buy a lotta things just to feel a lotta ugly". But they all keep the same overall theme: perseverance. "They ask me what I'm smiling for/ it's like I never been alive before/ I struck the f\*ck out and came back swinging."

Despite the underwhelming initial record sales, after his death Mac's the record sales, specifically 'Swimming's sales, sky rocketed. Not just one but five albums of his spent weeks on the Billboard Top 200. Swimming earned 67 thousand equivalent album sale units the week of September 13th, following the artist's death on September 7th.

Some claimed that his listeners didn't appreciate his music enough while he was here, but the sky-rocket in sales shows how much his listeners were grieving his death.

## Brockhampton album appealing, unique to industry



Photos Courtesy of GENIUS.COM

Hailey Huftless  
staff writer

Brockhampton, a boy band of 12 men released their new album, "Iridescence," on September 21, and automatically gained attention.

The album consists of 15 songs, which all have a very different tone. The tone of the album is a mixture of R & B and rap. All the tracks have a combination of different voices and backgrounds.

An interesting element about this element is the meaning behind some verses can be seen as deep but are combined with high energy music distracting the listener.

For example, in 'TAPE' a verse is "Tragedy after tragedy, God, send a message. Send a messenger my way, never claimed to be a saint, forgive me" is seen as negative but paired with high energy music.

Some of the tracks can be hard to get through given the large amount of auto-tune and vivacity but are nonetheless still entertaining. Compared to previous albums, Iridescence does have a different vibe, but still carries the high energy and diversity.

This new album is more focused on singular voices, considering many of the

members have their own verses when in previous albums there was more harmonizing.

This will be the fourth studio album released by the group. The group was not signed until after the third album was released. The group was signed by RCA Records in March 2018 and released their most recent album six months later. Iridescence reached the number one spot on Billboard's 200 Albums Chart within a week of the album release.

Due to social media attention and advertisement, Brockhampton continues to prosper given the release of their new album, With every merchandise 'drop' the material sells out completely within days. The band has also gained mass attention and starred on Jimmy Fallon on October 25.

Brockhampton's 'I'll be There' tour is a mixture of the new album and previous albums. The setlist for the current tour contains roughly half old albums and half Iridescence. In my opinion, the album was a success because of it is different from the other albums being presented in the current music industry.

# Kanye West shies from controversy preceding 'Yandhi' album

Photo Courtesy of TMZ.

Tyler Zipay  
staff writer

Everybody's favorite rapper is in the news again. Kanye West, whose new stage name is 'Ye' has made some very controversial political remarks lately. But that's not all! He also has a new album on the way.

In recent months, Kanye has come out as supportive of, or at the very least willing to cooperate with, President Donald Trump. The rapper has also been seen all over social media with his 'Make America Great Again' hat, which he purportedly had tailored to be a baseball cap instead of a flat bill.

On September 29th, West performed on the 44th Season Premier of Saturday Night Live, during which he wore his MAGA hat and made a series of statements in support of Trump, which stirred up plenty of controversy on social media.

"This represents good and America becoming whole again. We will no longer outsource to other countries. We build factories here in America and create jobs. We will provide jobs for all who are free from prisons as we abolish the 13th amendment. Message sent with love" West tweeted the day after his SNL appearance.

Twitter was ablaze after he made his comments. West received a lot of criticism from other celebrities and prominent Democrats, for apparently endorsing the abolition of the constitutional amendment that abolished slavery.

Later that day, he clarified his comments, saying that he meant that the amendment should be changed rather than completely abolished. "The 13th Amendment is slavery in dis-

guise...meaning it never ended...We are the solution that heals," he again tweeted.

West was likely referring to the amendment's 'exception clause,' which stipulated that involuntary servitude is legal if it is a punishment for a crime. The exception clause of the 13th amendment is still used in prisons today, to get inmates to perform work for no pay; what has been described as 'legal slavery.'

On October 11th, the rapper met with Trump in the oval office and discussed issues such as prison reform, economic policy, and race relations. Kanye gave a ten-minute speech, which the president said was "quite impressive." Trump also said that West was a "smart cookie," and that he "gets it."

