



# the REGISTER

Vol. 138 No. 5 | MARCH 30, 2022 | omahacentralregister.com

## STUDENTS ATTEND WOMEN'S MARCH

Girl Up members represented their school and reflected their cause as they gathered to protest in midtown.



Photos Courtesy of Molly McVay

Central students stand in solidarity for women's rights.

Livia Ziskey  
editor-in-chief

Omaha's annual Women's Day March was held on March 6 in Turner Park. Hundreds gathered with signs and shouts to share in both celebration and the continued fight for women's rights. Among the marchers were a group of Central students, including Girl Up co-president Olivia Kiefer.

Kiefer recalls the dedicated individuals she encountered at the march despite the wintry weather conditions.

"It was incredibly inspiring. It was very cold that day, so you know everyone there was passionate about the cause. There was an aura of inspiration and empowerment that was very impactful," Kiefer said.

The rally presented various speakers from the Omaha area who spoke on topics relating to women's rights. This group included Maranda Adams, a real estate investment company owner.

"I listened to most of the speakers before I had to leave. Each one brought something special to the march, but Maranda Adams had the most profound impact on me. She discussed the importance of self-confidence and remembering your importance while you chase your goals. I have taken her words to heart as I continue to lead Girl Up with Alice Larson, knowing my worth and importance as I move to make positive change for women," Kiefer said.

A wide variety of signs and posters could be seen at the rally, in tandem with the multitude of issues currently facing women. Along with others at the Women's Day March, Kiefer found herself focused on reproductive rights for women.

"In light of the numerous bills being presented that limit access to abortion, I was driven to join those working to fight them. I hoped to learn about how I can help and truly

understand the depth in which having this bill passed will impact others," Kiefer said.

She is warmed by the fact that Omaha contains so many people who care about making an impact on women's rights. Their efforts motivate her to continue her own endeavors in the realm of feminism.

"Knowing there is such a large community of people who care about women's rights, who truly push for change and are working to make my community a safe space for women to thrive, is so comforting. I am inspired by the drive of the people there and I hope to make an impact for them," Kiefer said.

Allies also stepped up to rally against oppression of women. Among these allies was Charlie Yale, a sophomore at Central and member of Girl Up Club. He found the march to be energetic and observed that all in attendance seemed genuinely happy to be there.

"The fact that people are out there and fighting for what is right is the most important thing," Yale said.

While Yale believes it is vital for non-women to show support for women's rights, he also understands that there are limits in place.

"It is also important to know when to shut up as an ally and let those actually affected by something speak up. Allies need to use their voices to help amplify the voices of the oppressed, not speak over them," Yale said.

The statement "Women's Rights are Human Rights" has become a common thread throughout recent feminist movements. Yale finds this statement "completely true."

"Women are human, and women's rights should not be seen as something separate from human rights," Yale said.

"Same thing goes for the rights of BIPOC, gay people, trans people and disabled people. We all share at least one thing in common: we are all people."

## Female senators discuss misogyny in Nebraska Unicameral

Charlie Yale  
web editor

On Feb. 22, Nebraska state senator Mike Groene resigned after a female staffer said she found zoomed in pictures of herself on Groene's laptop. The staffer said that he had emailed the photos to others with captions that were of a "sexual nature," according to KETV.

Sen. Megan Hunt, Omaha's District 8 representative, sent a letter to the Nebraska Attorney General, Nebraska State Patrol and state capitol security calling for an investigation into the subject.

"Things like this happen because we let people get away with it," Hunt explained. "It just reflects how the systems we have in place always benefit the people in power, which is typically not the

survivor or the victim."

Groene's actions have come into question many times on previous occasions. During the 2019 legislative session, Groene proposed a bill to change the regulations around massage therapy for equines. A woman contacted Groene, criticizing him for spending time on a bill about equine massage regulations rather than a bill to place social workers in schools.

Groene responded by explaining that "asses" are equines and suggesting that she should seek out an equine massage, stirring up controversy and, in Groene's own words, a "social media firestorm." Groene is also well known for intentionally contracting COVID-19 during October of 2020.

Sen. Hunt questioned the frequency of these events happening in the past. Within the Unicameral, Groene was known as a gruff

and often offensive or inappropriately spoken conservative who personally had no care for being "politically correct," according to KETV.

"This whole thing happening makes me question, how much has this thing happened before, where people got away with it or it was reported, and nothing was done about it. Senator Groene has a reputation for this behavior. I can't speculate about whether it has happened before, but he flipped off a colleague on the floor of the chamber during debate, he has thrown things in committee hearings, has yelled at staff in front of people," Hunt said. "We have this really long history of knowing he really has this inability to control his own behavior."

Hunt also questioned whether any complaints had previously been filed against Groene.

**MISOGYNY** on page 2



VEGETARIAN CLUB on page 2



FOSTER on page 3



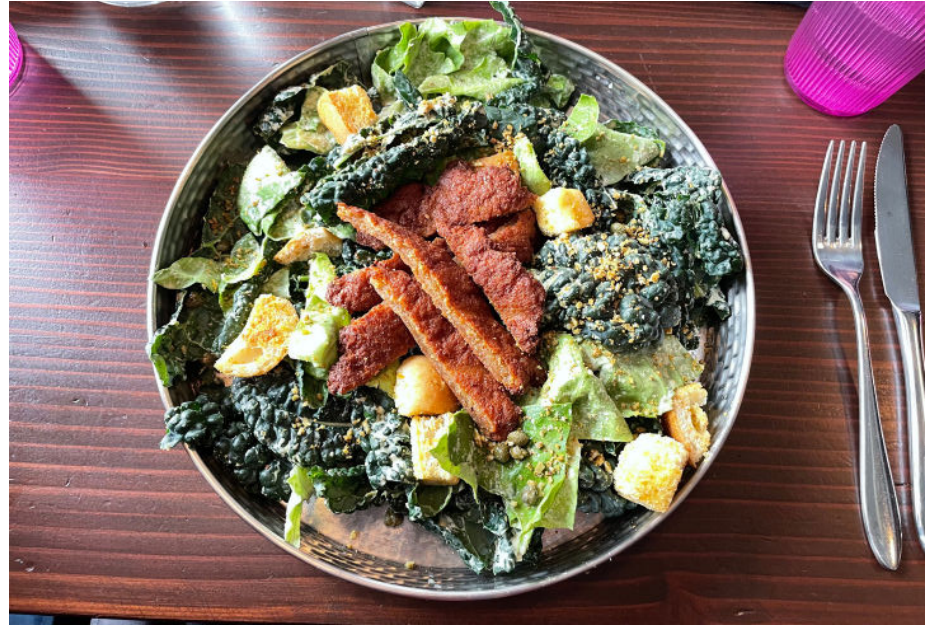
GIRL UP DRIVE on page 4





Vegetarian Club members eat out at a local restaurant. This new club is still looking to add members and make changes within school lunches.

Ella Jaksha | O Book



## Vegetarian Club hopes to expand influence

Shyla Youngs  
staff writer

If you're looking for a new activity to participate in after school, Vegetarian Club welcomes newcomers with open arms.

Long-time vegetarian and advisor for the club, Joseph Mickeliunas, started the club this year after being asked by students. The club already has 18 members and is growing quickly. The name of the club may sound exclusive, but this is not the case.

"We are open to all. Vegetarian, vegan, pescatarian and curious carnivores are always welcome," Mickeliunas said.

The club began as some friends, including one of the leaders, Maria Hernandez, were sharing some of their favorite vegetarian recipes. "It's often really hard to be able to find good vegetarian options, so we decided to create a space that was helpful and where anyone would be able to do so," Hernandez said.

Sustainability is a main topic of discussion inside the club's meetings. They use meetings to spread awareness, whether that be through discussing restaurants and recipes to try, making posters or brainstorming their involvement within Central and the community. They've had group meetings at Modern Love and have hung posters around Central.

The community created within the club is also important to its leaders. Being a part of a community that you can relate to is important, but Vegetarian Club hopes its effects branch out

even farther.

"We also hope to be a place for those who want to learn more about the environment and how what we eat plays a big role in our surroundings. We can also be a place for a student or family who wants a 'Meatless Monday' recipe to help cut down on how much meat they consume," Mickeliunas stated.

In the short time the club has been here, they've already made a difference, but a goal of theirs is to see changes within lunches. "We're hoping to open up the conversation about more sustainable eating practices in Central. We would love to see more vegetarian and sustainable options in school lunches," Hernandez said.

There is a large population of non-meat eaters at Central. If you are a part of this community or interested in learning more feel free to email Maria Hernandez, Alice Larson or Mr. Mickeliunas. They also have an active Instagram that everyone should look into, @chs.vegetarians.

The club may be new, but they are deeply rooted and committed to making real change not only within Central, but within the Omaha community as a whole.

"There are wonderful alternatives that can be just as, and in my opinion, more delicious than eating meat," Mickeliunas said. "Omaha has seen a lot of growth in plant-based options at restaurants that are fully vegan. Most grocery stores now have aisles with plant-based options that are easy to cook. Being a vegan or vegetarian used to mean eating a side salad, but now the menu options have made dining out much easier and tastier."

## Misogyny rampant within Nebraska Unicameral

MISOGYNY from page 1

Hunt explained how the current system makes it hard for victims of workplace harassment or sexual harassment to file complaints within the State Legislature.

"There could be a more defined way for employees to report bad behavior. Our legislative harassment policy only offers one path to getting a complaint handled and that is through the senators on the Legislative Executive board," Hunt said.

Hunt argued that this becomes especially difficult when the complaint is filed against someone who may be on this board or who may have friends on the board.

"Will they not want to take the report seriously? If people have the perception that their reports are not going to be taken seriously, because maybe it is about someone on the board, or one of their friends, then they're not going to report, so this isn't really an effective system and solution that we have in place now," Hunt explained.

Multiple state senators have now come forward explaining the culture of misogyny within the Unicameral. State Sen. Jen Day explained that she was warned about the "really deep misogyny" that exists within the Nebraska State Legislature for female senators and workers.

"There are all kinds of examples. There's a senator who has tugged on my ponytail, you know, walking by me. I'm 35. I'm a mother. I don't need that shit," Day said. "There's one guy who always walks by me [with his hands up], and he like inches past me and he's like, 'Oh, I don't want you to do any Me Too stuff,' and it's like, just walk by. Like, you don't have to act like anyone is doing anything to you. Nobody is doing anything to you. Just act normal."

Hunt will continue to work to change the culture within the Unicameral and talks about establishing an independent ethics committee. She said that the process to create this panel is already underway, and that the Unicameral is working through the steps to instate it.

"We have to look at what we are going to do in the legislature

from preventing it from happening in the future. Do we need a legislative ethics panel or an independent ethics committee? A lot of other state legislatures have boards like that, and maybe this would help with meaningful education about sexual harassment and workplace harassment," Hunt explained.

"If you look at the Nebraska legislature, it's much more conservative, it's much whiter, male and old than the average Nebraskan is. We don't really reflect the people that we serve. As long as we have this kind of old-fashioned institutional norms and status quo around harassment, for example, that's just going to continue."

Hunt said that the State Legislature will not work properly if it is not inclusive to all.

"If we are part of an institution that has a misogyny problem, that has a racism problem, that has issues with inclusion," Hunt said, "then we're not going to be able to serve the people of Nebraska as well as we could have, because that's what we are here for."

I am thrilled to present the fifth 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

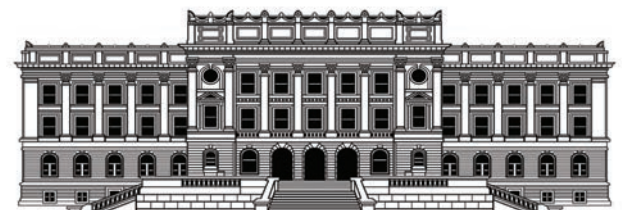
124 N. 20th Street  
Omaha, Neb. 68102

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

COPY EDITOR  
Noemi Gilbert

WEB EDITOR  
Charlie Yale

PHOTOGRAPHERS  
Lucy Mason  
Sophie Youngs

STAFF WRITERS

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





Euan Milne | O Book

Foster outstretches his arms in excitement as one of his wrestlers finishes a successful match. He is retiring from coaching wrestling but will continue to teach at Central.

# Foster to retire as wrestling coach

Charlie Palmer  
staff writer

Jimmie Foster has been the head coach of the Central Boys Wrestling Team for 25 years and has made the decision to retire after the 2021-22 season. He helped build the wrestling program from the bottom to the top and truly morphed it into something spectacular during his time.

He was very familiar with the sport even before coaching as he wrestled during his time in college. Ever since Foster took over during the 1997-98 season, he coached 148 wrestlers to qualify for the state tournament and nine wrestlers to become state champions for Central. He deeply cares for his wrestlers and showed his commitment to their lives by helping them get into colleges and even assisting with finding them jobs.

“You want to help kids reach their goals, and things like that, so that’s my motivation,” Foster said.

Off the mat, Foster is a dedicated and hard-working social studies teacher. He plans to stay at Central and continue his impressive teaching career. Foster has been known for his ability to connect with students and form strong relationships. His great skills as a teacher were rec-

ognized when he was awarded the Alice Buffet Outstanding Teacher Award in 2018.

“Sometimes you get a group of people that are like little balls of clay and your job is to mold them into something productive,” he said.

Head assistant Coach Matt Storm had wonderful things to say about Foster as a coach and peer. “He’s one of the greatest motivators and coaches that I’ve ever been around,” Storm said. He has known Foster ever since he wrestled under his wing at only twelve years old. “I have known him for 25 years,” he said.

The two have formed a strong bond over the years and have certainly done amazing things for the wrestling program here at Central. Foster’s replacement has not yet been selected, but there is a chance that Storm could fill those shoes.

One recent and exciting career event was the addition of a girl’s wrestling program at Central, which Foster helped establish. Foster’s effort put into the Central Wrestling Program can never be thanked enough and will always be remembered even in years to come. “I think we built a great culture while we were here. OOOSSS,” he ended.

# Nebraska passes vaccine exemption bill for employees

Elena Correa  
section editor

On Feb. 9, the Nebraska Unicameral voted 35-7 to pass bill LB 906. Sen. Ben Hansen introduced the bill. He later had to modify the bill through amendment AM 1675 to limit exemptions to the Covid-19 vaccine.

Gov. Pete Ricketts signed the bill into law on Feb. 28th. The law now makes it illegal for employers to require their workers to receive the Covid-19 vaccine or wear masks.

The exemption law states that the Department of Health and Human Services has to provide a Covid-19 vaccination exemption form on their websites, which can be downloaded and printed by any person to give to their employer.

After workers have filled out this form, the bill states that, “[their] employer must accept and provide a vaccine exemption for all employees who submit a vaccine exemption form”.

These exemption forms can be filled out for any personal, religious or medical reason.


Employers can only require Covid-19 testing and mask wearing for their employees if they provide them. This is because the law states that employees do not have to follow such protocols

if they have to pay for them themselves.

The Nebraska Legislature confirmed that this law applies to all Nebraska employers, “... including the State of Nebraska, governmental agencies, and political subdivisions, or any agent of the above organizations”. Although, it has been made clear that the law does not include the United States government, Native American tribes or private membership clubs.

Senators who voted for the passing of the bill include Raymond Aguilar, Joni Albrecht, John Arch, Bruce Bostelman, Tom Brandt, Tom Brewer, Tom Briese, Robert Clements, Myron Dorn, Steve Erdman, Michael Flood, Curt Friesen, Suzanne Geist, Tim Gragert, Steve Halloran, Ben Hansen, Mike Hilgers, Robert Hilkemann, Dan Hughes, Mike Jacobson, Mark Kolterman, Brett Lindstrom, Lou Ann Linehan, John Lowe, Mike McDonnell, Adam Morfeld, Mike Moser, Dave Murman, Rich Pahls, Patty Pansing Brooks, Rita Sanders, John Stinner, Justin Wayne, Julie Slama, Lynne Walz, Matt Williams and Anna Wishart.

Those senators who didn’t vote or voted against the bill are John Cavanaugh, Machaela Cavanaugh, Carol Blood, Eliot Bostar, Matt Hansen, Jen Day, Wendy DeBoer, Megan Hunt, Steve Lathrop, Terrell McKinney, John McCollister and Tony Vargas.




