

THE REGISTER

OMAHA CENTRAL HIGH
EST. 1886



FOSTER FAMILY

Human geography teacher and head wrestling coach adopted a young boy in need.

Cormac O'Brian
staff writer

In November of 2015, human geography teacher and head wrestling coach Jimmie Foster and his wife adopted Camron, an abused, underweight young boy. Now, almost two years later, nine-year-old Camron has made immense progress towards recovery and is living happily with his family.

When Camron was first adopted, Foster described him as looking like he was two years old. His birth parents, Stephen Bauer and Megan Finlan, were responsible for considerable mental and physical damage to Camron.

"He had been abused by his previous adoptive parents," Foster said. "Starved, basically is what it came down to. They'd go a few days without feeding him, then try to feed him a lot."

Psychologically speaking, starvation increases symptoms of depression and hysteria in adults. In a child, effects could be much graver. Eventually, the Child Protective Services removed Camron the household.

"The elementary school that he was going to kept calling the state on the parents, you know, 'What's going on here? The kid obviously is way underweight, he's sluggish in class, he's stealing people's food every day, he has zero attention span, he can only stay awake for moments.'"

"The goal wasn't to go out and find someone to adopt, we saw a little kid in need, and the best way that we could help him was to adopt him."

According to Foster, the effects of Camron's abuse are becoming much less evident. He has gained about 25 pounds, grown 11 inches, his teeth are coming in and his grades have improved. Foster even signed him up for wrestling, and though he "couldn't do much" when he began, after a few months he looks just like the other kids.

"He's a great kid. He's all happy and bouncy, talks constantly, goodness gracious. He likes all the things that a normal nine-year-old would like: video games, television, watching YouTube videos."

Foster has three children other than Camron: Keegan, Colby and Corban, aged 19, 20 and 23, respectively. All three were successful students and wrestlers at Central. Foster treats Camron as he did his other sons, opening the opportunity for similar success.

"I don't refer to him as my adopted son, he's just my son. We very rarely use the term 'adopted,' not that it's negative at all."

Foster speculated that it was probably fate that Camron ended up with him, and was able to escape his abuse.

"We're really happy that he's with us, and I'm sure he's happy that he's with us because he tells us all the time."

Deniston-Reed passes AcaDeca to Mickeliunas, big shoes to fill

Molly Ashford
staff writer

For the past eight years, Joe Mickeliunas has been instructing AP World History and AP Human Geography at Central. On the brink of the ninth year of his teaching career, he adds another class to his course load as he is the new coach of Academic Decathlon. Academic Decathlon, more frequently known as AcaDeca, is what Mickeliunas describes as 'a comprehensive study of a subject throughout the year.' This year the class is studying Africa in depth, examining elements of art, literature, history, and much more throughout the year leading up to district, state, and national competitions.

Prior to Mickeliunas teaching the course, Vicki Deniston-Reed, also a World History teacher known for being tough but meritorious, taught the class for much of Central history. "I don't know how long she had been coaching for sure," Mick said. "But there's nobody else that I know who has had control of it."

Mickeliunas stated that Deniston-Reed was ready

"...in a sense I am more of a coach than I am a teacher. It's challenged me to take on the role of something that I've never really done before."

JOE MICKELIUNAS
World History teacher

to move on from coaching the course, despite her love for it. She decided to pass on the honor to someone else before she knew the subject that the class would be studying that year, in order to resist the temptation of staying for something she was interested in. "It's very time consuming for the teacher to coach the students and prepare them for competitions," Mick stated. "I think she was just ready to be done."

"I was asked if I would be interested, and I had to think about it for a while because I knew it would be a large time commitment, but my load of AP World lightened," he said.

Despite the pressure of living up to his predecessor, Mick is optimistic about starting a new class. He is confident that this year's team will be able to perform at a high-caliber level, although he has not yet chosen who will represent Central at competitions.

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WHAT'S ON THE WEB



Senior Jessi Ferguson does it all. She is involved in choir, DECA, swimming, O-Club, student council and more.

RUNZA STUDENT OF THE WEEK



9 MAX POLK

Sophomore Maxwell Polk navigated his way through cancer, now he has to navigate recovery.

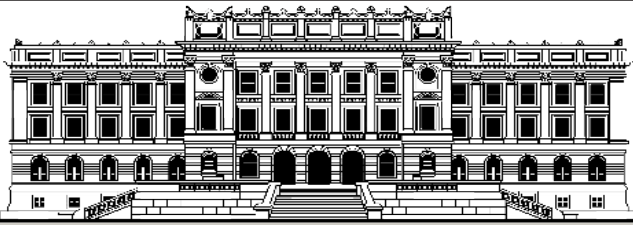
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the REGISTER staff

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EDITOR'S NOTE:

I am so excited and honored to present to you the first issue of *The Register* of the 2017-2018 school year. Minor aesthetic changes have been made to the paper to enhance the appearance of professionalism and sophistication. This year, my goal is to maintain national recognition while simultaneously experimenting with various creative processes.

As student journalists, we know that we are gradually moving away from an era of print journalism, but with an effort to create a more visually and aesthetically pleasing paper, we hope that our readers will still give *The Register* a chance.

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. In addition, if any of our readers are interested in writing a piece for the paper or illustrating a graphic, we highly encourage it. Thank you for your continued support and readership of *The Register*.

Anna Kaminski

Anna Kaminski
Editor-in-Chief

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.

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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.



ALEC ROME | The Register

New Vice Principal Justin Thomalla attended Central's first football game where he watched intently from the sidelines.

VP hopes to increase tech use in classes

Zoia Morrow
executive editor

Current vice principal Justin Thomalla is one of a multitude of people to occupy the position in the school's 158-year history. From indecisively double majoring in business and education, Thomalla found his home in Education and after teaching, he went on to complete his Master's degree in the curriculum instruction. His years of experience led him to the occupation he currently holds and sees a bright future ahead.

Faced in the position many seniors find themselves throughout senior year, Thomalla was not very sure of what he wanted to do after high school. Therefore, he began his college career at a junior college called Midplain's Community College in North Platte, Neb. From there, he went transferred to Peru State to play football.

Double majoring in business and education, Thomalla knew he wanted a career of some athletic sort mixed with education, but was not as sure going the business route. "The main reasons why I wanted to get into education first because I loved athletics, I loved what athletics and sports could do for students," Thomalla said. Initially endorsed in physical education, Thomalla started out as a P.E. teacher.

For 17 years Thomalla has worked for Omaha Public Schools. Sixteen of them were spent at Marrs Middle School. To put it lightly, he occupied the roles of a physical education teacher for seven years whilst coaching high school basketball and football at Burke High, two years as dean of students and spent the previous seven years as assistant principal.

But once the opportunity arose for Thomalla to further his experiences in a high school atmosphere, he took the risk of applying as vice principal at Central. In the back of his mind he always knew he was interested in Central due to the tradition and excellence Central is widely known for.

"Marrs was my home. It was a place where I grew up at, I started there when I was 22 years old...but I'm at a point in my life where I should be applying for building principal-

ship," Thomalla said. He realized it was the time to grow as a person and effectively alter the outlook of his career. Though, the transition between middle and high school are not lost on Thomalla, as he says students are at different stages of their lives and his duties are different. Now, he spends more times on grades and transcripts and can have more mature and meaningful conversations with students.

People close to Central encouraged Thomalla to apply for the job, saying he would be a great fit. "Being in a different role and different school, it has allowed me to work on other skill sets," Thomalla said. Thomalla appreciates the fact that there are several athletics and activities for students to be involved in.

As far as accommodating to a new atmosphere, "I have really enjoyed working with the staff here; [from] the secretaries to the teachers to the administration team to the students, I have really felt welcome here from day one," Thomalla said. Many staff members have worked here long enough to know of Tom Wagner, the previous vice principal, but offered their welcoming personally to Thomalla in his office, making him feel a part of the Eagle team.

Thomalla hopes to bring some of his expertise in technology in the classroom as it was one of his major skill sets during his time at Marrs. He plans to work with teachers in the classroom when it comes to the use of technology to leverage instruction.

"One thing we always have to do is grow and change... Having that growth mindset where we're all trying to improve and that happens from taking risks or new experiences." In the meantime, Thomalla's goals include making a positive impact on students' lives at Central. "Since this is a new experience for me, I know this is going to help me be a better leader," Thomalla said.

Someday, if the opening arises, Thomalla hopes to be principal. Until then, Thomalla is at Central, fulfilling the vice principal duty and plans to do so for quite a while.



GREEK ISLANDS

3821 CENTER ST.



ALEXIS BLANKENFELD | The Register

Plaques display honorees' highest achievements in business and community service in a hallway of Central High School.

Hall of Fame wall expands collection by ten members this fall

Hayley Raney
staff writer

This year is Central's 19th annual Hall of Fame which will honor and induct ten new nominees from graduating classes ranging from 1922-1990. Central High School Foundation's executive director Michele Roberts is the behind the scenes expert when it comes to preparing and making the ceremony happen.

In order to become an inductee, one must be nominated first. "Anybody can nominate anybody," Roberts said. Once a nominee is selected, their name sits in a nomination pool for two years until Central Alumni Hall of Fame Selection Committee chooses 10 inductees.

"Every year there is a great pool of people," Roberts said. The nominees are chosen based on the highest levels of achievement in business and community service.

The selection committee is made up of Central's alumni from different graduating decades. They hold their positions for two years on the committee then a new batch of Central's alumni replaces them.

There is a set ratio between living and deceased nominees. "No more than three deceased nominees per year," Roberts said. This year the Hall of Fame inductees are: Kimera Bartee, Natalie Brown, Howard Chudacoff, Henry Cordes, John Emery, Muriel Frank, Sanford Friedman, Paul Phillips, Edson Smith and Lawrence Thomas.

The selection process occurs from January to April. Once the nominees are chosen, the foundation committee sends out

invitations for the nominees to either accept or decline the invite. Every once in a while someone may decline the invitation simply because they can't make it. But they still qualify to be nominated for the upcoming Hall of Fame.

Roberts and her team begin planning the Hall of Fame ceremony in July that takes place in October. Around 200 people attend the ceremony every year. The ceremony costs \$50 a person, \$400 per table for eight or \$500 per table for ten. All the money goes to catering, rental and inductee Hall of Fame plaques. Each Hall of Fame plaque costs \$150. But each inductee gets two, one to take home and one to go on the Hall of Fame wall in Central.

One of the inductees this year, Bartee, graduated in 1990. He is the first Central grad to play baseball in the major leagues. Drafted to Baltimore in 1993, Bartee received his major league debut with the Detroit Tigers in 1996. He is now passing on his skills and knowledge to the next generation. Nine seasons with the Pittsburgh minor league, Bartee was base running and outfield coordinator. Now he is the Pirate's first base, outfield and base running coach.

Brown, graduated in 1985. She has a three-decade career as a U.S. State Department diplomat. She has given her time and service to countries such as Tunisia, Jordan, Kuwait and even Ethiopia. She was a senior watch officer in the State Department operations center during 9/11. Though she has

Brown, graduated in 1985. She has a three-decade career as a U.S. State Department diplomat. She has given her time and service to countries such as Tunisia, Jordan, Kuwait and even Ethiopia. She was a senior watch officer in the State Department operations center during 9/11. Though she has

encountered lots of danger she considers it the "best job in the world."

Chudacoff, graduated in 1961. He is an Ivy League history professor. He is a co-author of an influential college history text book and many others books covering diverse academic interests. He earned his doctorate degree and became a full professor in 1970. In 2003 he was recognized as one of the first recipients of a new Brown award for excellence in teaching and advising. Since 2002, he has held a position at Brown devoted to American history and urban studies.

