



## POWER TRIP

9

Junior Courtney Young and the Central girls powerlifting team saw many personal and even world records broken this season.



## STUDENT ART

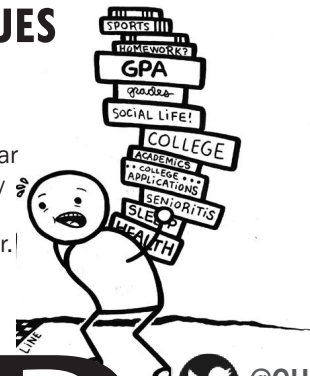
15

IB students presented their own art designs at the Joslyn Art Museum. The seniors had been working on their projects for two years.

## SENIOR BLUES

23

Although often fabled, senior year is actually far more stressful than any could have foretold: topping even junior year.

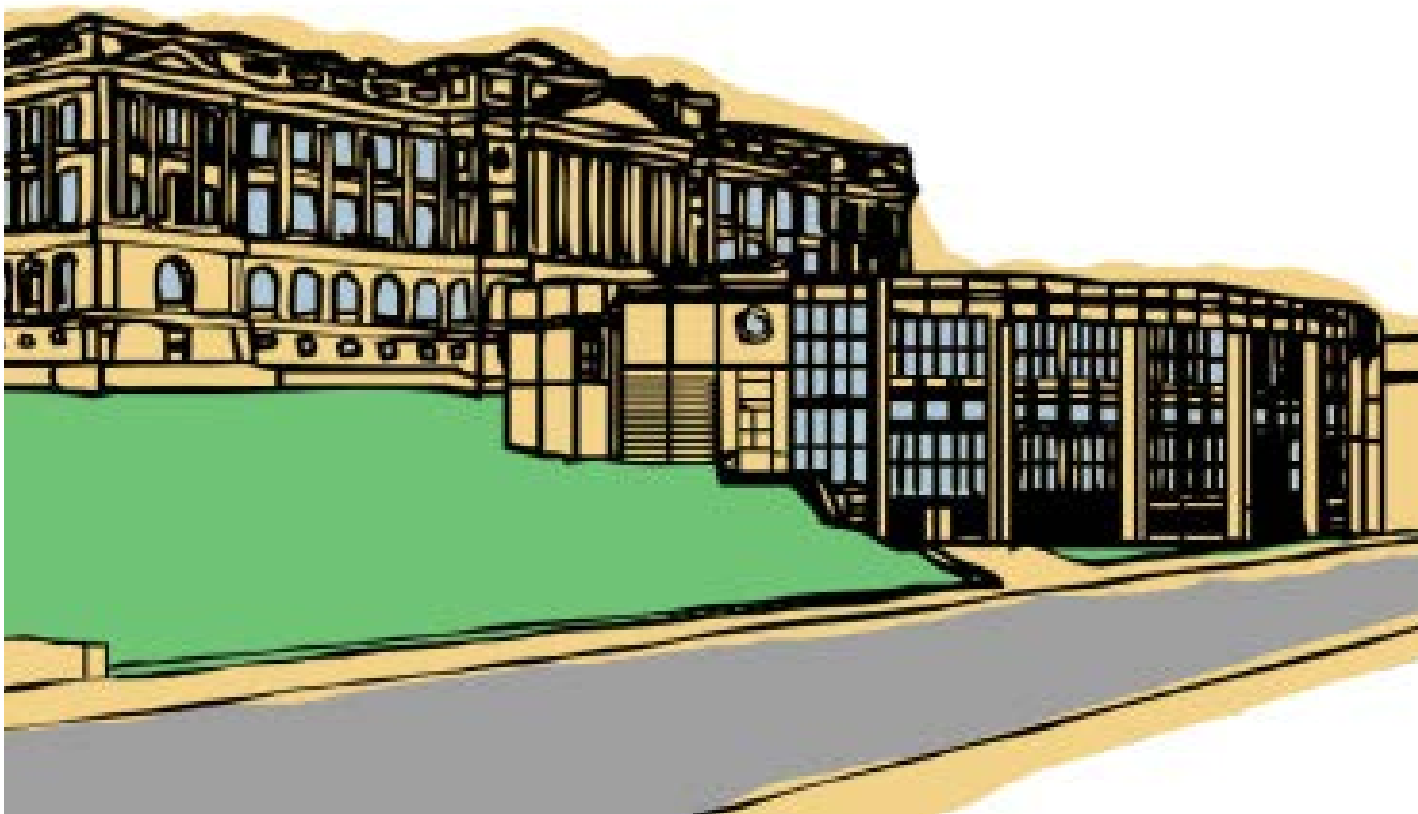


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# the REGISTER

## IN WITH THE NEW

Over \$20 million in donations have been put towards building a new addition onto Central. The addition will include gender-neutral bathrooms, a blackbox theater, art rooms and a library.



ANNA KAMINSKI | The Register

A sketch of the new addition to Central. Construction is set to begin early this summer of 2017 and hopefully finished next summer.

Maddie Grabow  
staff writer

In the fall of 2014, in partnership with the Central High Foundation, Dr. Bennett decided to add a new wing to the school. The addition unites the library and visual and performing arts and will feature gender neutral bathrooms. Construction is expected to start early this summer and will be located on the east side of the building – more commonly known as the 1 side.

The new building will have 3 floors and will be 50,000 square feet. It will accommodate and provide larger spaces for the library and arts departments. Thus far, the architects have “met with OPS Library and Technology Departments to discuss expectations, guidelines

and requirements for Addition Digital Library”. The estimated price of the total project, including the new building and repurposing, will cost around \$20-22 million. Omaha Public Schools is responsible for 25% of the total cost, the rest is Central’s responsibility. The money will come from a combination of fundraising and donations from the CHS Foundation.

Currently, the library and arts departments occupy about 25,000 square feet. This space will be repurposed and used for “under-spaced departments and programs” such as the Alternative Curriculum Program (ACP), English Language Learners Program (ELL), and Student Support Programs after the new building is erected.

Dr. Bennett stated that “the building addition will be a tremendously positive addition to our school. All students will benefit from the brand new library and every

CONTINUE TO ‘PROJECT’  
ON PAGE 2

## Superintendent search returns to square one after all finalists drop out

Alec Rome  
staff writer

The OPS board is left with no superintendent finalists after its final two candidates, Dr. Paul Gausman and Dr. Khalid Mumin, withdrew from consideration for the position. Now, with public outrage at the board, the board is forced to find new candidates or choose an interim superintendent before the beginning of next school year.

On March 20th, the school board had another regularly scheduled meeting, but the 90 minute public comment portion of the meeting was filled with those who voiced their concerns. The dysfunction and lack of communication was expressed not only from outsiders, but from board members themselves.

The Omaha School Administrators Association also attended the meeting, with multiple principals and district leaders in attendance. One of those members who spoke on behalf of six of the seven high school principals, all of the middle school principals and a majority of elementary school principals was Ed Bennett, principal of Omaha Central. He voiced the desire of his peers in seeing Dr. ReNae Kehrberg become the interim superintendent of OPS, assuming that Mark Evans does not choose to continue his tenure.

“We were looking at no candidates and a short time frame,” Bennett said. “Dr. Kehrberg has been very helpful to so many administrators in the district, they said, ‘We should stand up and put her name out there in case they weren’t thinking about her because she would be a great choice.’” He also said that some administrators and teachers would like to see Dr. Kehrberg fill the position permanently, but there are other candidates that staff would want to see take the spot.

“ I think for a district the size of Omaha, it is more powerful when you have the administrators and the teachers all agreeing. ”

DR. ED BENNETT  
Central High Principal

However, on what the board should do in the short term, the OEA and administrators were not divided on Kehrberg as the temporary leader of the district. “I think for a district the size of Omaha, it is more powerful when you have the administrators and the teachers all agreeing,” Bennett said. “Often times in a school district the administrators and the teachers have a different perspective. We wanted to make a strong statement to the board and inform them that not only do we as administrators agree on this particular choice, the teachers’ union does too.”

As for why the board is having trouble finding a permanent replacement, Bennett theorized the differences in ideas between board members and the difficulties in uniting those thoughts. “It has been a challenge I think to merge those desires and expectations into one that is common, so that they can really agree on somebody, one person that meets all of those expectations,” Bennett said.

CONTINUE TO ‘EXTENSION’  
ON PAGE 6

## WHAT’S ON THE WEB▶▶▶

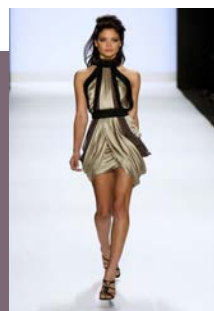


### MOVIE REVIEW

A Cure for Wellness proves to be a visually impressive film with a storyline that is difficult to follow and a very graphic plotline feature disturbing images.

### Omaha Fashion Week

The annual event held a student night to showcase the designs of young people from local schools and organizations.



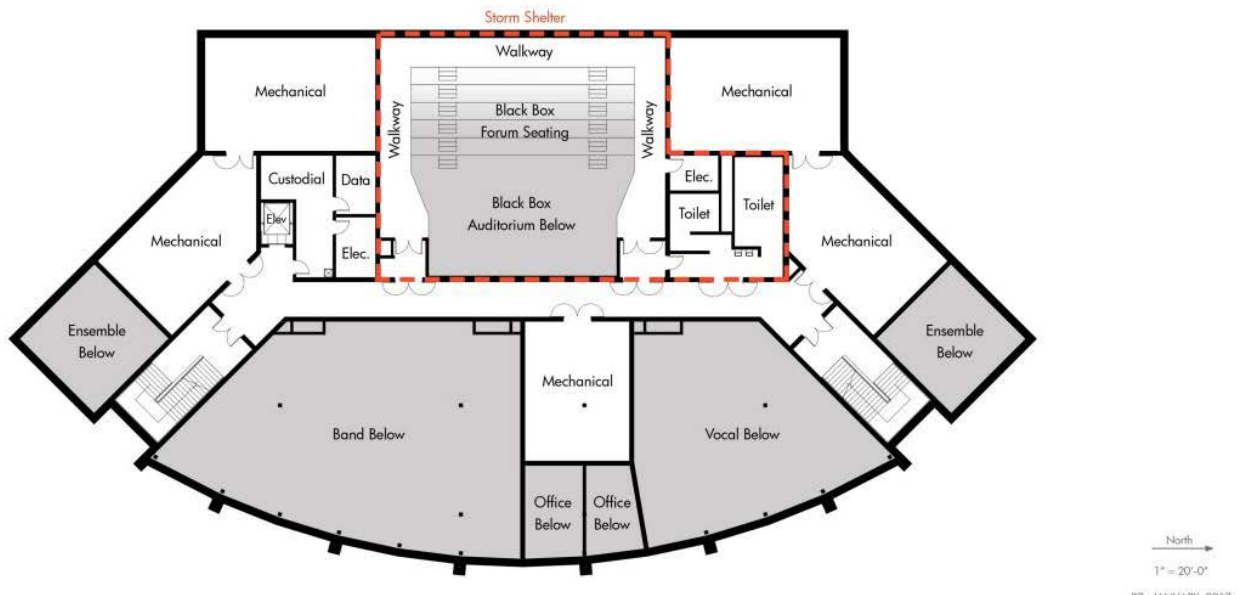
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# Addition to revamp arts department, further school noteriety

CONTINUED FROM 'NEW' ON PAGE 1

student who participates in a fine arts course of activity will enjoy state of the art facilities”.

Since the project was first proposed, DLR has been selected as the architect for the project and Project Advocates has been selected as the project manager. The “Omaha Central High Foundation/Omaha Public Schools Partnership Letter of Intent” was signed by Superintendent Evans in November of 2015. The design to construction documents will be finished this spring. Construction of the new building will begin this summer and will hopefully be completed by the winter of 2018. However, repurposing of the existing space will not begin until the new building is completed.



Drawing Courtesy of DLR GROUP

# District left in the dust, no progress in sight for OPS board

CONTINUED FROM 'SEARCH' ON PAGE 1

Ben Perlman, the Subdistrict 3 board member, echoed those challenges, particularly in communication. “The more we talk with each other, bounce ideas off each other, brainstorm with each other, not only will we come to better decisions as issues come up, we’ll move towards understanding each other, and how each person comes to decide on key issues,” Perlman said.

According to Perlman, for the most part, board members are not incredibly familiar with each other. He said that asking strangers to make important decisions with others while attempting to familiarize on a personal level has been arduous and is not an elementary task.

Board Vice President Marque Snow showed interest in Dr. Khalid Mumin in his statement to the public. However, communication may not be the only hurdle to jump in electing a leader, as Snow found out. “In general, one of the things needed for the next leader of the district is a united board and you need five votes to get elected,” Snow said. “That’s a big piece there.”

With four new board members, circumstances were not

ideal for everyone, according to Snow. “With the search firm, it wasn’t a typical superintendent search,” he said. “It happened not during a regular time, and the search was started under the previous board leadership.” That transition between leaders and members within the board paired with a shorter timeline is what made the whole process feel rushed to not only Snow but other board members.

Transparency was another problem, specifically shown in the words of Bridget Donovan, President of OEA. She claimed to KETV that “this, making decisions without anybody involved except for the board, is not working for them.” Snow agrees, but only to a certain extent. “There was some people not in tune with what was going on... it wasn’t intentionally done, it wasn’t something that the Accountability Committee tried to hide from individual board members or people,” Snow said. “We’ve added a lot of transparency but I do believe we could do better, and I know we will.” He also believes that mistakes that happened in the previous or early stages of the search will not happen again.

Bennett does not have any other official plans, as his speech and the unification of administration and the OEA was what he called a “grassroots effort.” However, if something comes along that teachers and administration want to

say that makes sense for students, Bennett would not mind. “I wouldn’t hesitate if I thought it was valid, I thought it was a worthy argument, and I thought the board would listen,” Bennett said. “If I thought it was in the best interest of kids, I would share. Because if I were a board member, I would want someone to share that with me.”

Along with other board members, both Snow and Perlman learned things during the whole process. Perlman believes that there are multiple principles the board can focus on. “We all need to prepare as well as we can, look at issues from other perspectives, ask tough questions, and actively listen to each other and to everyone who is willing to give their input,” Perlman said. All of these items include listening and seeking out the expertise of teachers, principals and staff in the district. “Moving forward, I’ll keep looking to them when I have questions about what they need in the schools and the classrooms and how we can best support them.”

Similarly, Snow called for cohesiveness of vision and action. “No matter where we come out on this, we need someone that can continue the vision of the district, unify our teachers, our principals, our parents and our board,” Snow said. “We cannot settle for the same status quo.”



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

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

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

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

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

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

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

Thank you, readers.

## A note from the editors:

We are so excited to present The Register for the 2016-2017 school year. Many long hours have gone into the creation of this publication. We spend much time working on this student-run publication to ensure that we create a more professional and sophisticated paper that in hope honors The Register’s lengthy and notable tradition. With aspirations to place on the national level, The Register has really amped up its game. We want this student newspaper to be an interactive experience. Join the conversation on our Facebook: The Central High Register, our Twitter: @CHS\_Press, our Instagram: @chs\_press, and our Flickr: chspress. Also, check out our website for more stories: www.OmahaCentralRegister.com. If at all possible, we hope the student body can get a little old school and write letters to the editors, which we would be extremely happy to receive and publish. Thank you for picking up this issue of The Register.

ENJOY!

Georgia Chambers  
Choteau Kammel

## the REGISTER staff

### EDITORS-IN-CHIEF

Georgia Chambers  
Choteau Kammel

### EXECUTIVE EDITOR

Anna Kaminski

### WEB EDITOR

Anna Kaminski

### ADVISOR

Hillary Blayney

### PHOTOGRAPHER

Lily Gilliland

### STAFF WRITERS

Simone Davis  
Maddie Grabow  
Julian Hock-Beaty  
Cecilia Huber  
Miles Kay  
Carlson Koch  
Javier Lepes  
Zoia Morrow  
Hayley Raney  
Alec Rome  
Vasili Sgourakis  
Grace Turner  
KayLee Walling

### CONTRIBUTING WRITERS & ARTISTS

Maya Alderson  
Sebastian Becerra  
Donovan Dinoff  
Sabina Eastman  
Claire Lavender  
Preston McLaughlin  
Anna Overbeck  
Connor Paintin

## ATTN: the REGISTER

124 N. 20th Street  
Omaha, Neb. 68102

Phone: 402.557.3357  
Fax: 402.557.3339

central.register@ops.org

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

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

## Junior named DECA president, others will compete at nationals



Photo Courtesy of @OPSCSDECA

**Top left: DECA members encourage junior Jessi Ferguson as she campaigns for president. Bottom left: Central has 18 students that qualified to compete at the national level. Right: Ferguson receives the title of president for Nebraska DECA.**

**Georgia Chambers and Simone Davis**  
*editor-in-chief and staff writer*

When most students envision their spring break, what typically comes to mind is a week full of shopping, enjoying the ever elusive sun and spending time with friends. This is not the same for every student. Though DECA students got to spend the majority of their spring break time at their own leisure, the end of their week was spent participating in state DECA.

State DECA took place March 16-17 in Lincoln. Conferences were held at the Cornhusker Marriott. Not every member was invited to go, but the students who participated in the metro competition were eligible. The students there participated in competitions. The contests consisted of 3 parts, including a test and business role plays. There were both team and individual categories for these events.

The outcomes at these events lead up to upcoming nationals. In order to get into nationals, the student had to have placed at least third in their category. This was no struggle for the DECA students; 18 of them placed high enough to get into nationals. This year, nationals takes place in Anaheim California. Students will participate in the same 3 part competition

that they did at state, but it will undoubtedly be more difficult.

DECA students experienced even more successes. According to DECA's twitter, they took home three first places, six second places, two third places, six top eight medals, 22 certificates and five leadership awards.

Having 18 students qualify for nationals was not the only success that DECA students came home with. Junior Jessi Ferguson was announced Nebraska State DECA President for next. Central has never had a president, so this news was extremely exciting for both Ferguson and the rest of the DECA chapter.

"When they first called my name I was completely shocked. Once I got up on the stage I couldn't stop smiling and honestly I still can't," Ferguson said.

Ferguson joined DECA just this year, but she already has already seen a change in herself as a student and a person. "DECA has made me much more understanding of the "real world" after school. It makes getting a job not seem so terrifying and has definitely molded me into a much more confident speaker," Ferguson said.

Going into the state competition, Ferguson did not have the goal of becoming the DECA State President—she merely wished "to survive it." She had placed second at the Junior Invite, so she knew she had the potential to do well, but her only

goal was simply to be in the top eight.

Ferguson did not decide to run for a leadership position until she heard of the opportunity at state. She intended on running for vice president, but she got slated, or picked, to run for the president position during the screening process. Ferguson had to prepare a three minute speech about why people should join DECA and went through a question-and-answer round, then judges looked at the feedback and slated what positions they thought they would be best at.

As president, Ferguson will function as the office representative for Nebraska DECA. She will sit in on board meetings and lead some smaller Team 61 meetings. "Overall I am just the main link between the state officer team and the national DECA organization," Ferguson said.

DECA students hope to compete as well at nationals as they did at state, and Ferguson has already begun thinking about what she wishes to do as president next year.

"I want to increase Nebraska's overall DECA membership numbers," Ferguson said. "Whether it's advertising more or visiting more schools, I want to allow others to be as involved with DECA as I am because it really has made such an impact on my life."

## Becoming vegan or vegetarian proves beneficial, benefits health

**Hayley Raney**  
*staff writer*

Around 7.3 million people in the United States are vegetarian, and one million of those people are vegan, according to Vegatarin Times.

Junior Julia Halonen is a dedicated vegan. Social studies teacher Joseph Mickeliunas, better known as Mr. Mick, is a committed vegetarian.

Halonen decided to become a vegan for ethical and environmental reasons and for her personal health. "Basically for animal rights, the health of the environment and the health of myself," Halonen said.

Mick decided to become vegetarian for health, to eat better and to feel better about himself.

A vegan is someone who eats no animal meat products, dairy, eggs and honey. A vegetarian is someone who eats no animal meat products, but can eat dairy and eggs.