**HOMEMADE ICE CREAM MADE FROM SCRATCH**

**HOURS:**

MON-THU  
11:00 AM - 10:00 PM

FRI & SAT  
11:00 AM - 11:00 PM

SUNDAY  
11:00 AM - 10:00 PM

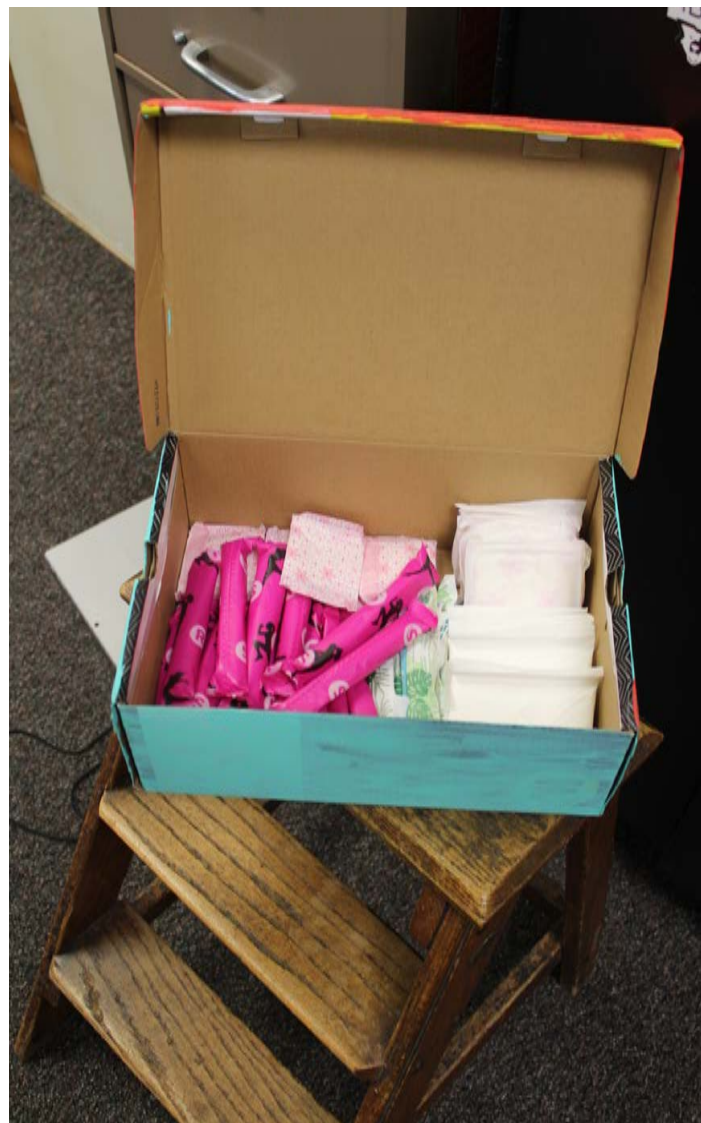


**LOCATED IN THE  
OLD MARKET**

•••

**1120 JACKSON  
ST. OMAHA, NE  
68102**





Lucy Mason | The Register

Seniors Marley Dodenhoff (left) and Euan Milne (right) pose alongside one of the boxes of pads and tampons that have been placed around the school. The club, Girl Up, has used this period product drive as a way to provide for those in need and end stigma around menstruation.

## Period product drive success for Girl Up

Callan Maher  
staff writer

Central has many clubs to accommodate all types of people. One of those clubs is Girl Up. Girl Up is a club that aims to create a supportive environment, spread positivity, educate and raise awareness for minority groups while also creating a platform for students to have conversations.

Earlier this year, Girl Up had a period product drive. The goal was to collect pads, tampons and even menstrual cups for students and staff to use. Women are about half of the world's population, so periods are common, but they are not cheap. This drive was a way to try and help students and staff access menstrual products.

"We recognized that access to health products was incredibly limited within the school, and, as a club, we feel it is a basic right to have tampons and pads available at all times. As a club, we worked to make posters and communicate with Central administrators to get our drive in the daily announcements. We also have a social media presence that helped us get the word out online," said junior Olivia Kiefer, who has been a part of Girl Up since her freshman year.

This drive also attempted to reduce the stigma around periods. Many women are told to not talk about them because it can make people uncomfortable, but periods are a reality of life. Women should not have to feel bad about having a period.

The product collection was a success. There were many donations, and boxes with period products can be found in many classrooms.

"We were overwhelmed and pleased by the number of donations we received and continue

to receive as we replenish the baskets in classrooms," Kiefer said. "We then got together on a day we were all off school and put together the baskets, making them pretty in hopes of normalizing and taking away shame in having a period."

The boxes are distributed throughout the school and have been successful. Some have even begun to run low. The members of Girl Up have been re-stocking them. They plan on doing another round of donations to maintain a flow of products to make sure everyone has access to products when needed.

But, as with any donation drive, there were a few hardships. One was simply getting the word out. The first two weeks of the drive, Girl Up did not receive a lot of donations, but eventually they were able to triple their donations.

"There were a few teachers hesitant to put out the boxes but consented, nonetheless. Besides that, it went smoothly," sophomore Etta Salzman said.

Olivia Kiefer and Alice Larson will continue their leadership in Girls Up next year and are planning on expanding the program to more classrooms. They hope to pass the project on when they graduate. This drive is not expected to be around for as long as people are willing to donate.

Girl Up is always looking for new members, no matter their gender.

Donations are also still appreciated.

"Keep in mind when referring to these products, more than just women use them so to be more inclusive, I implore you to adjust your vocabulary to 'period products' or 'menstrual products' as opposed to 'feminine hygiene products.'" Salzman said. "If you have the means to donate it is greatly appreciated, but if you can't, spreading the word about this drive or showing any support of Girl Up at all is effective."

***We were overwhelmed and pleased by the number of donations we received and continue to receive as we replenish the baskets in classrooms***

OLIVIA KIEFER

Girl Up Co-President

## Mask mandate comes to end in OPS

Izzy Walocha  
staff writer

Omaha Public Schools has officially decided to lift the mask mandate, deeming masks as optional.

A school board meeting on Feb. 24 decided that all schools in OPS will officially go mask optional. Omaha Public Schools has been under a mask mandate since the return of in-person school in October 2020. Even with the effort to maintain a safe learning environment, many kids still contracted Covid-19. This ultimately led to the keeping of masks, even as other school districts went mask optional. But, in a time when the vaccine is now available to many OPS students, Dr. Cheryl Logan and the school board voted to remove masks.

Eight people spoke at the Feb. 24 school board meeting, making their cases for a masked or mask optional environment. Most of these people were parents or faculty of Omaha Public Schools, aside from Central sophomore Charlie Yale. Yale was one of the youngest of the group of speakers, yet his speech was impactful. Yale spoke in support of a continued

mask mandate and gave an interesting perspective from a student in Omaha Public Schools. Yale gave a compelling argument with comparisons that provided a unique take on the decision.

"Do not throw your umbrellas away during a rainstorm, just because you are not getting wet," Yale said.

After hearing several compelling arguments, the school board decided that there will no longer be a mask mandate in place. Other speakers, such as Omaha Public Schools parent Nicole Croson, voiced their want to end the mask mandate.

"What we should encourage is mask if you want or you need to," Croson said.

The lifting of the mask mandate has not affected many people's masking choices. The hallways of Central are still filled with many masked students, with a full face now and then. It is noticeable that most who have chosen to remove masks are teachers. This makes sense to some, as teachers are usually in an environment where they can put six feet of space between themselves and students. Most Central students have remained masked, as it is much harder to remain a safe distance

from others in a school as big as Central. The lift of the mask mandate did not seem to affect the environment as much as some could have expected.

Many might have expected cases to skyrocket within the last month, because of the lift of the mask mandate. Yet, it is shown by the Mayo Clinic that Nebraska has dropped to a 5.4% positive test rate since the dropping of the mask mandate. This is a decrease from 11.4% as of Feb. 24. This is not a direct reflection of the mask-optional move, but it does show that Nebraska seems to have not been harshly affected by the lift. However, this does not mean that people are still not getting sick. There is still a relatively high percentage of Nebraska that is unvaccinated and Covid is still prevalent in the Omaha area, but many feel safe in the mask-optional environment.

There are still many questions from students and teachers on how masks will affect their future. In the following school years, there is a possibility that masks may be prohibited or mandated again. But for now, the choice to mask is completely up to the students and teachers of Omaha Public Schools.



## US women's national soccer team reaches \$24 million settlement

Ella Levy  
staff writer

Throughout history, women in sports have fought for equality. Billy Jean King, Venus and Serena Williams, the Women's National Basketball Association and the U.S. women's hockey team are just a few examples. In a recent case, U.S. women's soccer athletes have sued their employer for gender discrimination and won.

U.S. soccer stars have reached a settlement of \$24 million. This follows a lawsuit that was filed over unequal pay with the men's players. This settlement has taken years to come into effect.

The terms explain that U.S. Soccer will pay men and women at an equal rate. All friendlies and tournaments, including the World Cup, will follow this regulation.

"[This court case] is setting a precedent that women's sports are valued as much as men," Casey Denton said. Denton is the Central's women's assistant varsity soccer coach. Denton said that the women on the US women's soccer team that are choosing to fight for their equality are sending a message to young girls who have hopes to go beyond the college level that there is an opportunity to make a career out of soccer.

The settlement depends on the ratification of the bargaining agreement by the USWNT Players Association. The players and the federation are operating under a "memorandum of understanding" that will run through the end of March, according to The Athletic. The court will schedule final approval of the settlement once the agreement has been ratified.

After the sides finalize the agreement, they will advise the district court of the settlement. Next, they will seek a limited remand from the court so that the district can consider the settlement. ESPN reports talks of the settlement accelerated weeks after the March 7 hearing.

Denton describes herself as, "waiting with bated breath." Though this is a step in the right direction, Denton said, it is only that, a step. "You look at this big headline but when you start looking at what it actually means, it's not settled yet."

The agreement falls short of the \$66 million that the players first sought. There are still policies to be put in place and agreements to be settled.

NBC points to the World Cup and the Olympic title for comparison. The USWNT has won four World Cups and four Olympic gold medals. Meanwhile, the USMNT failed to qualify for the 2020 Tokyo Olympics, the third consecutive missed Olympics. The team has also never won a World Cup. Their closest attempt was placing third in the first World Cup in 1930.

Advocates of the world choose to point to the USWNT's high television ratings for good reasons. With an estimated 1.2 billion viewers globally, the 2019 Women's World Cup was the most-watched English-language soccer match (men's or women's) in U.S. history, according to NBC News. In 2019, USWNT home kit became the highest-selling soccer jersey in the U.S.

"U.S. Soccer argued in 2020 that the USWNT players were paid less because they didn't have the same ability as the men in terms of speed and strength," says NBC News. If the women's team is so unathletic, how have they won four World Cups while the men's team hasn't placed third since 1930? If the men's team is so much stronger and faster, why have they not qualified for the Olympics in three years while the women's team has four Olympic gold medals?

These statistics combat society's opinion that women's sports are unexciting or unimportant compared to men's sports. The argument that men are paid more because they win more



Photo Courtesy of WIKIPEDIA

and generate more money is now destroyed. This clears the fog of people's beliefs to uncover pure sexism. "They put in the effort, the sweat, blood, and tears, they are just as talented. They do not have to look exactly like male sports for them to be competitive and valuable," said Denton.

Women are often told they are not good enough. They are told to act ladylike by the refs but are told their sport is boring to watch simply because they are women.

Denton and her team do not often speak of sexism, but she knows from personal experience that as a girl, you grow up thinking you are of less value. "I think you're aware of the way that your sport is viewed as supplementary in comparison to men," Denton said.

This court case is not just about a soccer team receiving equal treatment, it is about the impact it provides to female athletes.

"It's more about the message it sends about the value of female athletes, female sports... they are going to take away that message," Denton said.

This case also forces people to talk. Men and women are talking about equality. Social media allows conversations about equality in athletics.

Though the court case is still to be settled, the impact this small win has on female athletes is still present.

## Supply-chain issues hurt local businesses

Chloe Johnson  
staff writer

The pandemic has changed so many aspects of life, from increased screen time to not seeing strangers' mouths. A more indirect change has been the strange items that are now out of stock. Random products and goods are suddenly impossible to get. Pet nail clippers, mason jars, pottery glazes and rollerblades are a few of the products that have become more expensive. It's not just an inconvenience—supply chain problems that begin in Shanghai are hurting Omaha businesses.

Dinkers, a beloved neighborhood diner, has been feeling this strain. "It is very hard to be consistent right now with food products," said owner Josh Mum. "They are always out of

stock, or a manufacturer quits because of a lack of employees," he explained. The home of "Omaha's Best Burger" is struggling to find chicken, paper, produce and even ketchup.

But what exactly is this mysterious issue with the supply chain? And what even is a supply chain? A supply chain is the series of steps needed to make and distribute something. And it's not just one issue, but a perfect storm of annoyances. The obvious issue is that increased worker quarantines mean less production, especially in southeast Asian countries like China. Southeast Asian countries produce much of the world's goods but have the strictest COVID protocols. The second issue comes back to the beginning of the pandemic when certain suppliers slashed production in anticipation of losses. Now that things are catching back up, they still do not have the

necessary inventory.

Also, since the demand for certain goods such as home workout equipment or gaming systems has swung back into force, factories are ordering more from their suppliers, who then buy more from their own suppliers. This has led to a problem of cargo ships that are stuck at ports, unable to be unloaded. Not only is there a worker shortage, which contributes to the problem, but there is a lack of any space to unload the unprecedented amount of goods arriving on these ships. It's not a simple dilemma, but everything does come back to the pandemic. Worker shortages from those on sick leave, inadequate supply of specific pieces and shipping bottlenecks from increased demand are all to blame for your late Amazon package.



chsfomaha.org

**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.



## opinion

## OPS iPADS FEED TECH ADDICTION

Schools have come to rely on tech devices as a primary classroom tool. OPS iPads have proven to harm the mental and physical health of students as well and further the issue of screen addiction.

CHLOE JOHNSON | The Register

Chloe Johnson  
staff writer

When the OPS school board unanimously voted to invest in iPads for every student, it seemed a strong move for equitably keeping students on track in school. But the iPads have proven to do far more harm than good. It turns out that putting devices with the same potential for addiction as cocaine into the hands of young children is not great for them.

The mental and physical health and learning ability of children in Omaha has suffered since the introduction of iPads. Not only are students now spending much of a school day on their screen, but the addiction from this screen time means they are choosing to spend their free time on screens as well.

The mathematical fact is the more time that is spent on a screen, the less they can spend on normal developmental activities. "There is definitely a reduction of social interaction with kids, kids using their imagination or even moving their bodies," said Veronica Wang, mother to a kindergartner at Jackson Elementary.

There have already been major implications for physical health. With kids spending more time on screens than ever, naturally they are moving less than ever. Thus, childhood obesity in Nebraska has seen a 3% increase just from 2019 to 2020, according to data from The Wood Johnson Foundation.

Children who develop obesity are more likely to stay obese throughout their lives, leading to life-threatening conditions such as diabetes, stroke, hypertension, eating disorders and heart attacks. The other big physical problem with screens is their impact on sleep. The blue light from screens delays the release of melatonin, decreasing the amount and quality of sleep that growing children and teens desperately need.

Mental health has been equally severely impacted by the struggle of addiction. "My son has told us when he has choice time in school, in after school care or even riding the bus, he chooses to be on the iPad," Wang said.

Even when off the screen, children are struggling mentally. According to a 2020 report



by the CDC, "Emergency admissions for mental health problems among adolescents were up 31 per cent from the previous year."

I personally know more than five teenagers who make up this percentage. This data cannot be looked at as separate from the sharp increase in screen time since the iPads were distributed in of 2020. Screens visibly hurt mental health by replacing social skill development through real interaction with an altered reality that lowers self-esteem.

This creates anxiety, loneliness, depression, eating disorders and so many other mental illnesses and struggles. Just look at the hallways of Central and take note of the record number of fights this year.

While the original goal of the iPads was to keep kids on track academically amid a pandemic, it has been not been very effective in this regard either. "I am concerned that the time on iPads has the potential to take away opportunities throughout each day to work together and learn as a whole group," said Meghan Little, a former elementary school teacher and mother to a first grader at Washington Elementary.

As a Central high school student, I can easily say that the majority of students learned far less than before with all the new abilities to cheat that online school and online work provides. This is backed up by the standardized MAP testing failure rate of OPS going from 19.2% to 34% in 2021. Much of what is memorized in school is forgotten by adulthood anyways, so less subject retention is not even the biggest issue.

It's the impact that iPads will have on students' ability to learn and think critically about anything at all later in life. According to a study by the National Health Council, "Children who spent more than two hours a day on screen-time activities scored lower on language and thinking tests, and some children with more than seven hours a day of screen time experienced thinning of the brain's cortex, the area of the brain related to critical thinking and reasoning."

Seven hours is a school day. And OPS has made iPads a classroom tool more necessary for school than a pencil. It is downright dangerous of OPS to be putting this much unavoidable screen time into the lives of young students.

## Newfound social awkwardness result of pandemic, isolation

Charlie Palmer  
staff writer

After nearly two years since lockdown for Covid-19 began, things have finally begun to start looking better with the widespread accessibility to vaccines and the reopening of schools and workplaces. Although this battle may be far from over, there are still hints that our social skills have really taken a hit because of quarantine. Social contact has been cut down and even completely cut out for many people over the past couple of years. We truly have all experienced a mild form of solitary confinement.

