



# the REGISTER

Vol. 138 No. 3 | DECEMBER 10, 2021 | omahacentralregister.com

## MENTAL HEALTH MATTERS

Central Student Council holds social event to promote mental health awareness within the building



Photos Courtesy of O-Book

Student Council provides an opportunity for students to be creative and social. The event's purpose was to bring awareness to mental health.

Livia Ziskey  
editor-in-chief

Student Council members hosted a social event in the spirit of mental health awareness. The bracelet-making gathering, promoted under the name 'Mental Health Matters', was held in the courtyard on Nov. 12.

Student Council president Mia Wicken took part in planning the event. She is an advocate for mental health awareness, along with other members of student council.

"One of our big focuses this year is how we can bring awareness to the mental health of Central's students, so one of our first ideas was handing out bracelets and attaching hotline cards to them. Mrs. Cruz, our sponsor, brought up the idea of having a social event where students can make bracelets while getting to know others," Wicken said.

She feels as though the pandemic stole away the important element of socialization, which has effects on the mental health of all people.

"At the peak of the virus, we were keeping ourselves safe by quarantining, which took away the social factor everyone needs. Without being able to go to school and see friends, I think that hurt everyone mentally, some more than others," Wicken said.

The event consisted of more than just making bracelets. Student Council members also handed out hotline cards, and adults got involved too.

"Our school's counselor gave out papers to students where they could write down a current issue they were going through and they could turn it in to her. We also provided snacks, drinks, reusable water bottles and stickers," Wicken said.

She was "very, very pleased" with the turnout of the event. The courtyard was nearly full by the time school ended, and there were about 90 students who showed up to make bracelets. Wicken believes that mental health should be acknowledged more than it currently is.

"It is so important to think about how people may be going through something on the inside and that us students should be more aware of our actions and words, because they can hurt someone," Wicken said. "It's also important to know that everyone can be affected by their mental health and should reach out for help."

Art teacher and student council sponsor Libby Cruz was extremely impressed with the way her students executed the event.

"I'm so proud of the students. This was the first in-person event the student council has held in two years and they did an outstanding job. I'm also so proud they focused on an important issue but found a fun way to bring people together while addressing it," Cruz said.

She agrees with Wicken on the point that discussions about mental health need to continue being normalized.

"I know so many students and teachers struggle with mental health, and I think it's important for students to know they have lifelines and people to reach out to. No one is alone, and there are safe spaces here," Cruz said.

Student Council plans to hold more events such as this one in the future. Wicken believes that bringing attention to students' mental health will lead to positive developments in other areas of life.

"If Central acknowledges the mental health of our students, then more kids can find the help they need and can do better in the classroom and in our community," Wicken said. "It's important to bring up these issues so that the stereotypes around mental health can change for the better."



TEACHERS on page 2



PHILLY TRIP on page 3



MATH CONTEST on page 4

# Creative Change seniors reflect on club leadership

Daniel Graham  
staff writer

Seniors Isabella Manhart and Sophia Mason started the Creative Change Initiative club three years ago, along with the now-graduated Lillian McEvoy. The club has survived through the school closure in the second semester of its existence and a full year online, all due to the pandemic.

Now, they have returned fully in-person and are meeting in 229, English teacher Jen Stastny's room, again, as they did when the club started.

"It's really nice to be in the same space again," Manhart said. "There's a lot more freedom of what we can do. We've done a lot of things just running around the hallways, just because we can. We can take up space in a way we couldn't before, which feels powerful."

Mason says this is key to the club's identity.

"A lot of things we're doing are about expression and how we express ourselves in a space," Mason said. "We did it really well online, and now we have this 3D element back, which is really nice and makes it easier to collaborate on a lot of activities."

Manhart and Mason do think that the year of online experience, despite all its drawbacks, did help them to grow as club leaders.

"I think we have become very flexible in a way that we weren't necessarily intending," Manhart said. "I think it was good that there was a lot of big ideas that we had that we had to change because of the pandemic, and we got really good at that. Now, we get to change those things back into in-person activities that are really effective and engage everyone in a different way. We've become very adaptable."

Now that they're set up to lead the club for the remainder of the year, Manhart and Mason are thinking about what will become of the club when they leave.

"It's weird to think about leaving it behind, but it's exciting to think about how it will continue to evolve when we're not running it," Manhart said. "I think there's a lot of very capable leaders who are in our club and have been doing it for a while, or who have just started and could absolutely do what we're doing ten times better."

Yet Mason says that those people might not end up continuing the club.

"There is the potential that it might just end this year; I don't know," Mason said. "But, whatever happens in the future, I think we did a lot of good with it and were able to help a lot of people be able to express themselves and find a safe space."

Manhart agrees, saying that they don't want to force the club to continue to exist. If it is to continue after they leave, they want it to happen naturally.

"If people need it, it will exist, and there will be an effort made to maintain it," Manhart said. "Throughout the pandemic, we absolutely could have just stopped doing this club—a lot of clubs didn't continue—but it was something really valuable for people, so we kept doing it. If it's not something that's really helping people, it might not continue, but I think it did a lot of good while it was here."

Part of the good that it did, according to the club leaders, was help them to improve on a personal level.

"I never dreamed of running a club before this," Mason said. "My freshman year I was a more withdrawn person. I thought, 'Oh it would be cool to run a club,' but I never really thought I would. Then, I met Isabella and we started talking and the idea came pretty naturally. It's helped me a lot with my own personal growth, trying to find my space in the world as a leader."

Manhart agrees, saying that they had initially believed that they couldn't run a club, but that now, the Creative Change Initiative has changed how they think about the world.

"It's shaped what I think I want to do with my life and what I think I'm capable of doing," Manhart said. "I love bringing people together and getting to hear different perspectives and ideas, so I cannot imagine doing things in the future that don't have spaces like that. They don't have to be this club, but I value those kinds of spaces, and I'm going to continue to seek those out, whether they exist already or I have to create them myself."

And they have seen that they are, in turn, having a positive effect on the members of their club.

"I got a card from a person saying something like, 'Hey, I'm taking an art class this year. I wasn't sure if I wanted to do it before, but I've been in your club, and that inspired me to try something new,'" Mason said. "I thought that was so cool; I feel like we're helping people find out new things about themselves or find what they want to do. It was really sweet."

This, they agree, is at the core of what their club seeks to do: bring people together and give them a space where they feel that they belong.

"I think it's really valuable to have a space at school but not in class, where you can just talk, meet people, chill out, and be yourself," Manhart said. "There's such cool people that have continued to come back to the club again and again, and I really appreciate them being there; they've influenced inspired me. I hope that there's some level of that that is reciprocal."



Molly McVay



Michelle Jochim



Martha Omar



Kelsey Baldrige

LUCY MASON | The Register

## Traveling teachers: benefits, disadvantages

Callan Maher  
staff writer

Central is a big school, but not large enough. There are not enough classrooms for each teacher to have their own, which is why there are traveling teachers. Traveling teachers are much like students in the sense that after a class period they too have to travel in the hallway to a new classroom.

English teacher Kelsey Baldrige was a traveling teacher for six years. This is the first year she has her own classroom. Same with English teacher Martha Omar.

"I was a traveling teacher at North Star in Lincoln Public schools for three years, at Gretna High School I traveled for one year and had a classroom for the next two," Omar said. "While teaching in China for a year, I traveled all over the school. I started teaching at Central in 2013 and was a traveling teacher until this year, 2021."

Michelle Jochim teaches business classes, currently Personal Finance and Entrepreneurship for 12 years. She has been a traveling teacher for 11 of them and currently is one.

Molly McVay has been a teacher for seven years, the last five she has been at Central. She was a travelling teacher for three years.

"I have been in 221 for the last two years. I want to note that many teachers travel for much longer than three years. Mr. Tucker and Mrs. Omar both traveled for ten plus years," McVay said.

Not having a permanent classroom has both positives and negatives.

### What are the pros of being a traveling teacher?

MM: "It did make me really organized and intentional about what materials I wanted students to have. Any supplies I wanted students to work with needed to be carried from room to room, so it really had to be worth it"

"It made me flexible too. Every room was different and every teacher whose room I was in handled traveling teachers differently. In terms of whether those teachers had simple things like tape, or Band-Aids, or tampons for students, I just brought those things with me each day"

"The most significant benefit to travel-

ing was that I was able to see all parts of the building. I was in classrooms on the first, second, and fourth floor. This connected me to staff all over the building."

MJ: "This year, I am in classrooms on the 2nd, 3rd, and 4th floor. I definitely get my work out here at school going up and down all day. I enjoy the change of scenery. I get to see amazing teachers from all the different departments."

MO: "I found joy in being a traveling teacher in the hallways. Students would greet me, help me when I fell on the stairs, and discover how small I am. Being a traveling teacher is challenging and being able to be in the same room, set up for incoming students, is a huge benefit. It did push me to be organized and helped me learn to adjust quickly during a class period."

"There have been so many wonderful teachers here at Central that have shared their spaces with me throughout the years. I am glad I spent years traveling because I had the opportunity to get to know the awesome people I work alongside."

KB: "When you are new it is nice to be able to view different classroom spaces and see how other teachers set up their classrooms. You end up having a 'less is more' mentality when it comes to planning and the materials that you lug around to each room. You must do the best with what you can travel with, whether that's a cart, a cardboard box, a large teacher bag, or another object to carry your materials."

"The comradery and community that happens because you are sharing a sacred learning space with other educators throughout the day. You see more people throughout the day, and you can collaborate with other teachers."

"The best part about being a classroom teacher, is being assigned an office space. My office space was with my Take-Flight mentor, Mrs. Omar. As a new teacher, learning from Omar, hearing her stories, and being able to share resources in that space was invaluable and the reason I am the educator I am today."

"There is a cost benefit. You don't have to spend money in the summer getting your room ready. I think the minimalist approach I mentioned earlier also helped my planning during my first few years traveling."

### What are the cons of being a traveling teacher?

MM: "I have really appreciated having a 'home base' the last couple of years, I think students do too. They know where to find me at any point in the day. Students also know that the room has items like Band-Aids, pads & tampons, and pens & pencils- so even students who don't know me will pop into 221 if they need an item."

"Additionally, perhaps this is superficial, I have really enjoyed decorating the room. I have curated posters and imagery that is deliberately diverse and inclusive- I want students to see themselves reflected in the space they spend time. I also have plants, so there is perpetual greenery and flowers all year long. Students seem to really enjoy taking care of them. It is clean and bright- I like to think it is a place young people want to be."

"I am hopeful that as the population of the high schools becomes more balanced there will be fewer teachers who must travel. It is one more thing to add onto the plate of new staff members when they arrive. I appreciate being able to stick around for a conversation with a student instead of rushing off to the next class."

MJ: "I have never had the opportunity to decorate my own space. I'm ok with that. I do have my own desk in a shared office."

MO: "Being a traveling teacher is incredibly challenging and making sure you have the necessary material in each room every day is a must. We also have five minutes to move to our new location and set up for incoming students. Students should be impressed with their teachers and their ability to do this in this huge building"

KB: "It depends on who you are and what a space means to you. My mom is also an educator, so I had a lot of classroom materials that I wanted to put in my own classroom someday. Sometimes it would be hard working in another educator's space if they didn't treat it the way I hoped to one day."

"You also are forced to be prepared because you have a quick turnaround. For instance, you might teach in 230 during first hour and then your next hour you are in 248."



Photos Courtesy of The Register

Yearbook and newspaper staff attend competition and workshop in Philadelphia. They also visited several tourist attractions.

## Newspaper, yearbook staff compete in Philadelphia

Claire Shafer  
staff writer

Seventeen journalism students travelled to Philadelphia Nov. 10-14 to participate in the National High School Press Scholastic Storytelling Workshop. Due to the global pandemic, the conference has been taking place online for the past two years. This year's workshop was the first in-person meeting since November of 2019.

In the workshop, students worked directly with creativity experts in storytelling. The Register staff won three individual awards, and the newspaper placed sixth in Best Show out of 54 other competing schools.

"Students chose one path out of ten to focus on for two intense days of workshoping," adviser Hillary Blayney said.

Students participated in the web-site design, streets of Philadelphia reporting, reporting and writing, photography, print design, and yearbook design pathways. The workshop lasted two days plus an evening presentation given by the keynote speaker, Becky Bowers, who introduced students to the upcoming days of the workshop.

In the workshop, students learned many valuable skills that will help them in their future work for The Register and yearbook.

"I learned how to write from a different perspective, and how to write a short article in only 300 words," said junior Shyla Youngs, winner of the Most Captivating Story Interview.

Sophomore Charlie Yale is the web editor for The Register and learned how to expand the newspaper's website and social media outreach. "I learned how to utilize the website better," shares Yale who received the Best Ideas for Web Engagement award.

While in Philly, students also toured local attractions and did a lot of sightseeing. Students saw the Liberty Bell, Independence Hall, LOVE sign, Rocky Steps and Reading Markey. They also visited a local art museum and even attended a Sixers vs. Raptors NBA game.

"I had a really good time. There was a lot of team bonding and we got to see a side of each other that we don't really see in school," explains sophomore Isabel Walocha who was awarded Most connected to human truth.

"I really enjoyed the community aspect and being with the rest of the newspaper staff," Yale added.

I am thrilled to present the third issue of The Register for the 2021-2022 school year. I look forward to informing readers through the documentation of remarkable stories and views.

As Editor-in-Chief, I am confident in the work the staff has produced over the past month, and I am proud of the final presentation. My hope is that our love for journalism shines through this issue.

I hope you find The Register compelling, informative, and welcoming. Make sure to check out our website, omahacentralregister.com, to keep up with current stories and events. We are also active on instagram at @chs.register and twitter at @CHS\_press. Thank you for your continued support and reading of The Register.

*Livia Ziskey*

Livia Ziskey  
Editor-in-Chief

ATTN: *the* REGISTER

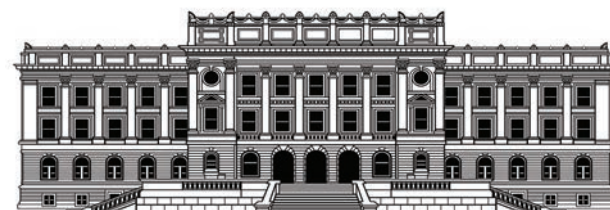
124 N. 20th Street  
Omaha, Neb. 68102

Phone: 531-299-5611

central.register@ops.org  
omahacentralregister.com

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

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



*the* REGISTER staff

ADVISER  
Hillary Blayney

EDITOR-IN-CHIEF  
Livia Ziskey

SECTION EDITORS  
Grace Ridgley  
Elena Correa  
Cecil Zahm

COPY EDITOR  
Noemi Gilbert

WEB EDITOR  
Charlie Yale

PHOTOGRAPHERS  
Lucy Mason  
Sophie Youngs

STAFF WRITERS

Jaden Cheloha  
Daniel Graham  
Conor Harley  
Lea Langner  
Alice Larson  
Ella Levy  
Callan Maher  
Jane McGill  
Ella Novak  
Charlie Palmer  
Claire Shafer  
Isabel Walocha  
Shyla Youngs



CLAIRE LINNELL | O-Book

E-math students host the annual Middle School Math Contest at Central. Of the 24 middle schools that attended the tournament, Bluffs Middle School students came out as champions.

## After year hiatus, E-math students host math contest

**Charlie Palmer**  
staff writer

Every year, Central High E-Math students and volunteers help put on the Middle School Math Contest at Central. Students and teachers spend months planning and preparing in advance every year to ensure that all goes well.

Current E-Math teacher and Middle School Math Contest coordinator, Lauren Beitel has been running the contest since 2016. "All of the E-Math students are always very helpful. Getting them to understand and do everything that needs to be done for all of it to come together is the most crucial part each year."

