

## Free clinic arrives in North Omaha

Daniel Graham  
staff writer

North Omaha Area Health, NOAH, is a free health clinic that provides care for people who are unable to pay for health care.

NOAH was started in the late nineties by founder and director Ira Combs. He created different types of health education programs within the North Omaha community, including health fairs and a summer intern program. For the next decade, he did so operating out of his office or his car. Then, in 2012, he was given a permanent space at 56th and Ames where he was able to open up a clinic with office hours.

The goal of this clinic is to provide care in the community it serves, a community that does not have a lot of other options.

"In terms of people being able to find care here in this area, there's Charles Drew, there's a UNMC place, and then there's us," Clinic Director Mark Darby said.

Last year, the clinic served about 2,200 people, but in these last few months, their numbers have increased about thirty or forty percent- to the point where they might reach 3,000 people this year. They have twelve full-time employees, and they regularly have anywhere from fifteen to twenty volunteers. About two-thirds of the clinic's patients are African-American, and, separate from that, two-thirds of the clinic's patients don't have health insurance. They'll see anyone from anywhere, free of charge, but most of their clientele comes from within walking distance. Darby says this is because although NOAH doesn't have the facilities that a larger hospital might have, it is less foreboding and much easier to get to.

"Our place is just home, our place is just a typical building," he said. "We may not be fancy, but we're accessible."

NOAH's location is also relatively discreet, tucked away in a strip mall behind a gas station on Ames Street. This is important because a large part of the care that NOAH provides is STD testing, and, for many, going to get tested for an STD can be an embarrassing thing.

"You don't want your neighbor to know you have an STD," Darby said. "In the young adult population, many people will have sexual encounters, and in some ways that's acceptable, but when you have an STD, it sounds like you did something dirty. It's almost like you can have sex and not get an STD and be all right, but if you get an STD, people think that you sleep around too much, when in actuality, it takes one sexual encounter, and



NOAH director and founder Ira Combs (left) with Clinic Director Mark Darby (right) in 2016. Photo Courtesy of Mark Darby

you can get an STD."

Providing STD testing is something Darby says is especially important in this city.

"The bottom line is that Omaha has one of the highest rates of STDs for people age fifteen to twenty-four, for any city in the country," he said. "It's a danger for people that young to have an untreated STD. So, anything we can do to prevent that is helpful."

Other than testing, the most important way NOAH feels it can prevent STDs is through education.

"The rest of what we do is just built on that," he said. "Other than that, there's nothing special about us."

Sex education is something that NOAH feels is lacking in North Omaha right now, especially when it comes to safe sex practices.

"We believe that condom use is a public health priority, and there are many people of different religious backgrounds who disagree with that, and that's fine, and we respect that," Darby said. "I think that sex education should recognize that discussions of sex should be frank and factual and not imply any kind of encouragement. Knowledge does not hurt people."

At the same time, though, Darby points out that this is a complex issue, and there might not be an easy answer. (cont. pg 5)

## New bill to create gender neutral option for ID

Cecilia Zahm  
staff writer

If it passes, legislative bill 517 will allow Nebraskans to have gender-neutral birth certificates, driver's licenses and Identification cards. This means that instead of a gender on these documents being listed as "male" or "female," it would display "X".

There's already a precedent for the usage of "X" as a gender marker on official documents in the United States. Currently, nineteen states plus the District of Columbia allow for this gender-neutral option on identification documents.

The purpose of the gender-neutral marker is to allow both non-binary (used to describe people who identify outside of the traditional gender binary) and intersex (meaning born with variations in sex characteristics) individuals to have identification that fits with who they are.

State senator Megan Hunt, who introduced LB517, believes that the ability to change legal documents to match a person's gender is essential. "These documents have to do with somebody's employment rights, marriage, inheritance, job or education," said Hunt. "So much of what we do in our lives depends on our identification."

Hunt also hopes that bills like LB517 could help reduce violence against transgender people. She says that transgender people are often likely to be harassed or assaulted when the name or description on their ID card doesn't match who they are, and this bill could help change that.

"For their safety, and for the economic growth of Nebraska, it's very important that people

have documents that reflect who they are," said Hunt.

The actual number of Americans publicly identifying as non-binary has grown significantly in the past few decades, most likely because of increasing social acceptance. This development means there is now a sizable demand for an official gender marker other than male or female on documents.

According to the Pew Research Center, about four in ten US adults say forms should offer more than two gender options. That percentage only increases among the younger generations.

For people who would like to change their gender to unspecified or "X" on a birth certificate, the process laid out by LB517 would require applicants to file a petition to their district court. Upon verifying the truth of petition, the court will order the gender listed on the birth certificate to be changed.

In addition to individual states allowing gender neutral identification, there has also been some push on the national level for similar legislation. California Representative Ro Khanna introduced a bill to the House this February that would create a gender neutral "X" option for US passports.

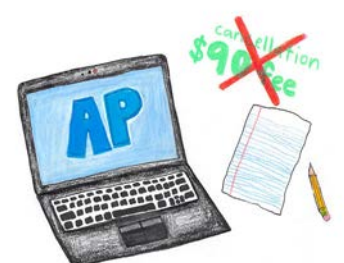
"There is a lot of ignorance in the legislature about trans people and trans identity. Part of my challenge is to demystify and destigmatize that," said Hunt. "It's going to be a heavy lift, but I think the fact that I'm here and making people challenge their own discriminatory beliefs is a good thing."



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BLOCK SCHEDULING page 8



AP TESTING page 2

# AP makes exam changes

Sophia Sgourakis  
section editor

The pandemic has drastically affected how teachers teach and how students learn. The AP community has supported learning environments by making some changes. Instead of just offering one test option that would only benefit some students and teachers, they are offering a variety of testing options for the 2021 AP exams.

When our lives were completely disrupted in March of 2020, remote teaching began. Along with this, all AP exams were shortened and moved to online. Instead of a 3-4-hour exam, they were only around 45 minutes in order to accommodate students at home.

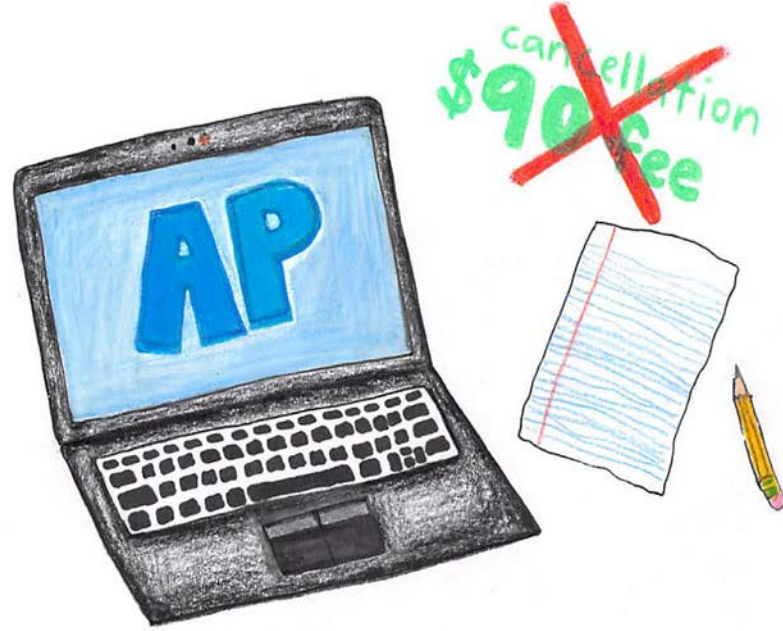
This year, more changes are occurring. From April 19-29, live review sessions will take place in order to ensure students are ready for their exams. In addition, cancellation fees will be waived to give students the most flexibility as possible.

The new schedule for the 2021 AP Exams includes three testing dates for each subject between early May and mid-June. Tests scheduled for May 3-17 will be the traditional test: in school, paper, and pencil. On days May 18-28, half of the subjects will be paper and pencil in school, and the other half will be full-length digital. Most subjects on days June 1-11 will be digital exams.

The AP added a note, saying, "Schools don't need to pick just one of the testing windows or modes. AP coordinators can authorize a mix of at-home and in-person exams and mix testing dates, as needed."

However, there are rumors that OPS is going to require all students to take the in-person exams. Although I would not be surprised if this changes because some students are still not comfortable with being surrounded by other people.

Starting in early March, AP registration and ordering will be updated. This is when teachers will be able to start assign-



OLIVIA GILBREATH | The Register

ing students to their designated testing date, depending on their preferred testing option.

The AP has been consistent in accommodating to changes that students and teachers have faced because of the pandemic.

Black graduates also are likely to be unemployed at twice the rate of white graduates, even in high demand fields. A popular study has shown that you are fifty percent less likely to get an interview if you have a "black sounding" name.

It is important to keep in mind that the data presented has

only discussed one major institution in the United States and only mentioned surface issues in little detail. Systemic racism is prevalent throughout every institution in our country and it is a complex issue interwoven into our society.

White and other non-black people must be prepared to face their racial biases and evaluate how they perpetuate racism in their daily lives, if any change can occur. I encourage everyone to learn and seek anti-racist resources and to research these issues on their own in order to educate themselves.

## Nebraskans for Medical Marijuana look to update amendment

Cecilia Zahm  
staff writer

There are only sixteen remaining states where medical marijuana is not legal, and Nebraska is one of them. This is largely because the state leans conservative, making it challenging for lawmakers to pass anything that would loosen marijuana laws. But as an increasing number of states are legalizing various forms of cannabis, many believe that Nebraska is next on its way to join them.

The major organization behind the push for medical marijuana legalization in the state has been Nebraskans for Medical Marijuana. After being founded in 2018, the group filed a petition to include a constitutional amendment to legalize medical cannabis on the 2020 ballot. The petition received almost 200,000 signatures, which is more than enough get the measure on the ballot.

However, before it could be voted on the proposed amendment was struck down in by the Nebraska Supreme Court due to a technicality. Their reasoning was that the proposition had too many items in one document, making it violate Nebraska's single subject rule for propositions.

Nebraskans for Medical Marijuana disagrees with the court's decision. "It was a very straight forward and short initiative. It didn't have more than 250 words in the

entire thing. Anyone who read it could tell it was about one subject - legalizing medical cannabis," said Jared Moffat, who works with the Marijuana Policy Project.

Nebraskans for Medical Marijuana is now regrouping after the supreme court decision, and they will push forward in 2022 with an updated version of the amendment.

