



# the REGISTER

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## COUNSELOR OF THE YEAR

Central's college counselor, Angela Meyer, won the award for Nebraska Counselor of the Year



HANNAH BROWN | The Register

Olivia Gilbreath  
staff writer

After working in Omaha Public Schools for 27 years, Angela Meyer was selected to be the Nebraska High School Counselor of the Year. Meyer was one of three winners from many counselors in elementary, middle and high school to be nominated. Seniors and juniors have the option to receive guidance from Meyer when applying to colleges and finding scholarship opportunities. "The best part of my job is working with students," Meyer claims, "especially in May when they find out where they're going and they've made all their decisions and their journey throughout the college application process has changed. That's a fun time of the year."

Before her career as a counselor, Meyer worked as a math teacher at Lewis and Clark Middle School for nine years, followed by three years working as a math teacher at Central. Once she decided that she wanted to become a counselor, she went back to school to get her counseling degree. She made the transition from teacher to counselor quite smoothly, stating, "Both [teaching and counseling] are jobs that help students, they just help in different ways."

Students' plans for their futures, as well as her fellow staff members in the counseling department and around the school, keep Meyer motivated. She welcomes any student who needs help and enjoys helping students and their families. Regarding

school improvement, Meyer remarks, "We have a really strong improvement plan, so I would say we just need to follow that plan and get students more active in the community."

When entering the stage of life that comes after high school, Meyer believes that it is important for students to begin taking on more responsibility. From learning basic things, like how to do laundry, to making plans for their futures, students need to become more independent. "There's not just one recommended path to success," says Meyer, "we just want you to find your passion and have a plan. We know that things change, this is just your plan for now, but training after high school is very important."

Although Meyer won the Nebraska High School Counselor of the Year, she is still waiting for the Nebraska Counselor of the Year to be announced. In the selection process, one winner is chosen from each of the three categories (elementary, middle, high school). From those three, one person is recognized as the overall Nebraska Counselor of the Year. The overall winner will be recognized and will go to a banquet in Washington D.C. in honor of the Counselors of the Year. "I did not think that I was going to win this award," discloses Meyer, "I actually still don't know who nominated me for it."

## Changes come to speech team

Grace Turner  
staff writer

There are some major changes coming for Central's speech team this upcoming year. First off, the team will no longer just be competing at speech, but will become both a speech and debate team. Additionally, for the 2019-2020 school year, speech will become an elective class that students will be able to take.

Last year, the team only participated in speech competitions, which will probably be the case for this year as well, however, Mahannah, the speech team coach, is planning to morph the speech team into both speech and debate. There is a large interest in debate at Central and many students have been hoping for a debate team to start. Plus, having a class will make teaching debate much easier as there will be more time as compared to after school meetings.

For the 2019-2020 school year, the speech and debate team will also become a class. The class will focus on the many different areas of speech and debate, including how to write a speech, how to deliver a speech, and how to participate in a debate. This class helps the speech team grow, attract new members, and be more successful when competing. Isabella Shradar, a junior and second year member of the speech team, said, "I am so excited for speech to become a class because I believe that speech is such an important aspect of communica-

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## Wilson runner-up teacher of the year

Mac O'Brien  
staff writer

History teacher Scott Wilson won the Award of Excellence, presented by the Nebraska Department of Education, after finishing as one of two finalists for the Teacher of the Year award. Sydney Jensen, an English teacher at Lincoln High School, was named the Teacher of the Year.

Although a nomination is not required for eligibility for the award, Wilson was nominated by former head of social studies, Harris Payne.

"He's been a great mentor and supporter, basically the length of my career," Wilson said. "I was very honored to even be nominated by Harris."

Wilson began teaching history at Central 22 years ago, and has been teaching Honors US History for 18 years. He now also teaches AP and IB American History. He decided to become a teacher, he said, "undoubtedly because I was impacted by so many great educators in my life."

"Most of the really influential people in my life were teachers," Wilson said. "My mother was a teacher. But also, the people I really could count on, whose opinion I really valued, were teachers."

Wilson described being "completely impressed" at thirteen by his eighth grade history teacher, Cheryl

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## WHAT'S ON THE WEB

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### FREE TUITION

Should in-state tuition be free? Some believe it would lead to a more educated population.

### CANCEL CULTURE

Cancel culture is the ending of support for a celebrity. Though it has risen in popularity, has it shown results?



### STUDENT SIGNINGS

Central athletes commit to college

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The 25th annual Madrigal Dinner features Central vocalists

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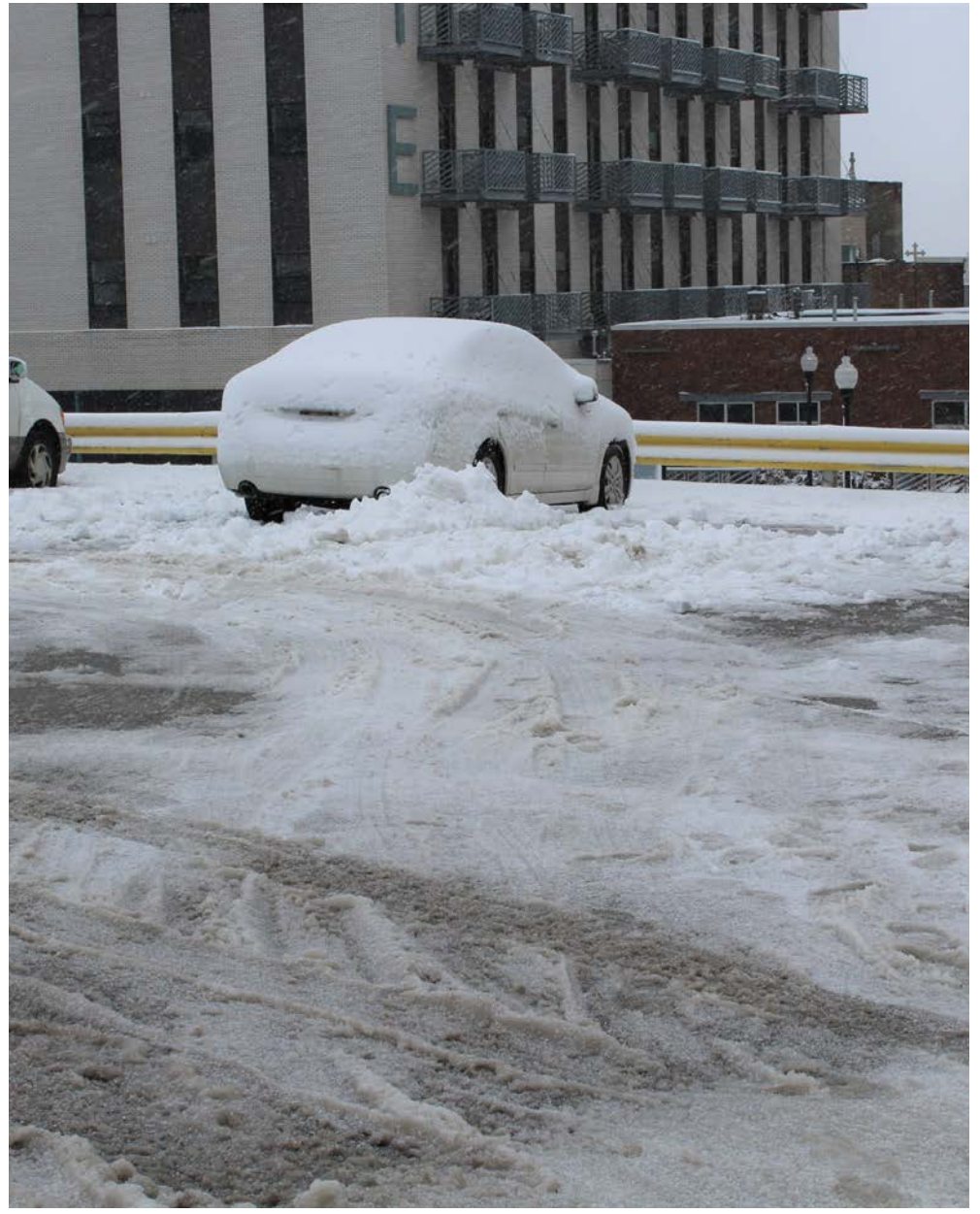


Photo Courtesy of SOPHIA SIDZYIK

Left: Under the interstate in the Junior Lot, ice and slush is seen surrounding the cars. Right: In the upper senior lot, snow is pushed to the sides of the lot. Students are widely concerned about the lack of icing and maintenance in the lots.

## Ice leaves students stuck, sliding in student lots

Lizbeth Hermosillo-Najar  
staff writer

As winter approaches the weather conditions in Omaha become more hazardous. Traffic in the morning becomes more aggravating with multiple car crashes on the highway almost every day. The streets become dangerous and parking becomes more difficult.

Students at Central High School have become restless about the parking lots. With limited spots available and hundreds of students battling for a parking spot there arises some problems. With the weather interfering with students driving abilities they are left with no choice but to risk their lives to find a suitable spot.

Upon arrival in the morning, students are faced with icy streets and slippery hills. Entering the upper senior lot they're facing slippery turns and parking spots filled with piles of snow. Students essentially digging up their own spots to park in.

Students have been complaining to faculty eagerly waiting for the lots to be revived. Senior Nick Shannon exclaimed that the senior lot is poorly maintained entirely, there is no clear walkway besides the one the students make walking over the snow. Many students have been seen falling and slipping, injuring themselves in the snow walking up to school.

Another senior Elijah Mitchell emphasized how the amount of snow in the lots is becoming ridiculous, taking up multiple spots where the students cannot park limiting the spaces making parking a more rigorous task. The parking lot was already exclusive to a limited amount of students, making the overcrowding a bigger problem than it already is.

Students are forced to park at meters or in illegal spots for hours of the day. Senior Marisa Perez also agreed with Elijah's statement, she established her concern with the limited parking problem. "Parking has become such a problem

that students literally race to find spots in the morning, it has become such an ordeal that students park illegally in the handicap spots".

Students essentially risk receiving tickets from the school or being towed by the school all for a spot.

As a whole, students have agreed the senior lot is a big problem that needs to be addressed. With outsiders from the Creighton faculty or students and workers around the area parking in the our lots to the dangerous conditions the lots are left in, there needs to be a resolution to the problem.

The students well-being needs to be recognized especially with the weather. As the year proceeds students hope the environment in the lots will improve for everyone.

## New relationships, policies cause lower suspension rates first semester

Anne Gallagher  
executive editor

With each school year, there are students who choose to act against the code of conduct. In the student handbook, the school district sets guidelines for student behavior and highlights the disciplinary actions that can be taken by the administration.

When students break a minor school rule for the first time they will typically be warned and asked not to repeat their action, but suspension is the result of many disturbances within the school. From fighting to smelling like marijuana, there are many causes of suspension that will affect a student's internal school record. "We are not trying to ruin a student's life, but we do want to hold them accountable" Principal Ed Bennett said.

So far this year, there have been fewer suspensions than last year which can be attributed to several factors. The new superintendent Cheryl Logan has guided the implementation of more personal interactions with students. "She's been preaching about culture and how it can drive building success" Administrator Luke Dillon said, "it is more personable which connects better with a lot of people"

Additionally, training programs for teachers have guided student interactions. "They teach the staff how to build relationships with kids and how to de-escalate problems before they get out of control" Math teacher Frances Anderson said.

Through building these relationships, staff have been more aware of student situations in the school. "The whole idea is to prevent the situation before it happens" Anderson said, "you have to try to get down to what that kid is actually being bothered by so you can talk about the

real problem and not just the behavior".

Supervision is another concept that can prevent students from behaving badly. Teachers are assigned to certain areas throughout the school day to monitor student actions. "Kids tend to misbehave less when adults are around" Bennett said, "We train teachers how to be a good supervisor".

Cameras have been placed around the school and teachers are constantly monitoring the hallways in an attempt to make a student's atmosphere as safe as possible. Bennett values the use of cameras and hopes to add more through funds designated by the new superintendent.

Regardless of preventative measures, the situations that do require a suspension must be addressed fully. "Suspension is always criticized" Bennett said "But unfortunately suspension is pretty much the most severe consequence that we can assign".

This course of action is taken not only to punish the students who neglected to follow the code of conduct, but also to keep other's atmospheres more free from distractions. "We want to keep the building running the right way and have it be a safe and secure learning environment for everybody" Bennett said.

Overall, the administration is working to keep suspension rates low by supporting teachers and students. "What we are tolerating and how we are supporting instructors in and outside the classroom I think is going to be the difference maker" Dillon said.





Photo Courtesy of NATALIE KAMMEL

Left: Kammel, far right, poses with other students with FBI 'merch'. Right: Kammel stands with fellow academy member, a Marian Senior. The program lasted one month and exposed students to the world of Law Enforcement beyond television portrayals.

## FBI Teen Academy offers student real-world experience

**Simret Habte**  
staff writer

This year was the first year of the Omaha Federal Bureau of Investigation's FBI Teen Academy. The Teen Academy invites juniors and seniors into the local field office so that they can begin to have a better + into the FBI and what they do. The academy was a month-long program that met once a week on Fridays during November. The goal of it is to help students, "gain a better understanding of the FBI and what it takes to keep America safe, highlighting the myriad positions and career paths that work together to uphold our Constitution."

Central student Natalie Kammel was able to participate in the inaugural year of the academy. She said that the academy is, "for any teen that's interested in pursuing a career in law enforcement." During the academy students were given the opportunity to listen to speakers who had various jobs with the FBI. They got to hear from the heads of departments such

as the terrorism task force, SWAT team, the bomb squad, and forensics team. Kammel said that the academy gave her "a realistic view of the FBI and what law enforcement does" in comparison to the overdramatized image that is often seen in typical portrayals of the FBI.

The experience taught the students many lessons about law enforcement and also gave them new opportunities for new experiences. Kammel said that one of their speakers, the head of the terrorism task force, had a background in art and had not been a part of law enforcement previously. His story showed the students that "there are a lot of different job options and backgrounds that someone in law enforcement can have" past just being a special agent. They got to partake in some fun activities such as watching the bomber squad blow stuff up as well as watch them disarm a bomb, they also visited the FBI gun locker, and were able to see an agent perform the physical exam that they have to take once every four years. Another exciting opportunity that was provided at the teen

academy was polygraph tests. The polygraph tests were, according to Kammel, "really nerve-racking but super cool."

Kammel did not see herself pursuing law enforcement before this program, but after seeing that the FBI "had a job for people with any background" she is now interested in going into a career in law enforcement. To encourage the students to join law enforcement, the FBI is giving them the opportunity to apply for an internship that has the possibility of being extended throughout their four years of college. At the completion of those four years, they will be given the chance to go on to Quantico to train to join the FBI. The Teen Academy not only gave participants valuable insight into life as a member of the FBI but also allowed the students the chance to form connections with their peers from around the city. After going to the academy, Kammel said that she would "definitely recommend it to anyone who's even a little interested."

## Mandatory Pre-ACT Test replaces PSAT for sophomores

**Jackson Godwin**  
staff writer

One of the more important requirements for most high school students planning to go to college is the ACT. The ACT is a standardized test used as a college entrance exam to make admission decisions based on the score one receives. This test was started in 1959 testing students on their knowledge and development over the four subject's Math, Reading, English, and Science. Most students prepare for this test all throughout high school with the criteria that is learned and take it junior year at least once, but it is common to take it more. Students are allowed to take the ACT as many times as they want to try and reach the highest score possible which is a 36 or until they are satisfied with their results. In recent years many new schools have added in a day during the school year specifically for sophomores to come in and take a Pre- ACT preparing sophomores for the real thing the following year, "when the option was given to us we pushed for it," principal Dr. Ed Bennett said. With this recent addition of the Pre ACT, many sophomores have begun to feel more comfortable.

Starting this school year Central has added in a day designated to sophomores taking the Pre-ACT in order to prepare. As this is a new addition to many schools' agenda is still in the beginning phase it is planned to increased performance when it comes to the real thing,"i got to have a feel of what the actual ACT will be like and have time to improve" said sophomore Chris Kueny. This gives students a chance to have an example that won't count against them of what the test will be like and also gives students ample time to prepare following the Pre- ACT

It is known for many students to feel overwhelmed and under a lot of pressure as it comes time to the actual ACT. They feel this way because many worry if all the long hour studying and extra work will pay off when it needs to. In the past students did not have any other test to base it off of or study off, the kids were just given certain curriculum that they were told to study and tips for studying, "we were missing pretest and posttest framework" said Dr. Bennett. Now with the offering of the Pre-Act to students it has given opportunities to help students improve on a weakness in a subject or know what one is excelling in.

## PRE-ACT SCORE BREAKDOWN

	Percentile	Score
<b>Below Average</b>	25%	12
<b>Average</b>	50%	18
<b>Above Average</b>	75%	24
<b>Excellent</b>	95%	31

Data Courtesy of PREPSCHOLAR





Photo Courtesy of ORESTES COOPER

## Senior class president reflects on fall semester

Kween Alabi  
staff writer

Orestes Cooper is one of the most well-known students of Central High School. When he is mentioned, people often credit him for his outgoing personality, his kindness, confidence, athleticism (as he is a member of the swimming team) and his fashion sense. Cooper is the student body president for the class of 2019, he decided to run for this position after “wanting to make a difference and showing the world something new.” As a black, gay, liberal man, Orestes is able to represent minorities in a way that is highlighting leadership excellence.

During his run for senior class president he struggled with self confidence, “Honestly, the hardest part about running for me was being confident in myself enough to know that I’ve done enough, that people like who I am, that people accept me for who I am, and knowing that the person who I have become is good enough for people to vote for”.

His outgoingness and extroversion aided him and gave him the courage to be able to fulfill his campaign, “I like talking to people, I will never shut down a social event. I get my energy from being around people, that just really helped me propel and keep it going.”

As class president, Cooper wants to focus on the community aspects that makes Central the school it is, “Central is a very diverse school with many different people but I feel like and with the Eagle ABC’s behavior and community we sometimes lose the community aspect and the fact that, we’re all so different, but we can all so much be the same.”

In his presidency Cooper is able to recognize that his accomplishments in his role cannot be done on his own. “I wouldn’t say that ‘I’ve’ done anything, on my own. We’ve done, the council, put on the pink tie dye event (helping to raise awareness for breast cancer.) We’re currently working on things for winter formal, we’ve gone to a lot of foundations events which have helping get our names, and central’s out. We’ve done a lot with the new addition, you know getting it ready for students and it’s been awesome.”

After high school Cooper plans on going to either the University of South Dakota or the University of Nebraska at Lincoln and majoring in exercise science, “my main goal in life, at least career-wise is to get injured athletes back on the court.”

For juniors who are thinking about running for office positions for the class of 2020 Cooper offers some advice: “Don’t close yourself off to people. People think it’s so easy to say ‘I don’t like that person’ or ‘I don’t know that person, I’m not gonna give that person a chance.’ Give people a chance, give people an option, give people space to grow. With that being said be able to you have to be outgoing, you have to let people in too, it’s easy to close people out but it’s also easy to close yourself in. Stay open minded, people are different, people have different opinions than you but that’s what’s make them different, that’s what makes them special.”

