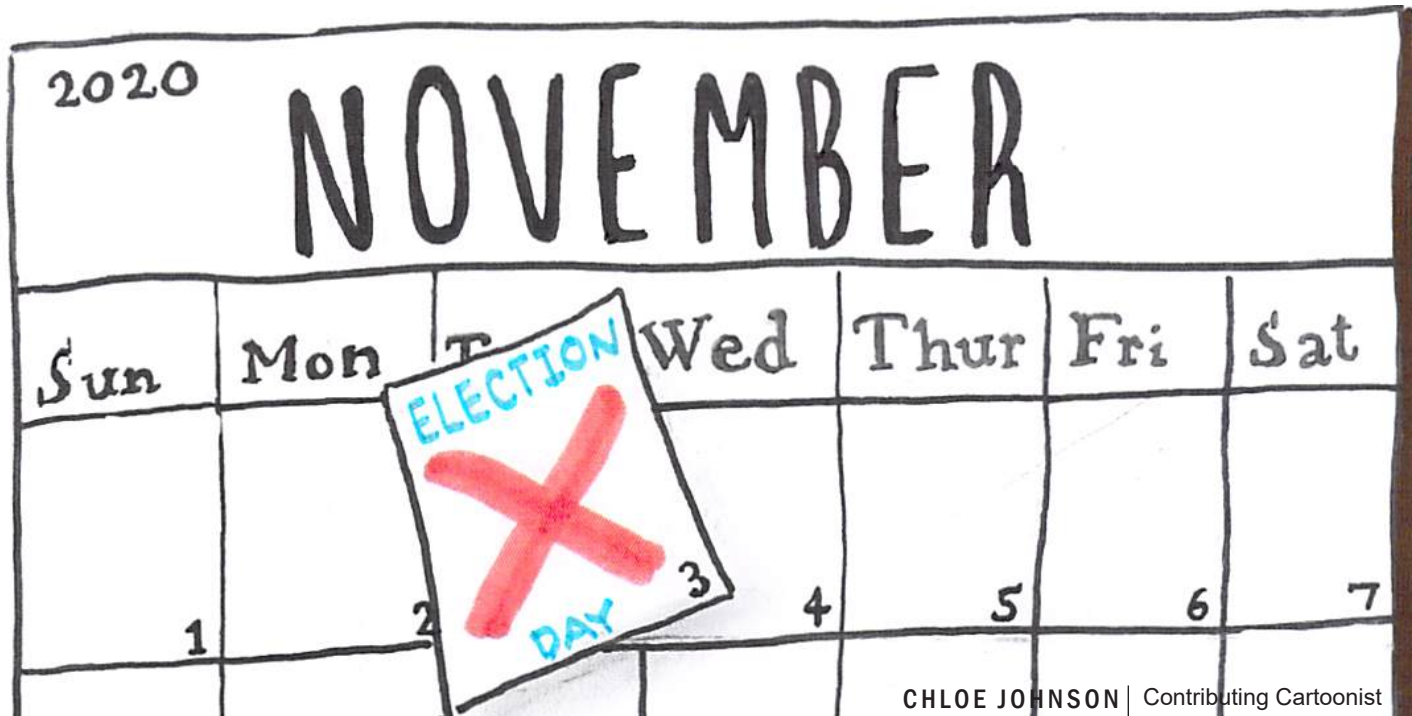


the REGISTER

Vol. 136 No. 3 | DECEMBER 11, 2019 | omahacentralregister.com



ELECTION DAY OFF

Omaha Public Schools made the decision to give students and teachers the day off on election day to address school security concerns.

Heidi Heyden
staff writer

The ideal place to vote is an easily accessible public building to a specific area of people. Schools are one of the more common places for a person to vote. In fact, Omaha Public Schools offers 20 schools to be used as voting places during Election Day.

However, there are many people who are concerned with the combination of unfamiliar voting adults and young students. Many people are concerned for the students' safety, and others are concerned about the lack of voter turnout because of the inconvenience before and after the school day, both being common voting times.

"The atmosphere was positive since we felt like we were a part of the democratic process, but it did require a great deal of advanced planning and careful monitoring to ensure student safety and a successful

voting experience," principal Dr. Ed Bennett explained.

The Omaha Public Schools board has tackled this issue by making the decision to cancel class for all students on Election Day, starting in the 2020-2021 school year.

"I think both students and voters will be more comfortable on election day. Students won't have their daily routines altered and voters will surely find better parking spaces," Bennett said. This will keep schools available as polling places without the added concern of kids and adults sharing space.

Meanwhile, Millard Public Schools will keep one of their schools as a polling place, with procedures for safety and security put in place. Schools in other districts, such as Papillion-LaVista and Bellevue, are not used as polling places.

IB Spanish class teams up with EL students

Malcolm Durfee O'Brien
editor-in-chief

International Baccalaureate Spanish classes and English Learners began a new joint project between their classes to help students get better acquainted with the languages they are attempting to learn. The effort, spearheaded by English Learners teacher Karen Brown and Spanish teacher Anthony Almeida, had their first introductory sessions on Nov. 12 and 13, with students from each class attempting to introduce themselves in their respective languages.

Brown hopes that the English Learners classes will have a positive way to practice and learn English without the pressure of a constant interaction.

"Spanish is our predominant language,"

Brown said. "But we have students who speak Karen, Swahili, Somali, and Nepali languages as well, they will ultimately have a non-threatening way to meet someone from a different culture without the fear and pressure of daily face-to-face encounters in the hallway."

Almeida also hopes that his students will have the opportunity to learn from native speakers of Spanish and gain a greater grasp of the language from these interactions, as well as fulfilling a not-fully addressed need from the group.

"We are helping the EL students branch out, communicating with, interacting with the rest of the school, and we're trying to help them out," Almeida said, explaining the major goal of the joint project. "Part of IB is community service, so we're trying to help out some students that need help and hopefully our

class gets something out of it too."

The early stages of the project were entirely focused on introductions, with the IB Spanish class introducing themselves in English to the English Learners class composed mainly of Spanish-speakers trying to learn English, though there are many other languages represented in the EL class.

These first introductions, conducted over Microsoft Teams' video chat function, revealed a level of apprehension from students on both sides, with the Spanish students explicitly saying they felt unprepared to do introductions and many students from the English Learners class hesitant to come up and introduce themselves.

Despite this early consternation from the students, everyone did end up doing their

ENGLISH LEARNERS on page 6

Central junior charged with murder, assault

Daisy Friedman & Stella Ehrhart
staff writers

Junior Jacobi Terry was charged with first-degree murder, first-degree assault, use of a firearm, attempted robbery and criminal conspiracy in early October. Terry has yet to enter a plea.

Terry is charged with killing Bahy Altairi, the clerk at the Vape and tobacco shop on 32nd and L Street, robbing him of his personal gun, and partially paralyzing an innocent bystander, in an attempted robbery. Terry had previously known Altairi and had known the gun was located behind the cash register. According to the case report, Terry was gone from the getaway vehicle for a total of three minutes, but only spent ten seconds inside the shop.

The attempted robbery of later that night, came about when Terry's accomplice, Marshan Box made a plan to buy "shoes" from a man on Facebook. It was later found out that they shoes were not the intended merchandise being exchanged, but a Colt 45 revolver.

This was not the first time Box and the man had done business together, so he saw no harm in allowing Box, Terry and another accomplice, Trey Knox to his home to purchase the gun. It wasn't until well into the deal, when a price had been negotiated and Terry returned to the vehicle to retrieve his money, that it became apparent that the boys were not intending to pay for the gun. Realizing that, the man selling the gun flees from the scene with his younger sister, as Terry was shooting at them. The case report states that there were two to six shots fired and happened to pass through a neighboring house's garage, shooting and partially paralyzing bystander Jared Sedlacek.

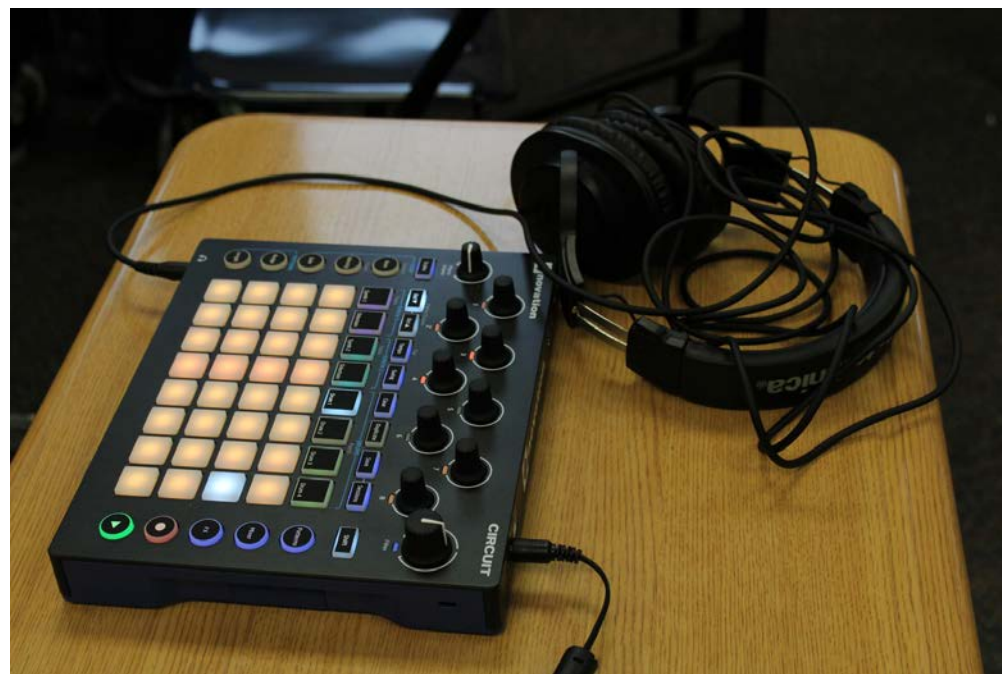
At some point after the incident, there was an anonymous tip from Crime Stoppers informing the police and leading them to Terry at Central High School. Law officials visited Central High with security footage of the shooting from the vape and tobacco store and Central High's resource officer Dave Preston, matched the man in the video to Terry.

"I've known him for about five years. Yeah, I've known him since middle school," Preston said. "He was a good type of student, respectful."

A tip that led them to Terry, was that the shooter's jacket in the vape shop video matched the still images of Terry walking the halls at 8:33, the morning of the shooting. It was also confirmed that the car at both crime scenes, the Silver Dodge Nitro

TERRY on page 6





Hillary Blayney | The Register

Left: Brendon Smith, the club's sponsor, helps a student with a synthesizer. Right: A synthesizer, which the club uses in its exploration of modern music sound.

Beats by Eagles offers opportunity to explore electronic music

Ari Saltzman
staff writer

Beats by Eagles is a new club at Central this year. The club aims to give students who participate an opportunity to learn about different forms of music that are now the typical kinds found in school.

Club founder Brendon Smith said, "the main reason I started it was because there weren't any clubs at Central that were for kids interested in music that was contemporary and that's kind of modern unlike orchestra and jazz and band." "We're trying to bridge gaps between different people's understanding of music."

The club, which is for students of all grade levels, studies how the today's modern music is made. "I think a lot of kids who are around the school maybe want to learn how to make a modern pop song. I want kids to come away with an understanding of how music is made here, like, when you hear a song on the radio," Smith said.

The end goal for the club is to, "expand (the students) own music horizons." Smith hopes

the club, "is a place for students to talk about music, how to make music, sort of like appreciate different genres." He says that the club helps students who might typically have these sorts of opportunities. "A lot of kids at Central might not have the opportunity to work with instruments."

Smith said that music is his passion. He got the idea for the club, "from a podcast (he) listened to. It's called the Music Production Podcast. The guy, he's actually an English teacher in New York City, started something similar. I was like, you there's no reason that we couldn't get something like that started at Central."

He was able to secure some grants from the Central High School Foundation to purchase instruments, including drums machines and synthesizers. Smith believes that every student at Central should have an extra-circular activity that attracts to them.

Smith said, "there's a lot of kids around the building that aren't in athletics. They're not involved yet. They just go home. (The club) just allows them a little bit more community to find some friends and know that teachers aren't so bad."

Creative Writing class at risk of ending as enrollment falls

Daniel Graham
contributing writer

English teacher David Martin had a class full of students who were one step from expulsion. They had all failed an English class before, and they almost never did the homework they were assigned.

Martin wondered why he had to teach such a class and agonized over how to deal with the students. He eventually came up with a plan where each student would keep a journal. Then, at the end of each week, he would grade them based on how much they wrote.

In a few short months, the class started to blossom. The students discussed poems and other forms of literature and wrote in class on a regular basis.

In November of the same year, Martin decided to compile some of the pieces his students had written into a four-page pamphlet and shared it with the class.

Over time, more pamphlets were printed, until it grew into a literary magazine called "Duct Tape," and Martin began to teach a creative writing course.

While this class had been offered before, much of creative writing's history has been lost or fragmented throughout time.

The first time that creative writing appeared at Central occurred some time between 1910 and 1940, taught by English teacher Sara Vore Taylor, who developed a magazine of student writing called "Word Hoard."

When Martin started his creative writing class, he revived the program, and it began to grow, with two sections of creative writing each semester.

Under Martin's direction, this course would be different from an English or Journalism class, as it would allow students to explore themselves through writing, with less of a focus on research and the analysis of literature.

As the course developed, the literary magazine "Duct Tape" began, a student-run publication that continues to run today.

Having a club might be a way to continue the class if it had to go away.

DERON LARSON
english teacher

Martin also developed his own magazine, "Fine Lines," while at Central, which he later began to publish independently.

Martin left Central after teaching Creative Writing for about seven years, and English teacher Deron Larson took over in his place.

"Mr. Martin was very forthcoming when he handed me control of the program," Larson said. "He basically gave me any materials and any ideas that I was willing to ask for, and he sort of helped define what was possible in my view of creative writing."

Larson has taught the class ever since, about 14 years now. Throughout that time, enrollment has fluctuated from year to year.

Now, however, Larson estimates that there has been no more than 30 to 40 people enrolled in the course between the two semesters in recent years, a decrease from previous years, which could threaten the continuation of the class.

To boost enrollment in the course, Larson and his stu-

dents hosted an open mic in the Black Box Theater, and they plan to invite guests to the open mic held in the class each week. At the open mic, students are given the opportunity to share writing of all forms in front of an audience of their peers.

"If a student is interested in writing creatively, whether that involves images or other genres than full-blown stories, I hope that these open mics will encourage them try out the class," Larson said.

Larson has also considered the creation of a creative writing club, something that existed in the past and might increase enrollment in the course now.

"Having a club might be a way to continue the class if it had to go away and might even bring it back one day," Larson said.

No matter what form the creative writing program takes, he wants to help his students grow as writers.

"I would like them to explore their personality, to develop their interest and provide them with an opportunity to create." Larson said.

Just as he hopes creative writing has helped his students, the class has also helped Larson grow and develop as a writer.

"It has allowed me to practice self-discovery and creating my identity through words on the page," said Larson. "And it makes it possible for me to be a more complete human being when I am writing on a daily basis, even if I don't share on a daily basis."

EDITORS' NOTE:

We are humbled to present to you the 136th volume of the Register for the 2019-2020 school year. We look forward to helping educate the student body and sharing their views.

This issue has come out of the greatest weeks of labor and suffering for the two of us, with many hours of blood, sweat and tears being poured into this third issue. While you may feel it is unimportant or unimpressive, we are proud of the work we have done and the work our staff has helped us do on this newspaper.

We hope you enjoy this issue of the Register and look forward to delivering more high-quality content to you over the coming year. Thank you for reading our newspaper.

Malcolm Durfee O'Brien
Emma Whaley
Editors-in-Chief

Malcolm Durfee O'Brien
Emma Whaley

ATTN: *the* REGISTER

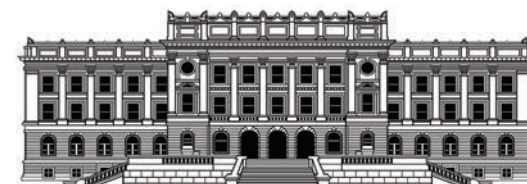
124 N. 20th Street
Omaha, Neb. 68102

Phone: 402.557.3357
Fax: 402.557.3339

central.register@ops.org

It is the goal of the Central High Register to represent the student body in issues affecting their lives as young people and students. If you feel that we are not covering an issue that is important to you, we welcome contributing writers who bring fresh ideas to the issues.

If you would like to write a story for your student newspaper, please contact Hillary Blayney at hillary.blayney@ops.org or come to room 029 to discuss your idea.



the REGISTER *staff*

ADVISER

Hillary Blayney

EDITORS-IN-CHIEF

Malcolm Durfee O'Brien

Emma Whaley

EXECUTIVE EDITOR

Olivia Gilbreath

VISUAL EDITOR

Daisy Friedman

COPY EDITOR

Anna Festersen

PHOTOGRAPHERS

Hannah Brown

Sophia Sidzyik

STAFF WRITERS

Makenna Anderson

Elena Correa

Mackenzie Coughlin

Stella Ehrhart

Dillon Galloway

Jane Gawecki

Jackson Godwin

Simret Habte

Heidi Heyden

Emily Hodges

Callan Maher

Blayne Olson

Ari Saltzman

Sophia Sgourakis

Grace Turner

Livia Ziskey

As temperatures rise, flooding is projected to become more frequent

Jackson Smith
contributing writer

The Missouri river is projected to flood again in the spring of next year north of Omaha at the same magnitude as last spring. Nebraska currently has an above average soil moisture, meaning when spring rains come in there, the soil will be able to soak up less of it leading to more rainwater entering rivers.