Unfortunately, Covid-19 cancelled last year's contest due to the restricted capacity of the building and many students having to learn remotely. However, this gave extra time for everyone helping with the event to begin working on this

year's contest.

Beitel explains, "We did get a head start on question writing because last year's students wrote them which allowed us a nice starting point." Even so, there was a lot of preparation required for hosting this event, especially considering this year's sophomores never had the chance to carry out a Middle School Math Contest before.

Lauren Beitel coordinates the event by mailing invitations to schools, ordering the correct amount of pizza for everyone, making decorations, printing T-shirts, assigning jobs to students, and more. Sam Pieper is a junior in his third year of E-Math.

"We help out mainly by writing questions for the bowl rounds and doing our assigned jobs on the evening of the contest. This year I was an ambassador for McMillan and helped guide them to the rooms they were competing in," Pieper said.

This year, 164 middle school students from 24 middle schools came to Central for the contest. A large tournament bracket was displayed in front of the courtyard entrance where it was updated by students as they got the results from freshmen runners. Bluffs Middle School beat Moore Middle School in a very tense buzzer round final held in the black box theatre.

Lauren Beitel says, "I would consider this year's middle school math contest a success. We're always considering different formats for parts of the contest, and always tweaking things to make it run more efficiently. Always the goal is just to make it better than the last one."

Students, staff, volunteers, and especially Lauren Beitel showed they could pull off yet another successful year of the Middle School Math Contest even through the hardships of a global pandemic.

## DECA organizes donation drive for Youth Emergency Services

**Elena Correa**  
section editor

The week before Thanksgiving break, DECA held a YES Drive. All advisement classrooms received a paper bag to fill, asking for toiletries like toothpaste, toothbrushes, shampoos, conditioners and more along with food, unlike a traditional donation drive. Donations will be given to Youth Emergency Services.

Community outreach is a cornerstone of DECA. "It's a big push from the organization. Some of the incentive is that there are travel opportunities for the chapter as a whole if we accomplish a certain number of tasks, and it's about marketing and networking," said Michaela Kavanagh, a Business Education teacher and teacher sponsor of DECA.

In the future, the club plans to host a hot food donation and become involved in Humane Society related work.

All DECA fundraisers and extracurricular activities are student planned and led. The group has worked on more than one charitable project this year, a popular one being the recent dodgeball competition. Event ideas are suggested by marketing students.

"Marketing 3-4 is a project-based class, so the majority of the students are also in DECA. So it kind of goes hand-in-hand. The community service and the fundraising aspects are really driven through the officers, and those officers are all in a 3-4 class," Kavanagh said.

Taylor Sorensen, another Business Education teacher and teacher sponsor for the group, discussed the benefits of being a member. "DECA is a business club, it's practicing good skills that the students will use for the rest of their life. Networking, getting to know people in the business world. When competing you're talking to people, you interview in a sense, so you have to be creative and come up with ideas."

Both teachers are passionate about the work they do, and their involvement in the program.

"Personally I think it's really cool to watch them grow from sophomores and juniors who

don't know anything about marketing, to a team of students who ran a fundraiser that raised \$1300 for Future Kids. Seeing them apply the knowledge that they've learned that they were really unfamiliar with is really cool, and taking that outside, competing, and being able to travel and being able to see them grow as individuals is impactful as a teacher," said Kavanagh.

"I agree," said Sorensen, "It's really cool being able to see them get excited about [projects], because sometimes schools aren't really exciting for everybody. [I like] seeing them have an idea and see it through. It's awesome to be able to be a part of helping them achieve those goals.

"And they'll remember this for such a long time, even if it was a flop," added Kavanagh. Going through the process and knowing what it takes on the backend is something that not every student gets to encounter. They'll never forget that feeling of feeling accomplished and doing something good."

Mackenzie Mabus, vice president of community outreach and DECA member, described her experience in the program.

"Even I going into high school didn't expect to be involved in marketing. I didn't know anything about marketing or about business in general. So starting off I wanted to be in DECA because I thought it would be cool to be involved, and it would be good to put on my college applications and resumes. Though actually learning more and more about marketing, it's something that I'm definitely now interested in doing in the future. The whole process of having all the skills that you get from DECA is something that's going to help me a lot in my future. I didn't expect to find that in high school," Mabus said.

Mabus stresses the importance of involvement in high school.

"It's so important. It doesn't only have to be something like DECA, it could be a sport, it could be any event, any sort of club. You'll meet so many people, and the experiences that you have are going to help you so much. Being involved in something that you're passionate about or don't know much about could spark some type of inspiration going forward. Even if it just becomes a hobby, it connects you to more people. It strengthens your high school experience."

## Debate team member reflects on experience, competition

Ella Novak  
staff writer

Central's debate team competed at Lincoln Southwest on Nov. 6. Debate competitions often consist of getting to the school and continuing on to practicing and the competitions themselves. Students debate against each other and after that are sent to awards, and if they placed high enough would move onto finals.

Being in her first year in debate, sophomore Olivia Brown is currently considered a novice in the activity. Brown's inspiration to join came from her English teacher, Aarron Schurevich, who told her what a fun and educational experience joining the team would be.

Brown reflects on her time with her teammate as, "generally smooth sailing. I'm getting to know my partner pretty well. The only thing is that he makes me choose whether to go to competitions or not."

Brown and her teammate Valur Jaksha both compete in the policy events of debate. "I've gotten top speaker once and I've gone to finals once. I have also gotten runner up and my partner has also gotten top speaker and runner up," explains Brown.

"My favorite part of the competition is the end of the round," Brown said. "You're using your full and entire brain. At the end you either win or you lose and it either feels good or you have the feeling of 'at least I made it.'"

Students on the debate team compete in events such as policy, public forum, congress and many other events which all have their own coach and practice schedule. This year, the debate team consists of many people who are new to the team.

"We're all novices so none of us have any experience," Brown said. Despite this challenge, the team placed third at their competition at Lincoln Southwest.



Photo Courtesy of **ANDREW RUCHTI**

The debate team competed at Lincoln Southwest on Nov. 6. Sophomore Olivia Brown is "so proud" of the team's results.

"We have performed excellently," Brown said. "I am so proud of my team and I'm proud of everyone there. Our team has gotten third place and all of us are novices. None of us have ever done debate before and we are beating folks who have been in it forever. I'm so proud of us."

## Girl Up sponsors period product drive

Shyla Youngs  
staff writer

Girl Up is running a period product drive to assure that every classroom has quality products available for all students.

First year co-president Olivia Kiefer, believes that no student should have to worry about having period products. Acknowledging that period products are necessary does not change the fact that money plays a significant role for some in the matter.

"We recognized here at Girl Up this issue, and we are focused on the diversity of our school and all the different people within it who we are trying to support. We want to make sure that everyone has access to these products while they suffer through their periods," Kiefer said.

Kiefer and her co-president are value changing the community here at Central directly.

"When the people of our club and our school are impacted by it, they can go out into their new communities and help elicit change. By making things more convenient here, and inspiring others by doing projects like this, we hope it will spread farther than Central itself."

Girl Up does many projects like this for Central, but the main focus of this one is to bring awareness to the fact that sometimes, these products are a cost that people at school cannot

bear. By making sure everyone has access to these products, Girl Up is hoping it will alleviate some stress for the student body and ensuring students that it's not a second thought.

"We want to make the environment here at Central more comfortable, so it's not something to fear when you come to school during that time," Kiefer said.

Girl Up wants to create a community that is aware and not ignorant to the problems that women face. By being educated on these issues, the student body is actively working to try and solve them.

Donations like baskets and buckets for storage, and new quality pads and tampons of all sizes, preferably not cardboard, will be accepted in rooms 221 and 222 any time before Dec. 17 to make the deadline for the basket distribution. After this deadline, donations will still be accepted and encouraged for restocking the products around school.

Girl Up will have all the baskets distributed after break this year, and students can expect to see them in classrooms upon the return in January.

Kiefer discusses the infamous scenario every person with a period has faced. Having to quietly ask someone for a pad or tampon, then quickly pulling it up to be hidden underneath a sleeve. Girl Up and its presidents want to ensure that no one has to face this problem again.

"I think by making them in these cute little buckets and putting them around the classrooms, it also takes away some of the gross stigma around periods," Kiefer said. "We are trying to take some of that shame away."

We want to make sure that everyone has access to these products while they suffer through their periods.

Olivia Kiefer  
Girl Up co-president

## JROTC plans to rename street in honor hero alum

Charlie Yale  
web editor

JROTC is planning on attempting to rename Davenport Street to either Fous or James W. Fous street to honor Central's only Congressional Medal of Honor winner.

Fous, who was killed in service during 1968 in Vietnam, threw himself on top of a grenade to save three other members of his squad.

Battalion Executive Officer (BXO) Jason Youngs says that JROTC is in the process of meeting with Joslyn and Creighton. "They border that Davenport Street, we have both of their support, and we are attempting to rename the whole street so we are going to try and get the rest too," Youngs explains.

ROTC has set up a meeting with Joslyn's director of education, Nancy Round, and Youngs says he is going to get her signature for the petition. Creighton has also agreed to the

process and is willing to sign on to the renaming of the street. Youngs says most of the organizations otherwise are small local businesses, who have "really no reason to oppose it, it really doesn't affect them too much. They only have to change their addresses."

Youngs explains the three months long process to renaming the street.

"We have to get to get 60 petition signatures and along with that we have to follow these criteria: Considerations shall be primarily given to the people next to bordering the street, we have to explain why we are renaming that street, and if it's military reasons they're generally fine with it, Medal of Honor is one of the highest-ranking awards you can get."

Youngs says that JROTC has found a backer who personally knew Fous who was willing to cover the \$1,000 cost of renaming the street.

"Mr. Rambo, who actually knew Fous, said he'd be willing to back the project up completely," Youngs explained.

Youngs talks about some of the significance of James Fous.

"He is our only Medal of Honor recipient from Central High School. So we're trying to recognize that, and on top of that he saved three members of his squad by jumping on a live grenade, which is a sacrifice in his own, and even on top of that, he was setting up perimeter defense so they would be able to evacuate people who were medically injured," Youngs said. "So all of that cause just makes up, you know, it's a heroic act and we just want to bring attention to it, because it's kinda gone unforeseen than longer than we'd like. For Central, it's a pretty great honor."

**Senior and baby yearbook photos due December 17th  
email to [central.obook@ops.org](mailto:central.obook@ops.org)**

**Last chance to get yearbooks for \$60 (prices go up 2nd semester)  
Order online: [yearbookforever.com](http://yearbookforever.com)**

# opinion

## MARCHING BAND QUALIFIES AS SPORT

The everlasting debate returns...this time with a new opinion. Marching band is everything a sport is supposed to be, and it should be referred to as such.

**Ella Novak**  
staff writer

By definition, marching band is 100 percent a sport. According to the Oxford English Dictionary, a sport is “an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.” This perfectly explains marching band. The ability to both play and march in time is a difficult skill to master, and bands spend countless hours running around the field. This can be very physically demanding, and most marching bands compete every Saturday in October.

The first reason why marching band can be considered a sport is the amount of skill that it requires. Being able to play an instrument while marching in time to the correct spots is an activity that takes a lot of focus and skill to complete.

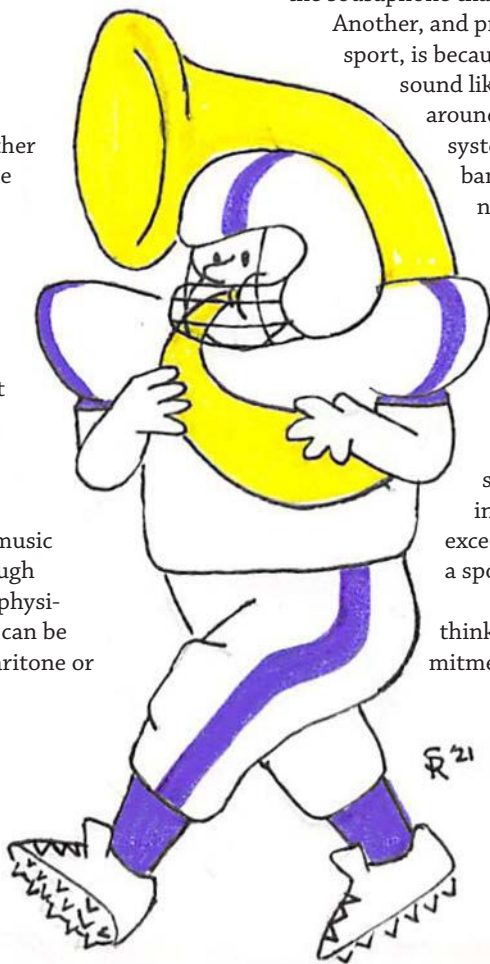
The physical demand of marching band is another reason why it can be considered a sport. Most bands practice every day for the majority of the first semester and for about two to three weeks before school starts (during band camp). These practices consist of practicing music and running through the physical sets of the show. While running through these sets, the band is also playing their instruments which is not only physically exhausting but also can make it quite hard to catch your breath. It can be especially exhausting for people who play heavy instruments like the baritone or

the sousaphone that have to lug them around the field for hours at a time.

Another, and probably one of the most prevalent reasons as to why marching band is a sport, is because of the competitions. Marching band competitions are exactly what they sound like. They are events where multiple different bands gather at various schools around Omaha. These competitions, just like many other sports, have a point system, judges and winners. These competitions can last hours and for most bands they happen every Saturday in October. While band competitions are not like the usual sports competitions you would think of like basketball or soccer, they have more of a similarity to sports like figure skating and track and field (long jump and high jump).

If you still have your doubts that high school marching band can be considered a sport, a type of marching band that is undeniably a sport is Drum Corps International (DCI). DCI is an event where the best of the best compete against each other. The training is incredibly rigorous and in the middle of summer, so the corps experience intense heat all while doing everything listed above. Many of these tours travel for the entire summer until they get to their final performance at the Lucas Oil Stadium in Indianapolis. The amount of physical exertion and skill that DCI requires exceeds that of high school marching bands, which may make it seem more like a sport than a performing art.

Overall, I think that marching band can count as a sport! Nonetheless, I do think that the determining factor of its qualification as a sport lies in the commitment and skill of the band members.



Sam Robles | Contributing Cartoonist

Check out the 2015 editorial concerning this debate on our website, [omahacentralregister.com](http://omahacentralregister.com)

## Test retakes should be offered by all teachers

**Claire Shafer**  
staff writer

All students should have the opportunity to retake tests. At Central, not all teachers allow test retakes, which is unfair for students. Not only is this practice completely impractical for students, but it is also inconsistent with staff. Teachers at Central who do not allow test retakes create unnecessary stress and confusion for students.

Taking as well as preparing for tests can be stressful for students. Many students struggle with test anxiety, or other variables like stress or lack of sleep that impact test results. Offering students the ability to retake tests helps alleviate test anxiety and fear of failure in many students.

Students should be allowed test retakes, so that they can learn from their mistakes. Allowing retakes would emphasize to students that the main goal of school is to learn, instead

of acing every test. “Learn from mistakes” is a phrase that is commonly associated with learning and education, so why not apply it to high school testing? If students are supposed to learn from their mistakes, then teachers should give them the option to fix their mistakes. By retaking assessments, students have an opportunity to improve their learning, master concepts and raise their grades. In most classes units build, so it is extremely important for students to fully grasp early units to excel in subsequent courses.

Those who oppose test retakes argue that redoes are often not available in real-world circumstances like college or future jobs. However, this argument is not true, considering most “real world” tests can be retaken. Some of the most important tests high schoolers take for their futures can be retaken, such as college entrance exams and driver’s license tests.