Cooper opens up about his struggle with his self confidence. “When people tend to be looked at as differently and when you identify as differently as the social norm, it already puts you out there, it already has all eyes on you. I would say being black and gay was hard to overcome in a sense, that I have to love myself and I love all my eagles at Central. You get love if you give love and that’s exactly what it is.”

## Potential of legalized marijuana concerns students, administration

Grace Ridgley  
contributing writer

Cannabis: a tall plant with a stiff upright stem, divided serrated leaves, and glandular hairs. It is used to produce hemp fiber, but also as a psychotropic drug. The definition of this plant seems relatively harmless. But according to some people, it is a dangerous drug that should be made illegal while others think it should be legalized. Whether a person believes in legalizing marijuana or not, the issue with high school students using this drug is becoming one of the main points in the discussion of legalization.

“I used to see people at my school who were high almost daily. It seemed like an epidemic in some cases because of how many people were using daily. I don’t believe that the drug is very harmful by itself, but when paired with other factors, it can be not great,” college freshman Hadyn Knutson said. “If it were up to me, marijuana should be legalized both recreationally and for medical purposes, but there should be strict restrictions on who purchases it. I know that won’t totally stop teens from using it illegally, but it might help just a little bit.”

In an article published by Theconversation.com, it was mentioned that the test scores of students were altered when marijuana was introduced into their system. In a study conducted by the Oregon Research Institute, it was discovered that prior users increased their usage after the legalization of marijuana. It was also reported that students who normally would not partake in the usage of drugs said that they had an intention of using marijuana if it were to be legalized in the future. How does this tie into high schoolers in Nebraska, or more specifically, Central High?

“From what I’ve seen and heard, people do come to school high at Central, and I do think that that number will increase if marijuana is legalized,” freshman Grace Weberg said.

Measures are currently being taken to prevent the use of drugs among students at Central, but with the possibility of marijuana becoming more accessible, administrators will need

to prepare. One of the people who sees teens under the influence of drugs frequently is school nurse, Doreen Herbert.

“I do believe it affects their ability to concentrate on their academics. I also think that the administrators are working hard to prevent that usage almost daily here at school. Believing it should be used for medicinal purposes, I think that preventing it should start in a doctor’s office and then spills over into the health office here at Central,” Herbert said about her thoughts on the current status on the use and prevention of marijuana.

One of the current precautions that is being taken is drug testing at school. If a student was suspected of being under the influence of drugs, they are required to take a drug test, and if it comes back positive for drugs, a punishment is issued to the student. Herbert also said that the administrators are coming up with more ways to keep the use of drugs low, especially with the possibility of marijuana becoming legal in Nebraska and its surrounding states.

“For medicinal purposes it is very important, but for recreational use, I am worried. It could become a lot easier for students to get their hands on marijuana which is really a problem,” Herbert said.

In a survey conducted by Central students, seventy-five kids were each given a set of questions to answer that involved marijuana and its uses. Over 90 percent of those students said that medicinal use of marijuana should be legalized while 65 percent said that recreational should be legalized as well.

“I really think that medical marijuana is important because of all the good it does for the people who are struggling with pain. I am against recreational marijuana due to the impact it could have on the number of teens who use it,” freshman Janaizsa Lawson said.

It was also found that only 24 percent of the students surveyed thought that the school was doing enough to prevent drug use during and outside of school.

“Every day I pass someone who smells heavily of weed, I know that it doesn’t necessarily mean that they are high, but

the school still doesn’t seem to be doing a lot to stop it,” freshman Anna Tiritli said.

One of the few people who said no to all marijuana uses, including medicinal, was junior Leo Ray. He feels that marijuana does more harm than good, no matter the context it is used.

“I’m really interested in neurology and psychology, and I’ve done a lot of research into the effects of drugs and long-term usage. I’ve seen and met a lot of people who were addicted to drugs, and you can see the harm it’s done to them. Some people say there are no effects, but that’s just not true, there will always be effects,” Ray said.

Ray says that he opposes both the recreational and medicinal uses of marijuana, and that it should not be legalized in Nebraska, despite what some researchers say regarding the benefits that medicinal marijuana can have. But, just like prohibition, getting something that so many people are dependent on off the streets is not reasonable, was also something Ray emphasized.

“Even though it is almost impossible to completely wipe out the usage among teens, not legalizing it is a start,” Ray said.

Parents are also worried about the possible impact on their children the legalization could have. Central parent and OPS teacher, Sara Ridgley is one of those parents who will experience firsthand the impact marijuana could have.

“Growing up, weed was a thing in high school for me, but now I think it is becoming more and more common because of society deeming it ‘the norm’. In my opinion, I do think that it should be legalized for medicinal use, but I’m hesitant to say I’m for recreational use,” Ridgley said. “I’m afraid that students will have easier access to it if more precautions aren’t taken. As a school teacher, myself and my fellow administrators need to prepare for the worst.”



## Senior begins escape room club, hopes to bring together student body

Molly Ashford  
editor-in-chief

One of the latest fads in the entertainment industry is escape rooms. Emerging in the past few years, the concept is simple: a group of people are locked in a room with clues and have to solve a multitude of puzzles in order to ultimately escape.

This concept has made its way through the doors of Central. After being hired at downtown escape room House of Conundrum, senior Madisen Reed decided to begin an escape room club.

"Unlike the other escape rooms in Omaha, it's a small family run business", Reed explains. "The proprietor is such an escape room enthusiast and he has been trying to get the name out into the community-- which is where I come in".

The up-and-coming club plans to promote inclusion between students. As teamwork is an essential component of solving your way out of rooms, students would have to work together to unlock various puzzles. "I think that the club gives a valuable opportunity to work together at something and meet new people", says Reed.

Logistically, all that needs to be sorted out before the club can open its doors is transportation. House of Conundrum is willing to offer a sizable discount to students in the club, making a room only around ten dollars per person instead of the usual twenty-five. Jonathan Flanagan, an IB instructor at Central, has agreed to sponsor the club. Along with Reed, Senior Nora Graham is co-leading, focusing on outreach throughout the school.

"We are really excited to get it up and running", exclaims Reed. "I think that the club has the potential to attract a lot of underclassmen, but we want to get as many people involved as we can".



Photo Courtesy of TRIPADVISOR.

## Central High Foundation in plans to move to new location

Emma Whaley  
executive editor

Since 2011, the Central High School Foundation has worked out of offices at 18th and Harney, what was once the original downtown Omaha library. Now, they're on the move. The Foundation will be taking up office space at 13th and Nicholas in the new Millwork Commons development.

Built in 1891, the former-library building at 18th and Harney is firmly rooted in Omaha's history. The library closed in 1977 as the current W. Dale Clark Main Library was opened, and it was renovated into office space.

"We do really enjoy the proximity to the school," said Michele Roberts, the executive director of the Central High School Foundation, "Many of our alumni enjoy visiting us in what they remember as the downtown library when they were in high school."

Recently, the Omaha Housing Authority agreed to sell its current headquarters to Douglas County and move to the space currently occupied by the Foundation. The purchase of the current OHA headquarters will have the added city benefit of making way in the planning and construction of a new juvenile justice campus.

The Foundation serves as a "liaison" between Central and the community. While considering where the new headquarters will be, they kept their core values in mind.

"We wanted to make sure we stayed downtown, close to the school, as well as have offices in a building that felt like us and was a part of Omaha's history," Roberts said.

The Mastercraft building in the \$300 million Millwork Commons development seemed a good fit. Located at 13th and Nicholas, the new offices span 2,200 square feet, a step up from the former library's 1,350.

"We are very excited about the new Millwork Commons development and being part of a collaborative community designed to inspire and support the work of innovators and creators," Roberts said. "Office spaces in Millwork Commons will be designed with tech companies, entrepreneurs, educational and community organizations in mind."

While the move will ultimately be a good thing for the Foundation's growing staff, Roberts said the timing has become a stressor.

"We are very busy with the arts and library addition, which will be completed in March 2019," she said. "We are now having to work simultaneously on our buildout for our new office. It has to be completed, and we have to move in, by March 31, 2019. But, overall it is a positive."

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# Dance team senior reflects on high school, looks towards future



Photo Courtesy of RYLEE BONAFILA

Mackenzie Coughlin  
staff writer

The way one views their high school experience can affect their attitude and success in further life. Senior Rylee Bonafilia has made the most out of her four years at Central and reflects on the exciting time.

While spending so much time at Central and being around such a large group of people, many lessons are learned.

"High school has taught me that doing what you want to do will ultimately make you more happy than trying to please others. It doesn't matter what other people think of you," Bonafilia said. This is a lifelong mentality that any will strongly benefit with.

As a student at Central, Bonafilia sees first-hand the everyday workings of the school. She sees the acceptance towards everyone and the value of difference and diversity. This allows her to be herself and of who she is.

Bonafilia has learned much more than just the standard classroom teaching.

"One of my favorite memories from Central was the walkout for gun control. I loved how we came together and protested peacefully for something that we all believed in. That is definitely a proud moment I'll remember forever," Bonafilia said. She and the rest of the school learned what they can do to better the world they live in.

Bonafilia is involved in the school through the dance as well as powerlifting team.

"Both of these activities have taught me to be more of a team player and to value and appreciate your teammates. It's important to encourage others and to help them when they need it most," Bonafilia said. This shows her commitment and dedication to Central and her peers.

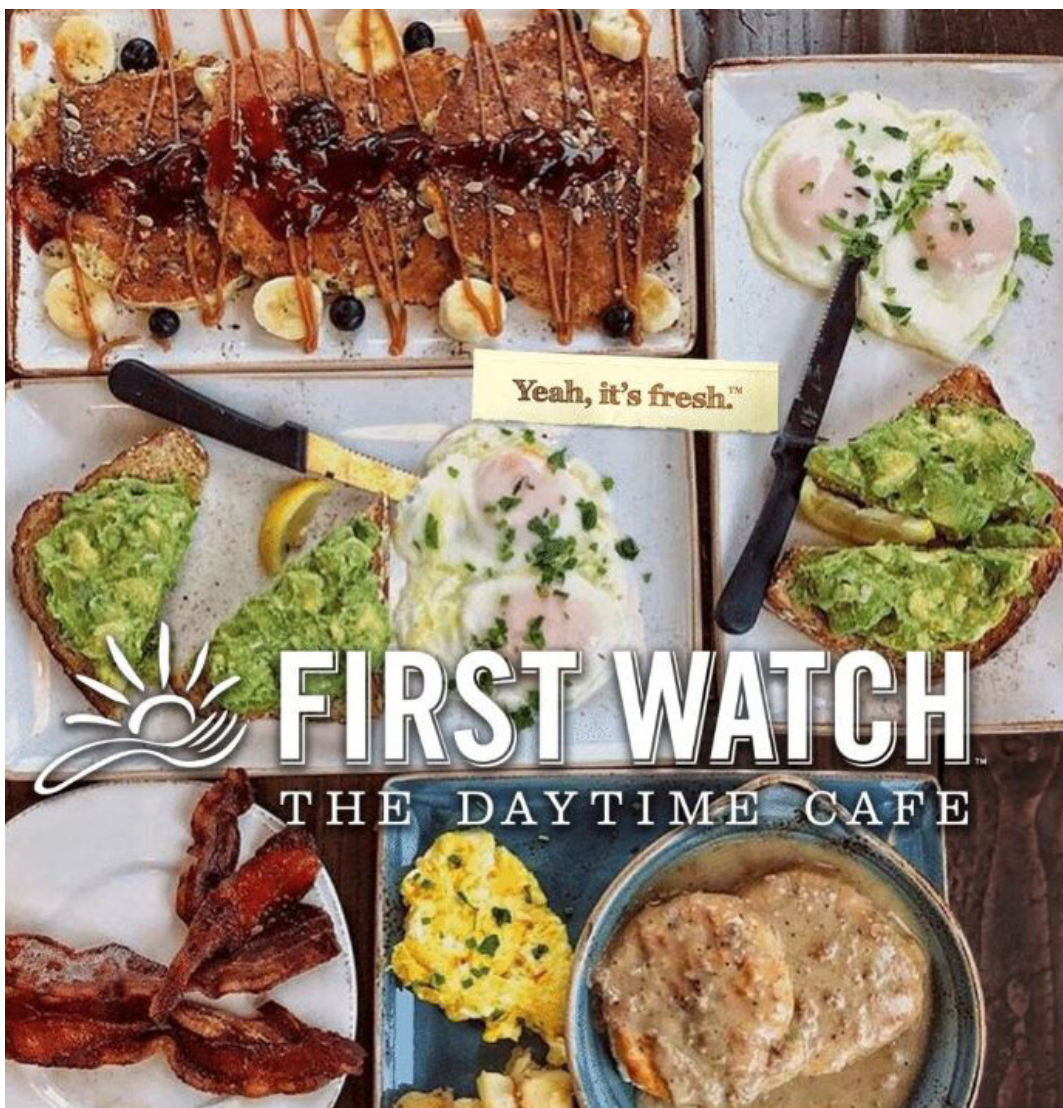
After her senior year, Bonafilia plans on going to the University of Nebraska-Lincoln and majoring in pre-criminology.

"As much as I'll miss Central, I am excited to leave high school and begin college. I'm excited to pick my schedule and times for classes, to meet a lot of new people and experience campus life," Bonafilia said.

Having a good education foundation can be greatly helpful when it comes to college level courses. "Writing themes has definitely prepared me for college, but also having teachers that expect a lot from you and want you to do your best no matter what the assignment is very motivating," Bonafilia said.

Rylee, along with the rest of the 2019 senior class, can take away something from their time at Central that they will keep with them forever.

"Central has impacted me in many ways but I think what's impacted me the most is how much more open I am to change and difference," Bonafilia said. "No one has the same story and I think that's what makes each of us special."



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OLIVIA DROBNY | The Register

Wilson teaches his eighth hour AP US History class about Civil War generals. He used his in-depth knowledge of American history to prepare his students for the upcoming AP test.

## Wilson earns runner-up teacher of the year

### RUNNER-UP from page 1

Becker, who, according to Wilson loved to teach and was immensely knowledgeable about history.

Wilson was also influenced by his physics teacher, Mr. Skinner, even though Wilson said the subject was never his forte. Wilson said that the experience taught him that even if his students don't share his passion for history, they can develop some form of appreciation for it if he teaches in an engaging and enjoyable manner.

Wilson said that on his first day teaching at Central, latin teacher Rita Ryan gave him the advice, "Entertain yourself first and your students second, and they'll come along for the ride anytime," which Wilson took to mean, "Teach in a way that makes you happy. If the students can see that you're enjoying your teaching, they'll probably come along with you." Wilson has heeded Ryan's advice ever since.

But as much as Wilson enjoys himself teaching, he takes the responsibilities of his job seriously. Teaching students history, Wilson said, is essential because "a lot of the issues that may seem archaic, 150 years old or longer, are still very much at issue and relevant to our modern day. How we got here is very important to understand who we are as a people."

Wilson uses the experiences of Central Alumni such as Henry Fonda and Marion Crandell to give students a connection to the content of the class.

"That's another thing about teaching at Central that is pretty rare, that we can draw upon our vast and storied history to illuminate some of our modern issues."

As a part of the Teacher of the Year selection process, Wilson was asked to present the panel with a five minute lesson and participate in a 90 minute interview. Wilson chose to do a document-based-lesson on the roles of Central faculty and students in World War II.

"The point of that whole lesson was that part of the way that a lot of students become interested in history is that you can demonstrate to them how even the biggest things, like the First World War have a very real connection to your own location and your own personal lives and so on," Wilson said.

During the interview, Wilson was asked if Nebraska was preparing students for the 21st century. He replied yes, attributing the success to the state's strong support for public education. He pointed to Central as an example of the success of public schools.

"When you talk about the 21st century, you're talking about a Nebraska that continues to become more diverse and has varying perspectives and so on. And I think that Central's always, really tried to embrace that part of its student body," Wilson said, later adding, "Truth be told, a lot of preparing students for the 21st century is doing some of the things that are bedrock educational tools from the 19th century."

But Wilson warned that for the success of public schools to continue, it must not be taken for granted.

"We have to guard against thinking that it will always just happen," Wilson said. "We have to continue to maintain and work and guard against complacency."

## Speech team goes through changes, focuses on increasing activity

### CHANGES from page 1

-tion, especially in today's society, where voicing your opinion is so important."

Last year was the first year of the speech team, where the four members competed in one competition. This year, the speech team has doubled, now having about eight participants. They are also planning to attend six competitions in the upcoming months starting in January. This will be major growth for the speech team, as they will be more active in speech competitions, and the club will be much larger. Shradar said, "Last year the four of us speech members were extremely close knit and I am excited to have more amazing people joining the team. My favorite part of speech is how the competitive spirit is so positive. Everyone is so supportive

and excited to compete."

Overall, most people are looking forward to the changes for speech team. Speech team becoming a class and changing its name to speech and debate will grow the speech department as well as the team. Shradar is also looking forward to this year on the team, and particularly for debate team next year. She said, "I am so excited for speech to become debate as well because in today's society conflict and disagreement is so present, so it is important to learn how to present your argument while having a calm conversation. Also I love to argue so that is great."

### EDITOR'S NOTE:

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

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

If you are interested in writing or cartooning for us, do not hesitate to get in contact! Stop by room 029 or send an email to [central.register@ops.org](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](https://twitter.com/CHS_press) and instagram at [chsregister](https://www.instagram.com/chsregister). Thank you for your continued support and readership of *The Register*.

Molly Ashford  
Editor-in-Chief

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

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

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

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

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

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

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

Thank you, readers.

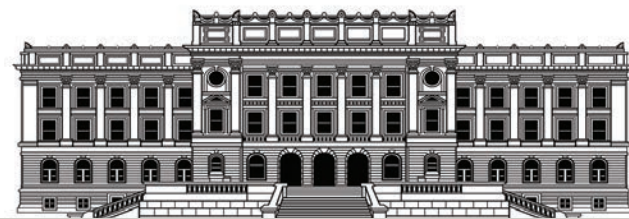
It is the goal of the Central High Register to represent the student body in issues affecting their lives as young people and students. If you feel that we are not covering an issue that is important to you, we welcome contributing writers who bring fresh ideas to the issues. If you would like to write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

### ATTN: *the REGISTER*

124 N. 20th Street  
Omaha, Neb. 68102

Phone: 402.557.3357  
Fax: 402.557.3339

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



### *the REGISTER* staff

#### ADVISER

Hillary Blayney

#### EDITOR-IN-CHIEF

Molly Ashford

#### EXECUTIVE EDITORS

Anne Gallagher

Emma Whaley

#### MANAGING EDITOR

Malcolm Durfee O'Brien

#### PHOTOGRAPHERS

Angelina Baratta

Hannah Brown

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Olivia Drobny

Sophia Sidzyik

#### GRAPHIC DESIGNER

Connor Paintin

#### CONTRIBUTING ARTISTS

Dillon Galloway

Madeline Krause

Luka Morris

Jack Scholl

Joey Winton

#### STAFF WRITERS

Ari Saltzman

Carolina Castro

Grace Salanitro

Grace Turner

Hailey Hutfless

Jackson Godwin

Kayla Johnson

Kween Alabi

Lizbeth Hermosillo

Mac O'Brien

Mackenzie Coughlin

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Olivia Gilbreath

Pangaea Kaan

Rozlyn Olson

Simon Bullerdick

Simret Habte

Sophia Sgourakis

Tyler Zipay



# Art gallery start-up opens doors downtown, invites artists

Grace Salanito  
staff writer

In a developing part of Downtown Omaha, a new place for artists to display their work just opened. “Our idea was to offer a sort of DIY alternative, geared towards artists as our customer” explains Brian Wetjen, co-owner of the new art gallery recently opened on 25th and Leavenworth called Split Gallery.