"You still have water that hasn't receded that's going to freeze which means it's going to be there all winter which sets things up for another batch of really bad flooding," math teacher Doctor Gregory Sand said.

The local climate is changing to switch between extreme differences with less time in between.

"We go from these extraordinarily wet periods to also rapidly dry periods," science teacher Matthew Hamill said.

Climate change is especially detrimental to Nebraska because of the agriculture industry. Among these crops, some of the most important are corn and soybeans. These are both adversely affected by rising temperatures.

"July is a really important growing season for Nebraska in terms of corn and soybeans, and they can't go an entire month without moisture," Hamill said. "We have about a one to two-week window where those temperatures can't be too high. If the temperature is over 95 degrees, your germination goes way down,"

The general trend is toward higher temperatures. The UNL School of Natural Resources found that by 2100 Nebraska could regularly experience summers with three weeks of temperatures over 100 degrees. Given how much food Nebraska produces, these effects could be devastating for everyone.

"If you have crop failure on an enormous scale you can't just think that farmers are going to get up and walk away from their business," Hamill said. "That would be a huge hit to our food security not just as a nation but globally. So, somehow those farmers are going to have to be compensated even if they didn't raise a crop because you can't afford to have them quit."

These effects of climate change are real and are being experienced by thousands of people. However according to Yale Climate Communications, only 60 percent of Nebraskans believe that climate change is happening. Some people can find denialism to be quite frustrating.

"Does every house on the block have to flood," Hamill said. "Does every city town have to be underwater for us to go 'Oh yeah, this is a bad thing?'"



DILLON GALLOWAY | The Register

The Missouri river, pictured above, is projected to match the levels of this year's catastrophic flooding again next year.

Nebraskans are already facing the reality of becoming refugees forced to flee from the climate crisis.

"FEMA (Federal Emergency Management Agency) is trying to buy out everyone in those flood plains because it would be better if it could just flood and not have to have people living there dealing with repairs, rescues and insurance," Sand said.

Climate change cannot be stated as the sole reason for these events because there are many contributing factors. But because the effects are gradual and not noticeable on a yearly basis, it must be compiled from averages.

"Last winter we had a winter that was very reminiscent of what you'd normally get down in Kansas City, ice, snow, really

cold, but not the volume of snow we normally get," Sand said.

These averages are not usually as drastic as a flood, but over the course of a human life they can be significant.

"I saw a swimming pool in my neighborhood that was open into the month of October," Hamill said. "In my lifetime I've gone from thinking about October as being gloves and hat, cold season, to seeing October as you can still swim in the pool and get your laps in."

The climate is undeniably warming. Nebraska, as part of the world's breadbasket, will need to make changes to its agriculture and energy industries or else floods will destroy more homes and droughts will evaporate the state's economy.

"We're going to have to be a lot smarter," Hamill said.



Left: The rangers and Hernandez mix cement for bear box forms



Center: Hernandez with her fellow rangers giving a thumbs up during a day of work



Right: Hernandez and the rangers in front of a waterfall in Yellowstone.

Student's love of nature leads to opportunity with National Parks Service

Livia Ziskey
staff writer

Senior Bethy Hernandez is an admirer of all things nature. She has been attending national parks with her family for many years. When the opportunity to take part in the Youth Conservation Corps summer program, she applied.

According to its website, the YCC is a "summer youth employment program that engages young people in meaningful work experiences on national parks, forests, wildlife refuges, and fish hatcheries while developing an ethic of environmental stewardship and civic responsibility."

Her program took place in Yellowstone National Park, but the YCC offers the same activities in other national parks as well. Hernandez did not expect to be accepted into the program, but it came as a pleasant surprise.

"My dad had seen something online and he thought it looked like something I might be interested in and he told me that I should apply. I checked it out and it didn't seem like something that I would be able to get into because it's very competitive and there are around 600 applicants, but I did get accepted," Hernandez said.

She has taken part in the program for the past two summers. In 2018, she stayed for one month. She was then asked back, along with around six others who attended that summer. This year, Hernandez stayed for both sessions as a leader in a leadership position.

Hernandez recalls some of the activities YCC members would do during their stay at Yellowstone Park.

"On the weekends we did recreational activities. Especially on Saturday, we would go around the park, and in one case we went rafting, which was really fun. On Sundays we finished up that activity and cleaned up our living space," Hernandez said.

The weeks were a bit more rigorous for the teens. While they stayed in dorms on the weekends, the rest of their nights were spent camping outside.

"We would get up at 6 am and make breakfast on little Coleman stoves. Then we would drive or walk to our worksite, which normally wasn't too far. We would do a stretch circle and talk about safety concerns on the worksite," Hernandez said.

The teens did a different project each week. It was typically a trail project or something of the sort. Hernandez remembers installing bear boxes, which are food storage boxes to keep bears from getting into food. They also did some projects involving social science.

"We did some visitor use research. We would do a sort of survey or count people at the popular attractions in Yellowstone," Hernandez said.

She met some influential and inspiring people during her stay, which encourage her to utilize her leadership skills.

"The crew leaders were all national park rangers and they all worked really hard to make sure that everyone was feeling their best when they were there and making sure that everyone was able to challenge themselves. I learned from them

that I'm capable of a lot. I also met a lot of good friends my age from all over the country," Hernandez said.

Hernandez feels that participating in this program has helped her decide what she wants to study in college and do as a career.

"I was inspired when I was there in Yellowstone. Every Monday morning they have someone come in and talk about their job in the park service and one day there was a man who mentioned he was an archaeologist and he told us about how his job is to survey the land for Native American artifacts before they built anything on it. I realized that his job incorporated my interests of conservation, history and just being outside," Hernandez said.

The YCC has helped Hernandez become aware of her leadership skills and see leadership in a new light.

"I had never been in that role as a leader before. I definitely grew because I looked at leadership from a different perspective. I realized that all of us have different leadership styles and we can all contribute something to making a positive environment," Hernandez said.

Looking back on these summer experiences, Hernandez believes that everyone should take part in something like this.

"I think everyone should get an opportunity like this where they're away from everyone they know and everything they're familiar with," she said. "It's a great way to discover yourself and what you are capable of."

EmPOWERment network teaches confidence

Callan Maher
staff writer

Susan Acuff-Adams was a Central graduate who graduated in 1965. While in high school, she was in A Capella and a freshman cheerleader. She believed that Central focuses on excellent and prepares students for independents.

"I believe I got my strong work ethic from Central," Adams said.

After graduation, she attended college at the University of Nebraska Omaha for an education degree.

"I started in education and found myself with children who needed alternate teaching."

Susan Adams started the emPOWERment program with the help of Joni Craighead, A.J Steinhoff and Anne Fenner.

The emPOWERment program is a non-profit company which goes to different schools in Omaha and helps teach students respect and manners. The goals of the program are: developing a positive and respectful learning atmosphere in the classroom, forming habits that encourage self-worth and self-confidence, respectful attitudes and behavior toward others, good manners, optimism about future success and scholastic achievement.

"Children don't know what is respectful about them," Adams said.

She and the others work with kids for a semester. The first

day of class starts with Susan asking the sixth graders to think of a person they really respect, then they put a list of qualities that make the students respect them on a board. After there is a list of 25-30 qualities the instructor tells that students that that is who they are. Teaching the students what is respectful about them.

"Teachers were excited about how their students were acting after the class," Adams said.

Other school districts in Nebraska wanted their program to come to their schools, but it was not possible. "It made me sick at heart to turn them away," she said.

Due to the burst of popularity the emPOWERment program was receiving, they decided they needed a new delivery system. Susan began teaching a small class of six children and filming the lessons. The filming sessions are still going on, but the videos will be distributed to schools they cannot reach in late summer or early fall of 2020.

In the beginning of last summer Susan received a letter from the International Trade Council asking them to submit an application for an award. The emPOWERment program won the business of the year award in social services. Now Dubai, Hong Kong, Australia and Canada are interested in the program.

"I love seeing how the children grow from the beginning to the end of the class and it warms my heart when they ask us not to go," Adams said.



Photo Courtesy of Susan Adams
Adams (right) with Amanda Li (middle), leader of Up-Lift, a company from Australia and another business owner after receiving her award.

Heartland Hope offers support to those who need it most during holidays

Emma Whaley
editor-in-chief

The Heartland Hope Mission has been serving the Omaha community with free food, hygiene items and clothing for 16 years. The South Omaha pantry seeks to help the working poor through the holiday season, a time that can be very financially stressful.

"We actually started off as a church when we first opened our doors ... and had gotten overwhelmed with requests from the community to receive food and basic necessities," said volunteer coordinator Amanda DeVries. "So, the church just sort of reevaluated. There is a great need for food. There is a great need for basic necessities just in our own neighborhood, so the church reached out to the community and started collecting donated items. There would be lines out the door every week, and, so, they decided we're a faith-based organization, we're a faith-based food pantry now."

Heartland Hope Mission hosts a bible study every Thursday evening and a sermon during each open pantry time. DeVries wishes that the Mission's faith leaves people feeling hopeful for their future.

"When people come to the pantry, we share an encouraging word – a hope filled word," she said. "A lot of the people that are coming to the pantry are working poor or they're going through a temporary crisis. We believe that people are going to get filled with hope when they hear the

message of Christ. That's why we share that with people, because we want them to know that ... God is on their side."

On Nov. 16, 19 and 21, the Heartland Hope Mission hosted a Thanksgiving pantry. Families who came received ham or turkey, dinner rolls, pumpkin pie, mashed potatoes, milk and an assortment of fruits, vegetables and other items. This specialized pantry will occur again on Dec. 21 in preparation for Christmas. These pantries were far from normal for the pantry.

"On a normal day, people are going to get a seven to nine-day supply of food at the pantry," DeVries said. "They get everything from non-perishable items ... canned veggies and fruit. They're also going to get dinner side dishes like macaroni and cheese, rice, they're going to get pasta. They're going to get cereal, that kind of thing. And then they're also going to get frozen meat. They're going to get milk and refrigerated items, dairy products as well."

However, the pantry does not just provide food items. "They'll get hygiene items," said DeVries. "If they have babies, they'll get diapers for their babies. They'll also get free clothing."

All of this, from the food to the clothes, comes at no cost to the consumer. The Heartland Hope Mission collects their distribution items either from donations or buys them at a very low cost.

"Sixty percent of the food we order from the Food Bank," DeVries said. "We can purchase food from the Food Bank for 33 cents a meal. Which is way cheaper for us to

purchase rather than do it wholesale through, like, Hy Vee. The other food we get, a lot of the produce and the bread and some of the other items, we get from grocery stores. We have several different grocery stores that we do pickups from every week. Schools, organizations, churches, will do food drives for us. So, they might collect specific items, so that's how we keep our shelves filled."

The clothes the Heartland Hope Mission has available for the community come almost entirely from donations.

As the holiday season grows closer, DeVries says there is an increasing need for more help and more donations.

"For Christmas specifically, we need toys," DeVries said. "Every parent that has children that are registered will receive two toys per child. So, from ages birth through 17 we need toys. We need toys for kids, young toddlers, babies, and teenagers. We're asking the community if they can donate toys, donate gifts, stocking stuffers, things like that. That is our greatest need for Christmas."

To donate or help, one can call 733-1904 to schedule a drop-off time or come during the open pantry times: 6 p.m. to 9 p.m. on Tuesdays, 1 p.m. to 5 p.m. on Thursdays and 9 a.m. to 1 p.m. on Saturdays. The Heartland Hope Mission Facebook page also has a link to their Amazon wish list, which is full of toys they need that one can order directly to the Mission. Anyone who wishes to spend their time volunteering during open pantry times can fill out a volunteer application at heartlandhopemission.org.



**CENTRAL HIGH SCHOOL
FOUNDATION**

THANK YOU TO OUR ADOPT-A-SCHOOL PARTNERS!








Photo Courtesy of BRYANNA OLSON

Freshman Bryanna Olson has had multiple surgeries on her ears. Two of her ear bones were not connected, requiring surgery, the first in 2015.

Despite multiple surgeries, some hearing loss, freshman stays positive

Noemi Gilbert
contributing writer

Bree Olson is a talkative, bubbly and energetic freshman. Her smile always lights up the room, and she has never let anything, not even mild hearing loss, bring her down.

"Bree is super nice," her friend Monica Moran said. "You can talk forever, and it'll just be so much fun."

Bree's hearing loss was identified in fourth grade when she was given a routine hearing and vision test along with the rest of her class.

"I passed all my tests except my hearing test," Bree said. "It was low, so I had mild hearing loss."

Bree and her family went to the doctor,

where they learned more about her condition. "When I was first told, I was a little bit upset because I didn't understand why this was happening."

"I have a bone in my ear that's just kind of floating around," Bree explained. Two of Bree's ear bones, the incus and the malleus, were not connected. Her first surgery happened in 2015 to correct their placement and try to bring back some of her hearing.

The surgery did not help. "When I found out it didn't work, I felt like crying," Bree said. She had her next surgery in January 2016, when a prosthetic bone was implanted in her ear to try to bridge the gap between the malleus and the incus.

Again, it did not work. "I felt like I was just this defect," Bree said.

On Oct. 4, her third surgery aimed to fix Bree's hearing once and for all. The prosthetic was lengthened, and a hole in her eardrum was filled with a type of cement.

"I'm over it. I'm just like girl, I need to get this done, this surgery better work," Bree said. Bree's hearing loss hasn't had a big effect on her friendships and social life.

"I haven't seen her any differently," Monica said. All of Bree's current friends feel the same way, and even when she was younger, Bree didn't encounter any bullying or teasing.

"I feel a little bit awkward when I have to ask [my friends] to repeat themselves," Bree said. "Sometimes I feel like I'm kind of an outsider, but it hasn't had a big effect."

Bree thrives in school, taking four honors classes and placing on the special distinction

honor roll.

"In school, it's not terribly difficult. I sit in the front of some of my classes right now. I don't have that much trouble hearing, even if I don't have my hearing aid," she said. Bree enjoys history and English classes, but Bree also loves hanging out with her friends. "At lunch, it's so fun just to talk to her and hang out with her," Monica said. "She's always encouraging, like 'this is going to go well, we got this.'"

Bree is optimistic about her future. "I don't think I can work in crazy places, or places with a crazy background," she said. Someday, Bree wants to work with kids or be a psychologist.

"I don't want to let anything stop me from achieving success."



MADELINE GALLOWAY | Contributing Photographer

New band director, Beth Myers, works with students like Hannah Hough (pictured) to help them improve their musical abilities.

New band director added to music dept.

Norah Mishue
contributing writer

The music department has gone through some changes this year with the addition of its newest member, Beth Myers. Myers is the assistant band director this year.

She has taught for two years, this year being her third. She teaches marching band, concert band, piano and jazz band. She is excited to work here and is enthusiastic about the future of the program.

"I love it," Myers said. "There are lots of great opportunities and great students who love to learn." She works closely with the other teachers in the department and with all her students.

"She really cares about helping every student do their best," orchestra and guitar director Brad Rauch said. "Her enthusiasm for teaching and love of music is obvious every day."

Since coming to Central, she has tried to increase the satisfaction students get from her classes. "I introduce new music styles," Myers said, "And try to make practice more enjoyable. I also bring fresh ideas and high energy."

The students really enjoy the music she has chosen. "She picks songs that are challenging but not impossible," freshman Rylee Leirmann said.

Her students enjoy having her around. "They want to make her happy so when she is around, we do our best," junior Gabe Kelly said.

As a new teacher, she has a lot of energy. "She creates an enthusiastic and positive experience," band director Evan Lee explains, "She puts the youth back into it."

Every day she works hard to connect with students. "I adore Mrs. Myers," Kelly said. "She has an amazing work ethic, she cares about every student she meets, works hard and gives praise when due."

Her students find her teaching style to be positive and effective. "From what I have seen she is straight to the point," freshman Alexander Miller said. "It is less confusing this way."

Myers has a positive attitude and makes everyone else around her feel good too. "She is one of the sweetest teachers I have ever met," senior Ruby Gaughan said. "She has been incredibly nice no matter what. She always has a smile on her face and a coffee in her hand."

Even though she only works at Central the first five class periods of the day, Myers is already a valuable member of the team. When she is not here, she teaches at Liberty and Field Club elementary schools. "I would love to have her work at Central full time," Lee said.

Though it is only the start of the school year, Myers has brought a lot to the program already. "She has done an excellent job," Rauch said. "Her dedication, energy and personality have made our excellent music program even better."

Attention Seniors! Yearbook senior photos and baby photos due Dec. 20th
Email to: central.oobook@ops.org

Students still able to sign up for Europe trip, visit three countries

Blayke Olson
staff writer

A trip to sites in Italy, Germany and Switzerland departs on June 8.

So far, few students have signed up to attend the trip that will include stops in Rome and Munich, amongst other locations.

"I think it's good that kids come on these sort of trips, gives them the opportunity to explore the world and get a taste for different cultures," Erica Meyer, German language teacher and one of the trip's sponsors said.

One of the trip's stops is in Venice, which has recently been rocked by mass-scale flooding, the largest in the maritime city's history, but Meyer was mostly unconcerned with that.