Giving students the option to retake tests will help students improve their study habits. Last year, many students

became dependent on open note testing due to the pandemic. After a year and a half of open note testing, many students have lost their past study habits. With the help of test retakes, students could make successful changes to their study habits faster because they would have to study material again.

Test retakes require the same devotion of time and energy test taking does and might not be helpful to students who are not academically motivated. Also, when students know they can retake a test, many will study as much as they can to avoid having to take the test again.

Test retakes need to be offered by all teachers at Central because of the benefits it offers students. Not only could students possibly raise their grade, but they could also better their understanding of concepts taught in class and learn valuable study habits.



PHONE USAGE on page 7



CREPES on page 8



PERSONALITY on page 9

## Phone usage in classrooms due to lack of engagement, teacher issue

Ella Levy  
staff writer

Teachers are constantly asking students to get off their phones in class. To state simply, if teachers put effort into their lessons and tried to engage the students, they would not have the problem of students being on their phones in class.

Teachers at Central High say students are not important enough to be on their phones or say they need to pay attention to what is being taught. The teachers that have the problem of phones in class are often the ones who put the smallest amount of effort they can into lessons.

When a student is sitting in class, the subject they are learning is not the only thing on their mind. If a teacher is putting minimal effort into teaching a lesson, a student will not find it important enough to learn it. Even if a student tries, they often struggle, for teaching yourself something new is never easy.

After the frustration a student will experience, the phone will now step into place to provide an escape from the classroom and the lesson. As a student, one can figure something is only as important as the teacher makes it seem. If a teacher does not put in effort why should a student?

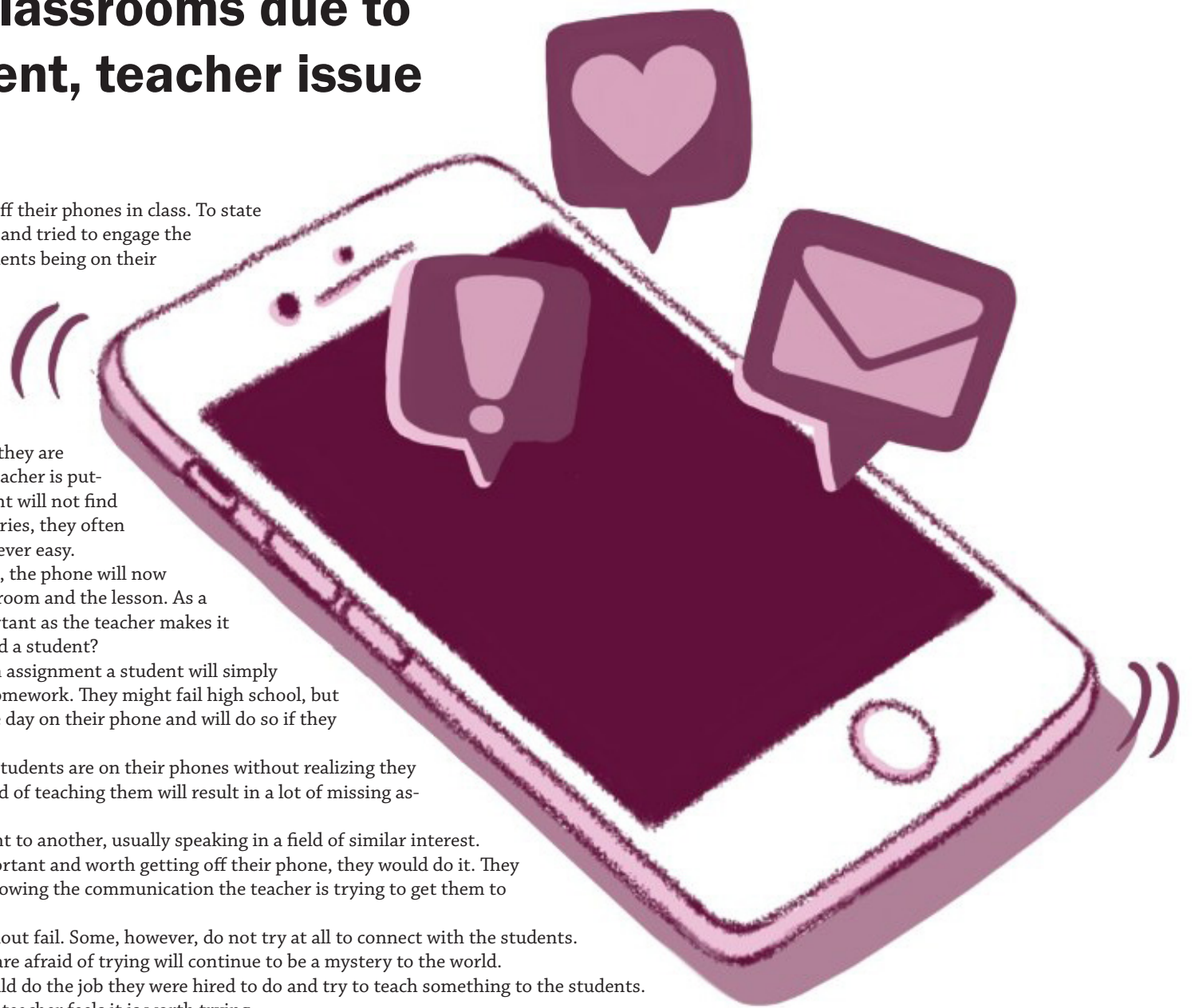
Without the knowledge of how to complete an assignment a student will simply stop trying. Teenagers can get by without doing homework. They might fail high school, but they can get by. Therefore, a student can spend the day on their phone and will do so if they continue to be unengaged in class.

Teachers in class continue to get angry when students are on their phones without realizing they are the problem. Giving students busy work instead of teaching them will result in a lot of missing assignments and a lot of unhappy teachers.

Phones allow communication from one student to another, usually speaking in a field of similar interest. If that student just simply felt the lesson was important and worth getting off their phone, they would do it. They would pause their communication and focus on allowing the communication the teacher is trying to get them to receive to enter their minds.

Some teachers connect with the students without fail. Some, however, do not try at all to connect with the students. Whether they do not feel it is worth their time or are afraid of trying will continue to be a mystery to the world.

No harm can come from trying. Teachers should do the job they were hired to do and try to teach something to the students. Phones in class will continue to be used unless the teacher feels it is worth trying.



JOSEPHINE SALZMAN | Contributing Cartoonist

## Astroworld festival tragedy could have been prevented

Charlie Palmer  
staff writer

At least ten are dead and hundreds are injured due to a crowd surge toward the front of the stage at Travis Scott's Astroworld Festival in Houston. 177 lawsuits have been filed since the event which occurred two weeks ago.

Hype for Astroworld started back in May when more than 50,000 Astroworld tickets quickly sold out. On top of the already packed crowd, videos from the event show mobs of people successfully pushing through gates at security. The event was so packed that people had no room to step. Eager fans began to push from the back of the crowd attempting to reach the front of the stage, resulting in ten being killed as the night progressed.

Festival organizers, stage members, and Travis Scott are all to blame for this tragedy. First, the setup of the festival grounds made no sense. The concert venue was outdoors but completely fenced in, leaving no room for people toward the front to get out. There was also a lack of signage, exits, and clear paths for security and medics to get through. Videos from Astroworld have since been released showing large amounts of people from the crowd chanting "stop the show." Yet, as all of this occurs at once, Scott contin-

ues to sing amidst death while staff members on stage make no contributions to help.

Travis Scott had tweeted before the concert, "NAW AND WE STILL SNEAKING THE WILD ONES IN. !!!!!" I have no problem with performers hyping up a show through social media but considering the event was already at max capacity combined with other factors like the venue, this was too much. It is unacceptable that he knowingly performed at over capacity without routinely checking up on the crowd and supervisors.

It is unacceptable that he knowingly performed at over capacity without routinely checking up on the crowd and supervisors.

Festival organizers should have done more research before planning this event. This is surely not the first time a concert or festival has gone terribly wrong. HBO just recently released a documentary about Woodstock '99, a music festival where several died and 700 were treated for dehydration or heat exhaustion. It baffles me that with the knowledge and technology we have today, innocent music listeners are still being killed on behalf of lazy event management.

The tragedy at Astroworld along with many others shouldn't have to happen for event organizers to understand the potential dangers behind concerts. These don't have to keep occurring every decade for people to learn from their mistakes. Going forward, everyone needs to pay attention and especially never forget.

## Christmas season the worst holiday, full of stress

Elena Correa  
section editor

Christmas is by far the worst holiday. The entire season is obnoxious and stressful, and it's more of a hassle that people dread than an enjoyable time of year.

Every major "American" holiday is stressful. Cooking meals for large groups of people is frustrating. You might as well order takeout. Additionally, people are forced to get together with family they pretend to like, all while talking about mundane topics everyone pretends to be interested in. Attendees exaggerate their yearly accomplishments, while conveniently leaving out the bad parts.

The traditions are sick with idealism. But if that wasn't enough, Christmas adds another stress on top of the usual ones: gifts. Buying presents for all the people one feels obligated to show appreciation for is exhausting, especially to people who have financial problems. No one wants to buy their second-cousin a new lamp shade when they can't afford to fill their own fridge.

Buying relatives gifts they like is another battle in and of itself. Most of the time no one knows what to buy each other, so they buy presents that the other person doesn't really like or need. Then these presents are thrown away. Classic wasteful, capitalist consumerism. Consumerism brings out the worst in people. Just look at Black Friday! Mobs of people

every Black Friday storm stores after waiting in line in the freezing cold for hours on end the night before, just to storm stores as soon as they open. People get in physical fights and get injured, as for things they can't afford, meanwhile the media watches for entertainment. Is that not sick?

Preparing for holiday dinners and get togethers makes everyone more upset than happy. Relief is the only thing to feel after.

On top of the gross human greed displayed during the holiday, the season is just frankly annoying and repetitive. All the songs are played on a loop each year, there is no change in routine. It's freezing unless you live in the tropics, and driving is terrifying.

The food is bland, and every person is annoyingly fake happy. The movies, especially Hallmark movies, are heteronormative, always full of white people and poorly written. Also, the plots are all the same. The idea of "Christmas Spirit" has so much audacity behind it in a country where charities must hold food drives just to eat, in a globalized economy that values money over human life.

The holiday also encourages consumerism in children, which is appalling.

Lastly, the ideas of Santa Clause is really creepy. A man that lives in isolation just breaks into your house once a year and eats your food? Christmas is seriously the worst holiday.



ELENA CORREA

column

# Vaccines effective, should be mandated in schools

Isabel Walocha  
staff writer

Free education is one of the greatest privileges a person in the United States has. Influential and historical figures such as Ruth Bader Ginsburg were given the right to a free education. With this education, Ruth Bader Ginsburg and many other historical figures, such as Roxanne Gay, play a part in creating or keeping the feminist movement alive. These women made history with a public-school education. The Covid-19 vaccine should be implemented for there to remain a safe and successful learning environment. Depriving students of a safe public education, due to not getting a safe and approved vaccine, is selfish and contributing to the downfall of the United States.

The Covid-19 vaccine should be mandated because teachers are already beginning to see the harmful effects the virus has put on learning. Millions of schools across the United

States had to shut down due to the pandemic. The only way to continue learning safely was through online learning. Though this was safe, teachers saw the detrimental effects on their students when they returned to the classroom.

“Online Coursework generally yields worse student performance than that in person coursework,” reports Stephanie Riegg Cellini of Brookings 2021.

Over 97 percent of teachers reported seeing learning loss in their students. This sets back students on not only an educational level but also an emotional level. Over 57 percent of teachers consider their students behind three months of social and emotional progress. This is a set back the United States cannot afford to have.

There is a lot of disagreement from other United States citizens that has to do with the vaccine. Many are saying that forcing students to get the vaccine is denying students and parents the right to choose what is being put in their body.

However, this is incorrect. Certain vaccines, such as for

Polio and Chicken Pox, are already required in all 50 states for admission into kindergarten. Implementing the vaccine is only a matter of safety.

The mandated vaccines for schooling also show United States citizens a perfect example of vaccine effectiveness. There is a reason illnesses like Polio and Chicken Pox do not exist or cause harm today. The only difference between getting a shot for Chicken Pox and getting a shot for Covid-19 is the way this vaccine has been politicized. Getting the Covid-19 vaccine has been made to show one’s political stance instead of being seen as protection from illness. Those who choose not to get vaccinated due to political stance fail to realize that most, if not all, the United States representatives are either vaccinated or must remain masked and social distanced.

Education is what creates future leaders and life-changing historical figures. Depriving children of a safe public education is not only damaging to the children; it is damaging to the future.

# Crepes are a superior food, enjoyable eating experience

Callan Maher  
staff writer

I believe that there is a hierarchy of foods. Some foods are superior to others. This can be due to taste, texture, adaptability, smell and overall goodness. One food that I have deemed to be superior is the crepe.

Now, what is a crepe? A crepe is an ultra-thin pancake popular in France. It is typically rolled or folded with a variety of fillings.

I believe what makes a crepe superior is its adaptability, taste and overall goodness. The crepe itself does not hold a lot of flavor, which is why it is so versatile. Don’t get me wrong, I have eaten a crepe with nothing in it before because it is thin, light and has just enough sweetness on its own, but when it has filling is when the real magic happens.

Most people who know what crepes are see them as breakfast food. Technically they are, but due to their adaptability they can become so much more. There are recipes that make crepes sweet and savory, making them acceptable for any meal.

Sweet crepes are usually for dessert or breakfast. They are typically filled with jams, Nutella, and fruits. Some people have been adding cream cheese and creams to their crepes as well. They are often topped with more fruit, honey, powdered sugar or whipped cream.

Savory crepes are usually eaten for dinner. They can be filled with basically anything people believe is savory. Popular fillings include ham and cheese, turkey, mushrooms and Swiss cheese, spinach, artichoke and brie cheese, and ham, asparagus and Swiss cheese. Savory crepes can also have any meat, fish, protein, vegetable, cheese combination.

The delicate sweetness of the crepe itself ties any combination nicely together whether it is a sweet or savory crepe.

Crepes are a superior food to me because they are delicious, and the majority of people can find a combination that they love. I don’t know what more a person would need to enjoy a meal.



ELLA NOVAK | The Register

# America does not need more female CEOs

Jane McGill  
staff writer

If I had a nickel for every time I read a think piece by some feminist opining about the lack of female representation in corporate America, I would have enough money to start my own corporation. The lack of female CEOs has been one of the foremost concerns of American feminists for decades. In 2021, only 41 out of the 500 companies that comprise the Fortune 500 were run by women. Women comprise 50 percent of the American population but only 7 percent of CEOs are women.

Advocates of gender equality have been pushing for the number of women in corporate board rooms to increase, and this advocacy has produced some promising results. In 2011, only 2.4 percent of CEOs were female, meaning that the number of women that are CEOs has almost tripled in the last decade.

However, I do not believe that more female CEOs is a social goal that is worth the advocacy. In fact, I think that the emphasis that American feminism has placed upon female CEOs reveals something deeply insidious about the movement itself.

A CEO, or chief executive officer, is the highest ranking manager in a corporation. What exactly is a corporation? Simple, it’s a totalitarian institution. Not just any totalitarian institution, but one of the most radically totalitarian institutions human beings have ever constructed.

They are private tyrannies in which a small group of managers, executives and shareholders, acts as economic dictators, making all decisions over production and distribution.