West shot back at SNL cast members and Democrats by saying "What I need Saturday Night Live to improve on, or what I need the liberals to improve on is, if he (Trump) don't look good, we don't look good. This is our president. He has to be the freshest, the fly-

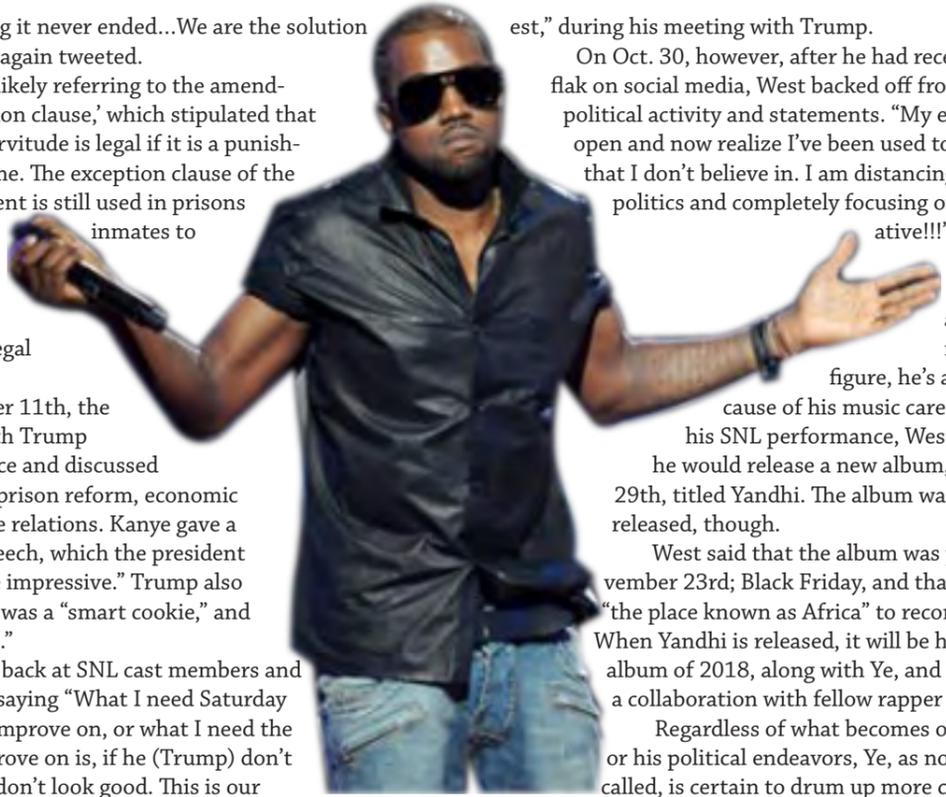
est," during his meeting with Trump.

On Oct. 30, however, after he had received plenty of flak on social media, West backed off from his previous political activity and statements. "My eyes are now wide open and now realize I've been used to spread messages that I don't believe in. I am distancing myself from politics and completely focusing on being creative!!!" he tweeted.

But Kanye, after all, is not a primarily political figure, he's a celebrity because of his music career. A week before his SNL performance, West announced that he would release a new album, on September 29th, titled Yandhi. The album was never actually released, though.

West said that the album was postponed to November 23rd; Black Friday, and that he was going to "the place known as Africa" to record his new album. When Yandhi is released, it will be his third studio album of 2018, along with Ye, and Kids See Ghosts; a collaboration with fellow rapper Kid Cudi.

Regardless of what becomes of his new album or his political endeavors, Ye, as now wants to be called, is certain to drum up more controversy, or rather, Kan-trovers-ye.



## Vitality Bowls offers fresh food

VITALITY BOWLS from page 16

blended in. The bowl was 20 ounces and filled me up without making me feel uncomfortably stuffed. The smoothie consisted of lemonade, raspberries, strawberries and bananas. It was very smooth and refreshing with a hint of berry. No fruits were too overpowering or not powering enough. With both items, I tasted what I expected and got my money's worth.

After going in once, I can't help but become a regular costumer from now on. With the two items I tried, I can already expect other meals to please me just as much. Vitality Bowls is a quick, healthy and fresh restaurant for the Omaha area. So, if you want to pick up a quick lunch during break, try Vitality Bowls instead of any fast food restaurant.

## Arts education proves valuable for senior

THEATRE from page 17

said. "You don't need a degree or years of experience or a mentor. You just need to get out and do it."

Anderson went to UNO and studied theater with an emphasis on directing. She said she knew she wanted to study theater so going to UNO was easy. Anderson said they have a nice theater department and she wanted an opportunity to work in all areas of theater.

Anderson did not stay in college her whole time though. "I actually got offered a job at the Emmy Gifford Childrens Theater while I was in college, so I left school to work there" Said Anderson "I thought I would regret not doing it to stay in college, when the reason I was there in the first place was to get a job at a theater."

"I just think everyone should try theater at least once. It's a super freeing experience and everyone should give it a shot," Baum said.