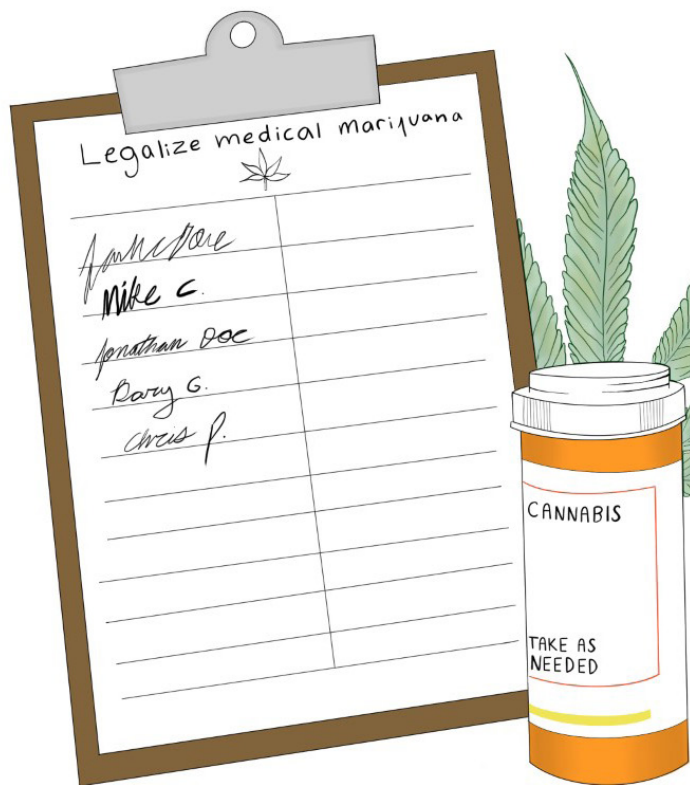
If it ever does make it to the ballot, a proposition to legalize medical marijuana seems to have good chances of passing. In a 2019 survey released by State Senator Anna Wishart, 77 percent of respondents said they would vote "yes" if the measure was put on the ballot.

One reason medical marijuana is gaining popularity is because the drug is rarely addictive and very hard to overdose on, unlike many other pain relievers.

Although it varies heavily state to state, some conditions that can qualify for medical cannabis use include epilepsy, cancer, PTSD and chronic pain. In the states where the drug is legal, a doctor's prescription is required to access the drug from dispensaries.

But since Nebraskans don't have any legal access to medical marijuana, "A family that wants to seek this treatment for a loved one is forced to either commit a crime or consider moving to another state where medical marijuana is legal. That that is a very cruel choice to force on families," Moffat said. "A more compassionate system would allow for medical cannabis."

For more information about Nebraskans for Medical Marijuana, visit [nebraskamarijuana.org](http://nebraskamarijuana.org).



ELLA NOVAK | The Register

## Teachers react to Governor's vaccine plan for undocumented workers

Elena Correa  
staff writer

Omaha packing plants are work spaces that have become breeding grounds for COVID-19 due to their poor health conditions. When Nebraska governor Pete Ricketts was asked how he would handle the issue, he commented that undocumented workers, which make up a large part of packing plant workforces, would not be receiving the vaccine.

He later retracted this statement, saying that undocumented workers would be the last people to receive the vaccine. As these workers are largely Latinos, this decision will hit the community especially hard.

Spanish teacher Juan Trejo Hernandez does not agree with the Governor's decision because he says the virus affects everyone, documented or not. "The packing plant workers should be a priority to receive the vaccine. The majority of the products that our community consumes [and] uses come from those companies."

The fact that packing plants are environments notorious for spreading the virus is something that Trejo thinks the governor

should be taking into account. "This is one of the many reasons that we continue [to go the way we're going] and the virus isn't able to be controlled. It must be equal for all. I think they have to focus on the people who are more at risk and people who for their work are always around other people to start better controlling the virus."

However, he agrees that those who could suffer from the virus the most should be prioritized when it comes to vaccination, such as the elderly.

Trejo believes it is important that the people that live here in the United States be vaccinated for many reasons. "First of all, everyone should be vaccinated as soon as possible because the goal is to control the virus. [Once again], it does not matter the status of people, but the health of everyone in general."

Spanish teacher Francisco Juárez Palomo has a different perspective when it comes to the vaccination of undocumented workers.

"Well as a visiting professor from Mexico, I think that everyone should have the same opportunities to receive the vaccine, but we must understand also that as governor of Nebraska, people born here must be [Ricketts's] first priority. I think any

[leader] would make the same decision."

Juárez thinks that the Governor should take the conditions of the packing houses into account when creating the plan for undocumented vaccination, but also penalize the owners of the packing plants because they have not taken all the necessary measures to prevent the spread of the virus in their facilities.

The teacher believes, like Trejo, that people should be vaccinated in line with the risk they face. "They should be vaccinated according to the risk they run either of age or of activities they perform such as doctors, nurses, teachers, etc."

Juárez and Trejo differ in that Juárez can somewhat sympathize with Governor Ricketts's reaction to the situation. Juárez doesn't totally agree with the decision made, but he can understand it. "Humanly speaking no, but it is true that each country must take care of its citizens first and then visitors." Juárez said when asked whether citizens of the United States should be prioritized before undocumented immigrants.

Despite this, Juárez believes that undocumented workers should be vaccinated in the United States.

"I think we should all get the vaccine because we're all exposed to this virus."

# Douglas county begins vaccine rollout

Charlie Yale  
contributing writer

COVID-19 vaccine rollout in Nebraska has begun. After a bumpy first couple of weeks of being in the bottom 20 percent, Nebraska is now in the top 25 states with the highest percentage of people vaccinated, according to the New York Times. In a press release today, the Center for Disease Control said that fully vaccinated people may “Visit with other fully vaccinated people indoors without wearing masks or staying 6 feet apart,” and “Visit with other fully vaccinated people indoors without wearing masks or staying 6 feet apart.” This is a huge step forward in the campaign to return to normalcy.

Although the new guidelines from the CDC are very promising, getting a shot in Nebraska still can be a very tricky experience if one does not have the correct connections. Registration online and over the phone can often be tough for elderly people, who may not be able to operate computers or cell phones very well. These same people are often the ones in need most of the vaccine. Another emerging problem concerning vaccine distribution is the large portion of the population who would not be willing to take it. In a survey of 30 people, six replied “Maybe” or “No” when asked if they will take the vaccine once it becomes available to their age group, citing the safety of the vaccine. According to the CDC, the COVID-19 vaccines available to the public are safe, efficacious and that they met the FDA’s strict testing

criteria. The CDC also states that over 92 million doses of the COVID-19 vaccine has been distributed so far, and that there are no serious side effects for people who are not allergic to the vaccine. For those who may be allergic to the vaccine, there is a chance that they may go into anaphylaxis, but that is only a very small percentage of the population.

Once one is able to book an appointment to get their first shot, on the date of their shot they will get to go to a mass vaccination location to get the vaccine. I was lucky enough to be able to visit one of these vaccination centers. Held at the Rassmussen Fitness and Sports Center at Creighton University, the vaccine clinic, which is open exclusively on Saturdays, vaccinates about 3800 people every day it is open. On the day that I was at the center, February 27, they vaccinated around 3700 people, most of them being elderly people who are known to be more susceptible to COVID-19. The clinic first opened on February 6 and has been vaccinating thousands of people every Saturday since then. The clinic gives out exclusively Pfizer doses, to make sure there are no mix-ups.

There is a very well planned out process that one must go through once they enter the building. There are two entrances to the building that people take to get in, and one exit. One of the entrances is for people who may need more assistance, like people in wheelchairs. The first stop that people make after entering the building is a table where they sign a form of consent to take the vaccine. Once the form



CHARLIE YALE | The Register

People wait to get vaccine at Creighton's Rassmussen Fitness and Sports Center

is signed, they enter a line that takes them to a registration station. At one of the twelve registration stations, a worker will take the signed consent form and give out a vaccine card if the person does not already have one. They will also collect a short medical history of the person to make sure they may not be allergic to any of the ingredients of the vaccine and so they know how to treat the person if they have any bad reaction to the shot.

There is a lot of prep that has to be done to a dose of COVID-19 vaccine before it can be administered into a person’s arm. The vaccines must be shipped at ultra-cool temperatures, because the actual mRNA virus will die if kept at room temperature for too long. Once the vaccine shows up, it must be defrosted on-site. Once the vaccine is thawed, it is rotated ten times to mix up the solution. The vaccine looks like a foggy off-white solution. The vaccine is then diluted with 1.8 mL of 0.9% sodium

chloride. The vial is then rotated ten times once more. After that, the vaccine can finally be injected into a recipient’s arm. Only about 3/10 of a mL of the actual vaccine goes into each shot of the vaccine. After receiving the shot, people are told to sit in a waiting area for either 15 or 30 minutes, depending on if the person has any conditions that may warrant extra caution.

The CDC recommends that people get a COVID-19 vaccine as soon as possible. Getting a vaccine is not only important to protect oneself, but everyone around a certain person as well. They are a great tool to help limit the spread of COVID-19, and eventually bring the world back to normalcy. The COVID-19 vaccine is a bright light at the end of a very long, very dark tunnel for everyone effected by this pandemic.

# Alum opens food truck during pandemic

Grace Ridgley  
staff writer

The year 2020 may have been rough, but that did not stop the Omaha community from taking strides to reach their goals. For example, one Central High graduate started his very own food truck this past year.

Despite unusual circumstances, his business took off.

Ahmed Al-Ramadan, class of 2020, chose to start a food truck with the help of his family. The truck is called “Zaytuna,” which means olives. They serve Mediterranean cuisine such as gyros, chickenshawarma, and kafta.

When asked about why he wanted to start Zaytuna, Al-Ramadan states,

“I really like food, but I didn’t have enough money to buy and open a restaurant, so my family and I made this idea. This is a new idea— there is no food truck that sells Mediterranean food—so I was like, let’s make something different.”

He went on to say that he wishes to open a restaurant with the money that is made from the food truck.

Because of the long hours that go hand-in-hand with owning a business, Al-Ramadan has enlisted the help of his family:

“I do not have enough time to do all of the stuff. Preparing or going to the restaurant to buy supplies is too much, so my mom and dad help me. It can sometimes be an 80-hour week, and if I am preparing and buying, then I will have no time to sleep.”

Even though he receives help from his family members, Zaytuna is entirely his vision. Al-Ramadan is the one who takes care of almost everything.

The food that he chooses to serve is not at random, but in fact, part of his culture. Al-Ramadan and his family moved to the United States just four and a half years ago. He chooses to serve the food that he loves and wants to share with the Omaha community.

The pandemic has still taken its toll on Zaytuna. Al-Ramadan expressed that he knows business would have been better if people were able to go out more often, but he is still happy with how his food truck has done.