Because the ruling class controls not only capital, but the means of life itself, the majority of the population are forced to sell themselves to these private tyrannies through labor markets in order to survive. This is what our society calls having a job. Because corporations are structured like economic dictatorships, they can control almost everything their workers do while at work.

While workers are paid a small portion of the value of the labor, the majority of the benefits of the work they did is not paid back to them, but is instead expropriated by corporate executives and shareholders in order to fill their own pockets with the money made by their workers.

This is what is referred to as profit, which is essentially just a glorified form of theft. This is why every member of the Walton family has a net worth in the hundreds of millions, while the

Walmart employees that are working hard five days a week are struggling to make ends meet. Capitalists often talk about the wonderful choices that capitalism gives to people, while the only real choice most people have under capitalism is to sell themselves to a totalitarian institution or to starve.

All corporations are inherently tyrannical and immoral institutions that violate the most elementary human rights by their very existence and have absolutely no moral right to exist. Replacing the male leader of an unjust and tyrannical institution with a female one is not beneficial if it’s not accompanied with any institutional change.

The modern-day movement for gender equality has become increasingly dominated by a particular brand of white liberal feminism that often seems much more concerned with the individual achievements of certain women than the collective liberation of all women.

In the instance of female CEOs, it is particularly ironic, as the system that these feminists want women to take charge is a system that was itself founded on the subjugation of women.

In her book “Caliban and the Witch”, scholar Silvia Federici explores how the advent of capitalism in Europe was one of the greatest periods of rollbacks in women’s rights in human history. Under feudalism, the economic system that predated capitalism, women were far from equal to men, but common women held many more rights than they did initially after European countries became capitalist.

This loss of rights for women was accomplished through years of campaigns of mass violence and terror levied by capitalists. The most famous of these were the European witch hunts, in which the same spirituality that had allowed women to gain power in their local communities was used as an excuse to burn them alive.

These campaigns not only massively curtailed women’s rights, but also restructured gender norms and the family structure. Women were no longer the community members and spiritual leaders they were often under feudalism, but instead they were domestic servants whose primary social role was to have children, supplying capitalists with the laborers they needed in order to keep their businesses running.

We don’t need the cycle of systemic gender violence to be continued under a female CEO. We need to bring an end to the capitalistic, patriarchal systems that oppress people of all genders.

We need to bring an end to the capitalistic, patriarchal systems that oppress people of all genders.





LUCY MASON | The Register

The ORBT buses run up and down Dodge Street. They are larger than the other Metro buses, as well as painted grey and orange rather than blue and white.

## ORBT fails to revolutionize public transportation

Daniel Graham  
staff writer

Omaha Rapid Bus Transit, or ORBT, the city's newest development in public transportation, debuted about a year ago, and its performance so far has been underwhelming.

The ORBT bus line runs up and down Dodge Street along the same route that the No. 2 bus used to run, but with far fewer stops—about one every ten blocks.

This, of course, means that traveling on the ORBT is a lot faster than on other Metro bus lines, but it also makes the line less convenient, because passengers may have to walk further to get to their destinations.

ORBT buses also have a different design from the other Metro buses; they're painted grey and bright orange instead of blue and white, and they're significantly larger.

However, they don't seem to seat many more people than the other Metro buses. Much of the added space goes to waste in the middle of the bus, where there is a joint between the front and back halves, followed by a set of bike racks which rarely have more than one bike in them.

Of course, passengers can stand in these spaces, and the ORBT buses don't get as crowded as the regular Metro ones as a result, but most passengers prefer to sit on the bus, and the

fact that there is not more seating in a bus so large does not make much sense.

The ORBT also has a different payment method than regular Metro buses. Instead of having to come up to the front door, passengers can get on at any of the three doors throughout the bus and pay at one of the stations there.

This makes boarding the bus much faster, especially at busier times, and it's one of the best things about the ORBT. The problem arises with passengers like students, who do not have to pay for rides on any bus line in Omaha.

Though these passengers are supposed to be able to board the bus as any others would, just without stopping at a payment station, many bus drivers will require them to come up to the front and show their ID card, to prove that they do not have to pay.

This, in and of itself, is not a huge issue; it only takes a second to show a card, and drivers are usually willing to let students on without showing their ID cards at a busy time like right after school. The problem is the inconsistency. Passengers who don't have to pay for a ride don't always know what to do when boarding the bus, and this adds unnecessary stress to their trip.

Inconsistency as a whole is ORBT's biggest flaw. Right now, it seems that there is a shortage of ORBT buses. It is

common to see a regular Metro bus show up in place of an ORBT one. Frequent ORBT passengers get used to this pretty fast, but showing up to a stop to find the "wrong" bus can be confusing for less frequent passengers.

This has also contributed to the ORBT's lack of a consistent schedule. ORBT buses are supposed to show up every fifteen minutes, but this is rarely true, and when it is, the buses aren't showing up when the schedule says they should be.

This is not so much of a problem for those using the ORBT to get home, but it is a problem for those using the ORBT to get to work or another place where they need to arrive at a set time. The lack of a consistent schedule makes planning difficult and riding the ORBT a hassle.

All of these flaws can be fixed, though, and some of them are already headed in a positive direction—the bus schedule has made marked improvements of late. Besides, the ORBT's faster speeds and increased (though misused) capacity make it at least a neutral change in comparison to the other Metro lines.

The ORBT is not horrible, but it is a disappointment. It was proposed as a way to revolutionize public transportation in Omaha, and it has fallen well short of that goal.

## Personality tests unreliable, do not reveal truth

Noemi Gilbert  
staff writer

Have you ever wondered what kind of french fry you are, which Marvel superhero you are destined to be with or the reason you can't hold a stable relationship?

A variety of quiz-taking sites claim to tell you the answers to these questions and many more. At their best, personality tests can give a fun insight into your identity and are a fun way to kill time. But personality tests use pseudoscience and create unnecessary false dichotomies between people.

One of the most popular personality tests right now is the Myers-Briggs 16 personalities test. The Myers-Briggs test separates people based on four attributes of their approach to the world.

A person is either introverted or extroverted, sensory or intuitive, thinking or feeling, and perceiving or judging. They are then assigned a four-letter label based on what characteristic they identify most with. This four-letter label claims to be able to analyze one's relationships, employment, family dynamics and every other aspect of the test taker's life.

But people are not able to be simplified into strings of letters based on four personality attributes. Our personalities change within our environments, with the people we are around, and as we mature.

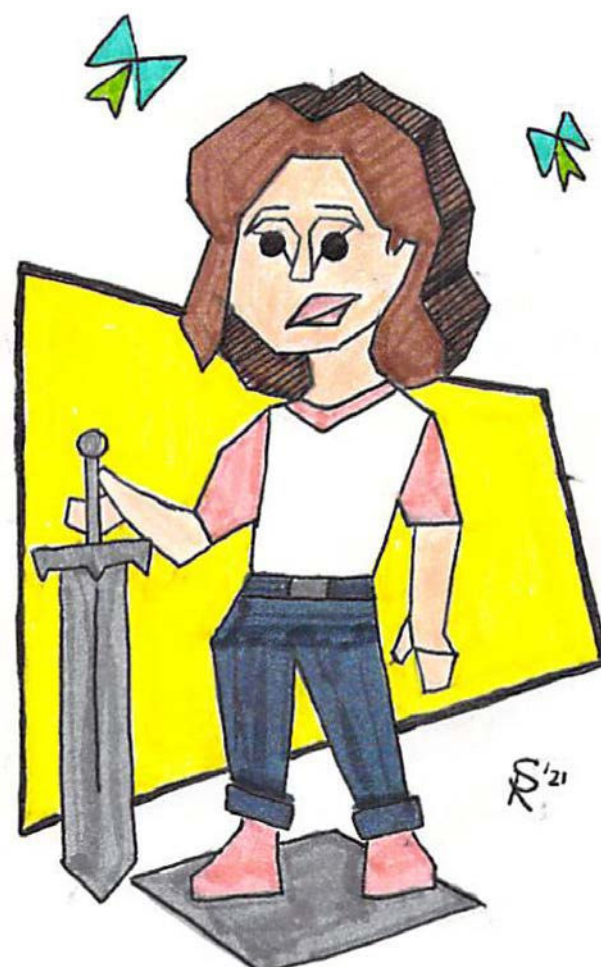
No one makes decisions based 100 percent on logic, nor do people make decisions with 100 percent emotion. It doesn't make sense to put these heuristics opposite each other as two distinct personality types. Logic and emotion inform each other and depend highly on the situations of a decision.

Many people's Myers-Briggs test results change often, within days, because each day we feel differently, react differently and view the world differently as we grow and change. Important decisions such as employment, family, relationships and school should not be informed by a pseudoscientific online quiz.

The language on the Myers-Briggs website paints it as a highly scientific and psychological assessment, quoting psychologist Carl Jung. In fact, neither of the creators of the test had any psychological training and Jung's theories on personality types have yet to be proven.

While the Myers-Briggs and other personality quizzes can be fun and might prove practical for certain people, it has no scientific or psychological basis and should stop being portrayed as a fix-it-all solution for every life problem.

As people, we are much more nuanced than any personality test could try to portray. You are not one of 16 totally separate personalities; you are a distinct and multifaceted human being.



SAM ROBLES | Contributing Cartoonist

# Rittenhouse acquitted, different outcome if he were not white

Charlie Yale  
web editor

Kyle Rittenhouse, who fatally shot two people and injured one more during protests in Kenosha, Wisconsin last summer, was acquitted of all charges after a deliberation that took over 25 hours. Although Rittenhouse walked away from the case acquitted, the outcome would have been different if he were not white.

Rittenhouse, a 17-year-old at the time of the shooting, from Antioch, Illinois, traveled to Kenosha on Aug. 24 to stay with a friend of his. On the day of the 25th, the day of the protests, both Rittenhouse and his friend attended the protest, which started out peacefully, each carrying an AR-15 rifle with them.

According to Wisconsin law, it is illegal for anyone under the age of 18 to purchase, possess or be armed with a rifle of this type. This charge, a misdemeanor, was dismissed along with another misdemeanor for breaking curfew, because of "errors by prosecutors," according to an article from The Atlantic.

Minutes before the shooting, Rittenhouse was recorded greeting police officers where they offered him bottles of water. Later in the night, Rittenhouse shot three people, killing Joseph Rosenbaum and Anthony Huber, and injuring Gaige Grosskreutz. Shortly after the shooting, Rittenhouse was able to drive home without any contact whatsoever with authorities and only turned himself in after his mother persuaded him to.

After over a day of deliberation, the jury decided that Rittenhouse should be acquitted on all charges. A black American would not have been given any of these outcomes and the argument could be made that if Kyle Rittenhouse wasn't white, he wouldn't have walked away from the protest alive.

Tamir Rice was a 12-year-old child from Cleveland. He had taken a replica airsoft revolver to the park to play with in the snow. This airsoft gun, which fired plastic pellets and posed no threat to anyone, was taken for a real gun by the police. Rice had taken a seat in a gazebo, and with the gun tucked away, stood up and walked to the edge of said gazebo. He was then shot by a police officer.

An officer in the car called for assistance over the radio "Black male, maybe 20, black revolver, black handgun by him. Send E.M.S. this way, and a roadblock." Rice was not a 20-year-old adult like the call stated. He was a 12-year-old preteen. According to the New York Times, "multiple layers in Cleveland's 911 system, crucial information from the initial call about 'a guy in here with a pistol' was never relayed to the responding police officers, including the caller's caveats that the gun was 'probably fake' and that the wielder was 'probably a juvenile.'"

There is no reason anyone should be shot by police without them trying to deescalate the situation, let alone a child with a toy gun. This prompts the question, what would the outcome of the situation have been if Rittenhouse was black? Would the police officers have been as cooperating and respect-

ful before the shooting? Would he have been able to go home without being arrested after the shooting? Would he still be alive, or would the police have shot him?

Secondly, Rittenhouse's whiteness benefitted him during the protest because the second amendment disproportionately favors white Americans. Although it is impossible to prove that Rittenhouse would have had a different outcome if he weren't white, there is substantial evidence showing that black men, especially those carrying weapons, legally or illegally, are shot and killed by police at a higher rate than white men in the same situations. An article from Raw Story also shows 8 scenarios where white men pointed guns at cops and walked

soever. The person who shot him, George Zimmerman, was found not guilty and was acquitted because there was nothing to refute Zimmerman's claims of self-defense.

Martin's death was used as a talking point by both conservatives and liberals, especially in the media. According to the Pew Research Center in 2012, "Conservative talkers paid the most attention to questions about who Martin is and to the defense of the man who pulled the trigger, George Zimmerman. Liberal hosts focused primarily on gun control and the Florida law," and that "On cable and talk radio, suspicion of Trayvon Martin was virtually equal to doubts about George Zimmerman."

The spinning of this tragic occurrence into a political playing card is not an uncommon occurrence. Many conservative TV show hosts and radio hosts tried to almost excuse Zimmerman's actions by pushing the narrative that Martin was a bad kid. The same thing happened with Kyle Rittenhouse, except in a completely opposite fashion. Rittenhouse is now hailed by many conservatives as a hero, even being offered congressional internships by multiple congresspeople, including Florida Representative Matt Gaetz and North Carolina Representative Madison Cawthorn. Both of these children, Martin and Rittenhouse, were 17 at the time of their respective situations.

This is not a problem with just policing or just the justice system. Our country was built on systemically racist systems as a whole. According to a study from Harvard, black Americans are 3.23 times more likely than white Americans to be shot by police. PNAS states that "Risk is highest for black men, who (at current levels of risk) face about a 1 in 1,000 chance of being killed by police over the life course," and that "For young men of color, police use of force is among the leading causes of death."

If a person of color makes it to the trial, they are much more likely to be incarcerated and, in many cases, wrongly incarcerated. The NAACP says that "One out of every three Black boys born today can expect to be sentenced to prison, compared 1 out of 6 Latino boys; one out of 17 white boys," and that as of October 2016, of the 1900 exonerations of the wrongfully accused, 47% of those exonerated for wrongful accusations were African American.

Systemic racism is a problem that is still alive and well in the United States. There are many disparities in how people of color are treated by our government, specifically the justice system, compared to white people. The justice system kills black Americans at higher rates than white people, over-criminalizes black people and black neighborhoods and is complacent with many more practices in our country that add on to systemic racism. Specifically, the acquittal of Kyle Rittenhouse brought many of these issues to light.

His experiences would have been completely different if it wasn't for the fact that he was white, and he may not have even been alive to face a trial. To close, America is a country that was founded on racist systems, and as a country the United States must find a way to level the playing field for all.



CHLOE JOHNSON | Contributing Cartoonist

away from the situation without being killed, showing that skin color does determine how cops react to certain situations.

Even the fact that Rittenhouse went to the protest with a rifle with him would have been reconsidered if he were black. If he was not arrested or shot because of it, there would still be no way that Rittenhouse would have been able to walk right past the police with a rifle on his back and not be questioned if he were black. They would not have offered him water, and he would not have been afforded the freedom to drive home safely after the protest. He wouldn't have been treated the same way by police once in custody, and he wouldn't have received a not guilty verdict.

Rittenhouse would also have a completely different reaction from the public if he were not white. Trayvon Martin, who was murdered Feb. 26, 2012, walking home from a convenience store with a bag of skittles, received no justice what-

## Daylight Savings Time unnecessary

Lea Langner  
staff writer

Daylight Savings Time is an outdated system that only hinders workers, students and everyone in between at all times of the year. It has not been necessary or helpful to the average person since World War I. It is the perpetrator of change that no one really gets used to no matter what season it is.