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### Sexist soccer salaries

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ACP kids team up with other students on a bowling team led by coach Kreber

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### Varsity volleyball leader

Senior Laura Timmins guides the volleyball team throughout her last season

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# sports & leisure

THE REGISTER

Vol. 134 No. 2 | November 15, 2018

## ROCK-STAR

Rock-climbing senior Michael Pavel explores his talent through training and competition



Photos Courtesy of MICHAEL PAVEL

Left: Senior Mike Pavel free-climbs the side of an un-secured rock. His daily training prepared him for the many climbing challenges he has encountered. Right: With chalk on his hands, Pavel practices his climbing route in his head before taking to the open rock. Through designing and setting routes at the gym, he knew how to take on an unexpected climb.

**Anne Gallagher**  
*executive editor*

Michael Pavel is a senior who has been perfecting his rock-climbing skill for the past three and a half years. He travels cross-country to compete at competitions and has devoted much of his life to the sport.

Since the opening of the local gym, Pavel has been a dedicated member which has driven his success. The guidance of his coach John Faist has helped him to become one of, if not the best climber in his division. “The two competitions I’ve been to this year so far, I’ve won by a large margin,” Pavel said. “So I’m still training hard every day to keep that up”.

Through frequent intense training sessions at Approach and the dedication that comes with being a climber, he has prepared for many competitions locally and throughout the country. “My coach put me on extensive training for the whole summer,” Pavel said. “I’m at the gym every day”.

Through this dedication, Pavel has made himself promi-

nent at Approach. He sets climbing routes for the gym and attends members-only events frequently.

Although he enjoys the movement and strength required for climbing, the only reward he earns is one day off before his competitions. “Pretty much all I get from climbing is being able to climb a lot harder,” Pavel said.

He has developed his overall strength through strenuous workouts that range from climbing-specific workouts with short breaks to grip strength training where he can sometimes only use a portion of his finger pad to hold him up.

This training has resulted in a lot of success for Pavel, yet he feels that this will be the year he finally makes it to nationals. Last year he placed 8th in divisionals and missed the cutoff for nationals by a tenth of a point. “That really boosted my thought process because I knew I had to get stronger,” Pavel said.

Although tendon injuries have affected him slightly, he is confident in his ability to make it to nationals this year which will be held in Oregon in January. His coach has served as an

inspiration to him throughout his training process. “He’s just overall one of the best people I have ever met,” Pavel said “he is definitely one of my role models.”

To prepare for competitions Pavel stops climbing a few days before and completes easier workouts to prepare. “I eat like seven eggs the morning of the competition,” Pavel said. His diet proves to be strict, yet his dedication to the sport overshadows his desire for any processed foods.

Next year, Pavel will be too old for the youth division, but plans to coach the team and continue climbing. “Coaches are very knowledgeable about movement and how the body works,” Pavel said. With his intense commitment to and knowledge of the sport, it won’t be challenging for him to take on a coaching role.

Overall, Pavel’s motivation has brought him to a place of great distinction in the local and national climbing community. “Winning puts me in perspective to other people,” Pavel said. “I don’t necessarily want to be number one, I just want to be the best I can be.”

## Nebraska basketball begins year with most promise in decades

This is the year it needs to happen, if it does not, it might never happen. This is the best chance the Nebraska men’s basketball program has in this millennium to finally take their names of that dreadful list. The list of Power Five programs to have never won a game in the NCAA Tournament. Currently there is only one name on the list: Nebraska. This season’s purpose needs to have one concrete goal: Reach the Round of 32 of the NCAA Tournament.

Nebraska began the 2018-2019 campaign last week, and last night faced their first real test of the season against Seton Hall. The Huskers return their four leading scorers from last year’s team that went 22-10 overall and 13-5 in the Big Ten. Three of those players are seniors; James Palmer Jr., Isaac Copeland, Glynn Watson Jr., and one junior, Isaiah Roby. It truly is now or never for this group. A group that is by far the most talented Nebraska team head coach Tim Miles has ever in his 7 years in Lincoln.

The only reason Nebraska did not make the NCAA Tournament last year was because the Huskers did not have enough marquee wins, their schedule was weak, and the Big Ten, as a whole, was apparently not good. Nebraska played two Final Four

teams in the regular season and beat them by a combined 19 points. The Big Ten had a team the National Championship Game and won the NIT. In that conference, the Huskers finished fourth in the league standings and earned a double-bye in the Big Ten Tournament.



**ARI SALTZMAN**  
GO BIG RED

This year, the Big Ten is evidently supposed to be better. The league also plays a 20-game conference schedule for the first time this season, instead of the 18-game schedule that was last year. It should help the league as a whole have a better strength of schedule.