In April, Halonen will have accomplished being vegan for an entire year. Foods she constantly watch out for are bread, veggie burgers and pre-packaged products.

When it comes to watching for vegetarian foods, Mick keeps an eye out for sauces, salads that sometimes sneak bacon in them and sometimes even Godfather's pizza that has pepperoni under the cheese.

Mick has been vegetarian for almost five years. His wife, on the other hand, has been a vegetarian for almost 20 years.

Halonen misses mac-n-cheese and her mother's cookies the most. Though her mom tries to persuade her to eat some of her cookies, Halonen finds the strength to hold herself back.

Mick misses chicken wings. But in replace of chicken wings, he loves buffalo cauliflower. "I've had veggie burgers that have been better than any beef burger I've ever had," he said.

Halonen's sister, Sydney Halonen, is vegan as well. "She went vegan about two months ago after I persuaded her and told her all the different things and causes," she said.

Because Halonen is vegan she feels that she has a lot more energy. "It completely depends on diet, you could be an unhealthy vegan, but I just feel a lot cleaner," she said.

Mick feels being vegetarian has "improved his quality of life," he said. "I think I was 50 pounds heavier when I was eating meat," Mick said. In addition to becoming vegetarian he started running and began to feel better and better everyday.

Halonen feels her guilt for environmental impact and animal cruelty has decreased. "My morals are strengthened I just feel overall more positive," Halonen said.

Veganism and vegetarianism prevents diseases such as cancers and diabetes.

She is 100 percent committed to being vegan. Originally she became vegan to start weight loss, but once she really dove into the concepts and why people are vegan she now understands why the whole movement started.

More benefits of becoming vegan are healthy skin, longer life span, decrease in allergies and migraines.

Mick is very committed to being a vegetarian. "I don't see myself ever going back," he said. He is "in it for the long haul."

Though Halonen feels the idea of veganism and vegetarian should not be forced upon anyone she definitely likes talking about it and feels like people should convert to veganism and/or being vegetarian. "I think it would be wonderful because it would definitely benefit the environment," she said.

Mick feels everyone has free will to choose being vegetarian or not. "I think it's more to self sustain the environment, all animals have a purpose in the environment," he said.

Advice Halonen has for anyone considering about becoming vegan is to make sure you track your nutrients. "It's not about your calories, it's about your nutrients," she said.

The advice Mick has for anyone considering becoming vegetarian is trying it and seeing how you feel after. "Do you eat to feel full or feel better," Mick asks people considering vegetarianism. It's not difficult being vegan at all for Halonen. At first it was, "It's all about self-control and impulses," she said. "Don't think about what you're giving up think about the alternatives," Mick said.

Since Halonen has studied the human anatomy she has a better view of what foods the human bodies are made to digest and what not to digest because of habit and traditions. "I just think it's a great cause and everybody should just be more informed about it," Halonen said. "Try it," Mick said, "it's not as hard as you might think."

# Mayoral election candidates compete, court their constituencies

Choteau Kammel  
editor-in-chief

As the largest city in Nebraska, and one of the biggest in the Midwest, Omaha and its politics can occupy a fairly large portion of the local consciousness come election time for the city council and mayoral races. Although not decided until May, this year's mayoral election has been one of the city's closest and most expensive races, with both Republican incumbent Jean Stothert and Democratic challenger Heath Mello raising large sums of money from their respective donors. As the weeks close in on the election itself, the race has continued to tighten, as both candidates have attempted to broaden their appeal to constituencies other than their base supporters.

Defending her currently held office is incumbent Republican Jean Stothert, a former city councilor and president of the Millard Board of Education. Stothert has made public safety and property tax relief the hallmarks of her time in office and has been attempting to leverage them for her campaign. "My primary focus as mayor in my first term has been improving public safety, and that will continue to be my priority in a second term. We have made strong improvements in public safety the past four years and the thing I'd like to change most about Omaha is further progress on fighting crime to make our city safer, more livable, and more enjoyable," she said. For Stothert, the principle way in which she has sought to achieve increased public safety has been through bolstering the police forces and their equipment, a method with which her challenger takes a different approach.

Facing off against Stothert is Democrat and former state senator Heath Mello, who had represented his district at the capitol until 2016 when he was term limited. Mello has also made public safety a very important aspect of his campaign, however his approach seems to appear broader in scope when compared to Stothert's which focused more or less solely on the police department. His campaign stated, "As Mayor, Heath will work everyday to make Omaha the safest place to live, work, and raise a family in America. His blueprint for Omaha's future focuses on creating safer neighborhoods and reducing crime through strategic city partnerships with schools, afterschool programs, social service providers, and employers."

Mello has also been critical of Stothert's tax reforms, say-



Photo Courtesy of JOURNALSTAR.COM

Former state senator Heath Mello and incumbent Jean Stothert are the two leading candidates in Omaha's mayoral election.

ing that she has not followed through with some of her first campaign's promised reductions and that the commonly despised restaurant tax has remained in place with him promising to lower it and cap its annual rate of growth. To this, Stothert has stated that her main priority with tax reform was to lessen the burden of property taxes throughout the city, a goal which is made extremely difficult due to her also promising to increase education funding. In some ways she has followed through with both promises, although not in the most extravagant of ways. Property taxes have been lowered although not drastically, and Omaha Public Schools has received more funding due however to a publicly approved bond purchase.

Both candidates have shown a commitment to the importance of a balanced budget and more or less have agreed that taxes should be alleviated however not at the expense of public services and adding deficits. Mello has been critical of Stothert's

handling of some public services such as road repair and snow removal and had pledged his own promise that if elected the efficiency and quality of these public services will be noticeably increased. Stothert has rebutted these claims by pointing to the improvements in public provision over that of former Mayor Jim Suttle, who came before her.

Now, with the mayoral election still one month out, only these last weeks will tell who has the upper hand, as both Stothert and Mello have raised comparable funds and strongly appeal to their base demographics. Mello polls very strongly with the youth and Midtown while Stothert maintains strong support in the western districts of the city. It will be up to the voters of Omaha to decide who represents their interests best and will carry the city forward under a vision to which they can subscribe.

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## New assistant principal brings perspective, ingenuity to CHS



MAYA ALDERSON | Contributing Photographer

Replacing Tom Wagner as assistant principal, Anthony Clark-Kaczmarek has taken responsibilities immediately after being hired.

Miles Kay  
staff writer

Central has a new, charismatic presence in the building. Anthony Clark-Kaczmarek, interim assistant principal, comes to Central with a background replete with educational experience and a readiness to embrace his new role in the Eagle nation.

Clark-Kaczmarek has held several educational positions. He began his professional life as a summer school teacher at Boys Town before working at Millard South High School as an English teacher for a year. After that, Clark-Kaczmarek moved away from education and spent a year as an actor touring the country with children's theater shows. While on tour, he was offered a position as a drama teacher at Bryan High School and taught there for ten years.

From there, Clark-Kaczmarek spent four years at Nathan Hale as an assistant principal, before moving to TAC, where he held several jobs, including working for Information Management Systems, Curriculum and Instruction, and as a Coordinator of Secondary Education.

Then, Mark Evans asked him to become the interim assistant principal at Central. "Mr. Evans said, 'We need help, can you help us?' and I said, 'Absolutely,'" Clark-Kaczmarek said.

In his abundant experience in a variety of professions, Clark-Kaczmarek cited the opportunities which he has had to work with families who have a specific need or are struggling as the most impactful on his development. He also highlighted his background in drama, which gave him the opportunity to work with talented and passionate students and improved his skills in communication and public speaking.

Clark-Kaczmarek has also learned from his mistakes and grown as an individual. "There have been moments where I've thought, 'Oh, I can do that better,' and that has helped me get better," Clark-Kaczmarek said.

Clark-Kaczmarek recognizes his strengths while also knowing the areas which he can improve in. Specifically, he believes that many of his strengths lie in his communication and organization skills, and also the fact that he likes to laugh and have fun. "I'm someone who likes to speak in front of people," Clark-Kaczmarek said, "I like to be present, I like to provide presentations, do professional development for individuals, I like to be up and in front as the focus point."

Clark-Kaczmarek believes that his biggest shortcoming lies in his inexperience with Central. "I need to get to know Central. What's great about Central is it has this amazing tradition, it is the best school in the district, the best school in the state," Clark-Kaczmarek said, "But when you don't work there and didn't go to

school there you feel like an outsider...I love the Central way and I'm learning it as I go."

As he familiarizes himself with Central, Clark-Kaczmarek is appreciative of Central's welcoming student body and faculty. "What's awesome about Central is that everyone is happy to help," he said, "They're all very patient."

In his position, Clark-Kaczmarek wants to do his job in the way which his predecessor in the position, Tom Wagner, did. "My job is an interim job...I promised myself I'd do things the way he would have done them," he said.

While at Central, one thing Clark-Kaczmarek hopes to do is enjoy his time in a building. Though his five years at TAC helped him become a better educator, he believes that there is nothing quite like being in a school building and working directly with students. "I've been five years without that experience and it's like a breath of fresh air to be at Central," Clark-Kaczmarek said, "It's exciting for me to be around teachers and students and to get to work with all of those people."

At this point in time, Clark-Kaczmarek is unsure whether he will stay on at Central through the next school year. Currently, district leadership is very much up in the air, and it will depend on whether Wagner ends up staying on as the principal of Benson High School. "I love Central a lot and would be happy to serve if Mr. Evans asks me to do so, and I love being in a building and this is certainly the best building to be in," Clark-Kaczmarek said, "Time will tell in June what Mr. Evans has in store for me."

Regardless of where he ends up, Clark-Kaczmarek is ready to serve the district in any way needed. "I could be here for the next twenty years, I could be back in my old job for the next twenty years, I could be moved to a completely different building," Clark-Kaczmarek said.

In his short time at Central thus far, Clark-Kaczmarek identified his favorite memory as the warm welcome he received from his fellow faculty members. After being introduced to Central's staff by Dr. Bennett, he was touched by the sincerity of teachers. "I immediately felt like part of the Eagle family," Clark-Kaczmarek said.

Currently, Omaha Public Schools is facing challenges in selecting a superintendent. As a man who has worked both within schools and at TAC, Clark-Kaczmarek provided his perspective on the process, and how it is affecting not only Central but all of OPS. "Our superintendent selection is something that has been unique, and certainly it has made the news, but what I love is in the schools, on the ground, students are making a difference, teachers are helping students make a difference, and support staff are making kids' lives better regardless of the situation," Clark-Kaczmarek stated.

"Did any of this stop education? No, we just kept moving forward. Knowledge continues, teaching continues, experiences are still had," Clark-Kaczmarek added, "No matter what happens, the good stuff is happening in the buildings, [and] that's what I love."

## Para decides to retire after decades of hard work, memories

Carlson Koch  
staff writer

After 24 years of helping kids, Deanne Haffke is retiring to spend some time enjoying life and checking items off of her bucket list.

Her 62nd birthday and her husband being retired for 10 years made her realize that it was finally time to retire. In these years, Haffke remembers and cherishes her time with everyone, "My favorite memory is the people who work in the special ed [education] department, we all stick together and work really hard," she said. Haffke worked from a middle school, to where she is now, "I started out at Lewis and Clark for a semester, and Dr. Thompson (one of Central's former principals) called me during the summer and asked me to be a para at Central," she said, "I was not sure if I wanted to go at first, but after a few phone calls I decided to go."

Reflecting back on her career, Haffke was initially planning on being a civil engineer, but upon having three kids, it became clearer that she was going to have to work. With the need to paying for her children's dormitory fees and some living expenses, she decided to become a para professional. "My only regret is that I think I could have done really well being a special education teacher," she said.

One of her proudest accomplishments includes a meeting while she was still a para at Lewis and Clark; a teacher was leaving and everyone was sad. Meanwhile, the principal informed Haffke that the average teacher only stayed for about year, "I take pride that I have now been at Central for 24 years," she said. She compared this to the show *Survivor* saying that she, "outwitting, outplaying and outlasted." "For anyone wishing to work in a position such as this, I recommend patience," she said, "you are not going to have huge successes, but the successes you have are very rewarding."

In addition to the memories, Haffke also appreciates everyone in the department. "We (the special ed department) have hard jobs, it takes a group that's really going to dig deep to work with some of the students we work with," said Haffke. She specifically works in the behavioral skills program, patiently helping kids to straighten their behavior from impeding their education. During the upcoming fall, after Haffke has retired, she plans to check off the first item from her bucket list which is walking across the Mackinac Bridge. "I think the bridge is five miles long, and I plan to walk across it when I can," she said.

"I love this department," said Haffke.



SEBASTIAN BECERRA | The O-BOOK

Although Deanne Haffke will miss her job, she is excited to begin a new life after retirement.

# A WORLD WITHIN THESE WALLS

## Missionary from Nepal

**Georgia Chambers**  
*editor-in-chief*

“I had a very basic English understanding, and I didn’t understand a lot here, so I was bragging to my neighbor about our green grass and running water,” freshman Adia West said. “Everyone just thought I was this really weird kid...” While most people take green grass and running water for granted, West did not because where she was from it was not common-place.

West’s parents are missionaries, and they lived in Nepal for 11 years. They work for Word Made Flesh, a local organization that currently helps poverty-stricken children who work on the streets.

When West and her family had lived in Nepal, they had become very close with another family involved with the same organization. That family had helped raise West and her siblings, and they had often traveled together out of the country. Once that family had moved to Omaha, the headquarters for Word Made Flesh, West and her family followed as soon as her father was offered a job here.

Even though West moved away from Nepal when she was six, she is still familiar with her childhood home. A couple years ago when West traveled back to Nepal, she recognized many streets and could still find her way around town.

However, she also has many memories from her childhood there that set her experiences starkly apart from many children from the United States. Whereas many children from the United States recall fond memories of attending birthday parties

at Chuck E. Cheese’s or simply playing house in their backyard without any worry on their minds, West had memories of the economic turmoil of Nepal and the revolution.

“While we were there, there was a king and a queen for a while, but they ran the country poorly. The king had murdered the entire royal family years before... When I was around four there was a revolution, and the king was overturned,” West said.

This led to an uprising, and many people in Nepal were being murdered. At one point, West said her and her family were close to being smuggled out of the country due to safety concerns. West admits that she was not very afraid because she was too young to understand politics, but she did get scared when her father failed to inform her what was going on.

“I got really scared when I was on a walk with my dad before it got too bad and before we had to hide in our house... There was this flag that I had asked my dad about, and he just picked me up and hugged me and started to cry. That’s when I realized things were scary,” West said.

However, West and her family were never threatened to the point where they had to flee the country. Nepal was a special place for West, and it was hard for her moving to Omaha. “I don’t like moving. The move here was really hard,” West said.

When West eventually did move to Omaha, one of the first things she noticed about her home was that her and her sister were able to have their own bedroom and the green grass. All the kids had to share a room in Nepal, and green grass was considered a luxury.

“We had the entire stories all to ourselves... and we had green grass. In

Nepal, only really wealthy people have green grass,” West said. “I felt like we had a rich relative die or something because we had green grass.”

West attending public schools for the first time in the United States. In Nepal, West was homeschooled because there is punishment in schools and some of the religious views being taught in the schools were against their beliefs. Private schools were too expensive.

Even though it was a hard transition, West has grown to love Omaha and attending school at Central. Though, her parents no longer work with Word Made Flesh, so they are relocating to Texas this summer. West’s father is a counselor at Waypoint Church, and he was offered the head of counseling position in Texas.

“I was really excited for school here, and we don’t know how things will transfer over,” West said.

West will enjoy her time remaining in Omaha, and even though she is anxious about moving, she understands that it is part of being a missionary.

“[Our goal is] mostly to serve others,” West said. “You want to help people... and [want to be] courageous about what you believe. And not just thinking it, but following out with it.”

### ADIA WEST



**Top:** West dressed in a Sari for a family’s going away party.  
**Bottom left:** West alongside her brother, Jedidiah, on their last hike in the Himalayas.  
**Bottom right:** West posing in front of the Himalayas.



FIGS JU

## Refugee from Thailand

Choteau Kammel  
editor-in-chief

Within the halls of Central High School, students from every background, group, culture and history are immersed in an environment of such diversity that the institution can claim representation of over a dozen countries and languages. One student with a unique story and past keeping to this tradition is freshman and junior varsity soccer athlete Figs Ju.

Ju was born in Thailand in a refugee camp near the Burmese border, where many civilians had taken shelter during an ongoing civil war. It was there he spent his first few years of life, "but then around age five my parents got a letter from the United States saying we could move there," he said. For Ju, he said he has since learned from his parents that although there was much euphoria to come to America, it was very difficult for them to leave their family behind. He said, "My mom had always wanted to go, but I did not want to leave my aunt who had helped raise me, however my family was so excited to come to a better place."

After their acceptance into the United States, the first place Ju and his family lived was in Los Angeles, California.

They then spent two years there, getting acclimated to their new country and also working in close conjunction with fellow Thai refugees who had come over as well. Ju said of his first impressions of America, "It was amazing. I had never seen such big cities and skyscrapers. I was astounded."

Following their two years in LA, Ju and his family came to Omaha because additional members of their extended family had moved over from Thailand and were now living in Nebraska. Coming to Omaha for the first time, Ju said that they found a new Thai community waiting for them with open and welcoming arms. "We still have our traditions and our culture. We have our foods, our dances and our people," he added.

Once in Omaha, Ju first attended Franklin Elementary School and then Lewis and Clark Middle School before choosing to attend Central. It was also in middle school when Ju first played organized soccer beginning in seventh grade, finding that he loved it. "It was the skill and the teammates that kept me coming back," he said.

Ju chose to continue his education at Central due to its reputation for academics and his desire to take zoology courses through the Career Center as an upperclassman. As a child, Ju said he became fascinated with nature very early on and as such he would like to continue to learn more about the life on

this planet and hopefully how to preserve it. On Central, as the weeks tick by of his freshman year, he said, "It has been fantastic and I am kinda nervous for my sophomore year. After one day I adapted and have been at home here ever since." He noted that playing on the junior varsity soccer team and being in close knit honors classes have also helped him make many new friends.

In his spare time, Ju enjoys watching Netflix and action movies as well as taking part in traditions and culture taken from their home in Thailand. He said, "My family sticks together and the fellow refugee community here stands up for one another."

Moving into the future, Ju hopes to make his way up to the varsity soccer team and also get accepted into the University of Nebraska at Omaha to hopefully pursue both academics and athletics. Using his studies in biology and zoology Ju would then like to hopefully work to prevent species extinction. He said that he attributes much of the passion and inspiration to achieve these goals to his high school, as he added, "At Central everyone is so loving and caring. They do not discriminate. It is in this environment I am happy to continue my academic and athletic paths and achieve my future goals."

## U.S. history class includes multiple cultures, unique atmosphere

Zoia Morrow  
staff writer

Diverse is one way to describe Ben Holling's English Language Learners (ELL) U.S. history class. Many of his students come from different cultural backgrounds, most whom speak a language other than English. The language barrier is hard to overcome, but Holling deals with it gracefully. It is a process where the students and the teacher modify their learning and teaching styles for proper results that show improvement.

Vocabulary is the hardest part of having a language barrier. Hearing and understanding are two separate concepts, but both contribute to widening the students' English skills. "Vocabulary seems to be the thing that gives them the biggest trouble, the higher level of vocabulary, the harder it is for them to understand," Holling said. Comprehension is a large part of speaking English and one of the things Holling must work with his students on.

The normal routine for class is to start off with every day with CNN student news, "It's good for them to see some of the things happening inside the United States and around the world," Holling said. They can see the events happening in front of them rather than speedily trying to comprehend the words

in the video. "Then we'll do a lot of cornell note-taking, I do it very slowly and I let them record it at the end rather than having to write and follow along, sometimes it's a difficult task for some of them," Holling said. Recording notes is one of the ways Holling modifies his teaching style to ELL students. He believes the most beneficial way to approach a classroom full of ELL students is to do a lot of examples and analogies.