"I've heard of the flooding going on in some of the locations we're visiting this summer on the trip, but by the time we get there it should be cleared up," Meyer said.

The first destination is in Clao Rome. The Rome tour focuses on the many tourist destinations around the city, such as: the Spanish Steps, Trevi Fountain, Patheon, and Piazza Navona, all with breakfast, lunch, and dinner being paid for prior. Rome also offers many more famous landmarks which start off with a guided sightseeing tour with Whisper headsets of the Vatican Museum and the Sistine Chapel.

After that, the tour continues to explore St. Peter's Basilica, the Colosseum, the Piazza Venezia, and a Forum Romanum visit featuring an authentic trattoria dinner.

The next destination in Italy is Florence, which offers a traditional Italian pizza dinner and a visit to St. Francis of Assisi Basilica. Landmark sights in Florence are Palazzo Vecchio, Piazza della Signoria, Chiesa di Santa Croce, Ponte Vecchio, Duomo visit, leather workshop, Gates of Paradise, Giotto's Bell Tower, and Dante's House.

On day six, the journey continues onto Venice via Verona. The Verona tour director leads a sightseeing excursion to the "Romeo and Juliet" balcony and a Verona Arena dinner. Day

seven, brings famous locations like: St. Mark's Square, St. Mark's Basilica, Doge's Palace visit, and a glass-blowing demonstration/dinner. Finally, onward to the historic haven Munich, Germany, via an Innsbruck city walk tour of the Golden Roof, Triumphbogen, and the 1972 Olympic site.

The Munich guided sightseeing tour goes through Residenz, Nymphenburg Palace Gardens visit, Alte Pinakothek, Deutsches Museum, BMW Headquarters visit, Olympic site of 1972, Frauenkirche, Neues Rathaus, Marienplatz, Glockenspiel, Hofbräuhaus, a visit to the Dachau Concentration Camp and memorial, and finally a Bavarian bratwurst (sausage) dinner. On day ten, the tour goes to Lucerne, where there is a Neuschwanstein Castle and Oberammergau excursion. Lucerne has sightseeing landmarks like the Lowendenkmal (Lion Monument), River Reuss, Kapellbrücke Swiss folklore evening with dinner provided.

The end of the trip, day 12, is spent in Zurich, the capital city of Switzerland.

EL students team up with IB Spanish to promote learning, understanding

ENGLISH LEARNERS from page 1

introductions and feeling fairly comfortable with the individuals from the other class.

Brown makes clear that this is just a first step for the project, with another phase in December focusing on the writing of and performance of bilingual poetry from both classes, with a poetry-slam planned between the classes in mid-December.

"The goal of the project is to bridge borders through bilingual poetry," Brown said, "The students will do an exploratory journey using the book, 'Cool Salsa,' as a guide, we will work on poetry and other creative activities to help them feel comfortable with sharing with a native speaker of a different language."

According to Brown and Almeida, the ultimate goal of the joint interactions between their classes is to develop greater understanding between two usually separated groups of students and build a relationship with someone they may not have otherwise met.

"The end goal is not only providing an opportunity for the students to meet others while incorporating technology, but for them to develop a bond with an unlikely friend from a different culture," Brown said.

Central student charged with murder, assault, attempted robbery

TERRY from page 2

SUV, was the car Terry had driven to school that morning and was sitting in the lot at Central.

Many of the staff members at Central were shocked to hear what had happened. Terry's assigned school counselor said she had talked to him many times and was very surprised.

"I don't know it makes me feel any certain way," principal Ed Bennett said. "As a public school it's our job to educate everyone and we know kids are gonna be kids."

Not only were the adults in his life surprised, but his classmates too. Senior Lily Smith, Terry's coworker and classmate, said his demeanor did not reflect his criminal actions. "He was pretty passive I'd say. I had never seen him angry, but I haven't really seen him happy. Not necessarily happy, but not excited or something like that. He was always pretty monotone,"

Smith said.

Smith believes Terry internalized a lot of things. "I think the question everyone wants to know is why it happened, especially me knowing him and knowing how much of a surprise it came to everyone who did know him. I guess I'd ask if he's okay, because this is such a crazy situation and I feel like knowing how quiet he was and genuine he was, he was able to internalize all of that while this was going on. That has to be detrimental to your mental health. I don't know how anyone could go through that and be okay."



Terry was arrested by the Omaha Police Department for the Oct. 2 murder of store clerk Bahy Altairi.

PICK UP SOME FRESH TRICKS

AT

JACKSON STREET
BOOKSELLERS

*Because no matter what people tell you,
you can't find everything you need on the internet.*

1119 JACKSON STREET --- OLD MARKET, USA

MONDAY-THURSDAY 11-6 FRIDAY-SATURDAY 11-7 SUNDAY 12-5



opinion



Connie Servativ



Lee Burrell

SEDONA CHEOHA | Contributing Cartoonist

POLITICAL PROFESSORS

Teachers should not have to fear punishment for voicing their opinions, especially when those opinions could be used to educate.

Emily Hodges
staff writer

With today's polarization of politics, it is virtually impossible to avoid the topic. Although teachers are technically required to keep their political opinions to themselves, it is rare that they do. In most cases, this is not because the teacher is trying to convert students' beliefs, but because it is normalized in society. Many times, one's political opinions are subconsciously integrated into discussions without the speaker or listener's awareness.

I am not saying teachers should be allowed to explicitly preach their take on the issues, but they should at least give the options, even encouraged to acknowledge their political bias for students to take into consideration when learning in class.

This would give the opportunity for students to learn without a bias disadvantage; even though the information may still have the chance of being biased, they will understand which side is being argued and will be able to take it into consideration. Not only that, but it will also give students the chance to understand and hear different perspectives.

The main purpose of having teachers tell students their political opinions is basically to

have a disclaimer. This is especially important for teachers who teach history classes because their political bias has the possibility of affecting the lesson. Other classes, no matter what subject, are still plagued with politics due to strong opinions even outside of the lesson plans, which is why it is important for all teachers to use their voice.

To reiterate, I am not arguing for teachers to be able to pitch their part and political beliefs to students but rather the opposite; by them simply stating their political party, it gives students the knowledge necessary to avoid being swayed plainly because they are being politically swayed. Adolescents should ideally create their political identity not based on their parent or each other, but on their personal opinions from the news history and personal morals.

Although that would be the best situation, it is unrealistic, so at least making students aware of the biases they are witnessing allows students to know how their information may be skewed so that they can take it how they want.

One of the biggest issues with this would be students not being able to separate the learning from the politics, but if they are educated on the issues and have the capacity to differentiate political beliefs and facts, this new policy would only benefit future voters.

Plastic straws dangerous, need to shift toward other alternatives

Callan Maher
staff writer

Central has made the switch from plastic to paper straws and I believe it is a good idea. According to National Geographic, "In just the U.S. alone, one estimate suggests 500 million straws are used every single day. One study published earlier this year estimated as many as 8.3 billion plastic straws pollute the world's beaches", but straws are not the biggest problem, "Eight million tons of plastic flow into the ocean every year, and straws comprise just 0.025 percent of that." Even though straws are not the biggest contributors to ocean pollution Central has still taken action to help the environment.

What are the benefits of paper straws? Paper straws are fully compostable and if they end in the ocean will start to break down in 3 days. Plastic straws take hun-

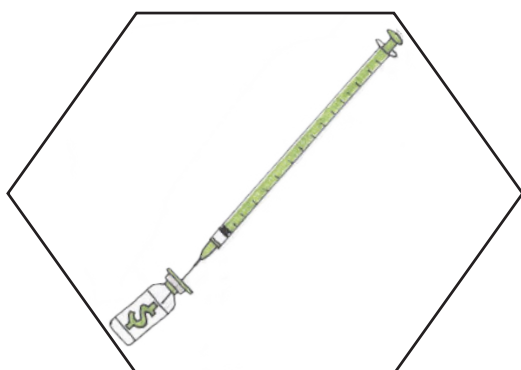
dreds of years to decompose and plastic straws take 2-6 weeks. Due to the booming demand for paper straws businesses can now buy paper straws in bulk for as little as 2 cents each.

I believe paper straws are a great start for our school to get involved in helping the environment. Students usually only use one straw during lunch then throw them out so having an alternative to plastic will make an impact. Not everyone can afford to buy alternative straws so replacing the plastic at school can make students and teachers feel like they are making a difference.

Alternatives for paper and plastics straws: stainless steel straws, reusable, easy to clean, have a long life span, dishwasher safe, and don't effect the taste of the drink. Silicone straws: reusable, easy to clean, long life span, must be hand washed. Bamboo straw: lightweight, compost in a few weeks.



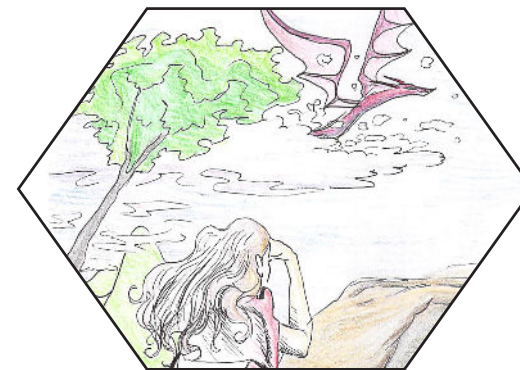
Sabrin Mohamud | Contributing Photographer
Students begin using paper straws from silverware packets.



BIG PHARMA on page 8



KANYE WEST on page 11



TRAVEL on page 12



Pharmaceutical corruption lowers effectiveness of insurance

Grace Turner
staff writer

Every November, while many people are getting into the holiday spirit and celebrating Thanksgiving, other people are dealing with the task of renewing insurance for the upcoming year. Every November is the time when insurance companies release the plans that they will be offering for the next year and when the marketplace opens to discover what insurance plans are available.

Within the last ten years, insurance quality has plummeted, becoming more expensive and not offering benefits such as prescription coverage. It is very easy to blame insurance for the rising pharmaceutical prices, but the rising costs are actually due to pharmaceutical corruption.

In the last ten years, the cost of pharmaceutical medications has raised exponentially. In ten years, the cost of a single EpiPen has raised by \$506, bringing the cost of just one EpiPen to over \$600. Insulin prices have also skyrocketed, going from a cost of \$20 a vial ten years ago to \$227 a vial in 2019. These prices are due to pharmaceutical corruption and markup that gives the company and CEO of the company producing the drug more money.

Insurance companies are unable to meet these steep prices. There are over 133 million people in the United States living with a chronic illness or disability that requires treatment. 84 million people in the United States live with two or more chronic conditions that require treatment.

All of these people need to pay for the treatments that they need and rely on insurance to help cover these costs. However, it is not possible for insurance companies to pay thousands of dollars for just one person who needs treatment, let alone the thousands of people on their plans who would need treatment.

Insurance is not the solution to improving the cost of medications. Instead, people should look at removing corruption from the pharmaceutical industry. This could include creating a new branch of the government that would focus on keep prices ethical or by putting price cap on the amount of money a company or CEO can make from a product.

These new regulations are truly needed in the United States. In 2017, Minnesota resident Alec Smith died because he was unable to afford to buy insulin. Seven days after running out of insulin, Smith died due to diabetic ketoacidosis, a diabetic complication that is avoidable with insulin. There has been a 10x increase in people dying to diabetes in the past two years. New regulations are needed in order to make sure that more people will not die because they are unable to afford their insulin.

EMMA WHALEY | The Register



HANNAH HOUGH | Contributing Cartoonist

Follow just, moral laws, help change the immoral ones

Stella Ehrhart
staff writer

Americans all live by a very specific set of rules that are enforced by the government and police officers. These rules are in place because they are what citizens have decided are humans' collective morals. Sure, some laws are working more to protect and keep people safe, but most are based on ethics. People as a whole have decided some things are not okay, like stealing, fraud, rape or incest.

But not everything that the law prohibits fits with general public's ideas of morality. In fact, most people follow the law because they know what is right and what is wrong, not because of fear of the retribution.

The real question is, who's morals are the laws based on? Theoretically it should be the people's. But, is it really?

With the progression of time, people are losing respect for law and the system. With police brutality at an unbelievable high, people being arrested or given unnecessarily long or harsh punishments because people in our judicial system can have a strong bias against entire groups of people. Excuses get made for crime against all different kinds of minorities. There is very small population that this bias helps.

It is very easy to not feel guilty about any illegal activity one partakes in if they realize how unfair the government is. Raging against the machine. The cruel, corrupt machine.

Aside from general law, there are many places where morals are not supported by the law.

Getting into concerts or venues that are not all ages, copyright infringement, public nudity, not reporting tips on income tax, trespassing and spray-painting vacant buildings are all fairly ethical activities that would get one in trouble

with the law.

There are also many more serious acts against the law that follow one's principals. Getting an abortion in places in the world where it is prohibited is a good example of this.

Families trying to cross the border, or living illegally in America to escape bad conditions, or helping families live illegally in the U.S. are also examples of a serious legal transgression that may be ethically okay.

People think some drugs should not be constrained the way they are, so they feel little guilt when partaking in such activities.

Stealing from corrupted monopolies is another example of people breaking the law but not being unethical.

Now more than ever people are staring to question the law and work to change it.

Class time often used unwisely

Mackenzie Coughlin
staff writer

How teachers use their time in the classroom very much affects the learning and overall success of their students. For example, if teachers take the time to work with each student one-on-one, then they will understand concepts better and have a better grade.

Some teachers believe they are preparing their students for success, but it only makes the class harder.

This can be seen when teachers load students with slide after slide of information and text with no other explanation of the curriculum. Then it is the student's job to memorize and regurgitate said information in order to keep their grade up. Most of the time, after tests, students forget the concepts and topics of that unit because they need to focus on new ones.

This method, although widely common, has almost no benefit for the student when they enter college. Of course, it teaches them the skill of memorizing, but not the skill of learning and applying that information to the world. All the classwork done in high school is pointless if it cannot benefit one in their future education.

The classroom setting that consists of strictly quizzes and tests may work for teachers in the sense of seeing students' knowl-

edge, but most likely they are not seeing the students' real capacity. Therefore, things such as projects are so important because they allow a student to express their learning in another way than a multiple-choice question test.

Although, when it comes to more free-range assignments and projects, the classroom environment can sometimes get hectic. Students are working on their own, which takes away from the said traditional classroom set up. If done correctly, a projects-based class can be effective.

If this tactic is taken to an extreme, the class quickly becomes less important to pay attention in and loses the students' day-to-day focus. Many teachers begin to become lazy and just put on a movie while the students have free time. While the students might find this enjoyable, in the long run it is not helping them learning or grow in the class.

Overall, there are two extreme sides when it comes to the classroom not being utilized properly. Being too "cookie-cutter" and only giving tests and quizzes does not give students the ability to expand their mind around advanced topics. On the other side, having a relaxed classroom to the point where nothing is getting done only loses the attention of students. A mix of both scenarios makes a classroom where students feel comfortable and can be successful in the future.



SOPHIA MASON | Contributing Cartoonist

Naps beneficial for teenagers, should be included in daily schedule

Livia Ziskey
staff writer

The American school system has many flaws. Some have to do with teaching styles, some with the over-reliance on standardized testing and some with the over-working of the students. Especially in high school, teens are struggling to meet all of their responsibilities and keep a healthy mindset.

It is not uncommon for a student to wake up before the sun rises, spend eight hours learning and taking tests and stay up late into the night doing homework. This cycle goes on repeatedly until the students are just empty, tired shells of their former selves.

According to John Hopkins, teenagers should sleep for nine hours each night. On average, high school students are only sleeping for seven hours. Students do not fall asleep in class for no reason; it is because they are getting only a portion of the sleep they should be getting. Thus, the only way to fit in more sleep is to install nap time at school.

In preschool, kids are forced to take naps in the middle of the day. While most of them probably see it as a boring break

from playing and talking, most teenagers would welcome naps with open arms. Naps would give students a calming break from the tireless thinking that high school classes require and would refresh their energy for the afternoon.

There are many benefits to taking a quick power nap. These naps, which aim to end before entering deep sleep, should only last 10 to 15 minutes. Since they are so short, it would be easy to fit in a power nap during the school day. While the main purpose is to improve alertness, they have a variety of other benefits. Power naps have also been found to improve memory.

One study found that "...an ultra short episode of sleep is sufficient to promote declarative memory performance." Having a good memory is crucial to learning and retaining information. Naps would help students memorize information more efficiently and perhaps do better on tests and quizzes.

A study also found that naps can reverse the effects of not getting enough sleep. For example, if a student only sleeps for six hours, they may feel groggy and slow until he or she is able to make up the lost sleep. However, the same effect of making up that three hours of lost sleep can be achieved by

taking a short power nap. The student could feel wide awake in the matter of 15 minutes if they could nap at school. This would benefit the teachers, too, because they would have alert students ready to learn.

Athletes would especially benefit from naps throughout the day. Their bodies require extra energy to be able to perform at the best possible level. With homework and sports practices, most athletes probably aren't receiving the proper amount of sleep. Athletes cannot perform at their highest level when they are sleep deprived. Naps would help them rest and prepare for top performance.

Teachers may also benefit from napping. Feeling tired while teaching can make it difficult to engage the students, and they will not learn the material as well as if they were being taught by an alert, excited teacher. Making the learning environment fun will increase the participation of the students, which will cause them to get better grades.

In conclusion, naps would be an appropriate addition to the school day. A couple extra minutes of sleep can work wonders in the classroom. Teachers and students alike will find that a short power nap can go a long way.