Nebraska’s schedule has plenty of tough opponents, starting with last night’s game against Seton Hall. On Tuesday, the Huskers will play either USC or Texas Tech in the Hall of Fame Classic in Kansas City. The following week, Nebraska heads to Clemson, SC to play Clemson, a Sweet Sixteen team last year, in the ACC/ Big Ten Challenge. After that, it is two early December conference games before playing Oklahoma State in Sioux Falls. In between those two conference games and Oklahoma State, Creighton comes to Lincoln. Tim Miles has never beat Greg McDermott, and the Huskers have not defeated their instate rival since 2010. This is going to be the best chance for both to happen since

**NEBRASKETBALL** on page 27

## Junior Cassandra Wiley shows dedication to an unusual sport

Emma Whaley  
executive editor

Most teenage girls run track or play volleyball to stay fit. Maybe some have gym memberships for a more intense workout. But, for junior Cassandra Wiley, these activities are just too mundane.

Cassandra rock climbs at Approach Climbing Gym. She's been climbing since last summer and goes two or three times a week.

"It scares a lot of people but something about it intrigued me," she says, "There's a 16-inch mat, so ... you don't feel anything if you fall - except when you fall hard." It's certainly not a common recreational activity. Most people wouldn't consider climbing a wall for fun. But Cassandra assures that, once a newcomer gets into it, they get really into it:

"It's just addicting."

Rock climbing is a fairly male dominated sport, though the popularity and success of female climbers, such as stuntwoman Jessie Graff, is growing. Cassandra, who often brings friends to the gym as guests, confirms this.

"The guys seem not be very good at it. They want to use their muscles and do pull-ups all the way up the wall," she says. "It burns different muscles. Like weightlifters can come in there and be completely destroyed the first five minutes of climbing."

Though she is fully accepted at Approach, the results of her past-time leave some people frazzled.

"People will shake my hands and be like 'I don't think that's right, for a girl to have calloused hands,'" Cassandra says.

Approach Climbing Gym, along with being a recreational gym, has a competition team that travels, sometimes across the county. But, for Cassandra, it's not about competing:

**It's a good atmosphere at the gym... It's really fun to go - it's not like you're working out.**

**CASSANDRA WILEY**  
amateur rock climber

"The whole thing about competition though is you don't get paid to do it. You have to pay to do it and you have to pay for travel and everything."

It's already an expensive activity. Cassandra bought her own climbing shoes and equipment with her own money, as well as her annual membership, which is \$500.

"You'll go in the first time and you'll wear a rental pair of shoes and you're not going to enjoy your experience," she says. She compares it to ice skating; some people will go in a few times a year and rent equipment, but for those who use it as a continuing hobby or for exercise, it becomes more logical to buy your own. At Approach, it's \$27 for a day pass and a rental gear package.

"Everybody that goes to that gym has put a lot of money into it," she says. "It's probably just as expensive as a premium gym membership."

So why would any busy teenager subject themselves to this? For Cassandra, it's more of a mental exercise than a physical one.

"It's a good atmosphere at the gym," she says. "It's really fun to go - it's not like you're working out. It's completing a route, completing a problem every time you go on the wall." The walls are changed up a couple times a month to keep climbers from becoming bored with the same routes.

Cassandra finds her rest periods to be nearly meditative. "The gym is very respectful: you don't have your phone dinger on, you don't have loud music," she says.

The best part for her?

"It's a relaxer. As much as it stresses you out currently, while you're trying a problem, being away and going by myself is one of the most relaxing things. You can do your own things. You can be more aware of yourself. You're in school all the time, thinking about other things. And then you're at working having to think about customers. And you never get time to think about yourself."

## Expectations high as Nebraska begins 2018-2019 basketball season

**NEBRASKETBALL** from page 23

streaks began.

After Oklahoma State, its two non-conference opponents before league play continues. Nebraska has to again, do what they did last year, and not lose a "buy-game", unlike 2014-15, 2015-16, and 2016-17. In the Big Ten, Nebraska plays, Iowa, Minnesota, Maryland, Illinois, Purdue, Michigan State, and Penn State twice. They also get Ohio State in Lincoln. That means there will be ample opportunities for good wins.

It is, of course, up to the players to achieve their goals. The offense will be centered around Watson, and Palmer, with Watson playing the point, and Palmer being Nebraska's go-to guy. Palmer finished as the Big Ten's fifth leading scorer last year with 17.3 points per game. If opponents double Palmer, Nebraska can look to go inside and get Copeland and Roby involved. Both can also be a threat from beyond the arc. On the other end of the floor, the defense will

be centered around Watson and Roby. Watson finished seventh in the Big Ten last year in steals, averaging 1.38 steals per game. Roby finished fourth in the league in blocks, rejecting 2.0 blocks per game.