“ They teach me more than I teach them. ”

BEN HOLLING

ELL U.S. history  
teacher

"Any way you can relate it to maybe some outside cultures or even cater to some of their cultures that usually helps as well," Holling explained. Cultural examples given to relate back to the specific topic is an effective way for ELL students to learn faster. With the language barrier, it is much harder to allot assignments. The compromise in helping his students learn, yet not going over board is modifying his assignments by shorten-

ing them. "Any time I can provide maybe page numbers or definitions that maybe I wouldn't do for some of my other classes I try to do," Holling said.

As for the classroom in its entirety, Holling considers teaching an ELL class a privilege. The atmosphere in the room is joyous and noisy. The classroom is full of students from different backgrounds and cultures and they find ways themselves to break down the language barrier and intermingle with one another. "The thing with them is they are in classes with each other throughout the day so they're very friendly with each other and sometimes that friendliness turns into a lot of chatter in a good way," Holling said. It is a perfect model to show the blended combinations of cultures and religions found at Central.

For Holling to be able to teach a class of English learning students he finds it a combination of interesting, challenging and exciting. "They teach me probably more than I teach them," Holling said. It is a two-way street with Holling and his students when it comes to teaching and learning. They share the role of broadening each other's knowledge on a daily basis.

# Local efforts focus on prevention of STDs, encourage safe sex

Vasili Sgourakis  
staff writer

As students grow and mature, sexuality becomes a larger aspect of life. Being safe and aware of the risks that come with this is important. The Adolescent Health Project of the Women's Fund of Omaha works to educate young people on these issues. Brenda Council, Adolescent Health Project Manager said, "The Adolescent Health Project (AHP), a program of the Women's Fund of Omaha, seeks to create sustainable, community-wide changes through a research-based, results-focused, comprehensive approach that will increase the sexual knowledge of youth, and thereby decrease the number of youth engaging in risky sexual behavior and the rates of STDs and teen pregnancy."

The project also provides low-cost services to young adults. "Through the Adolescent Health Project, which is funded by private donors, youth can gain access to free and low cost services including STD testing, no-cost contraceptives and free condoms. Condom distribution programs have been proven to increase condom use, prevent HIV/STDs, reduce unintended pregnancy rates and save money," Council said.

Each campaign put on by the Adolescent Health Project is designed to raise awareness about a issue and provide a subsequent call to action. Council said, "For example, our research revealed that youth were of the opinion that only certain people contracted STDs. So, our first campaign was 'Anyone Can Get One,' with the call to action being that everyone should get tested." They aim to disprove common misconceptions regarding sex.

Although many employees of the Women's Fund of Omaha help with the cause, so can people who are not directly involved. "Strategies such as providing access to contraception, encouraging consistent use of effective contraceptives, and increasing youth and young adults' motivation to use contraception consistently, and promoting condom use for protection against STDs can decrease the rates of unintended pregnancies," Council said.

While teen pregnancies affect people of all backgrounds, it is proven that race and poverty significantly effect these odds. Council said, "Research shows that the chances of experiencing a teen pregnancy are determined by one's exposure to risk

factors compared to the availability of protective factors. An analysis of these risk and protective factors is found in a recent report from Holland Children's Institute, released in January 2017, which concludes that "older, minority, rural and low income teens face the highest risks of becoming pregnant."

In Douglas county, as with the nation as a whole, the teen pregnancy rates continue to decline. However, Council noted that many racial, geographical and socioeconomic disparities exist, all of which the Adolescent Health Project is committed to end in their pursuit of health equity.

Abstinence is the only 100% effective way to avoid an STD or pregnancy. However, it is only natural to think about engag-

ing in sexual intercourse. If this is the case, being safe is the key. "We would urge them to follow the instructions on safer sex they learned. The proper use of condoms and contraception, if used consistently and correctly, can greatly reduce the risk of both STDs and unintended pregnancies," Council said.

If one engages in intercourse and feels they may have contracted an STD it is imperative that they get checked. Council noted that the only way to know for sure if one has an STD is to get tested and there are free-sited open throughout Omaha. The Adolescent Health Project (AHP) is crucial to keeping younger generations healthy and informed to make safe decisions about their own bodies.

## CHLAMYDIA CASES BY AGE GROUP

DOUGLAS COUNTY, NEBRASKA 2015  
3,507 TOTAL CASES

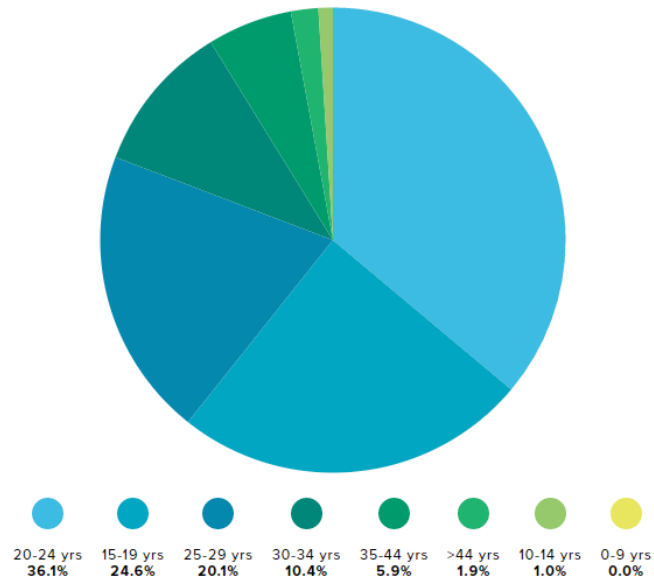


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## COACH OF THE YEAR 10

Varsity girls swimming coach, Kristoff Berzins, is acknowledged for his devotion to his team.



## CLIMBIN' UP 14

Sophomore Michael Pavel takes rock climbing very seriously and plans to use his skills to climb in Colorado.

## PLAY BALL 13

Sam Messbarger returns to the varsity baseball team for his senior year.



# sports & leisure

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## ON A POWER TRIP

The powerlifting team placed second at the state meet. Multiple athletes broke school and state records, and junior Courtney Young broke two world records.



Georgia Chambers  
editor-in-chief

This year's powerlifting team did not finish where they wanted to, but they still proved to be an impressive competitor at the state meet. Records were broken at the school, state and world level.

Head coach Dennis Baker explained that Central was the favorite going into state, since they had got first place at the first two meets, but that they "stumbled at the finish line" and instead finished receiving the runner-up title.

"I was impressed up until the end. I feel that we didn't finish the way I was hoping we'd finish," Baker said.

However, Baker was still proud of his team, and said his athletes gave him 110% effort "for the most part." There were 18 girls and nine boys that placed at state. Out of the girls that placed at state, junior Courtney Young was named the outstanding heavyweight female lifter, and junior Angel Schneider was named the outstanding lightweight female lifter. On top of this, Schneider broke two school records for her weight class, Young broke all four, sophomore Rylee Bonafilia broke six between two weight classes, junior Desiree Dorsey broke all four and senior Shatterra Lewis-Wright broke two.

Baker said that there was not anything that necessarily stood out from this year's group of athletes over previous years, with one exception: Courtney Young. "My powerlifters have always worked hard and dedicated themselves. Same for the group this year... Young stands out. She just has super-human strength. She's a once-in-a-career-type lifter, and I will never have another lifter like [her]," Baker said.

Young was the individual that broke the squat and deadlift world records. "It was pretty exciting; it's cool to think that I did something that stands around the world," Young said.

Two other powerlifters, Bonafilia and senior Hayden Hill, also had a successful season. This was Bonafilia's first year powerlifting and had never even lifted weights until taking a light weight training class at Central.

From the start of the season, Hill had the mindset of getting runner-up or better, but Bonafilia, since she was new to the team, struggled with her self-confidence and did not think that she would be able to place at state. However, as she continued to train her self-confidence grew.

"It was something I enjoyed doing and seemed to be pretty good at it.

CONTINUE TO 'POWERLIFTING'  
ON PAGE 12

Photo Courtesy of COURTNEY YOUNG

## Senior wrestler wins state, looks forward to college career

Carlson Koch  
staff writer

Senior Eron Haynes initially did not know if he wanted to wrestle in college, but winning state helped him finalize his plans of what he will do after high school.

Since the start of his career in seventh grade, Haynes always dreamed of winning state. He had set large goals for himself early on in his career. Freshman year he wanted to make it to state, and from sophomore year on he wanted to win state. Haynes' mindset this year was to do everything in his power to reach his goal.

In middle school, Haynes mentioned that he was not a very good wrestler, but through intense practicing and training, he achieved his goal of winning state which constructed a path for the future. "A lot more colleges have been contacted me, congratulating me and wanting me to go down for a college visit," he said. "State is such a big deal because there are a lot more colleges at state for high-school than club wrestling," he said.

He was only able accomplish his goals this through realizing his potential, "I got really good at wrestling, and that is

when I started to enjoy the sport because I really enjoy winning," Haynes said. His love for the sport shows on the mat, as he described himself as a leader and giving it all.

Not only did he have to work hard in practice, it was a lot of the extra efforts outside of practice that he developed his skills, "I would go for two hours of weightlifting right after school, an hour break, then another two hours of wrestling practice," said Haynes, "during high school wrestling season, I do high school practice and then two hours of club practice after," all to prepare for his last chance at a state title.

Knowing it's the last chance for something can make people try harder and become more dedicated, which is exactly what Haynes did. Because he knew it was the last year he could wrestle for the state title, he practiced and worked as hard as he could for it to all pay off.

"The difference between wrestling from other sports is that you have to be mentally tougher," Haynes said. One of his defining moments in wrestling shows the mental toughness required. "I was club wrestling and got picked up and slammed, and I got pulled out on a stretcher," he said, "and the very next day I went and wrestled another tournament."

Haynes tried to take a break from all of the intense train-

ing, but doing so only resulted in him feeling lethargic and incapable of performing well. But when he trained as he did before, he felt that, "No one can beat me, it is my last year, and that there should be nothing left to show," said Haynes.

Now that Haynes accomplished his goal of winning state, his choices for the future has broadened and he believes that he will continue to wrestle in college. Before winning state, "I was not going to wrestle after high school, but now I want to all through college," he said. His coach, Jimmie Foster was an advocator for him reaching this goal, especially when seeing the amount of work Haynes would put in towards it.

"When I won, coach and everyone was so happy for me," he said, "they know I have been working so hard and putting in extra work to get to the point of wrestling for five minutes to win it."

Haynes will always remember the long hours working on moves on mats, but more importantly the moment of being awarded the gold medal and many shouts of "OOOSSS!"

## Following stellar regular season, girls swim team excels at state



Photo Courtesy of JESSI FERGUSON and EMMA NIELAND

The girls swim team saw many victories and personal records set during their regular season performances. Continuing this trend into the state competitions, the team also finished strong.

**Simone Davis**  
staff writer

Every year, students anticipate whether or not the basketball team or football team will make state, but other sports look forward to making state as well. Every year, Central's swim team looks forward to making state, which they did this year. Not only did they make it, but they had a handful of achievements to show for.

State swimming this year took place at the DeVaney swimming pool at University of Nebraska Lincoln on Feb. 24-25. But qualifying for state swimming is different than qualifying for state in other sports.

"Qualifying for a state swimming is different. There are two cuts, an automatic and a secondary. If you get an auto cut, you're guaranteed to swim at state," Jessi Ferguson, girls swimmer said. "There hasn't been a year when at least one person and one relay doesn't have an auto cut."

Now a junior, Ferguson has now gotten auto cuts and qualified for state since her freshman year. She was amongst one of the students who brought in special recognition to the team, as she placed 4th in the 100 fly and won the consolation heat of the 100 back. Madi White was the other swimmer who individually qualified.

Other achievements included the 200 and 400 relays getting 4th place. Overall, the girls placed 8th place, which was huge for the team.

"According to the coaches, this is the best placement Central has had in years," Sandra Rade, girls swimmer said. Rade has been swimming for 5 years, but she is new to the Central team, as

she is a foreign exchange student from Italy. She was not only pleased with the performance of the team at state, but both she and Ferguson agree that the team's bond was really strong, which undoubtedly aided them in their successes.

"The team was really happy with our performance," Rade said. "We all really banded together and supported each other, so we were all just happy to see others happy." Ferguson feels the same way as Rade about the team's unity.

"We were the hardest working and most unified high school group I had ever been a part of," Ferguson said. "The girls team was so close this year and we all made sure to have fun instead of putting so much pressure on ourselves." This notion of enjoying themselves over putting unnecessary stress on their team worked in their favor. But just because they were not under strain all of the time does not mean that they didn't have goals for the year.

"I think our general goal is always to just do our best and move up in the ranks, but the unspoken dream was to have all of the girls free relays be top three," Ferguson said. Getting 8th place overall definitely was an achievement, as Rade said, it was the best they've placed in years.

In addition to prospering as a team, the ladies each reached their own goals as well. "The team was really proud of the results, considering that almost everyone got their personal best times," Rade said. The team practiced every single day in the morning, did dry land after school and afternoon practice in the pool. They were hard working and it paid off at state.

All in all, state swimming was both memorable and satisfying for the eagle swimmers. "State was an amazing experience, I loved seeing some serious fast swimming and sharing a ton of fun moments with the rest of the team," Rade said.

## Looking to lead swim team for years to come, teacher awarded coach of the year

**Zoia Morrow**  
staff writer

This season, swimming did exceptionally well, in particular girls swimming. The game before state, or Metro Districts, the girls placed second. The best of the best get to vote on best male and female swimmer, as well as best female coach and best male coach. Central's very own, Kristoff Berzins received the title of Coach of the Year for girls swimming.

Self-confidence is one of the most important traits to carry as a coach. One must believe in their abilities to coach in order for a team to be prosperous. As for head coach of Central's girls swimming, "I like to think I am very knowledgeable in the field, I really do care about my swimmers succeeding," Berzins said.

Just four years ago Berzins began coaching girls swimming meaning that he has coached the many of the senior girls for their entire high school career. Senior, Maya Parry has swum for Central all four years and is proud of how much they have succeeded as a team. "Berzins always pushed me to do my best, ever since freshman year. It really motivated me to become a better swimmer and an important part of the team," Parry said.

Previous years suggest that Central's swim team has not always done so well. Since becoming head coach Berzins has noted the changes of the team as being more competitive upon adding more dry land conditioning during practices. This has dropped the swimmers' times rapidly, sending more members to state and moves the swim team higher up in ranks.

It is an honor itself to be coach of the second best girls swim team, but Berzins humbly thinks, "I don't think I would have gotten coach of the year without the help of Coach Smith, he is definitely an integral part," Berzins said. The 2016-17 school year Modern World History teacher Brendon Smith made an impact on the swim team.

"This is his first year as head coach...the ideas and innovations that he brought along with himself is one of the reasons why the team is so successful so I just wanted to give him the acknowledgement that he deserves."

Parry noted some of the changes in coaching and the team as a whole this season. "Since Smith started coaching, I noticed that the team was held a lot more accountable this year," Parry said. Among the changes, in practice Smith and Berzins would actually watch the swimmers practice as opposed to sit back and



Sebastian Becerra | The O-BOOK

Berzins has coached the girls varsity swim team for the last four years. He plans to return for next year to coach the team.

wait for them to finish the sets that they had assigned. "During practices I got feedback on my strokes, which was something I had not gotten in the prior three years. Overall, I noticed a huge difference in the coaching."

The team loves the Berzins Smith duo so much, junior, Jessica Ferguson says Berzins is like a cool dad and Smith is a cool uncle. Due to the fact he cares so much and makes the swimmers laugh while also pushing them to do their best.

At the end of the day Berzins credits his success as a coach to the team. "Of course we would not be where we're at the kids were willing to put themselves out there attempt to do what we

asked them to," Berzins said. "I don't show it very often, but when they are successful I'm always cheering on the success and when they are not I'm hurting just as much as they are."

The success of a sports team is measured by the member and the coaches' skill and knowledge about the sport in order to strengthen and make the team one to beat. Central's girls swimming is one to look for in the coming years.

## Former Central graduate selected to fill football coach's role

Maddie Grabow  
staff writer

Former Head Football Coach Jay Ball announced early retirement from OPS in November of 2016. Ball led the Eagles to many victories during his time at Central with a "67-48 record and eight playoff appearances, and took them to the 2007 Class A state championship" (omaha.com). A new coach has since been announced. Omaha Central Alum Lance Griffin will be taking Ball's place for the upcoming football season this fall.

Griffin graduated from Central in 1998 and lettered in football for two years. He initially played football for Iowa Central Community College, but finished his college career with Bowie State University in Maryland. Griffin played football for a total of nine years and his main position was defensive back.

Griffin is no stranger to coaching football. He began his coaching career as an assistant coach at Central back in 2004. He then coached at Wayne State College for three seasons and led them into their first winning season in over a decade in 2007. Griffin returned to coaching high school football at Benson. In 2009, he helped Benson's football team make the state playoffs, which they hadn't accomplished in seven years. Griffin then assistant coached at Northwest from 2010-2011 and returned to Central under Coach Ball in 2012. Since then, Griffin has been head coach at Concordia High School. He led the Mustangs into achieving both their first winning football season and first state playoff appearance in the school's history.

Griffin believes that he will be a good fit as head coach at Central. "My football career has been great. Football has afforded me an education as a player and a coach. I've won conference championships and bowl games as a player in college. I've also won as a coach on the high school and college levels. This has prepared me to be the best coach for this job," Griffin said. In regards to the rest of the football coaching staff, Griffin is looking to make the strongest championship staff possible. He did not comment on any specific changes he is planning to make to the coaching staff.



Photo Courtesy of CHRIS MACHIAN, OMAHA WORLD HERALD

Griffin graduated from Central in 1998 and will now be returning as the varsity football coach beginning with the 2017-18 year.

Griffin stated that he doesn't have any pressing concerns regarding the upcoming football season. He tends not to focus on the negative. "I focus on building off of the positives that are in place and go from there. I don't think it would be difficult stepping in after Coach Ball. I thank him for giving me an opportunity to coach under him where I got to coach and know a lot of the current players on the team."

Coach Ball will be definitely be missed by the Omaha Central community and it will be interesting to see how the Eagles' upcoming season turns out under new coaching. Griffin stated that "I am looking forward to continuing the academic and athletic excellence tradition Central has provided for many youth over the past several decades. Coming back as the Head Coach at 'I-Back High' is a dream come true. I'm excited for it all".

## Aside from mathematics, new teacher also coaches girls soccer

Vasili Sgourakis  
staff writer

Anna Stewart, new math teacher at Central is also one of the latest additions to the girls soccer coaching staff. Stewart has a long history with the sport, whether it be playing or coaching. "I have been playing soccer since I was seven years old. I played for a club team as well as my school team in high school and played for Hastings College while in college," Stewart said.

In terms of coaching experience, she worked as an assistant coach for Thelo United in Milwaukie, Ore. She has also organized and ran summer goalkeeping camps and is currently a coach at Gretna Soccer Club.

Stewart has always loved the game, so being able to continue being involved is a bonus. "Coaching has always been the best way for me to share my passion for soccer with others. I just love to be around the game and it is exciting to help others love it as well," Stewart said.

Coaching shares many similarities to teaching. Therefore, it is reasonable to think that it could come easier to a teacher. "Coaching is a lot like teaching in the sense that you are trying to relay knowledge to others in a way that allows them not only to retain the information, but also

to use it to create something new. It can be challenging to try and teach something that really only comes from experience," Stewart said.

Teaching alone can be a lot to handle. However, balancing coaching and teaching is even more stressful. "Coaching and teaching can be a lot to balance at times, but I make an effort to be completely present wherever I am. So during the day, I focus completely on getting schoolwork done and helping my students, and in the evening I focus on soccer," said Stewart.

While wins and losses do matter, Stewart has a different view of success for the team other than their record. Stewart said, "My goal for the team is for them to create an environment where giving up is not an option. My personal goal is to get to know the players and help encourage them to achieve their own goals."

Stewart is especially anxious to see the team begin play this season. "I am looking forward to seeing how the team performs. I think we have a lot of talent this year and I would love to see the girls utilize their individual talent and come together as a team," Stewart said.

Coaching is a passion of hers. However, Stewart's love for the game in part comes from the lack of coaching available during game time. "Every aspect of soccer is my favorite, however, I especially love that it is a game entirely for the players," said Stewart, "On game day, the coaches have very little to do with the outcome of the game—a lot of it comes from the team itself."