Expectation to complete self discovery in high school unrealistic



HEIDI HEYDEN
RUN 'N READ

One of the main components of attending high school is figuring out exactly who you are. High school is the time to get out of your little shell and explore what makes you happy. This could be in a sport, a club, theater, music or simply a hobby that has nothing to do with school. Here, you make connections, which turn to friends, which turn to more friends, best friends, "friends," frenemies and eventually a constant that makes high school somewhat less daunting. You figure out your strengths and weaknesses, and they become a part of who you are.

However, there seems to be this pressure to figure out who you are within this short four-year span. There are some people who enter nearly halfway through their senior year, unable to come up with column ideas for the newspaper because all their lives they've just agreed to everything they've been exposed to because they have developed a fear of any sort of consequences that come with opposition or being or thinking differently than everyone else through-

out their 13 years of public schooling and thus were never able to properly develop a stance on anything.

deep inhale

deep exhale

I am aware that I have interests and hobbies, and I can name them: sleeping, running, music, anything that can make me laugh until I cry, daydreaming, etc. On the other hand, if someone were to ask me to describe myself in five words, I would constantly be second-guessing myself. With scholarships and college applications looming, I see this as a problem. It may be a "me" problem, but it's still a problem.

What I've been trying to do over the course of this school year is something I've been afraid of doing throughout high school: letting go. I want to go about the rest of my life being unapologetically me, not some version of me that will make everyone happy. I've figured out who I am, and now I'm currently working on showing my true self to the world without worrying about what others will think about me. I am funny, smart, kind, thoughtful and interested in the weather.

High school may only be four years, but self-discovery can last a lifetime. What if everyone felt comfortable with being themselves without focusing on other people's opinions? All the awesome people in the world would become much more awesome. This isn't about immediately turning the switch from a people-pleaser to a people-person, because these things take time.

All I'm saying is, wherever you are on your journey of self-love and self-discovery, you should be proud of yourself. Because I am proud of you.

Tis The Season... For Opinions

Christmas can be celebrated by all

Ah, December, the time for lights, hot cocoa, family and, you guessed it, Christmas. This time of purity and togetherness is enticing for any average bear, even a young Jewish girl. I began celebrating Christmas a few years ago, because my step mom is Christian. Since then, I realized that I had been jipped of the best holiday on the Gregorian calendar. I have grown tired of the three Hanukkah songs, games of dreidel and the infamous 'Mensch on a Bench.' Don't get me wrong, I value my culturally Jewish upbringing more than many things in my life, but once I drank the Kool Aid with the whole "celebrating Christmas thing," there was no going back.

In my contemporary, teenage, Jewish mind, I do not find it to be sacrilegious that Christmas is my favorite holiday, because I am not in it for Jesus. Jesus of Nazareth seemed like a pretty cool guy, but I am perfectly okay with waiting for my messiah.

I love the culture of Christmas. The world seems so much brighter and, for a brief moment, in almost complete unity. (Besides all of the other religious groups that are forgotten from the equation, but it's Christmas? Why dwell on the actual imperfections of the world?) The decorations wed with the warm, rich foods make me feel protected in this blanket of comfort.

I think another fascinating thing to me is the change of perspective I get by participating. Christmas is so commercialized now; it is hardly about religion at all. This allows people to relate to it more, but also takes out the

sanctity of it, which seems unfair to some.

I like the sense of calmness in the Christmas spirit. At all of my family gatherings, it is a battle of who can talk the loudest, if you've found a nice Jewish boy yet or if your wardrobe is up to par for Grandma. With Christmas there is a more contained atmosphere.

The thing that really reeled me into the practices of Christmas was Hallmark movies. Oh, the cheesy goodness of predictable, mediocally acted love stories. They allow

me to access my hopeless romantic side and hope that kindness will become contagious and permeate through our world as it does in theirs.

Maybe my love comes from the need of conformity that many teenagers face. Maybe, I have felt on the outskirts. Society revolves around this one day for over two months. I, as a Jewish kid, never saw the representation that I wanted. Everybody idol-

ized Santa while I was left in the dust with "Shmelf the Hanukkah Elf"

Maybe it's because I feel that the world is crumbling to shambles and I don't know how to fix it. I respect the sense of unity that Christmas brings. People shouting their joy from the rooftops may seem socially unacceptable in other circumstances, but for Christmas, it's how you show your support of the joy in the world. In the words of Buddy the Elf, "The best way to spread Christmas cheer, is singing loud for all to hear."



DAISY FRIEDMAN
JEW FOR JESUS



EMMA WHALEY | The Register

Real Christmas trees stump artificial

Makenna Anderson
staff writer

Families that celebrate Christmas might put up a pine tree for the upcoming holiday season. However, there is debate over whether a real or fake tree is the best for the holiday season- and the answer is real.

For one thing, the fresh pine needle smell of a real tree fills a home and gives it a pleasant aroma. Smells are linked to stress levels and emotions in the brain, so having a natural candle is beneficial mentally.

Another bonus is that a family spends more quality time together when looking for a Christmas tree than pulling a plastic one out of a dusty attic. Kids learn to compromise when deciding which tree to get, and it overall is a better chance for family bonding.

Real trees are also more often better for the environment. It's a common misconception that cutting down trees is always bad; but because these trees are grown like crops, it makes no difference if they are cut down because a new one will be planted in place of the old one.

The planting of trees is a help to cut down on carbon emissions, and tree farms do exactly that. According to the National Christmas

Tree Association, 400 million pine trees are growing in the United States, and 30 million are harvested annually.

Some think that the carbon emissions from travelling to get a tree outweighs the carbon taken out of the air by a Christmas tree, so they buy plastic trees. While this may be true in the case of long distances, think about the effects of a fake tree being produced. The factory emissions, the exporting overseas of many trees (seeing as the majority of fake trees are made in Asian countries), the shipping to retail stores, and the consumer's travels to buy one doesn't seem more environmentally friendly. In order to use a fake tree to be as eco-friendly as a real one, a family has to use it for over 20 years, according to nytimes.com. Most fake trees end up in the garbage at close to 6-10 years, nytimes.com states.

A real tree can also be re-purposed as compost or become landscaping like mulch after the holiday season is over. A fake tree can't be recycled because of the mixture of plastics and metals.

Buying a real tree also benefits the local economy, instead of contributing to multi-million chain retail stores.

Overall, Christmas is celebrated best with a real pine tree- benefiting noses, the environment, and local business.

Christmas season needs to start earlier

Malcolm Durfee O'Brien
editor-in-chief

Christmas is the best holiday that is widely celebrated in the United States and it's so beloved that every year people put out their decorations earlier and earlier. Despite this love, this acclaim, there is a war on Christmas. Or, more the entirety of the holiday season. A war being waged by people who claim that November is too early for decorations to come up, too early for Christmas songs to start being played in every mall store, striking terror in the hearts of every Macy's employee as "All I want for Christmas is You" comes on for the 76th consecutive time, too early for Santa to be sitting in the mall to surrounded by elves in the absolute most hilarious costumes you've ever seen.

These people, these peddlers of oppressive moderation, who say, "Maybe we should wait until at least December until we drown society with White Christmas," have no joy in their hearts. It is never too soon to celebrate the holidays. Think of the messaging of Thanksgiving through the black hole of holiday ideas that is Christmas. It is entirely focused on giving, being altruistic, making sure that others have more. Guess what? Those messages come out all the sooner when the fat old men with thick white beards show up in malls on November 8th rather than

December 1st. In essence, by adding a whole month onto the celebrating schedule for the

holidays, a whole month of giving and charity springs about with it. Think of all the good that bringing out those cheap strands of light bulbs that are just rampant with frayed wires can do for the people in society who are most in need.

Plus, these items that embody the holiday aesthetic, the reds and greens, the cinnamon, the soft white lights shining from the poorly trimmed bushes of that weird neighbor's house, are wildly comforting. They make people feel safe. It is a reminder that a new year is coming, it is a reminder that a new chance is coming, it is a reminder that winter break is coming and

with it family, friends, and a chance to review the dumpster fire that was first semester and decide what needs to change in second semester.

It allows everyone to de-stress, not worry about what happened in the past and plan for what needs to happen in the future. In this way, these decorations and songs coming out earlier and earlier year by year acts as a kind of mental health reliever, especially for the youths it affects most directly.

Basically, decorating early is good and healthy for everyone. The holidays are a time to be happy, why not make that happiness last longer? Why not let people decorate in November and carry the holiday spirit on for two months? By decorating earlier, happiness blooms.

It allows everyone to de-stress, not worry about what happened in the past

PRO/CON-YE

Is Kanye West a musical master or a deeply divisive, dangerous individual? Does he deserve respect for his art or scorn for bad actions?

Jane Gawecki
staff writer

Kanye “Ye” West is an American rapper, entrepreneur and designer who has helped pave the way for the next generation of rappers. He created an empire out of practically nothing, working at his art up until today, when he has sold 32 million albums total. He is married to Kim Kardashian West and has four kids with her: North, Saint, Chicago and Psalm. Although his success is astonishing, and his life is impressive, he comes with a strong personality.

While many tend to label this wild aspect of his personality as “crazy” or “crackhead,” he actually has one of the most interesting personas of any modern day rappers.

He is sweet and shy, tending to gain more vulnerability and softness with each child he has with Kim. This sensitivity plays into the way he acts on a daily basis. He tends to get easily upset, which can be a big turn off for those who begin to show interest in his music.

The root of his sensitivity and willingness to act out is based on his recently released admittance to having Bipolar Disorder. He compared this imbalance to having a “sprained brain,” which means that he has a lot of constant anxiety and depression.

This imbalance is not the rapper’s fault, which means that all of the instances where West “acted out” were most likely occurring in his wrong state of mind.

Even though he stated that he is always “under a doctor’s care,” he has never tried medication made specifically for Bipolar Disorder. West admitted to using alternative treatment methods, but never cared to explain what those “methods” entailed.

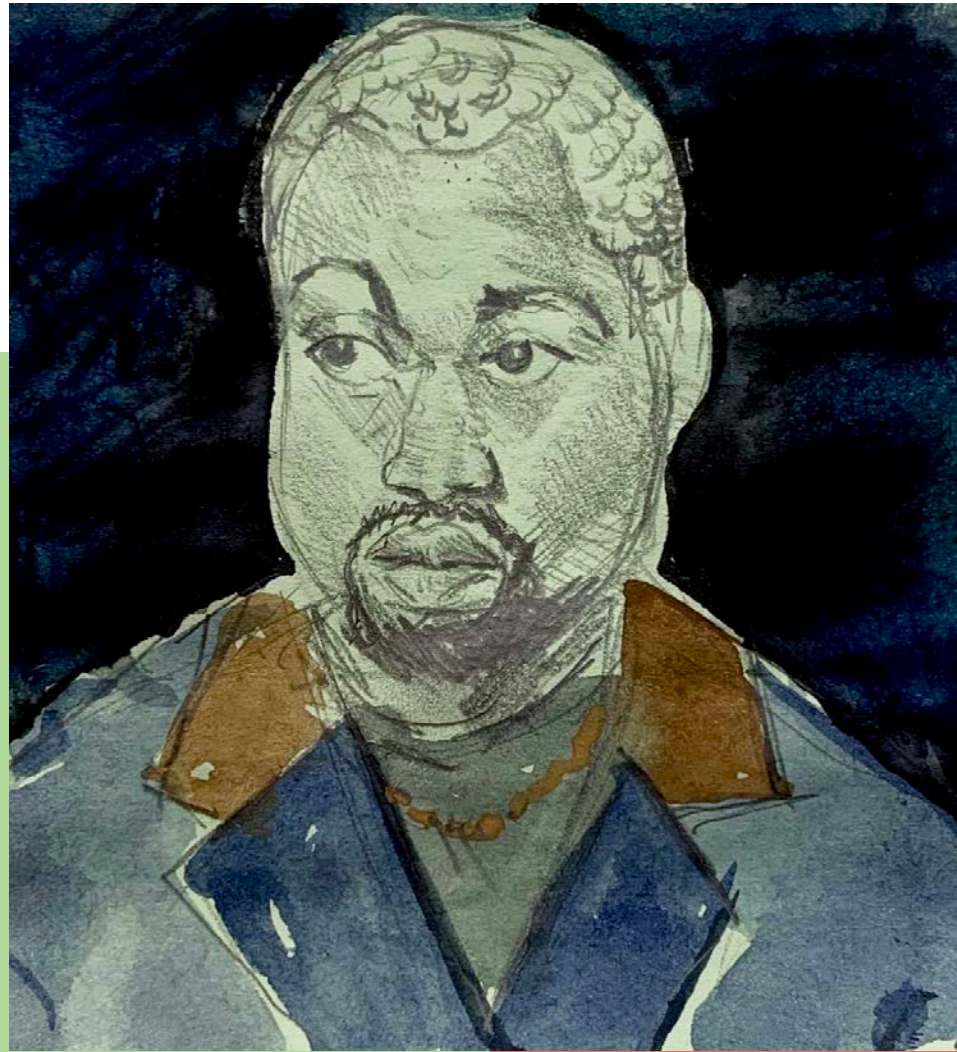
This explanation of his mental health history is not an excuse to take the mic from a young girl on stage, but it makes Ye seem more human, having issues that affect his fans as well.

West puts emphasis on the fact that society has still refused to fully normalize mental illnesses and disorders as valid health issues. Doctors applaud Kanye for his recent openness concerning his mental health. Dr. Tara Narula said, “It’s not a tumor or a mass that you can see, but the pain is real.”

This type of pain that the rapper holds inside can be a positive thing, creatively speaking. He implied in an interview with CBS News that, when he is at his worst, he becomes divinely inspired, which explains the recent connection he holds with his new album, “JESUS IS KING.” He explained, “I feel a heightened connection with the universe when I’m ramping up.”

West spent the first few decades of his musical career silently and blindly suffering. He admitted to, in the beginning of his fame, creating his music for everyone else besides himself. Now, after publicly explaining his struggles, his music is created through him and for him.

Although Kanye West may bring words such as “psycho” and “wack” to mind, he truly holds a deep understanding of music and mental health. This is why Kanye is indeed a good person at heart, despite all of his previous actions which point towards the latter.



HANNAH HOUGH | Contributing Cartoonist

Simret Habte
staff writer

Kanye West in 2019 is a modern day Uncle Tom. He began his career in Atlanta, Georgia after dropping out of college to pursue rap. From day one, his success was built on the support of black people and other people of color who loved his music and praised him as a genius.

So, it’s an understatement to say that his support of Donald Trump and his actions were seen as a betrayal by his early fanbase.

Since Trump has been elected, West has said slavery was a choice and repeatedly expressed his support for the president while completely disregarding how Trump’s actions have hurt the people who have supported him since the very beginning. Obviously, many of those very people who built his career have stopped viewing him as the musical and cultural icon he had become.

He has now begun to present himself as a more ‘spiritual’ person. His new album was entitled “Jesus is King” and he’s started calling his

concerts Sunday Services, where he performs his new songs while preaching to his audience and going off on unhinged rants about spirituality and his support of the president. Clearly, this is just a pathetic attempt to pander to the massive audience he lost.

People of color are typically seen as spiritual people who value religion. By creating this new image of himself, Kanye is just trying to regain the support of the people who he repeatedly hurt with his support of a racist and incompetent president. At the end of the day, music is a business and he’s exploiting the very real spirituality that people have, to make sure his business is successful.

Many people blame his actions on his mental illness, but honestly that’s a shallow argument. That takes away the responsibility that he has for his actions. No one can know what he was going through or thinking when he makes those statements, what everyone can see though is the effect that it has. Mental illness is real and it does cause serious implications in people’s lives, but that doesn’t negate the consequences to his action.

The Kanye West who boldly supported people of color in the past and called for President Bush to provide aid for the black victims of Katrina on national television is long gone. In his place, fans are left with a man who has abandoned his roots and taken up the cause of a racist.

Minimum wage creates more problems, should not be raised

Emma Whaley
editor-in-chief

The minimum wage has been a point of contention for years. The current national minimum wage, \$7.25, and Nebraska’s minimum, \$9.00, have both been argued for being too low, too low for someone to support themselves off of it. However, raising the minimum wage isn’t a win-win situation. Shifting to a \$15 minimum wage would only negatively affect business owners.

A skeptic only needs to look at how New York employment has changed over the last couple years to see that a higher minimum wage isn’t ideal. Since implementing a minimum wage of \$11.10, “full-service restaurants recorded a 1.6 percent job loss,” according to the New York City Hospitality Alliance. New York City’s independent budget office put the total job loss in 2018 at 3.4 percent. Thomas Grech, president of the Queens Chamber of Commerce, blames the new wage for the drop in small businesses, saying employers are, “cutting their staff. They’re cutting their hours. They’re shutting down.” New York plans on raising the minimum wage each year until it reaches \$15.

If New York isn’t a good enough example, take a look at California, where the minimum wage is \$12. According to Forbes, “California manufacturing has started to lose jobs and, if the trend continues, it will see its first loss in employment in nine years. By comparison, the U.S. has added 193,000 manufacturing jobs through July 2018.”

The most common reason for raising the minimum wage is to keep up with the cost of living. However, California is a big state, and the cost of living in LA is different from the cost of living in Ojai, California. By raising the whole state’s minimum wage to keep up with the cost of living in the most populous cities, California is unfairly hitting rural towns with intense labor costs.