After Wetjen and his wife Jill both spent extensive time searching for a studio space to fit both of their artistic needs, they stumbled upon an open space on 2561 Leavenworth Street. Not only was the space big enough for a studio, but also a gallery.

Wetjen said his idea for a gallery had been brewing for some time, and with the help of his wife and a few friends he made his idea come to life. The goal of the space is to be a resource for the artists in need of a gallery space, whether it’s for a gallery, lecture, workshops, etc.

“We’ve created a gallery that artists can use as their own, and simply pay rent for when they want to use it. Like an Airbnb, but an art gallery,” Brian said.

The gallery is not open every day, but rather for scheduled events. This creates a demand for consumers to come see the venue when there is an event. Another reason the gallery only opens for events is in hopes that out-of-town artists see an incentive to put their work out in to a new art scene and potentially gain new fans.

Hosting events is not the only service the gallery offers. Instead of representing the artists in a traditional manner, their showroom is online. This means the gallery owners are responsible for the customer service side of the business. Meaning that Brian and Jill do the online listing and selling of the artwork. If a customer is interested in buying a piece of art displayed at the gallery but wants to view it first, they just set up a time with one of the owners to stop by and see it.

Wetjen says that essentially the Split Gallery is an experiment and he has no problem with tweaking it until he finds the most sustainable model for his business.



OLIVIA DROBNY | The Register

# Odor around school causes concern due to plumbing issues

Hailey Huftless  
staff writer

Recently there has been an excessive amount of odor throughout the school and students and faculty have taken notice. Some rumors have been spread saying it’s the students who are causing the odor, these are all false. These issues have been taken into account by the head of maintenance, custodians, and plumbers. There have been numerous steps in place to eliminate the odor.

Multiple work orders have been submitted to both maintenance and environmental groups. The work orders have resulted in slight improvement. The whole issue is based off old, unused plumbing that is still within the building.

Capping these old pipes is believed to be the solution. Seven or eight pipes have already been capped, eliminating some of the odor.

In order to fully eliminate the odor, Maintenance is working on locating the rest of the old pipes and cap them hoping to remove the smell. As some students and teachers have noticed,

certain sides and rooms have a worse smell than others.

Head of maintenance, Chad Knott has found that most of the smell starts in room 039 and spreads from there. Other parts of the building that seems to have more issues are the 2 side and landings. The odor is spreading, and not originating from certain rooms.

Other maintenance issues are: extreme temperature fluctuations, broken water fountains, and out of order bathroom stalls. These problems are not directly related to the odor issue. Although they both deal with plumbing and pipes, they do not have anything to do with each other. There have been multiple plumbers in working on all these issues, it is just a matter of getting more workers to help fix the problem.

The new addition is not the cause for the pipe problem. The only odor that come from the new addition is when the workers are cutting metal, there may be a burning smell but is quickly eliminated.

As a whole, steps students and teachers can take to help Maintenance are to report the timing and room where there is odor, or a more than usual amount. This will help the workers more quickly and effectively find the core problem and pipes.

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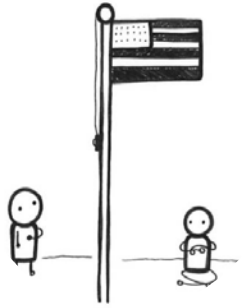


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Thank You!







### Pro/Con: Pledge

The debate over kneeling during the anthem has transformed into whether or not one should stand for the pledge

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### Staff Editorial: School dances and live bands

The Register's view on whether entertainment for school dances should be provided by a live band or a DJ

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One of our editors shares her view on mental health and prescription drug stigma

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# opinion

THE REGISTER

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## NO POINT TO READING CLASSICS

Emma Whaley  
executive editor

If you took Honors English freshman year, you may remember reading *The Odyssey* or, at least, reading the SparkNotes. You may also remember asking yourself, “Why are we reading a book that’s thousands of years old about a guy who takes a boat trip?” Well, gentle reader, I am glad to inform you that there was no reason for you to read the *Odyssey*.

Ancient classics such as the *Odyssey* and *The Iliad* are just that: ancient. These stories aren’t relevant to students’ lives in this day and age. They center on plots that English teachers try to convince us are “universal,” but have declined in popularity as humans further technology.

The aforementioned tales are categorized as “Hero’s Journey” stories, and, while this genre of fiction is still seen today, it takes on a different narrative. No longer is a literal journey, a trip, interesting to people. We have the Internet. We can see the world anytime we wish.

To the Greeks, these stories were glimpses into another land. It allowed them to live out fantasies of travel and adventure. This is unnecessary today. Due to technology, we have become desensitized to travel. Seeing pictures of your cousin’s trip to Thailand on Instagram is enough to satiate wanderlust. If the Greeks could have watched a livestream of a sailing trip, they wouldn’t have written the *Odyssey*.

If you actually read the *Odyssey* in freshman year, you may have been reading an abridged version, one that simplifies the poetic language to make it easier to digest. If you were not so lucky, you likely read the unabridged story with every detail just as Homer put it thousands of years ago.

If the latter describes you, I am truly sorry. Ancient classics are much too difficult for high schoolers to read in their full forms. It’s the literary equivalent of eating mac and cheese on mashed potatoes on hash browns on toast on stew; it’s just too much.

This problem is not only seen in the ancient classics – many stories by the famous English writers of the 1800s are just as dense – but it is amplified in them. Not only are students dealing with the almost nonsensical plot, the uncommon names and the allusions to ancient legend, they must read it all in archaic poetry.

For these reasons, some teachers choose to teach the abridged versions of these tales. However, this only lessens the significance of the literature; most English teachers wouldn’t consider teaching purely the abridged version of *Romeo and Juliet*, yet they claim it’s okay when they do it with the *Odyssey*.

If you determine that high school-aged students can’t read and comprehend the original version of a story, don’t



JACK SCHOLL | Contributing Cartoonist

teach them that story. Perhaps these ancient classics are better suited for college literature students. After all, many university students elect to become a classics major because they can understand and appreciate the stories as told by their authors.

Education systems often claim ancient classics are beneficial because they require students to combine their knowledge of English and history to understand. And, sure, there is an amount of historical background that goes into comprehending ancient classics. You can’t grasp the story of *The Iliad* if you don’t know why Sparta, Crete and Cranae are connected. However, with stories as old as these, one can’t be sure any of the historical “fact” presented is true.

Both the *Odyssey* and *The Iliad* are thousands of years old

and began being told orally; they weren’t written down until hundreds of years after Homer’s death. There is so much room for error when retelling one story that many times, which makes it highly unlikely that Homer himself would even recognize his tales today. Though based on (questionably) historically accurate events, it’s doubtful the amount of accuracy in the stories could warrant any historical justification for it to remain on a high school syllabus.

Overall, ancient classics are useless. I don’t live in 450 B.C. Athens. I won’t be tricked by my English teacher into thinking I should care. Go ahead and read them in your free time if that’s your thing but get them out of my syllabus.

## Lectures: strongest way for students to retain knowledge

The way one learns is very important and can greatly affect the outcome of his/her educational experience. There are many different techniques to retain information, and certain ones can be more effective than others. A prominent factor is whether or not the student is face-to-face with a teacher.

Being able to hear one’s voice and the explanation of the lesson can show a drastic advantage in comprehension. Learningspark.com claims that effective lecturers can communicate the interest of a subject through their enthusiasm. Learning in a fun and unique environment allows for more of the topic to stick with the student.

Say the student has an independent study where they are given the lesson notes and must teach it to themselves; this environment wouldn’t be as mind opening, for the student is under a cloud of confusion trying to teach something they don’t know. An independent study could almost be counterproductive if the specific student needs someone in person to explain challenging topics.

Another point to consider would be that an independent study breaks off the opportunity for questions, as well as learning from other student’s questions on the information. This leaves the student wondering if they are completing the assignment correctly.

Having the traditional school setting of a classroom and a teacher is not for everyone, but it is very helpful when taken seriously. Hedweb.com said that, “Lectures constitute a formally-structured social event which fits human nature and artificially manipulates human psychology to improve learning.”

It would be common to think that an independent study would improve learning, but there are several underlying connections that point to lecturing as more effective. This is only true when the student at hand puts forth their full effort and is committed to their education. If he/she does not care about their own success, then neither a teacher nor themselves can help them grow.

There are obviously more than only these ways to teach and learn information, but these two are most prevalent today. A 2010 study from Harvard’s Kennedy School showed that students who were lectured learned more than other students who were given other methods of teaching.

Having a solid foundation of learning and education is needed to succeed in the world today. Seeing eye-to-eye with what style of learning works best will create significant results.



MACKENZIE COUGHLIN

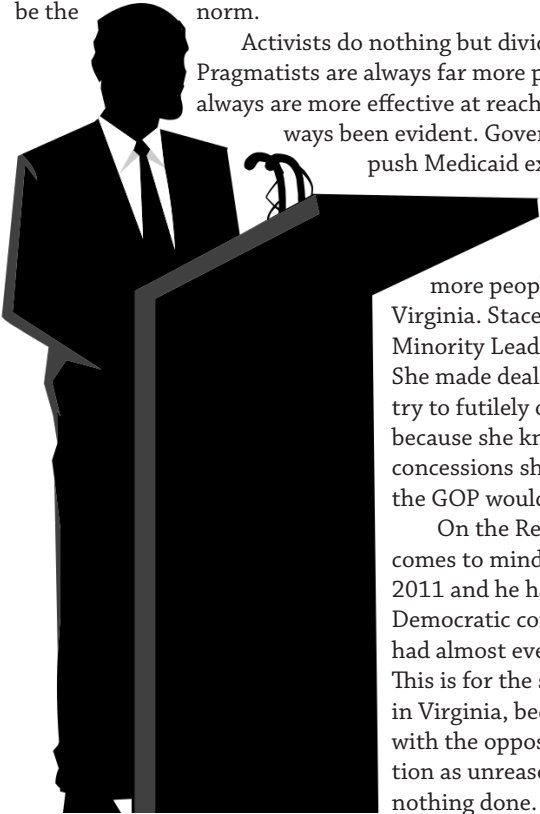
I DON'T KNOW



# Activists are meant to energize, Pragmatists are for governing

Malcolm Durfee O'Brien  
Managing Editor

In public discourse, in politics, pragmatists and activists each have a role to fulfill. The activist spurs voters to polling places, brings about interest in causes and inspires concern for the outcome of such discourse. In this role, the activist may be as extreme or as unreasonable as they wish. The pragmatist's role is to take the causes which the activist has spurred interest in and create reasonable and fair consensus solutions to them. In this role, they must be at least nominally moderate. The activist is the campaign manager, the pragmatist is the candidate. It is therefore concerning that in recent years, the lines between the roles of activist and pragmatist have been so heavily blurred. Suddenly, an extremist conspiracy theorist is elected President of the United States or a far-left socialist defeats the House Speaker in waiting. Suddenly, we have violent brawls in the streets and shouting matches at Thanksgiving because such activists have abused their position as full-on leaders to stoke division amongst citizens. Electing activists over pragmatists is dangerous to the unity of this country and must cease to be the norm.



Activists do nothing but divide, while pragmatists do nothing but unite. Pragmatists are always far more popular than their activist counterparts and always are more effective at reaching a deal. For the Democrats, this has always been evident. Governor Ralph Northam of Virginia managed to push Medicaid expansion through the Republican controlled Virginia Legislature by making some tough deals with Republican lawmakers. As a result of his labor, his deal-making, 400,000 more people have access to Medicaid in the state of Virginia. Stacey Abrams made similar deals when she was Minority Leader of the Georgia House of Representatives. She made deals on redistricting, on budgets, rather than try to futilely oppose whatever Republicans proposed, because she knew whatever deal she cut, whatever painful concessions she had to make, would be better than what the GOP would have otherwise forced on her.

On the Republican side, Governor Brian Sandoval comes to mind. He has been Governor of Nevada since 2011 and he has constantly been forced to deal with a Democratic controlled Legislature. Despite this, he has had almost every one of his campaign promises fulfilled. This is for the same reason that Northam was successful in Virginia, because he cut deals, because he negotiated with the opposition. Once one shuts down their opposition as unreasonable, as the activists do, they can get nothing done. This is why we should value pragmatists

over activists, they get their work done and do so without everyone being infuriated at everyone else.

Both parties are guilty of deciding activists are qualified for positions of government. On the Republican side, one must look no further than the President himself to find an extremist activist turned into political leader. He alone should be enough to prove the dangers of electing activists to office. He has abused his office and the power of his word to stoke hatred amongst political groups and divide the United States. This is obvious to all of us. As a result of Trump's extremist tendencies, his party failed to pass healthcare reform, as he decided to use fellow extremist activists instead of moderates to determine the legislation, he failed to protect his party from losing the House, and he failed to get any meaningful immigration reform through. It is because he is an activist that he fails.

On the Democratic side, look no further than Alexandria Ocasio-Cortez. Unlike Trump, I have nothing wrong with Cortez personally. I think she is inherently a good person. However, her extremist political positions have already been damaging to her constituents. She has far too many overly lofty goals to be effective in Congress. Far too much of her time will be spent attempting to pass lofty policy goals like Medicare for all, the so-called "Green New Deal" and universal college for her to be effective in Congress. These policy goals will not pass under any circumstances and will make it impossible for her to work on issues relevant to her district, as fellow lawmakers are wary to work with an extremist.

As one can see, activists like Donald Trump and Alexandria Ocasio-Cortez should have no place in government because they divide the nation and because they are weak in the hallmark of this representative republic, negotiation. Because activists have a very strong "my way or the highway" mindset, they cannot get deals done, they cannot pass legislation and ultimately, they cannot unify or lead.

The danger of activists is, I hope, obvious to you. They cannot legislate and they cannot lead. Pragmatists lead, legislate stuff done. Pragmatists like Stacey Abrams should hold the offices of power, not activists like Donald Trump.



Photo Courtesy of WIKIMEDIA, PIXABAY

## Dapper Dudes: hygiene



OLIVIA GILBREATH  
DAPPER DUDES

Looking good is not completely reliant on clothing-surprisingly enough, basic personal hygiene is just as important.

Making sure to shampoo and condition, to apply deodorant daily and to use beauty products that work for an individual are all things that factor into looking good and feeling better. Cleanliness and a good fashion sense can make a person irresistible, so one should find a routine that suits his or her needs. In addition to basic hygienic products, a person could use makeup to make himself or herself feel more confident about his or her appearance.

During the winter, it is important for one to regularly wash his or her hands so that he or she does not contract a sickness from another person. Washing your hands of-

ten in the winter-in addition to the cold, dry weather conditions- dries a person's hands out very easily. By using lotion, body butter or other moisturizing serums after washing his or her hands, a person can help to prevent dry skin. As well as their hands, some peoples' faces also get easily dried out in this season. It's important to use face lotion before applying makeup and before going to bed, if necessary. Having skin that is not bleeding from lack of moisture is healthy and healthiness is attractive.

There are many different hair products a person can use based on his or her hair type. If a person does not know where to start in regards of what product/s to use in his or her hair, the person should contact a hair stylist for advice and recommendations. Depending on one's hair type, a person may not need to constantly wash his or her hair, but it is always important to clean the rest of oneself often.

Applying deodorant is a necessity that helps the user and those who surround them. Some studies have shown that women exposed to the scent of a man's sweat can become more attracted to him. This is scientifically proven, but that does not mean the rest of the population enjoys the scent of B.O. that lingers in the air surrounding the lady lover. Wear deodorant, it was invented for a reason.

Brushing one's teeth is not only beneficial to everyone that a person encounters, but it is also beneficial to oneself. Generally, people do not enjoy the scent of old food and coffee to be slapped across their faces with each breathy and pungent word spoken. Brushing one's teeth twice each day prevents cavities, toothache, gum disease and gives a person a cleaner feeling. This is another healthy aspect of basic personal hygiene that can make a person more attractive.

Anyone can wear makeup, but supporting the use of cruelty free, vegan products helps one look good and feel good about himself or herself at the same time. Wearing makeup can clog pores and cause blemishes to appear on a person's face, so skincare is very important. One should never sleep while wearing makeup, he or she should always remove his or her makeup before sleeping, washing his or her face with face wash and warm water. Speaking to a doctor or dermatologist is a smart idea regarding skincare, because no two people are exactly alike and the same routine is not going to work for everybody.

Hygiene is important to how a person presents himself or herself and, in combination with unique style and confidence, can make a person unstoppable. Cleanliness is an attractive and desirable quality in a person, people should try to always maintain stellar hygiene. Finding a routine that is personal and works for a person is an essential part of becoming a healthy, confident individual.

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CONNOR PAINTIN Resident Cartoonist

## November too early for Christmas music, should be saved for December

Molly Huibregtse  
staff writer

In recent years, the amount of time between Halloween and the start of Christmas decorating has been dwindling. This may be contributed to a few different factors: economic fluctuation and need for holiday hire, a decrease in Thanksgiving festivities and a certain Tim Burton movie, "The Nightmare before Christmas."

In "The Nightmare before Christmas," Jack Skellington and Halloween town try to take over Christmas. The movie almost encourages the hasty jump from Halloween to the start of everything Christmas.

Christmas has come to overshadow and even take away from Thanksgiving and the second half of fall.

Winter and the holiday season is wonderful, and I love Christmas just as much as everyone else, but there is no need to start stocking Christmas decorations and toys in stores as early as Nov. 1. Nor is it necessary to start decorating, shopping for Christmas or listening to Christmas music until at least after Thanksgiving.

As a result of global warming, Autumn has been growing shorter every year, so why would you want to make it even shorter? When everyone starts going Christmas crazy, you lose all the experiences and opportunities only November brings.

Thanksgiving is an Autumn Holiday, not a winter one, yet nowadays Thanksgiving is some-

times only seen as an extension of Christmas.

Even the Thanksgiving Parade, despite its name, is seen more as a kick off for the Christmas countdown and less a celebration of Thanksgiving.

In the last decade Radio stations have started playing Christmas Music earlier and earlier.

This year, local radio station 104.5 switched over to be a Christmas station as early as Nov. 5. While it is nice to drag out Christmas Music and listen to it as long as you can, because as I mentioned before, Christmas is amazing and loved by many and it always feels like it takes forever to arrive but no time in leaving.