Cordes graduated in 1981. He has worked with the Omaha World Herald for four decades. He has been recognized as one of Nebraska's most influential journalists. He has been awarded five times for the UNL Sorenson Award for Nebraska's most distinguished work of journalism. He served as president of the Omaha Press club and is the father of two Central grads of 2017, Thelma and Lucy.

Emery graduated in 1956. He oversees higher education by his success in Nebraska's insurance industry. He helped found the RD Marcotte agency in Omaha, a Mutual of Omaha affiliate. He has established more than 90 offices across the country for TransAmerica under the John Emery & Associates. Emery was appointed by Governor Ben Nelson to serve on the Nebraska's Postsecondary Commission for Higher Education.

Frank graduated in 1936. She helped start the anesthesiology department at the

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New steroid supplements contain dangerous ingredients

Kaitlyn Engel
staff writer

With the increasing competition in high school sports, more teenage athletes are trying to get an edge on the competition. They are trying to get the extra inch or pound that could help them win in competition. To get this advantage, more and more are turning to steroids.

Between 2012 and 2013 the number of teens using steroids had doubled from five percent to 11 percent. This jump is a result of the increasing competitiveness and pressure of high school sports. With more than 7.7 million students playing high school sports, athletes already put pressure on themselves.

"When you're talking about the bigger schools, the bigger states where everything is a lot more competitive, like Texas and California, I think [the number of athletes on steroids] is higher," athletic trainer Bryant Pasho said.

However, the form of the steroids that student athletes are taking has shifted. Originally, harsh anabolic steroid injections were the main method to enhance muscle growth. But now there are much subtler performance enhancing drugs such as Human Growth Hormone and over-the-counter supplements that feature some anabolic elements. Students might not even realize that the supplements they are using have a steroid element to them.

"There are people taking supplements that have no idea that it has what it has in it," Pasho said. "There's an anabolic agent in there that they either don't know about or don't want to

know about."

Even with the shift of form, these supplements still can be harmful.

"[Over the counter supplements] still have the same effect as steroids," Pasho said. While good for muscle building, steroids bring negative consequences. Some of these side effects include infertility, elevated blood pressure and premature balding. But teenagers face more risks from steroid use because they are still growing. This often results in more serious injuries.

"Your growing faster than you've grown in a while, and then you start adding in agents that cause you to be stronger than your body is ready for," Pasho said. "Your tendons and muscles start snapping." Stopping high school athletes from using steroids is difficult to do. Unless a student is caught in the act of using steroids, schools cannot do much to punish student athletes for their use. The Nebraska School Activities Association (N.S.A.A.) does not have a policy for steroid use or testing.

The regulation of performance enhancing drugs is left up to the schools to manage. "There's not really a lot of testing in high school because it's so expensive," Pasho said. "We can't test for it because we are a public school and there's a lot of hoops we'd have to jump through to test them." But steroids remain uncommon in Nebraska's high school sports. Jimmie Foster, the wrestling coach, has never seen steroids in his 21 years of coaching. Varsity football coach Lance Griffin has not encountered anyone using steroids in his 12 seasons.

Pasho agrees. I don't think [steroid use] is nearly as high around here," he said. "[Out of state teams] will do anything to get an edge."



ANNA KAMINSKI | The Register

Ukelee club sponsor Micah Ringlein teaches his members different chords. Sophomores Hannah Leslie and Dalia Gomez practice with their instruments Wednesdays after school.

Ukulele club challenges students to learn new skills, have fun

Heidi Heyden
staff writer

Music occurs all throughout Central as classes are offered for choir, band, orchestra, and guitar. But there is a new music club that captures the attention of students who have a keen-interest in playing a certain type of string: the ukulele.

Every Wednesday after school, students join French teacher Micah Ringlein in room 120 to learn more about this unique instrument for the first time ever. "Our routine will consist of saying hello, introducing ourselves, and dividing up into groups if people want to talk about ukulele purchases, chords, specific songs, [etc.]," Ringlein said.

Newcomers are able to join at any time and start learning about the ukulele right away. No matter what skill level a student has, they are strongly encouraged to join.

"We have a good club," sophomore Melisa Ontiveros said. "I'm hoping that a lot more people will join, and that we all learn at least a few more chords than we already know."

Many people have expressed their wish to play the ukulele,

but don't know where to start. "I already knew how to play the guitar, and I just wanted to learn another instrument that was outside of school," Ontiveros said.

Even though this is the ukulele club's first year open to Central students, the idea has been forming for years. "Ukulele club actually started years ago when a student saw me using a ukulele as a quiet signal," Ringlein said. "Our conversation evolved into discussing the founding of a club here at CHS."

The meetings commences with students teaching each other songs and chords on the ukulele, as well as music in general. Now the club has gained the attention of students as a way to let loose and have some fun. "I thought that the ukulele club would be a nice, relaxing time to go every single week," Ontiveros said. The benefits of playing the ukulele, or any other instrument, includes more than the opportunity for relaxation.

Playing an instrument can be a way for someone to express themselves without having to verbalize their emotions. "Ukulele club has helped me in that I can be with others who are experiencing the same learning challenges as I am," Ring-

lein said. "An instrument enables you to tap into another form of self-expression and way to connect with others."

As high school becomes a time to explore one's interests and identity, students need to be able to find ways to express themselves to others to show their individuality and personality to others. Self-improvement is also essential for this to occur. "I wish to improve my ukulele-playing skills by being able to at least know how to strum when playing different songs," Ontiveros said. Practicing every day and not giving up while learning to play the instrument of choice is important for self-improvement.

The ukulele club teaches students to learn how to play the ukulele as a way to encourage others to play as well. "I was hoping that I could encourage others on my dormitory floor to play as well, but people just kept on buying guitars," Ringlein said. "I drifted away from my ukulele pretty quickly and went back to learning heavy metal guitar solos."

Once a week, students can help the spread of ukulele connoisseurs by attending the newly-founded club after school, and—most importantly—have fun.

Caffeine, adolescents generates mixed opinions from many

Emma Whaley
staff writer

Caffeine is a well-known drug of choice for many students. Found in coffee, teas, and sodas everywhere, it is a key part of many students' lives, some even becoming addicted. Caffeine has the obvious side-effect of it keeping an all-nighter from turning into a slumber party. However, with those stimulating powers of caffeine, comes the less beneficial side effects. Tales of stunted growth and anxiety are enough to scare some potential coffee drinkers away, but others are not so easily deterred.

Old wives' tales surrounding caffeine have been passed down for generations. A simple Google search can show how mixed the conversation around caffeine is. "Six Surprisingly Dangerous Side Effects to Coffee" and "10 Healthy Reasons to Drink Coffee" stand side-by-side, leaving curious minds to wonder who to trust. Many know of the argument that caffeine can slow one's growth. However, other studies say that the antioxidants in coffee can lengthen one's life span. Some people will swear that nights spent drinking coffee makes them more focused and calm. There appears to be no conclusive answer to be found in the rumors about the true effects of caffeine on students.

There may be few people who know more about students than their teachers. Diane Allan teaches Honors English 3-4 and English 5-6 at Central. She doesn't try to hide her own affinity for coffee, as evidenced by the Keurig coffee maker displayed behind her desk. She shared what she's seen regarding her students and caffeine.

"There are quite a few [students who drink coffee]," Allen said, "Actually, over the last ten years or so, kids really do drink a lot more coffee, I think, than they used to."

She blames this occurrence on the elevated number of

coffee shops. It is true that there are 17 coffeeshops within a 20-minute walk from Central.

Allen also doesn't believe that caffeine is dangerous to the adolescent mind. Allen, who has been drinking coffee since she was 12 or 13 years old, said, "I do think that there should be limits on how much coffee a kid should have and maybe the time of day that a kid has coffee. There may be times when a kid has to power through an assignment in the evening or the day before a research paper is due..."

Junior Gianna Venditte is drinking some form of caffeine all day. "Mostly tea and coffee," she says, "Every time I drink a Red Bull, my body shakes so much I think I'm going to die so I usually stay away from that." She believes the amount of sugar in Red Bull and other energy drinks like Monster or Rockstar combined with their high levels of caffeine causes a reaction different than that of coffee or tea.

Venditte also claims her caffeine intake hasn't affected her school work, saying, "It's more of a routine thing now than actually keeping me awake. Like, I can drink a cup of coffee and take a nap right after... It's just like a comfort thing, I would say."

Of course, not all students drink coffee or tea. Alex Truesdell claims she only drinks coffee once every six months or so and that caffeinated sodas are consumed rarely and mostly in social situations. "We don't keep it around the house," Truesdell says, "I don't really like the taste of coffee."

When it comes to the health risks of caffeine, Truesdell says, "I've heard a lot of that. I've never heard anything from either side that's a trustworthy source. It's just, like,

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ON PAGE 8

**HERE'S A
CUPPA
COFFEE
FACTS**

COFFEE IS THE
SECOND MOST
TRADED
COMMODITY
ON EARTH.

YOU'D HAVE TO
DRINK 100 CUPS
OF COFFEE TO DIE
OF A CAFFEINE
OVERDOSE.

ETHIOPIAN
SHEPHERDS
DISCOVERED
COFFEE AROUND
800 A.D.

THE WORLD'S
MOST EXPENSIVE
COFFEE WILL COST
YOU ABOUT \$600
PER POUND.

JULIAN HOCK-BEATY | The Register

Award winning author, biologist speaks to honors, AP students

Sydney Prescott
staff writer

Hope Jahren, the award-winning author of *Lab Girl*, came to Omaha to speak about her experiences as a biologist and as a writer on Sept. 20. The Omaha Public Library Foundation hosted Jahren for two days, one for her hour-long lecture about being a woman in the science field and the other for being the keynote speaker for an OPL fundraiser.

Jahren is first and foremost a scientist, but became famous due to her first book *Lab Girl*. Her memoir is about the reality of being a woman in the science field, her love for trees and how she became a scientist. "I became a scientist just really out of raw interest...my earliest memories are in a lab," she said during the lecture. Her story is full of truth and interesting details about her life, but trees are woven into the narrative constantly. "I love plants because they outlive us, they outnumber us, half of their mass is below the surface, they weigh two tons on average [for trees] and they are different from us," she said.

Jahren was always called to promote the STEM fields for girl, but she "...was never comfortable with the idea," she said. She then thought about the real reason why people aren't joining STEM fields: "No one knows what a scientist's life was like." So, she decided to fix that by writing her own memoir, telling the true story of a scientist. "Writing a memoir was not really hard," she said, when thinking about the process of writing *Lab Girl*, "Since much of a scientist job is writing daily observations and research papers."

Due to her writing experience, powerful testimony, and overwhelming love of trees; her memoir was a huge success. It became a national bestseller, New York Times Notable Book, Winner of the American Association for the Advancement of Science/ Subaru for Excellence and more. Amazon called *Lab Girl* "An illuminating debut memoir...that will forever change how you see that natural world."

The actual event was attended by approximately 200 teachers, students and librarians. In fact, Tracy Rumbaugh, a biology teacher at Central, offered to increase a test grade by .5 a point if her AP



DILLON GALLOWAY | The O-BOOK

Author Hope Jahren, speaks to Central students in the auditorium on Sept. 20. She also was the keynote speaker at a fundraiser for the Omaha Public Library.

or Honors biology students came to the event. During the event she talked about what she does as a scientist, how trees are amazing and how they work compared to other organisms.

She also showed a video of a growing plants illustrating her point that plants move, albeit slowly, and compete for resources. During the Q&A session, students asked about what her favorite plant to work with was (radishes due to ease for experimentation), what her favorite part in high school was (identifying 30 different types of trees in her town, and why trees are more closely related to humans than the average water plant (both trees and humans are long-living multicellular organisms, while the average water plant is not).