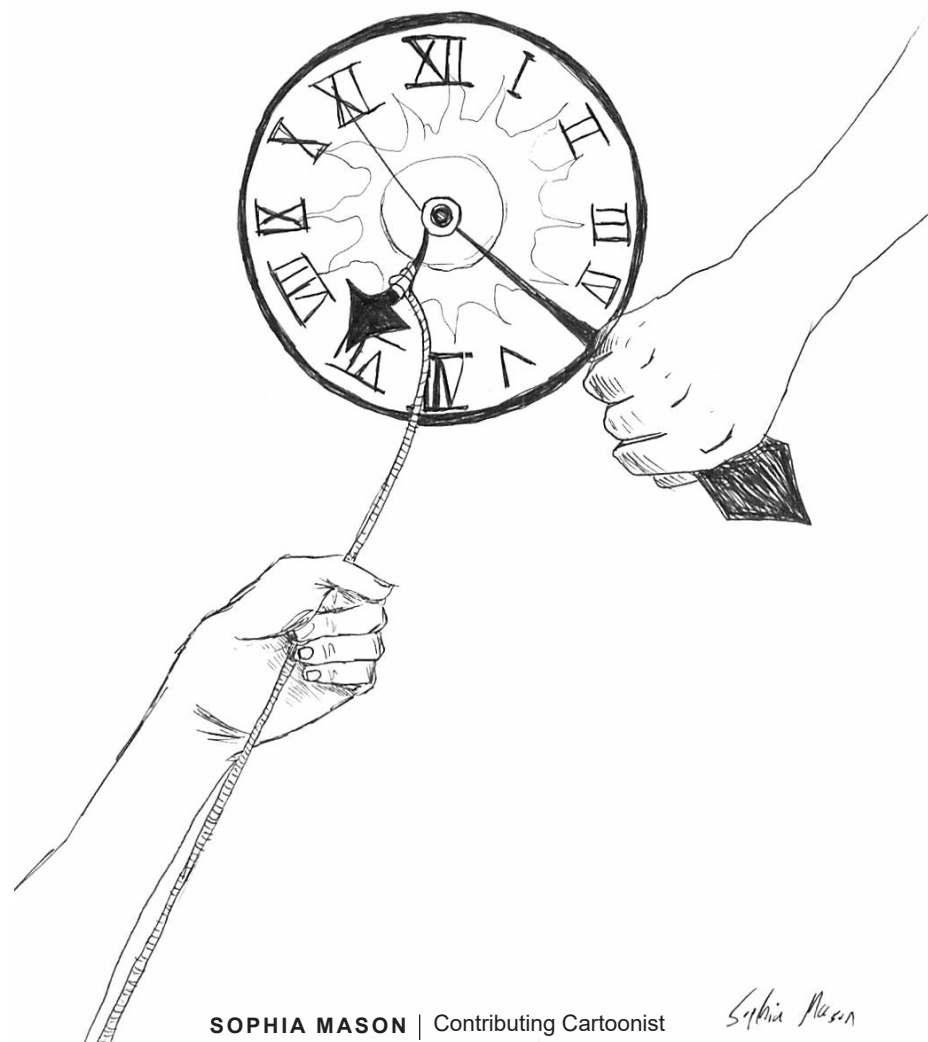
Even though it may go unnoticed past small inconveniences, the time at which the sun rises and sets affects people much more than is widely known. All this and more is good reason Daylight Savings time needs to permanently end.

There are many countries who choose not to go through the burden of Daylight Savings, and even some states within the U.S. (Arizona and Hawaii) do not follow the system either. This could make the idea of converting all states to a time system that better suits daily life throughout the year easier.

While the summer daylight hours are preferred by many, a compromise between winter and summer seems most beneficial. With the sun setting as early as 4:30 p.m. some months and as late as 9 p.m. in others, a time somewhere in the middle for sunset all year round would make for a much more consistent and dependable time system.

An unbelievable amount of health benefits come with eliminating Daylight Savings. The body's circadian rhythm, which determines sleep schedule and patterns, is significantly harmed by the changes associated with the persistent change in sunrise and sunset. This means the changing times disturb the ability to get a healthy night's sleep which can have negative effects on health overall. The Centers for Disease Control (CDC) also warns against a variety of other issues caused by Daylight Savings time including increased car accident rates and increased probability for heart attacks. To summarize, these negative health effects could be avoided by ending the use of Daylight Savings Time altogether.

It is common to dread the time of year that the sun sets an hour after getting home from school. Equally though, dark mornings can make it harder to wake up and make for a slower day. No matter what side of this flawed system is examined, there will always be an avoidable consequence. Even with its positive aspects, like longer summer days and brighter mornings in the winter, Daylight Savings takes a toll on people's health in considerable ways. Putting a stop to this system which is currently used by many could potentially be a lengthy process to go through. Considering these issues though, it is a necessary one.



SOPHIA MASON | Contributing Cartoonist

Sophia Mason

# arts & style

## LOCAL ILLUSTRATOR SHARES PROCESS

After working in a variety of jobs, this artist found his passion in illustrating stories.

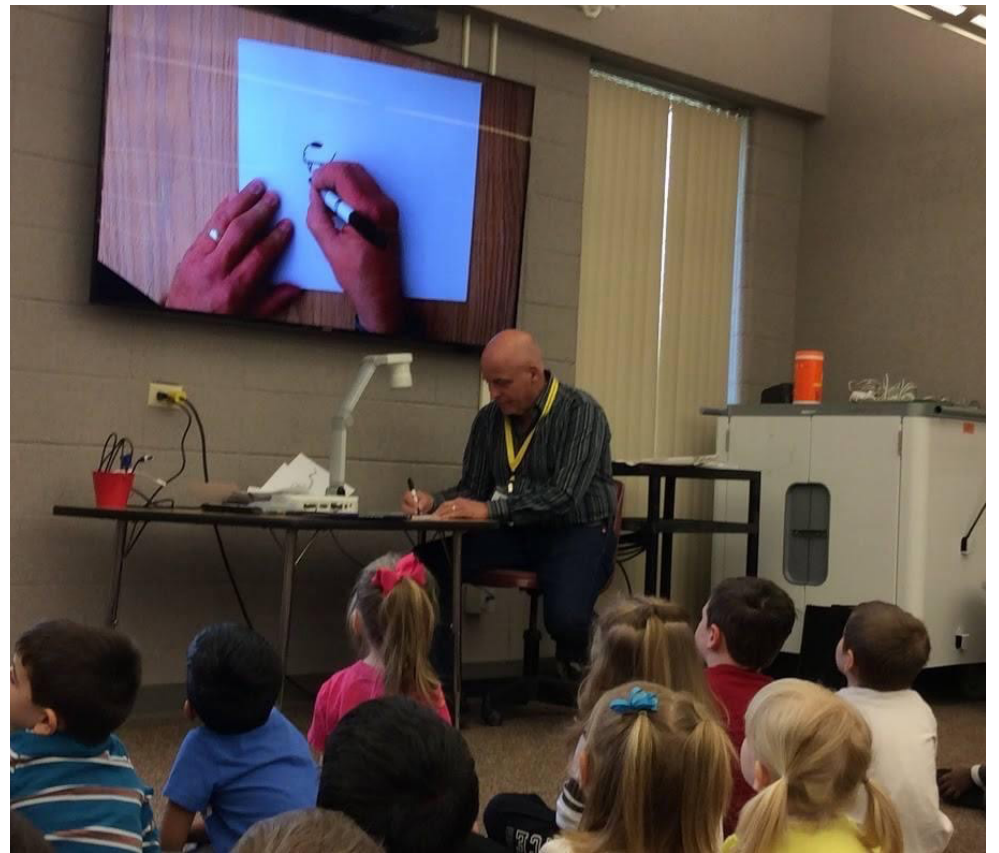


Photo Courtesy of **BRUCE ARANT**

Arant gives a presentation about his illustrating process and work to a group of young children. He has always had a passion for art, even when he was a child himself, and he is now able to do it for a living.

**Livia Ziskey**  
editor-in-chief

When an artist hatches an idea they want to share with the public, they must make the choice between self-publishing and traditional publishing. Local artist Bruce Arant has become familiar with the traditional publishing route over the course of his career as a children's book illustrator.

Arant has loved art for as long as he can remember, but he owes much of his initial passion to his first-grade teacher, who also loved art.

"Before we did anything, we did art. We got to paint, draw, do clay sculptures, we got to do all kinds of stuff," Arant said.

He does not owe her full credit for what he is doing now, but Arant does know that her encouragement shaped his future perception of art.

"What she gave me was a sense of confidence. If you wanted to sing or dance, if you didn't feel confident about it, you wouldn't be able to do it. She made me believe that I could draw, and I believed it because she believed it," Arant said.

After high school, he aspired to attend art school, but his parents' disapproval led him to get a degree in marketing at UNO. After graduating he worked for his family's wholesale company as well as multiple editing positions.

During the recession of 2009, Arant found an opportunity to follow his original passion for illustrating. Marie Galastro, who had hired him previously, offered to become Arant's agent; she still represents him today.

As Arant was designing a blanket for a wool blanket company, he pondered the idea of a blanket and children's book giftset. He started to think about the idea for his first book, "Simpson's Sheep Won't Go to Sleep!", with some inspiration from his kids.

"I thought of my three kids, and when they were little, they had every excuse to stay awake. I thought, 'What if there was this farmer who's got these sheep, and they come up with all these excuses at night when it's time to go to bed, so that's where the idea came from,'" Arant said.

He was able to come up with the bones of the book in one afternoon and proceeded to draw some illustrations to go with it. Marie began to pitch the idea to children's book companies.

"Over the course of two years, it got rejected literally 100 times before Marie called me and told me somebody wanted to publish 'Simpson's Sheep Won't Go to Sleep!', and I'll never forget that conversation," Arant said.

He got on a three-way phone call with his agent and the senior editor of the publishing company, Peter Pauper Press.

"The very first thing she said was 'Are you willing to make changes?' but having been an editor, I knew what she meant. She just wanted to make sure I would be someone she could work with and cooperate with," Arant said.

When he speaks to people who have a hard time changing their work, he likes to compare the process of publishing to feeding a horse.

"You have to hold out your palm very flat and you let the horse eat off your hand that way. You have to hold it very lightly and just let it sit there. That's how you have to work, as an artist or a writer when you're working for a publishing company," Arant said. "You might have the coolest layout for a magazine spread, or you wrote something that's really great, but it doesn't fit the audience."

Over the course of two weeks, Arant and the company worked out the final storyline. He then began to do the illustrations for the book.

This back-and-forth process went on for months until all the edits were completed. Arant sees both benefits and disadvantages of traditional publishing, but he most significantly values the ease of distribution.

"They immediately get it out into the bookstores. When it was still being printed in China, they let Marie know that it would be in every Barnes and Noble in the United States," Arant said. "That's the upside of traditional publishing."

"Simpson's Sheep Won't Go to Sleep" was published in 2013, and the sequel in 2017. Both books have won Nebraska book awards and other accolades.

Arant is currently waiting for a publisher to get back to him about his next book idea.

"It's about germs and washing your hands. It's very relevant and timeless, but it still hasn't gotten picked up. Hopefully, Marie will call me one of these days and give me some good news," Arant said. "But that's the frustration."

Nowadays, Arant uses his books as fuel for presenting to schools about illustrating and authoring.

"I love getting in front of kids, there's nothing cuter than a room full of first graders. I have more fun than they do. I'm so thankful that I've been able to do that," Arant said.

He talks to children about using their imaginations, which he feels is becoming a lost art. Keeping the imagination alive is one of the main focuses of Arant's presentations.

Arant is also humbled to know that he can be a part of bedtime routines for families. As a parent, putting his children to bed was one of his most cherished activities.

"It's so nice to know that kids are enjoying it and that I'm bringing something to that special time," Arant said. "That's the most important aspect of it."



**MUSIC AND MOVIES** on page 12



**CATS** on page 13



**BOWLING** on page 14

## Summer Walker: "Still Over It"



Photo Courtesy of WIKIPEDIA IMAGES

**Ziya Gaskin**  
staff writer

Summer Walker released her latest album, "Still Over It" on Nov. 5. The chill, romantic and emotional R&B album serves up to be her best work, containing more catchy songs and unforgettable lyrics.

Whether it's "Circus," or "No Love" or "Insane," each track is sown with deeply personal aspects of Summer Walker's life/love life. Discussions on if a man would lose feelings for her because of her body, looks, mentality and fame are a tug to the heart of listeners because, apart from the fame, many can relate to her songs.

Her silky vocals and clean cut production are just perfect to get a listener in their feelings. The album title is a summary of the songs on the album. "Still Over It" is about moving on from toxic relationships to bossing up and focusing on yourself so you can be your best selves. In one of her lives on Instagram, she spoke saying, "Learn from a girl's mistakes, okay? A red flag is a red flag, okay girl, it's not pink, it's not orange, it's not yellow, it's red."

Majority of the songs are lessons Summer has learned from being treated poorly by her ex. After giving him multiple chances to redeem himself, he constantly failed and failed, but she realized she deserved better and knew she needed to move on. So, by being "Still Over It," she is deciding to focus on herself and her baby. If her prior album, "Over It" was an anthem about love, then "Still Over It" was the anthem of the breakups and everything that comes with it. Summer has a song for every feeling following a crushing breakup, from confusion to anger to outright pettiness, which is what listeners love, because Summer was very vulnerable and open to expressing her own emotions.

It's brutal, yet romantic, healing, yet flirty and empowering album to say the least. When Summer released her single, "Ex for a Reason," it did get backlash on Twitter for being too upbeat and sounding like a Disney song, when the songs on "Over It" are slower and softer. Summer said her team wanted to make that a single, and that she didn't like it too much, probably because it was out of her comfort zone, but it was a girl boss song which is why it works. People were worried about the entire album after the song dropped hoping it wouldn't be a total flop. Once it was released, everyone was able to vibe and relate to the songs and said she ate and left no crumbs.



## Eternals



Photo Courtesy of MARVEL STUDIOS

**Jane McGill**  
staff writer

If I were to attempt to summarize my feelings towards the entirety of the Marvel Cinematic Universe in just one word, that word would be "Meh". Marvel rarely hires visionary or innovative filmmakers instead opting for middle of the road or inexperienced indie filmmakers shooting committee-written screenplays under the close supervision of Marvel Studios' higher ups. This most often results in movies that feel as if they were designed by the same group of studio executives and visual effects artists. The main benefit of this approach is how rarely it yields truly bad movies. The main drawback of the approach is how it very rarely yields truly great movies. Because yes, the list of Marvel movies that are legitimately bad is small, but the list of Marvel movies that are legitimately great is even smaller, with most of their films simply being enjoyably passable. Eternals is a film that follows in the Marvel tradition of mediocrity. And while it's quality is fairly consistent with what I've come to expect from Marvel Studios, it's well below the quality that I expect from Chloe Zhao.

The film follows the titular group of super-powered alien beings who were originally sent to Earth by a Celestial named Arishem to protect humans from a species of alien predators called the Deviants. Thousands of years later, the Eternals must reunite in order to save the world from an event called "The Emergence". The cast is phenomenal, delivering endearing and engaging performances all around. Highlights include Gemma Chan, who is relatable as the lead Sersi, Kumail Nanjiani who is hilarious as Kingo, Brian Tyree Henry who gave a refreshingly understated comedic performance as Phastos, as well as Don Lee and Angelina Jolie as Gilgamesh and Thena respectively, who make the most of their limited screen time. The film was the latest in a long line of Disney-related films to promise queer representation and the first to actually deliver on this promise, with Phastos being the first gay superhero in a Marvel movie. His husband and son aren't a major part of the narrative, but it's a good start to a hopefully better future of LGBTQ+ representation in Marvel movies.