However, Christmas music should not be played on or before Thanksgiving. Ever.

Listening to Christmas music prematurely will not only interfere with one's Thanksgiving festivities but in addition will create a sense of withdrawal from Christmas or snow, etc. waiting longer than needed for Christmas and potentially driving yourself crazy in the process.

While the ideal time to start listening to Christmas is the beginning of December, as long as Thanksgiving has passed, it is acceptable to engage in some holiday cheer.

**“When everyone starts going Christmas crazy, you lose all the experiences and opportunities only November brings.”**

## Despite conflicting arguments, protein shakes offer benefits

Sophia Sgourakis  
staff writer

Protein shakes have become one of the most popular health supplements for adults, athletes and bodybuilders. Because of their convenience, they become an easy breakfast and after-workout snack on the daily. However, many people speculate that protein shakes have disadvantages, such as subpar nutrition and serious health risks. Because my family members are consistent buyers of quick and easy protein shakes, I am here to prove the benefits of drinking a protein shake regularly.

There are several types of protein powders that each have their benefits. Whey is water-soluble milk protein which contains all the amino acids that the human body requires from food. One that is not suitable for vegans is casein, which comes from dairy. Casein is rich in glutamine, an amino acid that speeds up muscle recovery after an exercise. Soy is very similar to casein so it is a better choice for vegans. Many protein powders contain pea protein, an alternative to soy and dairy based proteins. Lastly, hemp seeds contain essential fatty acids which is an excellent choice for vegans and those with dairy or soy allergies. But because of all the types of powders, it is important to proceed with caution when buying new ones.

Protein shakes are a solution to weight management. Protein rich foods are shown to make people feel fuller for longer. Feeling fuller

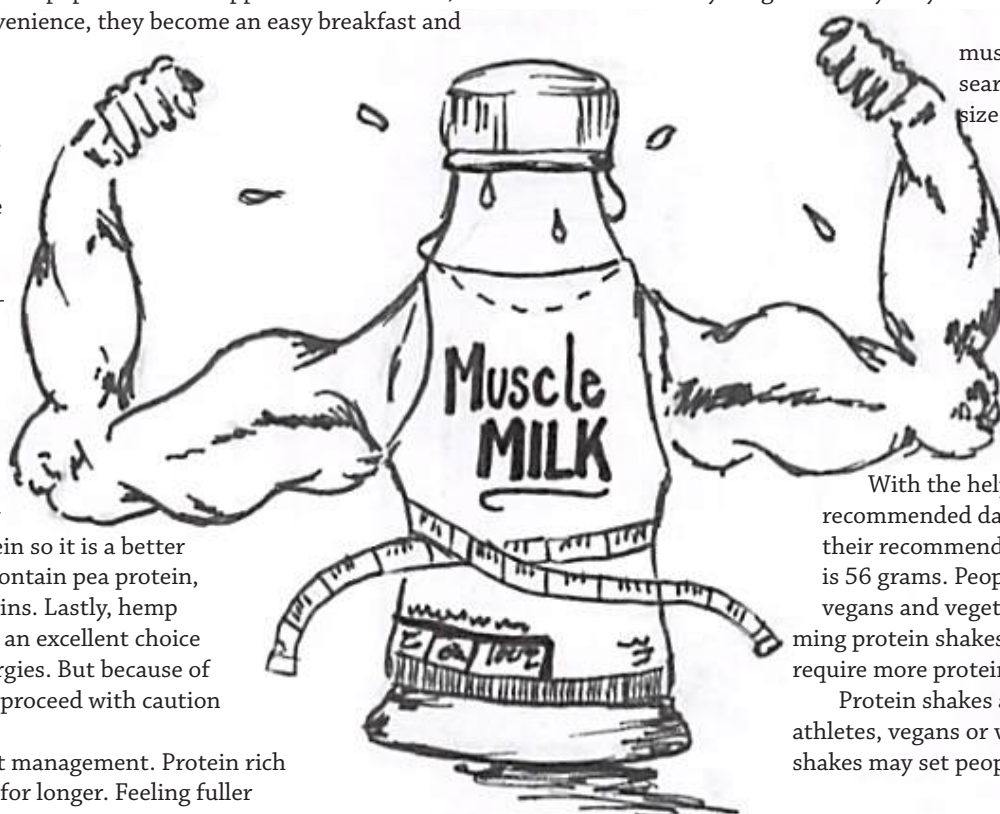
results in smaller snack sizes and less frequent snacking. This is a helpful tip to anyone maintaining weight or trying to lose weight. This is where whey protein comes in handy because it reduces body weight in everybody.

As most people know, proteins are a great source for muscle growth. An analysis of 49 studies supports this. Research suggests that protein supplements improve muscle size and strength in those who perform resistance exercise training, such as lifting weights. Muscle growth was equally effective in men and women who weighttrain. However, effectiveness may decrease with age because they tend to require higher amounts of protein intake.

After a long workout, protein is a vital ingredient for recovery. Protein can help repair damaged muscles and tissue. As a result, athletes may use protein shakes to speed up recovery from muscle soreness. Many studies show that protein shakes after a workout can aid recovery by reducing muscle damage and improving muscle performance.

With the help of protein shakes, everybody has a way to meet their recommended daily intake of protein. For women 19 years or older, their recommended intake is 46 grams of protein a day. For men, theirs is 56 grams. People who find it a challenge to meet these goals, such as vegans and vegetarians, may find a solution to this problem by consuming protein shakes. Athletes, weight lifters and older adults may find they require more protein intake on the daily to see the results they hope for.

Protein shakes are a beneficial supplement for many people, especially athletes, vegans or vegetarians, and older people. The taste of some protein shakes may set people off, however with all the benefits, it's worth it.



MADELINE KRAUSE | Contributing Cartoonist



## “The sense in not knowing”



MOLLY HUIBREGSTE

We live in a world where society looks down on anything or anyone that isn't exactly like them. Diversity is encouraged as long as you aren't anything too different. We as a society frown on other societies that are different, deeming them strange. Lemony Snicket, author of *A Series of Unfortunate Events*, once stated that, “Just Because you don't understand something doesn't mean it's nonsense.”

This is excellent advice to follow. Empathy is a rare but much needed quality these days. Learning to have an appreciation and respect for other cultures is imperative for a global society. Believing that your way of life is the only “proper” way is defined as ethnocentrism and it is a slippery slope.

Take language as an example: when you are born, you are a blank slate. You aren't born knowing a language, you must learn how to speak and act from observing how your parents speak and act. As a monolingual native English speaker, Spanish, German and Chinese sound like gibberish. However, even though you do not understand what they are saying, you understand that these words do indeed have meaning. The same applies for any aspect of a culture.

If we are to truly celebrate diversity, we must eliminate ethnocentrism. Understanding a culture and appreciating it do not have to go hand-in-hand necessarily, however it is important to remember that somewhere else in the world, there could be someone who doesn't understand your culture, yet you would still like them to respect you, right?

Even those who purposefully avoid being ethnocentric, have something to learn from Snicket. It seems that the one thing most Americans could agree on, is that they hardly ever agree on anything. Snicket's advice is an excellent reminder that, even if you don't agree with what someone says, you not understanding why they think the way they do doesn't invalidate their point automatically. It is essential to remember that before one can properly know something, they must first attempt to understand it. Practicing empathy in every aspect of your life will make you more productive and even may lead you to understanding yourself a little better.

As teenagers, understanding one's self may prove a challenge. The first step of re-learning to love yourself, is understanding yourself. Many teenagers express or even believe that they hate who they are or how they are. Just because you are unique, you are not strange. Others judging you because of something you can or cannot change does not validate their hate or yours'. The secret to successfully thriving in a diverse society is this: it is not required to like everyone, but to understand them, at least to some degree, is essential to the very idea of diversity.

IN THE  
OPINION  
OF THE  
REGISTER

# SCHOOL SHOULD HIRE LIVE BANDS FOR PROM

School dances are arguably some of the most fun nights of the school year. There are a lot of factors that determine how great it will be - the venue, decoration, food, attire - but there is absolutely no doubt about it: music can either make or break the whole experience.

Hiring a DJ has always been the go-to for the music provider, but what if Central were to get a live band instead of a DJ? It seems as if anyone can just connect to the speakers, click the play button and take requests.

A live band puts heart and soul into every second, every note played in every song, and, with Central's talented student body, there would be no trouble finding willing performers. This is a growing trend in school dances as other schools in the Omaha area are doing this with great success.

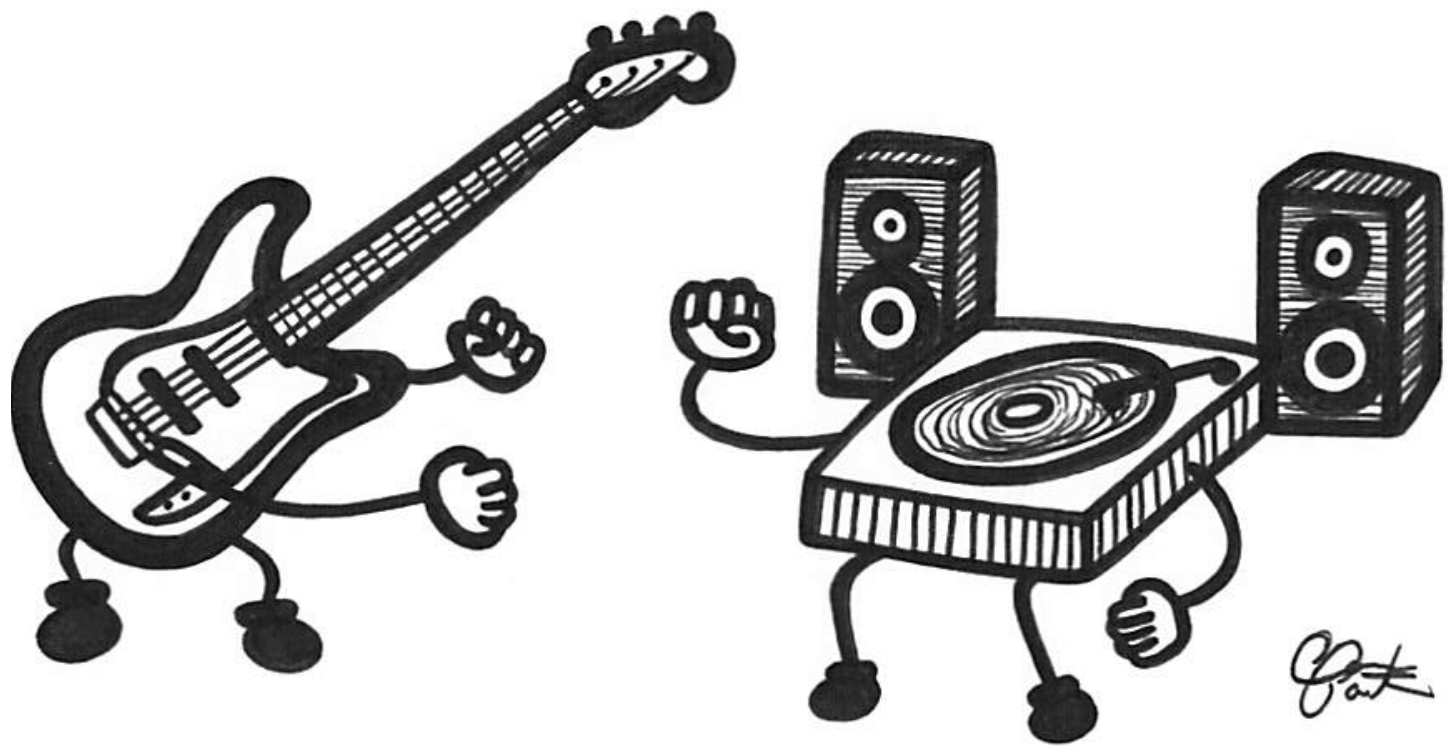
There's nothing like being able to feel and hear every instrument played in every song that gets the crowd excited, especially when it is other students producing the music.

Who specifically would be the best for the job is just as important as the music itself. Giving someone the responsibility of controlling the mood of the night should be more seriously considered. Interacting with the crowd and the dance floor is also important, making the experience much more fun when done right.

This responsibility should be given to a fellow student, someone who knows what is wanted and is familiar with the people on the dance floor and the music, not just someone's dad playing USA's top 50 songs. A mix of fast and slow, old and new songs should be used. Something for everyone, something everyone can dance to.

Variety and depth in the music is also important, and that's where DJ wins, and it works great to fit the vibe of certain dances such as homecoming. As the venues, restrictions and decorations of all the dances change, so does the vibe and the feel of the whole night, but the music stays the same between all three dances. Setting up a band is something that would fit the vibe of prom or winter formal especially well.

Central High School is already known for having a proud, outgoing student body, and it makes sense that we give some of our gifted students a chance. These few dances we have are special and we only get a few during our high school careers. If these dances are supposed to be “our special night,” then we should be able to make it special the way we want it to be.



CONNOR PAINTIN | Resident Cartoonist

## Omaha's lack of accessibility unacceptable, must be addressed

Kween Alabi  
staff writer

The World Herald reported in August that two Nebraskans, have filed over 87 lawsuits to Omaha businesses, due to their lack of accessibility. This is discrimination towards disabled people, known as ableism.

Ableism, a term that is unheard of to most is the practice of attitudes in a society that devalues and oppresses people with disabilities. Ableism is extremely dominant in cities all across the nation. We tend to value people who are able-bodied, or without any physical or mental limitations than those who do.

The conditions that suppress those who have with physical disabilities are often ones that would be overlooked by able-bodied people. These limitations can be as big as a building only having staircase entrances or barely functioning elevators, tightly narrow hallways or walkways blocked off merchandise, or disabled parking on an incline which increases the difficulty of a physically disabled person being able to transfer from their car to wheelchairs.

It is so easy to consider these situations and to not think twice or even consider them a problem at all. This is because of how finely ingrained ableism has been adapted into America. Although 40 million Americans have physical disabilities, making up 13.3% of our population, their oppression is so widely ignored.

The two Nebraskans are able to sue these businesses because of their violation of the ADA, or the Americans with Disabilities Act, established in 1990, the civil rights law prohibits the discrimination against individuals with disabilities in all areas of public properties.

Yet, so many Omaha businesses, specifically businesses downtown, are not compliant with the law. Several Businesses have turned away wheelchair users due to the fact that their entrances only include staircases and letting wheelchair users in would be a “liability”.

Joe Lynett, a lawyer for the Jackson Lewis Law Firm, is defending most of the Omaha businesses under-fire. He came out with the following statement about the lawsuits: “Many businesses view these lawsuits as an annoyance, that the plaintiffs have not really been denied goods and service.” Lynett's

disregard for the struggles of disabled Nebraskans is present in his word choice.

The usage of the word “annoyance” implies that the discrimination these businesses are committing against disabled citizens isn't important. It undoes the significance of a business not allowing customers into their establishments.

Accessibility isn't about “catering” to disabled people and offering some sort of special treatment but rather an acknowledgement of disabled people's basic human rights. Refusing entrance to disabled customers for no other basis than the fact that they are disabled is in fact discrimination and should be looked at as more than an “annoyance” to a business.

The denial of this discrimination makes it easy for people living with disabilities to feel as if they are second-class citizens. It is absolutely ridiculous that so many businesses are able to get away with discrimination that is quite frankly illegal just because accessibility is merely just “convenience” in a society that seems to only value its able-bodied population.



# Mental illness stigmatized

**Anne Gallagher**  
executive editor

As society has become more accepting, aspects of identity such as sexual orientation and gender identity are becoming increasingly less taboo. Although people recognize these aspects of life, there is still a stigma surrounding personal situations.

One of these stigmatized issues is the prevalence of mental health. Studies have shown that one-in-five teenagers suffer from mental illness. This overwhelming problem can be attributed to expectations of teens from social media and society as a whole.

A different aspect of the depreciated mental state is the medication process. Seeking help is encouraged to teens who suffer from anxiety and depression, but this often results in the prescription of anti-depressive medicines and mood stabilizers, among countless other treatments.

People with mental illness are pressured to see psychologists and psychiatrists in order to “get better.” In reality, there is not a solution to depression or anxiety, although there are coping methods to be learned and ways to deal with the overwhelming stress.

It is a psychiatrist’s job to guide this process of “healing” from mental illness by finding the best prescription to counteract the negative chemicals in the patient’s brain. People may then take these medicines for anywhere from a couple of months to the rest of their lives.

There is nothing wrong with those who fight mental illness, other than a common lack of serotonin from their brains. Societal expectations do not share the same opinion, with constant requirements of being healthy and happy enough to do little things such as go to school or even keep up with one’s general personal care.

The same expectations are not inflicted upon people with other illnesses. If someone has a cold, they are allowed to stay home for a day, but if someone is struggling with a severe anxiety attack, they are merely told to calm down and urged to carry out their daily routine.

A chemical imbalance within someone’s brain is enough to change their outlook on life and affect their daily functions drastically. For this reason, it should be more widely accepted to take medication to aid in coping with one’s mental illness.

People view medicine for depression, anxiety, OCD, ADHD etc. as a short-term cure for being crazy to some extent. It can sometimes be easy to hide one’s mental illness in order to seem normal, but this makes the situation unhealthy.

Talking to people about one’s mental illness can be very beneficial to that person’s mental health. Although there is no definite cure to any of these illnesses, it will help the patient to be able to express themselves in any way possible. This means that friends and family should always be there for people experiencing problems like these, even if they don’t feel like explaining their condition or feelings.

Overall, medicine may be extremely helpful to those suffering with mental illness and a person should not be degraded because of their prescriptions. It is okay for a person to take an anti-depressant for their whole life, but it is not okay to judge them for it.



LUKA MORRIS | Contributing Cartoonist

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# PRO/CON: SIT, STAND or KNEEL

Blayke Olson  
contributing writer

Americans have stood for the U.S. flag since June 14, 1777, the day the Continental Congress declared “that the flag of the thirteen United States be thirteen stripes, alternate red and white: that the union be thirteen stars, white in a blue field, representing a new constellation.”

Since the days of British colonial control, American dividedness has ranged from kneeling during the national anthem, to questioning the overall authority of the commander in chief, so refusing to stand for the pledge of allegiance is nothing new to Americans.

By reciting the Pledge of Allegiance, every American promises to be true to the United States of America. The freedom available will not be taken for granted and each American will remember the countless men, women and children who have given their lives throughout the centuries, so that they can live peacefully today.

The Pledge of Allegiance is recited by school children of all religious backgrounds, across America on a daily basis. Daily recitation is done in order to honor the nation one is a part of every morning. However, the recitation is not compulsory, which means no punishment will be taken against children who do not recite the pledge.

Unfortunately, most of those reciting the Pledge today are saying it blindly as a ritual, where children and adults alike, recite the words without actually understanding the meaning.

Reciting the Pledge is not a compulsion, but a mark of patriotism to the country. It is an action that symbolizes one’s loyalty to the United States of America and the feeling that as an American, one is proud to be a part of this blessed country.