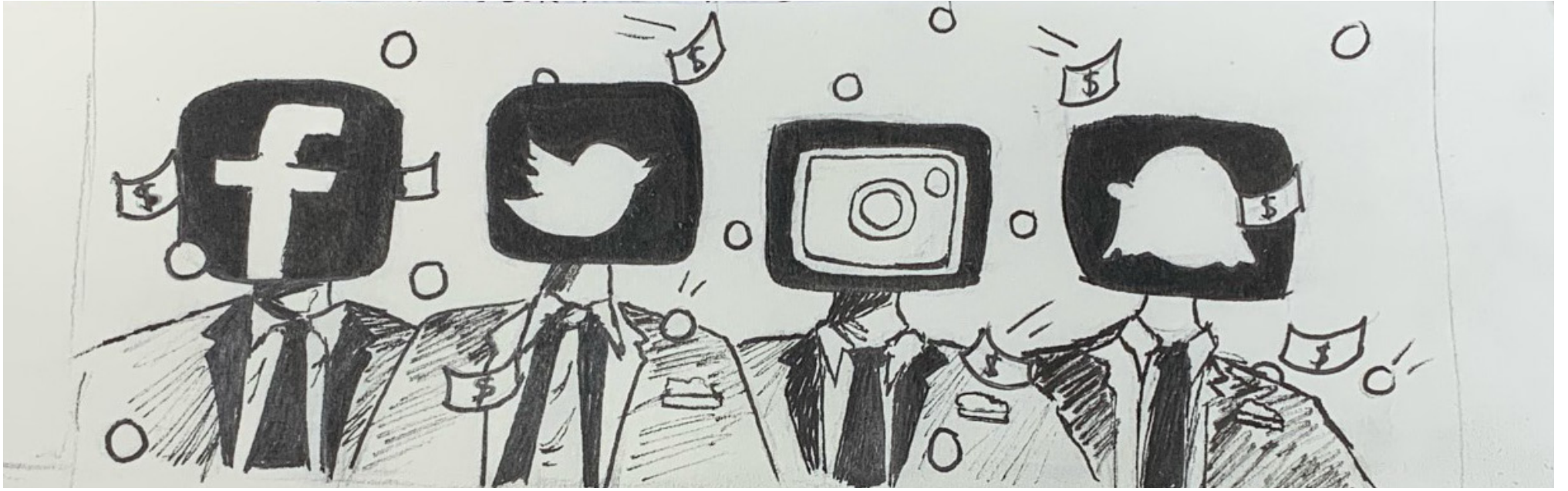
During this time, it is important to keep small businesses in mind. So, anyone can visit Al-Ramadan at Zaytuna, parked downtown at 13th and Howard. He is there almost every night until 2 a.m.



Top right: the Chicken Shawarma is the most expensive menu item, ringing in at only \$9.00.

Top left: The Gyro is one of the most popular items on the Zaytuna menu.

Photos Courtesy of Ahmed Al-Ramadan

Contributing Cartoonist **Samantha Shaw** inspired by **Jeremy Cisco**

## Social media corporations profit off of user addiction

**Jack Drobny**  
staff writer

As 2020 came to an end, we began to see brand new frightening statistics. One shocking prediction from Statista is that social media corporations in the United States are projected to make more than 50 billion dollars from its users in 2021.

Yes, this is the harmless social media that we use to avoid conversation and eye contact with people in public places. How could companies make 50 billion dollars off something so free and entertaining?

Social media has ads of course but that can't generate that much profit, right? Actually, it can if people spend more time on social media every day. According to Statista, people's daily social media usage time was 126 minutes in 2016, 135 minutes in 2017, 142 minutes in 2018, and is steadily increasing with time.

The world is expected to reach 3 billion people on social media by the end of 2021 as well, meaning more and more profit for companies. However, these are not the only fronts that they are gaining from.

Social media ad impressions are increasing by around 20% every year, meaning that more

people are seeing ads. Even YouTube increased the number of ads that they show during ad breaks and even between videos last year.

More and more people are seeing ads on social media, and one would think that this would deter users from those apps and drive them to apps with lower ad counts. However, there is and has been a collective push from social media companies to make a higher profit.

Social media has become more addictive, entertaining, and attention stealing than it has ever been. Ads do not matter when the user is so hooked that seeing ads during their experience is preferable to setting their phone down.

The social media market does not care about its users. It exists only to make a profit and to weed out smaller companies that could steal profit from the larger ones, and then destroy them. The user is the product being sold to advertisers, and there is a surplus of products.

Social media companies rake in a huge fortune at the expense of normal people who just want to look at cute animals. It distracts people from the real world and real relationships, unconsciously dividing us.

These new statistics from Statista show how terrifyingly far social media has entered our lives, and how much large corporations make from its users.

## Organization helps single mothers find success

**Sam Joyce**  
contributing writer

“There was one woman who is making probably three times my salary now. When she came in and she was really struggling, and [after] we wanted to use her as a success example, but because now she's really high up in the food chain at [company] she says ‘I can't have people know that I was a train wreck now that I've got this position of authority,’” said Julie Kalkowski, executive director of the Financial Hope Collaborative.

The Financial Hope Collaborative (or FHC) is an organization aimed at helping people in these types of situations by offering financial education, financial coaching and avoiding predatory services, among them being payday loans. Their main program is the Financial Success Program for single mothers.

“It's not just the curriculum, a lot of times single moms have been pretty beat up. Some physically, but a lot emotionally. . . I say if you're having trouble with your money, you're a normal American. We normalize being stressed about our money,” said Kalkowski.

One major motivation behind the organization is how better off kids who grow up in homes where the parents have savings and the family owns the house; kids who grow up in a house their family owns are much less likely to drop out of high school, get involved in the juvenile justice system, or to become teen parents.

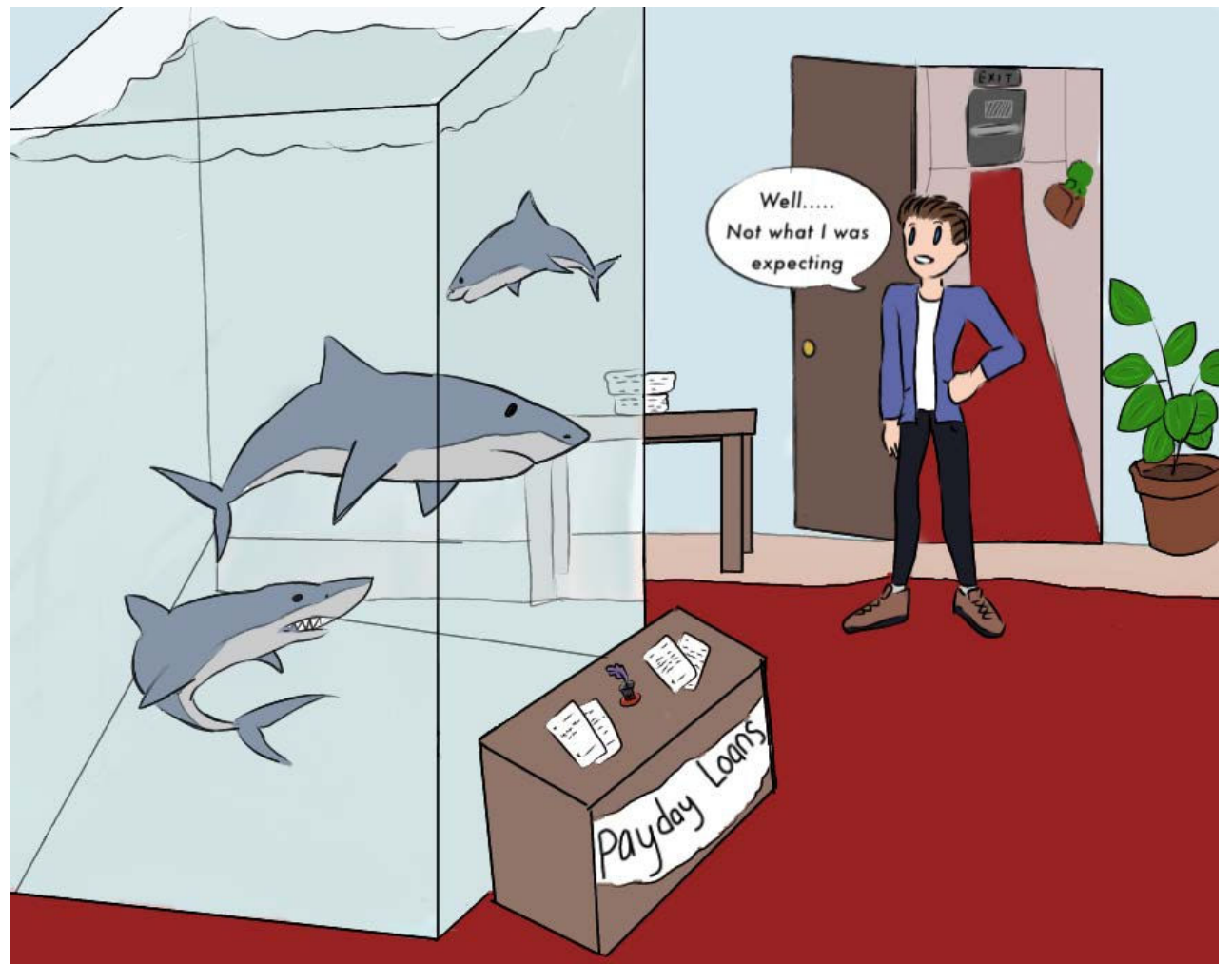
“I was trying to figure out, how do we help people in North and South Omaha develop assets because that is what seems to be a vaccination from those kinds of troubles in your life,” said Kalkowski.

In many low-income families, the need for payday loans is serious. It is difficult to cover day-to-day expenses on minimum wage, causing many people to work multiple jobs or turn to payday loans to stay afloat.

“Forty percent of the lowest paid workers in Omaha are paid an average wage of ten dollars and nineteen cents an hour. Most are jobs don't have benefits because they work just few enough hours to not be needed. And they get into pay day lending because they don't have any savings, and they often have poor credit reports. So, they can't go to the bank or a credit union and get a personal loan or any kind of loan,” said Kalkowski.

The Financial Success Program is nine weeks of in person training (currently online due to COVID-19), with both dinner and childcare offered. After the several week program, the mothers are given another year of one-on-one financial coaching and work to set financial goals.

“If you say ‘Oh I can't go get coffee and a muffin over break’ because it's too expensive, four or five dollars a day over a week, that's twenty-five dollars. That's quite a bit of money for a lot of

Contributing Cartoonist **SEN MYAR**

these families” said Kalkowski, “If you're saying no to that, what are you saying yes to. You're saying yes to a better credit score so you can get a better apartment, you're saying yes to paying off debt so then your credit score gets better.”

The program especially helps with debt, well beyond just paying it off. The program teaches people how to deal with debt collectors, improve their financial situation, and avoid payday loans in the future.

“We work with a lot of hospital systems to mitigate medical debt too,” said Kalkowski.

Kalkowski always evaluates the if and why the program works. She used to think it was because the mothers often grew up in bad financial situations themselves and with all the problems that come along with it. They would decide to enroll in the program because they want a better life for their children. Then they would see other women who had gone through the program being successful, and that would motivate them to work at it.