## High school basketball could benefit from addition of shot clock

Alec Rome  
staff writer

Basketball season has been over and done for almost a month, yet a lingering puzzle remains in regards to the Class A girls' basketball state championship final. Millard South played Lincoln Southwest in what was an entertaining defensive battle, until the final two minutes. The Patriots chose to pass around the perimeter for the first remaining minute, then held the ball until the final fifteen seconds. They proceeded to miss what was a low-quality shot and the game went to overtime. Lincoln Southwest won the state championship in the extra period, ending what was a run of domination and immaculate three point shooting.

Which could have been fixed by two things; playing to win and not to lose, and a shot clock.

Fans on Twitter (a small delegation in all reality) were outraged that a team lost because they held onto the ball. Bryce Meyers, head coach of Millard South, said in a post-game interview that stalling was not originally the intended strategy, but stated that he hated stalling and would love to see a shot clock. In contrast, Silver Hawks' Jeff Rump was not in favor of a clock, because it would remove the time for coaches to call plays and players to execute.

It seems like a simple fix, but the means to do so are not such. NSAA officials said that it would require a clock to be in-

stalled at 300 member schools, and that clock would require an extra operator at each home game, clogging up "press row."

However, a rule in a different sport could actually help in this situation and give the athletes a feel of having the clock on their back more often, like in college basketball. Lacrosse has a small warning, which is used when a team chooses to run clock, like Maryland did during one of their title runs. The referee issues a stall warning, and gives the team 30 seconds to put a shot on goal, otherwise they lose possession. When the rule was introduced in 2012, there was no visible clock and the warning was done by the on-field officials, even though there are currently actual shot clocks. So, a hand count would be feasible.

A hand count does not seem outside the means of basketball officials, who count to ten when a team first brings the ball up from the backcourt. The rule would be rarely used, except for those certain situations when stalls are made with plenty of time on the clock, not with thirty or less seconds left in a quarter. Stalling is different than holding for the last shot, and

Millard South's stall tactics were not of a typical "last shot" mentality.

A stall warning would keep the game exciting for the fans and would not necessarily require press row to add a person and schools to add clocks, even though it doesn't seem exorbitant enough to prevent member schools from doing so. This stall warning clock could be implemented in further iterations of the rule, but the task seems elementary and something that should be swiftly taken care of.

If the NSAA were to ever implement a full shot clock, the consequences would be mixed. Pace of play would stay at a nice level and it could possibly lift the competition level of lower class schools that commonly have lower scoring, defensively dominated games. However, mistakes would grow, because young, somewhat inexperienced athletes will make mistakes when a clock is added to what is already a high-intensity situation. Even sixty seconds would not suffice in some moments, which is why a stall warning would give discretion to the officials as to when a warning should be called.

Anything near a shot clock in high school basketball would take some getting used to for players, coaches and referees, but if those tactics want to be prevented, a stall warning is the most logical course of action. One thing is for certain; playing not to lose is never the right answer.

“Pace of play would stay at a nice level and it could possibly lift the competition level...”

## Individual athletes push themselves to their limit, make history



Photos Courtesy of HAYDEN HILL, COURTNEY YOUNG AND RYLEE BONAFILIA

**Left:** Senior Hayden Hill deadlifts 405 pounds. **Middle:** Junior Courtney Young stands with seniors Makensy Pankers, Brittnei McGuire and Kailey Meyer. **Right:** Sophomore Rylee Bonafilia poses with Coach Baker after the state meet.

CONTINUED FROM 'POWERLIFTING' ON PAGE 9

There's a tremendous difference in the weight I am able to lift now. At the beginning of the year in August I could only squat around 150-160 pounds, and I finished the year off at 205," Bonafilia said.

Practices were Mondays, Tuesdays and Thursdays after school, but a lot of the athletes trained outside of practice as well and lifted weights on their own. Bonafilia also added that she cut back on a lot of unhealthy foods and made sure to eat right, which helped her become a better athlete.

The turning point for Bonafilia was when she out-lifted her competitors at the Creighton Prep meet by 180 pounds. "I knew if I worked hard, placing at state could become a reality," Bonafilia said.

On the other hand, Hill said that he knew from the first practice that he could place at state. Both Bonafilia and Hill

placed second at state. For Bonafilia and Hill, it was a proud moment. "It felt amazing. All the bruises from the suits and the wraps were worth it in the end," Hill said.

All three credit Baker for a lot of their success. Young said Baker's hard workouts during the season are what help strengthen both her and the team mentally and physically. Hill added that Baker's "crazy energy" and confidence truly helped to boost the team. "You feel like you could lift a bus with the guy coaching behind you," Hill said.

Aside from Baker, Bonafilia received a lot of support from her family, and Young stressed the impact that her teammates had on her. She said that the whole team was always cheering and supporting her, and that she wants to thank her teammates, Baker and all the other coaches. "And especially [seniors] Makensy Pankers and Jose Cabrera who are not only my teammates, but my role models, and without them I would not have got this far," Young said.

Looking forward, all three have set large goals for themselves. Young wants to reach 1,000 pounds total next year, Bonafilia hopes to place first at state next year and Hill is done with powerlifting, but "will have many memories from it."

Baker's advice to the departing seniors is to continue to work hard. "Something that I've always said, and my powerlifters know I tell them all the time, it's not about where you start, it's about where you finish. The same thing goes in life and anything you do," Baker said.

And for those returning next year, Baker said he will focus on the athlete's mentality in hopes to secure a better ending to next year's season.

"We just have to have a better mentality as far as what we call 'grit,'" Baker said. "We need to get more grit as far as how to just toughen out and when things get hard, we just need to fight through it and continue to improve."

## Trade deadline creates much havoc in NBA

You thought the trades during free agency this offseason would shake things up...

Now, with DeMarcus Cousins headed to New Orleans to join "The Brow" Anthony Davis, and Creighton alumnus Doug McDermott heading to Oklahoma City along with Bulls veteran Taj Gibson, things have gotten much deeper than a rubber match between Golden State and Cleveland.

The East, normally the weaker of the two conferences, now has teams that are catching up to the Cavaliers because of Cleveland's lackluster January record.

The Celtics, who surprisingly did not deal for Jimmy Butler or Blake Griffin as they were rumored to, are only four games back from first. Toronto, in third, got Serge Ibaka to assist Kyle Lowry. Washington seems to be the only other team in the mix. Yes, from the one seed to the eight seed, the West is stronger. But in the top four, it may not be as competitively unbalanced as in previous seasons. While Cleveland is still the odds-on favorite to return to the Finals for the third year in a



**ALEC ROME**  
WHEN IN ROME

row, saying it's "their conference" is no longer realistic.

On the opposite coast, Golden State still has a stranglehold, with San Antonio being the only team near the top. Once again, it seems as if Popovich's Spurs have remained quiet with their "pass up a good shot for a great shot," team-oriented mentality. Houston continues to shoot threes on par with the Warriors, and Utah has positioned themselves nicely in the fold.

The next three teams, the Los Angeles Clippers, Memphis and Oklahoma City, all have teams that could make a run. However, as previously mentioned, the two assets the Thunder picked up before the deadline could make them a true contender, whereas before they were simply a playoff team that would probably lose to the Spurs.

As for teams still in the hunt, Giannis Antetokounmpo (I had to remind myself of how to spell and say his last name) and Milwaukee have the most realistic chance of being a good team, but it all depends on if they can put together strings of wins to push them toward the eight seed.

Dallas added Nerlens Noel from the 76ers, which gives the Mavericks a chance to give Dirk Nowitzki another try at a title.

The real question is whether or not New Orleans can figure out a formula to use both Davis and Cousins to create the best frontcourt in the league, as they have the potential to become. The first few games with both on the floor have been shaky, as Cousins maintained his short temper on the plane ride from Sacramento. The Pelicans are probably thinking long term, as next year, when the pair most likely figure it out, they can make an actual effort in the playoffs.

That is enough imagining for now, because keeping up with an ever-changing NBA can be tiring. Time to sit back and watch the conflicts unfold, because free agency has shown us that anything is possible when stars join forces.

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## Omaha hiking trails, nature centers offer recreation, beauty



ANNA KAMINSKI | The Register

**Top left: Standing Bear Lake located off of 132nd & Fort. Top right: Neale Woods located off of N Riverfront Drive. Bottom: Fontenelle Forest located off of N Bellevue Blvd.**

**Anna Kaminski**  
executive editor

Many say that Omaha has virtually nothing to offer. It may not be located in the midst of the Rocky Mountains or on the beautiful beaches of California, but Omaha is not a completely hopeless case.

The Omaha metro area offers a variety of activities that don't cost an outrageous amount of money. Most notably, the metro area has a surprising amount of hiking trails that provide exercise in addition to beauty. Among the best trails are Tranquility Park, Fontenelle Forest, Neale Woods, Standing Bear Lake and Heron Haven. These trails are only the best of the best, in addition to these, there are many other hiking trails and nature centers in Omaha and surrounding areas such as places like E. T. Mahoney State Park, Schramm State Park or Walnut Creek.

The trail at Tranquility park, located off of 120th and West Maple Road, is somewhat hidden, but well worth the hike.

Fontenelle Forest in Bellevue is a classic nature spot for many Omaha residents. It offers a nature center as well as multiple trails and a stream running through the middle of the park.

Neale Woods is owned by Fontenelle Forest, but it is located off of the North Riverfront Drive and has some of the most beautiful views. There are many different trails of varying difficulty levels that range from the very tops of hills to tree-filled valleys and everything in between. Although it is a little out of the way, Neale Woods allows hikers to experience an incredible peripheral view of the Omaha skyline as well as a view of the other side of the river.

Standing Bear Lake contrasts places like Neale Woods and Fontenelle Forest because of its location in West Omaha. The Lake is most beautiful in the winter - despite the freezing

temperatures - and it offers a serene space in the midst of the suburbs.

Lastly, Heron Haven is near Tranquility Park, located off of 118th & West Maple Rd., and features an educational center, fascinating wildlife and even a hidden lake. A boardwalk takes visitors through a forest and eventually leads them to a dock overlooking a small, sheltered pool of water. It is also located in West Omaha, but is in no way lacking in value.

The prevalence of hiking trails and nature walks in Omaha shows that residents don't have to endure an 8 hour drive to Colorado to experience natural beauty. Worthwhile recreational activities exist all over the city and even the region, they just have to be discovered.

## Senior finishes varsity baseball career, cherishes Central memories

**Choteau Kammel**  
editor-in-chief

For over a century, baseball has been coined "America's Pastime," as it has united generations, families and fans of all walks of life in the same love and passion for the sport. Over the years it has touched millions and seen many more take the field themselves at every level. Senior Sam Messbarger has seen the sport of baseball bring his own family closer together as well as witnessed his own love for the sport continue to grow as he takes the field for his final spring season in purple and white, a fitting finale to many years spent on the diamond.

Messbarger grew up in the Dundee neighborhood, attending Dundee Elementary School and then later McMillan Magnet Center for middle school. Throughout these years he played non only baseball but also basketball, football and even participating in swim team. Out of all of these however, he said, "Baseball and basketball have always been my favorite sports," and that, "Football was fun as long as it was flag football, as once I got to middle school and played tackle in seventh grade I realized being 5'2" and tackling kids that were 5'10" wasn't that much fun."

Beginning in the first grade, Messbarger entered the realm of the baseball diamond for Memorial Little League where the sport became an instant passion. He said, "I've loved baseball since the first time I played and in particular hitting and pitching have always been two of my favorite things to do. There are few things more fun than hitting a ball in the gap or blowing a fastball by a kid." Emphasizing these tenets of the game, Messbarger would go on to play on many all-star games, paying tribute to the coaching prowess of his father who would remain steadfast present figure in his growth as both an athlete and into a young man.

Growing up in Dundee, Messbarger said that the desire to be an Eagle at Central High School began very early, both due to proximity and the attendance of dozens of athletic events with his dad over the course of his childhood. "It was always my birthday present to get to skip school and go down to watch the first day of state basketball with my dad and I was even in the

gym when they beat national power Oak Hill Academy in 2013," he said. Showing such dedication to Central, Messbarger actually began playing baseball for the school's Reserve Legion team the summer before his freshman year. His ties to the team were strengthened by the fact that Central Baseball's current coach, Jerry Kreber, had coached Messbarger's younger brother in some of his own sporting ventures.

Through the Central baseball regimen, Messbarger has increased his performance in the weight room and on the field many times over and through the expertise of coaches such as chemistry teacher and pitching coach Jerry Frerichs he now starts varsity, competing against the best teams in the state. Messbarger also said that this hands on attention and care for the players is the norm for central baseball and that as such the whole team has improved over the course of the years.

Due in part largely perhaps to Central's own reputation for both academic and athletic excellence, Messbarger said that his experience over the last four years has helped to round him out as an individual and prepare him for what lies ahead. He said, "Since I have come to Central my experience both in and out of baseball has been outstanding. Central is an outstanding school whose teachers and diversity set it well above many other high schools. I have had countless teachers that have taken it personally upon themselves to help me become not only a better student but a better person."

With graduation now only a little over a month away, Messbarger looks to begin closing the Eagle chapter of his life as he moves on to attend Iowa State University in the fall, however he said he will never forget his years in the nest. "Looking back, Central will always be a place I hold close to my heart for what it did in a number of ways to help me mature in both mind and body," he said, "The community of Eagles is something I will always cherish and not take for granted. I have met and become closer with a number of friends that I'm confident will remain close to me for the rest of my life."

# Sophomore climbs to new heights, dedication pays off

Miles Kay  
staff writer

For sophomore Michael Pavel, being afraid of heights is not an option. Pavel has been rock climbing at the Approach Climbing Gym for nearly a year and a half, and ever since his first day on the wall Pavel has dedicated himself to the sport. After his mother noticed an article on Approach in the paper, Pavel decided to check the gym out, and that visit was enough to get Pavel hooked.

Pavel is at Approach most days of the week. Though Pavel climbs many different routes, he focuses on his project- a route that can take days or weeks to complete. "I go to the gym almost every day after school from 4:30 to about 9:00, in that time I warm up on some easier routes then work on my project," Pavel said, "On the weekends I got to the gym from about 12:00-9:00 on Saturdays and 12:00-6:00 on Sundays, with the same routine but more time to climb."

Pavel prefers bouldering to top-rope and lead climbing. Whereas top-rope and lead climbing feature more vertical movement and are what comes to mind when most people think of rock climbing, bouldering requires different movements, and though the wall is not as tall, it is more challenging in many ways. "Bouldering is basically climbing a wall with mats to catch your fall instead of ropes," Pavel explained, "It usually has more powerful moves and really cool styles."

Though he started climbing less than two years ago, Pavel has improved quickly. He attributes his rapid growth to the large amounts of time spent at the gym with other climbers. For Pavel, practice has truly made perfect. "The biggest factor in my improvement has been just going to the gym as much as I can and working the different styles of routes," Pavel said, "I have learned techniques by watching how others climb and replicating their styles."

Greg Wulf, Pavel's climbing coach, has also had a major impact on Pavel's abilities. "He shows me good techniques on the wall and is a great trainer off the wall," Pavel said.

Rock climbing still challenges Pavel in many ways. At Approach, routes are changed regularly, offering Pavel new opportunities to push himself both when bouldering and top-rope climbing. Outside of the gym, Pavel stretches regularly to prepare for the physical demands of rock climbing. Pavel finds that monitoring his breathing is the most challenging part of climbing. "I tend to find myself holding my breath for about a minute and a half when I'm doing longer and more powerful routes," Pavel said.

When climbing, physical endurance is not the only tool needed. Climbing also requires quick problem solving while on the wall and thoughtful preparations before even stepping foot on the wall in order to correctly strategize a path up the wall. Pavel has developed his own style of preparation. "I usually look at the route, find the best sequence to get to the top, visualize the movement and hop on the wall," Pavel said, "I also usually form an image of my projects in my head and go through the movements in school or on a rest day when I have time."

Pavel's favorite memory of climbing is when he completed his first V10. Bouldering routes are rated using the "V" Scale, with routes of increasing difficulty labeled with higher numbers.

Pavel has set goals for himself to climb more difficult routes. "I am planning on [climbing] my first V11 in the near future, but I really want to become a V15 climber someday," Pavel said, "I am also hopefully planning on going to the open and youth nationals this year."

Pavel has also taken his love for climbing outside, applying the skills he has honed indoors at Approach. He plans on climbing more this summer in Colorado.

Of all the things that Pavel has gained from climbing, he believes that inclusion in the climbing community has been the most important. "The climbing community is great," Pavel said, "Everybody is nice and welcoming to others who are interested in the sport."



Photo Courtesy of MICHAEL PAVEL



# GREEK ISLANDS

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## WHO ARE YOU WEARING?

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Junior Alexis Horton designs her own prom dress and presents it during Omaha Fashion Week.



## COMING SOON

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There are multiple well-known acts coming to Omaha, including artists such as Lady Gaga and Coldplay.

## OUT TO BRUNCH

20-21

The Register reviews four popular breakfast restaurants in the Omaha area.



# arts & style

the REGISTER • April 6, 2017 • Volume 132, Issue 5

## ON DISPLAY

IB art seniors showcase their art projects they have been working on for two years.



LILY GILLILAND | The Register

Top left, bottom right: Patrons stroll through the Joslyn Art Museum's student exhibition featuring Central art. Top right: Senior Aaron Burbach with his artwork. Bottom left: Senior Lauren Weide with her artwork.

Miles Kay  
staff writer

After four years in Central's art program, Advanced Placement and International Baccalaureate art seniors are ready for one of their final exhibitions, a show at Joslyn's Community Gallery. Opening on March 9th, the show will last through March 19th and feature works by students in the IB Diploma Program and AP 2-Dimensional and 3-Dimensional Studio Art.

AP 2-D Studio and IB art instructor Tanya Simmons has helped the students prepare for the exhibition. Each student showcases several of their best pieces, and along with their pieces IB students must write curatorial ratio-

nales and exhibition text and AP students must author artist statements. Simmons commends her students for their hard work in the process. "IB and AP are both highly independent classes and we are constantly learning from our students, whether it be about a medium we haven't tried, new techniques, about new artists they have researched and even social issues that are important to them," Simmons said, "These students bring what they care about in this world into their art and it is very cool."

Simmons appreciates the work of Joslyn's studio programs manager, Andy Smith, and Joslyn's Director of Education and Outreach, Nancy Round, both of whom have made it possible for the AP and IB students to have this

CONTINUE TO 'IB ART'  
ON PAGE 22

## Spring, summer fashion blooms as fall styles wither away

The fall and winter seasons have left, and so has the fashion that goes along with those seasons. Fear not, the world still has spring and summer fashion to live for. The order of spring collections first appear in early October, then comes Resort. Resort is a mini season that's moving toward an 'anything goes' mindset. Finally spring collections end with spring ready-to-wear for the upcoming year; a pre-collection that serves as a barrier between the sold out fall clothes and the not yet delivered spring collections.



ZOIA MORROW  
ZOIA 101

Very confusing for someone who does not live for fashion, so here's an easier example. It goes: pre-spring 2016 RTW (October) > resort 2017 (Mid November) > spring 2017 RTW (February).

Recent runaways suggest these are the biggest common factors in spring and summer fashion this current ready-to-wear season.

### Mellow Yellow

Yellow is a vibrant, beautiful color that everyone can wear with the right shade. Yellow makes one's skin tone pop and is a splash of color in a dimly lit world. Black is usually everyone's go-to color, but this spring yellow is the way to go. Off the runway, stars like Viola Davis, Natalie Portman and Reese Witherspoon wore yellow to the Golden Globes where they stood out in a crowd of metallic and sequin-dressed stars. On the runway, Oscar de la Renta, Parbal Gurung and Joseph Altuzarra sent models down the catwalk in a variety of lemon colored dresses. Altuzarra made the world fall in love when they presented a marigold and velvet dress that suddenly gave everyone hope and spirit. Yellow is one of the few colors that pairs well with dark colors like navy blue and black. Classic and chic all at once.