It is not a coincidence that many people have been experiencing what they consider awkward conversations more frequently as they return to the real world. Throughout most of our lives we have relied on natural social interaction with others nearly every day. However, the absence of such frequent

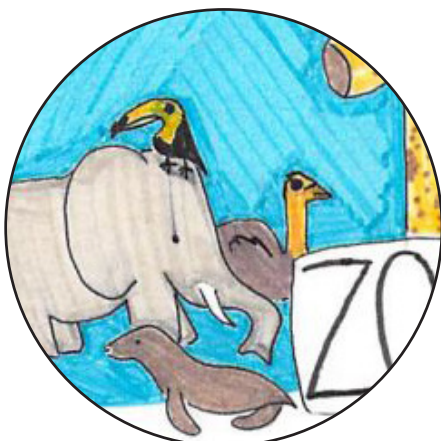
interaction is what has caused us to struggle to hold normal and meaningful conversations with our peers at work or school.

Our bodies are not only being affected psychologically but also biologically. Research has proven that social isolation can affect a person's sleep quality, accelerate cognitive decline, and cause an imbalance between oxidants and antioxidants. Children's social skills seemed to be affected the most over the course of this pandemic. For most people, their brains developed to understand how to communicate with others as a child by recognizing facial expressions and reading lips. Unfortunately, a large group of children did not get that same experience over the past couple of years because of the pandemic, and now return to school forgetting how to properly interact with others.

The past couple of weeks have really made me realize that the pandemic truly has changed a lot of people's social interac-

tion. With OPS recently lifting the requirement to wear masks, it really made me take a step back and realize how strange my high school experience has been with being online or wearing a mask at school. It became so normal to me that I didn't even think about it because of course I just wanted to stop the spread of the virus. Up until now, I had no idea what many of my classmates looked like and still don't for some. Without being able to see people's facial expressions, in a way my brain just filled in what I imagined they looked like based off their eyes.

Fortunately, researchers and psychologists have assured us that not all is lost. Although it may be difficult or frustrating for some to socialize right now, hope is there. Even if small steps are necessary, people will fall back into natural socialization with time and this pandemic can be forever left in the past.





# No team loyalty in current athletics

Conor Harley  
staff writer

The values of today are extremely different from that of forty, twenty, even ten years ago. This difference of values is visible in all aspects of life including sports.

Twenty years ago it would have been viewed as soft or the easy way out to leave one sports team to go to another for personal gain, but now we see this regularly.

You do not have to look far to see examples. Former Central student Jackson Page transferred to Millard North just this summer to team up with the highly talented and highly recruited Jasen Green.

Page got little to no scrutiny for the move, because the precedent has been set that you can transfer whenever and wherever you want.

Central's basketball team is no stranger to this practice either. Last year's leading scorer for the eagles, Denim Johnson, was a transfer from just down Northwest Radial Highway at Benson.

This goes far beyond the high school courts of Omaha and can be seen at every corner of every team sport at the professional level and collegiate level.

The most high-profile cases in American professional sports both took place in the NBA. LeBron James' departure to South Beach and Kevin Durant's transfer to Golden State both changed the landscape of not only basketball, but sports as a whole.

With this stark change in the past decade many have questioned if loyalty is a dying part of sports. Many say yes, and I would agree.

This is administered by fans and media but is also noted by coaches of these teams across the country.

"Buckle up because this isn't the last time you're going to see this happen," Nebraska head football coach, Scott Frost said in reference to the transfer young quarterback Luke McCaffrey.

This comment made national attention because, along with this comment, Frost also questioned the character of McCaffrey. Many found this to be a low blow from a losing head coach at a failing program, but others found truth in this.

Nick Sabin echoed a similar message, "If you're going to transfer to different schools throughout your high school years, I already do not want to recruit you... because I know you do not have perseverance and grit."

Saban unlike Frost is a winner, a perennial winner even. This message coming from him carries weight and influence and brings to question the character of these kids hopping from school to school.

We as fans, media, parents and colleagues within this community need to put into place morals or rules that keep kids in places, not only because it makes the viewing experience better but because it is better for the children in question.



## MENTAL HEALTH: THEN & NOW



- 1400s: Mental illness was believed to be caused by "demonic possession, witchcraft or an angry god"

- 1700s: Treatments at mental asylums included cold baths and electroshock therapy

- 1963: Congress passed act to provide federal support and funding for community mental health centers

- Today: community mental health centers are located all across the nation

- Yet, an estimated 31.9% of adolescents have an anxiety disorder

- Proposal: schools need to do more to care for the mental health of their students

# Education system neglects mental health

Ella Levy  
staff writer

For much of History, mental health has been disregarded. According to Hawaii.edu, it was believed that mental illness was caused by "demonic possession, witchcraft, or an angry god."

In the 19th century, Dorothea Dix made efforts for mental health in the United States. She led an investigation and found an underfunded and unregulated system. Dorothea Dix created the first mental asylum.

A typical asylum offered very little treatment, and often kept people for decades. At Willard Psychiatric Center, one treatment was to submerge patients in cold baths for long periods of time.

Electroshock treatment was also used. These conditions remained until well into the 20th century. Antipsychotic medications were introduced in 1954 and gained popularity in the 1960s.

In 1963, Congress passed an act to provide federal support and fund-

ing for community mental health centers. This legislation luckily began to alter how people viewed mental illness, but it did not solve the whole crisis of mental health.

Adults today grew up in these normalized conditions. They were taught mental health is not important. It is only important when it is at an extremely bad level. When it gets to that level they were shown what happens to people who are mentally ill.

Mental health is important and should be taken care of every day. However, adults learned the wrong way to take care of themselves.

If children are not going to learn from their parents, the education system should teach children how to take care of their mental health.

An estimated 31.9% of adolescents have an anxiety disorder. Nystrom Counseling identifies lack of confidence, fear of failure, and social anxiety are a few of the issues that arise when mental health is not given any thought.

If students are taught about

mental health they will be able to identify symptoms and care for them. They will not hide how they feel and will instead express it so they can deal with it.

Conversations around mental health will let students know it is not a secret of a bad thing. It will also decrease stigma. Creating an open environment in schools will lead to students being able to handle stress in the future.

Not all families can afford a therapist. Schools have a counselor but when they go home, students problems follow.

Sometimes students feel they cannot take time out of their day to see their counselor or do not want to share how they feel with others. If students learn tactics at school to take care of their mental health they can handle it on their own.

Adolescents being able to take care of their mental health will lead to reduction in anxiety, improved mood, clearer thinking, increased self-esteem, and improved relationships.

# Dinkers Bar and Grill



2368 S 29th St





## Zoos unethical, need reform

Claire Shafer  
staff writer

Throughout history, humankind has been fascinated with uncommon or even dangerous animals. This fascination has led to animals being confined in zoos. Omaha's Henry Doorly Zoo and Aquarium's mission is to "inspire, educate and engage people to serve as a lifelong steward for animals, their habitats and their conservation." Although the Omaha Zoo has a reputation as one of the best zoos in the world, the Henry Doorly Zoo, like many others, fails to provide animals with adequate environments. Further, zoos claim to provide conservation, education, and care, but primarily focus on entertaining the public to increase their profits. Zoos are unnecessary and inherently cruel.

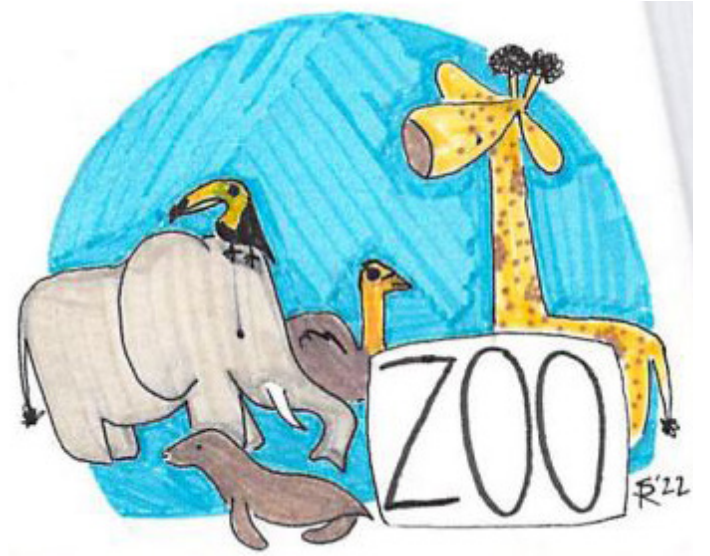
Zoos are unable to provide living spaces that replicate animals' natural habitats. Zoos attempt to hide the look of cages with the use of wallpaper and plastic greenery to make enclosures look more natural. The synthetic decorations do nothing for animals and are there only to benefit visitors. Zoos also fail to give animals adequate living space, causing problems for animals that naturally roam large distances in the wild. Roaming animals make up the majority of species held captive in zoos. According to the New York Times, the average size of polar bear enclosures in zoos are one-millionth the size of the bears' Arctic territory. Similarly, elephants travel an average of 30 miles per day in the wild but are restricted to spaces 1,000 times smaller in zoos. The restricted environments deprive animals of their natural habitats as well as their natural social structures. Animals that would prefer to live alone are often put into enclosures with others, and social animals are often by themselves.

Unfit enclosures are why most species languish when held

captive in zoos. Studies show that animals kept in zoos have increased health issues due to the lack of mental and physical stimulation inside their enclosures. For example, many animals have shorter lifespans in zoos when compared to their counterparts in the wild. According to CBS News, elephants in the wild live twice as long as their relatives in zoos. Not only do animals in zoos have shorter life spans, but they also have poorer quality of life. Studies show that the absence of stimulation in zoos significantly increases animal stress levels, making zoo animals more depressed than animals that live in the wild. Nearly eighty percent of animals in captivity suffer from zoochosis, a neurological disorder that causes obsessive, repetitive behaviors. Think of the large cat one often sees at the zoo pacing the length of its enclosure.

Another concern is the close proximity zoos place wild animals to humans. In zoos animals and humans are separated by a glass window, or small metal bars. Children often tap on enclosures causing unnecessary stress for the captive animals. Another worrying aspect is the possibility of physical interaction between visitors and animals. There have been several cases of children and adults somehow entering animal enclosures. When this happens, oftentimes the animal is killed to protect the human. The apparent inability to keep visitors out of animal confinement has resulted in hundreds of murdered animals. Although these incidents are considered rare, even one animal lost to such a malpractice is too many.

Many zoos have added "rehabilitation" or "conservation" to their name to sway visitors into believing their priority is to help endangered animals. According to Encyclopedia.com's definition, wildlife rehabilitation centers provide temporary treatment for injured, orphaned, and sick wildlife, with the goal of eventually returning the treated animals back to their native habitats. However, descriptive sayings about rehabilita-



SAM ROBLES | Contributing Cartoonist

tion and conservation in a zoo's titles are often simply words, and do not impact the quality of life for animals. In fact, most zoos claiming to be conservation focused, in reality, do very little and stretch the truth. For example, many zoos claim their breeding programs are conservation programs, even though bred animals are never intended to be released into the wild.

We need to rethink zoos and the value they provide versus their impacts on animals. While zoos can help people learn about animals, today we have technology that can offer better opportunities to observe animals in their natural environments. Tracking devices, robotic cameras, drones, and virtual reality technologies allow scientists to monitor animals and learn about them in ways that were not previously possible. Using technology to study animals in their natural habitats is more beneficial to the public than observing animals in the zoo's artificial setting. Zoos are unnecessary and unethical given today's technologies.

## Trade fast-fashion for sustainable clothing

Ziya Gaskin  
staff writer

The fashion industry is one of the world's biggest polluters. In fact, it is second only to oil when it comes to pollution, responsible for 20% of global industrial water pollution. On top of consuming water, clothing production impacts the environment by polluting fish water with toxic chemicals that find their way into waterways. Most sustainable fashion brands limit their use of water during production. For people that make these garments, sustainable fashion also means fairer pay, better working conditions and less illegal sweatshops. The only way to break down the cycle of death and destruction is to aim for sustainability.

Cheap fast fashion garments are made by harsh working conditions for the workers. Poor safety and long working hours can create a toxic environment of worker exploitation. Due to fashion having a huge carbon footprint, most fast fashion clothes are made from petroleum-based materials like acrylic, polyester and nylon. The production and disposal of fast fashion requires a huge amount of energy. On the other hand, sustainable fashion incorporates biodegradable materials from natural or recycled fabrics such as linen, hemp or organic cotton. Those materials require little to no chemical treatment, less energy and water usage.

Animals are an important part of our ecosystem, each playing some sort of role. Any threat to wildlife should concern everyone. For example, leather bags, shoes and fur coats and other products made from animals actually affect the animal population. Sustainable clothing brands

that are vegan and cruelty free protect those animals by using alternatives, saving from death and exploitation.

It is extremely hard to get out of the habit of spending half of your check to buy cheap clothing from Shein or Forever 21, but due to the weak fabric used, they do not last long, which causes people to toss them within a year and create even more of a buildup on our landfills. Using half of a check to buy sustainable clothing that can last a lifetime is more convenient than spending hundreds of dollars on the latest fad that will die out in the next couple of months. Having environmentally friendly materials, using natural resources responsibly and not hurting anyone in the process is the reason more people should consider going this route. Sustainable clothing creates longer lasting clothes of higher quality, meaning that they are more expensive initially, but would stay in people's wardrobes for a long time and decrease the amount of waste.

Small steps make a significant difference though. As humans, we need to take responsibility for our daily choices. Commit to buying less and invest in a couple of pieces that are environmentally friendly. It is okay to start slow. Thrifting is also an effortless way to find clothes for your wardrobe that are quite cheap but help reduce waste. Next time you go shopping, do some research, and try buying something from a sustainable fashion brand and see if it meets your standards or overachieves them.

It is quite easy to forget the impact of a purchase or the power we all have as consumers. There are small steps we can take each and every day to pave the way toward a more sustainable fashion future.

## Winter formal requirements need change

Callan Maher  
staff writer

Winter Formal is the second dance that Central puts on. This dance is held off of school property. For the past several years it has been held at Field Club. To be invited to Winter Formal the students must meet certain requirements: being a sophomore, junior, or senior and meeting the GPA requirements. Students who do not meet these requirements can still attend the dance if they go with a student who has met them. These requirements should change. School dances are a social event that should encourage students to attend, not turn them down because they don't meet certain standards.

The first thing that should change is the ability to invite freshmen to attend. If Winter Formal is labeled as a dance for sophomores, juniors and seniors, it should remain that way. Each year of high school students are rewarded a little more. Freshman year students can go to homecoming, sophomore year they can go to Winter Formal and junior year they can go to prom. Allowing freshmen to attend if invited takes away the reward they will get from sophomore year. It is also unfair for those sophomores who had to wait and freshman who could not go.

The same problem occurs with the GPA requirement. If a friend group is made up of people who meet the requirements and those who don't, those who don't still can attend Winter Formal by receiving an invitation from those who did meet them. This makes people question the point of those requirements in the first place.

Those requirements are not a strong motivator for students to attend school more often or get better grades. A

dance might be fun but if a student is determined not to go to school or not try a school dance won't change that. Other students simply might not have the opportunity to improve so those requirements are punishing them for something they may have limited control over.

The GPA requirement for Winter Formal should not exist. Although school dances are a reward, they are also a celebration, and these requirements leave a lot of students out. Without trying, they create a divide between the students: those who are "worthy" and those who are not.

"Statistically speaking, most of the students who can go because they meet the requirements are going to be white. Especially because we live in a country where white people usually have easier access to those resources," senior Israel Bryant said. "It is mainly AP and honors kids and they grew up in schools where they were told they can achieve, instead of students who are people of color, who grew up in poorer neighborhoods, who are told that they are not going to be able to get to that level. So, it perpetuates the system that is inherently racist, even though it is not trying to be racist."

There is a solution though: Winter Formal is for sophomores and above only. Freshmen cannot attend. There is no GPA requirement. The tickets are first come first serve to control the number of students who can attend. People can still buy tickets to bring other students. This way, students may be left out because they did not get tickets fast enough, but no students should feel unworthy.

There is so much pressure on students, from school or home, to be better and to do better. School dances should not add to that. They should be used as a celebration and a way to create happy memories from high school. Dances should be a positive to take away and share with others.