“We know it works now because we ask them before they start the program, ‘How many shut off notices did you get? How many late fees? How many overdrafts did you had? How

many utility shut offs? How many evictions?’ and the comparison is that there is a significant drop in detrimental financial behavior,” said Kalkowski, “We know they get significant increases in salary, in promotions . . . so that's how we know that it's working.

The program continues to evaluate benefits outside of financial ones, such as improved mental and physical health.

“We just completed the first clinical trial in the entire country to ask ‘does the financial education, financial coaching and intervention improve the health outcomes of low-income single moms?’ We got a lot of good data on that, but it has to be published in a peer reviewed journal, then we can talk about the fabulous outcomes,” said Kalkowski.

“They have hope, and when people have hope they can change their behavior,” said Kalkowski.

## North Omaha Area Health clinic (continued from page 1)

Darby gave an example of diabetes care, which has two broad classes of medication. One is cheap, costing about four dollars a month, but if that doesn't work, a patient has to use the second type, which could cost anywhere from two to three hundred dollars a month.

"So, imagine making a decision, literally, between rent and diabetic medication," Darby said. "And if you're a single parent, is it rent and my children's food too? Those are realistic decisions that people make every day. If we can somehow manage that as best we can, if we can help connect them to resources where they can get the care they need, and free up that much money for them, that's great."

Darby also says that if they can do something to prevent a patient from getting diabetes in the first place—like helping them lose weight—that's even better, because it will save them even more money in the long run.

Darby points out that this isn't a new form of care. Doctors have known how to treat diabetes for years, but the difference is that they haven't provided that treatment to this group of patients in North Omaha, or to other minorities living in poverty around the country.

Throughout his years at NOAH, Darby says he's seen this kind of care have a direct impact on people's lives.

"There's a patient we see," he said, "When he came to us, his blood pressure was skyrocketing, he was overweight, he was drinking a lot of alcohol—a case of beer a day sometimes—and

he was smoking a lot of marijuana. He was depressed and couldn't hold down a job."

NOAH worked with him over the next two years, helping him to get healthy. And now, Darby says, the patient has really taken control over his life.

"He hasn't had a drink in the last six months, his blood pressure's under control, he's exercising, he's lost weight, he's holding down a job, and he's re-engaged with his family," Darby said. "Now, I would say that ninety percent of that is him, but if you asked him, he would say that ninety percent of that is us. But we became a place where he could learn what to do, and then come to us and try to get an update on what was going on. And we have cases like those all the time."

Darby says there's still more that NOAH could do, especially if they had a bigger budget. At the moment, they're open twenty-five hours a week, but they'd like to be open full-time. They'd also like to hire more people in the community, who could do some outreach for them.

"There needs to be some door-to-door health programs, which are done very well in other countries," Darby said. "Like in South America, there are members of the community who are trained to go door-to-door and educate people on very specific things."

The value of this is that it gives people an easy way to reach out to a health professional who can provide them with some simple care without an appointment.

"You might be more likely to go to them as opposed to, say, a physician," Darby said. "I do a lot of care myself by just walking up and down the hallways. People see me and they can ask me questions. Having people who are accessible really makes it easy to get that kind of care."

This would be a great way to provide healthcare in the future, but these are more long-term goals that will be approached later on with more funding.

"We can always do more," Darby said. "But our philosophy has always been: focus on what you can do, not on what you can't. We just want to make our little corner of the world healthy."

"The fact that we're not discussing how to have safe sex is an inadequacy," he said, "I also think that, on the other side, to teach people not to have sex if they don't want to. There are many young people who don't want to have sex—and there's a tremendous pressure to have sex. There has to be a balance, and to do that in a large public school system, to balance all those competing interests, is hard."

Although STD testing is an important thing that NOAH does, it's not all they do. They also offer primary care, mental health counseling, and diabetes education, and if they can't provide the care a client needs, they'll do whatever they can to find another way to get that client care.

## Teen activists deserve more recognition

Ella Levy  
contributing writer

Teen activists bring issues into the light people have forced under the shadows. They are proud to speak up and are proud to share their messages with the world. Teen activists demonstrate the fact anyone, big or small, young or old, can make a difference. They are the superheroes of the real world, doing the work others cannot, possessing the courage others lack.

### Start of Involvement

Central High School sociology teacher, Casey Denton, knows "promises that have been made to grandparents that have yet to be fulfilled," fuel the teen activists of generation Z. She describes this generation as "more aware" and "more involved." She says this generation has never lived in a time where the world was at peace. Daisy Friedman, Central High senior, is one who cares and has decided to make a change. She knows things have been done in the past, but change is still to come. She says, "We look down on the generations who didn't make change." She has a drive to be part of that change and make a difference. Teen activists are forced to look at the world around them. They see through its blind beauty and look deeper than the surface. When one decides to do this, they will find themselves consumed with shame because of all the hate, cruelty and coldness they discover. An activist decides to make change because they have seen the world without its mask, they have seen what truly lies beneath. Instead of swallowing the guilt, like others have chosen to do, they grow from it. They do not let that guilt control them; they control it. This is the start of involvement.

### The Role of Social Media

According to ChildLaborHastoStop.Weebly.com, "Teen activists are brave adolescents who use their voices to stand up for what they believe in." In today's period things are done differently because of social media. Social media is a way to spread information fast, without having to reveal your identity. It is a way to put information out there and can even be a way to bring change. "It's not enough just to think about it... for any change to be made you need people who are really committed," Friedman said. Social media is a way to act for these teens, stay committed, and express what they are passionate about. Denton says the biggest difference with this generation and hers is social media and the way this generation uses it. Generation Z uses this difference to their advantage. They involve social media in their journey to change the world. Getting likes, having followers, and posting a picture one looks good in is not the most important thing anymore. The most important thing to generation Z is making a change and using social media to do that. Teens these days find themselves consumed in social media along with many other ages. Social media can be the best way for some to gain a platform and bring awareness to problems of the world. On social media no one can tell someone to sit down because they are too young or old to have an opinion. Anyone can be someone they are not on social media and generation Z has chosen to use this power for good.

### Loss of Stamina

Teen activists notice the world around them and work hard to change it, but why has change not been made in the past? "As people get older, they start to think a lot less about the world around them and more about themselves, their path... family, career," Friedman said. "They start looking internally rather than externally." Friedman compares her generation to others before her and knows they once held the same special light we stand in now. "I think with every generation there has been activism and movement." She gives examples such as the 60s with anti-war and the 70s with feminism. Denton teaches the power of privilege in her classroom and refers it to age. "As we get older, we get comfortable with the way things have been and our position in society we want to gatekeep that." An article by Psychology Today, explains "most any kind of change can be scary because to some degree it is an entry into the unfamiliar and unknown." "We become more resistant to change especially if we think it has the ability to impact us and make us uncomfortable," Denton said. Fear of change can start in early adolescence. People are aware of social issues and fight them even if they are afraid because they still have a side of fascination driven by curiosity. Later when people realize what is important to them and what they care about they begin to put their energy into that and might even resist issues because of the change it may bring to what they care about, whether it is family, career, or even an opportunity. "There are a lot of things going on in the world people just expect, they say it is what it is and I think in order for stuff to happen people need to really care." Teen activists want change to come, not because they do not care but because they care, it is who they are. They want to bring change to the lives of others because they believe it will benefit them and is the right thing to do.



LUCY MASON Contributing Photographer

People march with signs as they participate in a women's rights protest downtown.

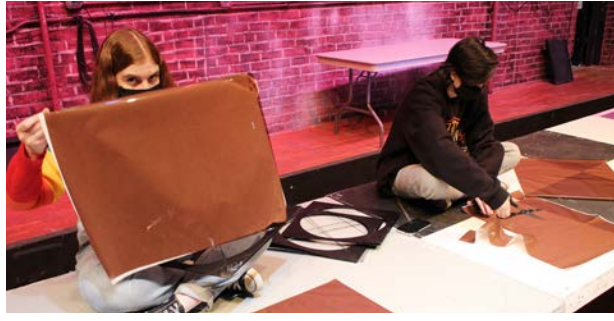
### Believe

Some think the dreamers of the world lie within the people who do not know the world and are yet to find the misery it holds. Teen activists are the real dreamers of the world. They dream of a world with peace and equality. They dream they can make that world a reality. Through this they believe they can make their dreams come true; this is their fairytale. Growing up through change they seek it out. They believe things can change for the better and are not afraid to show that. "You see the potential for what could be," said Denton. They speak up, deliver speeches, and hold protests for what they believe in. Every activist is fighting for a cause if fighting for a cause they believe in. "You believe that you can be the change you want to see in the world... that belief is so powerful, that is what is going to change the world," Denton said. But they must believe to succeed. Otherwise, they will stop fighting and will forever possess meaningless messages and empty promises. There must be believers in this world for any change to ever be made. Teen activists believe they can make the world a better place and believe change is possible. They are going to fight for what they believe in. Daisy Friedman believes in herself and the world around her. Casey Denton believes in her students and what she teaches. Friedman believes in her message of seeing something wrong in the world and doing something about it instead of waiting for someone else to. Denton believes in her message of being aware and thinking critically.

### The Generation of Changes

The world is a place of change, but some do not see it that way. This generation consists of teen activists because of "the realization of all the unkept promises, the realization of what could be but what isn't," as stated by Denton. Denton explains the idea she sees in her classroom these students are passionate about every day. "The idea of equity... the idea people deserve basic human dignity and equal access and opportunity to peruse awareness, their identity." It is human nature to follow, this popularizes certain things. "The status quo is to go against the status quo," Friedman said. "More are aggressive to speak out and if you do not, you're considered wrong." "Every generation thinks they have the answer," Friedman said. "We could be the last generation with a chance to make change." "Instead of shutting out the past and trying to reestablish how to do it right we all need to start listening to who came before us and build off of that." Teen activists are the people of the past, present and future all in one. They possess fuel from the people of the past pushing them forward. They make changes for the people of the present and find fulfillment in doing this. They work hard for the people of the future and make changes now, so the future does not have to worry about living in the world they do. They feel responsibility for people of the past, present and future to make things right. They make changes in the world when the people of the past have failed them, the people of the present refuse to, and the people of the future cannot. They are teens living their life, creating a better world along the way.

# arts & style



LUCY MASON | Contributing Photographer

## ROAD SHOW MAKES CHANGES

Road Show directors and performers are forced to make changes this year. The production crew is learning how to adapt to Covid restrictions.

Elena Correa  
staff writer

Road show preparations and practices for the 2020-2021 school year, following auditions in early March, will kick off as soon as students return from spring break. This year's Road Show performances will be different from previous years, now that staff and performers are forced to tackle restrictions due to the coronavirus.

Technical Director, Holden Fershee, informs that Road Show will be streamed live on video this year because the audience will not be in person in the auditorium to watch the acts. No one will be in the house this time around except stage workers. There will also be no admission fee.