Not enough evidence? In Seattle, a \$12 minimum wage is causing employers to reduce hours, leading to a net earning loss of \$125 a month, according to the Washington Post. By raising wage, Seattle is decreasing the amount of money its workers have. Talk about irony.

A raised minimum wage sounds great if one only thinks from the perspective of an impoverished worker. But one can’t ignore the effects it would have on business owners. Yes, Jeff Bezos can afford to pay all Amazon workers \$15 an hour from

his own pocket no problem, but not everyone is Jeff Bezos. Small businesses are often already hiring just as many employees as they can pay minimum wage. If the wage increases, some of those employees are going to be fired.

Some would say the smarter to raise the minimum wage is slowly over time, but that’s what’s happening in New York. The wage isn’t even at \$15 yet, and the state’s already suffering.

One possible solution would be to keep the current minimum wage, but raise it depending on the profits of the company. For example, Amazon workers would be paid more because Amazon makes billions of dollars. Meanwhile, Scout employees would be paid minimum wage because the owners likely don’t make enough profit to afford to pay their employees any more money. This theory, however, comes with the possibility that people would leave their jobs at smaller businesses to work for more money with a higher wage, leading to small businesses closing anyway.

The minimum wage is more nuanced than people think it is, and there is no easy solution. Yes, employees need to be able to live, but raising the minimum wage may put more people out of work. And that’s just going backwards.

Travel does the mind good

Blayne Olson
staff writer

Trips to foreign lands provide extensive moments of character growth and the forming of new experiences. That's what trips should be about: the chance of exploring the world and getting a taste of what different cultures have to offer.

Studies from several notable organizations, site analysis done on people who travel more than the average person are more likely to lead happier lives. That's not to say that people who stay put in their average day to day living are unhappy, however, it has been well recorded that traveling does improve quality of life.

Every ounce of exploration in a different part of the world has an impact in the enjoyment and satisfaction of that culture. This includes food, the people you interact with, the sites in which you visit, and in most cases the people you choose to share that journey with.

Like most things that involve a betterment of life, there is a cost. Traveling abroad or even locally within your own country costs money. Adults with decent income are able to travel a few times every year. This is the part of the wealth distribution where the rich benefit the most; in which they can and usually take advantage of is being able to travel abroad more frequently than the average person.

However, this should not deter anyone from going where they want to if they wish to do so.

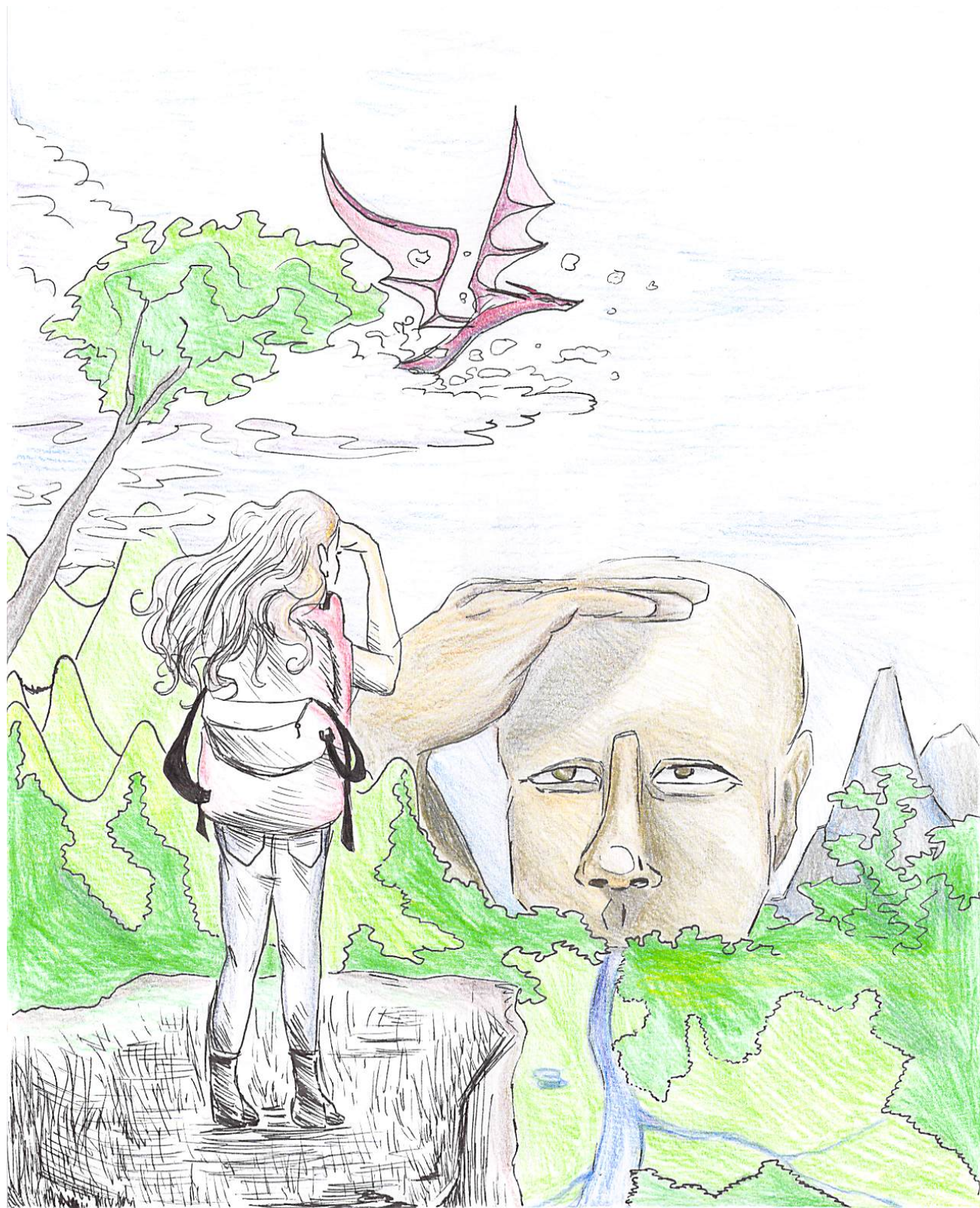
Traveling also comes with the benefit of creating new and meaningful relationships. The people you meet while on the road have the potential to become some of the most valued names on your contact list. They provide slight glimpses into cultures outside of your own realm of knowing and forces you to adapt to alternative ways of thinking and taking on newer perspectives.

Another benefit, that usually isn't touched upon when visiting a new country, is the learning of new language. There's nothing more satisfying than being acquainted in slight ways to another culture through the understanding of certain phrases and words.

Exploration in a different part of the world has an impact.

Traveling also offers a new perspective through the meeting of people from other cultures. It can teach you that the way you've been looking at the world isn't the way everybody else does. In fact, your point-of-view might have some major blind spots. Seeing the world for yourself will improve your vision and your grip on reality.

As far as practicality goes, traveling is harder to actually go through if it has been planned for years a part, but nonetheless it has a certain satisfaction of going on. The enjoyment of the trip also depends on the people you choose to spend with, for example, family relations can be strengthened through the joint experience of traveling to another part of the world.



SOPHIA MASON | Contributing Cartoonist

 **OnToCollege**

**Preparing
Eagles for
the ACT and
SAT/PSAT for
over 26 years...**

OnToCollege ACT Prep is the best paying job a high school student can have. Jump your score 2-3 points.



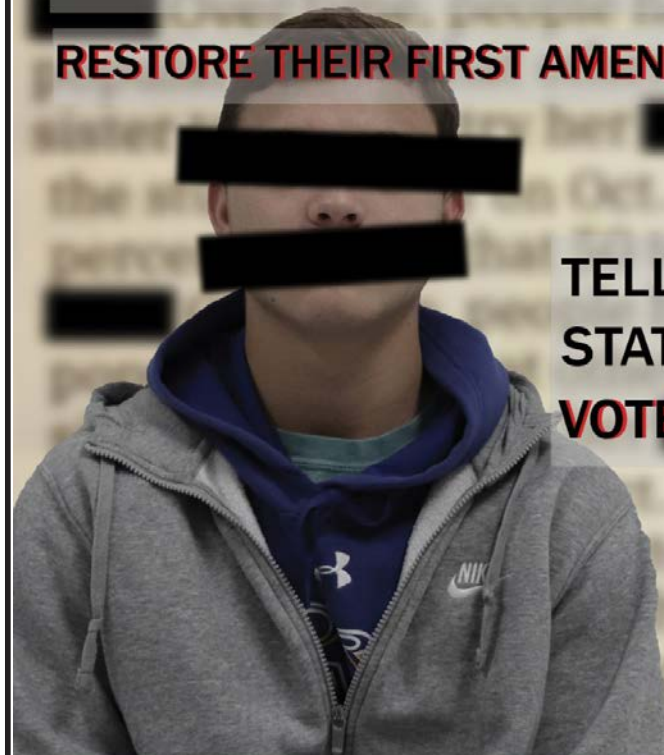
Sign up for In-Person Classes or Online OTC Classes at OnToCollege.com

We help families and schools create two- and four-year college graduates with minimal debt.

OnToCollege.com

Now Offering College Counseling for Families!

**STUDENTS JOURNALISTS ACROSS
NEBRASKA ARE BEING CENSORED.
RESTORE THEIR FIRST AMENDMENT RIGHTS.**



**TELL YOUR
STATE SENATOR TO
VOTE FOR LB206.**

Find your senator at nebraskalegislature.gov

arts & style



Students Negil McPherson (Left), Willa Rauch (Center), and Tariq Douglas (Right) practice their musical talents in elective music classes located in the new addition. SEDONA CHELOHA & DILLON GALLOWAY | The Register

MUSICIANS IN THE NEST

Central vocalists, instrumentalists, and performers have been working on their skills for years. Here are three of their stories.

Simret Habte
staff writer

Senior Negil McPherson III is one of Central's many musicians. He has loved music since he was little but began playing in the fourth grade when he started learning how to play the violin. His love of music wasn't surprising.

"Everybody in my family is a musician, so I've been rocking with music since I was born," he said.

It was when Negil started playing violin that his love of music grew from appreciation to a desire to create his own. According to McPherson, "that's when I really got into playing music and interested in learning what went behind making it."

After his freshman year, he started to divert away from the classical music he was being taught in school to the production of his own songs. He describes the genre of music he creates as "melodic hip-hop." McPherson's biggest musical inspirations are Lil Peep and XXXTentacion. Although he had been posting his songs online for years, it wasn't until his junior year that he says he "started releasing songs that had meaning."

Negil says making music has been a creative outlet for him allowing him to "really express [his] feelings without having to express them and in a creative way." He claims the most challenging aspect has been making songs that have different meanings and messages to "be able to expand and adapt on different topics."

His music can be found on SoundCloud under the name Louie Luther.

Willa Rauch, a junior here at Central, has been singing for her whole life. However, she said it wasn't until she began high school that she "really started to appreciate it more and write and enjoy music."

Typically, she performs indie or alternative songs, although she doesn't stick to that hard genre.

"Sometimes it can get really contemporary and poppy," she said.

Music and performing has been a big part of her life for as long as she could remember. She plays multiple instruments including the viola, guitar, cello, piano and ukulele. Her greatest influence in her music has been her mom.

Rauch says, "She's very supportive and she always seems to enjoy my performances."

Her biggest challenge, though, has been "opening up to the audience and sharing what [she] has created and making sure it's the best that you can make it be."

During her time at Central, she has performed in multiple musicals and Roadshows. Most recently, she was in the musical "Hairspray," where she played the lead, Tracy Turnblad. In past Roadshows, she has performed her own original songs.

To her, the best thing about music and performing "is a connection that you feel, not only to the audience you're performing for, but to your instrument, whether it's your

voice or an instrument that you play, and just to yourself in the moment and the truer, deeper feelings you didn't know you could reach."

Her next performance is on Dec. 12 at Reverb Lounge opening for Bad Self Portraits.

Tariq Douglas is a senior at Central and is a member of the Orchestra. He usually performs classical and jazz music. At school, he is the first chair bass player in the orchestra and has also performed in a jazz combo for the Rock the Nest concert.

Outside of school, he regularly performs at the Holland Center in downtown Omaha with the Omaha Area Youth Symphony and the Omaha Symphony. He's been playing music for eight years and picked up the bass five years ago.

The most rewarding part of performing for him has been "the satisfaction of playing a piece perfectly after the hours of work put into it," but with that comes the challenge of "finding the time and motivation to practice every day" to reach that perfection, he says.

He's been greatly influenced by the people who have doubted his talent and dedication to his music. They motivate him to continue practicing and strive to become even better. He has also been influenced by his mom because "she forced [him] to do it for the first four years."

His music can be found on PBS and he performs at the Holland Center every three weeks.

California musician to debut her second album, mixed locally

Stella Mogis
staff writer

Musician Phoebe Bridgers will be releasing her second album next April.

"It's definitely going to be a departure for sure," said musician Phoebe Bridgers, who will be releasing her second album next April.

It will be her newest record since her debut album, "Stranger in the Alps," in 2017. Since then, she has worked on many other projects such as "Better Oblivion Community Center" with Conor Oberst, "boygenius" with Julien Baker and Lucy Dacus, and has also worked with the National on some songs. She finished recording the new album in early Oct. and has just finished mixing it with producer and engineer Mike Mogis.

Bridgers said that the biggest difference between the songs on the new album and those on "Stranger in the Alps" is the age of the songs.

"The first song I wrote on that album was when I was in high school, and the last was when I was like, 20," she said. "The songs on the new one could only be three years old, at the oldest, and I actually like that so much better."

She also said that the new album will cover some of the same topics as the old one, just more elaborated on.

"There's one about my dad- who I don't speak to, there's also one or two about alcoholism and watching people in my life struggle with it," she said. "There is also one about Elliott Smith, which is kind of funny. Like if he were still alive, would he hate me?" Bridgers said that she is a "crazy super-fan" of musician Elliot Smith, and wonders what her relationship with him would

PHOEBE BRIDGERS on page 15



CHICKEN STRIPS on page 14



INNER RAIL on pages 16



THE GROWLERS ALBUM on page 17

CHICKEN TENDER BENDER

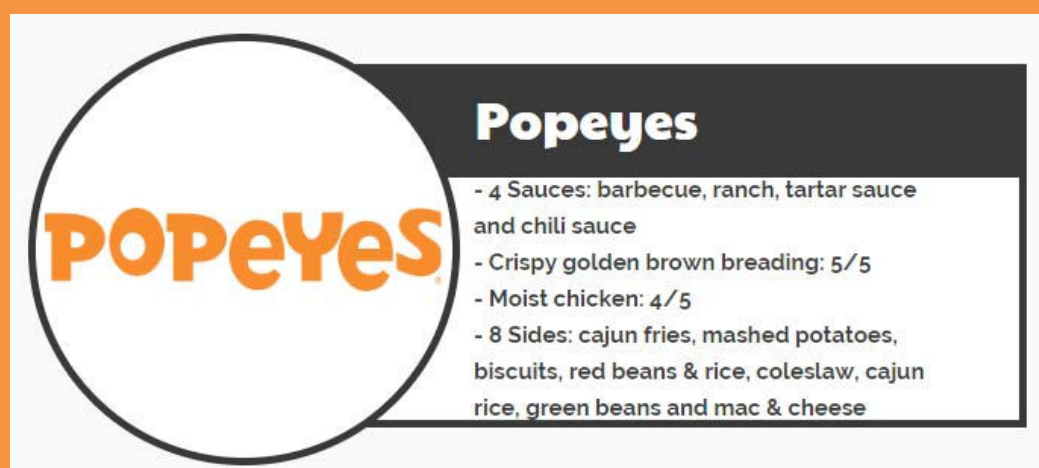
After the conflict between the Chick-Fil-A chicken sandwich and the Popeyes chicken sandwich, I decided to find out what fast-food restaurant actually has the best chicken. I went to four different restaurants – Raising Cane's, Popeyes, KFC and Chick-Fil-A – and compared their prices, their signature sauces and, most importantly, the quality and taste of the chicken. Going into this experiment, I was extremely biased because I love Cane's. I eat there probably

four times a month, I love their toast and their sweet tea is the absolute best. From the very beginning, I thought that Cane's would win. Throwing away the previous opinions I had about any of these restaurants was hard. I've always been stubborn, and I hate being told I'm wrong, which is exactly what this experiment told me.

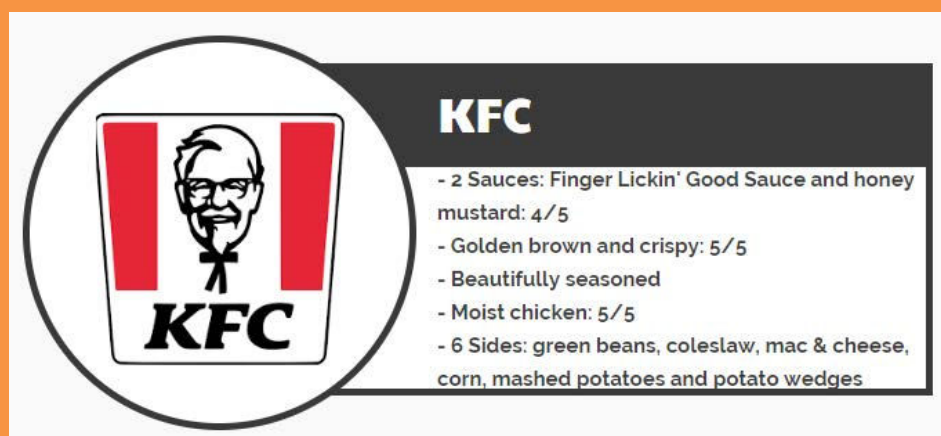
1 Cane's. It was hard for me to ignore my love for Cane's to write this, but I managed. The chicken itself is perfectly moist but, as much as it physically pains me to say this, the breading is soggy on the body of the chicken and there's no visible, or flavorful, seasoning. The chicken by itself is really not the best, and the only thing making the chicken as good as it is, is the Cane's sauce. If it wasn't for the toast and the sweet tea, I'd probably never go back.