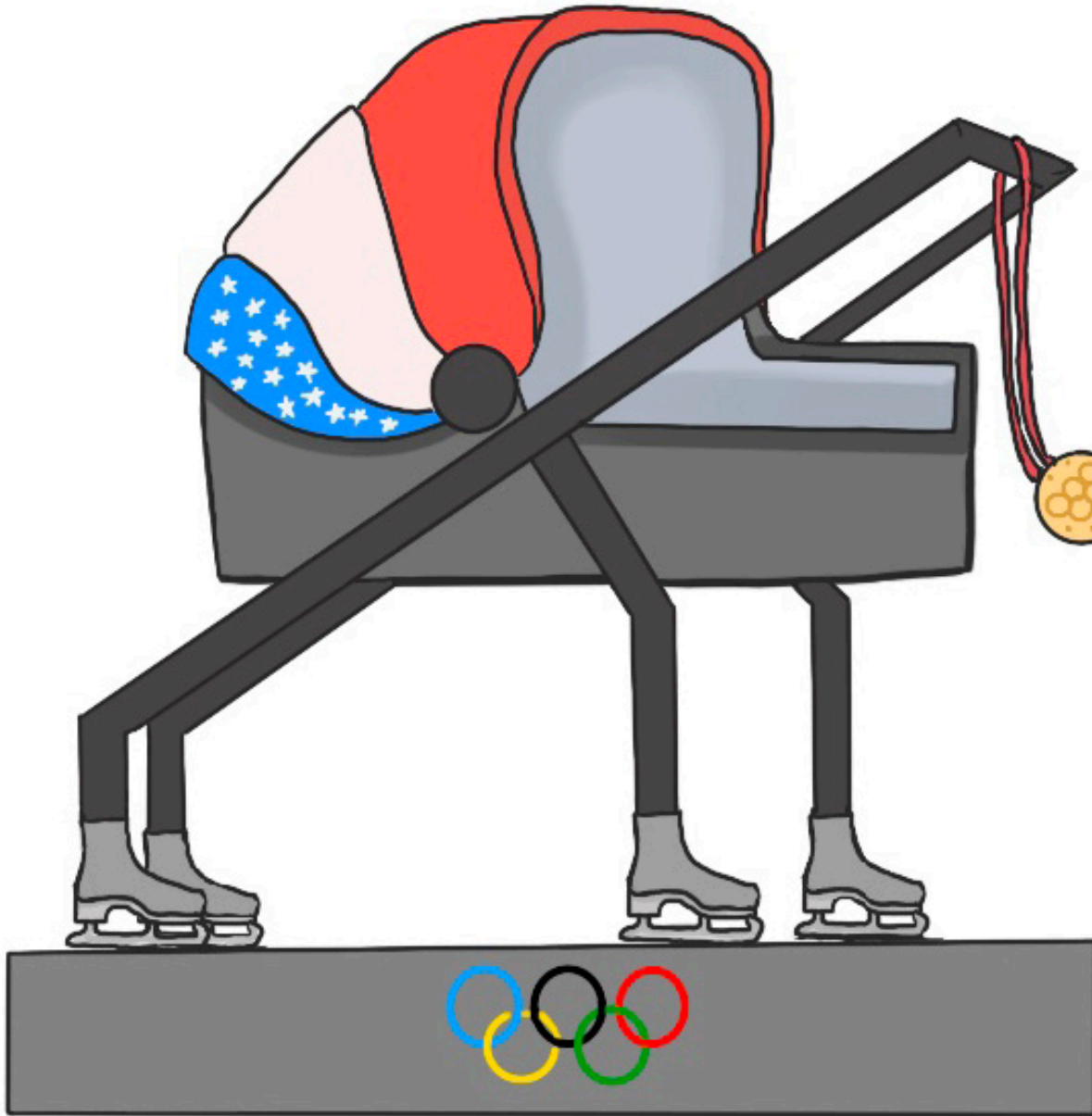


CHLOE JOHNSON | The Register



# Lack of age requirement for Olympics leads to mistreatment of athletes

**Ella Novak**  
staff writer



ELLA NOVAK | The Register

Over the years, Olympic figure skating, especially women's figure skating, has become dominated by teenagers. These days it is rare to see an adult on the Olympic podium. This is mostly because modern figure skating coaches take advantage of how small young female skaters are and use that to land record-breaking jumps that almost guarantee a gold medal. This culture forces young children to work tirelessly under harsh coaches until they get sent to the Olympics, after which most of them retire.

In figure skating, the highest scoring and thus most difficult jumps are the quad jumps of the toe loop, salchow, loop and lutz jumps where the skater does four rotations in the air and the triple axel where a skater does three and a half rotations in the air. Being able to land these jumps takes years of training that is usually harmful both physically and mentally. Many skaters form problems like eating disorders and joint problems because of this training.

Russian women's Olympic figure skating coach Eteri Tutberidze has a track record of very harmful practices in the sport. Tutberidze takes advantage of the smaller weight of pre-teen skaters and uses that to have them land quads in competition. The problem with Tutberidze's coaching style is that after her skaters turn 17, they can no longer land the jumps that they used to and suffer from major physical injuries. This is because once the girls hit puberty, their weight distribution

changes. Since Tutberidze focuses on weight advantage instead of building actual muscle and skill, they can no longer land those complicated jumps.

I think that if the Olympics set an age limit on Olympic figure skating, we would see less pressure on young skaters to put their bodies through intense training so early on in their life. Injury would probably be less common than it is now if skaters were trained to properly work with their bodies instead of against them. There would probably also be fewer cases of doping scandals because teenagers wouldn't need to be drugged to perform well. I think that the fact that there is no minimum age requirement is irresponsible.

The Kamila Valieva situation has especially proven this point. After amounts of Trimetazidine (a banned drug in the Olympic circle) was found after a drug test on Valieva, the age minimum on the sport has been brought to light by the media. Because Valieva is only fifteen, she naturally follows the adults in her life without knowing what is truly right or wrong. These young skaters are being controlled by these adults with little to no say in what the coaches are doing. This vulnerability would be greatly alleviated if the age minimum was greater for these skaters.

Personally, it makes me so upset to see these girls (who are my age and younger) going through this sport and having so much weight put on their shoulders to be the best of the best with little to no control over their life.

# US must hold Putin accountable

**Charlie Yale**  
staff writer

The Russian invasion of Ukraine has left many Americans feeling hopeless and helpless. According to the UN Refugee Agency, there are at least 160,000 internally displaced people within Ukraine and over 2 million Ukrainians have fled to neighboring countries. As Russia continues to bombard the country, there are still things that the United States can do to help prevent Russia from taking all of Ukraine, while making sure those responsible for the war are the ones held accountable.

Firstly, it must be established who shall be held accountable for the war in Ukraine. The bearing of that weight falls on one man, President Vladimir V. Putin of Russia. Putin's justification of the conflict to the Russian people has been riddled with lies and fallacy, including but not limited to his so-called attempt to "de-Nazify" Ukraine and his constant spread of misinformation about militarization from the state. It is easy to see through Putin's thinly veiled attempt at forcing Ukraine into Russia's sphere of influence.

What exactly can be done to hold Putin accountable? There are many policy actions besides more sanctions that could have a large negative effect on Putin. The first option is a visa ban on Putin, his inner circle, Russian oligarchs, and Russian government officials. Just Security, a foreign policy think-tank, explains that "Restrictions on travel will be much more effective if implemented as broadly as possible across jurisdictions where the targeted individuals seek to travel or reside." If the United States is able to form a coalition of countries willing to put a ban like this in place, it would seriously increase pressure on Putin from his oligarchs to slow or stop his military presence in Ukraine.

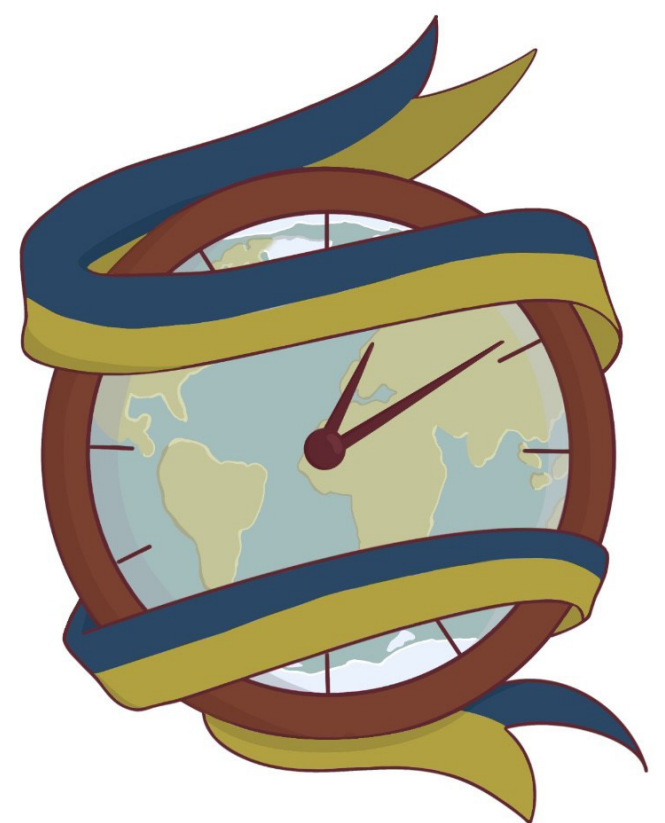
Political Scientist Jasmin Mujanović suggests that pressure from international organizations, like the United Nations, will help to punish Russia and perhaps to deter further Rus-

sian advance. Russia was recently suspended from the Council of Europe, which Mujanović says will "remove significant Russian influence from a key pan-European democratic forum." Although it is unlikely that there will be any success in an effort to suspend or remove Russia from the United Nations, diplomatic pressure from many sides could cause Russia's influence in the international community to crack just enough.

It is important to investigate monetary options that the US can take besides sanctions to ensure that Russia is held responsible for the cost of war. The US and likeminded countries could take Russian foreign exchange reserves held in central banks within countries who have frozen these accounts. Russia's central bank explains that there is around \$585 billion in Russian foreign currency reserves around the world. Brookings, an American research group, estimates that up to \$350 billion of this money is stored in countries where it would be feasible to take this money. Brookings further suggests that this money could be used to pay for war reparations, and that "the fact that many countries already have control over Russia's holdings of foreign currency means that, in effect, reparations for the Ukrainian invasion have been pre-funded by Russia itself."

Furthermore, Brookings explains that there is international precedent for an act like this as well. The institution claims that under US law, Russia has committed an 'international tort', described as "unprovoked violence, which requires at a minimum that the aggressor pay damages for human suffering, deaths, and property losses."

Finally, to have the sanctions really mean anything to the Russians, there must be some sort of ultimatum. "If the goal is to compel, then the sanctioners need to be explicit about what Russia can do to get the sanctions lifted," says Daniel Drenzer, a Tufts University professor. The economic sanctions have been devastating for Russia and the Ruble, which in real terms is worth less than a singular "Fortnite V-Buck" or any bill from the board game "Monopoly." Putin and his inner circle are not able to access any of their international assets and being



ETTA SALZMAN | Contributing Cartoonist

isolated to Russia will eventually wear on the oligarchs. Many countries across the world, including the historically neutral Switzerland have imposed sanctions upon Russia. If the US and other countries were to make of demands Putin to end the sanctions, due to the current catapult towards the stalemate, it seems that at some point he would have to comply.



# Sexism runs rampant inside NBA franchises

Daniel Graham  
staff writer

After San Antonio Spurs coach Gregg Popovich was ejected from a game in late December of 2020, assistant Spurs coach Becky Hammon filled in for him for the remainder of the game, becoming the first woman to act as a head coach in the NBA.

That is to say that in the more than seventy years leading up to that moment, every single NBA game had been coached by a male head coach. Hammon broke down a colossal barrier in coaching that game, and it seemed that the next step—an NBA franchise hiring the first female head coach—was soon to come.

That offseason, a number of head coaching positions opened up around the league, but by the time the season began in late fall, no women held any of them. The next offseason, more head coaching positions opened up, and this time, Hammon made history once more, but not in the way many had hoped; she was the first woman to become a finalist for an NBA head coaching job. In the end, of course, she was not hired.

In that offseason, two franchises made interesting head coaching hires. One of those was the Portland Trailblazers, the team for which Hammon was a finalist for the head coaching job. They ended up hiring former NBA player Chauncey Billups. The other was the Dallas Mavericks, who ended up hiring another former NBA player in Jason Kidd.

On the surface, these hires make sense. Both Billups and Kidd played point guard when they were in the league, and point guards often make a smooth transition to the head coaching spot. Both Billups and Kidd had been assistant coaches, and Kidd had even served as a head coach for a few years, first with the Brooklyn Nets, and then with the Milwaukee Bucks.

On closer inspection, however, it becomes apparent that these were questionable coaching hires at best, and disturbing ones at worst.

Billups served just one year as an assistant coach, so his main credentials rested on his career as an NBA player. That alone is not troubling; coaches are often hired based solely upon their playing careers. In fact, this is the main route for Black men to become head coaches in the NBA, which is a different problem altogether.

The problem with Billups lies in his past, with a 1997 sexual assault case which alleges that Billups was involved in the gang rape of a young woman during his rookie season. Billups was never convicted, but cases like this often go away with the defendant walking free based on flimsy or bad-faith arguments, and this one was no exception.

“[The defense of Billups and the others charged in the case] consisted of challenging the constitutionality of the law [the young woman] filed under,” journalist Diana Moskovitz wrote, “and, when that didn’t work, insisting all the sex with all the men was consensual and that [the young woman] was just trying to blackmail the famous men into giving her money so that she wouldn’t ruin their endorsement deals.”

The details surrounding this case are still murky—and this is not the place to re-litigate it—but it appears that Billups participated in the gang rape, and it is clear that he faced little to no consequences for his actions.

Kidd is not much better. In 2001, he pleaded guilty to charges of domestic violence against his wife, and his daughter has reported that he was verbally and physically abusive to her, as well as her other sibling and his wife.

Kidd does have more coaching experience than Billups, including serving as head coach for the Bucks for four years. However, that tenure is hardly a point of pride for Kidd. In those four years, the Bucks did not win a single playoffs series, and in the first season after he was fired, they made it to the conference finals.

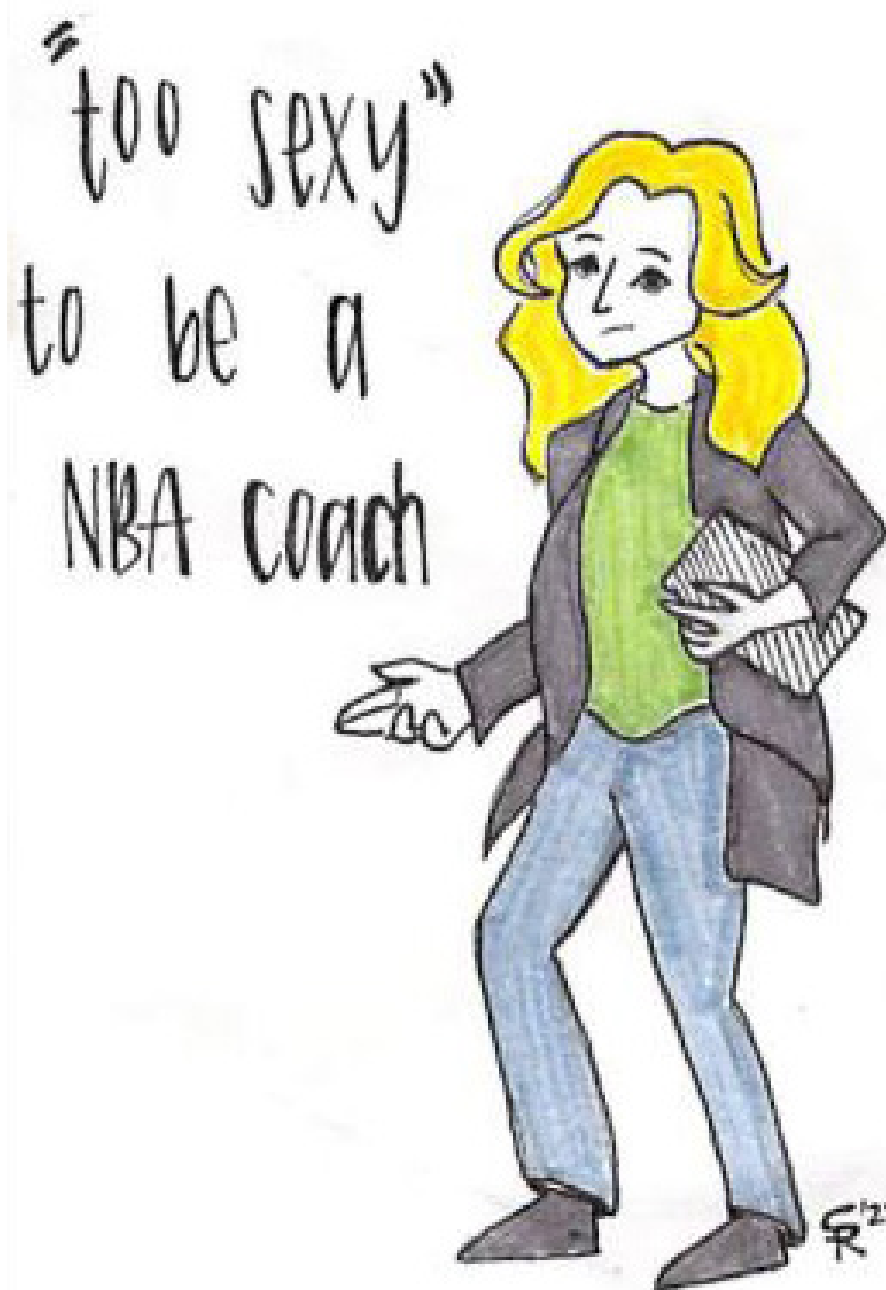
More importantly, players reported that Kidd was an abusive head coach, taking what is often called a “winning mentality” to an unhealthy level.