The acts have changed too. Normally acts would be separated into four groups to rehearse and practice in different blocks. Now the acts will be separated into two groups, turning what is usually a two hour show into just one hour.

Striv equipment, used to broadcast school athletic games, will be used in the production. Some Striv workers have joined roadshow crew, like Cecilia Zahm, who will be switching between different shots on camera for the performance. "They've never recorded it like this before...they've never even filmed it while there was an audience, so we are just kind of making it up as we go. It's kind of new to everyone," Zahm said.

Everyone will talk through headsets, which is usually the standard, to avoid close interaction. She explains that she's heard that there will be designated days for each practice group. "They can't mingle to my understanding."

Sam Eckler is the Stage Manager for the show this year. "My job is to make sure the show goes as smoothly as possible on the technical side, I'll be practicing transitions with the stage crew and figuring out where certain stage items will be placed. I'll also check up on all the crews and

their needs for the show." During the night of the show, Eckler will be behind the scenes giving out cues for scenery and other technical aspects to move for the next performance and take things off when they aren't necessary.

Eckler says that in order to keep germs from spreading, everything is sanitized and assigned to certain people. These items are things like walkie-talkies and other sound systems. He also says that mask wearing is important. "We are trying to make sure we are doing this as safe and secure as we can while also having fun," Eckler said.

Even though the show this year will be live streamed without an audience for the safety of others, the fun of the show will still be kept alive with MC's who will lead the shows as hosts.

Assistance Stage Director Mikaela Estelle will be helping the Director and Stage Manager in any way she can for this production. "I make sure the performers are ready and prepared while also helping make some decisions and problem solve. I help the tech crew by cleaning, preparing, organizing and anything else I can do. Basically my job is making sure everything runs smoothly and everything is organized," Estelle said.

She works mostly with the Stage Manager, the Director and the performers. She imagines she will have to remind people to follow Covid precautions, which means a lot more redirecting. Estelle also expects that she will probably have to lend a few more helping hands and do a lot more problem-solving, because attendance might worsen and there will be less crew members than last year.

Because practices will not start for the production until the end of spring break, the staff doesn't know exactly what new problems await them.

"I don't know exactly what struggles [we will face], but I know that if any problem appears [anyone] will be able to rely on any member of the tech crew to help find a solution," Estelle said. "We have always worked as a team and will work harder especially during these times."

## Hurts Donut lives up to hype

Caroline Festersen  
contributing writer

Everyone loves a good and fluffy donut, but what about the twists, such as loading it with cereal, Oreos, different fillings, etc.? Well, Kas Clegg's Hurts Donuts came to Omaha less than a year ago with their unique, crazy, and flavorful creations. Ever since the Donut Professor Shop closed, the city has lacked in the Donut realm, until now.

When first walking in, one is greeted with the super-cool interior décor including swings for seats, kitschy signs, a beautiful display of the donuts themselves, rustic looking tables, and most of all, the freezing-cold air conditioning. It is like stepping into a world of sweets: every little kid's dream (Which is nothing compared to the old and scrappy curb appeal it has from the outside strip mall).

Nonetheless, the inside is what counts, right? Plus, the cool air was just enough to waft the fresh smell of donuts right as the door opens. Next thing one can immediately notice is the menu. From ceiling to floor, old people (or just people in the extremely lengthy line) will never have a tough time reading the specials for that day.

The selections include a "Hurts Dozen," where the workers can choose any dozen of donuts to accurately display the versatility of their

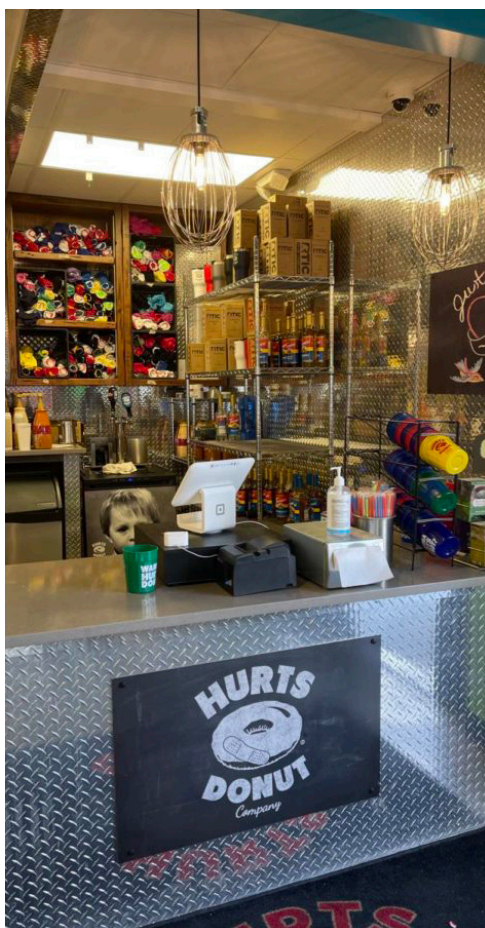
items. This was helpful when deciding the right ones to get out of the seemingly millions of donuts in the case, as to not get overwhelmed. Amazing idea!

When ordering the Hurts Dozen, varieties of cake donuts, fried donuts, filled ones, fruity ones, chocolate ones, and just about anything one could imagine was put into this box. Some favorites: the "Cookie Monter Donut," which lived up to its name, with the intense blue frosting and cookie crumbles, the Snickerdoodle, and Samoya Girl Scout. A+ for presentation.

Although it was nothing compared to a personal favorite, Voodoo Donut in Portland, Oregon, Hurts did set up some big competition for the locals.

Finally, the service. It was unbelievable the amount of patience behind the counter as customers, each one ruder than the last, approached. They stayed professional as people made snarky comments, cut entire lines, tried to take back already handled donuts, etc. Despite the horrendous manners of some of these people, the service was relatively fast. The option to pay online was a good way to get in and out quick, especially because of the pandemic.

Overall, Hurts Donuts was a fun, cute, and creative donut shop that should not be overlooked. The varieties of flavors, cute interior, and respectful workers all work together to make it a relaxed environment.



PAIGE TERRY | The Register

Hurts features a wide selection of donuts in the display case. Paired with the kitschy interior and fresh aroma of baked goods Hurts is located on 120th, south of Blondo.

# REGISTER REVIEWS

## Sia's new movie "Music" greatly misrepresents the autistic community

Daisy Friedman  
editor-in-chief

"Music," the film directed by the critically acclaimed singer, Sia, has been receiving backlash even before the previews were released. "Music" follows the relationship of a previous drug addict Zu, played by Kate Hudson, who becomes the soul guardian of her autistic half-sister, played by Maddie Ziegler.

The description alone encapsulates the main problem with this film: Music, an autistic character, is not played by an autistic actress. In recent months, there has been a call for representation of the disabled community in stories that center around the disabled experience. In that aspect, the film fell flat.

The film opens with Ziegler dressed in elaborate yellow clothing making caricature-like gestures and expressions. This paired with the loud music and bright colors is supposed to encapsulate the inner world of an autistic child. In reality, this opening scene is a nightmare

for anybody with sensory issues.

Although I don't believe that it was Sia's direct intention to mock the autistic community, Ziegler's portrayal of Music is simply compiled of over-exaggerated actions that are often used to mock autistic kids. Not only this, but the movie's depiction of Ziegler being held in a prone restraint while having a meltdown is dangerous for the autistic community. Those kinds of things kill autistic kids every year.

Aside from the blatant ableism of the film, the writing is terrible. Zu's storyline of her drug abuse being transformed by caring for Music isn't moving, it's unoriginal.

Every few minutes, there's an elaborate, colorful dance sequence, accompanied by music written by Sia, that is supposed to show Music's inner thoughts and how she's responding to the outside world. These are unnecessary, and take away from Zu and Music's already empty storyline.

To me, this film just feels like one big marketing tactic to get people interested in Sia's music again.



## On the hunt for Omaha's best coffee

Shyla Youngs  
staff writer

Coffee shops were popularized in the United States in the mid-17th century, and still remain a large component of American society.

This is obvious in the numerous coffee shops located all over Omaha. With a wide variety of coffee shops to choose from, I wanted to see which one has the best overall quality. Here's what I found...

The first location I tried was Zen Coffee Company, which is located near downtown Omaha a couple blocks away from Central. Zen Coffee Company has a broad assortment of drinks on their menu, along with small desserts like cookies and scones. The prices are rather high and can range from \$2.50 - \$7, but most end up being on the higher end.

My favorite item I tried off the menu was the hot latte, with vanilla and almond milk. If you like sweeter coffee, you'll really enjoy this drink. You can't go wrong with getting a traditional coffee off Zen's menu; they all have a flavorful taste as well as an appealing look.

Another drink I purchased was a strawberry smoothie. I would not recommend getting these. It cost \$7.00 and tasted like a basic smoothie. It's not like it was bad, it was just ordinary and there wasn't anything special about it. You could make this same drink for cheaper at home.

Overall, between the drinks I tried and the atmosphere, Zen Coffee Company wasn't as good as the next two I tried. I had high hopes for this one and was disappointed with my experience.

I enjoyed everything about Archetype from the ambiance and location to the drinks themselves. Archetype is located in the Blackstone district so there's plenty of

other things do in the surrounding area.

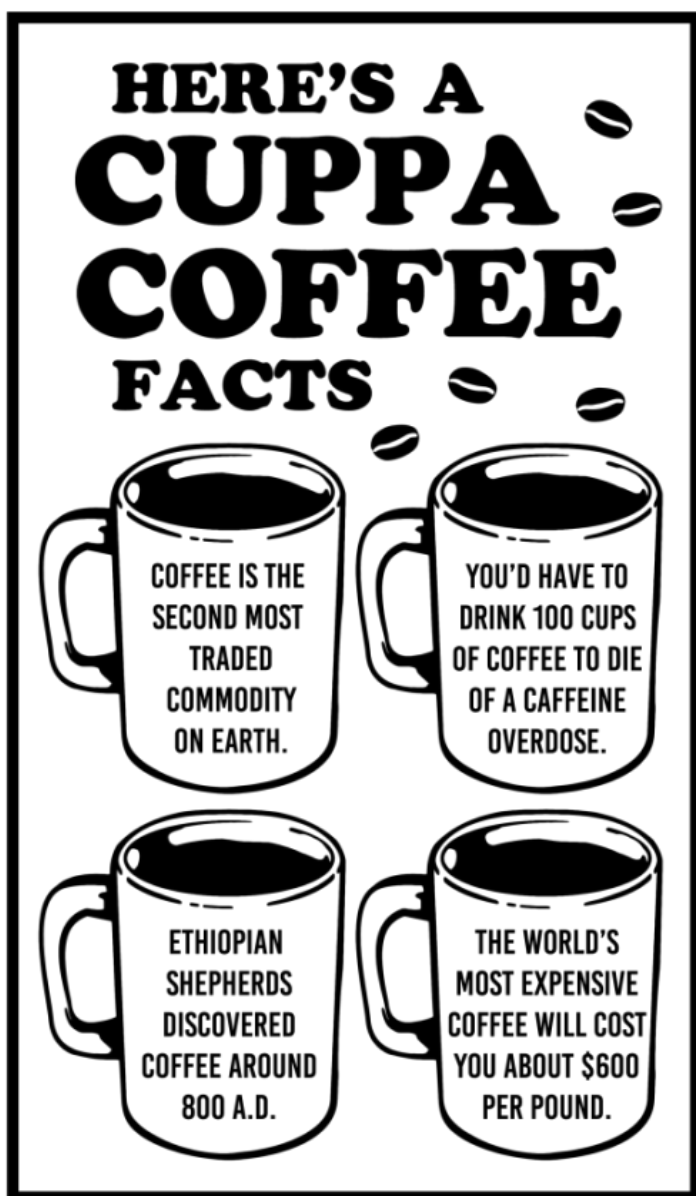
The menu has a lot to offer. Along with drinks, they have a bakery, and the prices are extremely affordable.