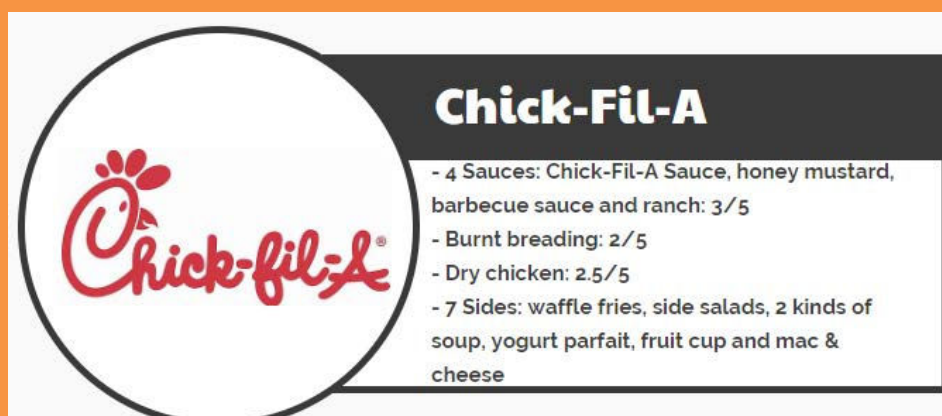
2 Popeyes. Popeyes pleasantly surprised me. I had never eaten at Popeyes, so I didn't know what I was expecting. All I knew is that I didn't expect it to be better than Cane's, but it was. The chicken was beautifully flavored, the breading was crispy and a gorgeous golden-brown. Everybody talks about how dry Popeyes biscuits are, but the one I got was moist! Even their sweet tea rivaled my beloved sweet tea at Cane's. I don't think I have anything negative to say about that whole experience. I was amazed. It's like I was living under a rock and this experiment forced me to go somewhere new, and it opened my eyes.



3 KFC. I've eaten there before, but I hadn't had it for over a year until October. I always knew KFC had really good chicken, so I wasn't expecting anything more than what I already knew. However, I was almost shocked at how seasoned the chicken was. Neither Popeyes nor Cane's had chicken this beautifully seasoned. It was so good. The chicken was golden-brown and crispy all over. It had the perfect amount of moisture. I got my meal with mashed potatoes and honestly don't have anything bad to say at all. The whole experience was really, really good.



4 Chick-Fil-A. Everybody knows that the CEO of the restaurant is homophobic and supports conversion therapy, and people that know me know that I wholeheartedly support the LGBT+ community. I've made a point of avoiding Chick-Fil-A for the better part of a year, but I can't write a comparison about fast-food chicken and not include Chick-Fil-A. So, I went and got 4 chicken tenders and a cookies and cream milkshake. I don't know if it was just the batch of chicken, or if this is how it normally is, but my chicken was burnt. It was darker than normal chicken tenders are, and I could even taste how bitter it was over my sauce, due to being overcooked. Even the chicken was slightly dry. I was honestly disappointed.



I regret to inform you that Cane's does not have the best fast-food chicken. But neither does Chick-Fil-A, like everybody tries to claim. The competition between KFC and Popeyes was almost a perfect tie, but I think KFC had an edge to it that none of the other restaurants had – seasoning.

While Popeyes chicken was great and their sweet tea was fantastic, the KFC chicken alone surpassed my expectations and left me feeling satisfied.

WINNER: KFC

Brianna Collins
contributing writer

Musician finds better sound

PHOEBE BRIDGERS from page 13

be like.

There will also be a lot of collaborations with this album, more than the last.

"Boygenius sings on songs, Connor sings on songs, and I wrote a lot of the songs with friends. The whole thing is really a collaboration," she said.

Bridgers said that they started recording last summer.

"We recorded at Sound City, which is a very famous studio," she said. "So famous in fact, that it was annoying to record there. Like, they recorded 'Nevermind' by Nirvana, and like every Tom Petty record and a bunch of Fleetwood Mac. Like a bunch of crazy stuff." She also said that because the studio was so famous, people would often show up out of the blue and expect the band to give them a tour.

The last tour Bridgers went on felt "never-ending," and quickly became unenjoyable. However, she is ready to give it a shot again.

"I feel I'm trying to gain perspective because at the end of the last tour I was like 'take me home, I want to do nothing,'" she said, "And now I just want to go on tour and have a life again. I am excited to be able to take breaks throughout this tour and be able to enjoy both."

To start her writing process, Bridgers will use her notes app in her phone.

"Basically, like sad tweets, you know? Like stuff I think of throughout the day," she said about her notes. "I use that as a prompt. Then I sit down and write and usually I'm like 'this sucks' and then I wake up the next day and I'm like 'that was actually great.'" She also said that she wrote a melody for one of the songs in a dream and recorded herself humming and said, "It's actually a hilarious voice memo."

On occasion, heightened emotions can make writing difficult for Bridgers, and she has to disassociate to think about her writing in a smart way.

"Sometimes I'm so emotional, what I end up writing is like a Taylor Swift song, where there's just too many actual facts, and nothing is veiled by any sort of nuance. And sometimes that's good," she said.

"Most recently I wrote a song about a friend who is going through a hard time," Bridgers said. At the time she did not even realize that was the case, and now it is her new favorite song from the record.

Her favorite part of the song writing process is once it is completed. "I love finishing a song so much. It feels great, especially when you're proud of it," she said. On top of that, she adds that the day of release is also very gratifying. Bridgers enjoys lying in bed and watching people listen to her music for the first time.

She also enjoys when things take a different direction than intended, and it turns out amazing. "There was a slower folk song on the album, and we sped it up in the studio and it sounded awesome," she said. "I thought I just had ten really dire, sad songs and it's a relief to have a change in pace." That song is now the single of the album.

Back in 2016, Bridgers recorded her first album at Another Recording Company in

Omaha, with Michael Mogis.

I called out the producers for undermining me, because they wouldn't undermine me if I wasn't a 20-year-old woman

PHOEBE BRIDGERS
singer-songwriter

"The last record was so hard to mix because I took it out of the hands of the producers and was making a lot of decisions that they did not approve of," she said. "It was really rough. Like I cried on the phone with them. There was a point where I literally I got down on my actual knees in Conor's living room and grabbed Mike's hand and was like 'please do not quit this album, I really need you' and then we did it,

which was great," said Bridgers.

"I wanted to work with someone else so I could take it out of the producers' hands and like, mute s***," said Bridgers.

When Bridgers initially decided to work with Mogis, it was because she felt as though she was not in control with the two producers in Los Angeles.

"A part of it was my fault. I would be like 'Uh yeah, totally' just because I was intimidated and be lying and completely hate it," said Bridgers.

"I called out the producers for undermining me, because they wouldn't undermine me if I wasn't a 20-year-old woman," said Bridgers. "Then they both profusely apologized and are now almost performatively nice and great about this process." She said that she thinks they love it, but that they are not always genuine with each other.

Mogis, who is mixing Bridgers' second record, said that mixing is taking all of the instruments that are recorded on their own individual tracks and blending them together into one stereo audio file. When there are many tracks, this can take some time.

Mogis said, "The song of hers I'm working on right now happens to have 96 tracks, and I am bouncing it down to one." He said that on average, it takes about one day to mix an entire song, because it takes time to communicate with all the co-producers, who are in different states.

Bridgers' first record was mixed here in Omaha, as well. "I had just met Phoebe at that time, and it started off a little rough," Mogis said.

Mogis said that there was not good communication between them and the producer in Los Angeles at the time, but once that had been sorted out, it became more fun. He enjoys working on Phoebe's records because he believes she is generally a better songwriter than some of the other people he works with.

"I feel like her lyrics tend to be a little bit more clever," he said, "They're a little bit funny, they're a little bit sad. It just appeals to me personally."

He also believes she has a good sense of melody and voice. "It's all of that put together. Those are the key ingredients to like a good song: good writing, good melody, good voice, good chord changes, you know? That's just what she has."

Mogis' initial reaction to the new record was, "It made me cry. It made me think, it made me emotional. She just has that capability, to where you can think about people in your life and put them into the song. Sometimes it's a sad song, and it makes you feel."

As far as the difference between the old and new album goes, he said, "It's got a bit more variety in the styles that she's writing in. It's a little bit more adventurous and it kind of goes to places that her other record didn't." He said her other record was a little bit sparer. "It was a lot of just her, and maybe one other or two other instruments or people playing with her."

He notes that it is a step up from her last record in production and instrumentation and will ultimately do even better than "Stranger in the Alps."

"She came out of nowhere, for that record," he recalled, "Now she's established herself, so there's going to be more attention to it."

There will also be a lot of collaborations with this album, more than the last.

"Boygenius sings on songs, Connor sings on songs, and I wrote a lot of the songs with friends. The whole thing is really a collaboration," she said.

Bridgers said that they started recording last summer.

"We recorded at Sound City, which is a very famous studio," she said. "So famous in fact, that it was annoying to record there. Like, they recorded 'Nevermind' by Nirvana, and like



Photo Courtesy of PHOEBE BRIDGERS

Local singer-songwriter, Phoebe Bridgers, focuses on perfecting her art while developing her latest album.

every Tom Petty record and a bunch of Fleetwood Mac. Like a bunch of crazy stuff." She also said that because the studio was so famous, people would often show up out of the blue and expect the band to give them a tour.

The last tour Bridgers went on felt "never-ending," and quickly became unenjoyable. However, she is ready to give it a shot again.

"I feel I'm trying to gain perspective because at the end of the last tour I was like 'take me home, I want to do nothing,'" she said, "And now I just want to go on tour and have a life again. I am excited to be able to take breaks throughout this tour and be able to enjoy both."

To start her writing process, Bridgers will use her notes app in her phone.

"Basically, like sad tweets, you know? Like stuff I think of throughout the day," she said about her notes. "I use that as a prompt. Then I sit down and write and usually I'm like 'this sucks' and then I wake up the next day and I'm like 'that was actually great.'" She also said that she wrote a melody for one of the songs in a dream and recorded herself humming and said, "It's actually a hilarious voice memo."

On occasion, heightened emotions can make writing difficult for Bridgers, and she has to disassociate to think about her writing in a smart way.

"Sometimes I'm so emotional, what I end up writing is like a Taylor Swift song, where there's just too many actual facts, and nothing is veiled by any sort of nuance. And sometimes that's good," she said.

"Most recently I wrote a song about a friend who is going through a hard time," Bridgers said. At the time she did not even realize that was the case, and now it is her new favorite song from the record.

Her favorite part of the song writing process is once it is completed. "I love finishing a song so much. It feels great, especially when you're proud of it," she said. On top of that, she adds that the day of release is also very gratifying. Bridgers enjoys lying in bed and watching people listen to her music for the first time.

She also enjoys when things take a different direction than intended, and it turns out amazing.

"There was a slower folk song on the album, and we sped it up in the studio and it sounded awesome," she said. "I thought I just had ten really dire, sad songs and it's a relief to have a change in pace." That song is now the single of the album.

Back in 2016, Bridgers recorded her first album at Another Recording Company in Omaha, with Michael Mogis.

"The last record was so hard to mix because I took it out of the hands of the producers and was making a lot of decisions that they did not approve of," she said. "It was really rough. Like I cried on the phone with them. There was a point where I literally I got down on my actual knees in Conor's living room and grabbed Mike's hand and was like 'please do not quit this album, I really need you' and then we did it, which was great. I wanted to work with someone else so I could take it out of the producers' hands and like, mute s***," Bridgers said.

When Bridgers initially decided to work with Mogis, it was because she felt as though she was not in control with the two producers in Los Angeles.

"A part of it was my fault. I would be like 'Uh yeah, totally' just because I was intimidated and be lying and completely hate it," said Bridgers.

"I called out the producers for undermining me, because they wouldn't undermine me if I wasn't a twenty-year-old woman," said Bridgers. "Then they both profusely apologized and are now almost performatively nice and great about this process." She said that she thinks they love it, but that they are not always genuine with each other.

I feel like her lyrics tend to be more clever. They're a little bit funny, a little bit said. It just appeals to me

personally.
MICHAEL MOGIS
producer

***To read more about Phoebe Bridgers, go online:
omahacentralregister.com***

THE REGISTER REVIEWS

Ansel's Deli: Unique bagels, not to miss

Makenna Anderson
staff writer

Nestled in between Noli's Pizzeria and Ground Floor Guitar, Ansel's Pastrami and Bagels is a modern restaurant located on 4007 Farnam Street. When you first walk in, you notice the contemporary design of the place, very sleek and clean. The server was very nice and greeted us as we walked in.

Looking at the menu, it's a bit unorthodox. For example, they serve an oyster mushroom breakfast bagel, and a lot of the sandwiches have food that picky eaters might not like so much- tomatoes, tuna, relish and coleslaw, among other things. I ordered a less risky meal, choosing to go with a half sandwich of pastrami on Noli's Rock 'n' Rye Roll. All meals come with a pickle and kettle chips.

The menu was also a little expensive. For one sandwich, it costs 10-14 dollars. Half of a sandwich costs around eight dollars. Although the food is good, it's still a little pricey.

The food came fast for only having one waiter, and there was a water station where the water came from a bronze tap for a refreshing drink. The pastrami was amazing: warm, smoky and flavorful. They piled it on and topped it with spicy brown mustard. The mustard was fine, but don't expect a kick; it wasn't spicy at all. The bread was also good, and the chips were average. The pickle was good and crunchy, with a tart taste. The meal was filling, and I recommend getting the full sandwich only if you're very hungry.

I also had a bite of the tuna salad and sausage and egg bagel, but these were less memorable. I felt like the egg on the sausage bagel wasn't totally fresh.

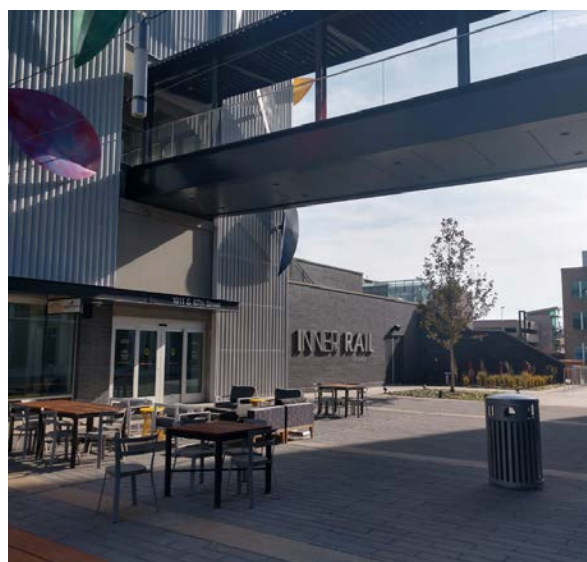
When we were done with our meal, we put our plates on a pile in the designated area. That's when I noticed that the trash can was for composting the leftovers and napkins, and the bin next to it was for recycling. The fact that they aim to be environmentally friendly is a big plus to an already great place.

The decorations and design are aesthetically pleasing, the workers are friendly, the food is good and it's located at a great spot- close to Central and other restaurants like Coneflower for dessert after your meal. Overall, Ansel's Pastrami and Bagels is a great place to go for lunch with friends, but if you're picky, the food is not really for you.



HANNAH BROWN | The Register

Ansel's Deli combines unique aesthetics with traditional bagel faire, with an assortment of options for customers to enjoy its menu.



DILLON GALLOWAY | The Register

New food court in Aksarben, Inner Rail, offers a wide array of cuisine from a litany of cultures, such as Indian, Vietnamese and Mexican, along with more generic restaurants on the HDR campus.

Inner Rail will become Omaha's new hub for multicultural cuisine

Dillon Galloway
staff writer

Aksarben Village has just opened a new food hall, Inner Rail. With nine different brick and mortar food venues that serve a range of culturally intriguing foods. This is the first food hall to open in Nebraska let alone Omaha.

Located in newly built site across the street from aksarben cinema. It was built by noddle companies and just next to the food court is the headquarters for HDR. The outside of the building adds a unique flare to the Aksarben community, with a more modernized architecture. Along the front of the building there is a colorful leaf sculpture. The artwork helps add to the mood of the season. On the inside each venue has a flare to its design.

Inside the food court there is a 7,000 square-foot space with numerous amounts of seats. On a busy day customer would be lucky to find any seating. When I had gone on two weeks after it had opened it was still packed. Even though packed getting food was no issue about all the vendors got the

food to customers in under five minutes.

What really makes Inner Rail just so amazing is how culturally diverse the food venues are. Such as Maharani Indian kitchen, which serves kebabs, Biryani, curry, naan and their signature combo bowls. Pakora the perfect snack, just like fries but chickpeas and onions.

The Banh mi shop is a Vietnamese sandwich that makes bubble tea. The owner Tran moved here in 2012 and this is her first brick and mortar shop.