The characters' complicated relationships with each other and the human race as a whole are very compelling and drive much of the film. The cinematography on display is more visually striking than most Marvel movies and stylistic the flare that defines Zhao's previous work is toned down, but still present. However, the visual effects are more flawed than in any Marvel movie in recent memory. There numerous shots that are so poorly rendered that they look like something out of a video game. Additionally, the characterization and emotional beats are often undercut by the weak pacing and the narrative as a whole is weighed down by its attempts to flush out its character cast while simultaneously trying to invest the audience in the twists and turns of a cosmic epic.

The film contains two major reveals, the first of which completely changes the trajectory of the plot and the second of which changes the trajectory of the characters, neither of which contain the dramatic weight they should have. Eternals' most intriguing aspect is the complex themes it expresses about the consequences of technological advancement, the moral value of the human race, and the philosophical merits of saving lives if it means destroying the possibility of creating life in the future. But these themes never get the thorough exploration they deserve as the third act is much more interested in pulling off the bloated CGI boss fight we've seen a hundred times before than a satisfying thematic resolution. While Eternals benefits from fantastic performances and occasionally stunning visuals, it's poorly structured pacing, narrative, and themes hold the film back from achieving anything but mediocrity in the end.

## Adele: "30"



Photo Courtesy of WIKIPEDIA IMAGES

**Lea Langer**  
staff writer

Adele released her fourth studio album on Nov. 19, welcoming listeners to the long-awaited sound of "30". Named for her age at the time it was written, as are the rest of her albums, this new release is satisfying to fans who love her familiar songs, as well as those wanting a taste of something new. "30" is a journey through real life, real love and real loss.

The album is centered around the experience of her recent divorce and the feelings of heartbreak and loneliness that overcame her through the process of grieving her marriage. Even so, "30" is full of sweet moments of clarity and strength that balance these melancholic themes. Adele reveals the rawest, most vulnerable parts of heartbreak with tender production choices throughout the album. This tenderness could not be realer than it is on track three, "My Little Love", where voice recordings of a bittersweet conversation with her young son are intertwined with Adele's vocals. The effect is simple but poignant and deepens the honesty that comes with the album's focus.

Additionally, within the album's production exists an evolution in Adele's style. Each song moves through and around different genres like jazz, pop, R&B and soul creating a blend of her tried and true sound with some new stylistic choices. This genre blend, however, can be overpowered by one subjective flaw within the album. Every song, except for one, is over three minutes long. Although this is not a flaw on its own, there are a few six-minute songs alongside the rest that make it one. With the album's full length being two minutes shy of an hour, it is noticeably too long. The length of the album makes it suitable for long drives or wallowing in its misery but does not work well for casual listening or anyone with a short attention span.

Adele, known for her profound lyricism, surely did not disappoint with the writing of "30". Each song is laden with heartfelt confession and blunt outcries of emotion. She croons in the calm track six, "Love is a Game", "My heart speaks in puzzles and codes I've been trying my whole life to solve, God only knows how I've cried, I can't take another defeat". At times her lyrics sound like the words she needed to hear when she was writing them, given their encouraging quality. With a quavering voice as if she is singing through tears, the hopeful, "Let time be patient, you are still strong, let pain be gracious, love will soon come" shines through track 10, "Hold On". In the heart of this album, Adele's painfully beautiful lyrics carry the weight of the feelings they encapsulate.

In her newest release, Adele returns with arguably her most pain-stricken body of work yet. Through its production and lyrics, "30" roots itself as a force to be reckoned with in comparison to Adele's highly acclaimed previous albums. Anyone who has not yet listened to this new album needs to hear it.



LUCY MASON | The Register

## Feli'us Cafe enjoyable for cat lovers, coffee drinkers

Cecil Zahm  
section editor

O maha's Feli'us Cat Café is located just a few blocks south of Central. It provides the regular café experience, serving coffee, lattes and tea, while also offering the unique opportunity to interact with cats at the same time.

Feli'us is divided into two parts, the café itself and a separate room with the cats. Before coming in, I was a bit worried about mixing a café with the cats, but everything was made to be very hygienic.

Feli'us takes a lot of measures to keep the café side clean and the cat side safe. Everyone going in to play with the cats has to wash their hands, remove shoes and make sure any drinks have lids. Masks are also required in the café when you're not drinking.

On the café side, the coffee is very standard, but good. The prices for almost all the drinks don't exceed five dollars.

Inside the play area, there's a variety of toys to interact with the cats, like feathers, balls and catnip. During my visit, about seven cats were out. Feli'us places a limit of five visitors in the playroom at one time, which allowed each of us to spend time with the cats.

The whole interaction is monitored by a volunteer to make sure the cats stay safe. Patrons are allowed to pet the cats and play with them, but not pick them up

or be forceful.

The playroom also has several raised platforms on the walls, which allow cats to get away from humans if they want to. But most of the cats I interacted with were very friendly and playful with visitors.

Before you can actually play with the cats, you have to schedule your session ahead of time and pay a fee. Prices are based on the amount of time in the playroom, set at \$7.50 for half an hour, \$14 for an hour, plus \$10 for any additional hour.

I think this is definitely a fair charge, as it provides money to care for the cats in exchange for the interaction. If you don't want to pay to go be with the cats directly, there's a big window inside that you can watch them from while enjoying your drink.

A big part of Feli'us' mission is to find permanent homes for the cats in their care. The cat café format is really great for this because it lets potential adopters interact with the cats and see which animals they bond with. To date, Feli'us has adopted out over 620 cats.

However, if you're unable to make the long-term commitment of adoption, Feli'us is also a great way to experience the cuteness of cats. And, if you're 19 or older, you're eligible to volunteer at Feli'us.

Overall, Feli'us cat café provides a fun experience for both the customers and the kittens. And due to its proximity to Central, it's the perfect place to go with friends after school.

## Freshman drummer takes inspiration from father, starts band

Adriana Aguilar  
contributing writer

At seven years old, Eli Weber began developing a passion for drumming. Weber is currently a freshman and has been drumming for eight years.

Inspired by his dad, who plays guitar and has played for various bands, Weber found himself drawn to the drums and he decided to pick up a pair of drumsticks.

"My dad plays guitar in a couple bands and all the practices are at our house, so I guess we've just always had a drum set in the basement. I tried it one time and I kept slowly getting better," Weber said.

Drumming is a therapeutic exercise for Weber. In a way, it can relieve stress from a bad day while enjoying some good music. A study was conducted in which scientists dove into the health benefits of drumming and found out that it can

relieve stress and lower blood pressure.

"I feel like every song has some sort of drums in it, except for like really slow ones," Weber said. He loves music and recently joined a band with four other friends who are also freshmen here at Central. Jackson Deeney, Anker Jensen and Ady Borchert are the remaining members.

"I thought it would be fun to be a famous musician," Weber said. The group started about six months ago and has had four or five practices.

Eli Weber has been working alongside friend and fellow freshmen Jensen for the past three years. They both want to write all of their own songs. Jensen is one of the guitar players in "Pure Intelijenz," the name of their band.

"We just both like the same music and both always wanted to be in a band together," Jensen said.

Jensen and Weber try to help each

other by coming up with songs to play.

"If there was anything that inspired us, it would definitely be the band Dinosaur Jr., because they're one of our favorite artists," Jensen remarked.

Not only does Weber play the drums, but he also plays the bass guitar, like his dad. Weber's drumming technique doesn't come from reading drum notes, but instead comes from within and he plays what he feels. Even though he does not read drum notes, he doesn't believe that it will stop him from getting better, unless he wants to join the school band.

"Two years ago I started getting back into it, and I was a lot stronger obviously then when I was seven, so I was hitting it a lot harder. I've probably been through about four or five drumsticks that I've like broken, but I've lost quite a few pairs," Weber said. The drummer will continue to play his drums with his band while having fun.



Photo Courtesy of ELI WEBER

Weber sits behind his drum set. The freshman finds drumming to be a therapeutic exercise as well as a necessity in music.

## 'Hamilton' improves with multiple performances

Charlie Yale  
web editor

I have seen "Hamilton" a total of three times. Now, to most people, this may seem quite excessive. I beg to differ. "Hamilton," the musical by Lin-Manuel Miranda, based off of the book "Hamilton," by Ron Chernow, is one of my favorite theatrical performances.

Each time I have seen the performance, the actors have been completely different. My first time seeing "Hamilton" was in September of 2019 at the Orpheum Theater. After four years of listening to the soundtrack of the Broadway performance, I was bubbling with excitement to see the musical.

It completely exceeded my expectations. Each actor and character had their own presence and threw in their own extra lines throughout the musical. There was so much value to seeing the actors behind the songs.

The emotion from each of the actors was absolutely superb, and every single scene was amplified so much by the live actors in person. You almost felt as if the actors were speaking and singing directly to you. The two instances that I found were intensified most by the in-person performance was the death of Philip Hamilton and all three of King George's solos.

The death of Philip in the show was so well preformed and so dramatic, bringing me and everyone with me to the edge of tears. Each of King George's solos had the crowd bursting out with laughter, something that I was expecting but not to the amplitude that

it actually was. The second time I saw the musical was the Disney+ special with the original Broadway cast.

Being able to see and hear the original actors that were on the soundtrack was astonishing. Connecting faces and acting styles to voices was so much fun, and even though this was the original cast, they also each had their own quirks and changes, things that you couldn't see or hear in the soundtrack. Although it was remarkable being able to see the original cast, this was not yet my favorite rendition of the show.

The third time I saw the show was this year, once again at the Orpheum Theater. Going into the show, I had the attitude that the show was a waste of time because I've already seen it twice. I could not have been more wrong. Knowing all of the songs and the words, I was able to focus on the parts of the show one wouldn't usually focus on, such as the background dancers and characters outside of the few main characters that stayed consistent throughout the show.

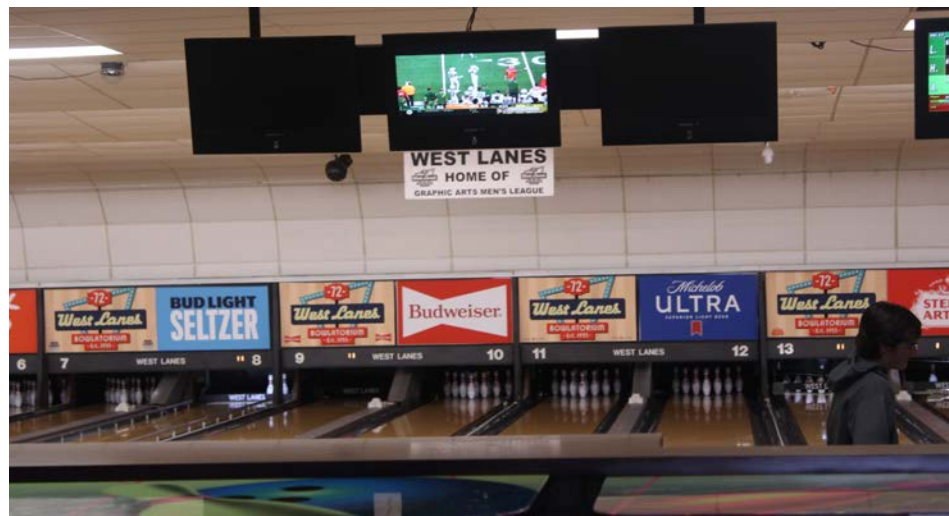
I saw some funny background choreography, especially during "The Reynolds Pamphlet." King George was having an amazing time while two of the background dancers were doing snow-angels in all the pamphlets on the floor. I noticed how multiple actors had double roles, mainly how John Laurens was Philip Hamilton in the second half of the play.

To conclude, seeing a movie, play, musical or show multiple times is not a waste of time. Each time I had seen the show I became more and more observant and was able to spot things that one would never be able to see on the first watch over. I hope that I am able to see "Hamilton" more in the future, for it has taught me a valuable lesson.



CHARLIE YALE  
column

# THE REGISTER



## West Lanes



72nd & Dodge St.

Isabel Walocha  
staff writer

Bowling is a sport enjoyed by families and friends in the United States. There are many factors in a good bowling alley, including the atmosphere and the pricing. West Lanes is a sufficient bowling alley that has a good environment for all ages.

When finding bowling alleys in the area, one may first stumble across the West Lanes website. This website was very appealing because of the bright colors and big titles. It was organized and easy to navigate. The inclusion of the menu on the website was a nice feature and allows viewers for preparation when thinking of price and allergy. The only issue I had with this website was there was no mention of bowling times. When I went bowling on a Sunday, I was surprised to hear at 4:45pm that all parties must be done bowling by 5:00pm. This information being put on the website would have allowed for better preparation and better experience.

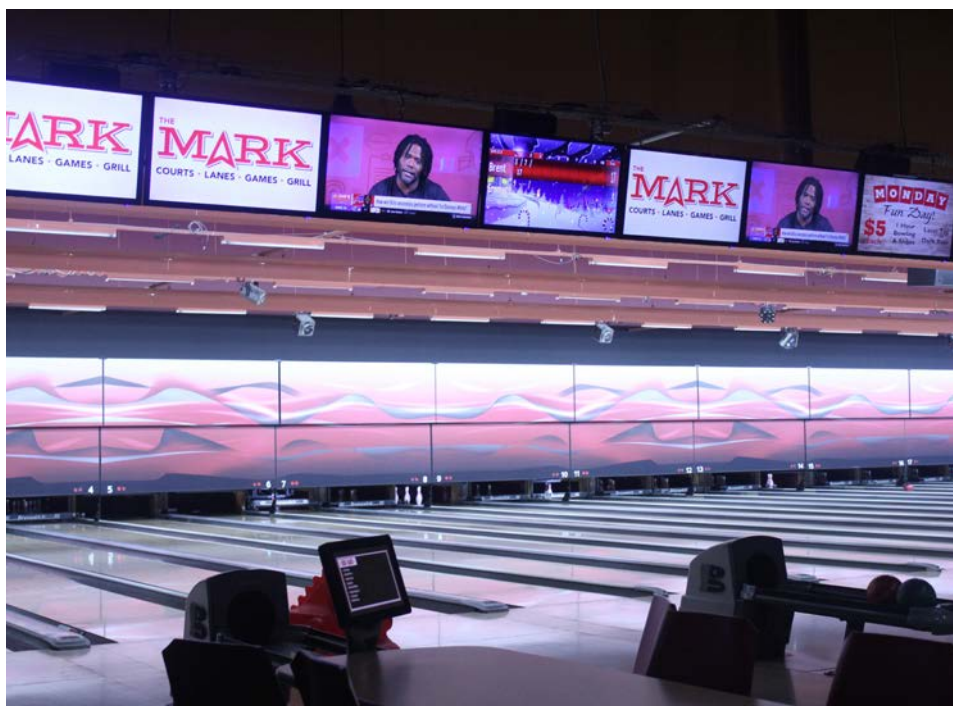
The price of bowling seemed more costly, but inexpensive. My party spent \$15 for an hour of bowling, along with an additional \$4 for each pair of shoes. Split among the three of us, this was not a bad price to pay. The process of paying was fairly simple. Parties first get their shoes

and lane without paying, then pay after playing. What I did not like about this process was that I did not know how much I was spending until the end of our game. The price board was not organized and hard to read. This can cause issues for parties who do not look at the website before they arrive.

The snack bar served classic bowling food. There was an assortment of pizza and fried items, along with burgers and sandwiches. If one does not want to eat greasy food, I recommend eating before or choosing another bowling alley. Along with food there is also an adult bar, proving West Lanes is friendly to both kids and adults. The snack bar is not the only option for food. There is a small vending machine in the alley, but I would not push your luck with it. When using, some of the buttons did not work, meaning some snacks were unavailable.