The first drink I ordered was a regular americano. I didn't think I was going to like this drink but I really enjoyed the taste. It was only \$4 for a medium, and it was definitely worth the price. I also ordered an espresso which was very reasonably priced too. Both drinks were delicious, and I enjoyed them more than Zen's drinks.

The workers were extremely friendly and the coffee shop is quiet enough to relax or to get work done. This would be a perfect place to study with friends. Archetype gets the stamp of approval.

The last location in my journey was Dundee Double Shot. The atmosphere was so homey and welcoming. The workers were also extremely kind and patient. Dundee Double Shot definitely has the best atmosphere and the prices are reasonably priced too. Dundee Double Shot's menu had a broad assortment of drinks and other food items to enjoy. I ordered an italiano and was very impressed with how delicious it was. It was probably one of my favorite things I ordered at all the locations and it was only \$3.80.

I also ordered a hot chocolate, which I was hesitant about because I don't like really sweet drinks, but it was so delicious. It's the perfect drink for this time of year. I will be returning to this coffee shop because of all the tasty drinks and the atmosphere. The location is also a huge plus of this coffee shop, because there's so much to do in the area.



EMMA WHALEY | The Register

## New episode of Euphoria sheds light on new characters

Grace Ridgley  
staff writer

Just a month after the release of the special episode for Euphoria that focuses on Rue, HBO came out with a second bridge episode for the coming season. The entire hour of run time was focused solely on

Jules, another main character in the Euphoria universe. This episode was important to the show's development because for the first time, audiences can see events through Jules' eyes instead of Rue's. Like in the previous bridge episode, the structure of the show was Jules speaking to someone about the events of the past and her plans for the future. The show delves into topics about Jules that the first season hardly touched on.

Because Rue is the narrator for Euphoria, many of the events that are shown on the screen are skewed by how Rue is perceiving them, therefore making her an unreliable narrator. By the end of the first season, Jules is depicted as somewhat of a villain because of her actions, but what audiences did not know was what she dealt with personally. Thus, by making this episode from Jules' point of view, watchers can understand more about each character.



In addition, the cinematography within Euphoria, and especially within this episode, is phenomenal. They use lighting to show emotion and even play with the setting to create a real and fake universe within the characters' minds.

The heavy subject matter that this show touches on is once again brought to life through Jules' experiences. Directors mention issues like femininity and sex for someone who is transgender: something that almost no television show has even come close to doing.

Euphoria is ambiguous for a teenager who decides to watch. They can relate to at least one character, but Jules' special episode is still the most powerful yet. The writers did the best job possible in crafting her into a complex character. This look into her struggles made the show even more incredible.

While Euphoria is groundbreaking, it does have topics that can be triggering for audiences. This is a show that all teens should watch at least once in their life, but it should not be taken lightly.

The consensus on Jules' episode is that Euphoria hit the mark. These two special episodes were both important to developments for individual characters but also the show as a whole.

# opinion

## TO BLOCK OR NOT TO BLOCK?

### Possible block scheduling could be positive change

Elena Correa  
staff writer

Block scheduling will be implemented next year. Although there are drawbacks, block scheduling can create many potential opportunities for instructors and students to benefit.

Several students agree that they do not like block scheduling. This is because they feel unmotivated to finish all of their assignments each night when they have an extra day to do them.

But an extra day to relax and plan can be a good thing. Block periods can create extra days to study for tests and the ability to focus on less subjects every night. This increases the time students can spend working on one subject as well, because they have less to do, and they may understand the material and perform better.

Because block periods allow students to do less homework every night, school might feel more manageable and less overwhelming. This schedule also makes it very easy to plan out the week when juggling extracurricular activities, home life and assignments. When something comes up unexpectedly during the day, the flexibility of block scheduling lets students be flexible too.

Should students want to have work done for all their classes each day, block periods will give them the opportunity to get work done early or turned in before the due date. For many students, this could be stress relieving. Also, depending on the teacher, more time in class will be available to finish work, freeing students of homework in the afternoon to work or engage in their personal interests instead.

“...block scheduling is capable of forming countless new opportunities...”

A block scheduling routine will benefit teachers too. Classes will be longer so more content can be covered in further detail. Lessons and instructions will not have to be kept short to save time, so teaching can be more in-depth and more time can be taken to answer questions.

Accelerated classes will also be able to cover more content, meaning instruction can be less condensed and rushed. This will help these students learn, absorb and comprehend the material given to them.

Teachers can hold longer class or group discussions as well. Longer class periods will ensure that discussions won't be cut short and more students can talk. Teachers will also be able to host thorough dialogue that can cover a broader range of topics.

Central is still facing uncertainties when it comes to introducing this new schedule into the school. The transition poses many difficulties. But block scheduling is capable of forming countless new opportunities for learning, teaching and student life. Overall, block scheduling at Central High School presents undeniable benefits for staff and students.

### The district academies will not benefit students

Shyla Youngs  
staff writer

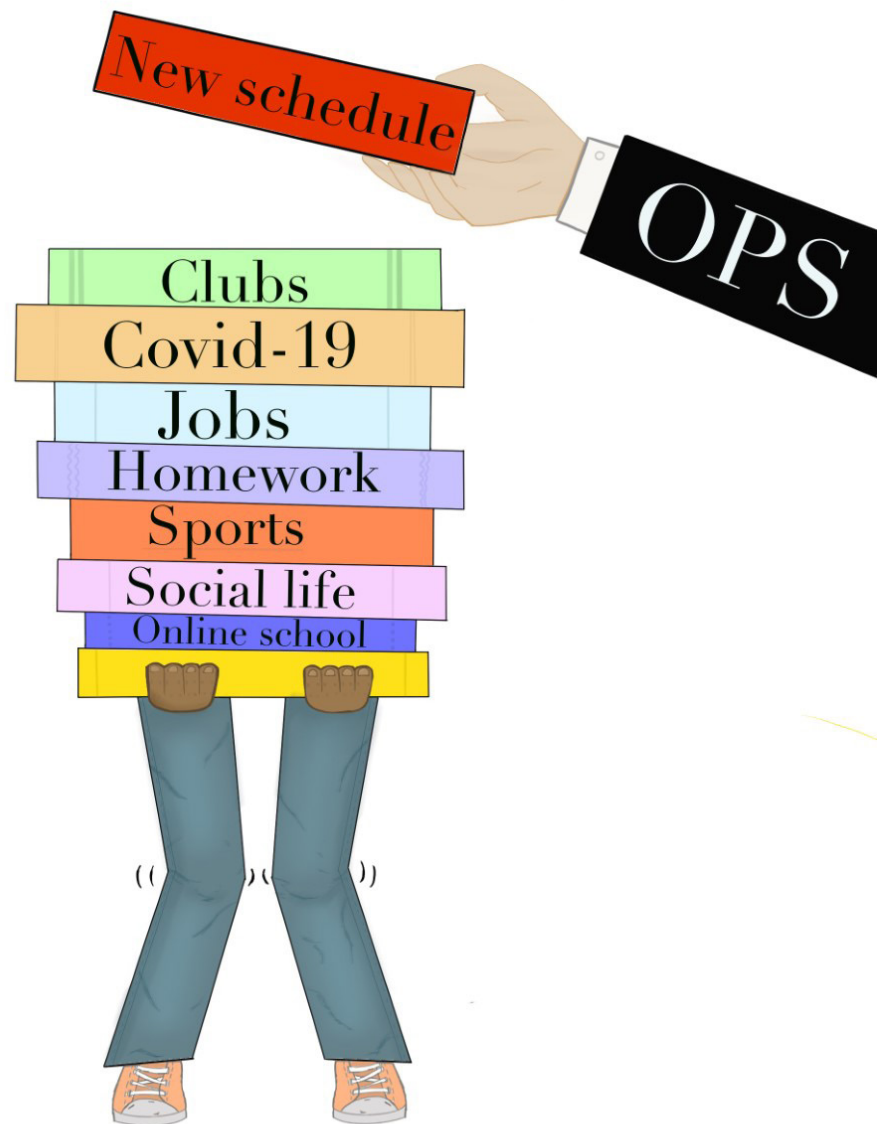
The school district is going to implement academies for each high school in August. Central's two academies will be leadership and performing arts. Including both of these, 16 pathways are available for freshmen to choose from.

The school district is going to implement academies for each high school in August. Central's two academies will be leadership and performing arts. Including both of these, 16 pathways are available for freshmen to choose from. Some of central's pathways consist of the band pathway, costume design pathway, journalism pathway, and teaching as a profession pathway. These are only 4 of the options the school offers. Freshmen will be required to take a seminar to better help them make a decision.

Essentially, these academies are curriculums designed to help students decide which career field they want to pursue.

The academies at each high school present many more problems than benefits. It's forcing young students to make a huge decision that will impact their lives.

Not only are our students forced to make a huge decision, but their options are very limited



ELLA NOVAK | Contributing Cartoonist

### Block scheduling limiting for students

Cecilia Zahm  
staff writer

It was recently announced to students that block scheduling will be starting next year at Central. The plan is to separate classes into two alternating days with four periods each and a built-in lunch. This new schedule is an unnecessary change that limits students and teachers.

Students have already had to face numerous changes to their daily life because of the coronavirus pandemic. In the past year, students left school and were required to learn online. Not only this, but we have also had to switch schedules several times on a moment's notice. This includes starting online school, changing to the three-two education model, switching back to remote learning and now going back fully in-person. To say this year has been overwhelming for students is an understatement.

The last thing that students need is another sudden change to our daily life. Block scheduling could not have been announced at a worse time.