There are expectations for this season that are almost never this high for the Huskers. Most media outlets are projecting Nebraska to make the NCAA Tournament, and some say Nebraska is a Sweet Sixteen caliber team. Most are predicting that Nebraska will earn a double-bye in the Big Ten Tournament again. The Huskers should have a legit shot to win that tournament. Individually, Palmer should contend for Big Ten player of the Year, and he will look to make back to back first team All-Big Ten teams, after he made the coaches All-League team last year.

Maybe, Nebraska will get lucky for once with injuries, and win a game in the NCAA Tournament. Either way, the most important Nebraska basketball season this millennium should be fascinating to watch.



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# Varsity volleyball senior leads team in strong season

Simon Bullerdick  
staff writer

Varsity volleyball, led by coach Thorn is something that shouldn't just be pushed to the side. With a season consisting of 36 plus games and four tournaments plus districts the varsity team ended the year with a 19-13 record.

Volleyball is nothing without teamwork. When you watch the team take the court there's nothing but support from each other, with the team slogan being, "be weird" they encourage each other to be themselves on and off the court building strong relationships with each other that translates to their teamwork and performance on the court.

From the unique handshakes between the players to the choreographed cheers and celebrations, they keep the support fun and strong and it obviously shown when you watch them play, but still putting in maximum effort to get the outcome they need.

The varsity team consists of five seniors, including Laura Timmins. Standing at 5'9 Laura starts up front on the right side. With great athleticism and height on her side, if its being set up for spikes or blocking the others, she finds herself involved in almost every play. Due to her hard work, and finishing 8th in class A for blocks, toward the end of the season she drew the attention of multiple coaches, such and continues to look at schools such as Southeast Community College and Peru State.

Starting this year rocky, unsure if she even wanted to play, it would be a decision she wouldn't regret as she won female athlete of the season and grew to become a favorite on the team, and "a type of teammate everyone would want" as coach Thorn describes it.

At the end of the day, it's a team sport and there's not really such thing as a specific, key player or MVP, everyone's important and puts in their part. "Everyone pushed each other for the best outcome every game" Laura stated, calling this season "the best season we ever had in a long time" not referring to the total wins or trophies they took home, but the "best season" referring to the team building, relationships, and pride built over the season, pushing, encouraging, and helping each other not just to become better players, but become better people, better eagles.

Thorn, who has been the varsity coach for three years (and coaching for 12), called it her "favorite season." The senior girls will be missed next season but the team spirit, pride and hard work will still be there.



Photo Courtesy of Laura Timmins

Varsity player Laura Timmins prepares to spike the ball. For her last year she helped guide the team to many victories including earning runner-up in the district championships.

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# Application for recruitment process evolving, time-sensitive

**Sophia Sgourakis**  
staff writer

Once an athlete is within their last year of a high school sport, they should have decided whether the sport will continue to be a part of their life at a collegiate level. The process of recruitment can be very confusing and frustrating at times, but it is vital to be informed so you don't miss your chance to play a sport at any college level.

Playing for Division I, II, III or NIA schools, junior colleges, and prep schools, all require some form of recruitment unless you decide to walk-on as an athlete. A walk-on is an athlete who joins a team without being recruited or given a scholarship beforehand. However, a scholarship can be earned later through hard work.

Student athletes from all over the country are being recognized by top colleges. College scouts are in different parts of the country. Athletic Director Luke Dillon, said, "These scouts are usually former players, coaches, or friends and family of the coaching staff." However, for recruits not as nationally well known, they may take the initiative to reach out to a coach in order to be recognized and considered for any scholarships. Athletes also take visits to considered colleges in order to see if it suits them. College coaches can also come to athletes to try and sell their program while at school, practice or games.

Rules on when coaches can initiate contact, varies by sport. A general rule is that coaches can't talk to athletes before the end of junior year, but many coaches still send out information via email. For most Division I schools, coaches can't contact athletes until July 1, before their senior year. College coaches are only permitted to speak to athletes once per week.

"The NCAA is starting to put some things in place to where the high school coach could potentially have a larger role in the process of recruitment," Dillon said.

If asked by players, high school coaches will give their honest assessment of their players ability to play a college-level sport. Many high school coaches already have connections with college coaches and can start the process of recruitment earlier.

Generally, student athletes go through the same application process as non-student athletes. Some athletes may be encouraged to apply earlier so their application can be processed sooner. Some applications will have indicated markers to show the admissions committee you are a student athlete, but it does not guarantee admission. Some student athletes do not have to write personal essays for the application, depending on how heavily they are being recruited.