Although Jahren is a renowned writer, she is still a scientist at heart. "I'm a scientist. I study plants...because they are life form, they are alive," she states simply. When she spoke to the students and teachers in the auditorium, her passion for her work was clearly evident in every word and gesture. For students who are planning to go into the science field, she urges them to just "find what you love [in science], figure out why, and do it."

She knows there will be challenges courses that aren't interesting but she just encourages to "Gut it out in the areas you don't like and reward yourself with the work you love."

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“LAND OF THE FREE”

Following President Trump's decision to discontinue DACA, immigrant families across the nation were wracked with fear. Some of these families are right in our neighborhoods.

Maddie Grabow
staff writer

On Sept. 5 Donald Trump called for the termination of the Deferred Action for Children Arrivals (DACA) program over the next six months. The DACA program provides protection for young adults (usually ages 18-late 20s) who were brought into the United States illegally as children (under 16). The program was introduced by the Obama administration in 2012. Those who are enrolled in DACA are given a Social Security number, so they can obtain a driver's license and a work permit in the United States. In September of 2017 there were approximately 800 thousand people enrolled in the program who now might be deported back to their country of origin. The DACA program technically hasn't been rescinded yet; the future of the program and those who are protected by it is currently up to the United States Congress. The termination of DACA will ultimately cost the US economy \$433 billion in the next decade, not including the \$60 billion it would cost to deport all the undocumented immigrants who are or were protected by the program.

Although this recent change affects people all over the country, there are many people in Nebraska who are fearful for the future of their families as well as their own. According to Nebraska Appleseed there are over 3,000 DACA youth in Nebraska who now have had all their privileges revoked once their permit expires and might face deportation within the next year or so.

At Central there are students who are DACA recipients or who have family members who are. Carlos Rivera* says that

“DACA has given my family members the opportunity to work legally. Before they had to make up social security numbers in order to get jobs. Now they can find better jobs and provide for their children.” Rivera stated that his siblings do not know Mexico at all because they've lived in the United States their whole life. “They would have to start all over again. The only people who are safe are me, my little brother and my dad. The rest of [my family] would be taken away from me and that's really scary. Sometimes I feel like I'm overexaggerating but this is real and this is happening to my family and to many other people as well.”

Many families are threatened with separation due to some members being undocumented while others have citizenship.

“Basically my whole family is protected by DACA, but I was born [in the United States] so I am not. Most of them have been a part of the program since it began,” senior Angela Gonzalez said. Her brother was able to get a degree in computer engineering from Bellevue University and start working afterwards thanks to the DACA program. He now works for Mutual of Omaha and is married to a natural-born US citizen. Act 319 of the Immigration and Nationality Act of 1952 states that “Any person whose spouse is a citizen of the United States” can become a legal citizen, however the process is not as easy as some may think (uscis.gov). A green card must be obtained at least three years in advance before the application process begins. “[My brother] and everybody else who gets citizenship through marriage will have to leave the United States for a certain amount of time and sometimes it's not guaranteed that they will come back,” Gonzalez said. “My brother was with his

wife for fourteen years before they got married because they were both too scared that he would be forced to leave and not be able to ever come back.”

Alexis Sanchez* says to be eligible for the DACA program “you have to have graduated high school, live in the US 12 years before applying, and have a squeaky-clean record. The process is long and expensive and most of it is a waiting game.” They mentioned that the duration of the process might take longer for some people than it does for others, but the reason for how or why isn't very clear. “It depends on your lawyer who does it for you, but I know that it took almost a year for my sister to get her work permit but it took my brother a little over a month,” Sanchez said.

Although the DACA program hasn't officially been terminated yet, the possibility is extremely high that Congress will vote to rescind it. Supporters and recipients of DACA are pushing Congress to pass the DREAM Act of 2017. This act was introduced July 20, 2017 by senators from South Carolina, Illinois, Arizona and New York. The National Immigration Law Center states that DREAM Act is “a bipartisan bill that would provide a direct road to U.S. citizenship for people who are either undocumented, have DACA or temporary protected status (TPS), and who graduate from U.S. high schools and attend college, enter the workforce, or enlist in a military program.” There haven't been any new developments in the termination of the DACA program since it was announced in early September.

* NOTE: Names have been changed to protect identities.

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Senior attempts to revitalize club that has a history of fading out

Malcolm Durfee O'Brien
staff writer

The Student Democrats Club exists in a kind of cyclical process. It starts out strong every year, but sputters out and slowly disbands by November. It usually dies at this point due to political apathy, senior Elliot Zahm said, “I think last year a lot of people didn't show up because they thought Hillary was going to win,” citing overconfidence in the election as the downfall of last year's club. But this year is different, as evidenced by the club's much earlier start than previous years. This year Donald Trump is President and to students, the sky is the limit for what they can do to stop what they see as his encroachment upon as basic human values. Now they can energize the young, politically active students concerned about friends, family or even themselves being deported, with the repeal of DACA and Trump's hawkish immigration policy.

“I think this next midterm is going to be overwhelmingly Democratic,” senior Nick Koehler said. He believes the Democrats could potentially flip both the House and Senate in what has historically been an electoral referendum on the President. Koehler views Student Democrats as a potential powerful force to mobilize the Democratic base and push Democratic policy through the Nebraska Legislature. “If we can get students to volunteer to knock on doors, to get out the vote, that's the goal.”

Koehler currently estimates around 25 members of the club and he wishes to double that so that Student Democrats can start organizing in the chorus room and lend greater legitimacy to the club. They currently meet in room 110. Koehler has stated that he has speakers lined up through November. He has suggested the idea of taking the entire club to the State Capitol to lobby for various issues.

When one walks into the club, the Democratic Base is on full display. The club is racially and ethnically diverse. It is also ideologically diverse, clearly divided between the “Berniecrats,” embodied by Nick Koehler and the “traditional Democrats,” embodied by many of the other students. They don't feud though, opting for civil debates.

The second club meeting this year saw the Chair of the Douglas County Democratic Party, speaking of the importance of youth involvement in politics. The third meeting revolved around organized chaotic discussions centered around DACA's removal.

Sponsor and psychology teacher Timothy Shipman chose Koehler to lead because of his connections and experience. Koehler is deeply intertwined with the Democrats. Currently he is working on Kara Eastman's Congressional campaign and was a top intern to Senator Mello's Mayoral Campaign earlier this year. The club plans on meeting every Tuesday after school in 110 and aims to have events and speakers planned for each central discussion at each meeting.



ALEXIS BLANKENFELD | The Register

Sophomore Kween Alabi is one of the few students who uses the elevator. With few elevators that break down often, some students struggle getting from class to class.

Inadequate elevator access leads to some feeling overlooked

Simret Habte
staff writer

Central High School highlights diversity as a vital part of the experience at the school. So much so it's even included in the mission statement. Diversity includes not just race, economic background, and sexuality, but also ability. Central is housed in one of the oldest buildings in the city. It is considered a historical landmark. While that's an important aspect of the school, it also makes student life harder for those with physical disabilities. At the time Central was built, not much thought was given to how people with disabilities could get around the building, as they were often sent elsewhere and seen as unfit for society at that time.

One of the biggest issues in the school is the general lack of accessibility. The amount of stairs in the building and the old elevator present obstacles for physically disabled students getting around. Sophomore Kween Alabi, who is in a wheelchair, has to deal with it on a daily basis. "Classrooms have minimum space and seating becomes awkward, especially when I'm at a table by myself while everyone else works in groups," Alabi said.

It's also hard to get from class to class. The elevator in the school can sometimes break-down causing students with disabilities to be stuck in a room on the floor they were on when they elevator broke down. The issues that arise because of the inaccessibility of the building can impact a disabled student's educational experience. According to Alabi, these complications can cause tardiness which "takes away valuable class time." "It's a little concerning when you're more than a few minutes late to class because of accessibility problems," she said.

This is not the first time accessibility has been an issue at Central High, but the problems have not been fixed mainly because of financial concerns. As previously mentioned, Central is

a historical landmark therefore making any repairs and changes to the school is difficult to do without a significant financial commitment. Assistant principal Elisa Kirksey says the school tries to make any possible accommodations, but the administration feels the costs sometimes outweigh the changes that could be made.

Some of the most inaccessible classrooms are the art rooms on the fourth floor and the choir rooms which have little space and don't allow for mobility in a wheelchair. She states that the new addition will solve a lot of the accessibility problems which are very evident in those areas. Unfortunately, until the new addition of the school is finished, there is not much that will be done to improve the obvious issues of accessibility.

The lack of accessibility may lead some to feel like disabled students are overlooked, but Kirksey believes a lot of times the school is just unaware of the struggles that many disabled students at Central face and the school is "trying to do a better job of getting it right." Kirksey recommends that disabled students who may feel out of place should talk to their teachers and administrators with any issues they feel need to be addressed. "All we can do as people is try to address those feelings and concerns," Kirksey said.

Alabi has expressed her frustrations saying, "Accessibility should be a human right, especially at a school that emphasizes diversity, it's important to realize disability is a part of diversity. No one really thinks about it unless it personally affects them. Students with disabilities aren't asking for special treatment. Although there are only a few disabled students at Central, it's important to include us in the student body."

Two seniors form new club for future health professionals

Seh Na Mellick
staff writer

The Central High Chapter of HOSA- Future Health Professionals conducted its first ever meeting on Wednesday, Sept. 6.

Seniors Allison Zetterman and Madison Badje have recently formed the Central High HOSA Chapter with the assistance of sponsors Mr. John Morley and Ms. Tracy Rumbaugh. Zetterman, an aspiring pediatrician, was involved with the University of Nebraska Medical Center's HOSA chapter last year, and even competed in the organization's health-science related competition on a national level. Badje, respectively, is an aspiring genetic counselor who has also been affiliated with HOSA through a conference that she and Zetterman attended during their sophomore year.

According to Badje, she and Zetterman decided to form a HOSA chapter because "a lot of people want to go into the medical field... HOSA will allow a lot of people to understand what is involved in health care..."

Although Central's HOSA chapter is still emerging, its co-presidents have already expressed a few potential goals that they would like to accomplish. Zetterman stated that she would like to see "[people] enjoy it, and just get [HOSA] upstarted so it can continue next year and the years following." Badje added that they would "also like to see it become as successful as other career-related clubs," such as DECA and Future Business Leaders of America. In their opinion, these are definitely plausible goals.

According to both students, Central High could undoubtedly benefit from having its own HOSA chapter. Zetterman said that the organization "introduces the student body to what the medical field entails." Badje agreed, saying that HOSA is a significant addition to Central's long list of extracurricular activities because it "helps you find out what you want to do in your future while also interacting with your peers and enjoying the rest of your high school experience."

Zetterman and Badje also concur that HOSA also offers various advantages for its participants. For example, Zetterman stated that "it offers a lot of leadership skills and social skills, especially because some of the competitions have prepared speaking... so it does provide life skills and introduces you to what the medical field entails."

Badje added that "A lot of people say that they want to be in some field of health care, but then they find out [in HOSA] 'Maybe I don't want to do this, maybe I want to do something else...' so it introduces you before [you go] to medical school, so you can decide if medicine is something you want to pursue."

Participation in HOSA could also provide increased health awareness, which, according to Badje and Zetterman, is a concern, especially in high schools. Zetterman remarked that "...kids think they know of health care from doctor's appointments or TV shows... They're like, 'Oh! I know I can be a doctor, I've seen Grey's Anatomy.' HOSA shows the reality and the community aspects in helping people; it's not a drama TV show, it's a real-life perspective." HOSA also increases health awareness through charity endeavors as well. Badje mentioned that members contribute to fun events such as marathons and other charity fundraisers that direct public attention towards curing diseases. Zetterman is even putting together a team for a Light the Night Leukemia event that will be taking place in October to generate funds towards curing leukemia.