Personally, I have not heard even one of my classmates or teachers say that they wish we had block scheduling. Why waste so much time and energy to make a schedule change that no asked for? All of this effort should be applied to another

place, like taking steps to improve student's mental wellbeing in such a stressful time.

Block scheduling is also worrying because it cuts the number of classes down from nine to eight in order to make room for a lunch period. This may seem good at first, but in reality it takes away the opportunity for students to take an extra class. Currently, many motivated students choose not to take a lunch or study hall in order to pick up an extra class. The new schedule cuts out this choice, which will force students to take less classes.

The reason block scheduling is being implemented at Central is so that all OPS high schools will run on the same schedule. This standardization is unnecessary, and I struggle to understand the actual reason why OPS high schools should run on four period days.

Additionally, the fact that Central has a traditional schedule is one of the reasons many choose to attend this school. Making Central match all the other schools' schedule gives students no options to choose what they feel would be the best fit for them. Central should remain on a traditional schedule. It's what makes the most sense for us. And in year were student's lives have been constantly changing, this change just feels like another hindrance for us.

depending on the school they go to. This means that if an academy is more popular at a certain school it could become overpopulated. We already see these issues at some schools in the district without the academies. For example, we see this at the overpopulated Omaha South high school. Another consequence of this program would be increased segregation in school populations. The district has declared that students on free/reduced lunch will not be eligible for busing to and from school. Not only does this force students into committing to further limited career paths they might have no interest in, but low-income students will also be forced to choose from very few high schools. This segregates schools by both income and race in a city already notorious for a segregation problem.

High school should be used as a time for self-exploration and discovery. Forcing a 14-year-old to decide what they want to do with their life is not only unrealistic, but unfair because it robs them of this experience. High school kids deserve time to learn who they are and what they want in their lives and, most importantly, time to be children. This decision is an incredible responsibility for a child who doesn't know who they are or what they'll want in 20 years, as well as a strain on the creativity of the teenage experience.



## Senior's antisemitism experience in school

Daisy Friedman  
staff writer

Earlier this week, The Omaha World Herald reported that a teacher at Westside Middle School had written a Hitler quote on the board for the quote of the day. When I heard about this, I felt a sense of trauma and pain far worse than I did seeing the shirts that read "Camp Auschwitz" and "Six Million Wasn't Enough" during the insurrection on Jan. 6. It felt like the antisemitism was happening directly to me, because it had, just a few years earlier.

I've been a part of the public education system since elementary school, and went to school a predominately white, Christian district before coming to Central. I can speak from personal experience that this is not an isolated occurrence. In 7th grade, I was retelling a story from Jewish summer camp to a group of friends before class, and before I was done with my story, one of them interjected.

"What's the difference between a Jew and a boy scout?" he said.

I played along. I remember my voice quivering, dreading what was to come next.

"The boy scout comes back from camp," he said, chuckling to his friends.

I laughed, feeling a pit form in my stomach, but only for a brief moment.

It's not like they're talking about me personally, I thought.

By the time I got to high school, I had forgotten about the antisemitic joke entirely. Mostly because there had been a multitude of others since then, and partly because I really believed it was no big deal.

One day during my sophomore year, I was eating lunch when a boy spotted some change on the ground and tapped me on the shoulder.

"Don't you want to pick it up?" he asked.

He paused a second.

"Isn't that what Jews do?"

I laughed once again, as I felt little parts of my Jewish identity being erased.

The comments started to feel more truthful than hurtful. If students were being taught this behavior was acceptable,



OLIVIA GILBREATH | The Register

maybe I was the problem? I started to be more conscious about the money I spent around my peers. Never too much, but never too little. I started to grow more distant from the Jewish community, too. It helped put a wall up between the antisemitism and my personal identity.

I never thought of telling anybody about the incidents I had experienced, because it did not feel like it was urgent enough for anyone to take notice. I figured that if anything serious were to happen, someone would intervene. I was wrong.

There were five minutes left in my AP Human Geography class and I was scrolling through Instagram when suddenly I got a text.

"Töten die Juden," it read. Unable to believe what I was reading, I ran it through an online translator. "Kill the Jews," it said. My hands began to tremble, as if generations of my ancestors were shaking me awake to the severity of the situation.

It took a few weeks, but eventually I made it to a trusted adult's doorway to explain the torment I had faced. Once I started talking, I couldn't stop. I told them about how unsafe and powerless I felt in this situation that I had convinced myself was my fault. They sat there, staring at me. When I finished, they told me that's just how kids are, and I'll get through it. The room felt small. I felt smaller.

Now, with this new incident of antisemitism that has just arisen, the public education system has a chance to do things differently. It is imperative that students, teachers, and administrators don't let this go undiscussed because they are scared to be the first ones to discuss it. As a young Jewish woman, not only do I expect a seat at the table in fighting against injustice, but I implore others to start fighting with me.

## Workout culture both beneficial, toxic for motivation

Mackenzie Coughlin  
staff writer

Since the start of 2021, people have begun their fitness journeys to attempt to reach the goals they always wanted to achieve. The gym is a place that is only fun and entertaining if you make it, meaning you must be in the right mindset in order to see results and not get burnt out. This way of thinking and living can come with many positive and negative outcomes, which is the risk one takes when starting their workout habits.

The workout culture that can lead to a great relationship with the gym begins with how one perceives the gym overall. When you only focus on yourself and your goals, how you see the gym and what it brings you can lead to amazing results. It will give you a growth mindset and you will be confident in yourself.

On the other hand, the gym is one of the quickest places to lose confidence. Seeing all the fit people around you that are much farther ahead in their journeys can really set you back. It all comes down to your perception of the gym and how you handle the situation. Looking at the gym

as a place that is only for you and not for comparison will help overcome this negative thought that leads many to stop working out altogether.

Another make or break part of your gym experience is how much you work out. When starting to work out regularly, you get a burst of adrenaline and excitement to keep going. You feel as if your life is on track and you have a routine. Of course, it is amazing to build the habit of working out and staying on top of it, but distinguishing where to draw the line between a habit and rest can be damaging.

Working your body to the point of exhaustion will do nothing for you mentally and physically. Resting is equally, if not more important, than the actual workouts themselves. One might begin to feel guilty for taking breaks days at a time, leading to a damaged mental state all from something that was supposed to help.

Overall, there really are two sides to every story, even with an activity as simple as working out. Keeping a growth mindset and knowing that change is beneficial will lead to a successful time at the gym. The gym is a place that can quite literally change your life, but it is up to you to determine how it changes.

## Blood donations help community

Makenna Anderson  
staff writer

There's always been a need for blood donations. In fact, according to the Community Blood Center (CBC), every two seconds, someone needs blood. The requirements to give are very minimal.

In order to donate blood, you must be 16 and parental permission is mandated, but the pay off is worth it. Just one pint of blood can save three lives, according to the CBC.

Anyone over 17 can freely give blood without need of a guardian's permission. The whole process takes about an hour, with the blood draw only taking about 10 minutes.

Donating blood can also help you, not just people in need. The attendants first check your blood pressure and other things, as well as prick your finger to test your iron levels and other health factors. This mini check-up can make sure everything is normal in your body, and some people even discover they have things like high blood pressure through giving blood.

Most importantly, giving blood helps people in need. 4.5 million Americans will need a blood transfusion, according to CBC. The Community Blood Center also says about 1 in 7 people

who enter a hospital will need blood- all for a multitude of reasons. Cancer patients, sickle cell disease patients, and those undergoing heart surgery or organ transplants all need blood compatible with their blood type. When you give blood, you're helping someone survive.

I recently donated blood for my first time, and I plan on doing it again. It didn't take much time out of my day, and I never experienced any side affects. The nurses were all extremely nice, and you get free food! Donating blood is such a simple way to help your community.

Those who have had COVID-19 and recovered can make an even bigger impact by giving blood. The antibodies in your bloodstream can be used to aid current patients sick with the virus fight it off. The plasma from your blood can help save lives!

Donating blood takes little time, and all it requires is a driver's license, appointment, and a temperature check. If you're still unsure of what to expect, there are many helpful sites online that will walk you through the necessary preparations. One day this year, give blood by going to [redcrossblood.org](http://redcrossblood.org) and search your zip code to find a local blood drive. Your special gift will help someone in need.



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## Snow days melt away for OPS students

Sophia Sgourakis  
staff writer

The 2020-2021 school year has looked a lot different in several manners: no guests at sporting events, remote learning schedules, and now, for OPS, no snow days. For many students, snow days are the highlight of the school year. Thanks to the convenience of remote learning, snow days will not be the same for OPS this year and moving forward.

The rituals of hoping for a snow day have become a tradition for many students. When the forecast starts to predict winter weather, students sleep with spoons under their pillow, wear inside out pajama pants, and tweet at their superintendents. Now, all of this has been taken away.

Now, with access to one-to-one technology, it is easy for OPS students to learn virtually during snowfall. Before the pandemic, students did not have technology to take home, therefore there was no way to do school on snow days. However, now the district sees no reason for continuing snow days.

Although I am a senior, I am still sad to see snow days go for the generations to come. There will be no excitement when your parents wake you up at 6 in the morning, telling you school is cancelled. There will be no time to build a snowman with your friends or go sledding. There will be no unexpected days off that are used for refueling your energy.

Because of the challenges students have been presented with this year, the district believes it is more important than ever to maintain student engagement. However, when students have not had a regular day of learning since March of 2020, would one or two snow days really affect them all that much? Not to mention, classes are only 20 minutes long, making it hard for teachers to produce useful or meaningful lessons for that short of a class period. Essentially, these remote learning snow days have been used to take attendance in all classes and that is all.

Even though the school day for OPS kids is cut short on these remote snow days, students are still missing out on the traditions and joy of real snow days. Everything has been taken away from students since the pandemic has started, and snow days should not be one of them.



HANNAH HOUGH | Contributing Cartoonist

## Freshman shares his Central experience

Jaden Cheloha  
staff writer

In my final few months of eighth grade, I had a lot of time to think about what high school was going to be like (since I wasn't learning all that much online anyways). Who would I meet? What would it be like being in the building? How could I get involved around the school? Was I even prepared for it? Because I was asking so many questions, I didn't feel prepared at all. Summer break came and went, and when August rolled around, a lot of these questions remained unanswered. Even though I was still a little scared, I had waited long enough, and I finally felt like I was ready to make my first trip downtown and become a student at Central High School.

I've already written an article on my first day inside Central, but it's been almost three quarters since then. Even with COVID looming large, a ton can happen in a semester and a half, so it seems reasonable to take a look back on what else I've accomplished in my time as an Eagle.

### What extracurricular activities did I get involved with?

I was excited to go out for football before the school year started. I was nervous at the same time, but I knew it would be good for me to get involved at school. All fall sports were then promptly cancelled before the first day of school, so I found myself without any extra activities once again. I went the majority of the first quarter without anything to do besides my classes. The only other activity I tried to get involved with went just about as well as football, and that was Academic Decathlon.