One of the most notable stories from Kidd’s time as coach occurred in late December 2014, when Kidd decided to punish the team for losing what he felt was a winnable game by forcing them to attend practice on the next two days, which were Christmas Eve and Christmas Day.

At one of those practices, he forced the players to do pool exercises, despite the fact that half the players on the team could not swim. He also made them run exhausting drills as punishment, focusing much of his attention on Bucks big man Larry Sanders, yelling at him and calling him names.

Sanders broke down physically and mentally in that practice, suffering from full-body convulsions. He asked to go to the bathroom and instead left for the hospital. Sanders, who was twenty-six at the time and in his prime, has played in only five NBA games since that day.

It is worth noting that both of these coaches were sought after by each of these franchises’ respective superstars, and neither the Trailblazers nor the Mavericks are in any position to ignore the requests of their superstars. That said, when it comes down to it, the franchises are making



SAM ROBLES | Contributing Cartoonist

these decisions, not the players.

It is also possible that these two coaches have reformed since these incidents occurred. Billups’s sexual assault case happened 25 years ago, when he was a rookie. Kidd’s abusive streak has had more recent occurrences, but his current season with the Mavericks is going well, and there have been no reports of any issues with him.

However, an NBA head coaching job is one of the most sought-after positions in the sports world. There are only 30 available, and there’s no reason a franchise should not be looking for the absolute best of the best. The idea that these franchises are hiring people like Billups and Kidd but not Hammon speaks to the troubling state of affairs within the NBA right now.

These franchises would rather hire men with histories of sexual assault or domestic violence and create a public relations nightmare for themselves than hire a woman with eight years of assistant coaching experience under perhaps the greatest NBA coach of all time.

This is not about checking a box or fulfilling a quota; Hammon—and many other female coaches—are qualified for head coaching positions in the NBA, and they are not receiving those positions. It should be no mystery as to why that is the case.

Hammon has now moved on from the Spurs organization to take a head coaching job in the WNBA with the Las Vegas Aces. Her view on this issue, though, is clear.

“If you want to hire me, you’ll find a reason to hire me,” she said. “And if you don’t want to hire me, you’ll find that reason, too.”

NBA franchises continue to find that reason, and they will continue to find it until there is real, institutional change in how these organizations are run, when the public pressure becomes too great to ignore and the league holds owners accountable for their actions. The NBA holds a reputation as one of the most progressive major sports leagues in the world, but its actions have failed to live up to that reputation for far too long.

# Cars too dangerous for teens, celebrate adolescence in new ways

Noemi Gilbert  
staff writer

Cars are deeply imbued in America’s adolescent rituals. You turn 15, get a permit, turn 16, get your license. Maybe you get your parents’ janky old car, maybe you save your part-time job money to buy your own. Maybe you just fight with your family about who gets a car on a certain day. Maybe you joke about how bad of a driver you are, maybe you think you’re not too inebriated to drive home.

Maybe you crash. Drivers aged 16-19 are three times more likely to crash than any other age group. Maybe you’re injured, like the approximate 250,000 teenagers who go to emergency rooms from crash-related injuries per year.

Maybe you die, like the four Gretna high school students who died in a car crash in 2019, or like the estimated 2,400 teens who died in crashes that same year. Car crashes are the second most common cause of death for teenagers in the United States, and each of those deaths could be prevented by designing cities that do not rely on cars and removing cars from their revered state in American adolescence.

What could a city that grants teens freedom of movement

without reliance on cars look like? Cities that are not clogged with cars are safer, less polluted and more vibrant. Equitable, reliable public transportation is one step towards achieving this goal. Buses that arrive regularly throughout the day and night could prevent teens from driving under the influence. Buses reduce per-capita emissions and free up space on streets. Buses are also far less likely to get in fatal crashes than personal cars.

For buses to replace cars for teenagers, they must cover wide areas of the city and be well-maintained and frequently serviced. Cities must invest in public transportation to prevent car-related deaths.

Cities can also invest in bicycle infrastructure. Bicycles provide teens with the same freedom to travel anywhere at any time of day, without the risks that come with cars. Bikes are far less expensive than cars and therefore more accessible to teenagers.

Car insurance rates are exorbitantly high for teen drivers (particularly male teen drivers,) while bicycle insurance is often included in homeowner’s insurance. Bicyclists are immune to skyrocketing gas prices. And, with every ride, bicyclists grow healthier while reducing carbon emissions.

Bicycle infrastructure looks like protected bike lanes, expanded trail systems, and fewer drivers on roads, because most bike accidents include a cyclist and a car.

Just as important as these practical public policy solutions is removing the cultural dependence on cars as a coming-of-age milestone. After all, cars are expensive and thus inaccessible to many, and our cultural reliance on cars and cities designed around cars make it extraordinarily difficult for these people to navigate our cities.

I propose creating new benchmarks of growth. Maybe instead of a 16-year-old being granted a car for their birthday, they can receive a new bike and a later curfew, or more freedom in general.

Adolescence can be honored with more legal rights and responsibilities as well, such as the right to vote in municipal elections. We do not need to celebrate maturity by granting teenagers licenses to drive 4000-pound metal death boxes that they are statistically the most likely to die in. We should celebrate adolescence by providing young adults with greater amounts of freedom that is separate from their ability to drive.



## arts &amp; style

## BIKE UNION: MORE THAN JUST COFFEE

The Bike Union offers work, programming and extra support for young adults leaving the foster care system.



LUCY MASON | The Register

Bike Union is owned by Miah Sommer, an Omaha native. The coffee and bike shop serves to support those impacted by the foster care system through employment opportunities.

**Charlie Yale**  
web editor

The 'flying saucer' on 18th and Dodge is an oddly shaped building. The space has lived many lives in the past, opening originally as a credit union. The architect of this building was John Latenser III, a grandchild of John Latenser Sr., the architect of Central High School. The building was designed to look like the helmet of Mercury, the Roman God of finance and war. Since 2015, this building has been inhabited by the nonprofit social enterprise, the Bike Union.

Miah Sommer, an Omaha native, started the Bike Union to support young adults who have aged out of the foster care system. "When you're a little kid, I think that the city and state or whatever, they look out for [your needs]. But when you're older, nearly an adult, or even an adult, that is when you can really fall through the cracks. That is why we serve adults who have been impacted by the foster care system because there's really no system, they're out of the foster care system so how do you keep people from making bad decisions," Sommer explained.

A 2017 study from the Children and Youth Services Review, a journal dedicated to covering the study of social service programs pertaining to children, reported that a staggering 20 percent of kids who age out of the foster care system are immediately homeless or "inadequately housed" according to the study. An additional 30 percent of the youth experience at least one night of homelessness, and in a representative sample of kids who have aged out of the foster care system in California, one-third of the youth experienced homelessness, and another 40 percent "couch surfed."

Sommer said that there are a whole host of issues that occur when youth age out of the foster care system. "Obviously, we are not going to fix all those things, you're not going to change the world on that, but like, if we could take care of the workforce development part, that was the big thing for us. If you could give somebody a job and then kind of help them stay where they needed to be on that job, I feel like you take care of a lot of things by doing that," Sommer explained. "If you are trying to help somebody with like, say like, prison reentry or something like that, the job becomes so important and if they lose the job then everything kind of crumbles. For us it really helped to say we provide that job, and then we're going to take care of all that infrastructure around that."

The infrastructure that Sommer refers to is one of the most special pieces about the Bike Union. Not only do they provide a job and training for that job, but they provide many extra programs for employees of the Bike Union. "In addition to the workforce development program, we do financial literacy classes, we do nutrition classes, we do mindfulness and meditation classes, all that stuff is happening as well," Sommer said.

The typical nuclear family would provide a lot of these resources generally, which is why the Bike Union offers them, Sommer explained. "Sometimes I just like to think of things that maybe a nuclear family would do for you that aren't really happening for you in your life. When I was 19-20 years old, I could have used this commonsense approach to things like 'Hey! You should know how to do this' or 'You should know how to do that' and so that was what was lacking in my life, and I wanted to make sure that we could provide that," Sommer said. "And also, just like, as far as mindfulness and meditation goes, everyone needs that emotional intelligence. It's just as much of an important part of working here as the technical skills. My parents didn't provide that for me, and most of the time, their families didn't provide that for them."

Sommer explained how events in his life led to him starting the Bike Union. "I grew up with a lot of background trauma. Food shortage, high school dropout, things like that," Sommer said. "It's interesting to try and think of, you know, after getting past all that, thinking of things that I could have used at that time."

Sommer also explained how the employees at the Bike Union are allowed to make mistakes. "I think the big thing is that it meets people where they are at and what they're bringing to the table. You don't expect somebody to just knock it out of the park right away, you're going to find what they're weaknesses and strengths are as people and you're going to play to that. With a normal job, if you're tardy in the first week or on the first day, you're going to lose your job," Sommer said. "That doesn't really happen at the Bike Union. You get a chance to make your mistakes, to learn from the mistakes."

For seven years, The Bike Union has been a joint bike-coffee shop. Sommer says that that is about to change. "The bike industry was where I was at professionally. I had already been in the bike industry for 10 years at that point, I needed some sort of vehicle to provide the social enterprise organization. Bikes were the business I knew, that was what I did. The coffee

shop was really an afterthought. Once we got this location, it's such a prime location, we were like, this needs to be a coffee shop. What we've found is like, as the business exists, this coffee shop is a really fun way to have this joint project with the young adults we serve. The bike side, however, is such an esoteric hobby as it is, and then the skill is so hard to come by. You can be making coffee and be completely proficient in six weeks. Six months into the bike shop, I feel like you just start to understand what's going on. We've come to the decision recently that we are going to close the bike shop down. The coffee shop is where it's at. We're rebranding as a whole coffee shop, we're changing our name, and we're opening a second location at the Atlas apartment buildings."

Central is the largest high school in Nebraska, housing over 2,600 kids. Sommer says that having a business near Central has been wonderful. "There was a fire drill earlier, that we got a lot of customers from. We were like 'What is going on?' and someone replied 'There's a fire drill!' It has a really positive impact; we get so much business from there. There's a good connection with the kids who come here. Years ago, we had problems, but now we have very little problems. Kids come here, they do their homework, they're not causing trouble, they're respectful. It's fun. It's a big part of our business. Come the end of May when Central is done, you can definitely see a slight dip in sales and foot traffic, so it is nice to have that, but I do think that the interesting part of the story is that a lot of it is people who aren't supposed to be here during the day," Sommer says. "We don't want to tell the higher ups that we're funded by truancy. At 3:15, you're gonna get a little rush. I might call in some fire drills, who knows," Sommer joked. "It's good for business."

Sommer says that the Bike Union is a rare form of nonprofit. "I am the executive director of a nonprofit, I think that one, it's a very uncommon nonprofit and two, I am a very uncommon executive director because I'm generally pretty hands on," Sommer says. "I want to be with the people. I always like to mention that this is such a great way to have them figure out who they want to be, what they want to be, but it's not this charity or this hand down thing. It's just them figuring out who they want to be. The saying is always that we're the dirt, they're the flowers. Whatever they want to accomplish, they accomplish because they're in an environment that fosters that. I'm not better than them, and they prove time and again that they're more resilient and better than me."



BAGEL REVIEWS on page 13



THE WOMAN IN THE HOUSE on page 14



HONEY GIRL on page 15





## Playwright joins Omaha theatre scene

Grace Ridgley  
section editor

Rachel Grossman spent her childhood moving from place to place across the Midwest. With a father who was becoming a doctor, her life revolved around where he would have to move to next for his internship or residency. Though her father was a man of science, he was a professor of theater before deciding to go to medical school. Because of her parents, Grossman was immersed into the world of the arts from a young age. Both with theater and other forms of media.

"I came from a really artsy family. My dad being a theater professor, and my parents met in graduate school for theater. My mom is an illustrator and a painter. They both love music. So, I always wanted to be a dancer, but it sort of turned into me becoming more involved with theater," said Grossman.

She was always heavily involved in the arts, and though it was what she enjoyed doing all throughout school, Grossman ultimately decided to study Political Science at Kenyon College in Gambier, Ohio.

"Honestly, I was unsure of the entire process of getting into schools. I had a lot of doubt about my abilities. Even though I had the grades to get into the bigger schools like Brown or Dartmouth, I didn't want to fail. I felt like Kenyon was what I wanted, and now I wouldn't necessarily agree, but I am still glad I chose to not study theater," she says when asked about why she chose to attend Kenyon.

Grossman emphasized that she was unsure of what she wanted to do after college, and with her degree in political science, she still decided to pursue something in theater. Because of her connection with theater, she knew that there were many professional internships that provided housing, which was a big selling point for Grossman in the beginning.

She said, "I thought, 'Well, I don't know what I want to do, but what I could do is get a yearlong internship in theater and go live somewhere that someone else was funding. So, I got an internship at a theater in Baltimore called Center Stage.'"

There, Grossman worked with children in the education department at Center Stage. She attributes this initially internship for kickstarting her desire to continue to work in theater.

During her twenty year stay in the Baltimore, D.C area, Grossman flourished in her work. She was a cofounder of a theater company in DC called Dog and Pony D.C. The project that she is well known for, and the one that she expresses as her favorite from her career, is a play called "Beertown" that she cowrote alongside sixteen other individuals. The story centers on a fictional town who come together to fill and open a time capsule that represents the town itself.

"The show starts with a dessert potluck. The audience is invited to bring dessert to share with one

another. The audience is the citizenry, and half of the cast is in the audience as members of the town, while the others are on stage. The audience debates and votes on three items that will be placed into the capsule to represent them, and they do the same for what items should be removed," stated Grossman about the logistics of "Beertown".

The play is highly interactive, and each show is unique to one another. No showing of "Beertown" is exactly like the last because it is based on the city and audience where it takes place.

"The show was constantly growing and changing. It was remounted several times in D.C. We also did a community-based tour where we produced it in multiple cities across the country. We would come, get to know the community, work with local artists and organizations to rewrite the show to be reflective of what was happening in that community. Beertown became a stand-in for any town," Grossman said.

The theater company was able to sharpen its skills by committing to the project, and the participants were able to change the show from one about the artists to one about the audience. They used "Beertown" as a platform for what was happening in these communities. Thus, bringing to light what divided and brought the audience together.

Grossman says, "I knew people who saw the show seven or eight times, and they would always remark on how it kept changing. They still remember even the smallest moments, like whether the baseball bat was voted in, and the paint chips weren't. It was just a really great experience and actually what brought me to Omaha."

After being in Omaha for "Beertown", Grossman chose to move to Omaha because of how much she connected with the people in the city during her previous stay for the show.

"You really want to get to know the place you're in, and I really got to know a lot of people in Omaha. I ended up coming to visit, and I got to know theater artists here. I was in a close community with folks at The Rose," said Grossman.

In early 2020, she came to Omaha to direct The Diary of Anne Frank at The Rose Theater. Now, Grossman is still heavily involved in the Omaha theater scene. She is directing Othello for Shakespeare on the Green this coming summer, and she has another project called "Tillage" which is going to be a performance with heavy audience participation, like "Beertown". She is excited for both of her upcoming productions and will be doing more in the following years.

Grossman ended her statement with, "Theater is not really knowing about theater. It's about knowing how to look at the world and interpret metaphor, symbols, text, and put together wildly different ideas to get a third, new idea. It's an art that I get to do for a living, and that's why I love it."



Photos Courtesy of RACHEL GROSSMAN

Playwright Rachel Grossman (top) wrote the interactive play "Beertown" (middle and bottom) to provide a platform for community discussion.

## Black History Month honors influential African Americans

Claire Shafer  
staff writer

Every year in February, Black History Month is celebrated to acknowledge African Americans' achievements and recognize their role in US history. Black History Month has been celebrated since 1915, fifty years after the Thirteenth Amendment abolished slavery in the US. Black History Month began as just a one-week celebration in February, but by the late 1960s, it evolved to a full month.

During Black History Month, well-known Black heroes like Rosa Parks, Maya Angelou, James Baldwin, Muhammad Ali, and Dr. Martin Luther King, Jr. are often remembered. However, this list is missing hundreds of other notable African Americans that have also changed the world.

A large amount of Black history is missing from the nation's curriculum. Therefore, so many African Americans go unrecognized for their contributions and their accomplishments in civil rights, politics, inventions, arts and much more. Following are ten African Americans that should be remembered and celebrated during this year's Black History Month.