The Pledge is a proclamation stating that all Americans are unified, standing together as one nation and working together for the benefit of the country as a whole. The reason the Pledge of Allegiance is asked to be recited on a daily basis in schools, is because when a child recites the pledge every day, he or she may be directed into thinking more deeply about its meaning and significance.

Simret Habte  
staff writer

The Pledge of Allegiance was first published in 1892 to celebrate the 400th anniversary of Christopher Columbus’ voyage to North America. It was changed in the midst of the “red scare” to include the words “under God” in 1954. It wasn’t until 2003 that it became a daily routine to say the pledge in school in most American schools. This change was presumably caused because of the attacks of 9/11.

To answer the question, ‘Should students have to stand for the Pledge of Allegiance?’ you first have to evaluate the pledge itself. The pledge states that this nation stands for “liberty and justice for all” a bold statement that throughout history and in the present has been proven to be inaccurate.

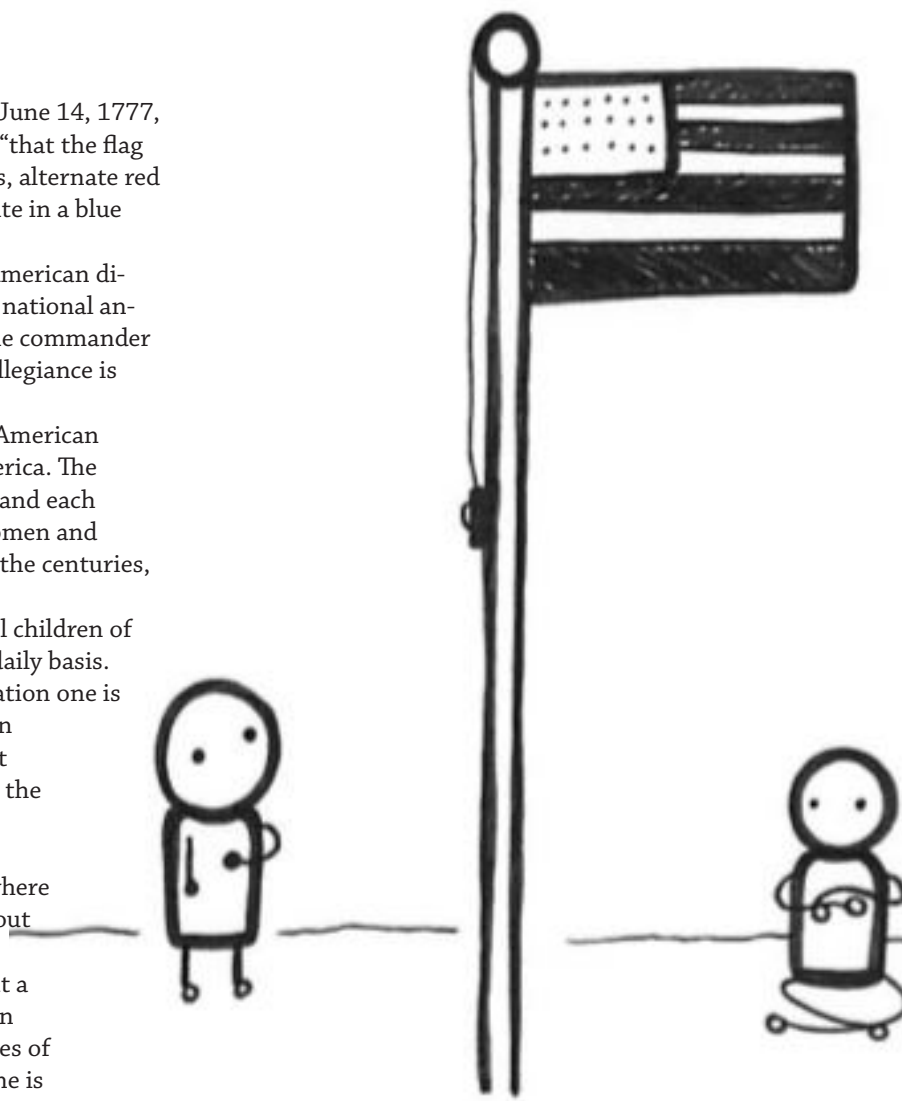
In the past, young Native Americans were put into boarding schools to force them to become more ‘Americanized’. It was in those schools that they were made to recite a statement similar to the pledge. That statement was to indoctrinate those young children with a loyalty to a country that stole their land and killed their people.

Similarly, children in Japanese internment camps were forced to say the pledge daily in order to make them feel an allegiance to a country that imprisoned them simply because of their ethnicity.

To make people who have been treated so poorly stand and announce an allegiance for a country that has repeatedly contradicted the words of its own pledge at their expense seems to be a mockery of their suffering.

The First Amendment is arguably the one that America is most known for. Free speech and democracy is what this country is supposed to stand on. Citizens are encouraged to speak up and express their opinions. A student’s right to free speech should also be respected. Forcing them to stand for the pledge is completely contradictory to the words of the pledge that promise “liberty and justice for all.”

Many American students are required to say the pledge of allegiance from the time that they’re in kindergarten. It’s safe to say that most 5-year-olds don’t understand the significance of the words of the pledge that they recite every day. Those kids are made to state their allegiance to a country before they are able to do multiplication, let alone comprehend the importance of those words. By the time that the kids have reached an age where they can understand what the pledge truly means, it’s become a mindless routine with no real importance.

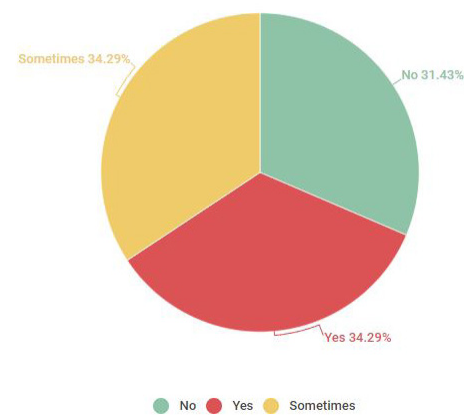


CONNOR PAIN - Resident Cartoonist

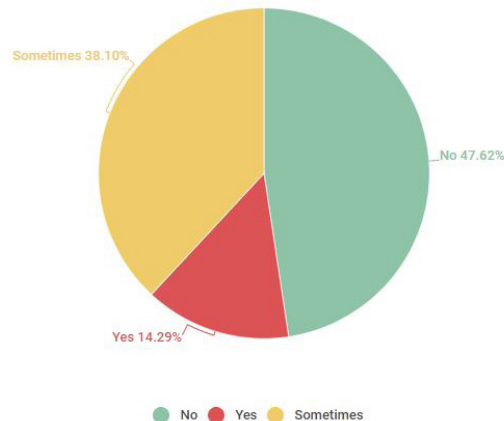
## Do you say the pledge?

Seventy-five anonymous students\* from Central High School answered a survey. There were 35 freshmen, 21 sophomores, three juniors and five seniors.

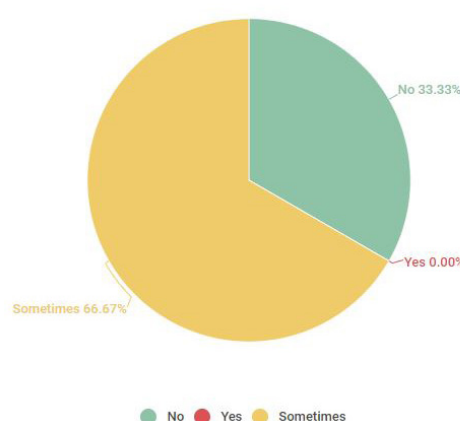
### FRESHMEN



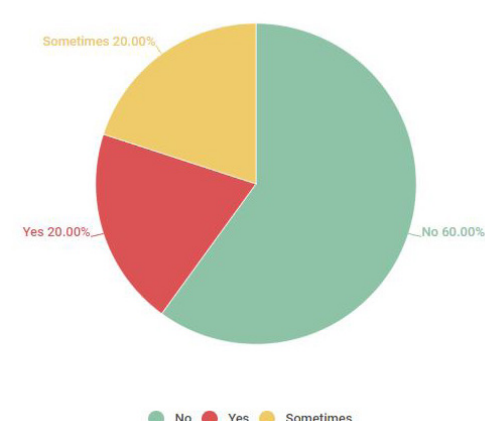
### SOPHOMORES



### JUNIORS



### SENIORS



## Instagram influencers embracing modern day blackface

Lizbeth Hermosillo-Najar  
staff writer

In these last few years, the tanning salon industry, which includes spray tanning and indoor tanning beds, has grown by 4% and is expected to keep growing. In 2018 alone, the industry has reached up to \$3 billion in revenue. Why is this industry rapidly increasing and gaining so much attraction?

It’s no secret that everyone loves the glowing tan they get in the summer and would like to keep that tan all year round. An easy and cheap way to stay tan would be spray tanning or indoor tanning beds. But, there comes a point where too much tanning could potentially become a problem.

Celebrities, models and other types of influencers have all fallen victim to tanning themselves into another shade. Keeping up with this perfect tan could be difficult, but the problem arises when the influencers are too frequently visiting the tanning salon, essentially appearing to be racially ambiguous.

This problem has been recurring within the Instagram model community. Many have been recently exposed as portraying this image, called modern day blackface. These models have tanned their pale skin into much darker skin colors, as well as altered their features, such as getting lip fillers, changing their hair styles and even receiving body surgeries.

Many people are infuriated with this new trend that white Instagram influencers have created because it praises white woman for having the same features as black women while black women are being ridiculed and discriminated against for the same features.

Along with blackface, there’s cultural appropriation that intertwines with this issue. These influencers have put in box-braids, although their hair does not accommodate these types of braids. Box braids, or cornrows, are a protective hairstyle for textured hair. Virtually, these influencers are damaging their hair just to project this persona to social media.

In essence, these women are posing as black women, capitalizing on beauty trends and brand endorsements. Models are boosting their followers and likes on Instagram by portraying themselves as someone they’re not. This is modern day black face that’s being spread all over social media, and the people are giving them a pass just for being attractive. This is not okay.





### New places to indulge in Omaha area

All the hottest new stops for ice cream, coffee and sushi

PAGE 17

### Scholastic Art and Writing Awards

Central artists are submitting everything from painting to pottery in hopes of winning gold

PAGE 20



### Dance Coach celebrates her first year

From math to dance, Coach Beitel supports her team

PAGE 21

# arts & style

THE REGISTER

Vol. 134 No. 3 | December 20, 2018

## A MADRIGAL NIGHT



Photo Courtesy of O-BOOK

Seniors Colin Burke and Max Heyden preform with the CHS Singers. This is both of their first year in the elite choir group. Junior Heidi Heyden serves refreshments to a guest. She had sung in the CHS Singers earlier in the night.

**Pangaea Kaan**  
staff writer

The 25th annual Madrigal Dinner presented a stunning inside look into the Central musical department. It displayed the beauty and diversity each choir had to offer while maintaining the long-standing tradition. Music directors Sara Cowan, Lyn Bouma and Stephen Bouma conducted a truly magical arrangement allowing a magnificent symphony of voices to spread throughout the hall.

The performance consisted of various pieces sung by the school's five groups: Freshman Ensemble, Bel Canto Singers, Men's Chorus, CHS Singers, and the Royal Ringers. Each choir sung a variety of songs consisting of mainly Christmas and holiday music. However, the beginning of the feast brought all singers together, creating a beautiful harmony demonstrating the wide range of voices. Along with choirs, during the holiday feast, two brothers, Alec and Ethan Harrison, demonstrated their exceptional violin talent creating a comforting and joyful mood during dinner.

Each year, the performing arts department honors a special individual, this year being Omaha Public School's new superintendent, Cheryl Logan. She was presented and honored at

the beginning of the feast, brought in on the arm of the school's senior class president, Orestes Cooper, and seated at the front of the hall.

A first time Bel Canto performer, Hannah Hough, fell in love with the dinner and everything it had to offer. "My favorite song was Ave Maria by Chanticleer. It's a gorgeous yet challenging that helped my group listen to one another and manipulate our voices in a way that gave me chills. I'm truly excited for it to reach its full potential by working on it more, even though we did a wonderful job at the feast."

Along with performing, the choir members also served the food and drinks to the guests allowing them to interact and meet with family and friends. While serving, Hough was able to meet new people and gain knowledge for next year. "There were many students and teachers working together to make sure the meals got where they needed to be. Though it was stressful, I think it was a valuable experience for the years to come. I was also able to spend time with my loved ones who came to support me and see some of my teachers who were there as well."

Although the tradition of the Madrigal feast has been held before, this year presents its special features through the 25th annual celebration, creating a nostalgic and traditional sensation for all that attended.

## In a Christmastime crunch? Here are 11 gifts under 20 dollars

**Kween Alabi**  
staff writer

The holiday season is not only the most wonderful time of the year, but also the most expensive. With the season arrives the multiple secret Santa parties and holiday parties with the family. It is estimated that the average American will spend over \$700 on holiday gifts totaling \$465 billion this year alone. To relieve the dreaded feeling of breaking the bank, here are some adorable and thoughtful presents that are under \$20.

1. Mood Ring Thermochromic iPhone case: (available for the iPhone 6/6s/7/8) This iPhone case pays homage to the classic Y2K mood rings by changing color based on the warmth of the users' touch. Available for \$17.98 on Nordstrom.com
2. Animal Succulent Vase: For the plant lover in your life, these adorable succulent vases range from 13cm to 5cm and are \$6.99 and are available in multiple options: elephants, flamingo, hippo, corgi, bunny and many more browse options at amazon.com
3. Decorative Cactus Tea Light Candles 6 Pcs: These tiny little candles come in three different cactus shapes and split open when lit (unscented). Available from \$9.57-12.99 at amazon.com
4. Smoko UO Exclusive Peach Light: Add a little "peachy keen glow" to someone's life with a peach shaped light that fits in the palm of your hand. The little smile on the peach's face is definitely worth the \$16.00. Available at urbanoutfitters.com
5. Light Up LightSaber Chopsticks: (color options vary) Want to make playing with food more acceptable? For avid Star Wars fans, these chopsticks could serve as decoration or just a fun way to enjoy a meal. Available on amazon.com for \$9.99 a pair

6. Fantastic Beast Niffler Heat Changing Mug: (10 oz) The Wizarding World in the form of a cup. This Fantastic Beast mug features the logo on the mug when cold, then reveals a niffler that even Newt Scamander has trouble keeping track of when hot. Available for \$6.99 at thinkgeek.com
7. Bluetooth Beanie Headphones: Allows you to enjoy your music while still being protected from the cold. These headphones are loud enough for you to hear your music while leaving the people around you undisturbed. Available for \$13.99 at Amazon.com
8. Adjustable Initial Ring: Available in both lower and uppercase, pick up a couple rings for your loved ones as a super chic and adorable sentimental gift. Available for \$5.57. Browse on etsy.com
9. 4" Plasma Light: Bring it back to the 80's with a touch-sensitive plasma ball. The Plasma ball also comes with a sound sensitivity feature that syncs to your speakers. Available at amazon.com for \$14.95
10. Cable Bites: Reinforces charger cables so they don't fall out mid-charge, the cable bits come in adorable animal shapes that attach to your phone charger and clip on to your phone to prevent cable breakage. Browse options available for \$6.00 at urbanoutfitters.com
11. Cat Money Stealing Piggy Bank: For those who still carry around cash, opt for a traditional piggy bank with a cat that jumps out and takes the money. Makes saving money cute. Available at amazon.com for \$13.98



# REMEMBERING

After the crazy year that was 2018, students and staff reflect on their favorite memories

**Q:** What was the highlight of your year?

2

“Thrift shopping at Scout and my grandmas closet”

**-Alecia Chavez, 12**



“Releasing a live rooster in a Walmart in Louisville with friends”

**-Blake Rossiter, 12**



0

“My favorite moment of 2018 was Dr. Bennett running the zamboni in the halls here in Central High. Who knew that he would be in charge of keeping our hallowed halls in pristine condition?”

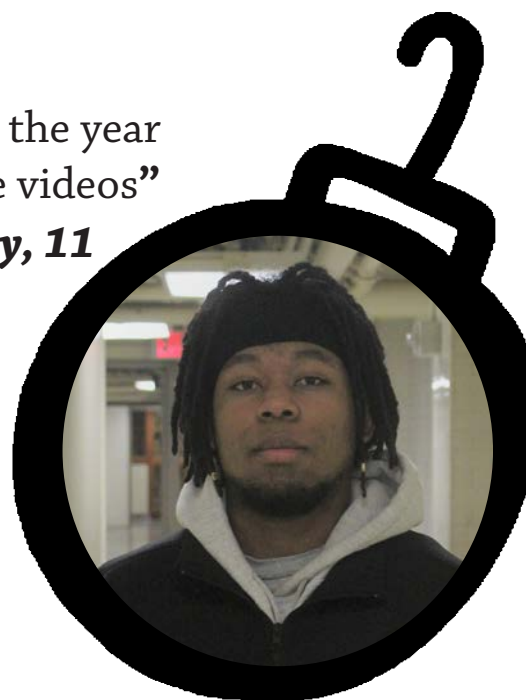
**-Mr. Boeckman, History teacher**



1

“Spending time during the year making youtube videos”

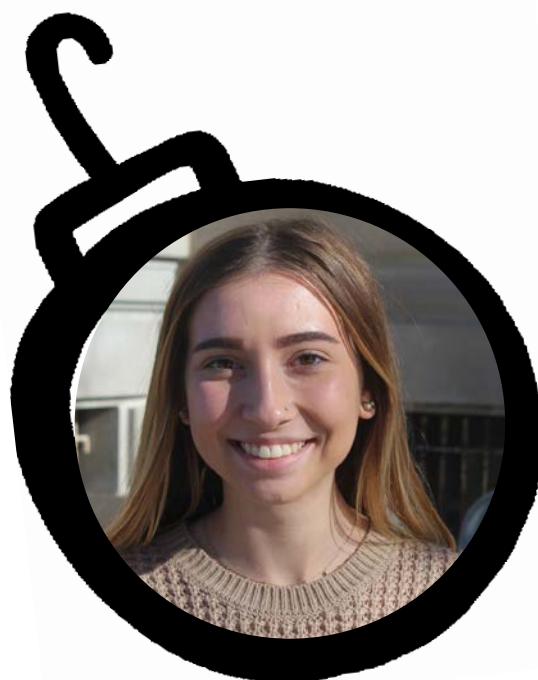
**-Nehemiah Barney, 11**



8

“My favorite part of 2018 was when the girls powerlifting team won state”

**-Rylee Bonafilla, 12**





# 2018 brings new restaurants, coffee shops to the Omaha area



## BUTTERFISH

**Hailey Huftless**  
staff writer

Blackstone's first sushi restaurant opened this September 10th. The restaurant has already gained a following in just a few months.

This restaurant is one of many Omaha has to offer. There are a few unique dishes on their menu, yet many of their sushi plates can be found around Omaha with a smaller price. Understanding that Blackstone typically has more expensive eateries, this is not that great of a surprise.