### Sequins and Metallic

While the sequin and metallic trend never went out of style, it certainly is back in full force. For everyday wear, one can throw on a metallic top with a simple pair of boyfriend or straight knit jeans. It should be paired with a simple shoe to ensure that the metallic top will be the center of attention. For fancier

occasions, take the route of Solange Knowles at the 2017 Grammy's red carpet in an off the shoulder, frizzled metallic dim gold dress. It's one to keep in mind as prom approaches. On the other hand, Heidi Klum opted for a short metallic Philipp Plein dress. That goes for a nice spring or summer day because the material is light, unless it's skin tight, then that's a different story.

### Bell Sleeves

Bell sleeves are exactly how you are picturing it—bell bottoms, but for sleeves. It's a simple, yet vintage look for any outfit. Imagine a bell sleeve top with a pale pink pleated skirt, because a bell sleeve fits with any bottom. There are off the shoulder bell sleeves, lace, sheer and dress shirts. This trend can be worn in the workplace, to school or a simple dinner. Either way, it puts off a classy persona on behalf of whoever is wearing it. Expect a wave of bell sleeves in editorials and street style this spring and summer season.

CONTINUE TO 'FASHION'  
ON PAGE 22

# Junior designs, walks runway in mermaid-style prom dress



Photo Courtesy of ALEXIS HORTON

Metro Comm. College had a "Student Night" at Omaha Fashion Week where junior Alexis Horton poses with competitor.

**Hayley Raney**  
staff writer

Junior Alexis Horton attended Omaha Fashion Week (OFW) with her prom dress she created and designed along with the help of family and consumer science teacher Mallory Mohr.

The prom dress took her approximately two weeks to make, but because of the intense pressure of OFW she crammed most of the work into two days.

She wanted her dress to be light, flowy and fitted at the waist. She decided black for her dress because black is her favorite color.

Horton created her own prom dress because prom dresses now are not particularly what she likes or her style. "Since I have the skill I decided just to make my own, so it's exactly what I want," she said.

Mohr helped Horton make the pattern and the process of going through the technical aspects of creating the dress.

Horton loves fashion because it's an ability to express your

self. "Something can be completely hideous to one person and be beautiful to another person", Horton said.

She loves the idea of making clothes because it is so "open-ended and being able to make something that is completely your own."

Horton's fashion inspiration would be Chanel. "She's my life, the little black dresses are everything," Horton explains. Horton feels Chanel started fashion and everything that goes with it.

For Horton's future, she really feels designing clothes will be a part of her career. "I'm planning on either going to Metropolitan Community College or University of Nebraska at Omaha (UNO) to start one of their fashions programs after graduation," Horton said.

The countdown to fashion week was "insane" coming down to the week Horton's dress was not finished. "I stayed in the sewing classroom all day just to finish it, I was stressed," Horton said.

She attended OFW because Ms. Mohr had signed her up for

it. Horton feels her dress contributed to fashion week because the dress was made by a high school student. "You don't have to be a huge designer to be capable of making your own dress," she said.

Horton described the show as nerve racking. "When I walked out, it was just this huge white light. It was a really surreal experience," Horton explained. She never thought she would actually be there.

Horton's favorite part of the show was walking down the runway and seeing her family's proud faces.

She now has her own sewing machine and plans to continue making her own clothes during the summer.

Horton has also signed up for the Kent Bellows Internship. As a result of this year participating in fashion week, next year Horton plans to create a line of clothing for fashion week. She also plans to have other Central students to help her model her designs next year.

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# Video streaming services offer more customer appeal, quality content

Julian Hock-Beaty  
staff writer

Video streaming services are dominating the in-home entertainment industry. Companies like Netflix and Hulu offer a seemingly endless variety of movies and TV shows with a paid subscription. A growing number of people are trading their \$100+ cable bills for streaming services, which typically cost around \$8.99 a month. Long-time cable customers are actually given less options in terms of viewing material, whereas streaming services constantly update their libraries. Because many consumers are making this transition, a large number of big-name companies are beginning to invest in streaming services of their own.

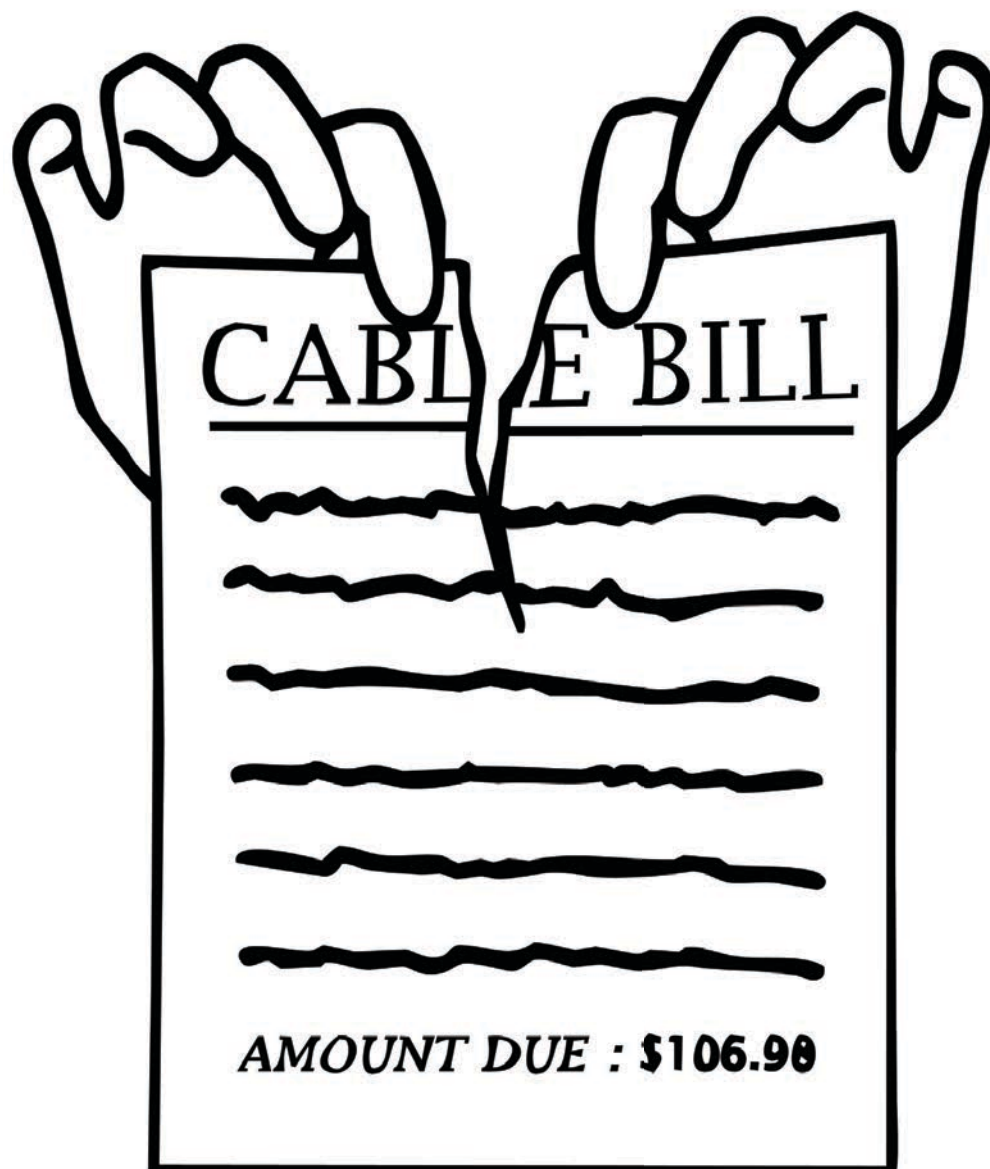
Netflix, Hulu, HBO GO and Amazon Prime are among the current streaming service giants. These companies offer service-exclusive content for their customers, meaning certain shows and movies are only available with a paid subscription. Additionally, Netflix and Hulu have landed several contracts with other media companies, allowing their content libraries to expand even further. The large success of these shows and movies can be attributed to their limited availability, and many consumers hold accounts with multiple streaming services in order to watch as much content as possible.

Unsurprisingly, digital service companies and technology developers are beginning to try their hand at offering their own exclusive streaming services. Apple TV is planning to release its own collection of service-exclusive TV shows and movies within the next year. Building upon the streaming platform that Netflix successfully created, Apple hopes to expand their versatility as a company. This has proved to be a fruitful endeavor, as Apple TV was predicted to have around 7 million subscribers at the end of 2016.

Allegedly, Verizon is planning something similar. Verizon has become much more than just a telecommunications company within the last few years, as they have started offering Wi-Fi services, home utilities and even roadside assistance. The company's fairly new mobile television platform, Go90, is broadening its reach. Verizon has an estimated 145.7 million US customers, as of the end of 2016. With this many paid customers, a gigantic reservoir of potential Go90 subscribers is presented.

The biggest obstacle for companies following the paid streaming service trend is creating successful content. Netflix was fortunately able to solidify a contract with Marvel, and thus, tapping into a new audience. Netflix and Marvel have created four exclusive shows together on this contract alone, and plan to release at least three more. Hulu has followed a similar path, leading to a surge of new subscribers. However, companies that are just now integrating streaming services have to raise the bar on their content to stay afloat. Netflix and Marvel's partnership has produced critically acclaimed material, which will be hard for newer companies to beat.

If companies continue to create their own streaming platforms, customers will likely continue to favor immediate access to cheap, near-limitless content over expensive cable bills. The truth is, cable is on its way out. Inevitably, streaming services will replace cable service altogether. Much like mp3 players, DVDs and CDs, cable service will slowly but surely become a dwindling thing of the past. With this being said, it is unclear whether or not streaming services will become monopolized by big-name media companies.



JULIAN HOCK-BEATY | The Register



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# Popular music artists come to Omaha, make city a destination

Zoia Morrow  
staff writer

Typically, when one thinks about “The Big City” it’s not usually Omaha. To anyone who has been living here for majority of their lives, there’s nothing special about this place. Really, there still isn’t, but as of 2017 Omahans have a lot to look forward to.

For one, a large number of main stream artists will be performing here in Omaha whilst on tour. Names like Lady Gaga, Chance The Rapper, Coldplay and more will be bringing in more revenue to Omaha than any annual festival could ever do. Even Smokey Robinson will be here for all the lovers of Motown. These artists go on tour with the knowledge that people will buy tickets to see a good show, that being said Omaha is no exception. Considering Omaha isn’t even the capital city of Nebraska, it is even more of a big deal as winners of Grammy’s never come to perform somewhere as boring of city as one would think.

CenturyLink center, where concerts are usually held, has a capacity of a little over 18 thousand people; depending on the price range of the tickets, one show could bring in hundreds of thousands of dollars. This includes the tickets people purchase pre-show, the merchandise sold to preserve memories of the show, and food to eat as the show is happening.

The rough part of these artists coming to Omaha is that many of them are well liked and tickets sell out fast. Chance The Rapper is performing at the CenturyLink May 10, but tickets went on sale mid-February and it only took two days before tickets were sold out. Of course, name brand companies like Stubhub and Ticketmaster immediately buy seats and re-sale them for higher prices (which is a rip-off but that’s another story). In other words, with highly known artists, get tickets as soon as possible, if possible because they will be gone before the song gets to the chorus.

They sell out fast because it’s Omaha. It’s not everyday Faith Hill and Tim McGraw or Green Day come to a city in the middle of the United States for a show. Typically, in the Midwest the closest concert is likely to be Kansas City, MO. Even then, that is a two to three-hour drive, then a place to stay for the night. Any who, the concerts Omaha has in store this year will finally put Omaha on the list of places to go on tour. Sooner or later becoming a destination as a midway point from east to west or vice versa whilst on tour.

It’s incredible to see these huge artists in Omaha because this rarely happens especially so many in the span of a year. This is every fan’s dream and to get the chance to see an idol live in concert. The experience is like no other; each concert is different and new memories are made that are to be cherished forever. May 2017 be the year Omaha prospers in concerts and entertainment.



JULIAN HOCK-BEATY | The Register

# Even through school stress, decathlon always proves rewarding

Study guides. Speechifying. Homemade toffee. All of these things have characterized my participation in Academic Decathlon over the last four years. For me, this year’s state competition was a bittersweet experience. In every year of high school, Decathlon has been a focal point of my efforts, but this year an air of finality surrounded the two-day event. The last time watching Ms. Reed furiously polish shoes and iron clothing in Mr. Tucker’s room. My last prepared speech for Decathlon judges. My final multiple choice Decathlon tests.

When the competition ended, I felt a mix of emotions. Happiness, because my performance and my team’s third place medal had exceeded my expectations. Sadness, at the fact that I would never again be a part of a program quite like Academic Decathlon. Exuberance, at the thought of all the time I would have now that I no longer had to study. And, most prominently, a sense of longing, a wish that I could do it all again and have another four years.

As a senior, I have been forced to acknowledge that the year holds more than a few goodbyes. Yet so far, Decathlon has been the hardest thing to say goodbye to. It is hard to quantify the impact that this program has had on me. It goes beyond intellectual stimulation; the Decathlon team is like a family. Though the stress of Decathlon brought us together, ultimately our bonds reached beyond hours dedicated to poring over study materials.

As a freshman, I walked into the program lacking self-confidence and discouraged by my failure to make many friends. Academic Decathlon changed all that. I still remember the first time I spent a Saturday morning studying at Central. For most people, Central is the last place they want to spend their weekends, but for me study sessions became something I looked forward to. This was not because I enjoyed reading the dull and detailed resource guides, it was because the people on the team made studying anything but boring. At every study session, I was rarely productive, spending more time talking to my teammates over donuts and coffee than reading. These sessions made my ninth-grade-self feel that he belonged, that he was truly a part of something.

Now, I stand at the end of my four years as a competitor. For me, high school and Decathlon have been inseparable, and with the end of one, I know that the end of the other is speeding towards me. My days as a competitor may be over, but I will always carry what I have learned from it with me. Decathlon taught me that it’s okay to be a nerd. That it’s okay to geek out over Star Wars, enthusiastically analyze symbols in Hemingway works and shamelessly laugh at bad math puns. Decathlon taught me to be confident in myself.

A major facet of the Decathlon program is giving both prepared and impromptu speeches and interviewing. These competitive areas were the most daunting of any for me as I had little experience in public speaking and was often timid around my peers and adults. With Ms. Reed’s coaching and the encouragement of my teammates, I discovered that by believing in myself I could overcome my paralyzing fear of speaking in front of others. Moving forward, I know that I will be able to use these skills for the rest of my life.

Decathlon reminded me that diversity is what builds productive groups. Central’s Decathlon program is reflective of what makes Central the best school in Nebraska. Decathlon is defined by diversity: it is accessible to students of all creeds, ages and ideologies.

On the team, I have met people from all walks of life, beliefs and races and been influenced by their viewpoints. Decathlon not only made me a more well-rounded student, it created a person with an improved global perspective and the ability to work effectively with all types of people.

At the end of the day, I am not going to remember the medals I won or the scores I received. I am going to recall everything that I’ve learned and the people I’ve been influenced by. For me, Decathlon has been about the journey, not the destination, and it’s a journey that I’ll remember for the rest of my life. I’ll remember the hours on end spent practicing speeches on Saturdays. The dinners at Noodles and Company after state competitions. All the friends I’ve met. And, perhaps most importantly, that age-old Ms. Reed-ism, “Never invade Russia!”



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NOT KILOMETERS

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## venue:

Javier Lepes  
staff writer



Sky Zone, an indoor trampoline park located on 4215 S 133rd St, is a place where you can go to play dodgeball, volleyball or basketball on a trampoline, or just to go jump around and have fun. Photo Courtesy of [OHMYOMAHA.COM](http://OHMYOMAHA.COM)

Sky Zone, closed on Mondays and hours varying by the day of the week has many options to choose from to have fun. You can choose freestyle jumping, Sky Slam, Ultimate Dodgeball, Ultimate Volleyball, and a Foam Zone.

My first reaction when I walked in Sky Zone is that it was a huge warehouse with a bunch of preteens and kids under the age of 10 running around. I also noticed that staff was everywhere and were always open to ask questions as they approached me multiple times to see if I needed anything.

After you walk in the doors, you have to sign a waiver before you start jumping as there are some safety concerns. Prices seemed reasonable as you paid for a certain amount of minutes for general admission. It is also preferable that you pay ahead of time and reserve a spot for a time throughout the day due to availability. General admission allows you access to the FreeStyle Jump, Foam Zone, and Sky Slam, ultimate dodgeball and ultimate volleyball are subject to availability.

The prices are set up if you were to stay and jump for a prolonged amount of time as 10 dollars gets you 30 minutes of jumping time, 60 minutes costs 14 dollars, 90 minutes will cost 18 dollars, and 120 minutes will be 22 dollars. Sky socks are required to jump on the trampolines and costs two dollars, they're available at the front desk in plastic packs and you are able to keep them just in case you were to come back.

The atmosphere of the building was positive and safety was a big concern. Throughout the entire building, there are many signs warning about safety for the children while jumping and also warning you about the restrictions and what you should not do while jumping during your experience at Sky Zone. Staff is also on the lookout and are located at each trampoline just in case of an accident.

All trampoline sections were full during the time I was there and was hard to go around and jump wherever I wanted because there always seemed to be a five-year-old in the way of me whenever I would make a turn. The freestyle trampoline was the fullest out of the five trampolines and was the only one that seemed fun.

The rest of the trampolines were small but had activities that came with them. If I were to choose from any of the activities I would choose Dodgeball. Basketball had three basketball hoops side-by-side and the purpose was just for you to run up and try to dunk the ball into the basket. The volleyball had less than five people playing and no one was attracted to it.

Sky Zone is a trampoline place that is mainly aimed at pre-teens and younger. I would recommend Sky Zone if you were to bring a little brother or sister or anyone that's under the age of twelve to have fun, it has many activities for them to do and the building also offers food and drinks for you to buy. If you wanted to go somewhere to spend some time with a little brother or sister, I would recommend Sky Zone as it would keep them occupied the whole time.

## film:

Carlson Koch  
staff writer

Hugh Jackman's last movie as The Wolverine in the movie Logan serves as a wonderful film to the addition of The Wolverine's life. The film has a captivating storyline to it, first off, Wolverine believes he is the only mutant alive after the virus that was designed to kill everyone.

In thinking he is the last mutant alive, Logan plans on buying a boat to live a secluded life with his only friend and father figure Professor X. Logan works to protect him as best as he can, but he is burdened with protecting his daughter Laura. Laura is identical in that she also has adamantium claws. Laura had Logan's genes inserted in her, originally designed to be a soldier, along with many other children seen in the movie. After designing a soldier with no soul, the antagonists do what they can to kill the child mutants, but they escape and Laura finds herself with Logan in search for her friends. They fight their way to Eden, where Laura believes her friends who are also mutants are. Upon arrival, Laura is greeted by all of her friends and the group decides to push north to Canada for safety away from their creators whom are hunting them.

Here, it is apparent that Logan is sick, he is dying from the adamantium inside him, which is poisoning his blood and his ability to heal is slowly draining. The children utilize a serum which enhances mutant powers to bring Logan back to health. As the group of children heads north, they leave Logan behind with a bottle of the serum and his truck for him to live the life he wanted. When Logan wakes up, he notices the children are being chased by their creators, and he then becomes a hero. He saves many of them not before the children are huddled up in order to be exterminated. Logan and Laura, father and daughter work together to free them and kill the group not before a soulless soldier much like Logan is released with intentions to kill. Logan and Laura fight, Logan tells Laura and her friends to run, knowing he will not survive this fight, Logan sacrifices himself.

Weak and mutilated, Logan is pushed up on log knowing his death is inevitable as his powers are weak and will not heal him fast enough. Laura returns with the adamantium bullet Logan always carried and shoots the soulless doppelganger. Logan's life ends with Laura holding her father's hand and looking at Logan and saying "Daddy" and Logan responding with "So this is what it feels like". Before Laura leaves her father's grave, she rotates the cross on the ground from a "T" shape to an "X", showing Logan's importance as part of the "X-Men". It is symbolic in the movie that Logan died satisfied with his life, as he had always been faced with hardship and the need to fight. He was born a killer, but died a hero.