Overall, my party had an enjoyable experience at West Lanes. Although we were not good at bowling, we had a good laugh attempting to play. It was easy to find our equipment needed and the environment was very clean (even though I am sure no one is thrilled about communal shoes). The atmosphere was very friendly. My group could see many other groups laughing and enjoying their time bowling. I greatly recommend this bowling alley to groups of all ages.

SOPHIE YOUNGS | The Register



## The Mark



20902 Cumberland Drive

Conor Harley  
staff writer

Out in west Omaha lies the Mark: a bowling alley, bar and grill, arcade, basketball facility, and beach volleyball center.

The Mark has set itself apart as the premier spot to bowl over the past years. Prior to its rebrand roughly half a decade ago, the complex went by the name of Sempeck's. Despite the rebrand the center has maintained its quality facilities.

The main course of the Mark is the bowling. The alleys are numerous and its certainly difficult to not have fun. There are plenty of different weighted bowling balls, fit for people of all ages. Along with the different sized balls comes numerous ramps for young children to take part in the bowling fun.

There are provided bowling shoes, great seating areas, state of the art technology, and a bar beside the alleys for the adults to indulge in some fun too.

Along with the bar comes food and drinks you can have prepared to further enhance the bowling experience. The food prices are slightly high, but the quality is certainly there.

The endless rows of lanes come equipped with quality bowling technology, and two flat screen televisions displaying sports, simply as another thing to keep you entertained between bowls.

The high quality of all the amenities at the Mark definitely is a reason for the prices. The prices during the week are relatively low, at five dollars per hour plus additional fees for shoes if needed.

The weekends are much more pricey however. A doubled price of ten dollars plus fees on shoes is a little less manageable, but

not horrible either.

The Mark is much more than bowling lanes. Their large arcade and laser tag make it somewhere that an entire day could be spent at.

The extensive arcade is a perfect place to let your children let loose, have some fun, and win some prizes. Paid for cards are the currency for this arcade, and winning different games earns you tickets tracked on the card that can be cashed in for prizes.

Beyond the arcade lies a large laser tag complex. This highly intense activity is great fun.

After doing all of these fun activities there are some more relaxed things to partake in.

On the other half of the building lies a bar and grill, complete with plenty of seating and numerous flat screen televisions. The atmosphere is great, and the food certainly does not disappoint.

The food provides plenty of options, but here you can really only get typical bar food. The quality of the food makes the prices feel not all that bad. The bar and grill is just another place within the Mark where the prices feel just right.

An aspect of the Mark that often gets overlooked is its beach volleyball courts. The outdoor courts are perfect for spending a summer day getting some exercise and having some fun.

In totality, the Mark is a great destination for everyone in search of something fun. The high quality amenities, extremely enjoyable activities, and near endless options for things to do make it one of the top bowling facilities in Omaha.

I personally give the Mark a four out of five stars, and encourage everyone to stop by and have some fun.

SOPHIE YOUNGS | The Register

# REVIEWS: BOWLING

## Mockingbird Lanes



4870 S 96th St.

**Cecil Zahm**  
staff writer

Bowling is one of those activities that's perfect for winter. It's indoors, fun with friends, and a nice break after an exhausting stretch of school. If you want the classic bowling experience in Omaha, look no further than Mockingbird Lanes.

Mockingbird Lanes is a place that can be described as the "archetypal bowling alley", if there ever were one. It has everything that comes to mind when you imagine a bowling alley: a front desk shoe rental, cosmic night, pizza, weeknight leagues and lots of claw machines.

This isn't to say that Mockingbird Lanes is bad, just that it doesn't do anything special. But there's definitely an appeal in that, and you know what kind of experience to expect. Overall, it can be described in one word – classic.

When I walked into Mockingbird Lanes on a Monday night, I expected it to be pretty much empty. However, the place was packed, and according to the staff, that's not unusual because of leagues that come in regularly to bowl. Even though there was lots of people, a couple lanes (out of the total 31) were still open, so there was no waiting necessary.

One thing I did immediately noticed about Mockingbird Lanes was how clean and well-lit everything was. It's clear that Mockingbird Lanes puts in effort provides the classic, nostalgic feel of a bowling alley without falling into the trap of being dirty or extremely dated.

As for prices, one game is set at five dollars per person, with a 25-cent increase on weekends. An additional \$3.25 is charged if you need to rent shoes. I found these to be very fair, and cheap in comparison to some of Omaha's other bowling alleys.

Other than bowling, there a small arcade section with video games and claw machines.

Mockingbird Lanes also has a dedicated dining room, but most customers that I saw just ordered to their lane. The food is very standard fare for a bowling alley. The menu mainly consists of pizza, fried food and pitchers of soda. It's cheap, it's quick and it fits the atmosphere, so there's really not much to complain about.

Overall, there's not much that sets Mockingbird Lanes apart from its competitors. But, by relying in nostalgia it doesn't have to be the most innovative or fancy establishment. Mockingbird Lanes does what it sets out to deliver: provide an experience that packages bowling consistently and well.



SOPHIE YOUNGS | The Register



SOPHIE YOUNGS | The Register

## Chop's Bowling



2518 S 13th St.

**Sophie Youngs**  
staff writer

Chop's Bowling is the perfect place to go for a fun activity with friends, family or a significant other.

A great feature about Chop's is its location. Since it is right by downtown, there are plenty of places around to go and eat or shop around. They also have drinks and snacks there so there are plenty of options.

One of the greatest things about Chop's is the price. Playing one game with two people was only a little over thirteen dollars, so it's very cost friendly. They also offer deals on games so if you want to play more you can save money as well.

The bowling alley was recently remodeled, so it's very nice and clean. The seating is very comfortable with lots of room to place personal items and/or food. The bathrooms were extremely clean as well.

The service was overall good. The cashier was extremely nice and was kind in helping me pay for my game. The person I ordered garlic bread from was short and a little rude, but it didn't affect my overall experience there.

The game only took me around thirty minutes to play, so it was super quick and I could have definitely played more than one game.

Although the alleys are extremely close together, the separation between myself and other groups was never uncomfortable. Everyone kept to themselves and never got in the way of my space.

Overall Chop's was a really positive experience.

With the cheapness, cleanliness, overall good service, and the good time I had, I would recommend Chop's to anyone looking for something fun to do.

# sports & leisure

## GIRLS WRESTLING MAKING HISTORY

With the new addition of wrestling for girls to the athletics department, many are excited for the future.

**Alice Larson**  
staff writer

For the first time in Central High history girl's wrestling will be offered as a winter sport. The wrestling team, which has experienced acclaim in the past will now finally be able to see how including female athletes will improve their sport. With this change, physical science and IB chemistry teacher Alexis Madsen will be joining the wrestling coaches as assistant coach to the Girl's Team.

"I'm most looking forward to the enthusiasm I can bring for females to feel just as strong and equal as the men," Madsen stated when asked about the upcoming season.

Madsen who also coaches boys cross country and girls track is excited to add wrestling to her coaching expertise.

"One of the reasons I took the job is because I feel like I have a different relationship with the students I coach, we can have very serious conversations about getting to class on time or talking about grades which is an opportunity not every teacher gets to have—which is totally okay—i'm just a really big relationship builder and to be there for the kids I'm just so excited."

Madsen who grew up watching wrestling but who does not have personal experience on the mat said "I only knew the basics, and it's been really awesome because Coach Foster has been great about breaking down strategies and teaching them to me."

She also feels that all the wrestling coaches Foster, Storm, Gates and Ovenshire have taken her on as "one of the guys, a fellow teammate and coach and just treat me with such respect, they've been awesome."

"What I love to is how Coach Foster has brought the women in, we're all just one big group it's so cool to see everyone feel really comfortable with one another and to be in this room, being smelly and strong together, if one girl needs to help a guy or one guy needs to help a girl it's totally okay we don't make a big deal that we're separate teams it's very clear we've been one big team since the start," Madsen stated.

Recruiting female wrestlers is not a worry for the assistant coach who is thrilled by turnout she's already seen

at open mats.

"I think total we'll probably have about ten girls, which for a first year is really awesome if we were already starting with ten I like to think forward and think that next year or our third year well see as many as twenty or thirty girls."

Madsen is concerned how societal body standards will impact girl's comfort with building muscle and gaining weight.

"I really want all the girls and I to have a conversation about healthy body image," she said about how to combat her worry.

"I want us all to feel really comfortable and open with our bodies and know it's okay to talk about weight class and that no one is less or more pretty by weight, it's about everybody being strong in our own equal way, because at the end of the day it's the body we were given," Madsen said.

"We all are beautiful, we all have beautiful bodies—when I eat McDonalds all my weight goes to my thighs and that's pretty that's beautiful—just because we all weigh differently it doesn't matter what weight class we're in I want all the girls regardless of their weight to feel comfortable taking on an opponent who is a little bit bigger then them and know that they can pin them" the coach went on to say.

The girl's team has already received new uniforms and gear that Madsen hopes will make the athletes feel valued and equal with the boys. She feels Coach Foster has done an excellent job of making it clear the female and male athletes are both to be treated with the same level of respect and importance. Madsen hopes she will be able to bring this same mindset, with her personal experience as a female athlete.

"I went to a Catholic high school that didn't allow women in the weight room until I was a junior—like at all—when we were finally able to lift I felt so much stronger and better about my body, just as equal as the guys, I'm excited to bring that same feeling to a group of women, to make them feel just as strong and good about their bodies, and that they're all on the same playing field."



Photo Courtesy of **ALEXIS MADSEN**  
Members of the team pose in a pyramid formation during practice. This is the first season of girls wrestling at Central.

## Opinion: Fines in the NFL cause conflict and contention

**Jaden Cheloha**  
staff writer

It's difficult today to simply exist in the Midwest and not know who Aaron Rodgers is. A-Rod, Mr. Rodgers, The Bad Man, temporary host of "Jeopardy!", whatever you wish to call him, he's established himself at the top of the quarterback hierarchy in the present-day NFL, and somewhere near the top in the list of all-time greats. This is quite the extraordinary feat, but it's hardly the most pressing topic regarding Rodgers at the moment.

In Week 9 of this year's season, the Green Bay Packers' quarterback tested positive for COVID-19, leading him missing that week's game against the Chiefs. It wasn't given much of a second glance at the time. Players being out due to the coronavirus was becoming just as common as players missing time due to injury.

Only, there was of course a bit more to the story, as only two days later, news broke that Rodgers had not been vaccinated for COVID. This was quite the shock to the NFL, as Rodgers had not been following any of the guidelines made for non-vaccinated players. These included wearing masks for indoor walk-throughs, having to be tested once per day compared to a vaccinated player's once-per-week testing, and limitations and endorsement deals and marketing rights.

That last one is especially concerning, as Rodgers' deal with State Farm wasn't severed after this news broke. But if that wasn't enforced, then what penalties did Rodgers have to

face after the news broke?

Well, he had to spend a mandatory 10 days away from the team, starting November 3, and ending November 13, the day before the were set to play the Seattle Seahawks in Week 10. However, this is standard practice for any player who tests positive. The only other penalty he faced was a \$14,650 fine for attending a Halloween party without a mask.

Compare this number to the amount Dallas Cowboys wide receiver CeeDee Lamb was fined for taunting New England Patriots defensive back Jalen Mills after a game-winning touchdown, a hefty \$10,300. Yes, this is lower than Rodgers' fine, but the "taunting" in question was a wave Lamb sent Mills' way after the receiver found his way to the endzone. At first look, a fine for breaking COVID-19 guidelines on multiple occasions doesn't seem like it should only be about \$4,000 more than a simple wave at an opponent.

While noticeable inconsistencies in fines the NFL is dishing out aren't limited to just these two examples, this comparison poses a perfectly reasonable question to ask: how exactly is the league judging the penalties they're handing players? We'll just have to see where situations like these go in the future and if the NFL's inconsistency becomes a larger issue, but as of right now, it just seems like the league is struggling to find any reasonable way to judge rule infractions.



**GIRLS BASKETBALL** on page 17



**SIGNINGS** on page 18



**HORSEBACK RIDING** on page 19





Photos Courtesy of GARRETT HAWKINS

The team has already played several games this season. The girls have expressed their excitement to return to their sport.

## Basketball season starts off strong for girls varsity

Isabel Hoiberg  
contributing writer

Central girls 2021-2022 basketball team has been working and playing hard to reach their goals of winning state. During the 2020-2021 season the lady eagles won 23 games and only lost four. They were also district A champions and lost first round in the state tournament.

A majority of the returning seniors have been on varsity since their freshmen year at central. That season, they only won four games. The program has built up a lot in the past few years. "I was here when we won four games, so just like the team chemistry and obviously our bond on the court as we've gotten older, we also know how to push each other harder now but still have good boundaries, that has been our biggest improvement," senior point guard/shooting guard Claire Williams said. "It isn't even just new players, we just got older you know? As we got older, we matured as people which helped on the court a lot," senior Aniah Wayne also agrees, adding that they learned individually how to adapt to the adversity from their freshmen year to now.

A program being made is not just because of players, they need someone to push them and put trust in them to go out there and play their best. Micheal Kroupa is the head coach of the Central girl's basketball team. He became the coach three years ago. "Their freshmen year they started a lot of freshmen and starting freshmen just does not work, especially when they are starting four or five of them. I'm really just blessed to inherit a young but talented group and just been putting the pieces together," Kroupa said.

A majority of the team this year is underclassmen. Is this an advantage or a disadvantage? People see this in two different ways. "I'm really optimistic about it, of our 31 kids, 21 of them are underclassmen, they're either freshmen or sophomores so we are building from the bottom up and we are pretty high on it, the was the directions are going," Kroupa said. From watching the practices, not only are these girls young, but they have a lot of talent. Which is going to impact

this team now and in the future.

Aalayiah Davis is a freshman point guard. "I'm looking forward to putting my best foot forward and be the best I can be," Davis said. "I'm inspired by Anniya Webb, Iniah Jones, and Aniah Wayne, they yell at me which makes me want to strive more and keep going, they're helping me put my best foot forward." Bringing it back to what Claire said, those seniors have become leaders and impacted the underclassmen, not just Davis but other freshmen too.

Leadership is the key in a team, especially when you have a team full of underclassmen. "Five of the girls that have a lot of starting experience from back. You know you got the aniahs/anniyas, you've got Claire, you got Iniah and Ital who all have high quality leadership skills," Kroupa said.

Aniah Wayne is a senior point guard who is committed to the University of Northern Colorado. You have to start somewhere with any passion you have. "I started when I was 5-years-old at the Y(MCA), both my mom and dad introduced me to the game and I gradually got accustom to it." The other girls probably have similar background with the sport. You cannot really just start in high school and expect to be on varsity, especially with a basketball program like the one at Central.

Other schools will probably never build up a program like the one Central is lucky enough to have. "I think our rival will probably be Millard South or Fremont. I say Fremont because we haven't played them, and we can't scout them yet. Millard South because they have always been our rival even since freshmen year, so I think playing them as we both continue to progress has been challenging," Wayne said. Last year, they went 0-2 with Millard South last year, wanting to change that record this year. Going to change that record this year.

The girls are working off in practices, practices with continuous movement and working drills. Not only that but Kroupa has made a class this year for the team to make them stronger together. They want to push to that title, and believe they are going to make there, not just because of skill but because of the team bond and family tie they have.

## Running main hobby for student

Isabel Walocha  
staff writer

One foot after the other, the runner's legs push up the hill and past the barriers, both physical and mental. The runner takes steady breaths, determined to make it just a little bit further. The runner finally makes it up the hill. There waits for a beautiful sunrise.