Full and partial scholarships are given to high school athletes. It is not necessary to accept or decline the offer right away, instead it is highly suggested to consider the option as it is an impactful decision. Coaches will continue to reach out to athletes through the whole recruiting process. Recruitment is not complete until a National Letter of Intent is signed. This letter states that the athlete has agreed to enroll at a specific school for the next academic school year. Normally, a scholarship offer from the school is also required to be signed.

High school athletes should consider it is never too early to start contemplating playing your sport at a college level.

What High Schoolers Should Consider

## College Level Sports

Things to consider when thinking about college level sports:

- Take College Visits** (Illustration: People at a college building)
- Full and partial scholarships are given to high school athletes** (Illustration: Graduation cap with a dollar sign and 'APPLY FOR SCHOLARSHIP')
- recruitment needed unless you decide to walk-on as an athlete** (Illustration: Athlete running on a field)
- same application process as non-student athletes** (Illustration: Computer monitor with 'APPLY' button)

Infographic courtesy of **Elizabeth Hernandez**

# Football season shows improvement, hope for future

**Ari Saltzman**  
staff writer

A year ago at this time, the prospects for the Central Football Program were dim. They were coming off an 0-9 season and did not have a head coach. Twelve months later, the outlooks has changed. The Eagles named a new head coach and the program seems to be heading in the right direction, even though Central finished the season 3-6 and missed the State Playoffs.

First year head coach Jay Landstrom said, "I'm really happy" about how his first season in charge went. He said, "we obviously upped (our) win total which is good, but more importantly we know very few kids quit. We had our players buy in and stick with it and do what we asked. We were definitely hoping for another win or two, but I think we got the ball rolling." He noted, "our team chemistry was really good, and the players worked hard, and they seemed to care which was important too."

The 2018 campaign was certainly full of ups and downs. Central opened the season by handling Omaha Benson 52-26. The Eagles then fell to Creighton Prep and Burke in weeks two and three, but they looked like an improved football team against Burke. After that, Central got back in the win column with a 60-14 win over Omaha Bryan, a team they lost to last year. At 2-2, it looked like the Eagles had a legit shot to make the state playoffs for the first time in three years. But, back to back defeats put the Landstrom's side at 2-4, and their season was at a crossroads.

The Eagles had a realistic shot to win two of the final three games on the slate and finish 4-5, which would put them close, if not in, to the playoffs. Central lost a heartbreaker 17-14 to Norfolk before beating Omaha South and falling to Bellevue West to close the season at 3-6.

Central averaged 185 rushing yards per game, nearly 100 yards better per game than 2017. Individually, junior DeAnthony Bridgford-Jackett led the team in rushing with 508 yards on 98 carries and four touchdowns. That is good enough for 5.2 yards per carry and 63.5 rushing yards per game. Through the air, the Eagles averaged just shy of 100 passing yards per game. Junior quarterback Abraham Hoskins III led the team in passing by going 62/117 for 804 yards over the course of the season. He averaged 89.3 passing yards per game to go along with five touchdowns and five INTs. Hoskins also ran the ball for 204 yards during the year. As a whole the Eagles averaged 286.6 total yards per game.

"We got some work to do, but we were better than last year," Landstrom said in regards to his offense. "We need to increase the number of big plays, and early in the year we really had too many penalties that stopped drives and got us in first and long, Second and long and

stopped us from getting a first down. So we got to cut out the penalties. I thought our offensive line was really young. We started two juniors our tight end was Junior. Then, we started two freshmen and we had one senior. So our offensive line was really young but they did some good things that we can build on. Abe had a great year, he is a really good leader, he has a strong arm and throws the ball well. We'll need to keep relying on him." He said, "we need to find some ways to make bigger plays down the field, 15-20 yards, but, we have a fullback coming back in Devontae Perry, we have I-back DeAnthony Bridgford coming back and then we have two freshmen that played J.V and Varsity this year, Darnell Coles and Isaiah Spears, who I think can be really good."

On the other side of the football, the Central Defense allowed 33.3 points per game, an improvement of over 10 points per game compared to last year. "Coach (Dennis) Baker did a great job with the defense, we are much better than a year ago," Landstrom said. "I think the biggest thing that we have to do is a better job of tackling, we have to get a better production from our inside defensive lines." The Eagles had 592 total tackles on the year, 36.5 of which were tackles for loss, and 16 of those were sacks. "I thought our defensive ends had a really nice year, our corners did well, Donald Perry had a great game against Burke, Abe Hoskins was tough to throw against all year and Malaby Byrd came along too," Landstrom said. Hoskins and Byrd each had one interception, while Hoskins broke up two passes and Byrd broke up four. Perry added two interceptions to go along with 4 pass break ups. As a whole, the defense picked off seven passes and broke up 25 more.