Looking for some juicy tacos or burritos then Alta Calidad Taqueria or ACTQ is the place. They offer a few different types of taco selections; one I would recommend the roasted turkey+ avocado taco. The taco has a spicy chipotle sauce to go with the turkey and topped off with a fresh avocado. Tacos and Burritos aren't the only thing they serve, people can also get a sweet churro snack.

Say that you're not in the mood for some food you can always grab a coffee over at Briggs Bean. At Briggs Bean they freshly brew their coffee with their beans coming from across the country. Other than coffee they serve tea, nitro cold brew,

and kombucha.

Having the craving for something sweet? Grab some ice cream at Ela's Creamery. They have two new flavors every week. If ice cream is too cold, get a sweet crepe from Sofra Creperie. They also offer some savory crepes such as the Chicken Caesar and Mediterranean Crepe. What makes this Creperie so unique is the owners come all the way from Eastern Europe.

Some of the venues are local to Omaha such as Kathmandu Momo Station and Noli's Pizza. Kathmandu Momo Station serves juicy dumplings hand made right in front of you. This dish is an authentic Nepalese meal. Noli's Pizza serves fresh pizza straight from a wood fired oven. They also have great garlic knots that provide a savory taste. B Squared Burgers might be just another American burger joint, but it still provides juicy taste with the beef coming from the local area.

Inner Rail was named after Aksarben's long history in horse racetrack racing. One of their sit-down bars, The Backstretch Bar gives a similar nod to the theme.

The Growlers' new album a hit, yet another powerful set for the band

Livia Zisky
staff writer

The Growlers make a powerful return to the music scene with their sixth studio album, "Natural Affair." The band has been together for 13 years, and this album truly sums up their journey of growing up together. While still representing The Growlers' signature sound, which they have titled "beach goth," this album seems to inch closer to pop music than ever before. Not as much of the teen angst sound from their past albums conveys how the artists have matured over the years.

The Growlers have consistently done a wonderful job of mixing sickly sweet lyrics with grungier instrumentals and voices. Lead singer Brooks Nielsen's gruff voice helps them achieve this balance. A good example of this is found in the closing song, "Die and Live Forever," in which they sing "Love together, suffer together, laugh and cry together." These words may seem cheesy alone, but paired with some distorted guitar

and wailing synths, it transforms into a whole new sound.

"Shadow Woman" is another song on the album which is reminiscent of some of The Growlers' older albums. It begins with a vibrant, choppy beat that is soon joined by the raw, gravelly voice of Nielsen. It is a beautiful combination that always seems to work for the band.

Common themes in the band's songs include love, childhood, pain and self-discovery. A lot of these elements are highlighted in the song "Pulp of Youth," which opens with the line "The pop don't sound the same no more, when I pull the cork." The chorus continues these elements with "Wine still cheap and red, eyes still deep and true, glasses raise again, drink to the pulp of youth." These lyrics remind fans that everyone has grown up a little bit, and times are different now. The relaxing guitar in the background adds to the nostalgic vibe of this song.

"Stupid Things" has one of the best messages on the album. It encourages self-love and confidence, two things which

are important to the band's success. The chorus goes "Stupid things you'd fix in in your reflection, if you had a million cash, if you knew then what you think you know now, what if you never could come back?"

These lyrics show the good hearts of the musicians. Being able to support the songs and the people behind them helps create a stronger bond between the artists and fans, and it is something that should be cherished in this day and age.

Overall, The Growlers successfully produced another album full of funky songs with meaningful lyrics. They continue to impress the world with creative beats, and the way they manage to stay in their own special genre of music should be respected. Clearly, this band has stood the test of time and they don't seem to be stopping any time soon.



Photo Courtesy of WIKIMEDIA COMMONS

Alvin Ailey II bold, innovative dance

Daisy Friedman
visual editor

The Alvin Ailey Dance Company, known as Ailey II is a modern dance company based out of Manhattan, New York. The founder, Mr. Alvin Ailey was an African-American choreographer to whom we accredit the creation of the 'Alvin Ailey American Dance Theater.' He made modern dance a more popular dance form, while simultaneously infusing elements of African American cultural dances.

This weekend, Ailey II brought an intoxicating energy to the Orpheum theater, pleasing all who were lucky enough to attend. Stepping into the theater, I noticed a very different demographic than those who generally attend Orpheum shows. There were rows of young African American children and all I could think was "wow, what incredible role models these dancers are to these young people." In a performing arts industry that predominantly hires white people and unfairly places European features as the epitome of beauty, these twelve dancers of color were a welcome change.

I am not well versed in the world of dance performances. I am accustomed to words in the types of storytelling I am accustomed to, but I soon realized that words were unnecessary when telling an effective story. The show was split up into three "acts," with an intermission in between. Each section told a completely different story through the music and dance styles.

The first one, titled 'Road to One,' was an eclectic piece about how we are all special, intricate parts to one large whole. The next one, titled 'Touch & Agree,' revolved around the relationships and the connections we form with people and the final one, titled 'Revelations' was a soulful series of pieces about different elements of the Christian religion, with spiritual music behind it.

The one thing they all had in common was the phenomenal amount of talent, control and stage presence from each one of the dancers. Their bodies looked as though Michelangelo had carved them out of stone himself.

The first section was the one that held my

attention the least. The technique of the dancers was superb, but I did not feel like the music matched the emotion that the dancers were giving off. There was a very interesting piece in that section that seemed to captivate the power struggle between two three women and how they learned that in the end, it was more beneficial to life each other up than to tear them down. The thing I enjoyed most about that section was because it felt so vague to me, I could make up any story I wanted about the characters' journeys in the dances. This section did not feel as though it had as cohesive of a theme as the other two did, but it felt the most energetic.

The next section was outlined with a simple set, so the dancers movements could be the thing to speak volumes. The first piece 'Waiting' performed by Kyle H. Martin and Marcel Wilson Jr. was about the evolution of a relationship through the trials and tribulations.

The level of poise and sharpness these dancers had, it really did seem like they were telling a love story with their bodies. The rest of the dances were building upon the common theme of freedom of self expression. The music reminded me a lot like that of a runway show. Each dancer put their heart and soul into "werking" it and truly left it all out on the dancefloor.

The final section, 'Revelations' was a work of Alvin Ailey's in 1960. Each piece was centered around a different aspect of religion like Hell, sin and the coming of the Lord. 'I Want to Be Ready,' performed by Carl Ponce Cubero, was a beautifully emotive modern piece about being ready for Jesus. This section had a very defined story arch, which made it more enticing and easier to follow. The first part outlined the fear and overwhelmingness that sometimes is expressed with religion, but quickly moves into the joyous songs and hymns of rejoice, which is why people continue to fall in love with spirituality.

Overall, Ailey II was a moving performance that showed me a new, bold side of dancing that has not been popularized.

The Last Christmas causes mixed feelings, will either hate it or love it

Sophia Sgourakis
staff writer

As the holiday season is among us, a movie with the title The Last Christmas might sound intriguing. Luckily, a movie with this title has been going around theaters for a while now. I took matters into my own hands and went out and saw this movie for the rest of us.

The Last Christmas stars Emilia Clarke as Kate and Henry Golding as Tom, the two main characters. Others starring in this film include Emma Thompson, Michelle Yeoh and Patti LuPone. All of these actors were directed by Paul Feig. This romantic comedy takes place when the most wonderful time of the year is transforming London.

Since Kate's family has moved to England from Yugoslavia, nothing has been the same. Her dad stays away from the house as much as possible, her mother suffers from depression and her sister Marta, is a successful lesbian, which is not necessarily ideal for her parents. Kate struggles with her own problems as well. She is an aspiring singer, but as this continues to fail, she is stuck with working in a year-round Christmas store while desperately finding a couch to crash on every night. On top of all this, Kate had life changing heart surgery 9 months ago.

When everything seems horrible in Kate's life, she meets a handsome boy named Tom outside of her work one day. Tom understands Kate and all her barriers in life, something no one has ever been able to do in her life. But Tom keeps disappearing and leaving Kate's life when she needs him the most. Kate was right when she thought meeting Tom was too good to be true. At the end of the movie, viewers will understand why.

After watching this movie, I was left with several mixed feelings. First, let's start with all my good thoughts on this movie. It definitely captured the Christmas season: families celebrating holidays, the Christmas store Kate works at, seeing London covered in decorations. The soundtrack was also suited the movie very well, with fast paced songs during feel-good moments but still songs to go along with the sad emotions as well. Another positive was the fact that the title and concept of the movie directly correlates with the song, Last Christmas by WHAM! The movie starts and ends with this song. By the end of the movie, you will realize how clever it was for this song to be used so heavily throughout the movie once you listen to the lyrics a few times through.

And now, the inevitable negatives. For at least the first 30 minutes of the movie, I was waiting for the plot to develop. It consistently was just about Kate's personal struggles in life. At one point, I was even doubting Tom's arrival into the plot, even though he ends up being a major character. I also felt that the commercials for this movie failed to really give a good representation of the movie. From the commercials, I expected something way different than what I was given. If you have seen this movie, you know exactly what I am talking about. For this reason, I feel like I was almost robbed of my \$12 ticket price.

Despite the things that weren't my favorites in this movie, I would still recommend this to anyone who won't go into the movie with high hopes. Although this movie may get spirits down during the Christmas season, it ends in a heart-warming way. From my review, I hope I was able to maybe save you \$12 or influence you to spend \$12.

OKLAHOMA JOE'S

BAR • B • CUE



**1912 S. 67th St.
Aksarben Village**

- **Dine In**
- **Carry Out**
- **Catering**

  okjoes.com

Paradise

BAKERY & CAFÉ

REGENCY
402-991-3000

VILLAGE POINTE
402-934-5757

J A M S

LEGACY
17070 Wright Plaza, Suite 100
402-810-9600

MIDTOWN
7814 West Dodge Road
402-399-8300

OLD MARKET
1101 Harney Street
402-614-9333



sports & leisure



DILLON GALLOWAY | The Register

Left: Latrell Wrightsell scopes out his next move after being cornered by a player from Millard South. Right: Abe Hoskins III protects his ball as he dribbles down the court. The Eagles won 76-56.

BASKETBALL COMEBACK

Last year, the boys basketball team suffered a devastating loss at state against Omaha South. This season, the boys are back with a vengeance.

Sophia Sgourakis
staff writer

Through sports, some of the hardest obstacles to deal with are thrown at athletes. Often, they are barriers that limit performance. Dealing with such obstacles, Central boys basketball had an unforgettable, yet devastating state tournament last season, however, through their perseverance, the team believes they will be back and better than ever this season.

During the first game of the state tournament, Central slipped past Westside by only three points. This win cursed Central's losing streak at Pinnacle Bank. The next game, they had no trouble against Bellevue West, earning themselves a spot in the championship game against Omaha South. Against South, Central was defeated by only two points right at the end. It was just as unfortunate as it sounds. Our players watched South celebrate as state champions, while they received runner-up metals. It is hard for everyone to not think Central deserved that win.

After this loss, the boys got right back in the gym again.

During the off-season, key players have worked on their own game, on their own time. As a team, they have conditioned and practiced basketball skills.

"I think we have had a really good off-season in preparing for this year," head coach Eric Behrens said.

Although the loss was tough, it was a good experience for the all the boys. It can be very intimidating to play in such a big arena while trying to rep your school. Last year, there were a few seniors that graduated, but other than that, a majority of the players returning were major contributors during games at state.

Since the boys played three games at state last year, hopefully most of the jittery nerves are gone for the future. Behrens emphasized the importance of returning players: "The experience in playing varsity level games is beneficial to grow and learn what it takes to be successful at that level."

A significant player on the team last year was senior John Tonje. With his absence, it is up to star seniors this year to fill that missing gap. Freshmen who were on varsity last year are more mature and experienced now in order to make more of a

difference this year. "I think we will have more people step up this year," senior Max Polk said. "We have a lot more solid and reliable players."

The loss last year could not have motivated the boys any more. Behrens expressed how hard the loss was because the boys were right there and very close to being state champions. He explains, "I think the loss was motivating and inspiring for their work in the off season and I think it has pushed them to try and be better this year."

Behrens admitted that he doesn't think his team will be favored at the beginning of the season when the rankings come out due to all the talent in the metro this year. But, with a certain goal set in mind to be state champions, Behrens confirms that "our guys believe that they can do that and achieve that goal."

Since Omaha Central High School is known as "Champ High," many believe it is only right that a state championship is brought back this season. "We are finishing our goal this year," Polk said.

Swimming allows injured athlete to stay strong in recovery

Valaria Welk
contributing writer

One of the many nightmares of a student athlete is an injury that takes you out for the season, or possibly for longer. The athletes often either choose to take time off to heal and fall out of shape, or they push themselves too hard and end up making the injury worse.

Swimming offers an alternative, where staying in shape is possible while the injured parts of the body are healed and stretched.

"The studies I have read about show swimming helps with ankle flexibility, so I wasn't too worried when I hurt my ankle," sophomore Christina Spomer said. Spomer severely sprained her ankle about a month before the high school swimming season started. "Being in the water strengthens my ankle even on the days I can't walk on it," she explained.

Spomer has been involved with swimming since she was five years old and has swam club for seven years. In this time, Spomer has many accomplishments under her belt, such as placing at state swimming and Midwestern division one championships, and even competing at sectionals.

Swimming is one of the few non-contact sports that is popular at a high school age level,

which makes it much safer than others during the time an athlete is injured. Moving around the injured part of the body after injuries such as sprains, breaks and even surgery with the cushion of the water gently helps the injured body part get accustomed with full mobility again.

"This isn't the first time I've used my swimming to help heal an injury," Spomer said. "I fractured this same ankle on both sides once and swam with that too. I was off crutches after five weeks because I had been able to regain strength in my foot."

Spomer has dealt with several injuries throughout her swimming career.

"I think my injuries have helped me improve actually," Spomer said. "First off, I know how to kick with one foot now. Also, I'm more self-aware when I'm not injured, and it helps me push myself that much harder."

Spomer has struggled with an ongoing shoulder problem along with her several ankle injuries.

"I used a combination of swimming and physical therapy when my shoulder was really bad, but I think swimming helped a lot,"

Spomer said. She claims after icing her muscles and taking some ibuprofen, the pain of the injuries doesn't bother her much.

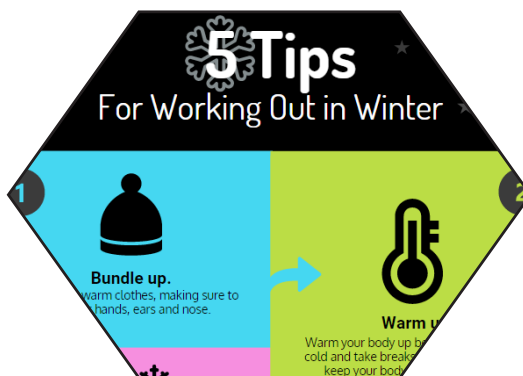
"I have tried taking time off when I get hurt but it isn't always worth it," Spomer said.

I used a combination of swimming and physical therapy when my shoulder was really bad, but I think swimming helped a lot.

CHRISTINA SPOMER
sophomore swimmer



SIGNING on page 20



WINTER WORKOUTS on page 21



SOFTBALL on page 22

SPORTY SIGNERS

Elle Shaneyfelt-Soccer

Stella Ehrhart
staff writer

Elle Shaneyfelt is a senior who plays girls' soccer. She recently signed with The University of St. Thomas for the sport. Shaneyfelt has been playing the sport since she was only six years old and says that she continues to love it.

"I love soccer because it pushes me to work hard and perform well," Shaneyfelt says. She has made most of her closest friends through her club team.

Shaneyfelt says that there are positive and negative aspects of the sport.

"The best part of playing soccer is being surrounded by a group of people who want to see you succeed in both life and on the field," Shaneyfelt told, "The worst part of the sport is definitely when the refs decide to take the outcome of the game into their control."

Elle has some pointers for anyone who hopes to continue playing soccer, or any sport, in college.

"Never settle for good enough, you just have to work hard and focus on your goals for the future," she advised. "I also think it's good to remember that the best things come unexpectedly."

Although Shaneyfelt will be attending college on a sports scholarship for soccer, she will not continue to pursue it professionally.

"It is very challenging to be able to make it to a professional team," Shaneyfelt said when explaining why soccer is an especially hard sport to play professionally.

"I am so excited to take the next step into playing collegiate soccer," Shaneyfelt said

Never settle for good enough, you just have to work hard and focus on your goals for the future.

ELLE SHANEYFELT
senior soccer player



Elle Shaneyfelt signs with University of St. Thomas for soccer.

Curtis Flint-Baseball

Jackson Godwin
staff writer

Growing up playing sports all an athlete dreams of doing is reaching the next level. From little league, to middle school, to high school, making that next level team is what players strive to. For Curtis Flint, his dream came true on his recent commitment and signing to the next level of baseball at Concordia University.

Through perseverance, hard work and dedication, Curtis has been given the opportunity to continue his baseball career next fall at that next level. As years have passed and he improved his game to where it is today, Curtis knew baseball was his passion.

Although the sport of baseball has always been a priority in life for Curtis, he has always been able to fall back on academics being a participant of the International Bachelorette program.

Being able to not only balance both a sport and academics but excel at both is an accomplishment that not many are granted in high school. While looking into a future school, Curtis took both the sport of baseball and other academic interests into play when making his decision.

"I chose Concordia because I liked the small

class sizes and the connections the school had with internships across the country," said Curtis. Although many are gifted the opportunity to play a sport in college it is important one must also choose a right fit academic wise in order to succeed.