Running for sport or for recreation has both helpful physical and mental effects. Running is a cardiovascular activity that falls under the category of aerobic exercise. This can improve physical health through steadying heart rate, improving cardiovascular fitness and strengthening muscles. Running is an activity that increases the heart-rate, benefiting the health of the heart. Physical activity can give an athlete a lower resting heart rate, which means that the heart is pumping more blood and maintaining a steady beat. Steadying the heart rate relates also to cardiovascular health. Running also contributes to cardiovascular health by training the athlete's heart to take in more oxygen. Lastly, running strengthens specifically the leg and glute muscles. Though running can also be stressful to these muscles, a comfortable amount of easy jogging can show signs of health improvement.

Running is also a source of meditation and is a stress reliever for many people. In some cases, running is shown to help with things like memory and the ability to learn. Running relieves stress by producing chemicals called endocannabinoids. These naturally made chemicals travel through the bloodstream and into the brain, creating stress relief. Running, as well as other forms of physical exertion, creates a feeling known as "runner's high", This feeling is created by endorphins and dopamine. These chemicals, specifically dopamine, are known as feel-good drugs and create a lot of mental clarity and happiness for runners.

Central student Bobby Winton often partakes in early morning jogs, just to feel a little peace of mind.

"For me, running is very much a coping mechanism so I feel really free. I know that it sounds cliché, but when I'm running, I get to run away from my problems" he said.

Winton prefers an early morning jog where it can be him and the wind. He likes to jog at 5:00am on chilly summer mornings before the sun is out.

"I just like running when it's nice- if feels good. Especially when it's really beautiful, when I'm running in the parks. It's just pretty".

As stated, running has always been a coping mechanism for Winton. On runs, he tries not to think of anything. Running is a form of escape for Winton. It makes him take time to separate the stress of school or work from the brain. Winton is only thinking about one thing when he is running- if he will make it to the top of the hill by sunrise.

**THANK YOU TO OUR ADOPT-A-SCHOOL PARTNER!**

Located in the heart of downtown Omaha, Central High School has a long history of collaboration with corporations and business leaders. We recognize the value of strategic academic/industry partnerships to help strengthen the Omaha community. We are proud to call Coca-Cola our Adopt-A-School partner.

CENTRAL HIGH SCHOOL Inclement Weather Bell Schedule	
Staff, Families, and Students will be notified via Teams, Email, and Social Media whether or not it will be an "even" (0/2/4/6/8) or "odd" (1/3/5/7/9) day.	
Time	Activity
7:40-8:25 a.m.	Teacher Planning & Prep
8:30-8:50 a.m.	Period 0/1
8:55-9:15 a.m.	Period 2/3
9:20-9:40 a.m.	Period 4/5
9:45-10:05 a.m.	Period 6/7
10:10-10:30 a.m.	Period 8/9
10:30 a.m - 1:00 p.m.	Lunch
1:00-2:00 p.m.	Teacher Office Hours
2:00-3:25 p.m.	Teacher Planning & Prep

# COLLEGE ATHLETICS

These senior athletes have made the decision to continue their athletic career in college.

## Parker Lakin: Doane University

Grace Ridgley  
section editor

As the end of the first semester of senior year approaches, student athletes have begun to sign with colleges to continue their academic and athletic careers. One of those athletes at Central is senior, Parker Lakin. He is a baseball player and has been a part of this sport since he was a child.

"I started when I was like three. Just because it's a big sport in my family. My dad played in high school for Central and so did my brother, and I played for Central's feeder program. I've been at Central since I was a freshman. I play middle infield—specifically short stop," stated Lakin when asked about his history with the sport.

While he enjoyed playing at Central, Lakin emphasized that he was ready to go through with the process of getting in touch with colleges.

"Honestly, it was a pretty simple process, and I had a lot of help from my coaches. I essentially used this app where I could post some of my highlights for coaches to see. The whole signing thing happened pretty fast, too," Lakin said.

After visiting the campus for Doane, he decided that he wanted to go there for college. Lakin said that he knew he wanted to go there after seeing the facilities, describing the weight room as, "modern with one side of the wall being all windows, and it looked out into a bunch of trees."

He was also drawn to the campus itself. Doane University is in Crete, Nebraska which is about twenty minutes from Lincoln.

Lakin said that he loved the nature that it was surrounded by, including a pond in the center. While participating in the baseball program, he will be studying to become a high school science teacher with hopes to coach baseball as well.

"I decided to sign about a week after I went down for a visit. And it was like four days before I signed. It all happened pretty quick. They are a winning program, so I really liked that aspect of it as well as the school itself," said Lakin.

His decision to play in college ultimately came down to his love of the sport. Though he does not want to go into professional baseball, Lakin loves to get out on the field and have fun with his friends.

"I think it's a good way to make friends because I've made a lot of my friends through baseball. It's also just something that I've always wanted to do, have a commitment and sign," stated Lakin.

With the support of his coaches, family, teammates and friends, he was able to take the next steps for his future. Lakin said that his motivation stemmed from his brother, "It's more like a competition thing than an inspiration thing. I just want to be better than him. He currently plays at Saint Ambrose in Iowa."

With his fourth and final year coming in the spring, Lakin reflected on his time at Central, highlighting the quality coaches and program that he was able to be part of.

"I'm excited to go play in college, but I really liked playing for Central. I also want to shout out coach Kreber for just being awesome and always being there for me," he said.



Photo Courtesy of PARKER LAKIN

Lakin poses in his Doane gear. He started playing baseball because of the tradition in his family.

## Ital Lopuyo: Texas A&M



Photo Courtesy of ITAL LOPYO

Lopuyo poses with a volleyball in her fresh, new uniform. She was inspired by those around her to continue playing a sport in college.

Shyla Youngs  
staff writer

Lopuyo decided to play volleyball in the fifth grade, not knowing where it would lead her. Wanting to have some fun with friends, seven years later she's now committed to her dream school, Texas A&M.

Ital admits that Central is a big part of getting her to this point in her athletic career. A lot of the moments spent here have really molded her as a person, "I think central was a great experience. I love playing with my girls, I love my teammates so much. There are a lot of memorable things I can leave with."

Ital reflects that what got her here now, is seen potential in her by others. Being seen at a tournament at the her sophomore season, she received a sponsorship to play club. The director for Nebraska Juniors saw potential in her and invested.

"My club coaches, and my teammates really inspire me to play at I higher level. I think they believe I can be better than I think I can be, it really motivating. It makes me want to push the boundaries and see how good I can really be," Lopuyo said.

Being such a highly recruited athlete I, like many others, were wondering why A&M? After reciting the long list of schools she had opportunities to attend, she knew Texas was the place she wanted to be.

"I had offers for volleyball from Clemson, Syracuse, Middle Tennessee State and I was talking to a couple of other schools like Florida, Georgia, Tennessee, South Carolina, Iowa and Wisconsin"

The list just continues from there. Ital knew she wanted to be somewhere in the south where its warm, and cowboy boots and hats were a daily attire. Looking around her college campus, major

cities are in traveling distance where she will be able to see professional sports games and, as she excitedly brought up, artists like Morgan Wallen play.

Another huge factor in Ital's decision was the values of the school. "Coming out of Central we have so much pride. We tell everyone we're Downtown High. I wanted to go to a school that had the same values. When you look at A&M people literally call us a cult, because of how traditional and prideful we are. I felt A&M was the place to be to remind me of home."

Along with being recruited for Volleyball, Ital received a few offers for basketball. Volleyball has always been her first choice, so there wasn't a need for a second thought. "I just play basketball because of my height. If I can make layups I'll make layups. Volleyball is where my intensity, passion, heart and will to get better is."

Lopuyo is scheduled to report to campus June first, and with that day only getting sooner, she's ready to go. "I'm looking forward to the intensity and the competition. If you know volleyball, it's a celebrate every point, rally free every point. It's so fast paced. I'm ready to travel with my teammates, the charter to plane situation is really my jam."

Towards the end of the interview, after a continuous discussion of moving to such a big city, I learned Ital's love for everything country. Specifically the music. "I get in my car and play country, people are normally confused by that. What they don't know is that this is song one of around one hundred and forty eight," Lopuyo said. "But all jokes aside, I'm ready to get out, and experience things Nebraska can't offer. The world is so much bigger."

## Caleb St. Cyr: Briar Cliff University

Conor Harley  
staff writer

For Caleb St. Cyr baseball has been a part of his life for as long as he could remember. The soon-to-be college freshman has been playing the game since he was six.

For him it goes all the way back to when his parents got him a baseball play set that he would play with. From there Caleb began playing select baseball from a young age.

His fascination with the game was growing year by year, but he was not enjoying playing select all that much.

"Select wasn't going all that well, but I started to love playing again when I got into high school."

It was on the freshman team here that Caleb began to form bonds that could last a lifetime.

"My entire class is just really close," St. Cyr said.

Many of them have been playing together and growing together for four years, and they are looking forward to their last dance this spring.

"I think this year we are going to surprise a lot of teams. We don't really have the best facilities like some schools, but we still come out and compete."

To say Caleb is a hard worker is an understatement, the lesser facilities at Central could not stop him from putting in the work.

His work has propelled himself into having the chance to play at the collegiate level, but his motivation are the two that have

been there for him his entire life.

"My parents are definitely my inspiration," commented St. Cyr. "They have supported me the whole way and pushed me to keep playing."

Prior to committing to Briar Cliff University to play baseball, Caleb was unsure as to what he wanted to do and where he wanted to go.

"I was debating if I wanted to swim or play baseball in college, but coach Bullock helped me out," St. Cyr said. "Coach told me that with swimming you cap out and can only go so fast at some point, but with baseball I can keep getting better."

In this sense Caleb bet on himself and reaped the rewards after talking with numerous schools about playing baseball.

"I looked at Bellevue University and some schools in the Dakotas, but when I visited Briar Cliff their facilities were the best and they seemed the most interested."

Briar Cliff was a simple choice for Caleb, as someone who wants to play competitively at the next level.

From the play sets in his yard to moving to the baseball fields of Sioux Falls, Iowa, Caleb St. Cyr has set himself apart as one of the premier athletes, students and individuals at Central.



Photo Courtesy of CALEB ST. CYR

St. Cyr stances up on the plate. He is a multi-sport athlete and had to choose which sport to continue.

## Junior discusses challenges and rewards of horseback riding

Alice Larson  
staff writer

Athletics are costly by nature given participation, gear, and travel costs however few require such a financial commitment as horse back riding. Due to horse's sizable stature, many are afraid to even approach a stallion. For those who are brave enough, few want to make the timely commitment of learning how to ride a horse for sport. Horse back riding is an intentional and committed athletic endeavor and few student athletes can say they've partaken in the care and dedication the equestrian world demands.

Junior Halsey Hooper has found a second home in the saddle.

Hooper has participated in activities such as dance, soccer, and gymnastics but has spent nearly a decade of her life as a self proclaimed "equestrian woman" because she found the sport far more fulfilling than any other she participated in.

"I feel riding is more rewarding than soccer or dance, and it's a lot different because its just you and animal instead of you and a team, I just like connection" Hooper said about her commitment to the sport.

Hooper dedicates eighteen hours a week riding her Holsteiner horse Brownie at Flying Change Farm in Elkhorn.

"It's pretty easy to lose your confidence because you can be extremely confident in your ability but you just never know what your horse is thinking, it's not just yourself you have to think about you, you also have to acknowledge the consequences of messing up can be severe—you could end up in the hospital" Hooper stated when asked about challenges riders face.

In addition to risk of injury Hooper also feels stigmas contribute to the small number who ride regularly.

"Tight finances can definitely be a deterring factor for those just getting into the sport, and for those advancing to higher levels, but I also just think people are just scared of horses—obviously i'm not but I think just the misconception that horses are big scary animals—which they're not— prevents more people from participating"

For Hooper, the bond between her and her steed Brownie is the most rewarding part of riding.

"This is so cheesy but I think it's definitely the connection between you and your horse, they are such big animals and— they're animals you just never know what's going on in their brain but I think its just rewarding to have them trust you and be able to trust them"

Although college is still a year off for the junior, Hooper has plans to continue her sport in college. Making proximity to an adequate barn high on her list when considering potential universities, she hopes to not only to take her passion for riding with her to college but as far into her life as she can.



Photo Courtesy of HALSEY HOOPER

Hooper has been riding for almost a decade of her life. Above, she poses with her trusted horse, Brownie. In the future, she wishes to continue her sport.



Photo Courtesy of KEVIN DRWAL

After four years, Unified Bowling continues to bring together students. It has also shown an improvement in social among the ACP students.

## Unified bowling creates inclusion, equality for students

Avery Gilbreath  
contributing writer

Unified Bowling has given students in the Academic and Career Planning (ACP) educational system a chance to be part of a sports team. This sport has been active at Central since 2017.

Throughout the years the team has grown and impacted everyone involved.

"Unified Bowling and what unified sports is, is students in the regular classroom setting and students in the ACP setting, so students with an intellectual disability, are on the same team as equals," Unified Bowling coach, Kevin Drwal, said. "The biggest thing is to promote social inclusion." Unified Sports were pushed throughout the Nebraska School Activities Association (NSAA). Unified Bowling program was introduced by Athletic director, Luke Dillion.

"Unified Sports creates opportunities for students with intellectual disabilities," National Federation of State High School Associations explains. "Unified bowling program can create a more inclusive school environment, better community relations."

Students in the regular classroom are seen as mentors to the ACP kids. The mentors are asked to join the team by the Unified Bowling coaches, if they are seen as a good fit. Many softball and baseball players are asked to join the team by Jerald Kreber, Unified Bowling coach. "As a mentor the main thing we focus on is encouraging the athletes," Unified Partner, Delaney Reiss, said. "And making sure that they have fun and learn how to have good sportsmanship on a team."

"It impacts a lot of students in different ways," Drwal explains. "It kind of teaches different student's things like

empathy, patience, and then particular students it makes them grow as a person come out of their shell and learn to be more social to others."

Drwal admires the social benefits of the ACP program. He explains his favorite thing about the program is "Definitely the social inclusion, being able to see those kids kind of come out of their shell and smile when I haven't seen them do that before." The social development of the ACP kids and social inclusion is shown in the Unified bowling team. Their social skills have improved. For example, skills like holding conversation, making eye contact, and showing passion for their interests have exceeded.

Kylie Vaughn, special Olympics athlete, has been on the Unified Bowling team for three years. She feels she has improved socially on the team. Vaughn states her experience on the team has been "great". "I can meet new people instead of staying with the same friends," Vaughn said. "It is fun to do and we are great people."

The Special Olympics Athletes and Unified Partners get a chance to work together and make memories. "My favorite memory has been bonding with the athletes and laughing with them," Reiss said. "Along with helping teach them and mentor them on one of the big team sports they will be introduced to this year." The impact that this team has had on each of these students is shown every year. "My favorite memory is going to state last year," Vaughn said. "Central is one big team"

**EAT . DRINK . CLEANSE**

LOCALLY OWNED CERTIFIED ORGANIC JUICE BAR

**CLEAN JUICE OLD MARKET**

**GREEN**

**CLEAN JUICE**

**CLEAN JUICE**

**CLEAN JUICE**

1308 JACKSON ST. STE. 1  
OMAHA, NE 68102

@CLEANJUICEOMAHA  
OLDMARKET@CLEANJUICE.COM

**\$5**

DOWNLOAD OUR APP & RECEIVE STORE CREDIT

ORDER AHEAD  
EARN REWARDS  
MOBILE PAYMENT

# GOBBLES OF FUN

Photos Courtesy of LAUREN ROSENTHAL

The ACP students enjoyed a fun activity to celebrate Thanksgiving. They were able to create edible turkeys made from cookies and candycorn.