Badje and Zetterman are looking forward to the future of the Central High HOSA Chapter, and firmly believe in the significance of health awareness and the impact that HOSA has on aspiring medical professionals.

HOSA is an international student organization that advocates career opportunities in the health care industry. It was conceived in 1975, and is now recognized by the Federal Department of Education. The main goals of HOSA are to promote career opportunities in health care, help students develop an understanding of the health care industry, and support Health Science Education.

Diverse group of alumni to be inducted into CHS Hall of Fame

CONTINUED FROM 'HALL OF FAME' ON PAGE 3

Methodist Hospital. She has inspired many women to conquer the careers in medicine.

Friedman graduated in 1964. He is a successful salesman, trouble-shooter and entrepreneur. He obtained an insurance agency that within 12 years it became the largest independent agency in Omaha. He has helped a number of Omaha businesses finalize their ideals before retirement. He has also served on many community boards within Omaha such as,

Girls Club of Omaha, the Omaha Symphony and the Jewish Federation of Omaha and Anti-Defamation League.

Phillips graduated in 1932. He led the Urban League chapter through the civil rights movement in the 1950s and 1960s. He became a voice for racial discrimination and took over the Grand Rapids Urban League in 1946. He was the first African American to be elected on the Grand Rapids school board. The recreation center in Grand Rapids carries his legacy known as the Boys and Girls Club carries his legacy.

Smith graduated in 1922. After high school he went onto Harvard Law School. He became an assistant U.S. attorney and

worked his way up to solving the Tom Dension crime case. He had two daughters that followed him into law, one becoming the first female federal judge in Nebraska.

Thomas graduated in 1954. Thomas help build and enhance ConAgra Inc. into one of the world's biggest food companies also one of Omaha's significant employers. He served as ConAgra's vice President and right hand man to ConAgra's CEO. Thomas has generously donations to Omaha nonprofits such as; the Salvation Army, Big Brothers/Big Sisters, Boy Scouts, the Joslyn Art Museum and much more.

Caffeine use increases increasingly popular among teens, education needed

CONTINUED FROM 'COFFEE' ON PAGE 4

old wives' tales."

It seems as though few people actually believe that caffeine is bad for you anymore. Whether it's adults that have been drinking coffee since they were teenagers and claim they turned out fine or students who say that their whole family is short and that's just how they are, the old wives' tales about caffeine appear to have less of an effect.

Pediatrician Gabe Cisneros has been working in pediatrics for six years and shared some of the views the medical community holds with adolescents and caffeine. "When it comes to any substance like caffeine, it's important that people know what the effects are on their bodies and how much they're actually taking," Cisneros said. "I think that one of the issues

with caffeine and caffeinated drinks in particular is that it's not always obvious how much you're taking in.... We generally recommend for kids not to have to rely on these things to function...ideally they get a good eight, nine hours of sleep at night."

"It can have some negative side effects in high doses," Cisneros said, "For some people that can be having a hard time going to sleep because you're overstimulated. It can be that you have a lower appetite. Some people will have ... eye spasms. And then it can affect your heart rate, blood pressure ... Some people have been in the emergency room for taking a lot of these energy drinks because they don't realize what they're putting in their body..."

Cisneros did say that he wasn't aware of any long-term effects of caffeine. He cited a study saying that one cup of cof-

fee a day might reduce the risk of cancer. While the results of the study were most likely because of the natural antioxidants in coffee, it is an example of caffeine not being the dangerous controlling drug some claim it is.

In the end, it's about control. Getting addicted to caffeine or becoming reliant is the largest danger to a student. Other than that, coffee and tea can help keep someone awake through a long project or it could just be used as a simple hot beverage. Energy drinks may pose more of a threat because of their sugar content, though. So long as one knows their limits and how caffeine effects their body, it seems to be a perfectly fine way of becoming energized. It seems to be as simple as an enjoyment of the beverage. To quote Gianna Venditte, "Coffee is wonderful, so is tea. That's it."

Academic Decathlon under new leadership, changes to come

CONTINUED FROM 'ACADECA' ON PAGE 1

The class can be taken to learn the content or to compete, as only a certain amount of people can be placed on the team. Even this early in the year, Mick says that he has an idea of who will be representing Central at competitions. "I've got a pretty good idea of who my leaders are, and how they will compete."

He is grateful for the senior leadership in the class, saying that the only substantial challenge with the course is that there is no real way to teach it. "The students have to be driven enough to study, so in a sense I am more of a coach than I am a teacher. It's challenged me to take on the role of something that I've never really done before."

With the help of the students who have been competing in Academic Decathlon for years, Mickeliunas is prepared to take on the challenge of a new class. "I plan on holding on to it for as long as I can," Mick said. "I think we have an incredible group this year."

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AUTUMN ATHLETICS

10-11

Features on four student athletes who are involved in different fall athletic programs.



SOFTBALL COACH 12

New softball coach brings a fresh perspective to the team.

LANDSTROM 13

Special teams football coach and history teacher Jay Landstrom has a multitude of responsibilities.



sports & leisure

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ALEXIS BLANKENFELD | The Register

Maxwell Polk, sophomore, is a cancer survivor and avid basketball player. With the support of his family and his team, bouncing back into the game was simple.

HIS TOUGHEST GAME YET

Alec Rome
staff writer

Sophomore Maxwell Polk regularly battles opponents on the hardwood as a part of Omaha Central boys basketball and the Omaha Sports Academy 15U team. However, this summer, he faced an opponent unlike any other, in a setting that was foreign and daunting to him.

In June, Polk was going in for a surgery to remove his appendix due to previous stomach pain. What doctors found was something he never considered to be a possibility.

It was cancer; specifically, Burkitt lymphoma.

According to the Lymphoma Research Foundation, this type of lymphoma, a cancer of cells in the immune system, can be “rare but highly aggressive.” It normally requires intensive chemotherapy in order to treat and cure.

All of this was completely new and frightening to Polk. “When you hear the word cancer, one of the first things you think is death, and that’s one of my biggest fears,” Polk said. “Fighting for [my] life is something I’ve never faced before.”

Suddenly, Polk went from shooting three-pointers and driving through the lane to over a month and a half of chemotherapy in two rounds. He could feel most of what was being put into him to fight, and it was not comfortable. “It was

draining, mostly. I lost probably 18 pounds,” Polk said. “I felt weak and I was just throwing up most of the time. It was the toughest period of my life.”

He remembered nights where he would go home and cry himself to sleep, wondering why this disease happened to him and why right now. Polk rarely went out into public during June, and had to wear a mask when he did due to his weakened immune system.

Without basketball, he had to find other things to occupy

CONTINUE TO ‘POLK’
ON PAGE 14

To avoid discrepancy, NFL commissioner should rely on law enforcement

Vasili Sgourakis
staff writer

Unlike other commissioners, Roger Goodell acts many times as the judge, jury and executioner when determining consequences for player misconduct within the league. From Josh Gordon of the Browns and his issues with marijuana to more recently Ezekiel Elliot and his allegations of domestic abuse, Goodell alone hands down the punishments.

While this would not be problem in an ideal world where all punishments are deemed to fit the crime, this is not the case with Goodell. He continues to insist on handling player discipline amidst the public-relations mess that it has caused him. Every notable time he has been involved with disciplining a player it has backfired and made an already toxic relationship between the NFL and the NFL Players Union even more toxic.

Goodell has been involved with some of the largest scandals in the NFL in recent history: deflategate, bounty gate, the Ray Rice video, Josh Brown of the Giants, and now Ezekiel Elliot. While all these issues are divisive, I am going to zone in on the ones dealing with physical abuse because the punishments seem the most puzzling when compared to other incidents.

The Ray Rice incident was the first to occur. Initially only

suspending Rice for two games, the NFL changed their decision once the video was made public, deciding to suspend Rice indefinitely. Although this was overturned, Rice has not played a down in the NFL since.

Then there is Josh Brown. He was initially suspended one game for domestic abuse. However, after further investigation he was given a six-game suspension and was subsequently released by the Giants.

Ezekiel Elliot was immediately suspended six games after an investigation by the NFL headed by Goodell into a claim of domestic violence. However, one of the lead investigators, Kia Roberts believed that Elliott’s accuser was not credible. Despite this, Goodell continued to stand by his six-game suspension and later appointed his own arbitrator for the situation and appeal by Elliot.

While Goodell may have gotten these suspensions right, it would be beneficial for him to leave the off the field issues to law enforcement first and then rule on their judgements. By doing this, Goodell would eliminate the discrepancy of consequences and therefore make all situations less volatile and divisive for players involved.

It is refreshing to see someone take a hard stance against

domestic abuse, even though it did take a disgusting video and controversy for this position to begin. However, Goodell should cease overstepping his rule as commissioner of the NFL. Instead of looking to make statements and improve the league’s image, he should take more time to make a sound judgement.

By doing this there would be less controversy between each suspension. For example, Josh Brown, a white kicker for the Giants received a one game suspension initially. On the other hand, Ezekiel Elliot was given a six-game suspension right off the bat. Each case had the same type of substantial evidence but Goodell gave a harsher punishment to Elliot.

In a time where the NFL is surrounded by dispute both on the field and off, the league’s image and relationship with the players association would be vastly improved if Goodell did not overstep his bounds and instead took more time to make sound judgements on disciplinary issues. This would be even more enhanced if instead of being a one man disciplinary crew who appoints his own judges he had a department who took care of this so he it was more impartial.

AUTUMN ATHLETES

Four female athletes are making leaps and strides to become noteworthy student athletes



EBEN KOHTZ
GOLF

Carlson Koch
staff writer

Golf, known for its popularity around the world reaches many different skill levels varying from each player, to become better, it takes a lot of practice and time. As part of the Central girls varsity golf team, senior Eben Kohtz prepares to do this as she plays her last season for Central.

The beginning stage of golf is what takes the longest, and without any sort of coach, becoming better is near impossible. Kohtz had guidance not only from Coach Larson and Coach Dierks but also her mom's friend, David, "he has taken me golfing many times to help me practice and give me tips," she said.

"They [Coaches Larson and Dierks] have taken the time to help me grow from a beginning golfer to what I am now. They have been equally as patient with my golf game as I have tried to be," said Kohtz. The patience is necessary for both a coach and a player, because as anyone who plays a sport knows, perfection does not occur overnight.

The competition of golf revolves around the inconsistency of other players, because if everyone hit a perfect shot, what fun would that be? It is just like basketball and errant shots; Kohtz practices in hopes to eliminate the chances of a bad swing, "one day you could shoot really well and the next terribly, even if you have been practicing every day," said Kohtz.

Kohtz practices not only after school in the fall, completing drill after drill in an attempt to perfect her shots, but also in the spring and summer. Her favorite drill includes a combination of chipping and putting, which

has been argued to be the most important part of golf. Kohtz says, "My favorite drill is "Up and Down" because it feels more like a game than actual practice, the competition between the girls on the team also builds this feeling."

Golf is not only a sport to learn from on the course, but also in everyday life. "Golf has taught me to be more patient and to stay positive. I play my best when I am positive, being negative makes me only play worse. Patience is just as important because it takes a lot of time to get better," said Kohtz.

A round of golf takes around four hours to complete. Because of this, golfers in high school miss a whole day of school for a meet, making it difficult to balance both school and the capability to be competitive at golf. Kohtz handles this while taking many honors and AP classes. She says, "Missing multiple days each week is hard, but being part of the golf team has helped make me more involved."

Anything is easier to do when friends are there. Sports are no exception; in fact a competition between friends could even lead to more focus and attentiveness just to win. For Kohtz, "The most enjoyable about golf is the friends that I have gained and their support during the golf season, and then the rest of the year," she said.

From freshman to senior year, Kohtz has improved her game a lot. Because of her tedious practice and large amounts of it, she is able to rule out many errant shots that were once more likely. Like any other sport, golf requires patience and practice to improve.