Shirley Chisholm (1924-2005) was the first Black woman to be elected to Congress. During her seven terms in the US House of Representatives, she introduced more than fifty pieces of legislation that promoted racial and gender equality, helped those in poverty and worked to end the Vietnam War. Later, in 1972, she became the first African American to attempt to be nominated for president. Along with her involvement in politics, she was the co-founder of the National Women's Political Caucus and the National Political Congress of Black Women.

Bayard Rustin (1912-1987) played a key role in organizing

and strategizing the March on Washington. Due to safety reasons, Rustin did not participate in the front lines of the march, and instead worked behind the scenes planning. After the march, he continued to advocate for racial equality, worker's rights and eventually gay rights.

Claudette Colvin (1939-) was the first woman to be detained for resisting to move to the back of a bus. At fifteen years old, she refused to move from a seat in the middle of a bus to a seat in the back of the bus. Colvin remained seated after a bus driver asked her to move and was eventually arrested. Nine months later, Rosa Parks protested in the same way during the Montgomery, Alabama Bus Boycott and became famous for her resistance.

Marsha P Johnson (1945-1992) was a trans rights activist who played a key role in advancements for gay rights. She was part of the Gay Liberation Front and the co-founder of STAR, an organization that helped house homeless gay youth. Johnson was also a prominent figure in the Stonewall Uprising, a rebellion that was organized by gay rights activists after a violent police raid of the Stonewall Inn, a gay bar.

Jesse Owens (1913-1980) was a track and field star. While competing in the 1936 Olympics, he won four gold medals and set the world record for long jump. Later, in 1976, he was awarded the Presidential Medal of Freedom. In 1990, ten years after his death, he received the Congressional Gold Medal.

Bessie Colman (1892-1926) was the first licensed Black pilot in the world. She received her license from a flight school in France in 1919. Colman became a well-known pilot in many air shows and was known for her dangerous plane tricks.

Rose Marie McCoy (1922-2015) was an African American singer and songwriter who wrote and produced some of the most popular pop songs during the 50s. After her two songs

"After All" and "Gabbins' Blues", she was contacted by multiple major music labels to write songs for other artists. She wrote hit singles for many popular artists at the time, including Elvis Presley's "Trying to Get You".

Phillis Wheatley (1754-1784) was the first African American and third woman to have a volume of poetry published. She was enslaved most of her life and never received a formal education. She wrote her first published poem when she was thirteen. In 1773, she published her poems in a book called Poems on Various Subjects.

Benjamin O Davis (1880-1970) was the first Black general in the US military and served for 50 years. During the Spanish-American War, he was a first lieutenant in an all-Black unit. Throughout his career, he was a commander for the New York National Guard and a special assistant for the Secretary of the Army. He also worked at Tuskegee and Wilberforce University as a professor of military science. In 1948, President Harry Truman attended Davis' public retirement ceremony. In honor of his service, Davis was buried at Arlington National Cemetery.

James McCune Smith (1813-1865) was the first African American to become a licensed doctor. Smith was born a slave and received his primary education in Manhattan. His school taught African Americans job skills in preparation for employment when the state finally granted full emancipation. When Smith tried to further his education, he was not accepted into any US schools due to racist practices in university admission offices. So, he attended the University of Glasgow in the UK instead. Smith later received his medical license in 1830 and became a physician and scientist. Along with being a doctor, Smith also fought for equal rights. He helped establish educational resources, relief organizations and antislavery agencies.



# ON THE HUNT: BEST BAGEL IN OMAHA

In a city full of bagel options, which is the best? Leave it to the Register staff to find out.

Photos by SOPHIE YOUNGS | The Register



## Panera

Alice Larson  
staff writer

Bagels rank very highly among my favorite foods. It would not be an exaggeration to say I probably eat at least a dozen bagels a week. They're great for breakfast, lunch, mid-night snacks and every meal in between. That said, I've tried my fair share of bagel joints. While I've found a greater liking for local bagel shops, Panera is not a bad bagel shop choice if a local shop is not near.

Panera is reasonably priced, averaging about \$1.69 per bagel, neglecting other costs such as cream cheese which is similarly priced at \$1.60 per tub. Their economically friendly bagels are available in a variety of flavors ranging from chocolate chip to asiago cheese and are fairly delicious. My favorite bagels are their cinnamon toast crunch bagel which is a wonderfully sweet and crunchy snack. I also thoroughly enjoy Panera's seasonal white chocolate cherry bagel which is a slightly more subdued sweet and tart treat.

Most chain restaurants lack a level of individuality in

their décor, and while Panera is certainly no exception to that rule, conformity works in the establishment's favor. Dull browns and greens are displayed throughout every establishment's interior, which creates a dark, cozy, and cohesive atmosphere for all who dine indoors.

Unfortunately, what pros the establishments have in terms of environment, is slightly lacking in terms of customer service. A level of stress certainly accompanies working at a chain restaurant, between running a drive through and walk up counter at most shops. However upon my many visits to the chain, I've found that stress often morphs into employees valuing efficiency with each customer's order more than engaging in conversation with customers, which is a factor that is certainly not apparent at most local bagel shops. That said, most local bagel shops do not generate enough revenue to price their bagels as affordably as Panera and do not offer as wide of variety of flavors. If one is seeking an efficient, economically friendly and delicious bagel experience, Panera bagels would surely not disappoint.

## L'Oven Fresh

Livia Ziskey  
editor-in-chief

Baked good that few can deny: the bagel. It's a fan favorite for good reason, with endless flavor and topping combinations to choose from. Some may prefer a plain bagel with butter. Others may go for a blueberry bagel with cream cheese. My personal favorite, however, is the everything bagel.

It's hard to go wrong with a bagel known for including everything you could ever want as a topping. It's become so famous that seasonings have been made just to recreate what the everything bagel can offer, such as the Everything But the Bagel seasoning sold at Trader Joe's.

A solid everything bagel isn't hard to find in the Omaha, with the various bakeries and delicatessens in the area. I'm not here to discuss which of these local options is my favorite, but rather which brand of store-bought everything bagels is the best. After much trial and error, I have concluded that Loven Fresh produces the superior store-bought everything bagel.

What truly sealed the deal for me in this decision was the quality of the everything-ness. Many other store-bought bagels I've tried seem to be lacking in their seasoning. When the amount of sesame seeds outnumbers the other ingredients by a significant amount, the everything bagel can quickly turn into a

boring sesame bagel with a few other flavors barely present.

L'oven Fresh understands the proper ratio of sesame seeds to other ingredients, and the result is a well-balanced and flavorful seasoning. Aside from the toppings, the quality of their bread is second to none. Upon first opening, I was pleasantly surprised by the doughiness of the bread. While other store-bought brands reveal their staleness early on, these bagels can last many days in the kitchen without going bad.

L'oven Fresh has also taken care of those who prefer a toasted bagel. An issue I've experienced with other store-bought bagels is the fact that the toppings fall off while in the toaster, effectively eliminating some of the precious everything flavor.

However, Loven Fresh's toppings are secured well onto the bread surface, and there is minimal fallout after being exposed to the toaster. This makes for a fulfilling eating experience, confidently knowing that your bagel is meeting its full everything potential.

For those looking for the next item to add to their grocery list, go straight to the bread aisle and pick up a bag of Loven Fresh everything bagels. These doughy treats are everything a bagel should be and more.



## Bruegger's Bagels

Sophie Youngs  
staff writer

Located right off Dodge street, Bruegger's Bagels is a welcoming restaurant that offers affordable prices and delicious food.

The overall environment of the restaurant was welcoming. The small place gives a homey-feel to the entire experience. The one drawback of Bruegger's Bagels is that they have no open dining. Since they only offer takeout, my sister and I went on a drive while eating, and it honestly was really fun.

The service was great and the person helping me was very helpful in making my decisions. My food came out within five minutes so the service is also really fast. I was overall very impressed with the customer service and wait time.

I ordered three different bagels including: the Leonardo De Veg-

gie, an Asiago cheese bagel with sriracha honey cream cheese, and a plain bagel with plain cream cheese. The total came out to be a little over twelve dollars so it was very affordable.

My favorite bagel I ordered was the veggie one. I loved all the flavors together, and it is a great vegetarian option. The sriracha honey was so delicious and added a lot of flavor to the bagel. My least favorite was the plain one because it had no flavor.

They have so many options for bagels so the opportunities are limitless. Anyone will find something they will enjoy on the menu.

What I appreciate about Bruegger's is the fact that they have breakfast and lunch options. This is especially good if you are a bagel lover- you have options for any meal.

Overall, I recommend Bruegger's to anyone because of the amazing food and lovely service.

## Bagel Bin

Izzy Walocha  
staff writer

In a place like Nebraska, it can be hard to find a classic New York bagel. However, Omaha was given an outlet for a delicious New York bagel in 1977 when Joel and Suzan Brezack moved from Long Island to Omaha, opening Bagel Bin and giving Nebraska a taste of New York.

When beginning my review, I first glanced at the menu to check for options and price. Though the restaurant is named Bagel Bin, they are not limited to only bagels. Bagel Bin has a variety of items for breakfast and lunch. This is a kosher bakery, also including items that do not contain dairy, soy or wheat. As someone who used to not eat dairy, it is nice to have a restaurant near me where myself and others can ensure food safety due to allergy or religion.

I was intrigued by the 'California Delight' bagel, but I decided to stick to classic plain and sesame bagels (but I am going to have to come back for a 'California Delight'). I placed my order over the phone, which was a quick and easy process, as the person who I spoke to was nice. I have to say, these were some of the best bagels I have had. Because the bagels were not expensive at all, I originally thought I was going to get a few small bagels and a small container of cream cheese. I was very mistaken. After one of the half dozen bagels I ordered, I was already full. The plain bagel was classic and thoroughly enjoyable, with the perfect balance of chewiness and soft texture. But my favorite must be the everything bagel. I am a little picky when it comes to food, and I have found very few everything bagels with the right balance between sesame, salt and all things good. This bagel takes the cake. It was a perfect balance between salty and crunchy, without taking away any flavor from the bagel. The cream cheese was also delicious, not too heavy that it drowns the bagel, but just the right texture to complement the bagel perfectly.

Along with the bagel being phenomenal, the service and pricing of my meal was lovely. I called in



to place my order and within the ten-minute drive, my order was immediately ready when I arrived. Even half an hour before closing, the experience was very smooth, and all the employees were very friendly. I was also pleasantly surprised when I saw the amount of food I got for the price. I ended up getting a half a dozen bagels and two nicely sized containers of cream cheese for \$14. This price is equivalent to less than the amount I would have paid at any other bakery for half the amount I got, and a worse bagel.

I had a very enjoyable experience at Bagel Bin. This is now not only my go to Challah bakery for our family friend's Hannukah dinner, but also now my go-to place when I am craving a New York bagel. The Walocha household will be eating Bagel Bin bagels for the rest of the week.



# THE REGISTER



Photo Courtesy of LYRICAL LEMONADE

## Yeat releases second studio album

Charlie Palmer  
staff writer

Yeat is an up-and-coming 21-year-old rapper from Portland, Oregon. He gained recognition in 2021 for his mixtape 4L, which included a few songs that became viral on TikTok. He then went on to release “Up 2 Më” which received tons of positivity and further propelled him to mainstream attention. Yeat’s singing and rapping style takes inspiration from well-known rappers like Young Thug and Future.

“2 Alive” includes features from popular rappers Young Thug and Gunna. On “Outsidë”, Young Thug does not hold back on his verse and definitely carries the track. However, Gunna’s feature on “Rackz got më” is much less impressive. I do not hate his verse, but it gets a little repetitive and I really feel that he could’ve shown out more instead of trying to match Yeat’s exact style. Gunna is already great at what he does and while I understand trying to experiment with different sounds, it simply did not heighten the track this time around.

My personal favorite tracks off this album include “Outsidë”, “On tha linë”, “Jus bëtter”, and “Poppin”.

“Outsidë” makes me feel like I am at a party. The beat starts off normal, then becomes softer after a few seconds, and then starts over to repeat. Yeat’s producer did an outstanding job with this beat as usual while also making something different sound good.

The mellow beat compiled with Yeat’s frequently changing flows, background vocals, and previously mentioned feature from Young Thug make this song stand out and work perfectly.

“On tha linë” includes one my personal favorite beat off the album. The production on this track, like many of Yeat’s songs, is phenomenal. Additionally, Yeat goes crazy over the beat by switching flows and playing with his vocals. Overall, this is easily a top three track off the album and exactly what I have been expecting from Yeat since “Up 2 Më”.

“Jus bëtter” shares many similarities with many of the tracks off Yeat’s previous album which is why I think I love it so much. The familiar bell effects and background vocals over the beat completely took me back and put a smile on my face. This track brings together almost all the best aspects of Yeat’s music as a whole. The upbeat sound of “Poppin” is unmatched. The production on this track is very impressive considering how all the small details found in the beat somehow come together to produce a song that almost radiates the feeling of a good day.

Not every song on “2 Alive” appeals to me but quite a few as already touched upon certainly do. The beauty in this album and Yeat’s previous works are that the tracks are all unified and similar but still completely unique in their own minuscule ways. Yeat absolutely delivered the heat that was expected of this project and will hopefully continue to evolve as an artist and create more high-quality music soon.

## ‘Murderville’ provides puzzles, laughs

Daniel Graham  
staff writer

“Murderville” is a comedic show that parodies murder mysteries that debuted on Netflix earlier this year. The show is a quick, light watch that is often funny and clever.

“Murderville” has one season that is six episodes long. Each episode lasts about half an hour, and each one is self-contained, except for a secondary plotline that links them together and comes to fruition in the final episode.

The show is based on a British show called “Murder in Successville,” and has a similar plot to it, wherein each episode features a different celebrity guest who has no knowledge of what is going to happen. The show’s main character, Tony Seattle—played by Will Arnett—leads the guest through a murder investigation, and at the end, the guest must decide which of the suspects they believe is the perpetrator.

Though Arnett and the supporting actors on the show have a script, everything the guest does on the show is improvised. This requires Arnett and the supporting actors to do some improv of their own, which sometimes leads to them breaking character during scenes. This adds to the overall appeal of the show, because it emphasizes how unscripted and off-the-cuff it is.

Arnett’s role in the show is performed well. His character is a down-on-his-luck eccentric detective who has recently divorced his boss, the police chief, after seventeen years of marriage. His partner was killed years before the show takes place, and each new guest is supposed to be a possible replacement for her.

Arnett does a great job in each episode of working with the guest, providing them with as much support and direction as they need. He has a good feel for which guests need more help getting off the ground, and which ones don’t. He maintains control without getting in the way; his role is crucial to the show running as smooth as it does.

The show’s first guest is comedian Conan O’Brien, and he is the best of the series. O’Brien has a lot of experience in comedy and is a great improviser, so it is no surprise that he gets comfortable on the show right out of the gate and finds the role he wants to play.

The show’s second guest is NFL player Marshawn Lynch, and he takes second-best of the

series. Though Lynch is not a comedian or improviser by profession, he is known to be a funny personality, and he does not disappoint in this appearance. Arnett guides him through the show a little bit more than he does with O’Brien, but Lynch is never at a loss for what to do when presented with an opportunity for a joke.

The rest of the guests are comedian Kumail Nanjiani, actress Annie Murphy, actress Sharon Stone, and actor Ken Jeong. They range, in order, from good to mediocre. There is a good variety of celebrities in the show’s guest list, with Lynch and Stone standing out as the most unexpected (Stone’s performance doesn’t measure up to Lynch’s, but it has its moments).

The only real disappointing guest is Jeong, who, despite his experience as a comedic actor, never seems to have a clear idea of what kind of character he wants to play. His main trait for most of the show seems to be that he finds everything funny and laughs constantly. This makes him seem unnatural and detracts from the chemistry Arnett tries to build with him.

Beyond its comedy, the show also provides its audience with a puzzle to solve. Because the guest has no prior knowledge of what is going on, all of the clues for them to solve the mystery have to appear in the show itself, meaning that the audience can play along as well.

Each mystery can be solved, and they are all somewhat challenging. They are simple mysteries, based on clues that must be followed throughout the whole show. Usually, focusing in on one or two of the clues the guest is given at the start can lead to the correct perpetrator.

The main problem the show faces is that it follows a rigid formula. Each episode goes through the exact same progression of events, starting with an introduction to the guest, then a visit to the crime scene, then an interview with each of the three suspects, and then an accusation scene.

This repetition is not horrible for six episodes, but it will get dull if the show continues. Each episode does have a unique mystery in a unique setting, but that can only last for so long. Hopefully, the show ends with these six episodes, or the following seasons find some way for it to evolve.

Overall, “Murderville” is a high quality show that provides humor and fun. It peaks in the first couple of episodes, but the rest of the series manages to stay afloat. It is a quick watch that is well worth the time.