The menu is on the smaller side, yet still impressive. Some of their more original dishes include braised sweet potatoes, fried octopus, foie gras rangoons and peanut butter pork cheek. The restaurant takes a classic Asian dish and adds an American twist.

Butterfish's interior is very clean-cut and modern, with warm touches. The menu and overall atmosphere can be closely compared to Hiro 88 or Yoshitomo. This restaurant is expected to be very successful given it's the only sushi restaurant in its area and has an original menu.

The only issue that can be found at Butterfish is that many of their rolls can be found in other restaurants. This is very common considering many customers have similar wants. Some of their rolls can be found with different names at Blue Sushi, Hiro 88 and Yoshitomo. Besides this minor detail, the restaurant has unique qualities and high-quality cuisine.



## MIXINS

Mixins Rolled Ice Cream is Omaha's second rolled ice cream shop. This store quickly opened after Freezing, Omaha's first rolled ice cream store, gained mass popularity throughout Omaha. This store recently opened this year on Aug. 18. This store is located on the outskirts of Downtown and caters to many given their large range of open hours.

On the weekends, Mixins is open as late as 2 a.m. - catering to many customers leaving bars or closing restaurants. Rolled ice cream is typically more expensive than average soft-serve or competing shops.

The pricing is quite reasonable for rolled ice cream at \$7 per serving. Some of the interesting flavors are: cookie monster, galaxy, and "what's the tea." An added touch is that with every rolled ice cream, the employee will write your name before rolling. The ice cream is not just the base, there are many interesting toppings like pocky, lollipops, and fortune cookies.

A setback that may be faced when going to Mixins is the possibility of a long wait time. Considering the quality and popularity, the wait times can be as high as 45 minutes. Of course, the lines depend on factors such as the day, time and weather.

Overall, this addition to the ice cream scene is excelling in all forms possible. The interior is impressive and gives the customer the ability to watch their product being made. The flavors are all original and the shop has a different vibe than it's main competition Freezing.



## MYRTLE AND CYPRESS

Myrtle and Cypress is one of the newest coffee shops added to Omaha. It recently opened this year and has been a success ever since. This shop is located in the heart of Midtown. The most interesting fact about this is that it was a house renovated into the shop.

The interior is very open and full of tables for workspace and a play room in the back for children. There is a very welcoming, clean atmosphere full of greenery and light.

My first impression of Myrtle and Cypress was that it's extremely adorable. This store has some of the most helpful baristas. All the products are locally sourced and natural, making it somewhat difficult finding coffee that is sugary. However, an alternate option for sugar-loving coffee drinkers is their house-made mocha.

Their coffee drinks may take some getting used to since the natural ingredients taste different than processed sugar and syrups. For example, the mocha was fantastic but more bitter than expected considering their syrup is made from natural cacao beans. Other products use sweeteners such as dates and honey.

The pricing is very reasonable considering all the products that go into the drinks are more expensive than processed items. They have a large selection of milks that can accommodate different dietary needs. There is also a solid selection of food and bakery items but depending on the time the bakery items might be on low stock since they sell out quickly.

The only downside to Myrtle and Cypress is that parking is up the street at an old gas station. It is close, but not as close as other shops.

I would recommend this shop to any coffee lover, or anyone looking to switch up their everyday coffee routine.

# Annes-isms: heterosexism and homophobia in modern society

A prejudice that has very recently moved towards the category of taboo is that against homosexuality. Heterosexism is yet another term that has had a more frequent use since the start of the twenty-first century and is synonymous with the term homophobia.

This "ism" is the discrimination against homosexuals or the belief that a "normal" sexual attraction can only be found between a man and a woman. Through the legalization of same-sex marriage nationwide in 2015, homosexuality has become increasingly less taboo.

Although there is a decreasing prejudice, there are still an abundant amount of closed-minded and ignorant people who refute the idea of equality for people of the LGBTQ+ community. It has always been healthy and natural to have a same-sex attraction.

The ignorance of these heterosexists has translated to hate crimes since the beginning of known homosexual existence. Although it is no longer punishable by death to identify as homosexual in many parts of the world, there is still a prevalent bias towards gay people almost everywhere.

Due to the conformity of heterosexuals to the rest of society, there is a prominent amount of privilege granted to those attracted to the opposite sex. Acceptance of opposite sex relationships and sexuality is considered normal to American society, allowing straight people to blend in.

This privilege provides advantages to heterosexual people on an everyday basis. Once a homosexual person "comes out" they stand out to society and are tagged as unnatural to heterosexists who refuse to accept the normality of anyone's sexual attraction.

Therefore, in heterosexual people's lives, they are allowed the natural privilege of acceptance and the understanding of society. The inherent disapproval based on religious or personal views is morally incorrect.

There are many interpretations of religious materials such as the Bible's views on homosexuality, but ultimately there should be an overall understanding of people within any affiliation. Understanding is the root to acceptance, but even if a group does not understand a person's way of life, something as simple as sexual orientation should not be discriminated against.

This is not to say that there are no problems with the idea of sexual orientation as a whole. For example, pedophilia is an unjustified concept that should almost always be considered criminal. This idea is completely unlike homosexuality because being attracted to the same sex is purely an orientation rather than a mental disorder.

All in all, gays should be appreciated and completely accepted into society. There is nothing wrong with people who are sexually attracted to those of their same sex. Homosexuality is a vital aspect of diversity around the world.



**ANNE GALLAGHER**  
ANNE-ARCHY



# the REGISTER

## OKLAHOMA JOES

Sophia Sgourakis  
staff writer

Omaha's newest BBQ diner is Oklahoma Joe's, located on the north end of Aksarben Village. Many Midwesterners were familiar with this restaurant and made it a necessary restaurant to try when it was open in Kansas City. Omaha was a perfect location because it is in the heartland of beef country, where we crave BBQ food. Luckily for us Omahans, Oklahoma Joe's has arguably the best BBQ food in the country.

It's hard to miss the restaurant because of the sign of "Oklahoma Joe's" lit up with heavy-duty LED lightbulbs. Inside, you feel a modern rustic vibe. The tables are all wood, covered with galvanized steel. Conveniently, all three signature and famous BBQ sauces are placed on every table. Once the weather becomes warmer, large glass doors open creating a large indoor/outdoor patio area.

When you enter the restaurant, you are greeted by three large menus. Once you are aware of what you want, you proceed down the line to place your order and pay. Once given an order number, you are free to sit in any open area and the food will be brought out to you in a short time. Cooks and line chefs prepare the fresh meat and sides in front of you.

The menu may seem intimidating at first with several different options. Salads, BBQ sandwiches, BBQ, chicken and rib dinners, meat by the pound and side dishes. During my visit, I tried the pulled pork sandwich, with French fries and corn bread. The French fries were cooked just the right amount and are seasoned with BBQ rub. I guarantee you have not had any fries like this before! The cornbread was very tasty itself, but when the honey mixed butter was added, it got even better which I didn't think was possible. Lastly, the pulled pork really sealed the deal. The meat was cooked and flavored perfectly, and there was no fat which is how I prefer my meat. The sandwich was a large size and could fill anyone up, especially with two sides.

During my visit, I also tried the burnt ends and ribs. I am the last person that would crave or even order ribs at a restaurant. However, I would consider ordering these ribs next time. They were full of meat that just fell off the bone. The burnt ends were the most flavorful meat because they were cut from a piece of smoked brisket. They are placed in the oven to create a caramelized BBQ coating which you can vividly taste.

Cooking the meat at Oklahoma Joe's is a long process. The brisket and pork are cooked for 12-14 hours. All the other meat options are cooked for two hours or more each day. Because of the required preparation time of the meat, the cooks arrive to work every morning at 5 a.m. to begin the process. That's how the meat gets all the flavor!

I can't forget about the dessert that is a must try. As if the brownie wasn't tasty enough,



SOPHIA SIDZYK | The Register

Oreo crumbles are added on top. The best dessert though, is the cherry bread pudding with bourbon sauce. Usually not a fan of bread pudding, but wow was this good. The flavor of everything in the pudding and sauce just comes together and really pleases your taste buds. Describing the bread pudding doesn't do it any justice, it's just something you need to try for yourself.

People argue that the food at Oklahoma Joe's is pricey. But this BBQ food is worth it. The food came out within in under ten minutes as they promised. Several managers and employees came to ask if I needed a refill and if I was pleased with how everything came out. My experience at Oklahoma Joe's was worth the pricier food, which is what you would expect when trying famous BBQ food.

Oklahoma Joe's is a spot that will soon gather all the attention of Omaha. Come in for yourself, and you will understand why.

## ATTACK-A-TACO

Roslyn Olson  
staff writer

Usually found sitting on the outskirts of the parking lot of the Natural Grocers on 78th and Dodge, Attack-A-Taco is sweet place for some really good food with an uncommon twist. Everything they serve is vegan, organic, and environmentally friendly! For example, they have a compost next to the garbage bin for your plates and cups. When you first arrive, lively traditional Latino music plays over the speakers to welcome you up to the window. Depending on the time of day, one should be prepared to wait in a line with other curious and hungry taco-lovers. The staff is incredibly friendly and genuine in their kindness. They thank you for coming and ask how you like the food in a way that makes you feel like they truly value your opinion.

The menu has four options for food; three main dishes and one dessert. The main dishes consist of the Attack-A-Original, Attack-A-Green, and the Attack-A-Red. Each is unique and can be made into either a burrito or three tacos. The original is slightly smoky and delicious, uses realistic meat substitutes and is not spicy. It has avocado and vegan cheese, however the cheese seems to be more for better than texture than flavor, as it does not impact the taste. The Attack-A-Red is a tad spicier with a more dominant smokiness to it. In contrast to the Original, it lacks avocado and vegan cheese. The Attack-A-Green is the spiciest option on the menu. I would recommend the Attack-A-Original to all. The dessert, Attack-A-Sweet, is simply a sopapilla with sugar and vegan chocolate sauce. They also offer two drinks, traditional horchata and Mexican coffee. The horchata, in my opinion wasn't sweet enough, however my fellow reviewer loved it. Unlike the popular Chipotle or Qdoba, where you watch the dreary faces of workers who don't like their job make your food in an assembly line, Attack-A-Taco is full of spirit and the passion of the workers is evidenced by the bursting flavor.

However, one must be cautious of the price. To order one of everything off the menu, six items, the total is around 50 dollars. Considering the amount of dedication to keep all their ingredients organic and vegan, along with the love you can taste in the food, it is definitely worth it if you can afford to stop by. You can find the location of the truck via their Facebook and Instagram.



ROSLYN OLSON | The Register



# REVIEWS

## PHANTOM OF THE OPERA



Photos Courtesy of IMDB

**Molly Huibregtse**  
staff writer

The Phantom of Opera was at the Orpheum Theatre from November 21st through December 2nd as part of the Broadway Across America series/tour. Since first opening in October of 1986, The Phantom of the Opera has captivated audiences of all ages.

The story of The Phantom of the Opera is a story of romance, mystery, acceptance, and betrayal. It is a French musical doubling as a social commentary on 19th century French aristocracy, the art of Opera and the importance of outer beauty.

The musical opens with an auction decades after our story takes place, The Auctioneer speaks of The mysterious happenings of the phantom as he presents the newly restored chandelier and brings light to the situation. At this point the musical, a chandelier located over the audience is lowered, revealed, and illuminated, completely saturating the audience in the storyline.

As scene two comes to life, a story unfolds. Set in the 1880's, it is the story of a man who has been physically deformed since birth, the opera house he "haunts", and a young orphaned ballerina turned opera singer, Christine Daae whom he tutors and admires from afar. The phantom of the opera is revealed to be Christine's "angel of music" as she follows him through a mirror's trap door to experience the music of the night.

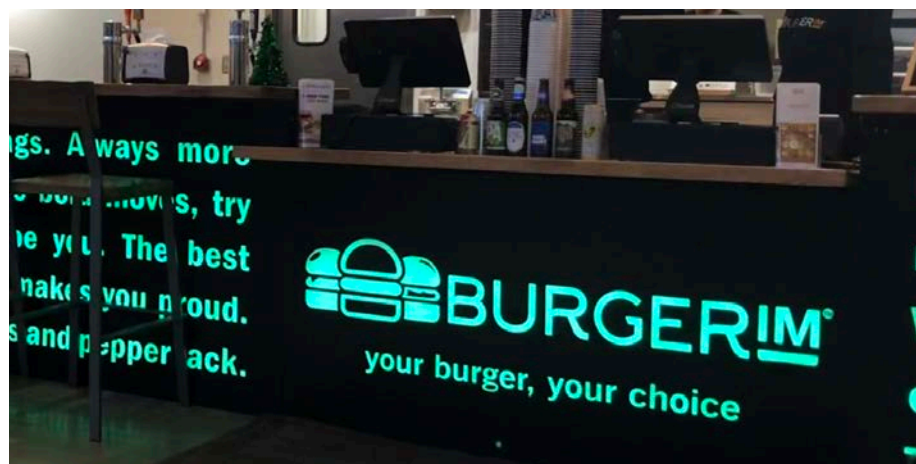
Small holes in the stage deck emit fog to add to the mystery and confusion Christine feels as she is led across the lake to the Phantom's "room". During the acclaimed song, which shares its name with our ghost and the musical itself, the phantom and Christine move around the stage in a remote-controlled gondola.

Tears are shed during a heartwarming exchange between Christine and Raoul, sealing their secret engagement. Firecrackers simulate the sound of gun shots as the Phantom and Raoul duel for Christine's hand add to the tension.

The Phantom of the Opera astounds audiences, as the first act closes with a literal bang. The chandelier above them falls and appears to have shattered in sync with the event in the story. The use of imbedded propel tanks, and candles, add to the drama immersing the viewers as they actually feel the heat of the flames while they witness the Phantom's wrath on the stage.

Act two is just as captivating as the first, opening with a masquerade, set in a golden ballroom. The Phantom of the Opera never fails to amaze everyone who witnesses its brilliance. While some scenes and costumes differ from the 2004 movie adaptation, it continues to live up to its reputation. Omaha thought they were ready to be dazzled, and we were pleasantly surprised.

## BURGERIM



ANGELINA BARATTA | The Register

**Kayla Johnson**  
staff writer

Burgerim Gourmet Burgers is a 'fast casual franchise' that is very popular in both California and Texas, but somehow made its way down to Omaha. The establishment is located at 225 N 12th Street, in the heart of the revamped and modernized Capitol District.

Their burger combos come with either two mini sliders (duo) or three mini sliders (trio), instead of one traditional patty. Each customer can customize their own burger with a variety of buns, sauces, patties, and toppings. The establishment offers a variety of proteins to choose from to accommodate different diet restrictions, such as; beef, turkey, chicken, salmon, wagyu, falafel, chorizo, lamb, veggie, dry aged beef, and merguez. They also offer wings, salads, and desserts. When ordering combos, customers have the option to mix and match different patty types and customizations. Catering is another popular service that Burgerim offers.

Throughout my entire visit, the staff members were extremely courteous and patient, and offered amazing customer service. Not to mention, they were very informative on products and prices- and did not need to ask another employee for common information such as 'what ingredients goes on each standard patty'. For each customization we made, the cashier informed us accurately of upcharges- which was highly appreciated. Another pleasant thing to see was how present the managers were and their involvement in providing the customers with outstanding service. The establishment overall was very clean. The bathroom was properly stocked and cleaned up, which is very important. I even noticed that employees handling food wore and changed their gloves. Both the condiment bar and tables were wiped down and stocked. So, overall, the restaurant was clean, but in all fairness, they were not very busy at that time.

Even though the restaurant was not very busy, I had to wait over thirty minutes to receive my food. By the time I received my food, I went to take a bite of my first slider and the center was stone cold- it was truly disappointing. I ordered the duo combo, with one regular beef slider and one falafel slider so that I could try a range of their food. I requested to try the sauces on the side, but when I got my order, it was completely wrong- which was frustrating in itself. The fries are not traditionally shaped, but are rather disc-shaped slices. For some reason, the staff member brought out my (cold) sliders first and later brought out my fries (which took an additional five or so minutes). Although the fries tasted fresh and were very hot, they lacked flavor and were very bland and unseasoned. Thank goodness for the table salt and cracked pepper. For two people to dine there, the price will range closely to thirty dollars. But to put it plainly, Burgerim has low quality food for a high-quality price.

## CREED II



Photos Courtesy of IMDB

**Malcolm Durfee O'Brien**  
managing editor

I was very confused when I found out Creed II was being made as to why it needed to exist. The story of Adonis Creed seemed complete in the last film, his character arc seemed over. Indeed, this film did seem unnecessary for the first third or so. It was meandering and focused on aspects of the characters which proved pointless. Then, something clicked in the next third, and the film's necessity became clear. I was thoroughly pleased with Creed II, though it contains many weak aspects.

The strongest aspect of this film is by far the characters that make up the story. Each one has a complex and interesting character arc, and each has a villainous reflection of what they might become should they fail to change in their arcs. Adonis Creed is driven near to obsession as he tries to redeem his Father's failings, and is reflected in Viktor Drago, who is so obsessed with reclaiming his father's glory that he has been reduced to nothing more than an unthinking brute.

Rocky Balboa is saddened by his failure to be with his son, reflected by Ivan Drago's constant and abusive presence over his son, who he has turned into a machine of vengeance. The performances are also extremely strong. Sylvester Stallone's Rocky is as entertaining and likeable as ever. Michael B. Jordan, perfect actor, does a fantastic portrayal of a psychologically scarred Adonis

Creed. Dolph Lundgren gives a great and subdued performance as the obsessive and depressed Ivan Drago, and Tessa Thompson is excellent as Adonis Creed's fiancée, Bianca.

The directing is excellent as well, especially in the fight scenes, where the energy is so high that one can almost feel every hit landed. Finally, the movie is from the Rocky franchise, so the music is truly incredible, inspiring that fist pumping enthusiasm that the previous themes evoked.

The film has many weak aspects as well, such as the meandering nature of the film's opening, where every scene feels incomplete, like there was something else that was supposed to happen. There is a litany of minor side plots which prove unnecessary to the plot at large, such as a plot point about Adonis' fear of his baby being deaf and a lengthy sequence in which Adonis gets mad at Rocky only for him to immediately return to his side. The villains are also somewhat underdeveloped, making them weak as villains, but not to an egregious point.

Overall, this film proved its necessity. I give it four training montages out of five.



# Eagles apply for Scholastic Art and Writing awards



HANNAH BROWN | The Register

Student work that is to be submitted for Scholastic Awards are displayed around Central's art rooms. This year, over 200 pieces are expected to be submitted.

**Emma Whaley**  
executive editor

It's that time of year again. Lights are strung on trees all through downtown, the Singers are practicing carols and the art students are preparing for Scholastics.

The Scholastic Art and Writing Awards are currently taking submissions. Founded in 1923, Scholastics has hosted the art and writings of many famous creators during their youth, such as Andy Warhol, Stephen King and Zac Posen.

Students from all over the state will enter drawings, paintings, animations, pottery and more for a chance for their art to be displayed at the TAC building.