The statistics and the results on the field show progress certainly has been made. "I think from this time of a year ago I think we've improved quite a bit. We're not where we want to be. But like I said we got the ball rolling and we're headed in the right direction," Landstrom said. The freshman team went undefeated and the coaching staff is "super excited about them." He also credits the varsity team for, "getting the ball rolling."

In the offseason, the head man would like to see his players go out for other sports. He says it helps the players become better competitors and they still get to play for the school. Physically, "the offseason is all about getting faster, getting bigger, and getting stronger, and so we need to be in the weight room," Landstrom said. "We need to be committed. We've got to have guys there every day and wanting to get better."

"We need to have another great offseason and continue to want to be better and continue to not be satisfied."

**We're not where we want to be. But...we got the ball rolling and we're headed in the right direction.**

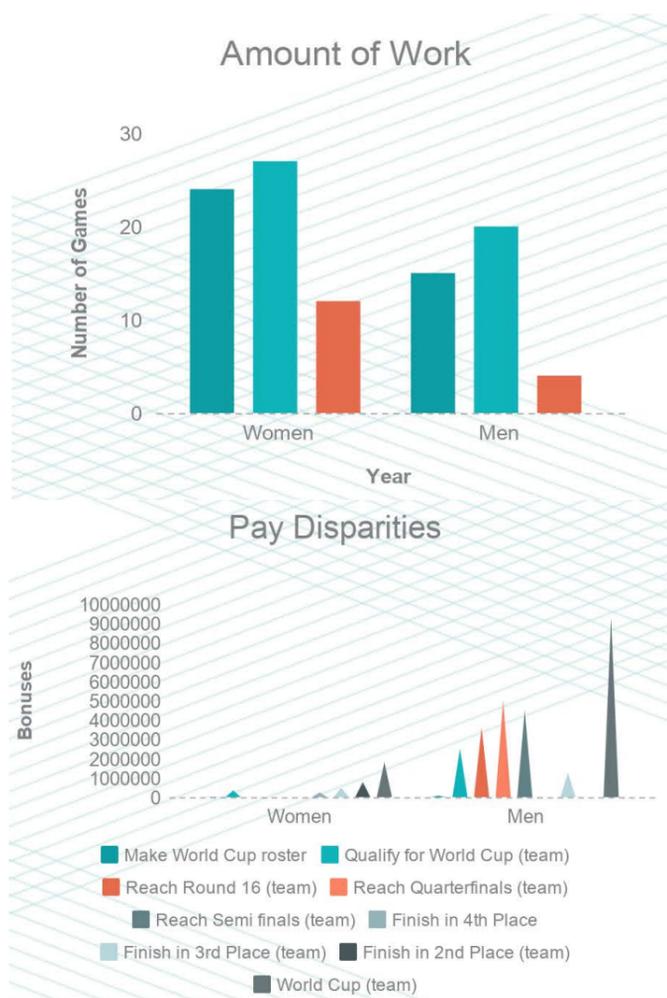
**JAY LANDSTROM**  
football coach

# Soccer salaries unfairly disproportionate between genders

Makenna Anderson  
contributing writer

In 2015, the U.S. women's soccer team earned two million dollars for winning the World Cup; the U.S. men's team earned a total of eight million dollars even after getting knocked out in the sixteenth round, according to espn.com.

This is one example of the differences between the United States' men's and women's soccer-pay. When it comes to pay, U.S.



ELIZABETH HERNANDEZ | Contributing Designer

women's soccer players are not paid as much as their male counterparts. As seen in the graph, provided by pbs.org, American women earn a considerably less amount of money in every aspect. "It is unfair that men are paid more for the same job as women perform," 14 year-old soccer player Livia Ziskey said. "I play just as hard as my male counterparts, if not harder."

The top five U.S. men's players earned an average of \$406,000 for 20 friendly matches compared to the top five U.S. women's players' average of \$72,000 for the same amount of games, according to nytimes.com. The New York Times also says if the U.S. male soccer team was to win the World Cup, each player would receive a bonus of \$390,000. If the U.S. female soccer team were to win their World Cup, each player would only be paid a \$75,000 bonus. This didn't sit well with Ziskey. "It's really ridiculous that that would actually happen in this day and age. I think the pay should be based on what the team has accomplished, rather than the gender."

It also perturbed Carli Lloyd and five other players on the U.S. women's team. These six players filed a report to the Equal Employment Opportunity Commission against U.S. Soccer. "The fact that women are being mistreated financially is, sadly, not a breaking news story," Lloyd wrote in an essay on the New York Times' website. "We can't right all the world's wrongs, but we're totally determined to right the unfairness in our field."