## Netflix original satirically entertains

Noemi Gilbert  
staff writer

A Netflix original series with a long-winded name and an air of satirical mystery premiered early in 2022. “The Woman in the House Across the Street from the Girl in the Window” centers on Anna, a divorcee paralyzed with grief, played expertly by Kristin Bell. Anna witnesses her neighbor being murdered and sets out to discover the truth, but due to her general state of despair (and her habit of mixing pills and alcohol,) she is often disbelieved.

“The Woman in the House Across the Street from the Girl in the Window” is a parody of murder mysteries such as “The Woman in the Window” and “The Girl on the Train.” It exaggerates every frustrating trope present in this genre. Anna’s heartbreak is heavy-handed and her wine mom schtick is dull and overdone. Even the series’ lengthy title is a play on the typical titles of these books. Viewers looking for an enjoyable drama will be disappointed.

As a satire, however, “The Woman in the House Across the Street from the Girl in the Window” works exceptionally well. For viewers familiar with the genre, “The Woman in the House” twists and

exaggerates tropes into something that’s adjacent to a comedy. It’s entertaining to follow Anna along on her quest for truth as both a surface level mystery and a commentary on said mystery stories and their inherent absurdity.

Kristin Bell plays Anna with charm despite the melodrama of the script. Anna is an emotional mess for much of the series, but with Bell’s sincerity, the audience continues to root for her. The show utilizes Anna as an unreliable narrator due to her use of prescription drugs and alcohol, so the audience is never sure whether Anna’s memory is trustworthy until the end of the series.

The other actors were archetypal characters: the well-meaning ex-husband, the overbearing yet kind friend, the annoying boss who wants you to move on from a tragedy and return to work. They played these roles well, if not memorably. But, as in the mystery novels “The Woman in the House” satirizes, Anna is indisputably our protagonist, and Kristin Bell steals the show.

“The Woman in the House Across the Street from the Girl in the Window” is worth a watch for any viewers looking for an entertaining parody of mystery dramas.



Photo Courtesy of WIKIPEDIA



## REVIEWS



Photo Courtesy of REDDIT

## Gunna strikes again with 'Colors'

Conor Harley  
staff writer

It has become an annual occurrence that hit Atlanta rapper Gunna drops a record-breaking album, filled with high-level features. This year's installment is titled "Colors."

The album dropped the same day as The Weeknd's album, "Dawn FM." In a shock to nearly everyone, it was Gunna and DS4Ever that stood atop the charts, namely the Billboard 100 one week after release. This feat only goes to show the quality of the album.

In September of last year Gunna dropped "Too Easy" as a standalone single. This track featured Future and was remixed with Roddy Ricch; both songs were absolute hits.

Gunna gave a little taste of what was in store for DS4Ever in that single, and what was in store was more of his fast-paced beats and clever one-liners. The promotion of the album was a complete hit, and the week prior to the drop truly encapsulated the hype surrounding the album.

The album itself was near flawless, with only a handful of songs being "skips".

What always separates Gunna from most other trap albums is his phenomenal utilization of specificity in where he deploys his features. In other words, he is extremely wise in knowing what beat fits who.

The song that best showcased this talent was "How You Did That" featuring Kodak Black. Kodak's deep, monotone, more serious sounding voice paired perfectly with the slowed

down beat selected for his verse.

This only goes to show the ingenious of Gunna within the trap scene.

Another great feature on this album was Drake on P Power.

On this track we got the typical Drake beat, accompanied by typical Drake lyrics. But with that said, Drake at worst puts together a decent song.

The song that stole the show and simultaneously started a viral trend was Pushin P featuring Young Thug and Future.

The song was filled with clever lines from both Young Thug and Future, and they played perfectly with the lightning quick beat chosen for this track. Whenever Gunna and Young Thug get on a beat together you know you are in store for something good, and this case was no exception.

The music video that accompanied this song, along with the master marketing by Future, Gunna and Young Thug turned this track into a radio worthy song to a viral trend centered around the letter P.

This trend only peaked when Gunna went on to Twitter and a number of interviews to describe what 'P' meant. He tweeted, "Risking your life to feed your family (is P)."

Among other statements, he also described 'P' as, "Getting a brand new pair of shoes, that's 'P'."

The letter 'P' has taken on a whole new meaning in the wake of Color's drop, and in part because of that, I rate the album as being 'P' and definitely worth a listen from any hip hop fan.

## 'Licorice Pizza' worth the watch

Lea Langer  
staff writer

"Licorice Pizza" is a coming-of-age, comedy-drama first released in Nov. 2021. Recently played in theaters for a wider release, it follows the young Alana Kane (Alana Haim) and younger Gary Valentine (Cooper Hoffman) through self-discovery, and blossoming romance. Set in the 1970s San Fernando Valley, the film is overflowing with elements calling for praise although the film does not go without valid criticisms. The actors and their characterization, plot, and visuals are the most defining and rewarding aspects of "Licorice Pizza".

The actors cast in the movie create a solid blend of well-known celebrities, and fresh faces. Cooper Hoffman, who is 18, made his acting debut in "Licorice Pizza". Although his character, Gary Valentine, is meant to be an overly confident aspiring businessman, Hoffman's acting, and look adds to the awkward and sometimes pitiful depth this character needs. The film also includes big names like Bradley Cooper, Tom Waits, Benny Safdie, and Maya Rudolph. Additionally, the members of the band "Haim" which consists of Danielle, Este, and Alana Haim, all appear in the film, Alana as one of the leads. This movie would not be what it is without Alana's strong-willed but painfully immature character, Alana Kane. All of the actors in "Licorice Pizza" gave performances of high quality. The dialogue is almost entirely casual which makes for a natural chemistry between the characters. While light and

conversational, the dialogue is also interesting and does not lack complexity. Overall, the relationship between the actors and their characters is a strongpoint of "Licorice Pizza".

"Licorice Pizza" can be described as one of those movies in which the plot does not seem to go anywhere. Although a lot seems to happen in the movie, it is mostly a story of two people and how they are forced to grow with and without each other. Toward the end there are some confusing plot points because of the introduction of new characters and situations which easily distract from the main drive of the movie. Despite this, the movie was entertaining at all points and had well balanced dramatization. The most common criticism of the film is the age difference between the two love interests, Alana and Gary. In the movie, Alana is 25 and works at the high school Gary, who is 15, attends. While it is a portrayal of a significantly problematic theme, there is reason for it as the movie is set in the 70s. Age gaps in relationships were definitely viewed differently during this time and were much more accepted. As fictional characters, I found that their age gap did not affect the movie in any seriously negative way. It is easy to get over and, in some ways, even adds to the story through Gary and Alana's motives and changing personalities. The plot of the movie is well-written and exists as a true attribute.

Lastly, the visual aspect of the movie is one of its biggest strengths. Shot on 35mm film, the coloration gives a faded, and vintage look which really ties together the aesthetic and nostalgia of the 70s. While it could have easily been overdone,

the film contained just the right amount of nods to the era in order to encapsulate it effectively without being overwhelming. While the time period was portrayed well, there are some weaknesses in the visuals. The fact that this movie was set in the 70s, and in California, gives it so much attention and potential already. The images that come to mind though, are not fully reflected in the movie the way it feels they could have enhanced it even more. Although when it comes down to it, having scenes just dedicated to the imagery and style of the setting is unnecessary, I was still left wanting more. So, while shooting on a film camera was a simple but exceedingly beneficial artistic choice, my expectations for the film visually were somewhat unmet.

Given all the good and bad, this movie undoubtedly deserves more praise. Even with the flaws that come with their age gap, Alana and Gary's separate coming of age storylines are beautifully intertwined. Their relationship is perfumed with a sense of relatability and charm that guides the film well. The plot is casual and mostly undramatic, but somehow manages to remain unpredictable and entertaining throughout. The movie being shot on film is a profound feature but left room for unfulfilled potential visually. Despite the issues people have taken with this movie, "Licorice Pizza" is a three-time Oscar nominee up for best picture. Bearing this in mind, as well as the noteworthy characterization, plot, and visual elements of the movie, "Licorice Pizza" is worth watching.

## Rogers creates hope with 'Honey Girl'

Callan Maher  
staff writer

"Honey Girl" by Morgan Rogers is a romance, coming of age book, that follows Grace Porter on one of her wildest and hardest life journeys. Grace is 28-year-old queer Black women who recently got her PhD in astronomy. She goes on a girls' trip to Vegas and makes some drunk choices that later make her rethink how she was living her life. A girls' trip turns into one of Porter's most important life journeys.

One thing that makes this book such a powerful read is that Rogers does not shy away from writing about the hard topics of life that can often get glossed over in romance books. Rogers does not romanticize these topics either. Within this story Grace faces being a woman of color, being queer, burn out, mental illness, self-harm, family pressure and more.

"Grace is a real person; she is a queer black woman who lives STEM. She has mental

health issues, has a black father and a white mother. She is intersectional and is not one thing without another. Grace is me, Grace is so many people, Grace is real," senior Israel Bryant said.

Rogers did an amazing job making this book relatable and it is relatable to many types of people. Porter's character traits do not fit her into one group, she fits into many. I relate to Porter because of the sexism, burn out and pressure she experiences. Other readers can relate to her in their own way. Rogers wrote her characters to be real.

I believe this book is amazing because it was not written for a single group of people. It was written for everyone. With that being said, it highlights the groups who are lacking in representation.

A good book makes the reader feel many things I believe and Rogers wrote 'Honey Girl' in a way that achieved that. I cried, screamed, laughed, smiled, gasped, and cried again. The book was filled with emotions and written in a way that you have to feel them alongside the

characters. I fell in love when Grace did, I was sad when she was, I was angry when she was. I felt when she felt.

The one thing I will warn readers about is that this book was written to be a coming of age then a romance. I believe that's what makes Grace and her life feel so real. The romance in this book is done beautifully and it deserves hype, but romantic relationships were not then only ones being formed and mended. Rogers does a great job creating friendships and families made, not forced by blood. Which for some readers that might be all they need.

Rogers does not shy away from family made by blood though. Rogers created powerful moments for the reader to feel how cracked Grace's family is but not broken. Those interactions can prove hope for readers who struggle with their own families.

I believe this book was written to create hope. Hope for a better future, hope for love, hope for healing. Rogers created a beautiful and powerful book that is one of my favorites.

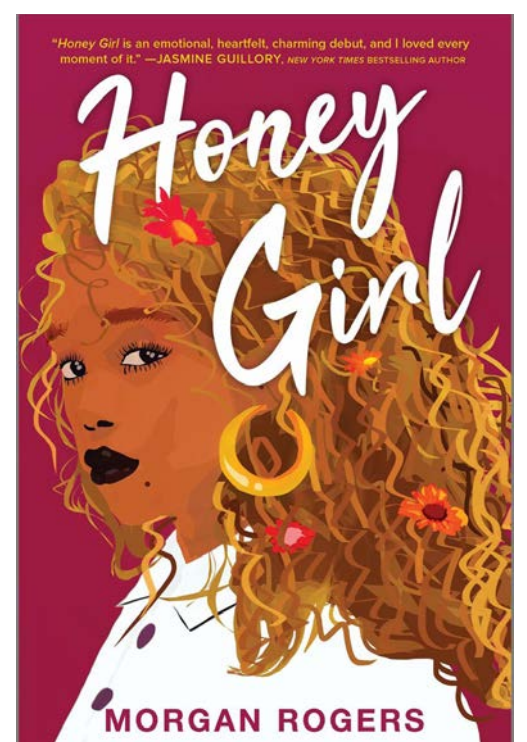


Photo Courtesy of UTOPIA STATE OF MIND



# sports & leisure

## RECORD BREAKING LIFTING

Female student, Ke'ljha Hadley, has become an asset to the powerlifting team. She is proud to be a woman in the sport.

**Elena Correa**  
section editor

Ke'ljha Hadley started powerlifting around July of 2020, when she joined Big Kent's Gym. "I had no intentions of becoming a powerlifter, I just wanted to stay more active during quarantine," Hadley said.

This year Hadley has broken a total of four lifting records, her most memorable being her 500-pound squat in Central's gym. She is now the number one female powerlifter in the state. Her team is also number one in the state.

What allowed her to break this record was her mindset. "Going into the meet I knew exactly what I wanted to do, and that was squat 500, so I put all the negative thoughts away and told myself I could do it," Hadley said.

Going into a meet she has to make sure her mind is clear. She does this by going to bed at 9:30 the night before, breakfast usually two hours before lifting, lots of energy drinks and music. "The only thing on my mind is completing my lift."

"Every time you're in the weight room, you have to remember why you started in the first place. Over 90 percent of this sport is mental. If you don't have a good mentality, you will never accomplish what you need to," she said.

Hadley's motivation comes from knowing where she started. "When I lift now, I think back to my very first lift and the feeling of accomplishment [I felt]."

Her support system stretches far.

"My mother Joy Hadley is definitely my number one support," Hadley said, "she has never missed a meet and is always there cheering me on."

She's always making sure I'm pushed to my limits, reminding me to go above and beyond. When I'm lifting, I think of her words 'You can do anything you put your mind to'."

Hadley also believes her coaches and teammates have been a huge part of her success. "Without them cheering me on, I would have no adrenaline while lifting."

Her achievements are ultimately a result of nonstop training. "Placing first was possible because of the hard work me and my teammates put in every single practice, along with the support of our coaches. Without Coach Baker, we would not be state champions, and I would not be number one in the state. He gives me drive, even when he's hard on me."

Being a girl in a male dominated sport isn't easy, which Hadley can attest to. "They're times you're compared to a male lifter because they can lift more, or they're times you might outlift a male lifter, but people will have excuses such as 'She's shorter so it's easier,'" Hadley said.

"It develops a different type of drive when you're lifting. Knowing that very few females lift encourages you to show them that you can do it, regardless of if it's mostly boys or not!"

Hadley plans to powerlift after high school. At the moment, she would not like to announce any offers until her junior year.

"Some advice I would give someone starting powerlifting is to never give up. It's going to get hard, there are days you're going to want to quit," Hadley said. "But you can't, because in the end it's going to be worth it. My coach once told me it's not about where you start, it's about where you finish."



Photo Courtesy of KE'LJHA HADLEY

Hadley poses with a powerlifting banner after one of her meets. So far, she has broken four records. One of which is for her 500-pound squat.

## Sophomore wrestler reflects on sport

**Conor Harley**  
staff writer

For sophomore wrestler Ethan Saxton, winning is the new normal. If Saxton had to describe his season in just one word he chose the word 'shocking'.

"I came from having no wins last year to ending 23-17 this year," said Saxton. "It was just shocking to me."

Saxton was regarded as someone who worked hard and improved greatly over this season, and it ultimately led to a turn around of a year.

For Saxton consistency and hard work was the key to his success story.

"Every day I would wake up, go to school, go to practice, go home, and work hard," said Saxton. "But school to priority."

His hard work earned him an A-3 district win, which culminated his twenty-seven win season.

Saxton's dad worked as his motivation to be successful at the high school level.

"My dad (is my motivation), he was a former state finalist," Saxton said. "He pushes me to keep going and I hope to win my own state championship."

En route to his phenomenal season was a hot start. Saxton went 11-2 on his first thirteen matches, and 16-9 through his first twenty-five.

His season was part of a team effort where his 125 points was only good for fifth on the team. His sixteen falls and thirteen takedowns were also some of the highest statistics on the team.

"One thing I would change was my lull in the backend of the season," said Saxton. "I was just getting in my own head."

In his last twelve Saxton went 6-6, with one of his victories being his A-3 district

win in the first round. Despite his bumpy end to the season, Saxton's twenty-three won matches placed fifth on the team, and helped to get his name out there as a legit player in his weight class and the wrestling scene in Nebraska.

"My favorite moment of the year was my first Varsity pin," said Saxton. "It was a first period pin, and it was just a good feeling."

That first pin proved to be the first of many along his season.

Saxton, who so far has been strictly a wrestler, is thinking of taking his skills to the gridiron.

"I've been thinking of playing football, but for now I don't know and we'll just have to see," Saxton said.

In his offseason, Ethan Saxton is not content with how he ended his season and instead has some things he wants to improve on.

"I want to improve my neutral position," Saxton said. "Along with that I also want to polish strengths and just keep working on my weaknesses."

Another piece of Saxton's success this year was coach Foster, who he credits with part of his great season.

"Through the ups and the down he was there for me, and he was always happy for me," Saxton said. "He brought his own mindset, made sure everyone worked hard, and he never discriminated."

The coaching staff always worked with Saxton to help him to reach his personal goals and ambitions, and ultimately helped him to end his 2021-22 season as a success.

Ethan Saxton is excited to hit the mats again this November, and he is hoping to build on what he sees as a building block of a season.



**SOCCER** on page 17



**STATE RESULTS** on page 18



**DECA VOLLEYBALL** on page 19





Photo Courtesy of TOM FISHER

Amaya Garrett (left) passes the ball to a fellow teammate during a game at Seaman Stadium. Garrett is a team captain and has been an asset to the team since she joined as a freshman. The team circles up and does a team cheer (right). Both the coaches and players are prepared and excited for the coming season.