Growing up being a fan of sports, every young kid always has a famous player they look up to, that they try to imitate or want to be. One of the most famous baseball players right now, and Curtis's most looked up to player, is star Los Angeles Angles center fielder Mike Trout.

"His work ethic is like no other," he said.

Although watching famous stars on TV gives young athletes an idea of where they want to be when they grow up, but the people who are closest to you is who helps the most.

"The person that has impacted my baseball career the most is my dad because he always pushes me to do better," said Curtis.

The family and supporting cast an athlete has around them is what will get them the furthest in their career. With the balance of hard work and dedication to not only the sport of baseball but to academics shows that rewards are given as Curtis Flint has earned an opportunity to play baseball at the next level for Concordia University.



DILLON GALLOWAY | The Register

Curtis Flint signs with Concordia University to pitch on their baseball team.

Easton Debolt-Baseball

Malcolm Durfee O'Brien
editor-in-chief

Easton Debolt was signed by Nebraska Wesleyan University for his work as a left-handed pitcher for the Junior Varsity baseball team as well as several other teams, such as the Strike Zone Elite team and American Legion teams.

Debolt plans to study sports management at Nebraska Wesleyan while he attends thanks to his signing.

"I'm excited," he said, "I like the opportunity there, I like the coaches, I like the players, I know some of the players there."

He also expressed excitement in developing a few new pitches in Nebraska Wesleyan University's baseball program.

"I look forward to developing new pitches, new mechanics, just getting stronger," Debolt said.

According to Central baseball head coach Gerald Kreber, the baseball program at Nebraska Wesleyan University is excellent at developing players further.

"Their program continues to develop players, some colleges want players ready right now, but a program like Nebraska Wesleyan will give him room

to grow, room to develop physically, room to develop new pitches," Kreber said.

This is a continued theme for Debolt. According to Kreber and Debolt himself, he is committed to developing newer, better pitches, improving his play and ensuring he is a contributing force behind whatever team he is playing for.

Kreber highlighted his work through the fall on the Strike Zone Elite team, an off-season baseball team aimed at keeping baseball players playing year-round.

"He really gained an opportunity to continue improving over the fall in the Strike Zone Elite team," Kreber said, "and has worked hard at improving his play all year-round."

Kreber also gave a speech at the signing ceremony highlighting some of Debolt's strengths that helped him in his selection by Nebraska Wesleyan University. Repeatedly, he emphasized Debolt's academic success as a vital piece to his athletic success.

"His academic achievement really helped him gain an opportunity in athletic development and a lot of kids don't really see the value in that per say. This is important too," Kreber said.



DILLON GALLOWAY | The Register

Easton Debolt signs with Nebraska Wesleyan as a pitcher.

Sleep essential to teens, deprivation hurts brain development

Livia Ziskey
staff writer

As a student in high school, life can become pretty hectic. Loads of homework and extracurricular activities take up a lot of free time. Especially around December, with finals and deadlines approaching, days may seem to fly by. On top of school work, the holiday season causes a lot of busy schedules. During these weeks, it's easy to lose track of time- but also lose track of sleep.

Sleep deprivation is a common issue with teenagers of the current day. Staying up past midnight on school days is typical of a student in high school. Going by these numbers, it is fair to assume that most teens are not getting the healthy amount of sleep they should be. "I'm so tired" is a sentence commonly heard throughout the halls of Central, or any high school for that matter. In every class, there's usually at least one person trying to take a nap or fighting to keep his or her eyes open.

If this is the case, how much sleep should we be getting every night? Well, according to John Hopkins, teens should sleep nine to nine and a half hours per night. This is because teenagers are going through an important second developmental stage of cognitive maturation. Sleeping helps support brain development as well as physical growth.

So, a student who wakes up at 6:30 a.m. should go to bed the night before at 9 or 9:30. It may seem impossible to go to bed this early for many people just because their bodies are accustomed to staying up much later. There are some easy ways to get into good sleeping habits.

One of the best ways is to make a strict sleeping schedule. Going to bed at a set time every night will help your body adjust and it will learn to "shut down" before that time. Another way to help relax before bed is to avoid screen time. Light from phones can make it more difficult to fall asleep.

Another great way to sneak more rest into a busy day is to take a nap. Short cat naps have been found to be beneficial for quick bursts of energy. When you're feeling sluggish, take a 20-minute nap and you'll feel refreshed afterward.

No matter what someone's day is like, sleep is the most important part of success for everyone. Rest should not be neglected. Use these tips to get the appropriate amount of sleep and use your newfound energy to change the world!

5 Tips

For Working Out in Winter

1



Bundle up.

Always wear warm clothes, making sure to cover your hands, ears and nose.

2



Warm up.

Warm your body up before entering the cold and take breaks to run in place and keep your body temperature up.

3



Think about where you are.

Avoid open roads and lakes because there can be wind and snow flurries.

4



Drink water.

You can't see the sweat loss, but it's still happening, so make sure to stay hydrated.

5



Time it out.

Workout midafternoon for the warmest time of day.

Internet era improves work out videos, positives, negatives

Mackenzie Coughlin
staff writer

Today, a very popular way to work out is through online videos. Doing so is very convenient due to the access to smartphones meaning people can work out anytime and anywhere.

YouTube is home to most of these free videos, which are uploaded by fitness trainers and work out fanatics. There are numerous channels dedicated to posting solely work out videos. This allows people to create a connection with a trainer, even though they are working out alone.

Another positive aspect to work out videos is the comfort of working out without being judged. Many people say

working out at the gym is too intimidating. Working out alone makes working out a much more pleasurable experience.

A typical pain of working out in the gym is the expense. Some gym memberships are not worth the money when it comes to the amount of time the average busy person has. Videos are free to watch and do not have to be completed in a gym.

Although workout videos are very helpful, they also carry some downsides. Without being with someone in person, it can make one less motivated to work out to their full potential. Working out with a trainer allows one to have feedback in real time and get pushed harder.

For example, if one is following a workout video and they are not executing the move correctly, there is no one to help

them, and they continue to work their muscles incorrectly. It is much harder to ignore a person that is telling you something in person rather than through a screen.

Another aspect that is only available in a gym setting includes being in a social workout environment. Some are more motivated and encouraged when they work out with friends or in a bigger group of people.

Overall, utilizing online videos to work out is very practical and can be successful if the right amount of work is put in along with self-motivation. It is a much cheaper and timesaving alternative but could prove difficult in certain circumstances.

Varsity swim sophomore balances social life with swim career

Makenna Anderson
staff writer

As swimming season is beginning, some student athletes are preparing themselves for the coming winter. Among them is Grace Weberg, a sophomore who made varsity last year.

Weberg has been swimming for about five or six years now.

"My brother was a swimmer, so I just kind of started swimming along with him, and then from there, just got better," she said.

During her swim career, Weberg has swam for three teams: club, Norris Middle School and Central. She still swims for her club team before and after Central's season.

Even though Weberg has been swimming for a while now, the sport itself isn't the thing she loves most.

"I enjoy the people more," she explained, "the people make it fun."

Because of swimming, Weberg has made many friends due to how much time is put into the sport.

"I've met my best friend from swimming," she said.

However, it's hard to keep up with friends outside of swim.

"It can be stressful trying to have a social life outside of school and swimming," she said. Swim meets can make it difficult because they're usually on the weekends, taking away time to

hang out with friends.

There are some positives to swimming.

"It keeps you in shape," the sophomore said. Swim team has practice every day after school from 4:45 p.m. to 7 p.m., along with swim meets on weekends.

Unfortunately, this constant regimen can take a toll, mentally and physically.

"Sometimes it can be really hard on you, especially if you're not swimming really well," she said. "You're like 'Wow, this is really hard on my brain, it's hard on my body. I'm not enjoying this.'"

Still, Weberg tries to put a positive spin on it.

"You have to think about those times that you are improving, and you're with your friends. You just kind of have to bear with it," she said.

This perseverance was noticed by Weberg's coaches last year.

"I went to all of the practices, and they saw that I was working hard," she said. For this reason, Weberg got to go to state.

At state last year, she didn't get to swim, but this year she's working to get there.

"It's always a goal," she said.

Overall, Weberg is excited for the season ahead.

"Swimming is a ton of fun and when you surround yourself with friends that also love the sport, then it makes it so much more fun," she said.

Senior softball player reflects on last season with team

Emily Hodges
staff writer

Madeline Bohn has been playing softball for nine years starting in third grade. Ever since, Bohn has grown a love for the sport, pursuing it in high school.

Although Bohn loves the sport itself, her favorite part of playing with Central is her teammates; Bohn said, "Over the past four years, my teammates have become my best friends. I love them to death."

Being close with her teammates means practices are usually pretty fun, but when it comes to games, it can get serious and intense.

Bohn describes the most challenging part of games saying, "You may be a really good hitter, but you will still fail six out of 10 times, so as a player, you have to realize that you are still good despite striking out."

Bohn may have insights on hitting, but her favorite posi-

tion happens to be left field.

"I really enjoy playing left field, and I usually do get to play there, but I am also put in as pitcher at times which is not my favorite," Bohn said.

Bohn does enjoy softball very much, but as an AP student balancing her athletic schedule and advanced classes, it can get "kind of crazy." Along with that, the conditioning pushes her to her limits knowing she will only get better.

Bohn describes softball conditioning saying, "Conditioning gives people the chance to show how serious you are about the sport. You can slack off, but the only person who is going to struggle from that is yourself."

As a senior on the team, the end of the season was sentimental. Bohn recounted her most meaningful game of the season. It wasn't the one in which she scored the most points, or even the most exciting game, but it was senior night.

Bohn said, "Senior Night was a great game because it was our last home game, and I got to play left field with all of the

other seniors on the team. It was a little sad knowing I would never play on that field as an eagle again, but it was really memorable and a milestone in a way."

Although Bohn has played varsity almost all years at Central, she does not have plans to do softball in college.

"I may consider playing intramurals or just for fun, but I don't think I'll play for a school, my academics are my priority," Bohn explained.

Even though she has no long-term plans with softball, Bohn's career did not end with Central. She still has one more season of club softball where she can show off her skill a little bit longer. As she reflects on her career at Central, Bohn makes the remark that her greatest reason for dedicating herself to softball is to prove herself, saying, "I want to show my peers and family my skills by working hard at the sport I love."

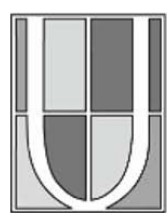
Bohn's future with softball may not last forever, but she is optimistic about being able to use her learned skills in hard work and dedication throughout college.



Photo Courtesy of MADELINE BOHN

Left: Bohn swings to hit a ball coming fast at her. She said, when hitting, the likelihood of failure is high, so she doesn't let her failures get her down. Right: Bohn winds up to throw a fastball. Pitching isn't her favorite position, but she's happy to help her team, even though she prefers being placed on left field.

Polished. Refined. Elegant.



Salon & Day Spa
urbane

Just off 10th and
Farnam in the
Old Market

Grace U gym unavailable

Sophia Sgourakis
staff writer

Last year, it was announced that Central sports teams would be allowed to use Grace University as a second gym. However, some unexpected changes have prevented the use of Grace this year.

Principal Dr. Bennett was informed about this news by Dr. Lisa Sterba, Chief Operations Officer for OPS. From her, he was informed that, "The area around the gym is being renovated to become a new elementary school. Because of construction, the area has been deemed unsafe for students."

Athletic director Rob Locken said Bennett had met several times with the head of Business Services for the school district to see if there was any chance of using the gym still. Despite these meetings, there was no hope, so Grace University was taken off the list as a possible practicing location for Central sports.

The construction of this new elementary school has caused a lot of inconvenience for athletes at Central, mainly the basketball players. Last year, the boy and girls basketball teams alternated between practicing at Grace and Central every week. This prevented any team from practicing later in the night,

such as 5:30 to 7 p.m.

Now, the teams have resorted to this late practice schedule. Either the boys or girls will practice from 3:30 until 5:30. The other team will then wait and practice until 7.

However, Blackburn High School and McMillan Middle School have opened up their gyms for Central to use. With this option, there is a responsibility to make sure players have rides to and from the new practice locations. Either way, practicing is not as convenient as it was last year.

Locken has commented further saying, "Looking for an additional site to use when one of the other gyms might not be available will be a challenge."

This inconvenience will not last for much longer. In the e-mail that Bennett and Locken received, it said the renovations should be done by the 2020-2021 school year. By then, the elementary school is planned to be complete, with new parking and landscaping. The gym of the elementary school will be a possible practice location for Central teams.

Until then, Central teams will have to be as adaptable and understanding to these changes.



Photo Courtesy of VALERIA WELK

Sophomore Valeria Welk comes up for air during a meet. Her specialty is the 100 butterfly, for which her record is just over a minute. This is faster than the rest of both the boys and girls swim team.

Sophomore balances honors academics, record breaking swimmer

Daniella Hernandez
contributing writer

“She is my favorite person and I hope I never lose her,” sophomore Grace Weberg said about her best friend, Valeria Welk.

At 16, sophomore Valeria thrives in her everyday life. Valeria is an honors student who maintains a student-athlete lifestyle every school year. She endures 135 minutes of vigorous swim practice from 4:45 p.m. to 7 p.m. every weekday alongside her schooling.

Academically and in her performance in swimming, Valeria has achieved many goals and received awards. The awards given to her reward the outstanding work and dedication she gives into both, reflecting her hard-working personality.

Grace expands on Valeria’s work ethic.

“Valeria is positive and has great motivation when it comes to accomplishing things,” she said.

In school, Valeria currently has a 4.5 weighted GPA. She takes a total of five honors classes, including one AP class. She was given an award at the end of her freshman year in recognition of her grades, the Purple Feather award. The award is given to Central students that have above a weighted 3.5 GPA.

In the pool, Valeria gives all her effort to perform the best she can. She began swimming because of the fun environment and the fact that she could not do any other sport to such a

great extent, as she does in swimming. The swimmer began to experience pains were in her left ankle. Consequentially, she needed a surgery on Jan. 3, 2017 to restore mobility and ease the aching pain. Now, after the surgery, if she forces too much upon her ankle, the pain will resume and harm her. Swimming gives her ankle a rest from pressure. She is able to use her ankle to its greatest use when swimming.

Valeria is part of the club “Omaha Swim Federation” (OSF) and part of Central’s varsity swim team, as well. She leads the sophomores at Central, being the fastest swimmer out of both the boys and girls. Although her times reflect great speed in swimming all four competitive strokes, her specialty stroke is butterfly. Her personal record for the 100 butterfly is 1:03.33 minutes.

Grace expands on their passion for swimming. “We both love swimming; we met officially through Central’s varsity swim team.”

Both Valeria and Grace attended the state championship for Nebraska high schools in the winter season last year. Valeria placed 5th in the state with her 200-freestyle relay that contained three other teammates: Abigail Craig, Christina Spomer and Millie Young. Grace was an alternate for the team but shared that her time at the championship was spent supporting and cheering on her best friend.

This upcoming winter season, the two will continue to swim for Central. Once the school season is over, they will

return to swim for OSF.

The two girls bonded over time and created a close connection after just knowing one another for just about a year and a half.

Grace appreciates Valeria.

“She inspires me to be the best person I can be, her positive attitude uplifts my motivation,” Grace said. “I want to be here for her as much as she is here for me.”

As well as having a close bond with Grace, Valeria is also fond of her family. Valeria’s mother, Jennifer Welk, works with Omni Hotels as a Senior Manager in Technology Development. Valeria’s father, Benjamin Welk, works for the company FiServ as the director of product management. Newell Welk, a freshman at Central, is Valeria’s younger brother.

Valeria shares a fond memory of her mother being supportive in her swimming.

“We had not received the state cut times yet, and I remember coming home and my mom made an entire spreadsheet of the times so I could know beforehand. It was very sweet,” she recalls.



Teen & Young Adult Health Centers



We are here for you.



We can help with the following and more:

- Coughs, colds, flu
- Help with stress
- Pregnancy tests
- School & sports physicals
- Free birth control
- Free STD testing & treatment

We provide low- or no-cost services and confidential, compassionate care for teens and young adults ages 12-24.


Insurance or Medicaid is welcome, but coverage is not required for care.

Visit www.TYAHC.org to learn more about our clinics.
South: 4310 S. 24th St. | West: 2520 S. 130th Ave.

2019-2020 BASKETBALL THEMES

1/10/20 @ S. SOUX CITY EAST	DENIM
1/17/20 VS LINCOLN EAST	VSCO GIRL
1/18/20 VS MILLARD SOUTH	JERSEY
1/24/20 VS PAPIO-LA VISTA	USA
1/28/20 VS BELL WEST	HAWAIIAN
1/31/20 @ CREIGHTON PREP	FRAT
2/1/20 VS NORFOLK	WESTERN
2/7/20 @ SOUTH	OUTERSPACE
2/11/20 @ MILLARD WEST	JUNGLE/CAMO
2/14/20 <small>SENIOR BOYS' DANCE</small> VS NORTHWEST	PINK OUT
2/15/20 <small>WINTER FORMAL</small> @ LINCOLN NE	CONSTRUCTION

 @CENTRALNEST

THE BOYS ARE BACK

DILLON GALLOWAY | The Register

OLIVIA MANGIAMELI | The O-Book

After a heartbreaking loss at state last year, the boys basketball team beat Millard South by 20 points in their first game. Read about their efforts in the off season on page 19.