Logan's death was overall heart-wrenching, but the way in which Logan was developed by saving the race of mutants shows that his life was maybe more important than any other mutants. Overall, this movie will develop the Wolverine as it is known into more of a respectable man rather than just a killer. The movie is well-done and deserves a rating of four out of five stars because of the way that Logan shines in his final moments.

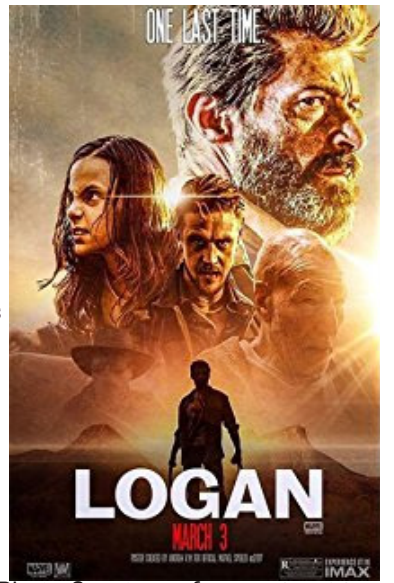


Photo Courtesy of [AMAZON.COM](http://AMAZON.COM)

## film:

Cecilia Huber  
staff writer

A live action film of a classic Disney movie was finally released to the public in mid-March. Theaters were packed and tickets were sold out just to see the long-awaited Beauty and the Beast.

This version of Beauty and the Beast did not follow the cartoon Disney movie that first showed in November 1991. Instead, the movie involved real actors. Belle was played by Emma Watson and the beast was played by Dan Stevens.

The summary of the storyline is the beautiful, independent Belle is taken prisoner by the beast in his castle.

The experience is very frightening for her, but she still manages to keep some courage to make friends with the enchanted staff of the castle. As the movie progresses, her courage builds and allows her to learn to see the beast in a different way. Now, the beast is a young, handsome, and kind-hearted prince underneath the terrifying exterior. The movie's duration is two hours and did get a bit lengthy at times. In the cartoon version, Belle took less time going through the woods than in the newer version.

The costumes and set for the movie took hours upon hours of hard, detailed work to create. E! News stated that the dress alone took 18 hours to perfect and 3,000 feet of thread were used, along with 2,160 crystals. The dance floor was made of 12,000 square feet of marble, there were 10 glass chandeliers based off of actual ones from Versailles. And finally, there were 1,500 roses were purchased. Dan Stevens who played the beast had to walk on stilts to make him look so tall and both he and Emma Watson had to take dancing and singing classes. All of this hard work finally paid off to create a phenomenal movie.

Overall, I rate the movie three out of five stars. I appreciated the hard work that went into the making of the movie. This newer version followed the original quite closely, yet it was still able to add new enjoyable elements to the story. In my opinion, the characters were pretty bland, but maybe that was partly due to the acting. The singing was impressive for actors that didn't have much experience in that field, and the music also added that magical Disney aspect to the movie. As recreations usually go, I enjoyed the original animated Beauty and the Beast more than this newer version.



Photo Courtesy of [MOVIEWEB.COM](http://MOVIEWEB.COM)

## food:

Vasili Sgourakis  
staff writer



Photo Courtesy of [ZOMATO.COM](http://ZOMATO.COM)

Bonefish Grill is located in the Regency Court Omaha Shopping Center off of 120th and Dodge. They feature a seafood-centric menu as well as select steaks. Bonefish is open from 4-10 p.m. on Monday-Friday, 11 a.m.-11 a.m. on Saturday, and 10 a.m.- 9 p.m. on Sunday.

The service is superb. There was not an extensive wait between ordering appetizers and meals to when the food came out as there is at other places. Instead, everything arrives in a timely manner, even quicker than one would expect. Hosts, as well as waiters and waitresses are extremely friendly. They greet you as soon as you walk through the door and are always present.

For appetizers the "Bang Bang Shrimp" and Calamari are two of the favorites. The Shrimp has a little kick to it but not enough that anyone would not be able to handle the spice. The calamari is not rough or too chewy but instead the perfect texture easy enough to eat. If you would like something that is not a seafood option for appetizers, the "Wagyu Beef + Ginger Potsickers" could be an option or the Edamame. There are plenty of quality options to get started with.

For my meal I decided on the "Lobster Stuffed Shrimp": six shrimp stuffed with lobster, red peppers, lemon butter, and served on a bed of spinach. It comes with two sides as well. One can either choose from the "fresh" or "deluxe sides" which may cost extra. I went with sweet mashed potatoes and mac and cheese. The sweet mashed potatoes went great with the shrimp in adding some sweetness to the richness of the stuffed shrimp.

If a seafood specialty or grilled fish does not sound appealing, that is no problem. There are plenty land options as well. A Ribeye steak, Filet Mignon, and grilled chicken are each excellent options for one looking for a meat option. Bonefish also features a boneless pork chop served with Fontina cheese, garlic prosciutto, and mushroom Marsala wine sauce.

Although Bonefish Grill may be featured for its delectable seafood options, they do not lack the diversity in their menu to please people of all tastes. Neither appetizers nor entrees will disappoint and the service matches the quality of the food. For a nice Sunday night family dinner or special occasion, Bonefish Grill is a formidable option.

# THE BEST BREAKFAST IN OMAHA

Our staff reviews some of the best breakfast spots in the metro area, including places from all around the city.



## BAILEY'S

Georgia Chambers  
editor-in-chief

There are many different local breakfast places in Omaha that once discovered can quickly become a favorite place to go to for a peaceful brunch. Bailey's, located on 120th and Pacific, is one of these restaurants and is worth the drive out west.

My family and I had passed by its location multiple times unaware that it was even there until a friend of my dad's had suggested it to us. It does not look like much from the outside, it does not even look much like a restaurant, but do not let the exterior fool you—the food and service is superior to many other popular restaurants.

However, there is one aspect of Bailey's that results in potential customers walking away even before they sit down. Plain and simple, the restaurant is just too small. The doorway is always crowded, and there is hardly ever room to sit down to wait, so many people awkwardly stand around, bumping into strangers as they wait for their name to be called to be seated. Though, this is misleading because the wait time hardly ever exceeds 15 to 20 minutes, and the service is very efficient.

If you can get past this, the rest is an enjoyable experience.

Once seated, the server is there right away to get your order started. If you're lucky, you will have an older waitress with glasses and a very noticeable "pep in her step." Her smile is infectious, and her personality sets Bailey's aside from other restaurants. She makes it her job to get to know her customers, and she knows many of peoples'

120th & Pacific St.

fast item from the menu is their French toast with a side of sausage. Their French toast is, hands down, the best in the Omaha metro area. Bailey's is one of the few restaurants to use cinnamon in their French toast. Its crunchy outside gives away to a soft, fluffy middle and almost melts in your mouth. The powdered sugar and cinnamon blend together to create a perfect taste and leaves you coming back for more, even though they give you four pieces alongside the sausage. I have yet to finish all four. As for the sausage, it had just the right amount of flavor and paired well with the French toast.

Bailey's also offers crepes, omelets and various pastries. As for lunch options, they offer soups, sandwiches and burgers. The price is reasonable, and you can expect to be in and out in less than an hour.

So, if you can stand waiting for a table amongst strangers in close quarters for about 20 minutes, Bailey's is well worth it. The service is unmatched and the food is quality. It is a perfect way to have your weekend get off to a good start.

## THE DINER

12th & Harney St.

Alec Rome  
staff writer

The name pretty much says it all. A diner smack dab in the middle of downtown Omaha offers breakfast and lunch options, some signature to the restaurant and some simple items that are created quite well.

Just off South 12th Street, The Diner earns consistent four and five star reviews on their Facebook page and on review websites. You can order one of their signature dishes like the "Ooh La La" french toast or a number four; two eggs, hash browns or fries, toast and a choice of sausage, ham or bacon.

Nothing that any restaurant or wannabe culinary master could not accomplish, but The Diner excels in these categories. The hash browns are an ideal balance between crispy and chewy, with the potato skins still present. The toast is lightly buttered enough to give it flavor, the eggs have no problem. Yet, one item from the breakfast spot seems to reign over any other breakfast place in Omaha.

Bacon.

A secret recipe according to one of the owners, the juice actually drips from the bacon strips. They seem to be coated or cooked in a maple syrup or apple smoked sauce, along with some pepper on top. Sure, the actual contents are unknown, but one fact is for certain: The Diner possesses the best bacon around. I dare you to find a comparison, because the bacon is chewy like actual meat and not crispy to the point of inedibility.

As for the atmosphere, The Diner (which has stood at the same spot since the early parts of the Old Market) seems to be the same since the place was opened. A vintage counter and furniture make the spot look like a diner from the fifties, with decor adding to the room. Sure, more modern pieces have been added to the room that fit the ownership's personalities, but nothing that would seem out of the norm.

Customer service is always excellent, as the owners are the ones who normally work and wait tables.

The only detraction is that there is not an abundance of seating. So, during busier times, you might find yourself waiting for a little while to find a spot, but not terribly long.

The Diner has with it the same love and values that headlined diners decades ago, love, community and great food.

Rating: 4.5 out of 5

The average American eats 18 lbs. of bacon per year or a whopping total of over 5.5 billion lbs.

There are over 87,000 different drink combinations at Starbucks.

IHOP gives away free pancakes on National Pancake Day. This year, it was on March 8.

# FARMHOUSE CAFE

 3461 84th Street

Simone Davis  
staff writer

If there is one thing Omaha is known for, it's having an excellent restaurant scene. The city is rich with diners and nationally recognized non-chain restaurants. FarmHouse Café and Bakery does not disappoint this high standard in local cuisine. The Omaha restaurant has a diner-like feeling, good service and memorable food.

FarmHouse is located on 84th street, and it is connected to Mangelsen's craft shop. While guests wait for seating, as the restaurant is often packed, it is convenient that there is a store there to keep busy or pass the time. When seated in the restaurant, it has a vibe more similar to a sitting in a diner rather than sitting in an IHOP. It looks old-timey, but in a way that feels nostalgic, not outdated. Set up near the counter, there is a display case full of beautiful desserts that many consider one of the best things FarmHouse has to offer. All in all, the building has character.

Not only is the space enjoyable, but the staff is too. The waiters and waitresses always greet customers with a smile and they try their hardest to be attentive. With that being said, they are a little on the slow side. Weekends are especially packed, and when the building is filled with people the way it is, it becomes evident that the staff gets somewhat overwhelmed. And although it is a little slow moving, customers are still treated kindly and when the staff is present, they are fairly attentive.

Even though a nice staff and building is a bonus, customers are still reeled in by food, and FarmHouse's breakfast is noteworthy. The cooks prepare eggs exactly as their customer asked, which can be somewhat of a rarity at chain restaurants. The eggs are also seasoned well, and the customer is left neither wanting more nor wanting less. But, the omelets are not as good as the plain eggs. It is unusual to have a slice of American cheese on an omelet, and that surprise was not particularly welcomed. Another disappointment on the menu were the hash browns. Hash browns should be crispy and somewhat soft, but not borderline mushy. With these two things put aside, the rest

of the food was delicious.

Though considering cinnamon rolls to be breakfast is debatable, they will be put under the blanket of morning foods because it is impossible to comment on FarmHouse's cuisine without mentioning what they are famous for. Their cinnamon rolls are huge. And though there is something to be said of quality over quantity, their cinnamon rolls have both. They are served warm, and the icing on the cinnamon roll is sweet, yet not overpowering. There is a reason most customers leave with FarmHouse's cinnamon roll on their mind, and it is because they are delicious.

All in all, FarmHouse is a good experience. The service can be slow, but they are always sweet and they try to pay attention to those that they are serving. The food is different, but for the most part it is delicious and doesn't disappoint. If ever there is a slow morning where someone doesn't want to cook for themselves but they still want to experience a homey meal, FarmHouse is the place for them.

## breakFAST FACTS

**Frosted Flakes is the most popular cereal in America.**

**31 million Americans skip breakfast every day.**

**93% of Americans believe that breakfast is the most important meal of the day.**

# JIMMY'S EGG

 multiple metro locations

Javier Lepes  
staff writer

Jimmy's Egg, a Breakfast/Brunch/Lunch restaurant that's open from 6 a.m. to 2 p.m. located on N 80th Street is one of the go to breakfast restaurants in Omaha.

Walking into Jimmy's egg on a Sunday morning seemed regularly busy. As I walked in, the line to be seated was all the way outside passed the door of the restaurant. Even though the line had about 20 people waiting to be seated, it only took about 5-10 minutes of waiting to be seated as the restaurant staff was constantly checking if there were any seats open.

The staff was extra friendly starting from when they lead us to our seat to saying "Goodbye" when we left the restaurant. When our waitress seated us, she kept us informed of the many items on the menu, ranging from traditional Breakfast plates to sandwiches and Burgers. She was helpful with answering the many questions that I had, and was extremely nice and polite.

The overall look of the restaurant looked clean with employees acting quick to messy tables and trash around the restaurant. The restaurant looked like it was going for a nice, elegant "In it's own way" type of restaurant look with hanging lights from the ceiling along with booths for seats along the sides of the restaurant with wooden tables and chairs. Also each table was restacked by staff with condiments when a guest left, with sugar and creamer for coffee, ketchup, salt and pepper, and different flavors of jam.

When I sat down and ordered, there was plenty of meals to choose from on the menu. I decided to order the Ultimate pancake Combo. It came with two cinnamon pancakes that's covered in frosting just like a cinnamon bun, two eggs, bacon, and a sausage patty, it also came with syrup on the side if needed.

The pancakes were fluffy and soft and were really good, the eggs also tasted good as I ordered them scrambled. The bacon and the sausage patty though, wasn't as good as I expected them to be. The bacon was not crunchy and crisp but soft and flat, and the sausage patty seemed like it was cold and was made a while before my order and was just heated up for my order. But I would still recommend the Ultimate Pancake combo if I were to go back again.

While I was eating, the waitress constantly was checking up on us to see if we needed anything and was always ready to refill our coffee or drinks. The whole atmosphere of the restaurant was positive with friendly staff and guest as I asked many customers there if they were regulars. I would recommend Jimmy's Egg to anyone who's looking for a good place to get breakfast because of the nice staff and wide range of types of food on the menu as I expect everyone that goes to Jimmy's egg to find a favorite meal and come back for many other visits.



## Joslyn exhibit showcases two years worth of work for IB art seniors

CONTINUED FROM 'IB ART' ON PAGE 15

opportunity. Being able to display work at a fine art museum while still in high school is a rare and amazing opportunity, and Simmons hopes that museum patrons will appreciate the hours of effort poured into the exhibit. "I would hope that the public will notice varying aesthetics, media and intent. Their works are diverse and meaningful," Simmons said, "The public should see heart and soul when they look at the artworks our students have created. Many of our students use the artwork as a vehicle to share things that are important to them, such as current social issues."

IB Diploma Program student Maddie Badura is exhibiting five pieces, all of which are portraits of her closest friends with the goal of expressing a specific personality in each one of them. Badura is looking forward to showcasing her work to her family, friends, teachers and other museum patrons. "This just goes to show how supportive the Central community is of the art department, and how far the department will go to provide art students with the best experience possible," Badura said, "Plus, it's nice to see two years of work finished and framed; it's like a mini graduation for the art students."

In her two years in the program, Badura feels that she has grown stylistically and also been exposed to new mediums. Specifically, Badura has developed a love for working with oil paints in her junior and senior years. Badura does acknowledge that parts of the program have been extremely challenging,

especially meeting deadlines and coping with a sometimes overwhelming work load. "Every piece of artwork is a different size or medium, so a lot of the work I couldn't finish in the studio had to be done at home or after school," Badura said.

Sarah Skolaski is in both the AP 2-D and 3-D programs, and as a result is exhibiting six pieces. For Skolaski, art has been an integral part of her life. "It is completely a necessity for my psyche and body. However, to fulfill this need I often turn to people as an inspiration. The human body is the most beautiful thing, it is the perfect mix of geometric lines and organic shapes," Skolaski said.

Skolaski appreciates Central's instructors, who have always encouraged her to pursue big ideas wholeheartedly. The Joslyn Exhibition will showcase everything that Skolaski has learned at Central. In preparing for the exhibition, Skolaski has not only been forced to pick her favorite pieces. "I had to mat each 2D piece, which entails lots of measuring then placing [the piece] within a border," Skolaski said "Once that [was] all done I had to write a little bit about my ideas behind the pieces and [create] tags for each individual piece."

Skolaski also recognizes the value in working with her peers in both 2-D and 3-D AP Studio Art. "While the art field is competitive, it is also extremely beneficial to work with your peers. I constantly use the opposing views of my classmates to help me grow," Skolaski said.

James Burk, a student in AP 2-D Studio Art, will have three pieces at the Joslyn Exhibition. His pieces all seek to tell

a story; Burk admits that his art draws inspiration from the Grimm's fairy tales, which entice readers to look deeper and explore their mysterious and ominous themes. "People always say that a picture is worth a thousand words, but I want to give people a thousand stories. I want them to look at a picture and think 'what's going on in that picture?' 'who's that, what's this?' I want someone to make up a tale [about the artwork]," Burk said.

Burk, like Badura, has also struggled with meeting weekly deadlines for pieces, but he believes that the hardest part of the program is achieving the college-level quality necessary for AP. "It [the piece] needs to be original, it needs to have techniques that haven't been seen before," Burk said.

Burk hopes that viewers of the Exhibition see how ingrained art is in his own life and the lives of his peers. "We want it to show that we don't just do art for the credit, we do it because it's part of our life and it's part of what makes us us," Burk said, "It's not a class or a career option, it's a lifestyle and that's what we want to show, it's who we are."

As the students prepare to graduate and move on in their art careers, Simmons is excited to see what the students will accomplish. "I hope that they keep creating in whatever ways they love," Simmons said, "I hope they continue to be submerged in the arts and support the arts. It helps balance our soul[s]."

## From the runway to the streets, spring fashion always evolves

CONTINUED FROM 'FASHION' ON PAGE 15

### Pleated Skirts

In the fashion world, pleated skirts go hand-in-hand with French culture, more so Parisian. It is the simplest of all chic looks on and off the runway. They are light and airy when

walking; it is as if almost nothing is there. Button up blouses are often worn with pleated skirts to complete the Parisian look, as well as cold shoulder tops. One might be thinking 'oh yes, pair it with a choker,' but don't, it's not cute. A velvet pleated skirt is not as common, though on the right person they can truly enhance one's look. Pleated skirts are a sight to

see and are one of those bottoms where any top and any shoe can complete the outfit.

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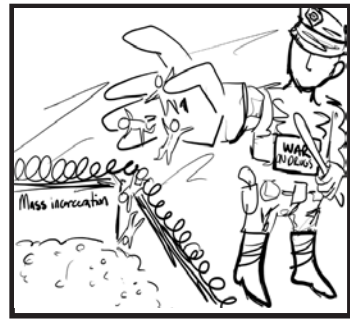
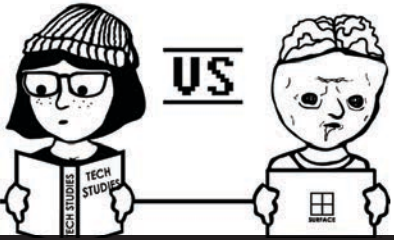
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In the digital age, it can be difficult to discern whether technology really helps or hurts us, especially in schools.

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## MASS INCARCERATION

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Begun during the Nixon Era, the War on Drugs perpetrates a toxic cycle of mass incarceration.

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A contributing writer sits down with Senator Deb Fischer to discuss issues facing America.



# perspective & commentary

the REGISTER • April 6, 2017 • Volume 132, Issue 5

## SENIOR YEAR

Senior year. It's what every high schooler waits for, but it's not as great as it's hyped up to be.

Georgia Chambers  
editor-in-chief

“Just wait until senior year,” they said. “It’ll be fun,” they said.

Well, I am almost through with my senior year, and I can assure you that senior year is not as easy-going as some people credit it to being. Yes, there are some perks of being a senior, but there are also multiple other things to stress about that underclassman do not have to worry about... yet.