I was part of my middle school quiz bowl team for two years, so when I saw AcaDeca was something I could join as a freshman, I was excited to be part of it. After attending a few meetings though, I realized it was best for me to drop it. It was the start of the school year (and the start of my first year at high school nonetheless), so I was feeling a little overwhelmed with all of my normal schoolwork. I dropped Academic Decathlon because I didn't want to give less than 100% of my effort.

Luckily, there have been other opportunities for me to get involved outside of the classroom. As a journalism student, Blayne recommended me to join a crew that broadcasts sports and other live events from Central. I missed my chance to take a broadcasting class in middle school, but this club has let me learn on my feet and helped me finally learn how to (almost) manage my time effectively. Plus, I've always had a sweet spot for filming, so this type of activity seemed like the perfect fit for me to join the Eagle community.

### How have I made new friends?

Most of my friends from middle school decided to go to Burke, so I already knew I wasn't going to know many people. I wasn't ready to talk to anybody new just yet, and luckily for me, OPS announced our entire first quarter would be online. That gave me about nine more weeks to stress about having to meet new people. When second quarter rolled around, I was finally out of excuses. I walked in on my first day, and then . . . I started talking to some of the people in my classes. I sat next to someone from my Algebra class during lunch. We got to know each other. Was making new friends always this easy? Well, no. The COVID restrictions forced me to sit with only one other person at lunch, which made it a lot easier to get to know them.

"People at Central just talk, they respect each other, and it's a community I'm proud to say I'm a part of."

I only have one friend who came to Central with me from our middle school. We've been the best of friends for a long while, but we weren't confident in our ability to talk to new people in such an awkward year. It seems surprising now, but luckily for the both of us, we began to make some of the same friends. The same person I talk to in my drama class is the same person he chats with in history. The same person I sit with at lunch is the same person he sings with in choir. This year seems like it shouldn't have helped us make new friends as easily as we did, but when you put think about how COVID has affected our school year, it seems totally reasonable we were able to acquaint ourselves with so many new faces.

### What's it been like in the building?

Since writing my first article, the awe and wonder of attending such a historic school has died down a bit. Each day I spend in the building becomes less of me marveling at the architecture or being amazed at the courtyard when I eat lunch and more of me just trying to get to my next class. I've gotten used to the things that make Central such a unique school, and now I'm purely focused on getting around the school in a reasonable fashion and talking with some friends along the way.

It's also good that I've fully fleshed out a schedule for how

I make my way around the school. In the first few days of in-person learning, I had a very rough layout of where I needed to go. Now, after a few months, I've learned about the intricacies and how everything goes together. It makes getting to my classes simpler, and it should make getting to new parts of the building for classes next year pretty easy.

### Wait, being around people in different grades is . . . normal?

Attending middle school for four years trained my brain into believing each grade level stuck together and was forced to dislike any grade level below them. As a seventh grader, the eighth graders called us "sevies": a name that felt almost like an insult, was used primarily as a joke, and almost never came off as a compliment. I chatted with other grades only in a few extra-curricular activities, as I shared all of my classes with the grade level I was in. The occasional student council meeting, quiz bowl tournament, or swim practice let me chat with younger or older kids, but otherwise, middle school just made that feel unnatural.

It took me by surprise to walk into Central and see sophomores, juniors, and even seniors in some of my classes. In high school, classes are designed to help the student learn best, no matter which class they feel the most comfortable taking. It's nice to not see classes plainly based on grade level, and it has made for a wonderfully new experience for me. I now walk into newspaper knowing there are many kids older than me in that class, but it doesn't feel weird anymore, like the thought of me sharing a class with a seventh grader when I was just arriving to middle school in fifth grade.

It's also quite refreshing to see older kids not be completely rude to the younger grades just because they know they're older. That was a surprisingly common problem for me when I was in 5th grade, and I tried my best to not continue that trend as I got older. People at Central just talk, they respect each other, and it's a community I'm proud to say I'm a part of.

It's hard to believe just how much of this school year has blown by. It really feels like classes started just a few weeks ago. The circumstances haven't made anything easy, but I would be lying if I didn't say I'm at least a little happy with how my freshman year has turned out so far.

# sports & leisure

## EQUESTRIAN ACTIVITIES

Long-time equestrian Cecilia Knobbe shares her experience with riding horses, horse care, and other riders.



Photos Courtesy of **CECILIA KNOBBE**

Knobbe practices her jumping skills with her horse. She competes in equestrian contests to relieve stress.

**Ailah Dorner**  
contributing writer

“When I was younger I used to think horses were really cool, because I had a friend that rode,” Cecilia Knobbe, equestrian of 9 years, said. “And so my dad sent me to a horse camp to see what it’s like. And then after doing the chores I went to start riding because I felt like that would be fun... And then my dad decided to let me ride and I just fell in love with it.”

Within the umbrella of Equestrian sports, there are different subcategories, such as endurance riding, barrel racing, and show jumping. Each one exhibits different obstacles and requires a different criteria to be met by each rider. However, a rider is able to choose which category they would

## Girls basketball finds success

**Ella Levy**  
contributing writer

Covid has affected every person around the world but the basketball program still pursued its season. This one, however, included lots of change compared to past seasons. Covid-19 has brought risk to every edge of the court. From the players to the fans, risk finds everyone it hopes to. In the case of playing a sport, people no longer just think about the risk of injury but the risk of illness. Michael Kroupa is the coach of the girls varsity basketball team. He takes the risks of Covid very seriously, but he is still in favor of coaching his team.

“There’s no perfect way to do it, but in all athletics or in life there’s inherent risk so people need to make a decision what’s best for them,” Kroupa says.

The precautions of this season must be different from others and pertain to the virus specifically to keep everyone safe. The district office was responsible for making the rules: masks, sanitizing, social distance, and limiting the amount of people in one space have been the biggest parts of change. Teams had to split up this year. The reserve team practices at a recreational center. Kroupa is unable to spend as much time with them as he would like to. The freshman teams also practice at a recreational center but a different one.

“Central has a great crowd,” Kroupa states. But this year the crowd was limited as fans have been restricted. At home games, Central can have up to two people per roster spot, meaning parents and siblings occasionally attend. At away games, however, only four to six can attend. “If it was a question of having fans or

## Junior recruited to play college basketball

**Livia Ziskey**  
section editor

Picture this: A little kindergartener attempting to shoot some hoops at the YMCA, without a care in the world. Now picture that same little girl as a junior in high school, committed to West Texas A&M as a basketball recruit.

This girl is Aniah Wayne, a junior on the varsity basketball team. She’s been playing volleyball and basketball since her early childhood, but later on found herself gravitating toward the latter. “As high school started going, I realized what sport I liked more, and how I wanted to focus on that, and it was basketball,” Wayne said. She really began her recruitment process toward the end of her freshman year of high school after the first basketball season.

“Just knowing where I stand on the team and everything, and after that I started focusing more on the college aspects and getting my name out there,” Wayne said in regards to her

like to participate in.

Jumping occurs when the rider must guide their horse over different obstacles. Each obstacle is quite flimsy so the horse doesn’t get hurt when jumping over them. Obstacles may include, rails, walls, plank jump, water jump, and more.

The rider is judged on appearance, as well as how strong of a bond the horse and the rider share.

“For jumping I feel like I’m in mid air and I can just be flying,” Knobbe said.

Barrel racing is quite different than show jumping. Barrel racing consists of attempting to run around barrels in a clover pattern at the fastest time. Instead of being judged on looks, the rider is judged on their speed and technique. Barrel is more of a rodeo sport than a show sport.

Endurance riding is also different from both jumping and barrel. Endurance is based on how long the rider and their horse are able to ride for. Typically the races are 50-100 miles, the most common being a single day 50 mile race. After the race is completed the horse is checked on by a vet to see if they would be fit to continue. The first rider and horse to have crossed the finish line in a healthy condition wins the race.

“And then with trail I usually feel just relaxed and I feel like calmer,” Knobbe said. “It usually helps with stress and stuff.”

The attitudes of the riders tends to vary. Often times, the other riders will be kind to their peers. Giving them tips and tricks to help out with excelling in the course as well as getting a good score. However, every once in a while, a rider will give a peer false information. Saying that a new piece of equipment is required or one may need something they do not have.

Horse care is something all too familiar for the riders. It is imperative, especially in jumping, to keep one’s horse in peak condition, both physical health and hygiene wise. In order to get a good score in jumping the person’s horse must be well groomed as well as have the physical ability to jump.

“Right now I’m getting their grain ready,” Knobbe said. “They go in these balls, otherwise they eat them too quick.”

Equestrian sports seems to be a ‘one size fits all’ activity. If someone likes horses they can most likely find something under the equestrian umbrella that will suit the individual’s interests.



Freshman Inia Jones protects her ball as she dribbles past an opponent.

DAHLY LONG | The O-Book

playing, I’m glad we’re playing,” Kroupa says. The biggest change that has topped all others is the preconditioning season as they did not have one. A slow start quickly turned to a faster pace as the girls continued to learn and improve. Despite Covid and its changes, the varsity girls team is having a very successful season as they are 15-3. Currently ranked #16 in Nebraska, the varsity girls pose a remarkable team. But there is something special these girls are learning. Kroupa reports on the work the athletes put into the sport and how much the player’s benefit. “You can learn so much from any extra circular.”

The season has changed so much but in one way it stayed the same.

“The joy it brings to the young ladies,” Kroupa says.

When talking about the players and students Kroupa describes them as “resilient... they handle it a lot better than the adults.” Basketball is not just a sport for these girls, it’s a reason to feel something. “I saw a positive impact once we started playing,” Kroupa expresses. He talks about their personality and their growth, they are happy. He also speaks about the risks and if it’s all worth it. “The value of education in the classroom or on the court out way the risk,” Kroupa says.

Coming to the decision of whether to have a season or not is a difficult one but Kroupa gives a “100 percent” yes as his answer. “The guidelines make sense to me, I’m just happy they gave us a chance.”

She appreciates how West Texas is family based, as well as how they prepare athletes for their future. Wayne was also considering Northwest Missouri State and Central Missouri over the summer, but after her visit, she focused solely on West Texas and committed to playing there in August of 2020. Throughout this decision process, Wayne was also contemplating potential majors and study options.

“During basketball recruitment I was also thinking of career options. I want to go through health, like physical therapy and sports medicine,” Wayne said.

She is truly grateful to her parents, who both supported her throughout the recruitment process and aided her along the way.

“They really helped me know what to say in certain emails and how to confront coaches on the phone, so they really helped me with the communication part and just understanding how important college is,” Wayne said. “They were there the whole way.”

# EAGLES SOAR TO STATE

PHOTOS COURTESY OF | The O-Book Staff and @OPSCHSwrestling

Central went to State for multiple sports including swim, wrestling, powerlifting and basketball.