"No one can master golf, but you can always improve, so focus on getting better," said Kohtz



MADDIE RIDDELL
CROSS COUNTRY

Emily Engel
staff writer

Central's girls cross-country team is currently ranked eighth in the state, but for senior Madeline Riddell, the sport is about more than just competing.

"I like cross country we really have a close team aspect," Riddell said. "I have a lot of close relationships on the team."

Even before joining cross country, running has always been a part of her life. For many years she has played soccer, like many good runners, but now cross country has become her bigger athletic focus.

"I started running cross country in seventh grade with my school, but I played soccer for over ten years, so I had run a lot anyway," Riddell said.

Many people, even athletes, find running to be too difficult to enjoy but every year the cross-country team has at least 30 consistent runners. What has kept Riddell from coming back to cross country over the past years is being to improve her times each meet.

"A lot of people think that cross country will be terrible so they don't want to do it," Riddell said. "But once you join and practice and get better at it, it's really fun and rewarding."

A common struggle among student athletes is balancing their school work and their sport. As an IB student, every night Riddell has to manage about six hours of homework on top of daily practices after school.

"Sometimes it can be tough to find a good balance but, a lot of times, I can just go to practice and then right when I get home

I plan out everything I need to do so I can knock it all out and get some sleep," she said.

In addition to time management skills, participating in sports can teach students life lessons and give them experiences that can't be found elsewhere. Cross country is unique in this way because it is as much a mental sport as it is a physical one and is known to help build mental endurance.

"I've become a much better leader and a better friend because of cross country," Riddell said, "I've definitely become healthier and more athletic."

As college selection comes nearer, Riddell is choosing schools for their academics over athletics, though she would like to continue running throughout college regardless of whether there is a cross country team. Some schools, such as UNL, have running clubs in addition to cross country teams that meet once or twice for casual runs.

"I'm not sure if I will run cross country in college yet, but if I got the opportunity I might," Riddell said.

Her last cross-country season at Central is now soon to come to an end, but she will never be able to forget the friends she's made and the fun she's had on the team. Central's girls team is a uniquely tight knit group, with frequent team bonding activities and team dinners.

"I'll miss the team and my team mates and all of the fun things we get to do together. I'll miss going to meets and encouraging everybody and having everybody encourage me," Riddell said.



FAST FACTS:
Grade: Senior
Fun Fact: Her friends call her "Korean Jesus"
Favorite Food: Chicken pad Thai



FAST FACTS:
Grade: Senior
Fun Fact: Played piano for 10 years
Favorite Food: Pasta



BECKY JOHNSON
VOLLEYBALL

ELISA GAMBARA
GOLF



Alec Rome
staff writer

Senior Becky Johnson started playing volleyball at the age of six, and she believes her height destined her to play the game from the middle blocker position.

Initially, friends Annaliese Sailors and Taylor Anderson inspired Johnson to join a YMCA volleyball team. The rest is history, except for how she became a threat in the middle for Central varsity volleyball. "When I started [playing volleyball,] my coaches told me to use my height to my advantage," Johnson said.

However, Johnson did not begin to play from the middle until middle school, where she learned exactly how demanding the position and the sport can be. "It is so hard. This is my last season playing and I'm still not perfect on getting the block closed and releasing," Johnson said. While the team does not tailor their conditioning strictly to each individual position, there are drills that help when playing middle blocker. Agility and footwork is a critical component for success, as having to react to specific offenses requires quick decisions and efficient fast-twitch muscles.

Another aspect of the game is mental, because volleyball can be a chess match of manoeuvres that can catch an opponent off guard. Johnson said that with some teams, they have to think ahead of the setter, as the setter can tip off the defense as to what the opposing team plans to do.

Fakes are a commonality of the sport, which results in a combination of skills being put together at once.

What Johnson enjoys most about the sport has nothing to do with volleyball specifically, but rather the teammates she plays with. "When we're all working as a team, together, it's exciting and fun," Johnson said. "Even if we're losing, we're having fun, and that's the best part. Especially if someone is having a bad day or a bad game and they get a kill, that's [always] super awesome."

When she is not closing the block or flying above the net to make kills, Johnson is taking photos nearly everywhere she goes. Her interest in photography started after she got a flip phone for Christmas and decided to take photos of her father in different poses.

A few years later, and Johnson began taking photography classes at the OPS Career Center. Those courses helped her hone skills that allowed her to enjoy the field even more. She loves working with portrait photography and working with people, because "they're just more interesting than grass." She uses a more professional camera that her dad gave her, and she hopes to continue learning about photography in college and beyond.

While volleyball and photography are two very separate topics, Johnson said that both require focus, whether figurative or literal. As for what she looks forward to for the rest of the year, Johnson wants to finish strong and enjoy the sport of volleyball while she can. "It's kind of a wrap up for my volleyball career," Johnson said. "I'm not excited to be done with it, but I'm excited [to say] I did it and accomplished a lot."

FAST FACTS:
Grade: Senior
Fun Fact: Plays middle hitter or blocker
Favorite Food: Avocado



Simone Davis
staff writer

Every year, a handful of exchange students from all over the world come to Central. The students try to become as involved as possible so that they can experience as much as the school has to offer, and with a school as big as Central, there is a ton of sports and clubs to participate in.

Senior Elisa Gambará is an exchange student from Italy. Her older brother came to Central nine years prior to her, and he had an amazing time. She is staying with the same host family that housed him, even though they don't have any children of their own who go to Central.

To fill her time during her one year stay in Omaha, she decided to join the golf team. However, the Central golf team is different than her golf team in Italy. Rather than golfing as an extra-curricular school activity, it is played on students own time.

"We don't really have a team [in Italy] from school, but we have a team outside of school," Gambará said. "You just represent your country with other people. You don't represent your school but you rather your course or your tournament," she said.

Elisa has played golf for five years now. And though she enjoys playing golf in Italy as well, she prefers playing for a school team.

"I really like everything," Gambará said. "The people are nice, the course is amazing and the coach is really nice."

The golf season lasts until October 10, and so far the season has been going well. Both individually and as a team, the girls golf team has been playing their best. But Gambará still thinks there is room for improvement in her own game, stating that she thinks she could "do better."

But Gambará isn't spending all of her Central time golfing. She also has decided to take on a sport for each season, including swimming for the winter and track for the spring.

"I'm not that good at swimming," Gambará said with a laugh. But nonetheless, she decided to take on the sport to fill her time. "Track is my favorite," she states.

Gambará is enjoying her time at Central so far. The school size is something different than what she is used to, though.

"It's [Central] really different. Central is really big, I've never seen a school like this. I get lost every day," she stated. Coming to Central from her small school in Italy is an adjustment.

Hopefully Gambará continues to enjoy her experience at Central. As she is keeping herself time filled with track, swimming and golf, she will definitely stay busy and gain the full eagle experience.

FAST FACTS:
Grade: Senior
Fun Fact: An exchange student from Northern Italy
Favorite Food: Pasta



Central football fights trend with new methods, equipment

Cormac O'Brian
staff writer

This year, Central's football team has bucked the trend of declining participation rates, seeing a significant resurgence, likely due to new techniques and equipment. According to Luke Dillon, since he began working as the athletic director in 2013, the participation rate had been trending steadily downward.

"Ever since the concussion talk started to come out it was generally around, since I've been here, slightly under 100, maybe around 90 students involved in football," Dillon said. "Currently we have 118 out that are still actively involved."

In a July study, Chronic Traumatic Encephalopathy (CTE) was found in 21 percent of the donated brains of high school football players. The rate among college players was 91 percent, and 99 percent among NFL players. Dillon believes that the new, more advanced helmets, along with new safety policies have given many parents restored confidence in the safety of their children.

"Our trainer mentioned that when the concussion talk started to come around, he had an increased volume in parents calling in and asking him what he thought about concussions and so on, about the safety of football," Dillon said.

Another possible factor in resurgence of football participation may be head coach Lance Griffin's recruitment efforts, including an email he sent to all male students regarding football. He has also attempted to communicate to students and parents the new safety precautions taken by the team.

"We did a good job, our assistant coaches did a great job of recruiting the building, and the kids did a great job of reaching out to their friends."

One step Griffin is taking to reduce head injuries is teaching rugby tackling, or "eagle tackling" as he sometimes refers to it, in the place of traditional football tackling.

"Back when I used to teach tackling, you'd do spearing and everything else, but rugby tackling is more of a wrestling move," Dillon said. "It's a lot safer. You're looking for a grab as opposed to a collision."

Griffin said that there are four phases in a rugby tackle: Tracking; drive for five; wrap and squeeze; wrap, squeeze and roll.

"Every time we're doing those steps... it's always with the head on the outside," Griffin said.

According to Griffin, athletes were at first hesitant to embrace the new technique, but as they gained experience with the technique, Griffin says that it was very well received.

"We show them videos of the Seattle Seahawks, and how they teach it, and how they do it in game. When kids see it visually, and see other people do it, especially at the highest level, that's really helped out and gotten quicker buy-in."

According to Dillon, there are several other schools that use the rugby tackling technique, including Burke. Dillon insisted that rugby tackling would not reduce the level of play, as Burke is "one of the best, if not the best team," and they have been using the technique for three years.

"I've seen a lot of things that those schools have done, from a safety standpoint, that I'd like to see continued here," Dillon said.

Dillon believes that as concussion research continues, football may disappear in the schools that cannot afford concussion preventive technology such as Central's new helmets. "I think that'll also either funnel more kids to schools that do have resources, or football will eventually just go away in a lot of schools," Dillon said, adding, "I think that's probably the right thing to do."



ALEC ROME | The Register

Central's new Riddell football helmets include an impact monitoring system which can alert medical staff if a player has taken a significant collision to the head.



ALEXIS BLANKENFELD | The Register

Syndee Penaherra balances coaching and teaching as a new softball coach.

ACP student teacher gains more responsibility, passion as softball coach

Vasili Sgourakis
staff writer

Having a new perspective on the sideline or in the dugout is always a bonus. This year, Syndee Penaherra, a student teacher in the ACP program is a new addition to the girls softball coaching staff.

Since a young age, Penaherra has been involved with many sports. However, her natural talent and passion lie in softball.

"My passion originates from starting when I was about five. I always did basketball or softball and I was pretty good at both. I guess because I was pretty good at a young age I continued to play softball," Penaherra said, "I eventually moved from T-ball, fast pitch, high school, and then college softball. I thought coaching would be the next best thing and still allow me to be involved with softball."

Although she has been playing softball since age five, Penaherra has little coaching experience. Penaherra said, "I have given private lessons to a few athletes and have been involved in team camps. But other than that, this is the first experience I've had with this much team responsibility in my hands."

For any coach, the balance between teaching and coaching can be difficult. While Penaherra does consider herself a good time manager, having two

very young children does make it especially problematic at times. However, Penaherra said having the assistance of others is valuable: "Having my husband and other family members available to help when I need it, has helped tremendously with my time management for everything I'm involved in."

Being new to the team, Penaherra has already seen some strong points. "Players have done really well picking up their teammates when it comes to hitting the ball. If one player isn't doing very good, usually, another player is able to pick them up with their bat," Penaherra said.

Moreover, she notes that the team has good comradery which can only assist in success. Penaherra said, "Another strong point I see in the team is their positive energy and relationship that everyone has. There has been very little drams this year and their ability to stay

together when the team is down has been amazing to see."

Although wins are important for any team, Penaherra has a larger purpose for her players. "Softball will eventually end so they need to be able to take the stuff we have taught them in real life situations," Penaherra said. "We are teaching them time management, professionalism, how to build relationships, and anything else you could think of that helps one be successful in the real world."

“Softball will eventually end so they need to be able to take the stuff we taught them in real life situation.”