"Drawing and painting are huge categories," Tanya Simmons, one of the Central art teachers, said, "They have tons of entries, so it's harder to get something in."

The full list of categories includes everything from industrial design to digital art to fashion to digital design. Nothing is off the table.

Last year, Central students submitted 208 individual pieces and 7 senior-only portfolios. Central didn't used to be able to submit so much, though, due to entrance fees.

"We used to have a limit on the number of entries we could do because it costs money to enter," Simmons said, "The

school pays for it and we used to have a limit of 25 each but now Dr. Bennett basically says to do around the same number you did last year."

Each piece costs five dollars to submit and each portfolio is \$20. Artists on free and reduced lunch get their works submitted without cost.

"Teachers decide what goes ... each teacher can submit artwork," Simmons said. "I have AP 2-D classes and all those kids will probably submit portfolios ... those kids will also probably submit quite a few individual entries."

It's a very small number when compared to the 350 thousand works of art submitted to Scholastics from across the nation last year.

The artists' submissions are judged on originality, technical skill and "emergence of a personal vision or voice." Submissions are assigned honorable mention, silver or gold level; artists achieving gold will have their work sent to national competition.

"We had a couple of students that got something in nationally last year," Simmons said.

There are also multiple scholarships available to high-ranking artists. Last year, the Scholastic Art and Writing Awards offered more than \$10 million in scholarship money.

Simmons also believes that the new addition, which is primarily space for art, music and a new library, will allow the Central art program to continue to grow.

"Right now, we have four teachers and three classrooms, so it's been kind of constricting at times," Simmons said, "We've had to close classes because rooms may not be available or we don't have enough teachers." The addition will include four separate classrooms dedicated to art.

While some may have preferred the money for the addition go into English or science, the Alumni Foundation requested that it be put towards the arts.

"It's amazing that they are giving us this," Simmons said, "that they believe in the performing arts and visual arts so much ... When people hear that it's for the performing and visual arts and the library, I think people are usually surprised. It makes me feel a little guilty, but not too bad!"

The Scholastic Art and Writing Awards ceremony will be on March 2 and winning art will be exhibited in the TAC building from February 26 to March 29.

## Column: How America has normalized mass murder

Since the beginning of 2018, America has seen 307 mass shootings, almost an average of one mass shooting each day. We have become so numb to the news of another school being on lockdown, horror in a bar, shopping centers, or concerts and gunmen in churches and synagogues that most don't even make the headline of major media companies.

We have become so accustomed to mass shootings that the dehumanizing experience being tracked down by a gunman, praying to not being found does not even circulate around social media for more than 24 hours anymore.

Students all over America, wake up everyday, get ready for school, with no guarantee that they'll come back home after because one of their classmates easily bought a gun, brought the firearm to the school and took the lives of dozens of innocent civilizations because they were protected by the second amendment to by a weapon that had the power to kill within several seconds.

South Park recently returned to Comedy Central, the 22nd season returned with an episode called "Dead Kids", the episode depicts the group of fourth grades the series is centered around remaining seemingly unbothered by hearing gunshots in the hallways, followed by screams of terrors and the police shouts "shooter down.", the teacher responds "Great, Now let's move on to the next equation." The episode making a mockery of the school shooting mockery, highlighting an abnormality in the responses of the situations. Thousands of social media users voicing their disapproval of the episode, many claim that school shootings could never reach this level of normality.

However, Butler High School in North Carolina Resumed class after a fatal shooting just hours before, The Huff Post reports that the superintendent defends his actions by stating "I want to clarify that our decision to keep students on campus and in class was motivated by one goal, and that's to keep our students safe until transportation could be arranged with their



KWEEN ALABI

families", teachers were instructed to finish the day out as normal, and grief counselors would be available, when the school reopens, two days after the shooting.

Although the school staying open as a safety precaution after a fatal shooting, it is ridiculous to instruct teachers to continue teaching throughout the day as if a traumatic and deadly event did not just occur hours before, allowing students and teachers to remain in classrooms to wait safety, but at the same time forcing them to ignore their emotional distress by resuming their classroom lectures is absolutely absurd.

Mass shootings have become so normal that there is now a market for door barricades specifically for "Lockdowns, solutions for classrooms and officers" nightlife.com offers metal units that can be installed in between the door to prevent an intruder for entering a classroom. Installation rates begin at \$40.00,

with each until ranging about \$50, instead of gun control, people are now able to capitalize off of mass shootings.

2018 has been the deadliest year for public school students, it's obvious that America's gun problem is getting worse, yet our legislators, have only been offering their thoughts and prayers instead of providing solutions, or stricter gun control, we began to look at mass shootings as something that is unpreventable, this is simply not the case.

The second amendment was created in 1791, where it took over 15 minutes to fire off on round of bullets, now an AR-15 fires off several rounds within seconds. No one should have accessibility to a weapon that lethal. It should not be unreasonable to demand that civilizations do not have the ability to a weapon with the only purpose to kill.

In the case of mass shootings, we constantly just await for the next one. We live in a society where a phone call that your loved ones or yourself falling victim to a mass shooting, isn't shocking. We cannot accept mass murder as normal.



# Dance team coach supports dancers on and off the floor

Mackenzie Coughlin  
staff writer

For a team to be successful, there needs to be a strong leader who believes in what the team is capable of and what the team could turn into. The Central dance team believes that motivating and hardworking leader is math teacher Lauren Beitel.

The dance team lost a coach last season and was very grateful to have seen Beitel in a new way. "When they asked me to take the position I knew I could bring my experience to the team, and I love teaching dance at the studio I work at. This gave me the opportunity to work with Central students in something that I love, which is dance," Beitel said. She definitely showed the team what a little sweat and hard work can become when everyone works together.

Being able to teach the girls and grow their strengths has come naturally to Beitel, for she has much experience with dance herself. She started dance at the age of six and grew up on a competitive studio team in Lincoln, and won regionals with her high school dance team.

Beitel then went on to college at the University of Nebraska-Lincoln and was on the Scarlets dance team for four years, being the captain her senior year. After graduating, she taught at local dance studios, which she still does today. Ms. Beitel works to show her dedication to the sport and art of dance in her teaching.

When bringing in a new coach to any team, understanding their goals and experience is a large factor in how the team will be affected. "I can bring my expertise in technique to the team, because I grew up doing a lot of ballet. I can also bring the dance team technique that I've learned from my different dance teams. I can help to improve technique and the dedication to becoming better individually and as a whole," Beitel said.

Although there are some difficulties along the way with any new job, Beitel has realized how to handle them well. "Learning all the behind-the-scenes stuff has been a challenge. It is not new for me working with dancers; cleaning dances, teaching dances, but figuring out what forms to fill out, who to go to, how to fundraise, and coordinating with the dancers and parents," Beitel said.

Having a committed coach like Beitel has shown the members of the team what is needed to become connected as a unit. "People that know me well know I'm not a morning person, but I've had to adjust to be a school at 6:30 every morning. I went to some of the sporting games last year but I am now dedicated to going to all of the Central High Varsity home football and basketball games," Beitel said.

Beitel has definitely gotten a closer look at all the dancers, their skills, and how the work together to create dances. "They have already improved so much, but I can't wait to see them improve more. We have two routines we are working really hard on, a jazz and a pom, that they have, and will perform, at various showcases and competitions. This will allow



Photo Courtesy of LAUREN BIETEL

For team photos, Beitel (center) sits on the steps of Central with the dancers. Beitel teaches Mathematics at Central and has taken up coaching the dance team this school year.

them to bond as a team and grow even more as individual dancers," Beitel said.

Beitel's mission to make a positive change on the team has definitely been reciprocated by the girls. "Ms. Beitel has really shown me what I can achieve as well as work on as a dancer, which has helped me in and out of dance team. It is great being able to learn from her," Sophomore dancer Shay Frost said.

It is very evident how much Beitel wants the dance team to succeed and strive in the world of dance. "Anyone that dances knows that it is the best feeling to perform while dancing, and now I get to share that with the girls," Beitel said.

# Former Girls Rock participant excels in Omaha music scene



Photo Courtesy of FLORA GRIFFITH

Griffith, above, performs at Benson First Friday's Femme Fest. After her start at Girls Rock Omaha camp, Griffith has been moving to bigger local venues.

Olivia Gilbreath  
staff writer

Young musicians find inspiration in the people and events that surround them. Flora Griffith is a female musician who finds satisfaction in speaking her mind and being a role model to others.

The freshman participates in theater, choir and is part of a local organization called Omaha Girls Rock. "If I set my mind to something, it's going to happen, but it's going to happen only with the support of the people I love," Griffith said.

Due to her involvement in Omaha Girls Rock, Griffith has made several connections in Omaha's musical world and she has been given many opportunities to perform around the city.

"It [Omaha Girls Rock] is a week-long summer camp where you practice instrument instruction and you're given a band the first day," Griffith said. "You go to workshops about songwriting, but also about inclusivity and diversity. By the end of the week you've written a song that you get to perform."

After parting ways with another female freshman musician, Grace Titus, Griffith and Titus were reunited when volunteering at Omaha Girls Rock. Griffith gushes, "We were both junior volunteering for the younger girls [at Omaha Girls Rock] and I saw her perform as a lunchtime performer. She was SO amazing, I had never really heard her sing before then."

Next, Griffith approached Titus with the proposal to collaborate on some music and to perform together. Griffith and Titus began working together this year and Griffith discloses, "I haven't had the chance to perform my own music up until this year when I met Grace and she had connections that allowed me to perform my own music."

Around Omaha, Griffith has performed at various locations and events. Griffith has sung at venues including The Slow Down, The Down Under and The Waiting Room Lounge, and she has also appeared on stage at the Close the Gap Talent Bash, BFFE Fun-fest and MAHA Music Festival.

As a young woman, Griffith believes that lacking some confidence is natural. Since she is not totally confident in her singing, performances can be nerve-wracking. "The moment you get on stage is terrifying for me. When I get on stage, I'm not super comfortable, I am scared," she admits, "I'm always really nervous- especially when I'm performing in front of people I know."

Parents who create a supportive environment for their child help him or her to thrive in whatever he or she wants to do. Griffith identifies her mother as her biggest supporter and her rock, the person that she can always rely on to help her through anything. She is a very strong, independent young woman, but Griffith does not ignore her mother's motivational words, telling her to do what she loves.

"You know you have a supportive parent when they're telling you to go do an incredibly risky job, to go pursue a passion- even though it could totally flop," says Griffith. "Because they believe in you and what you love. They believe that because you love it, you will be able to do it. That's who my mom is for me."

Being in tune with her emotions and opinions allows room for Griffith to value the embodiment of deeper meanings within music. Artists like Alicia Keys and Janelle Monae send messages in their music like those that Griffith would like to send in her own music. Griffith also adores local artists like Jocelyn Music and the band Bad Self Portraits. "She plays with gender roles and sexuality and she isn't afraid to approach those things with her music and she's proud. That's what I want to do with my music," Griffith raves about Monae. "I want to show people that it's okay to be a little off beat, to not be mainstream all the time."

Performing and writing music acts as a creative outlet for Griffith. High school can be overwhelming and stressful, but she counts on music to allow her to express feelings and emotions that she normally would not be able to express with only words. "When I get on stage I'm nervous but there comes a point in time and there will be like a lyric or something that I connect to and the entirety of the audience is just gone," Griffith remarks. "It's just me singing and connecting with the music that I'm singing and all of the fear drains away."





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### Basketball season preview

Resident Sports fanatic Ari Saltzman recaps current games, previews this upcoming season

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### Effects of medicines on athletes

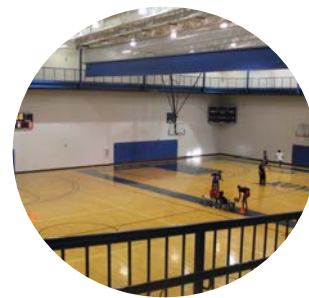
Could medications have a negative impact on an athlete's performance?

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### Grace University

Central will be using the gym of the South Omaha college for basketball practice

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# sports & leisure

THE REGISTER

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From left to right: Carlee Thompson, Madelynn Vazquez, Payton Haliburton, Rayante O'Neal and Marcus Rivera celebrate after committing to their individual colleges to participate in college athletics.

## STUDENT SIGNINGS

Eagles move out of the Central gym and into the big leagues as they commit to a college.

FEATURES ON ALL SIGNEES begin on page 24

## Nebraska football recapped: a rocky start turned into growth

It was over in a blink of eye, but the Nebraska Football season, and the first year of the Scott Frost era, ended exactly 76 days after it started. It included another 4-8 record, plenty of heartbreak, and plenty of hope. This season was unlike any other in school history. It began in the rain with the first game being cancelled due to weather, and ended in the rain in Iowa City with Nebraska having back to back losing seasons for the first time since 1961.

As anticipated as this season was, it certainly did not fail to deliver. The action got going the Sunday after Fall Camp ended, when backup quarterback Tristian Gebbia announced he was transferring from the program, leaving very little depth at the position behind the starter. The starter was going to be true freshman Adrian Martinez, the first true freshman to start a season as quarterback for Nebraska in program history.

The week after the opener was cancelled due to weather, the Huskers opened the season against old rival Colorado. The Huskers fell behind 14-0, led 21-17 at the break, but lost 33-28 because of a dumb penalty and some bad luck. That sequence would set the tone for the rest of year. Nebraska lost to Troy 24-19, Michigan 56-10, Purdue 42-28, and Wisconsin 41-24. Against Purdue, Nebraska committed 11 penalties for 136 yards, Frost ripped his team in the postgame presser, calling it the most undisciplined team in the country. Many players transferred after that game, including starting running back Greg Bell. Nebraska had played much better against Purdue and Wisconsin, and after an 0-5 start, it looked like Nebraska was finally going to win its first game of the year against Northwestern. The Huskers led 28-14 in the fourth quarter and

31-21 with 3 minutes left. Nebraska somehow lost that game 34-31 in overtime, and Nebraska was 0-6. Frost was speechless after the game. The Huskers played like they were 6-0, not 0-6 the following week against Minnesota, they opened a 28-0 on the Gophers. But Minnesota closed to within 28-22 in third quarter. The following Nebraska possession was the most important drive

of this season, and maybe the Frost era.

If Nebraska had blown a 28-0 lead and dropped to 0-7, there is a chance Frost would have lost most of his players, many supporters of the team, and the program would be a complete mess. With Minnesota now only down 6, panic swept through the Memorial Stadium crowd, as Martinez and the offense took the field. 4 plays, 76 yards, and 1:12 later, the Huskers were in the endzone, and led by two possessions again. The Huskers cruised the rest of the way, winning 53-28, and getting their first win of the year. After winning a glorified scrimmage against Bethune Cookman, Nebraska headed to Columbus to take on Ohio State. Nebraska had every opportunity to win that game, but ultimately fell to the Big Ten champions 36-31. After beating Illinois 54-35, Nebraska played Michigan State on a senior day to remember. In a blizzard, the Spartans led 6-0 heading to the fourth quarter. Nebraska

scored three field goals, and held Michigan State scoreless in the final period to win a memorable game 9-6. At 4-7, Nebraska had nothing but pride to play for as they packed their bags and headed to Iowa City for a Black Friday clash against Iowa. Iowa had beaten Nebraska 3 years in a row and it certainly looked like they were going to make 4, when they lined up for a short field goal up 28-13 late in the third quarter. Inexplicably Iowa elected to fake a field goal instead of going up three possessions, but the Huskers sniffed it out, and stopped the Hawkeyes. On the



ARI SALTZMAN  
GO BIG RED



# SENIORS SIGN OFF

Soccer and baseball players commit to their future colleges by signing agreements to continue as student athletes

**Simret Habte**  
staff writer

Many talented student athletes from Central continue as athletes for their colleges and universities. Senior Isaac Bonner is one of those student athletes this year.

Bonner has been playing baseball since tee ball when he was 4-years-old. "I like being a part of a team, the friendships, and the social aspect," Bonner said. "I also like how you have to work hard and all of the life skills you learn".

It has always been a dream of Bonner's to continue playing baseball after graduating. Until high school, that dream didn't feel like it would become a reality because, as he said, "There were sometimes that I thought I wouldn't be good enough."

After coming to Central, he became more serious about playing baseball. He began practicing more and putting more time into improving his skills. Eventually, through hard work, his dream became a reality.

Next fall, Bonner will begin playing baseball

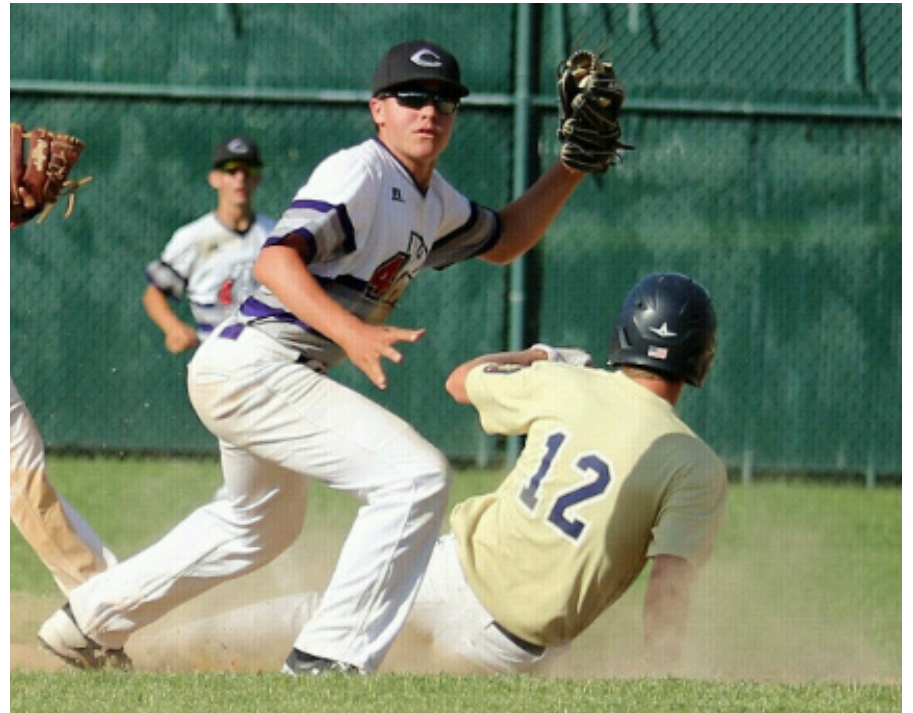
for the University of Sioux Falls. Many factors went into his decision to attend that school, but in the end, it all came down to what fit his interests best.

"I went there for a visit and met with the baseball coach and I really liked the school, all the opportunities in the city, the different academic programs offered, and the baseball program. It was just the place I wanted to be," Bonner said. At Sioux Falls, Bonner plans on majoring in Sports Management which is, "the business and administration part of a professional sports team."

Bonner says that he will miss many aspects about being a Central student. He says that he will mostly miss the diversity in the school as well as his team and his friends that he won't get to see regularly anymore.

Although he will miss his high school, Bonner is looking forward to the new chapter in his life at the University of Sioux Falls. He is excited about making new friends and creating new memories outside of his hometown.