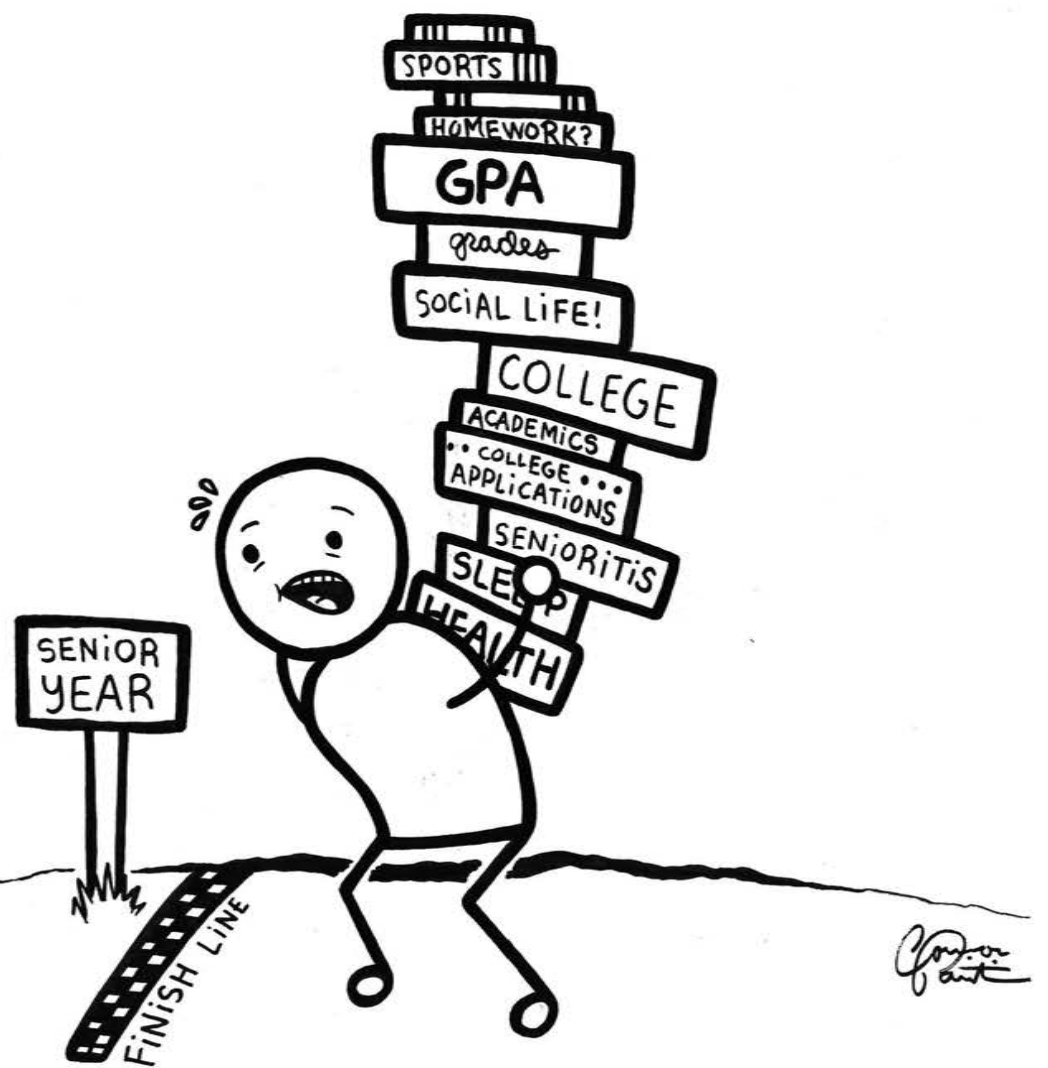
Seniors do have early outs, which can be nice, but I took an almost full schedule, so I did not have the luxury of getting out before noon or soon thereafter. Also, in general, seniors do not have as taxing of a course load.

Unless you are taking classes like Calculus BC alongside AP U.S. History mixed with a couple other AP classes, schoolwork is not as daunting as junior year. One thing in particular I have noticed is that senior year English is a lot less rigorous than junior year English. I went from having ten themes a semester, with the stress of not knowing when a pop theme was coming, to now reading more poems and having more provoking class discussions rather than writing as many themes.

Another benefit too is the senior parking lot, but the perks of being a senior really end here. This year I have been equally, or even more, stressed out than I was junior year. Why you may ask? The answer may seem pretty simple: college.

Letters from colleges started coming in the mail for me at the end of my junior year, and that was when reality hit me that I only had roughly a year to figure out my plan as to where I was going and what I was doing after high school ended for me. The letters kept on coming, and I felt overwhelmed as more and more people began to ask me where I was going for college.

Shortly after senior year started, I had to begin my college apps. College apps are like household chores: you don't want to do them, but if you don't your mom just keeps bugging you about it until you get it done. The essays seem to take forever, and it is even more stressful making sure that everything is perfect.



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ON PAGE 28

CONNOR PAINTIN | Contributing Cartoonist

## Board of Education fails to find superintendent, shows disorganization

Miles Kay  
staff writer

More than one-hundred-twenty rounds of voting for a president. Two superintendent candidates lost due to “overall dysfunctionality.” Countless fed up teachers, students and parents. In the last months, the OPS Board of Education has continued to disappoint those it is tasked with serving.

Where do the Board's struggles originate? Let's turn back to the clock to January and the Board's drawn out voting process for its president and vice president.

The Board was deadlocked over the incumbent, former President Lou Ann Goding, and current Vice President Marque Snow. Ultimately, Snow withdrew from the running and instead Lacey Merica, a compromise candidate, was elected in a five to three vote against Goding.

This vote, however, was more than just a competition between individuals, it was a wrestling match between ideologies, with Snow representing the belief that the Board should be involved in more day-to-day district operations and Goding a candidate advocating for the Board to focus on bigger picture issues. The fact that the Board was split between these two candidates represents a fundamental issue on the Board: its

members cannot agree on a cohesive plan of action.

Which ideology is correct? Though each has its merits, the Board would best serve students and teachers by focusing on larger issues and allowing the superintendent and other district leaders to handle the day-to-day concerns of OPS. OPS needs a Board which will hone in on long-term goals and look to the future rather than just focusing on the present.

The latest failure of the Board may be one of the most embarrassing in the Board's history. After a lengthy application process, the Board announced three finalists for the position of superintendent. These candidates were Khalid Mumin, the superintendent of Pennsylvania's Reading School District, Jane Stavem, Lincoln Public Schools' associate superintendent for instruction, and Paul Gausman, superintendent of the Sioux City Community School District. However, within three weeks each of these candidates had dropped out of the race.

Stavem stated that her decision to withdraw was due to the fact that the position would not be a good fit for her. Two days later, Mumin and Gausman terminated their candidacy simultaneously. The primary reason? Mumin explained in an email that, in his opinion, OPS leaders did not “have the best interests of kids in their actions.”

The Board had decided to keep the search open after Stavem dropped out, since the Board was deadlocked over the

remaining two candidates, and Mumin and Gausman both decided to withdraw when they were informed by the Board's search firm, McPherson & Jacobson, that neither was fully supported by the Board.

Though Lacey Merica and other Board members have stated that this is not a time to point fingers but rather a time to unite, it is important for the Board to recognize that this issue is their fault. Their inability to compromise created a monumental mess, one which will take time to rectify. And time is rapidly running out. Mark Evans plans to retire at the end of this school year, and before then an interim candidate must be chosen. This is only a temporary fix; the Board must reinstate its search process. However, this new process has one additional challenge: overcoming the negative outcome of the first search, which will undoubtedly weigh heavy upon the minds of potential applicants. The Board has dug itself a deep hole, one which will take time and a concept which has been all too foreign lately, compromise, to climb out of.

Despite the struggles of the Board, life goes on as normal in classrooms. However, though day-to-day routines have not been affected, it is essential that Board members resolve

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# Schools utilize textbooks over technology, viable pros, cons to both

Grace Turner  
staff writer

Textbooks have been the traditional means of teaching for many generations. However with the increased use of electronics in society, many people are pushing for tablets to become the new way of teaching. However, using tablets could possibly cause many problems.

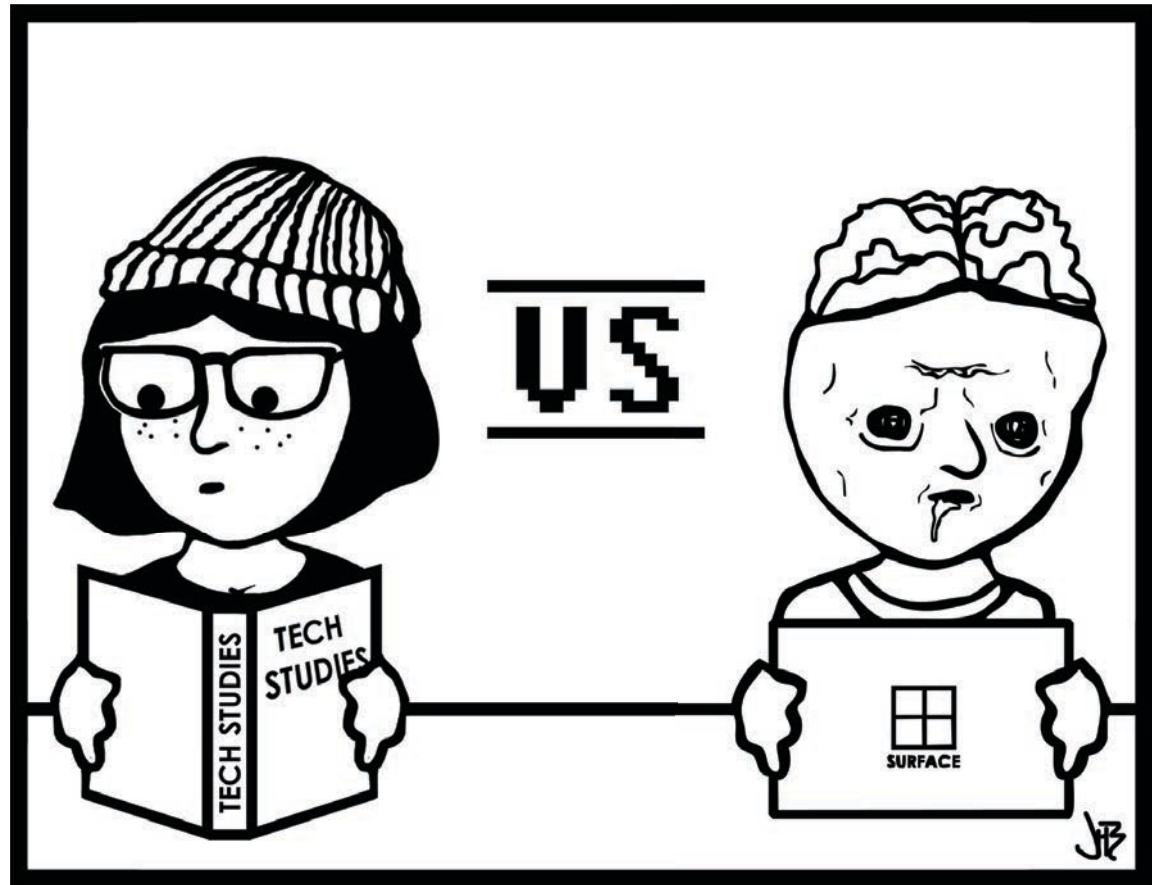
Technology can often break down and cause problems. When a tablet stops working, or certain programs refuse to work, it is not certain it will be able to be fixed in a time effective way. This problem would not occur when working with textbooks. A book will always work, which will letting classroom time be used more effectively.

Additionally, technology can be difficult to use. Many students and teachers could struggle with making sure they could use all of the programs needed to use in class. This problem also does exist when using books. Most people can use books without struggling, and it can also be easily taught to other people.

Switching to a tablet program would be expensive for either the school system, people in the school, or both. If the school is paying for all of the students' tablets, then it would cost a lot of money. Schools have many students which they would need to provide tablets for. This would be overly expensive for the school system. If the students are expected to purchase their own tablet, then there will be many families that will be unable to afford to buy tablets, and therefore it cannot be expected.

Using a tablet program would cost more money than just buying the devices. It would also cost the money to do service and buying applications to use on the tablets. The tablets would also need a high power wi-fi system, which could be expensive to install. The schools would also need to pay for training of the staff to use the new programs. Schools would incur a lot of expenses to use a tablet program.

However, there are many test results that prove it would be beneficial to use tablets instead of textbooks. In studies where students were given the same tests, one on a tablet and the other paper and pencil, the students taking the test using the tablets scored significantly higher. There are many reasons that these test scores could be true. One reason is that the tablets would be new for students and would therefore encourage the students to be more excited about the technology.



JULIAN HOCK-BEATY | The Register

If schools were to switch to doing most classroom learning online, then different software programs including notes, reading, textbooks, and other needed materials would mostly be on a tablet. These tests therefore do not truly represent what it would be like to learn off of a tablet.

Using technology and learning about it is important while in school. Technology is becoming used more in most professions, and it is useful to be able to use it before getting into a job. However, there are many other ways to use technology in schools than starting to use a tablet program. Many students have to take multiple classes that teach them the basics of how to use computer applications, and how to use a computer in

general.

OPS already has many opportunities for students to learn more about technology. For example, all freshman have to go through a basic computer class, and many other classes including elementary and middle school, learn basic programs on the computers. All Omaha Public Schools students also have access to an account on Office 365 to use both at home and at school.

A tablet program is not the best options for schools to use. Tablets could cause problems with time efficiency, cost, and usability. Most schools would be better off finding a different way to integrate technology into schools, such as teaching more technology based classes.

# OPS system consists of multiple faults with no solution in sight

Omaha is often regarded as one of the growing light spots amongst the endless miles of field after field in the Midwest. Although derided by its teenage inhabitants at times for lack of entertainment offerings, Omaha consistently is ranked as one of the United States' top metropolitan areas to raise a family or – ironically enough – obtain chlamydia. Part of what makes Omaha so attractive for families, of course, is its robust public school system, along with additional competitive districts in the vicinity.

Out of all of them, Omaha Public Schools is by far the most diverse in its attendance populations and socio-economic and racial make-up, and overall does a respectable job of integrating them together. As with all things in this life, however, OPS is certainly not without its faults, and compared to the area's other districts as it is generally the last to consider good ideas but acts with the utmost alacrity in implementing bad ones.

Now, before being triggered, the intent of this writing is not to bash my school district but rather to express perceived flaws that if rectified could make this district even better. Furthermore, this critique will not be specific to Central, as I understand individual schools are generally at the whim of the district.

As I am now over half way through my senior year, one of the most common thoughts I have found myself having while yawning through my day is why in the world does OPS not allow or at least openly encourage early graduation for seniors? Many districts around the country allow high achieving students this option which among other benefits would allow a student to either enter university early or to spend the time equivalent of a semester working to earn money for school later on or to learn a trade.

Of course that would be difficult however, as the district fully embraces the idea that every single student is meant to be an academic bound for college, offering only a limited selection of trade specific courses with highly restrictive class sizes capacities at the Career Center. Seeing as how the Career Center is so popular, why is it merely relegated to a few wings of a former high school building?

OPS as a district largely ignores the needs of students who have little interest in an extensive formal education, which can further disenfranchise students as forcing them to remain in such a classroom setting can actually cause them to despise the

learning process even more.

Many of the current labor shortages faced now are for trades that require little to no university education, maybe skills that can earn livings actually could be more important than raising a generation of do nothing intellectuals.

If you thought Tiger Woods cheated on his wife with high frequency, you should see how often OPS changes grade scales. 5.0, 4.0, standards based grading, pilot grading system made slightly more difficult. Why is this such a difficult task? Teachers have strong opinions on this issue and yet their input, even when asked for, does not seem to be deeply considered. The current system of grading serves only to increase graduation rates and allow for any student, no matter the number of missing work or failed assignments, to still pass, and magically the district can report another successful graduate. Sure this year's pilot system is an attempt to combat these flaws, but it still maintains the annoyance of the formative and summative and 0% practice folders. I'm not an expert but a 100 point percentage scale with defined grade ranges solves nearly all of these problems, although sadly for the district it would not

allow students who do nothing to pass. How unfair!

The next few flaws are far more trivial than those previously mentioned, however they can be rather bothersome. Why is it that OPS, in line with other public schools in the area, consistently times spring break for the early weeks of March when there is nothing even close to springtime going on? Perhaps they're taking kickbacks from airlines who benefit from the mass exodus of families to warmer climates, but this is certainly not a cool way to schedule "spring" break, even if it literally is.

Also, on the topic of the weather, seriously OPS, if the week of snow days that is built in isn't fully used, give us a few short weeks at the end of the year. Placing spring break as early as it is causes the last half of the month of March, all of April and half of May to go so much slower with so few days off. Millard schools have adopted this and so have parochial schools, not to mention the fact it would boost student and teacher morale. Alas, OPS does not have a monopoly on good ideas, maybe it should follow suit with districts that make smart choices.

Last year OPS began implementing a new human growth and development curriculum, citing the need for an update be-

cause of, amongst other things, science. Now I think it is absolutely lovely that the district feels such a strong dedication to teaching all the facts gleaned from the scientific community, however I just wish they would maybe actually apply some of them.

Study after study, from the National Sleep Foundation to the American Medical Association and countless others has shown that high school adolescents should not be attending school earlier than 8:30 in the morning. Faced with these facts and the numerous benefits of well rested teen students such as less driving fatalities, more alertness and better scores, what does OPS decide? 7:40 in the morning. Brilliant. And naturally, instead of even exploring any changes, they will brush any attempt at discussion aside because of "bussing", after all, science kinda sucks when it tells you to change your ways (environmental impact and oil subsidies...)

A perfect example of OPS's bureaucratic brilliance was put on display as they failed miserably in their attempt to locate a new superintendent to replace the supreme leader. All of the candidates withdrew from consideration, with one even citing that the OPS school board cared more about fighting each other than they did about the well being of students. Ah. What an interesting proposition! Bureaucrats who don't care about the people whose lives their actions impact, that's surprising.

Last but certainly not least, we have perhaps the single most wonderful decision ever made by OPS and that was the addition of 20 whole minutes to the school day beginning last year. Personally, I think this was fabulous. I have no doubt that NESA's last year will have had the highest scores solely based on those 20 minutes.

Take Central for example, that amounts to a little over two extra minutes per period, which obviously equals a huge jump in learning and material covered. I always felt cheated when I'd get out at 2:45, and now I just feel like a genius. What makes this decision even better is that it was made against the wishes of nearly all the teachers in the district, which says a lot. It's always good to know your district cares about not asking for your input when making sweeping changes. Why would you ever want to ask for the input of teachers and parents if you're going to ignore them anyways? That's efficiency. All in all, OPS is my district, and I am genuinely happy here, this was just a tongue in cheek reminder that nothing is perfect and complacency is the enemy of greatness.



CHOTEAU KAMMEL  
SHOW TIME





## Showing ignorance, Ben Carson equates slavery with immigrants

Vasili Sgourakis  
staff writer

During his first week in Donald Trump's cabinet, Housing and Urban Development Secretary, Ben Carson, is already in the headlines. Carson made a statement equating immigrants and slaves saying, "There were other immigrants who came here in the bottom of slave ships, worked even longer, even harder for less. But they too had a dream that one day their sons, daughters, grandsons, granddaughters, great-grandsons, great-granddaughters, might pursue prosperity and happiness in this land." This is simply an absurd statement. Immigrants, unlike slaves, came to the states' as their own choice, not as the product of force. For a man now in a political position of power upon whom the hopes and dreams of immigrants rest, it is imperative that this supposed doctor please double check his "alternative facts."

Slaves did not come to America with a dream, in fact they did not come here at all, they were coerced in chains. They were forcibly brought in ships across the Atlantic where they sat in their own waste and sexually assaulted with no consequences to the perpetrators. Slaves were treated as objects, not people.

For much of early American history and even beyond, slaves and their descendants toiled in labor and received little to no recognition under the law or as fellow human beings. Immigrants, on the other had, did come with a goal of achieving a better life for themselves. They chose to come here, they were not treated as chattel and given no hope of a better life. Though in some cases they do migrate as a product of circumstance in their homeland, it is all for a better life for themselves and their children. The difference between these two entities should not be difficult to understand.