Syndee Penaherra

Girls Softball Coach





ALEC ROME | The Register

Jay Landstrom overlooks a football game as the special teams coordinator. He used to pace the sidelines during the games with other coaches, but now observes from a booth.

Often overlooked, special teams vital to program growth

Ari Saltzman
staff writer

Special teams can change the whole complex of any given football game. They “can always change a game good or bad, whether it can be, punt, kick return touchdown or make a big field goal,” special teams coordinator Jay Landstrom said. These situations certainly happen all of the time in the sport.

Every weekend there is some sort of ending to a football game that special teams are involved in. A game winning field goal requires precision and being able to control a player's nerves. Being able to practice situations like that time after time, in front of the same coach, can essentially make a game winning field goal a routine, and as stress free as possible.

The punting game is also a very important part of special teams. Being able to flip the field on an opponent can change a game drastically late in the fourth quarter. Another play to be made on punts, is backing an opponent up as far as possible. Having the ball roll into the end-zone for a touchback, and downing the ball at the 2-yard line, is a huge difference.

Not only does it make the opponent face a 98-yard field, a loss of at least two yards on the following play can lead to two points with a safety.

The part of the game that is important though, is avoiding the game deciding turnover. If, “you get a punt blocked, [that can turn] into points,” Landstrom said. Those points can be quite costly, and this has happened many times.

A part of the game that is often overlooked is the role of long-snappers and holders. The long-snapper is very important on any special teams play, that player needs to be able to properly get the ball to the holder or punter.

The holder has the exact same responsibility on a field goal attempt than the kicker. The holder is responsible for catching the snap, turning it to the proper angle, and setting the ball on the turf into a kicking position. All of this must be accomplished in the amount of time it takes the kicker to run to the ball.

Another part of special teams is the kick coverage and return game. Kick coverage is significant when it comes to the field position battle. It is vital to not allow the opponent to get a short field. It is also the same importance to be able to field kicks and not face a long field. Landstrom said, “[special teams is] one third of the game, it’s important.”

Completing short mile times prove student athletes’ personal successes

Anne Gallagher
staff writer

In recorded United States history, only 10 high schoolers have felt the success that comes from completing a mile in under four minutes during a track meet. The amount of sweat and tears put into accomplishing this feat takes more than an average amount of training. The all-male list of athletes that were once capable of this mile time has grown exponentially in the past fifty years, rising from five to 10 runners.

Athletes around the world have completed under four-minute miles at an abundance of ages, yet achieving this goal in high school marks a different kind of competitor. The strength and determination of these young athletes is cause for worldwide inspiration.

At Central, the fastest male mile time is around four minutes and 17 seconds. Although this time is not considered slow, it is much farther off of the under four-minute mile mark than it may seem. Every second counts and the difference between 3:59 and four minutes is the biggest barrier for these well-trained athletes.

People who have completed a four-minute mile often don’t realize it’s significance until after the race or even after they lose their capability to run at this speed. The mile is a track event where the competitors complete four, four-hundred meter laps. These laps must be completed at an average pace of under one minute for the runner to break the four-minute time barrier. A single lap at this time in itself is a feat, yet relatively attainable for most track athletes, especially those who train at an elevated level.

“A mile under four minutes proves exemplary strength within an athlete, and helps them gain entrance into schools.”

High school provides an opportunity for athletes to branch out and develop their talents in more specified areas. Track and field encompasses a variety of events that kids can compete in, in order to find their specialty. From the examination of student’s high school running careers, college coaches are able to determine who they want to run for their team.

Universities are categorized through divisions with division one being the best. Many of the runners who did an under four-minute mile went on to attend division one schools. Overall, a mile under four minutes proves exemplary strength within an athlete, and helps them to gain entrance into schools with all kinds of scholarships.

It is considered a rite of passage to the athletes on this exclusive list, such as Michael Slagowski who was the ninth runner to achieve this time at a high school track meet. He had been training extremely hard all season and eventually his work paid off, just like it did for the other boys on this list.

What people don’t typically realize about runners is that it takes so much more than fast legs and a good coach to do well, although those things do help.

The daily practices and strenuous workouts take a physical and mental toll on the athlete. Barriers have to be pushed past and a lot of mental strength has to be summoned to put your body through training and racing at this level, while the real test is seeing who is strong enough to put all of their work to use and to refuse to give up or give anything but their best. This is the reason that these four-minute miles are so highly revered. It takes perseverance, guts, and a lot of strength to run a four minute mile.

NCAA must address inconsistencies with targeting penalty

Ari Saltzman
staff writer

One of the biggest issues in college football has continued to cause angst among fans again this season. The targeting penalty is something that the NCAA must address, and they must do it fast.

The rule as it stands now is very indistinct. The official rulebook says, "players who target and contact defenseless opponents above the shoulders be ejected." Usually, when targeting is called, a replay review occurs to make sure the hit was illegal. The review looks at everything in the rule, including if the player hit is defenseless, and if the player responsible for the hit was intentionally leading with his helmet.

The other problem with the rule is when a player is thrown out of a game for a perfectly legal hit. This occurs because the officials do not know what they are reviewing. If the NCAA would make the rule straight up, and simple, the rule would be a lot better, and would not cause as much controversy.

Targeting was created in order to increase player safety in college football. But, it has done just the opposite. More than one hundred more targeting penalties were called during the 2016 season than during the rule's inaugural season in 2013.

In order to improve the rule, while still keeping player safety the top priority, the NCAA should simply look to its rules in college basketball. In NCAA basketball, two different fouls

occur for unsportsmanlike conduct, a flagrant one foul, and a flagrant two foul, with only the flagrant two foul resulting in an ejection.

The NCAA should adopt that same policy to football and targeting. If any player hits another player with the crown of their helmet it should be an automatic 15-yard penalty no matter what happened during the play. This could be called a "Targeting I" penalty. If a player receives two Targeting I penalties in a game, that player should be ejected.

The more serious version of the new rule should be called a "Targeting II" penalty. The way how to call a Targeting II penalty is if the player, already charged with a Targeting I penalty, commits a personal foul infraction while hitting the opposing player with the crown of their helmet. This should lead a 15-yard penalty and the ejection of the guilty player for the remainder of the current game and the entirety of the following game.

If this set of new rules were enforced, players would not be kicked out of games they should not have been tossed from, instead it will only be a 15-yard penalty. It would also not encourage illegal hits because a penalty of sitting out the entirety of the following game, a change from the current policy. This is a good option that would eliminate the controversy that occurs every college football Saturday when targeting is called.

Sophomore persists, overcomes obstacles

CONTINUED FROM 'POLK' ON PAGE 9

his time. One of those things was reading more, since extensive physical activity was not possible.

In July, good news came from the doctors; everything checked out.

Polk was cancer free.

While he may have lost his hair, he did not permanently lose the thing that helps cure other problems in his life.

"Basketball is always been the thing I do to keep my mind off things and when I try to let go of stuff and keep my mind blank, I go to basketball. But then I didn't have that," Polk said. "It was extremely tough."

He appreciated the many people around the city who supported him through that period, including his family and his brother, Marcus. Marcus is an alumnus and former Central basketball player, who graduated in 2015.

The t-shirt Marcus gave him summed up his journey of fighting cancer. It says, "Survived My Worst Days."

Polk returned to his OSA team with two weeks left in the

season, and hit a game winning shot in late July. The feeling he experienced of stepping back out on the court again was euphoric. "It was the best feeling of my life. I've always loved basketball, but now I was thinking I was taking it for granted when I was playing," Polk said. "I could have got that snatched away from me and I had it snatched away from me for a month. Having it back, it was just amazing."

Now that the summer is gone, Polk is looking ahead to the upcoming high school season. He hopes to have an increased role on the team as a leader, and he wants to be more vocal out on the floor. Having gone what he went through, he expects to play with more passion and even more heart. Polk has been in the gym, four times a week, trying to regain some of the muscle he lost during chemotherapy.

His piece of advice for those going through the same battle: "Keep pushing, be patient, God always has a plan. You might not know why it happened to you now, but you'll find out soon. And just pray."

Polk has "survived his worst days," and strives to make his future days on the court and in life his best.



ALEC ROME | The Register

Maxwell Polk looks ahead to the upcoming basketball season. He works out four times a week to gain muscle back.



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Ayla Gasca and Noelle Bueller show leadership skills in the performing arts.



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Which restaurants to satisfy cravings, and the top three books for the fall season.

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20-21

The Register reviews the most popular artistic works so far this year.



arts & style

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Photo Courtesy of Connor Paintin, Ingrid Howell

Acoustic duo realizes they need more opportunities to pursue music, decide to combine talents. They plan to market their album release in the fall.

ACOUSTIC DUO

Music duo "Bad Self Portraits" goes beyond pop music stereotypes.

Molly Ashford
staff writer

Connor Pantin and Ingrid Howell, two of the many musicians at Central, bound together to create the acoustic duo that makes up 'Bad Self Portraits.' Ingrid, a 2017 graduate, and Connor, a current junior, have known each other since they were kids. After their parents convinced them to perform in the 2015 Roadshow together, they both needed more opportunities to pursue music. Thus, they decided, as Connor said, "Why not start a band, you know?"

The combination of Connor's ability to play a plethora of instruments and Ingrid's versatile vocal and songwriting talent has pushed them into a genre-bending duo, most reminiscent of indie pop.

"He has a great ear for chords which makes writing for me so much more interesting," Ingrid remarks about working with Connor. "We can always work out an arrangement that sounds different." The two have a connection through the music, and they have the ability to keep the crowd entertained. They unanimously agreed upon the best set to date being a show at a house party they played over the summer.

"They liked us so much that they had us stay for over five hours", said Connor. "It was exciting to bring people together in that way".

Although they identify as an acoustic duo, Ingrid said that despite hating to say it, the genre is best described as pop. Bad Self Portraits breaks the stigma of pop music being over-produced and auto-tuned; they offer upbeat and feel-good music with the addition of many instruments and an authentic sound. The bluesy songs appeal most to audiences according to

Ingrid, although their first song that they wrote together, 'The Coffee Song', is a communal favorite. At this point, the duo is still working on getting their name into the world and receiving more bookings, but they have big plans for the future.

"As far as plans going forward go, we're hopefully going to record an album in the fall, and we're looking at playing more shows if we can," Connor said. Ingrid is pursuing a music career in her life after high school and Connor is interested in doing the same; they take their craft very seriously yet have the power to convey enjoyment with their music. Their ability to collaborate and similarity in style is what Ingrid credits for their musical compatibility. From humble beginnings at the Roadshow to the possibility of producing an album in under two years, Bad Self Portraits is looking to further grow as a band and as musicians.

Fall production crew members essential to show's success

Emma Whaley
staff writer

The space is black, save for the blue light coming from lamps hanging on the wall. It's small and cramped. It's packed with people running in and out and those who stay in place stand distinctly outside of a yellow-and-black-striped line. The heat makes everyone's foreheads drip with sweat. Water bottles line countertops and phones are tucked away where the manager can't see. This is no regular job. The people running in and out are dressed in full costume and makeup. Behind the line, there's a fog machine and delicate equipment. These are the wings of a high school stage. This is the domain of the tech crew.

The tech crew encompasses everyone who works behind the scenes at a drama production. From people who man the spotlights to people who fix the hair, they're all "techies". It's an art form of sorts. Technical theater requires the ability to set a mood, to create an ambiance and to make the show come to life.

Junior Ana Reiff has been working with the Central drama department since her fresh-

man year and this year is a scenery crew head and designer on Grease, the fall musical. She is in charge of building, painting and designing the set for the show. She explained why technical theater is so important in any drama production. "Without crew," Reiff said, "You can't see anything, you can't hear anyone and lastly you wouldn't have anyone to greet you. ...without crew you wouldn't have a scene...without props you wouldn't exactly know what was going on."