**Isaac Bonner**  
University of Sioux Falls



**Payton Haliburton**  
Wayne State University



**Jackson Godwin**  
staff writer

One athlete in particular that has strived for more than just playing at the high school level is Payton Haliburton.

Payton has recently verbally committed to Wayne State University for soccer. Wayne State is a regional public four-year college in Wayne, Neb. that offers undergraduate and graduate programs with more than 90 majors and minors in 15 academics.

Wayne state is a higher division 2 school for sports and has been known to attract many local Nebraska players to their campus, "I chose Wayne because of the small town feel. It is also close to home so I can come back when I need to," Haliburton said.

Some students go into high school not knowing if they want to commit somewhere for a sport because of the challenges players face making it to the collegiate level. Being a student athlete, you must balance so much in so little time.

For example, most soccer teams have conditioning on a daily basis after school to work on building stamina and endurance before the season has even begun. Following a long workout, some students may have to head straight to work or go home and work on homework.

Having the skills and work needed to make it at the next level starts at a young age. "I have been playing soccer for 12 years now," Haliburton said. As many student athletes begin to get into this routine, it still can be tough having to balance it all.

Once the season starts, actual practices begin everyday after school to prepare for upcoming opponents and work on individual skills. Many players begin talented but stop working as hard as time goes on.

This allows hard workers who continuously practice an opportunity to strive to the top, "I wanted to play soccer in college because I love the game and I can't imagine my life without it," Haliburton said. Only 7.1 percent of high school players commit to compete in college which may intimidate young players.

While athletes are supposed to focus and prioritize soccer in their life if they want to get better, coaches and parents have emphasized making school your main priority. No matter what skills a player has it will be very tough to get to the next level without the proper grades. Very few can balance sports with school, but those who do, such as Haliburton, are noticed by college coaches and rewarded.

**Lizbeth Hermsillo-Najar**  
staff writer

On Nov. 14, Raya O'Neal signed to Dominican University in River Forest, Illinois. She will be continuing her soccer career as well as her academic journey there.

Raya started playing soccer at age 3. She also played basketball and track up until 8th grade, but wanted to focus on one sport in high school which ended up being soccer. She chose soccer because she has always loved it's competitiveness and how happy the sport made her. She has met some of her childhood best friends and made some of the best memories playing the sport.

Raya has been playing soccer for Central since her freshmen year, starting and remaining a varsity starter. She mainly plays right or left outside back defender for the team.

Raya chose Dominican University because she fell in love with the school and felt right at home when she visited. It was the perfect fit for her with a smaller class size, very diverse student body and faculty similar to Central.

Raya has always been interested in the fashion industry, so she is going to major in fashion merchandising. Conveniently, her college is located 20 minutes outside the downtown Chicago area. This will provide her with great internships and work experience for her major.

She felt this school offered her the best academic programs and opportunities for her specific career field compared to schools in Nebraska. Being recruited to play soccer was just a bonus for her. While pursuing fashion merchandising she wants to explore possible careers in styling, visual merchandising and being a fashion buyer for major companies.

This college has offered their highest financial aid package based on her 4.1 GPA, but she is continuing to apply for many scholarships. Raya is excited to continue playing at Dominican university and is looking forward to all the new opportunities.

**Rayante O'Neal**  
Dominican University





## Carlee Thompson

Washburn University



Simon Bullerdick  
staff writer

Carlee Thompson has been a star player and athlete for the girls soccer team since her freshman year. Being a top defender and team captain for two years, her hard work is slowly paying off.

Next spring Carlee will be attending Washburn University in Topeka, Kan. on an 85 percent scholarship to continue her soccer career. With a “great” nursing program and a smaller campus inside the city of Topeka, Thompson said it is exactly what she is looking for.

“Ever since I was a little girl I’ve been playing soccer and I knew I wanted to pursue it when I was around 10,” Thompson said. Although she has suffered from multiple injuries, her goal is to go professional after college and doing whatever it takes to get there. “My coaches, personal trainers, and family have always motivated me to go beyond what I think I’m capable of,” she said. “There were times I wanted to quit but they didn’t allow me to

because they saw it in me when I didn’t.”

Thompson cherished her time playing in high school. “Playing at Central has been such an experience. Our program has grown tremendously since my freshman year and it’s only gotten better.” She said playing with a diverse team all with different playing styles made the experience very beneficial.

As captain of the team, it’s Thompson’s responsibility to keep the morale up. Enjoying the privilege, she pushed everyone to be their best in hopes of making state. Central soccer will always be something to be proud of for Thompson and a defining period in the beginning of her soccer career. “High school soccer is definitely tough, but it is the best eight weeks of high school,” she said.

Thompson plans on studying nursing at Washburn to become a OBGYN nurse. She also hopes to study Spanish and eventually study abroad in Mexico.

Olivia Gilbreath  
staff writer

Since he was four-years-old, Marcus Rivera has been playing baseball. Rivera will follow his four years of high school ball with a baseball career at Coffeyville Community College in Kansas.

His coaches, family members and teammates have helped to shape him into the player and the person that he is today. “It’s important to have a good bond with the guys on your team,” states Rivera, “when you’re all friends, it’s easier to work together and to play well as a team.”

Without ever playing baseball for any club leagues, Rivera has put in a lot of time to develop his skills. At home and at school, he pushes himself to grow as a player and to become better. He believes that his mom and his uncle have really impacted his performance on and off the field. Rivera claims, “I was pretty hot-headed when I was a kid, but baseball and my family have helped me to focus more and become more level-headed.”

After Rivera sustained an injury during his sophomore year, he decided to push harder and strive to be successful. He was unable to throw a baseball for several months.

Once his injury had finally healed, he hurt himself again and was forced to sit out during the spring season of that year. He stays positive about his setbacks when saying, “I am motivated to play because I always want to be a better player than I was yesterday.”

During baseball season each year, Rivera has been motivated by his coaches. He specifically mentions coaches Ryan Neel, Corban Williams and Gerald Kreber. Rivera believes that each coach has helped to improve his mentality and his drive to become better. The coaches have offered lifting, work-outs, hitting practice, summer conditioning and other events that give players the chance to improve themselves. About his baseball experience, he reflects, “If I could go back and change one thing, I would work even harder off the field, lifting, and with my schoolwork.”

Rivera expressed the desire to lead others and he sees himself as a leader on the bench and on the field. With his coaches and teammates, he encourages his teammates to prevail when the team is struggling and praises them when they are doing well. Rivera communi-

## Marcus Rivera

Coffeyville Community College



cates his will to lead when saying, “I am very competitive in life, but I think I apply myself a little more on the field than I do anywhere else.”

Playing high school sports gives students many opportunities that may not be available to others. Sports in high school push students to the best of their abilities, in the sport and in the classroom. Creating balance in a busy life, being a leader, working hard and having a good attitude are all qualities found in a high school athlete. “I have made progress physically, obviously I’ve grown bigger and stronger than I was freshmen year,” comments Rivera, “but the most improvement I’ve seen has been in my mentality.”

## Madelynn Vasquez

Bellevue University



Anne Gallagher  
executive editor

For seniors at this point in the school year, college is an eminent option to be explored. As college applications are being sent in, high school athletes often look to schools that are willing to provide sport scholarships so that they may pursue a future in their activity.

Madelynn Vasquez is one of the four female soccer players that agreed to attend a

university offering money to play her sport. Signing to a college for a sport is a textual commitment to attend the school. The athletes join each other in the gym lobby to sit with their parents and sign a form that determines their college decision.

She was able to sign alongside some of her closest friends. “It was really fun because we’ve been together for a long time” Vasquez said, “getting to sign for college with my teammates is a very fun experience”.

Vasquez signed to Bellevue university with a full ride and plans to major in Biology. She has much experience with this subject through her attendance at Omaha Henry Doorly Zoo’s Academy.

Half of her day is spent at the Zoo Academy in classes such as biogeography and honors environmental science. She claims to be hopeful for the further Biology education that Bellevue University will provide. “They have such a good program with brand new Biology labs and a really good study abroad program,” Vasquez said.

Her athletic future at Bellevue University was guided by her experiences throughout her soccer career. She has played soccer since she was much younger at clubs such as EGA and Gretna Soccer Club while facing many ups and downs to her athletic ability.

During her high school career, she was slide tackled during one of her games at Gretna Soccer Club, forcing her to get knee surgery prior to her sophomore year. “I tore my ACL, so it was a six-month comeback period,” Vasquez said.

The healing process motivated her to work harder to return to her former skill level after her surgery. “My first high school season back sophomore year was awful” Vasquez said, “club season I worked really hard and now I’m 10 times the player I was before my knee surgery”.

Her recovery would have been much harder without the guidance of head girls soccer coach Jose Vargas. “He’s just been a huge help to my soccer skills and abilities” Vasquez said “he saw something in me that no one else did”. She considers Vargas to be an inspiration throughout her seasons at Central and her healing process.

Bellevue’s tuition, as well as room and board costs are covered by her soccer scholarship. This allows her to focus more on her academic future in which she claims Central had a positive impact. “I feel extremely prepared academically thanks to Central,” Vasquez said.





DILLON GALLOWAY | The O-Book

Abe Hoskins plays offense against Bryan in the opening game. The Varsity team hopes to make it past the quarter-finals this season.

## Season preview: Varsity basketball

Ari Saltzman  
staff writer

On Nov. 29, the Central basketball team opened their 2018-2019 season with a 59-57 against Bryan. The Eagles are coming off a season where they earned the number one seed in the Nebraska state tournament, but they lost in the quarterfinals for the second straight year. Head coach Eric Behrens said, "We were probably the youngest team at the state tournament."

Centrals leading scorer and third leading scorer last year were both seniors, so the Eagles only return 54.8% of its scoring from last year. In order to fill that void, Behrens said, "We have three returning starters and our sixth man back, so each of those guys is going to have to step up and carry a little bit more weight on their shoulders."

The Eagles certainly do still have talent in their starting lineup. According to the Omaha World Herald, Central has the state's ninth best high school basketball player in the class of 2019, and two of the top six players in the class of 2020. Those players are senior John Tonje, and juniors Max Polk and Latrell Wrightsell Jr. Last year, Tonje and Polk both averaged

double figures for the year, while Wrightsell ended up within a point of the mark.

Behrens believes the defensive end of the floor will be a critical part of how his team does this year. "I think we have to play really good defense and rebound. I think we can score, (we have) a lot of guys that can shoot the ball, so I think we're going to put points on the board we just have to be able to defend and rebound." Last year Central averaged 69.8 points per game, and 30 rebounds per game. The Eagles allowed 58 points per game.

The team is certainly looking forward to starting a new season, and trying to wear off the pain that back-to-back losses in the first round state tournament brought. Behrens said this time of year is "always an exciting time to get going with a new group, and hopes are high around here."

After the opener against Bryan, the Eagles beat Omaha North 58-39, before losing to Omaha Skutt 71-51. Last week, Central played Burke, Millard North, and Bellevue West. They played Omaha South earlier this week, and Central is next in action tomorrow night against Papio South in their final game before the holiday break.

## Medication has adverse effects on student athletes

Pangaea Kaan  
staff writer

Various medications have a wide variety of effects on a person's body and mind. Due to this, certain medications are available for purchase whenever needed, such as acetaminophen, ibuprofen, and other over the counter drugs.

However, prescription medications, opioids, and others are illegal without a written consented prescription from a doctor or altogether completely illegal. This leads one to wonder what is in these illegal products versus legalized ones one can simply purchase at a nearby grocery store and why they are so dangerous.

For a drug to become prescription or over-the-counter, the U.S. Food and Drug Administration conducts a series of processes. It must be approved by the New Drug Application process along with a drug monograph test, which is a sort of "recipe book" which covers acceptable doses, ingredients, formulations and labeling.

Prescription drugs include all animal and human testing performed along with how the drug behaves on the body and how its manufactured. Over the counter drugs, however, must only conform to the standards that must be met by the drug monograph test.

Prescription medications must have stronger ingredients than over the counter to be marketed as prescription, making them faster acting and specific to the patient's needs.

Over the counter drugs typically treat self-diagnosable ailments such as a headache or cough. They are also less potent and less likely to be misused or abused, however, it is possible. For example, a common ingredient in cold and cough medicines called dextromethorphan (DMX) can cause disassociation from oneself if taken in high dosages.

Illicit drugs such as heroin or cocaine are extremely illegal in most places around the world. Many believe they are just as dangerous and easy to become addicted to opposed to prescription drugs, however, this is not the case.

Although prescription drugs present the risk of addiction if used incorrectly, most illicit drugs have a guarantee of addiction. Prescription medication is not as easy to become addicted to due to the small doses most doctors prescribe in pill form rather than direct contact.

Although withdrawal symptoms may occur after taking a prescribed medication, it is not the same as addiction, simply a form of dependence that can easily be taken care of. The effects of different forms of medication varies due to the varying ingredients and dosages they present.



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# OPS buys Grace University gym

Sophia Sgourakis  
staff writer

During an Omaha Public Schools board meeting in January of 2017, the board approved the \$4.25 million purchase of Grace University. The purchase includes the buildings and land between 8th and 10th Streets and Pine and Worthington Streets. The sale included the gymnasium, academic center and chapel. While making this purchase, the board had two reasons for doing so, one which would affect Central athletics.

Grace University was a private Christian university in South Omaha. Previously, it was announced that the university would move to Blair, in the old campus of Dana College. Shortly after this announcement, Grace CEO Bill Bauhard, announced that Grace University would halt operations at the end of the 2017-2018 school year, due to financial and enrollment challenges.

With this purchase, a new OPS elementary school would be built in the Little Italy neighborhood. This new addition would solve overcrowding problems at South Omaha schools. The plan was for the gym to be remodeled as the new school. Until then, the gym serves as another purpose for the Central high basketball teams.

Practice space for basketball at Central was a major issue that remained unsolved for several years. Because of only having one gym, the boys or girls could only practice one at a time. As a member of the basketball team, I can speak for everyone that this problem was a hassle.

The only solution to this problem was having two practice times which were 3:30 until 5:30 or, 5:30 until 7:30. The boys and girls team switched having early and late practices every week. Late practices were always the least favorite. For younger players that didn't have access to a car, they had no choice but to stay after school until practice time. But because the library closes at 4 p.m. most days, players had to find a quiet room in order to get homework done.

The OPS purchase of Grace University solved this problem by acting as another practice court. Now, the boys and girls team rotate every week for practicing at Grace. An OPS bus is provided as transportation to and from the practice center at Grace University. The importance of practicing on home court remained because when it came game time at home, the players were given a home court advantage.

Not only was the court provided to the players, they were also given locker rooms. Both teams have their own locker rooms where their bags are stored during practice. The locker rooms are also kept locked during the day so players can keep shoes and practice gear there overnight. Raised above the court is a track that players and coaches have access to. The track can be used as a tool for conditioning.

Central basketball coaches will continue to use this gym as practice space until actions are made to start the construction of the new OPS elementary school.

Players and coaches of the Central basketball program are grateful for this purchase by the OPS board, especially when they are getting out of practice everyday at 5:30.



Grace University's gymnasium is located a mere two miles from Central's campus. Central will be using the gym until a new elementary school is built on the campus.

SOPHIA SYDZIK | The Register

## PAYING FOR SPORTS

### WHAT'S ON YOU?

Facilities and entry fees are covered by the school, as well as uniforms and most protective gear. However, football players are required to pay for their own cleats.



### 21 SPORTS



### Funding

Athletics are funded by donations from alumni and sponsored by companies like Coca Cola and CHI Health



EMMA WHALEY | The Register

# Cost of high school sports kept low by donations, fundraising

Roslyn Olson  
staff writer

Central offers 21 different school-sanctioned sports for students to participate in. Many would think this large number would require a phenomenal amount of money to fund the needed equipment, especially for heavy-equipment sports such as football and baseball. Yet, the amount of money the school itself must put into the teams is surprisingly low due to fundraising, partnerships, and donations.

"There isn't a set budget for athletics or activities. We currently function based on concessions, gate receipts, and activity card passes," head of the athletic department, Luke Dillon said. However, most money made by activity card purchases go towards funding the performing arts department.

The school provides all basic and necessary equipment for the teams to play. "For the most part, the school pays for your singlets and head gear, which is what you need for wrestling, and they pay for the wrestling mat, and referees to conduct it, and our entry fees into tournaments," head coach of the wrestling team since 1997, Jimmie Foster said. This example goes for most teams. The budget each team is given is scaled depending on the cost of the basics for each sport.

It is important to remember that not all equipment needs to be replaced each year. A wrestling-mat should be replaced about every seven years, according to Foster, which means the school only needs to find the money for the mat every seven years. All OPS high schools received new football helmets from a generous donor, so the school won't

have to add that in the budget for several years either, and can put more money towards other things, such as shoulder pads.

Some teams, however, do have to pay for certain parts of their uniforms. For example, the football teams provide helmets, pads, and jerseys for their players. "Probably the main thing [players] have to get on their own is cleats, but we do have a lot of old cleats [for] if a player can't afford some or something like that... Because some players from past seasons we will find old cleats that have only been worn like three times," 10-year assistant varsity tight ends coach and D-line coach, Bryan Calder said.

Still, on occasion there are students who cannot afford the expensive gear needed to play.

"If [students] are on free and reduced lunch we will automatically buy [suits] for them, and if they are having financial troubles we can meet in the middle," varsity swim coach Brendan Smith says. In these instances, the student talks to the coach, and the head of the athletic department, Luke Dillon, will make sure the suit or any other uniform is paid for.

Some Coaches have a different mindset. "I'm not a fan of you having to pay for anything," Foster says. "If you're on our wrestling team, you will not pay for anything that I say we should have to wear or do... You will not have to pay for anything out of your pocket."

Central receives a lot of funding from their alumni, along with sponsorships with companies such as Coca Cola and CHI, who's banners are displayed around school and during games.

# Nebraska football shows immense growth in rocky season

HUSKER FOOTBALL from page 23

games due to injury but still had 818 yards for the year. Freshman running back Maurice Washington also had a big second half to the season, nearly hitting 500 all-purpose yards for the second half of the year.

Even though Nebraska again only managed to win four games this year, there are lots of reasons for optimism heading into 2019. Martinez is obviously a special quarterback and if he can stay healthy he is going to have a legendary career in Lincoln. Even though Morgan and

Ozigbo are now gone, Speilman and Washington certainly can fill the holes that need to be filled. The defense needs to improve over the offseason, and it probably will, but the question will be how much. Next year's schedule is much easier than the gauntlet Nebraska just played, as the Huskers get Ohio State, Wisconsin, Northwestern and Iowa all at home, and the crossovers are against Ohio State, Indiana and Maryland.

If nothing unforeseen happens in the offseason, Nebraska could win 10 or 11 games next year, and should be the favorite to win the Big Ten West and play for the Big Ten Championship for the first time in seven years.





# JUNKSTOCK

LEXI BLANKENFELD | The Register

Junkstock, a local craft festival, spreads christmas cheer throughout the Omaha Metro.