Moreover, Carson does not seem to grasp the concept of what slavery was in America. He states the slaves, "worked even longer, even harder for less." Slaves did not choose to work these extensive hours. Rather, they were branded, shot or flogged for not doing work. Many times slaves were put through unprovoked violence and were whipped or even worse for no reason at all. People brought to this land in chains and treated as such did not have dreams of prospering in this land.

Those slaves brought to America forcibly did not wish to be here. Many times they had family back home which they had to leave behind. Furthermore, they were forced to leave behind their culture and language. These slaves wanted to hold on to

every bit of Africa they could.

Research director Ibrahim Seck said that it's easy to gather names in Louisiana were baptized and given Christian names; however, some continued to call themselves by their old names before being enslaved. Conversely, migrants may change their names to assimilate better to American society. Those with difficult names are names that may not be received well in America changed their first or last names. This is especially true of Irish and German immigrants in the 1800s. These slaves on the other hand, did not change. If one is enslaved and calling themselves by their real name then it is reasonable to assume they wish to go home.

Carson's comments about slavery and immigrants are particularly unsettling, especially when you consider they came from a 65 year-old African American. Slavery and those who migrated to the United States in the past and present did not arrive through the same circumstances. Nor did they possess the same aspirations. Those who were enslaved were forced here and were treated horribly, they did not see their venture to America as an opportunity to create a better life for their family, especially because many times they were forever and forcibly separated.

## Despite best efforts, college decisions yield disappointment

Claire Lavender  
contributing writer

All my life, people have told me how successful I was going to be. This is certainly not something for which I am not grateful, because the constant and unwavering support of my peers, family and friends has contributed immensely to my self-confidence and determination. But what has attached itself to this support is an intense and overwhelming disappointment that I feel as a senior knee-deep in her college selection process.

Very simply put, school has always come easy to me. I am lucky enough to say that, but I also know that luck is not the only thing to do with it—I've worked really hard to get where I am. I thought I was playing all the cards the right way—getting involved in school, aspiring for leadership positions and maintaining a great GPA. It certainly hasn't been easy, but like I said, I've had incredible support. I had support through all the rainy soccer games, the long, long nights spent studying for my Spanish tests and the many times I spent burning the midnight candle in the journalism room.

My parents, especially, saw my drive and passion for success. It made them extremely proud. And when the time came to apply for colleges, I was ambitious, as I had been in all my other pursuits in life. I was applying to esteemed (and expensive) private universities. I was scared, but I had my amazing support system, and I had no idea what was coming for me.

In writing this I run the risk of sounding arrogant and ungrateful for what I have achieved and those who have helped me in those achievements. In reality, I am filled with boundless gratitude for the people who have believed in me. Rather, in addition to my gratitude, I am also filled with the immense fear

of disappointing everyone who has supported me, and of disappointing myself.

I felt the first wave of disappointment when I began to confidently announce my commitment to pursuing a career in education. Although I believe teaching is a rewarding and fulfilling career, it certainly doesn't have as grand of a paycheck or as high esteem as those of careers in law, politics, science or medicine. I know that I want to be a teacher, but I think for those around me, this decision didn't seem to be on par with the "reach for the stars" ambitions I've had all my life.

The second wave hit when I opened the financial aid pack-

“ I never expected this to be a cake walk, but I certainly wasn't expecting to feel this disheartened. ”

ages attached to admittance letters. My parents know how much tuition has risen and how competitive the pool of applicants has become, but I think they still believed schools would be practically begging on their knees for me. Instead, all I received were letters telling me my fate was going to be \$30,000 a year for the next four years – and try to pay it off with a teacher's salary.

Now, one month away from National Decision Day, I have no idea what to do. I can't possibly justify obtaining so much debt to become a teacher, especially when a teaching degree is perfectly legitimate at practically any institution. At the same time, however, I feel enormous disappointment and inadequacy

in considering a Nebraska state school. This has nothing to do with UNL or UNO—both are incredible institutions that I would be lucky to attend—it has more to do with the fact that my family and my friends have always believed I would leave Nebraska and follow my dreams on a bigger, grander scale, somewhere far away, in a place somewhat exotic and highly esteemed.

However, I'm learning to find comfort in this time of uncertainty and fear. I'm not alone in this process. One of my best friends is the smartest boy I've ever known, and he's received letter after letter of rejection and "we regret to inform you..."s. There's a girl I know with the most impressive resume I'll probably ever see in the exact same boat.

There are so many high-achieving seniors who expected so much more from the college selection process and ended up so disappointed. I think a lot of us feel unsatisfied, especially when we compare ourselves to the achievements of others. I never expected this to be a cake walk, but I certainly wasn't expecting to feel this disheartened. I'm so incredibly happy for my friends and peers who know where they're going, or got into their dream schools, or just even feel like they aren't disappointing everyone they've ever known, but it's hard not to feel insufficient.

Perhaps I'm just making this a lot bigger of a deal than it really is, but everything I've ever achieved and done has pretty much led up to this moment. I was always told that my good grades and dedication to success was so that I could get into a great college. And now, it sort of feels like all I've ever worked for has added up to nothing. I guess it won't be until several years from now—once I've graduated and started my life on my own—that I will ever really know what my efforts added up to.

# U.S. War on Drugs ruins lives, detrimental to minority groups

Simone Davis  
staff writer



ANNA OVERBECK | Contributing Cartoonist

The United States has an incarceration that is out of this world. Literally. We have the highest amount of people incarcerated in the entire world. This is not to say that the United States has the most crime in the world, because we don't, but there are several different factors that contribute to the country's troubling issue of mass incarceration.

The War on Drugs is arguably the leading factor as to why American prisons are so overpopulated. The War on Drugs began with President Nixon declaring an unofficial war on the drug epidemic that he claimed plagued the country. He decided that the country needed an intervention of sorts. Along with that, Nixon pushed for mandatory minimum sentencing, which set a minimum amount of jail time for drugs possession that judges could not lower (Drug Policy Alliance). Because of this, people caught in possession of drugs, in most cases marijuana, go to prison for a certain amount of time depending on the state. Furthermore, though marijuana usage has decreased since The War on Drugs began, the use of "club drugs" has increased, so the number of people jailed for drug offenses will steadily increase as well (Gallup). Mandatory minimum sentencing is so drastic that if an individual is caught with 5 grams (2 sugar packets) of cocaine, they are imprisoned for a minimum of 5.

The War on Drugs unfortunately directly impacts black Americans. Black people are incarcerated for drug offenses at a rate 10 times more than white people. The major reason for this is over policing of lower income, primarily black neighborhoods. There are not higher rates of drug distributions or drug use in black neighborhoods, yet black men are more likely to be searched, arrested and tried for drug use (Drug Policy Alliance). This is seen even in Omaha. There are known places where white teenagers go to drink alcohol and smoke marijuana, such as Elmwood and Memorial Park, yet these places are not filled with police every weekend. If there was a similar place where black teenagers did the same thing, it would be shut down immediately. This is not to say that the police shouldn't be shutting it down, but there is a difference in the way that these communities are treated, and that is why prisons are continuously filled with people more than other races.

Another reason for mass incarceration in the United States is the repeating cycle of prison. Once an inmate is released from prison, they essentially become second class citizens. Finding a good job with the title of 'felon' is ridiculously difficult. Once released from prison, voting is revoked for a certain time period, steady work is difficult, as is adjusting back to normal life. Many inmates feel out on their luck, and they end right back up in prison. At least in prison there are (sometimes) steady meals, a bed and a feeling of institution, no matter how terrible, whereas life released from prison is filled with hunger and a feeling of being out of place. So because American prisons are not doing anything to "correct" inmates, they are virtually setting prisoners, particularly the poorer ones, to end up where they started again.

Mass incarceration in the United States is a serious issue. For every 100,000 Americans, there are 716 people incarcerated, which is absolutely ridiculous (Washington Post). With an epidemic as serious as this, there are more layers of issues that need to be addressed. The over policing of poor minority communities needs to end. Mandatory minimum sentencing needs to be fixed. Mental illnesses need to be acknowledged and treated. After decades upon decades of this, it is time for a real, helpful change.

# While visiting D.C., sophomore sits down, speaks with Nebraska senator

Sabina Eastman  
contributing writer

With the evolving political landscape throughout the United States, there have seemed to be more youth involvement than ever before. As I have watched the country change and divide over social and political conflicts, I have wanted to educate myself as much as possible on controversies and differing viewpoints and opinions on the issues facing the nation.

On Feb. 16, my mother Kara Eastman attended a conference in Washington D.C. and I was fortunate enough to join her for part of the trip. She arranged for me to meet with Senator Fischer. Deb Fischer was elected to the United States Senate representing Nebraska in 2012 as the first elected female in the Senate from Nebraska. She is a Republican.

As I waited for my 15 minutes with the obviously busy Senator, her staff in the office were constantly receiving phone calls from Nebraskans, primarily from Omaha and Lincoln urging Fischer to vote 'no' on Trump's pick for administrator of the EPA, Scott Pruitt. Her office was decorated with pictures of past Senators from Nebraska, a large framed portrait of Ronald Reagan, and some hunting paraphernalia.

Her staff also informed me that the phones in Fischer's office had been constantly ringing with calls regarding Betsy DeVos for weeks, up until last Thursday. They also answered two phone calls from citizens of Lincoln questioning the location of Fischer's town hall meetings, stressing their desire for one to be held in Nebraska.

My interview with her focused on three topics; public education, the DREAM Act, and her upcoming plans working with the new administration.

Fischer began by saying how high quality public schools already are in Nebraska, and the reason for that having nothing to do with the Federal Department of Education. Senator Fischer served on a local school board in Nebraska for twenty years, and says that the local control and local involvement are the sole reason for the strength in our public schooling. She also says that Secretary DeVos has no plans for any federal mandates regarding schooling and no plans for a federal school board. Fischer says she plans to only make sure that the Department of Education is following the law, continuing to be the pass through for federal funding, and to hold the Secretary to her word that she will not be promoting federal mandates.

When asked about her stance on the Dreamers, Senator Fischer immediately expressed her strong support for border security, because of what she sees as the dangers that our country faces through our weak Southern and Northern borders and the vulnerability of our ports. She also stressed the importance of legal immigration and the state of the workers coming into our country. "We need to come together on legal immigration and National Security to build trust among ourselves." Regarding the Dreamers and the students that the act protects, Fischer spoke only of the fact that she does not foresee any upcoming comprehensive immigration proposal.

Lastly, I asked Senator Fischer what she was most excited about working on with the new administration during the next two years. "National security, infrastructure, and specifically economic security dealing with families" she says are most important to her. Fischer then told me of her meeting the previous day with the president's daughter, Ivanka Trump, and how she along with three other female senators are hoping to work with her to introduce bills for equal



Photo Courtesy of SABINA EASTMAN

Eastman, sophomore, was able to sit down with Senator Deb Fischer for a public policy interview.

pay and paid family leave. Fischer did mention her desire for equal pay as well, then stating that "the so-called War on Women was obviously debunked in the previous election." Senator Fischer ended the meeting by saying that she is advocating for equal pay and paid family leave because women do not have the confidence to ask for higher pay, and that her bill would aid in that. She did not specify how.

From just the short amount of time spent with Senator Fischer, it appears that the Nebraska senator has been overwhelmed by the amount of things going on in Washington throughout the federal government. Besides her meeting with Ivanka regarding what she put as "a bill to give women more confidence in the workplace", many ideas on the Senator's own agenda are seemingly being repressed by the acts of the President. However even so, the state of the matter stands to be that an overwhelming majority of current Republican senators are not serving their own states, and rather throwing their entire support behind the work of Donald Trump, instead of the needs and desires of the communities they represent.

# Government regulations too often benefits few at expense of many

Choteau Kammel  
editor-in-chief

Since the beginning of early society humanity has debated the proper form of governance with which to rule and to what extent should this monopolization of force be utilized on the populace over whom it presides. In its writing, the authors of the United States Constitution attempted to lay out the blueprints for a government emphasizing the individual as opposed to the collective and in true Lockean tradition the federalized state created in the Constitution was relegated to the explicit protection of "life, liberty and property," and was to be restrained in this division of powers.

Of course, the Founders could never have predicted the rapid pace at which technology continues to advance nor could they have foreseen the Ubers, Lyfts and Airbnbs of the world, and as such this begs the question, should the hands free approach used successfully centuries ago still be used in today's advanced climate. The answer, a nuanced yes. The United States government must cease its fruitless efforts to regulate innovation in fallacious claims of the "common good," which are rather thinly veiled attempts to protect established interests that stagnate public benefits and to insure that while risks to their campaigns donors are protected with public funds, the profits remain private, with regulators knowing full well they shall soon return to their coffers.

The 21st Century has seen the development of technology take off at an unparalleled rate. From self driving cars and ride and home share services, markets are rapidly growing for services and even goods such as drones that the government has little knowledge in their specifics. As such, rather than to allow these technologies to develop such as what was done with locomotives in the 19th

Century, governments in the U.S. have sought to place burdensome regulations on them that actually slow progress.

Just recently, Senator Elizabeth Warren and other Democrats announced their intent to go after Airbnb for supposedly harming the middle class. This is rather hypocritical as many who have profited from it are middle class and it becomes clear the only

real intent behind such a ploy is that Airbnb rentals are not taxed as a hotels are, and if there's one thing politicians hate it's money they can't put their grubby hands on themselves. The same can be said for Uber and Lyft who have been attacked by the Left due to their rates being lower than existing taxi medallion systems. Taxi companies such those in New York City who donate large amounts of money to Democratic politicians, and then coincidentally oppose ride share services.

Due to regulations on their sale and flight, drone companies have been fleeing the United States to countries such as Canada and Australia where they can be developed and sold far more cheaply. One such regulation that has led to this exodus has been that in order to fly many drones larger than a few pounds, people must first obtain a pilot's license from the FAA, a costly and lengthy process that makes little sense. Trust the government, they know you should be able to operate a Boeing 747 before you could even be considered qualified to fly a six pound toy helicopter with an Xbox controller. Humorously, Amazon's interest in using drones to deliver packages has been met with political hesitation, perhaps due to campaign funds from shipping companies.

Generally politician's opposition to such innovation has been given so in the name of safety or to protect jobs, however as economist James Milner said "Some people will lose their jobs, but other people will get jobs [in the developing technologies]." For example, very few today would consider writing legislation to ban planes for transatlantic steamboat crews who lost their jobs. Lastly, as far as safety goes, lawsuits and private contracts made in civil courts can set legal boundaries far more suitable to innovation than bureaucracy simply because common law allows for their evolution whereas decree does not. In fact if one looks at the general trends for workplace safety, since the institution of federal regulations the number of incidents has continued to lessen, although at a slope far less steep than it had been in years prior to such condition policing.

If one believes more government oversight is necessary for innovation to benefit society, look no further than the monolithic FDA. Created to protect foods and medicines sold for consumption, the FDA has legalized meth amphetamines for children and yet Americans cannot afford lifesaving drugs. Why? Because getting government approval for a drug costs on average one billion dollars and 26 months of paperwork. " This FDA policy prevents millions of Americans from hearing about food or supplement remedies that are safer and cheaper than drugs. It hurts the poor and the middle class," said economist and author Hunter Lewis. Fortunately for the FDA, this guarantees billions in campaign donations to connected politicians. Unfortunately for American citizens, people die. It is interesting to note that more Americans die from FDA prescription medications than those who die from the evil narcotics of which the War on Drugs is supposedly purifying society.

As it can clearly be seen, government regulation of technological advance seems to stem largely out of the protection of campaign funds and interest groups. America however must be allowed to advance forward. This can be done by following Switzerland, which has continuously been ranked by Cornell University and the Global Innovation Index as the friendliest nation to innovation. Combining low business taxation, precedent based regulation and a government that reaps the revenue of a populace made wealthy by innovation, the Swiss have developed a model truly enviable for the United States.

Even as government efforts to crack down on many technological innovations mount, many entrepreneurs continue to persevere using means not necessarily legal, but naturally, legality must never be the ultimate determiner of morality. Uber and Lyft have continued to provide their services even where city governments have tried to ban them and Tesla's sales only increase as governments and car companies have attempted to prevent their sale. Ultimately, these less than legal efforts have largely proven successful, as governments often have reversed their course when the benefits of such innovative services become clear. All in all, if innovation is what has brought American's the highest standard of living in history, then it would be rather authoritarian for the state to prevent the continued betterment of life. Thus the rhetorical posed by liberal French philosopher Frederic Bastiat must continue to be carried onward, "Is not liberty the destruction of all despotism - including, of course, legal despotism?"



DONOVAN DINOFF | Contributing Cartoonist

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## Students' success lost in chaos of Board of Education

CONTINUED FROM 'BOARD' ON PAGE 23

their differences and unite so as to effectively carry out their duties.

Families should be proud to be a part of the Omaha Public Schools. In OPS, students have opportunities which they would not have had at any other district in the country, opportunities to work with outstanding teachers and learn in unique and challenging classes. They can learn beside diverse and talented peers and have the chance to engage with varsity sports programs, academic clubs and community service organizations.

It is unfair of the Board of Education to continue to disappoint teachers, students and parents. OPS has become the laughingstock of education in Nebraska, and it is important that Board members recognize that their actions reflect poorly on all of OPS. They have brought OPS into a negative light, and their failures have overshadowed many of the district's successes.

For example, at Central alone in March, students have made it to the state science fair, broken world records in powerlifting and competed and medaled in countless other competitions, from Louder than a Bomb to State DECA. These accomplishments, though, are overshadowed by the dysfunctionality of the school board; the media focuses on the board and the successes of individual students are lost to the negativity surrounding the leadership of the district.

If the Board of Education is to move forward, each member must recognize that his/her primary role is serving students, faculty and parents, not their own individual political agendas. Members must unite around this idea so that the Board can get back on track and move out of the limelight as an educational embarrassment.

## Senior year brings record stress levels

CONTINUED FROM 'SENIOR YEAR' ON PAGE 23

However, what is most dreadful is the wait. I applied to two colleges early, both before winter break, and the hardest part was waiting for the decisions to be released. I was fortunate to get accepted into my top two colleges, but then I had a whole separate issue regarding that which could take up a whole other editorial.

So, the stress ends once you're accepted into college right? Wrong. Scholarships take even more time and patience, and it soon becomes a blur. Essay prompts. Deadlines. Recommendation letter requests. More essays. More deadlines.

It is even more frustrating when you have spent so much time perfecting a scholarship application to end up not getting it. This has already happened to me various times, and I have no doubt that it will probably happen a few more.

Yet another difficult aspect of senior year is the notion that change is inevitable and fast coming. A lot of the people I associate myself with this year I have known most of my life, and college is going to change all of that. Of course I am glad that I was accepted into the college of my dreams and that I get the chance to go out of state for college, but that does not make leaving any easier.

Basically, senior year is a roller coaster of emotions. One minute you could be happy about being accepted into your dream college, but then you're thrown through a loop when you have the stress of applying for scholarships mixed with the sad thoughts of leaving behind all of your close friends. All the while still making sure to keep up with your school work.

So, I write this as a warning to underclassmen expecting a stress-free, chill year. It has its moments, but senior year is not a walk on a beach by any means. And most importantly, do not wish the school year to go any faster than it already is. Some of you may not, but I know that I am already reminiscing and wishing that I had spent more time enjoying high school and not wishing for college to come sooner.

# CARTOON CORNER



ANNA OVERBECK | Contributing Cartoonist



**RABBIT  
OR  
DUCK?**



**WOMAN  
OR  
OLD  
LADY?**



**PRESIDENT  
OR  
REALLY UNQUALIFIED  
HACK WHO PUTS HIS OWN INTERESTS  
BEFORE THE INTERESTS OF THE AMERICAN PEOPLE AND**

DONOVAN DINOFF | Contributing Cartoonist

### A letter from the editors:

If you would like to see your own personal cartoon printed in the next issue of The Register, email a copy to one of us or come down to room 029. The cartoons are not restricted to one topic and can be about anything you would like it to be, as long as it is appropriate. We hope to see more cartoons in the next issue!