Sophomore Ceruh Hullbusch works on lighting crew and has since Central's production of Cinderella. She makes sure that the actors are seen and can see. She had performance experiences before coming to Central, choir and dance. When she came here as a freshman, acting was an option for her, but she had reasons for trying tech. "...I never liked the people I worked with." Hullbusch revealed, "I liked the people that did the stuff for me and I wanted to be one of them. Not necessarily lighting but that's what I got put on and that's what I liked."

Reiff also shared her reasons for not becoming an actor. "There are a lot of actors," she said.

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ON PAGE 22

PERFORMING ARTS LEADERS

Two female seniors embody their passion for music in their dedication to the fine arts department.

AYLA GASCA

Seh Na Mellick
staff writer

Senior Ayla Gasca actively participates as a clarinet/bass clarinet in the Central High Band, while also being a vocalist in the Central High Acapella Ensemble. She has been involved with music for nine years, starting in the fifth grade when she was introduced to a variety of instruments, which motivated her to begin learning the nuances of playing clarinet.

Since the conception of her music career nine years ago, Gasca has developed many leadership skills through both Band and Acapella. She says that what makes her, and anyone who is involved in performing arts, a leader is that "I try my best and I really am passionate about what I do; I want to show everyone how passionate I am as well."

Granted, although she does not have an excess of free time due to her commitments to Band and Acapella, she says that music "affects my life in a way that I truly am happy with what I am do-

ing." She says that music has also impacted her social life in both positive and negative ways. According to Gasca, "over the years I have [become] distant with people because it takes up so much of my time." Meanwhile, however, the best thing that she gained from music was friendships.

After high school, Gasca plans on continuing music in the form of music theory classes and learning more about music itself, not necessarily how to play it. Regardless, music will still definitely be a part of her life because she believes that "if we didn't have music, we wouldn't be as spontaneous, and people rely on music to make their lives better."

“ I really am passionate about what I do; I want to show everyone how passionate I am as well. ”

AYLA GASCA

Senior



NOELLE BUELLER



“ [Music is] a way of communication; it's a connector between all kinds of people. ”

NOELLE BUELLER

Senior

Senior Noelle Buller is an active participant in both the Central Chamber Strings and Guitar Ensemble. She began her violin career at five years old, and has been playing for 13 years. She says that she chose to pursue music because it would "give way for more opportunities..." Flash forward to her senior year, and she still enjoys music; she appreciates the fact that "there are so many different kinds of music and I can praise the Lord with it."

Buller mainly credits God and her parents for providing her with the natural ability and resources to excel as she did. In addition, her passion for music has emblazoned her path for the future, as she aspires to become a music therapist after high school.

She says music therapy would "be my whole life: ... playing music and helping others with music and hopefully giving God the glory." Although she has devoted most of her life to music, she believes that music, in return, has indirectly contributed towards many positive aspects that are in her life.

For example, she says that music "gives me more social opportunities" and that it "definitely improves my academics, especially with math." She loves music because it is "a way of communication; it's a connector between all kinds of people."



Photos Courtesy of NICK KOEHLER

Senior Nick Koehler spent part of his summer in Washington D.C. at Boys Nation. During the conference, he was able to participate in a mock Senate session, as well as meet the President.

Senior represents Nebraska, democratic party this summer

Vasili Sgourakis
staff writer

Since a young age, senior Nick Koehler knew that he wanted a future in politics. It was no surprise to him that he was one of three Central students selected for Boys' State, a camp geared toward educating young men on the importance of public service and local government which took place in Lincoln this summer. However, Koehler's political journey this summer did not end there as he was selected as one of two students to represent the state of Nebraska at Boys Nation in Washington D.C.

While affiliated with each other, Boys State and Nation have multiple differences in terms of purpose and daily activities. "Boys Nation was different in a variety of ways. For one, we were in the Senate Session most the time, while at Boys State we had more down time," Koehler said. "When we were not in the Senate, the group typically went on tours around D.C. including a trip to the White House."

This trip to the White House provided his favorite and

most memorable part of the experience. Koehler said, "As I entered the White House, I stood as far back as possible and tried to avoid confrontation with Mr. Trump. As I stood towards the back, a secret service member told me Mr. Trump would stand in front of me. Trump made a b-line for me, he put his hand in my stomach forcing me to shake his hand. He said, 'Thank you for all you do young man' and I replied with, 'Thanks Mr. Trump.' Even though he disagrees with President Trump's beliefs, Koehler mentioned this was an experience he will never forget."

This experience forever affected the way Koehler views politics and provided him with a closer look at these activities. "Boys Nation made my love for politics stronger. By talking to real state senators, as well as political talk between other campers, my passion grew and my future in politics became stronger," Koehler said.

Going into Boys Nation, he had one main goal: to pass in the federal legislation agenda. Koehler said, "My one overarching goal at Boys Nation was to pass my bill, which was the legalization of marijuana. By federally legalizing it, our prison population would go down immensely, as well as a boom in

economic profit."

Although Koehler took away many lessons from his experience at Boys Nation, he left more open minded to the views of others. "One lesson that I took away was that everyone's opinion, typically political opinion, resulted from background. I had to learn to not judge them and relate them to my experiences, rather put myself in their shoes and try to accept their opinion," Koehler said.

Koehler attempted to leave a lasting imprint of his beliefs on his peers who attended the camp with him. Koehler said, "Instead of this camp altering my beliefs, I, in part, altered other camper's beliefs. Both at Boys State and Boys Nation, campers had never heard a Democratic argument before. One counselor told me I reinstated hope in the Democratic Party."

Even though he is only in high school, Koehler already knows what his future holds. "I can definitely see myself pursuing politics in my future, especially running for office down the road," Koehler said, "A communication role, preferably a study in college, would be a strong starting point running down the line."

Intensive ballet courses aid student in preparing for future

When asked "what do you want to be when you grow up?", most kids and teenagers would respond that they didn't know yet or that they're still figuring it out, but not me. I could've been asked at five, fifteen, or now and my answer would still be a dancer.

Though I have always wanted to pursue dance professionally, I didn't realize what the preparation for that career path entailed until I went to high school. Around that age, a lot of ballet dancers move away from home to attend professional training programs or conservatories across the country. Once I realized that I was somewhat behind by still only taking a few classes a week at my local studio, I changed how I trained. I began to take almost every single class offered during the week and started doing my own additional workouts and stretches at home. Even then, I wanted more. To gain the type of intense training that I wanted, I decided to look into what dancers call "summer intensives".

A summer intensive is a ballet program that can be anywhere from one week to eight weeks where dancers go to a professional company's school to train for the summer. As the name implies, the programs are extremely rigorous and intense. The dancers typically dance from 9-5 and take classes such as modern, jazz and contemporary in addition to ballet classes. There is an audition process in order to attend a summer intensive, and most are pretty competitive to be accepted into. After extensive research, I chose the programs that I wanted to attend and auditioned.

After my auditions, I was fortunate enough to be accepted and given talent based scholarships to several schools, so I just had to choose where I wanted to go. After spending a few weeks brooding over my options, I chose to go to Kansas City Ballet's five week intensive and Ballet Chicago's two week advanced intensive. To me it was the perfect balance as Kansas City Ballet had a long program where I would be taking several different genres of dance and Ballet Chicago was a strictly ballet only program. It was around March when I chose the programs, and despite my partial scholarship to Kansas City Ballet, I still did not have nearly enough funds to attend one program, let alone two.

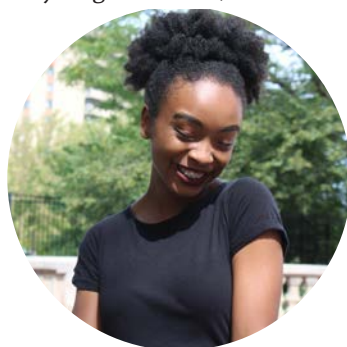
Because I already had a jam packed schedule due to ballet classes here in Omaha, I couldn't get a job to pay for my intensives. I tried not to be discouraged even though I knew there was

no way my family could afford to send me to these very expensive programs. Therefore, I made a GoFundMe to raise money, but I wasn't hopeful that it would get me all the money that I needed to cover my dorms, travel, and tuition. But after posting the GoFundMe on my social media and spreading it through family and friends' pages as well, my fundraiser took off. I was able to raise \$7000 dollars in two months! I was absolutely amazed and extremely grateful for the various donors that aided me in covering the costs of my programs.

With my programs paid off, I headed to Kansas City Ballet mid June. There, I took classes from former and current principal dancers of major ballet companies such as Houston Ballet, Cincinnati Ballet, Paris Opera Ballet, Miami City Ballet, and of course Kansas City Ballet. I gained so much knowledge about my art form and learned more than I ever could if I stayed home for the summer. I worked harder than I ever have in my life, and gained a ton of strength and stamina. Not only did I take amazing ballet classes, but I also took classes that were completely new to me, such as hip hop. This really helped to broaden my horizons.

After my intensive at Kansas City Ballet, I went home for a week then went to Ballet Chicago at the end of July. At this program, I took classes with world renowned teachers from the largest ballet company in the country, New York City Ballet. This company is stylized in a technique called "Balanchine" which few dancers are fortunate enough to train in. Not only did I learn a new ballet technique, but I also can add it to my resume as Balanchine is copyrighted and only a few schools in the country use that training. At Ballet Chicago I performed a ballet that is very famous and coveted in the ballet world, called "Stars and Stripes". I wouldn't have gotten this experience anywhere else, and I had the time of my life.

This summer really helped me hone in on my technique and develop as a pre-professional dancer. Not only that, but knowing that other people funded my programs and were rooting for me kept me going whenever my intensives felt tough or I was exhausted from the day. After the most amazing summer of my life, I am excited to continue my journey as a dancer headed into the world of professional ballet.



SIMONE DAVIS

SIMON(E) SAYS



KAITLYN ENGEL | The Register

Over half of paintings in Joslyn Art Museum are carefully stored for years. Storage areas are temperature and humidity controlled.

Joslyn Museum artifacts displayed after several years in storage

Kaitlyn Engel
staff writer

Over 180,000 people visit the Joslyn each year, but these visitors only see a fraction of the Joslyn's total collection. With over 12,000 works in their collection, the Joslyn cycles through countless artworks.

While off display, works are carefully stored. Over 60 percent of the museum is dedicated to their storage to make sure they are properly taken care of. Two-dimensional works are stored in specific areas and conditions to help preserve them.

"We try to display paper works for six months at a time," Chief Curator Toby Jurovics said. "After six months on display, we try to give our works five years off. This helps keep the paintings looking their best."

While in storage, these pieces are hung in a room with restricted access. Routine touch ups are completed on some older artworks while they're off display to keep them in top condition.

"We replace and repair the frames before they're put back on display," Jurovics said. "It helps prevent aging on the works."

Sculptures and other three-dimensional works are stored in a separate area from flatworks. These objects are stored on shelves that are sorted for easy access.

"Our three-dimensional storage is loosely organized by the era of art," Jurovics said. "We try to have a wide range of works, from ancient Egyptian works to contemporary pieces."

While off display, both flat and three-dimensional works are cared for very precisely in storage.

"Our storage is both temperature and humidity controlled," said Jurovics. "It's important to keep these variables consistent because sharp changes can prematurely age paintings, which hurts their appearance to the public."

Other works are loaned out to museums across the country. On average, ten pieces are loaned out from the Joslyn at a time. These pieces usually are on loan for about six months at a time.

Pieces are also taken off display because the collections shift based on the curator's vision for a gallery. With around 15 galleries, the countless options allow for curators to pick and choose the pieces they feel works best.

"Pieces are somewhat phased in and out of collections as the curator's ideas shift," Jurovics said.