## Girls soccer prepares for upcoming season

**Shyla Youngs**  
staff writer

The girls soccer team is ready for this season. With a tough schedule ahead, coaches and players are still looking hopeful they can make it to state this year. With a schedule packed with home games, everyone should come support and see the improvement of this team.

The team has been practicing every day after school and conditioning to improve their endurance. Junior, and varsity starter and captain, Amaya Garrett, expresses what all their hard work is for. "I believe our biggest area of growth is beating teams who are on the same level as us. Last year we had a few games we could've won that were matched up pretty evenly, but we let them slip away," Garrett said.

Playing Marian their second game is not an easy task. However, losing only 2-0 to them last year, assistant coach Casey Denton thinks they will be able to pull of a win.

"Marian is always a tough mach-up, and one the girls look forward to. With two transfers from Marian on our squad this year, I imagine that will be an emotionally charged game," Denton said.

Garrett recalls playing Marian last year but feels if they are more prepared this time around. "We're preparing by making sure we're in shape, along with the team being on the same page mentally and tactically."

Central has been strong on the defensive end historically as a team, but they recognize a need for improvement in the midfield and offense. "This year our fresh players who I anticipate will strengthen our midfield and allow our strikers to capitalize up top," Denton said.

**"I believe our biggest area of growth is beating teams who are on the same level as us."**

**CASEY DENTON**  
Girls soccer coach

When comparing how they have grown as a team since last year, they have not only improved on their game but have become more connected as teammates. "This season we have some new girls, and a lot of returning, but I can already tell we have a great connection. I think this year is different, and everyone adds something to the team," Garrett said.

Avoiding injury has also been a major challenge for the Eagles. Avoiding this will be key for them to make it farther in the season this year. As it has been a problem for them in the past, they are doing a lot in the preseason to prevent this from

happening.

Team bonding and pre-season training have both aided in the Eagles confidence for their season. Along with that, some new faces have helped add into the excitement.

"This year's team has all last year's strength and tenacity with some new talent and athleticism mixed in. Two freshmen, a few upperclassmen who have made some big strides in the off-season and a transfer from Marian have recalled helped us improved our depth and talent pool," Denton said.

Both coaches and players are extremely excited for this season and are confident in the program they have built.

"If I were to summarize my feelings towards this year, it would be excitement and anticipation. I've got a good feeling about this year's squad. We've got some great seniors this year who have already established an amazing culture and tone for the team," Denton said.

Garrett believes the team has improved both on and off the field, and people will see their hard work as the season progresses. "I'm trying to come into this season with a positive mindset, but not to set too many expectations. This season I just want us to grow as a team, and hopefully winning will come with that."

## Football player participating in track, off-season conditioning

**Ziya Gaskin**  
staff writer

Football star Jayden Page is determined to run track this year for the ability to help his body and health for the fall football season. Since the start of conditioning, Jayden has made it a priority to stay in shape, whether it's running laps around the track or up the stairs after school. He says he decided to run track to improve his speed and work on his movement for football. "It's smart to start now rather than the summer," Page said. "Being fit and healthy guarantees a good start to the fall season."

Even though he doesn't see himself running track in college, his top goal is to get better each week. His first track competition will differ from his very last one, which is always a good feeling, to see improvement. There are many highlights to the sport, but he says the biggest challenge is staying in shape. "When you aren't doing training, it can be difficult to not give in to certain cravings or find motivation to stick to a healthy diet," Page said.

Competitions and practices can be a roller coaster of emotions, and as time goes on and players experience more things, they will begin to better control certain emotions. "I think it helps build resilience within a runner as they know not to fear failure and setbacks but instead understand how they can learn from them," Page said.

He feels a kind of calmness as the pre-race jitters leave and relief overcomes him once he finishes the run, which is why he loves sports. When he's having fun, he feels as though he's on cloud 9.

Track is known to be a fun sport, so making prac-

tice fun and enjoyable for everyone is one of Jayden's top priorities. "We like to keep things light and easy during our breaks," Page said. "Telling jokes, rap battles, dancing and trash talking makes practices amusing." As long as he is with his group, it is promising that practice will be fun due to his heartwarming personality.

His family is the reason he is dedicated to playing sports, especially football. They inspire him to be a better athlete and person in general. Growing up, he was around his inspirations such as his brothers and that caused him to want to follow in their footsteps. All three of his older brothers were athletes and participated in whatever activities to get them fit. Once

**"We like to keep things light and easy during our breaks. Telling jokes, rap battles, dancing and trash talking makes practices amusing."**

**JAYDEN PAGE**  
senior athlete

Jayden started, he knew he could never stop. "All played football, two did track and one played football in college, so watching them when I was little inspired me to play sports, and once I started, I fell in love with them," Page said.

He describes himself as groovy and a goofball, always smiling and ready to work. He doesn't give up and stays true to what he believes in, and football is his true passion, but participating in other after-school activities gives him a good boost of melatonin.

He says he can always count on sports to give him confidence and the ability to show people his skills. "Other than my family, I look up to my girlfriend. She inspires and encourages me to go the extra mile and do the best I can, while also being a comfort to me when I don't reach my goals after practice," Page said. It's good to have that type of person by my side when my parents might not understand." Jayden cannot wait for the competitions to show everyone his skills. Even through the sweat and pain, in the end, it is all worth it.



Photo Courtesy of JAYDEN PAGE

Jayden Page runs down the field with the football in hand. During his off-season this year, Page has decided to join the track team.



## Pep band returns to sidelines

Daniel Graham  
staff writer

When the Eagles played on their home court for the first time this basketball season, the pep band was right there with them, playing throughout both the boys' and the girls' games. Then, they left, going on a two-month hiatus, missing seven home games, only returning to the gym for the final two games of the season.

Band director Chiyo Trauernicht made the decision for the band to go on hiatus due to the rise in cases as the Omicron variant of Covid-19 began to surge. She brought it back in mid-February when she felt it was safer.

"She just thought it would be putting too many people at risk if we played at the games coming right back from winter break, because I feel like that's when Omicron was the worst," senior drum major Emilio Parra-Garcia said. "Now that it's at least a little bit under control, she feels as though it is important for us to be at these last two home games and show our support for the basketball players."

The other senior drum major, Elana Elder, thinks this was the right decision, for the sake of the safety, but she is glad that they were able to return in the end.

"I'm really glad that we were able to come back," Elder said. "First of all because we're going to play for state, and because I think it's a really good experience for the freshmen and sophomores, because they've never had the experience of playing in pep band before, and it's really fun, especially when the game is close or if the student section is good."

One of the band's priorities in returning to games is the safety of its musicians. The final two games of the

season were played before the OPS mask mandate was lifted, and Parra-Garcia felt alright about the environment in which they were performing.

"I feel safe being in the pep band area just because we're masked," Parra-Garcia said. "But there is a little bit of fright there, especially when a lot of people in the student section aren't wearing masks, or when everyone's playing their instruments and they're blowing in your direction."

Despite this bit of fear, Parra-Garcia feels good about returning to the games, just like Elder, and he feels that with its return, the band is bringing a better environment to the games.

"I don't even know if the student section listens to us," Parra-Garcia said, "but I know that, especially being a drum major, we get to hear things that a lot of the people in the band don't. My band directors have come up to me and said that the coaches are really happy that we're back, and that even though it might not seem like it or we might not feel it in the moment, we're just creating a little bit of a difference, and there's a sense of school spirit when the band is there."

Elder and Parra-Garcia are especially happy that they could return as seniors, because they know that not every student has had that same opportunity in the past couple of years, and they don't want to take it for granted.

"I feel bad for the people who weren't able to do band last year," Elder said, "because especially—and this has become more and more clear to me—as a senior it feels very important to me that I get these 'the last' things, and that they're good. These are things that people always tell you you're going to remember. You're not really going to remember your classes, it's going to be the extracurricular things that you do."



EUAN MILNE | The O-Book

Pep band was brought back in mid-February to help liven up the fans at basketball games. The seniors are especially happy to be back in the stands.



MADDIE DEMARE | The O-Book

Sarah Spomer (top) competes in one of several races at state. She was able to beat her sister's record in the 100 meter breaststroke event. Annie Carpenter, Laura Lindsay and Scarlett Losole cheer on their teammates from the sidelines. The team was excited to be together again for the season.

## Swim teams make splash at state

Alice Larson  
staff writer

Select varsity swimmers had the honor of competing at state on Saturday February, 26 2022 at the Bob Devany Sports Center in Lincoln. COVID which peaked during the previous swim season, still made its affects known this year, with athletes still contracting the virus as well as causing multiple scares for all in the swim community. However, restrictions were loosened from the previous season which made the rocky road to return much easier for athletes. Athletes that decided to stay virtual learners last year, and therefore weren't able to participate in athletics were welcomed back this season, creating an overall more fun and normal season for swimmers.

The newly restored sense of comradery was certainly beneficial for the team as a whole given, both the girls and boys teams accomplished numerous feats at state. Highlights from the meet include: senior Malcom Tonje's incredible 50 meter freestyle race where he broke the school record, senior Daniella Hernandez stunning win in the 100 meter backstroke race, sophomore Sarah Spomer's inspirational 100 meter breaststroke race, as well as the swimmers Nolan Gray, Jackson Brandenburg, Caleb St. Cyr, and Malcom Tonje who all medaled for their 200 medley relay,

which placed in the top 8 teams.

In addition to swimming the 100 meter breaststroke, Spomer also competed in the 200 meter individual medley, 200 meter medley relay, as well as the 200 meter freestyle relay. Spomer stated "I was super happy to make four events as a sophomore and all were rewarding to swim, but especially the 100 meter breaststroke because I broke my sister's (recent alumnus Christina Spomer's) school record, and I swam a personal best," Spomer noted. "Although we felt the absence of some seniors that left us this year we still had a fun season and overall competed fairly well this year."

Spomer later stated she is excited for next year's season in hopes of beating her own records.

Eleventh grade student and varsity swimmer Andrew Demare was able to spectate the meet in Lincoln. Demare like Spomer is excited for next year's season after seeing all that the team was able to accomplish at state this year. Demare stated "I'm super excited to help lead the team as a senior next year and make another accomplishing year for the eagles". After his experience watching the team experience a variety of highs and lows at state, he reflected on his experience, noting "Everyone at state competed their best and even if there were disqualifications and time adds, there were just as many best times."

## Powerlifting team sweeps state competition for boys, girls

Livia Ziskey  
editor-in-chief

It's not where you start, it's where you finish. This has become the motto of Central's powerlifting team, and they proved to take it to heart at their final meet this year.

Midland University hosted Nebraska's high school state powerlifting meet on Feb. 26-27. Central's boys team placed first for the third year in a row, and Central's girls improved upon their runner-up title from last year with a first-place title.

Dennis Baker, powerlifting coach and Central teacher, is proud of his team and all their accomplishments this year.

"I always ask the team to give me their best effort and that is exactly what they did. This year's team will go down as one of the best," Baker said.

Credit for the team's motto goes to him.

"I always tell the kids, 'it's not where you start, it's where you finish.' We needed to finish strong and do their best," Baker said. "The boys had a chance to be three-time state champions. Also, we had a clean sweep, winning both boys and girls team trophies at all of our meets this year."

Multiple female and male lifters contributed to the team's

success throughout the year and at their state meet.

Junior Dev Biswa placed first in his weight class of 123 lbs. and received Outstanding Male Lifter of the Meet award. He also broke three of his previously set school records.

Senior Ke'Ron Simmons placed first in the 220 lb. weight class and broke three school records.

At the 242 lb. class, Central took the top two spots with senior Omar Jackson in first and junior Draven Schnase in second.

Senior Larry Moreland III placed first in his weight class of 275 lbs. with a total lift of 650 kilograms. At the 275+ lb. weight class, senior Jimmy Coffey took home first place with a total lift of 605 kilograms.

At the girl's state meet on Feb. 27, senior Romyn Hutton placed first in the 105 lb. weight class with a total lift of 245 kilograms. Central's girls swept the 114 lb. weight class, taking the top five spots, with senior Mary Mayberger in the first-place position with a total lift of 297.5 kilograms. Mayberger also broke a school record and placed second in girl's equipped best lifter.

Powerlifting has shown Mayberger that she can accomplish more than she ever expected, even when the odds are

against her.

"It is a very male dominated sport, so I found out that many people will doubt girls and undermine the amount they can lift, so being part of such a successful girls' team was very refreshing," Mayberger said.

She's going to miss her teammates and coaches more than anything. They became a close-knit group as the season progressed.

"Everyone was always there to cheer and support each other. Powerlifting team is such a positive environment to be a part of, and I was extremely lucky to be surrounded with the people I was and have the coaches I did," Mayberger said.

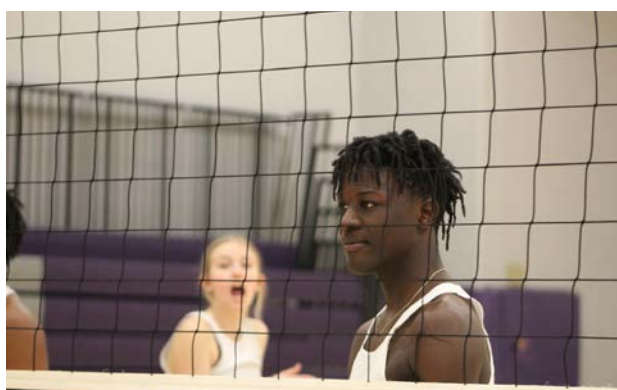
Senior Adah Gibson placed second in the 123 lb. weight class with a combined lift of 272.5 kilograms. Junior Amelia Larson matched that total lift and placed second in her 132 lb. weight class.

Sophomore Ke'Ijha Hadley placed first in the heavyweight class, lifting a grand total of 460 kilograms.

Along with the rest of her team, Mayberger is "extremely proud" of the outcome of their state performance. "We have all worked extremely hard this year to accomplish what we did," Mayberger said. "I am very happy with how the year ended."



# BUMP-SET-DOMINATE



**Grace Ridgley**  
section editor

The energy is palpable in the gymnasium. The crowd excitedly shouts for their team, and students laugh with friends in between matches. After a successful first event in October, DECA came together to put on another activity for students. On March 3, the DECA students hosted a volleyball tournament in the Central High gym to raise money for their teammates to go to the national DECA competition.

Senior, and DECA participant, Kate Vokal, said, "From the feedback we got, everyone wanted us to host another tournament. We got several ideas for what to do, but we eventually decided that volleyball was the fan favorite. Even though it was to help fund nationals, it's still a fun event for people at Central to participate in. Especially because there isn't anything like this."

In addition, DECA members used their last event to help plan for the volleyball tournament. The event utilized the skills that students learned in their class, and it made the process of the tournament better from all standpoints.

"It went a lot smoother compared to the dodgeball tournament. Mostly because of having that experience from before. We noticed from the dodgeball tournament that we needed a lot more people as helpers. So, we had someone in my class assign roles. Some of us were court managers, some of us were selling cookies, someone was handling check-in, and it really worked out this time," stated Vokal when asked about how the tournament went on the DECA side.

Prior to the day of the tournament, teams were required to register and pay a fee of fifty dollars split amongst the members. There were sixteen teams in total, and each had a different theme. Vokal said that wearing all black, and jerseys were a popular choice amongst teams.

"We had a winner and losers' bracket, so each team got to play at least two times, and the game for the finale was best two out of three. We also included a team of teachers because we figured that people would want to compete with their teachers," said Vokal.

The DECA students set up the gym so that three different games were able to be played at the same time. Vokal expressed that this was essential in making the event time efficient. When there were fewer teams, they would slowly cut down to two nets until they reached the final.

"We wanted everyone to have a good time, and part of that was making sure that everyone got to play twice. People took it really seriously, but I think it went very smoothly in the end," said Vokal.

Spectators were also able to attend by paying a small entrance fee. The stands were filled with friends, family, and significant others of those who were on the court. One of which, senior, Anna Tiritilli, came to support her boyfriend.

"It's not just fun for the people who are playing in the tournament. I really just enjoyed hanging out with my friends and participating in something with Central. It was nice to see Nolan get into the game, but it's also a little bit embarrassing," explained Tiritilli.

Because of the positive feedback from spectators and participants about the volleyball tournament, Vokal mentioned that DECA would be trying to hold one more of these events before the end of the school year.

Vokal's final comment was, "I hope that next time, when we do more things like this, people will come and watch and want to sign up for the next event. I think it's a great way to get involved and be with your friends. It's a good bonding experience, and it's just a great time."



**DANIELLA HERNANDEZ AND LIV MANGIAMELI** | The O-Book  
Students spike and bump the ball with their peers during the DECA volleyball tournament. After having the dodgeball event in fall of 2021, the DECA students decided to have another tournament to raise money.



# SPELLING BEE

EUAN MILNE | O-BOOK

This year, the drama department put on The 25th Annual Putnam Spelling Bee. Students were able to come together to put on a performance for their friends and family.