In addition to a pay differential, women players may be treated differently than men by their coaches. "I've heard coaches talk about the difference in how hard they push a man soccer player than how hard they push a woman soccer player," head soccer coach at Infinite Sports World Jeff Oksman said. He has been playing and coaching soccer for over 40 years and has a U.S. National Youth License that credits him to coach soccer.

Oksman started Infinite Sports World five years ago, and it has always been open to boys and girls. "The girls want to be just as successful as the boys, and they want to work just as hard," Oksman said. "You should give them every opportunity to create a competitive environment to develop in."

While this coach strongly believes that's the case, but only 45 percent of NCAA scholarship money is rewarded to female college athletes, and the other 55 percent is given

to men, according to statistics from National Collegiate Athletic Association in 2014. This means less money and opportunities for women athletes, soccer players included.

While female soccer players are receiving less money and opportunities than their male counterparts, the players on the field aren't the only ones being discriminated against. 43 years ago, 90 percent of all-women sports were coached by other women, usatoday.com says. Now, only 40 percent of the female sports teams are led by women. In addition, only two percent of women coach men's teams. "You do see that there's a lot more men coaches in soccer than there are women," Oksman said.

There are also more calls for fouls made in women's soccer for physicality than men's. An example is shoulder charging, when a player uses their shoulder to knock someone off a fifty-fifty ball. This is a legal move in both women's and men's soccer. "They're more likely to call a foul on the girls' side [for shoulder charging] than they are on the men's side," the coach said, based on his 40 years of experience in the sport of soccer.

Other fouls are included in this. "Another one [foul] is when a girl uses her body to turn the other girl, so she can open up to go onto the goal," Oksman continued. "They'll call that on the women's side, but they'll never call that on the men's side."

Even with these obstacles, the U.S. women's team has come a long way. The first national women's soccer team was created in 1985, whereas the U.S. men's team was created around 1885. Since then, the men's team has not won a single World Cup. The closest they have come to winning is in 1930, where they finished third. The Women's World Cup was created in 1991, and since then, the U.S. women's team has won three times, along with four Olympic gold medals, and eight CONCACAF wins, a tournament involving women's North American teams, Central American teams, and Caribbean teams. The women's team only got here by hard work.

"Work hard at everything you do. Never give up. Never quit," Carli Lloyd says. That's something that applies to every soccer player, boy or girl.



Left: Sophomore David Bolden enjoys his evening at unified bowling. This school activity has given him an opportunity to mingle with an abundance of students. Right: Three members of unified bowling: Isaac Bonner (12), Matthew Bose (9) and Jacob Roberts (11) stand in preparation for the next set. "It's really fun to be a part of the team," Bonner said.

HANNAH BROWN | The Register

## Unified bowling team promotes partnerships among students

Olivia Gilbreath  
staff writer

Unified Bowling is a sport that was introduced to Central just last year, in the fall of 2017. It allows students who are part of the ACP educational system to participate in a school sport.

Luke Dillon, Athletic Director is responsible for starting the bowling program, along with a former dean of students. Kevin Drwal and Gerald Kreber were approached by Dillon to become coaches of the team. "For me, personally it's been wonderful because it's given me more perspective on athletics," remarks Kreber. "There's always such a focus on winning or losing in sports, this is about kids growing and kids getting opportunities they generally would not have had."

Twenty-four students are in the Unified Bowling program, prior to this year there were only eight students involved. In the program, there are ACP students and other students recruited by Kreber.

Many baseball and softball students play the sport, and the rapidly growing program has been beneficial to all participants. "It gives the ACP kids a chance to be part of a team," said Kre-

ber when speaking of the program's benefits, "it gives the ACP partners a chance to be mentors to other students."

Because its purpose is to create an opportunity for ACP students to be on a team, students bowl one frame each (normally in teams of four to five). Each teammate's score from each frame is added to create one total score for the team.

Kids involved are part of a real team, Kreber states that one benefit to the program is students encouraging each other. "The kids get to celebrate their own successes and their partners' successes, as well."

Another benefit to the program is the development of skills that are valued in the business world and in life in general. Kreber raves about how ACP students have become comfortable with social skills practiced in the bowling program. Skills like the ability to converse, making eye contact, regularly greeting others, showing enthusiasm and speaking have improved in the students overall. "As far as their ability to start conversations and utilize social skills, I've seen lots of improvement," Kreber said.

Through this program, students get the chance to work together. "I would love to continue being involved in this program as long as my schedule allows me to," Kreber said. "I get more perspective and learn more every day we meet."



# 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.