Despite the momentous amount of space available for storage, these spaces are constantly being filled as more works are acquired. On average, 20 pieces are added to Joslyn's already-large collection each year.

"That's the one thing that museums always wish for, more storage space," Jurovics said.

JOSLYN BY THE NUMBERS



JULIAN HOCK-BEATY | The Register

Obtaining legal rights only part of demanding production process

Cormac O'Brian
staff writer

It only takes a couple hours to watch a play, but the work that goes into the preparation and production can take much longer. The drama department puts on three major productions a year: a musical in the fall, a spring play and the Roadshow. Drama adviser Scott Mead is involved throughout the planning process and production.

The first step, according to Mead, is brainstorming ideas for plays that would be fun and interesting for both the audience and performers. This year, the brainstorming led to Grease, a musical described in the CHS Performing Arts Department press release as "an homage to the idealism of the fifties and a satire of high schoolers' age old desire to be provocative and rebellious."

Grease was chosen in part because of its name-recognition, but also because, according to Mead, "It's a fun show, it's got characters that people can relate to, storylines people can relate to."

The next step is getting the rights.

"There's usually an application process that goes along with that," Mead said, "and there's obviously fees... and you've got to buy the scripts and for the musical, you also have to buy the music to go along with it."

The process of obtaining the rights to produce a show usually takes anywhere from a week to a month, but due to complications, Grease took "a lot longer." Mead did not elaborate on the nature of the complications.

"It just depends on the people that own the rights, what they decide," Mead said.

After the legal considerations are taken care of, the research process begins. Mead likes to do most of the research over the summer in order to be able to go into the school year prepared.

"[We] start reading the scripts, you know, several times, getting ideas, coming up with design ideas for the production, researching other productions to get ideas on how best to

interpret the show," Mead said.

Mead is assisted in this process by two resident technical artists, Tom Bertino and Ernie Gubbels. Bertino helps develop scenery and Gubbels helps with lighting and sound.

"We read the script and we have meetings over the summer, and brainstorm ideas, and then help with the design process," Mead said.

Depending on the demands of the production, specialists may be necessary to assist with the process.

"Obviously if it's a musical we're working with the music director, and the choreographer," Mead said. "Typically, not always, we do costume rental, and so we're coordinating with the costume people, the rental companies."

The next step is to cast the show. Auditions for Grease were broken down into three parts: acting, singing and dancing.

"It is a musical, so people act, sing and dance," Mead said. "We want students to be able to do all three of those, and with a name recognition show that people are going to know, we want to make sure that we've got the students that can do those roles and do them well."

One of the challenges particular to Grease is that most people are familiar with the film version, but the staged version is different.

"I don't want people coming in thinking they're going to see the movie, because they're not going to see the movie, they're going to see our interpretation of the staged version of the show," Mead said. "There's a lot of similarities, there's also a lot of differences, some different songs. We were able to purchase and get the rights to do some of the movie songs, so we'll have some of the movie songs in the show, so that will be fun and exciting for people that want to come and see and hear the songs being sung."

Production dates are Friday, Nov. 3 at 7 p.m. and Saturday, Nov. 4 at 2 p.m. and 7 p.m. in the Central High School Auditorium. Tickets are \$10 for adults and \$8 for students with their school ID.



ALEXIS BLANKENFELD | The Register

5 places guaranteed to cure midnight cravings

Lizbeth Hermsillo-Najar
staff writer

After a long night of studying and doing an atrocious amount of homework a normal student would be starving. The clock reads 12:04 a.m. and many are wondering where they could possibly go to get a quick bite in Omaha. Well here's a list that could possibly help late- night cravings.

1. ABELARDO'S AUTHENTIC MEXICAN FOOD

Here you can find a variety of Mexican food ranging from their delicious super fries to tasty churros. At certain locations they're open 24 hours, others are open until 3 a.m., so no matter where you go you know you can rely on that horchata to hit the spot.

2. DONUT STOP

Located on South 13th street the giant donut isn't very hard to miss when passing it on the street. At Donut Stop they have a range of donut choices from which to choose from, such as original glazed to frosted chocolate sprinkles. Inside you can choose to play board and card games. During weekdays, you can dine in until 1 a.m. or on weekends until 5 a.m.

3. TACO BELL

"Live mas" one might say entering Taco Bell after midnight, ready for their inside to explode in an hour or two after eating their unhealthy addicting food. You cannot resist their bean burritos or chalupas. Most Taco Bells close at 2 a.m.

4. BUFFALO WILD WINGS

Their infamous boneless wings (that are really smothered chicken nuggets) will surely draw you in after midnight. Only on Fridays and Saturdays you are able to take in the sports bar aura after midnight. Every other day of the week they close at midnight. Make sure to try the onion rings while you are there because they are life changing.

5. VILLAGE INN

If you have a sweet tooth, I suggest dining in at Village Inn and ordering a pie from their long list of choices. You can choose from apple pie to lemon supreme. The old lady interior of the restaurant haunts you when you enter. Certain locations are open until midnight and some are open until 2 a.m.

3 books sure to scare in October

Sydney Prescott
staff writer

October is here, which means it is time to read some more books. Due to Halloween being the holiday of the month, the top three books will all be related to horror, dystopias, zombies, or a combination.

1. *Contaminated* by Em Garner

Genre: Dystopian, Thriller

Contaminated is a great book for people who want to see a different side of zombies in novels. In this case a diet drink called ThinPro causes people who drink it to become zombies. These victims called Connies become violent, uncontrollable, and completely unlike themselves. Along with the millions of people who sipped this drink, both of Velvet's parents did as well. So fast forward two years later, Velvet is now raising her sister, working a job and trying to survive in this post-apocalypse world. Then she finds her mother in a Connie Kennel, where they keep lobotomized Connies, with doglike shock collars to prevent their violent tendencies. When she brings her mom home, she has to give up her job, house, and life to make a better life for her family. But the question that haunts her is if her mom will ever be the same.

This book is for people who want to see a different side of zombies in novels. Anyone who is interested in science, character development, or apocalypses will also enjoy this book. Finally for the people who like the authors Carrie Ryan, James Dashner, or Jeff Hirsch; this book will amaze.

2. *Scythe* by Neal Shusterman

Genre: Dystopian, Action, Science-Fiction

In this utopia, there is no war, hunger, disease or needs. The human race has conquered all, even including death. Now only the Scythes can end life, and that is their job, for population control. Two teens, Citra and Rowan, are both picked to be apprentices to a Scythe. In a year's time they must have learned the skill of killing and

compete against each other, for only one apprentice can be chosen to continue on to become a scythe.

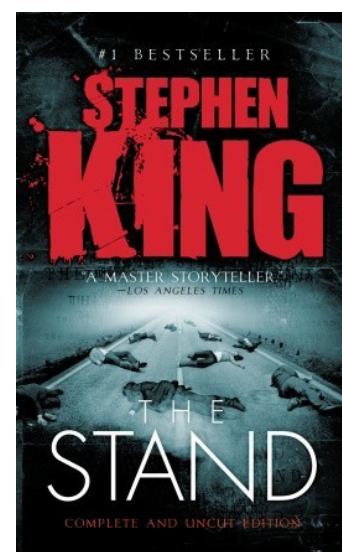
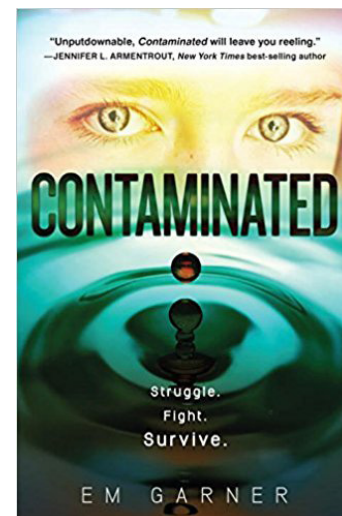
This book is filled with suspense, action, and emotion. Many people feel like this the next best thing since The Hunger Games, which came out eight years prior to this book. It is perfect for Halloween due to the suspense and the fact that this book is about the idea of killing people for the good of all. It raises many questions about humanity, and what one would do to come out on top.

3. *The Stand* by Steven King

Genre: Horror, Mystery, Suspense, Adventure, Fantasy

In this book there is no utopia world to be found. Instead there are a few survivors of a plague that destroyed over 99 percent of the entire U.S. population. This plague was meant to biological warfare for the American military but a patient escapes with the mutated super-flu. Now since the population is 1/1000 of what it used to be, two groups start to form out of the wake of the disaster. Mother Abigail, a kind old woman receiving vision from God, is the first leader. She creates a peaceful community where they attempt to create a democratic society from scratch in Colorado. On the other hand, Randall Flagg is the other leader, known for delighting in violence and torture. His government is very strict, with extreme measures of torture and execution to keep people from acting out. But with his strict government, they restore Las Vegas and start searching for U.S. military arms. Once Flagg realizes that Mother Abigail's group is a threat, a final battle between good and evil ensues.

This book is for people who love Steven King novels, the Gone Series, or any dark apocalypse story. According to many reviews it is scary, horrifying, brilliant and very climatic. This book has also been voted on many accounts to be the best Steven King Novel there is.



MUSIC:

Amongst all the new recent releases in the music sphere, XXXTentacion's debut album "17" is of the best.

Vasili Sgourakis staff writer

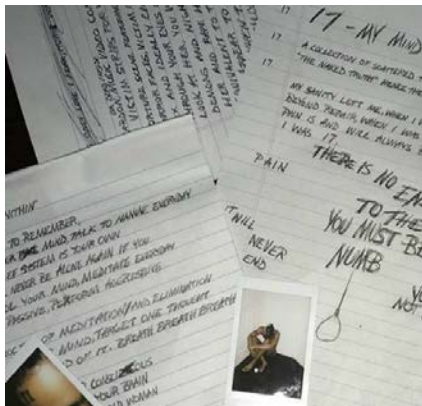


Photo Courtesy of HOTNEWHIPHOP

In early September, numerous hip-hop stars released new albums. Lil Uzi Vert released "Luv is Rage 2", A\$AP Mob dropped "Cozy Tapes Vol.2", and Action Bronson released "Blue Chips 7000". Though all of these releases have their fair share of quality songs, XXXTentacion's "17" was the best new album from top to bottom.

Jahseh Dwayne Onfroy, better known by his stage name XXXTentacion, is a rapper from Lauderhill, Florida. He is best known for his breakthrough song "Look at Me". While that gained him much of his fame, his newest album demonstrates his most expansive work and gained my admiration for this young artist.

Onfroy is only 19 years old and was imprisoned on charges of witness tampering and aggravated battery. Being released recently on March 26, 2017 his debut studio album documents many of the demons which landed him in prison. Prior to this album his music was known simply as "party music" without much sophistication.

However, his newest album changes this viewpoint. It is a rock deviation from the riotous rap that he is most known for. Though it is descended from rock, I would still consider the album to be modern hip-hop/rap, yet it holds a different vibe.

Onfroy begins the album with the track "The Explanation" where he explains the deep significance of the number 17 in his life. He ends by saying "I put my all into this in hopes that it will at least cure or numb your depression."

From this point on the album is filled with melodic songs and the same crafty flow that he is known for. Furthermore, he demonstrates his expansiveness as an artist by showcasing his singing ability, most notably in the songs "Jocelyn Flores", "Depression and Obsession" and "Revenge".

While I expected the album to contain its fair share of rhythmic verses, I did not expect to hear as much of Onfroy's singing voice. However, he has noted that some of his influences include Kurt Cobain, Cage the Elephant, The Fray and Coldplay. In "17", by channeling these Alternative influences, Onfroy allowed for a uniquely blended hip-hop sound. Onfroy once said, "I'm really into multi-genre things that aren't just based around rapping itself. I'm more inspired by artists in other genres besides rap." It is clear that he wanted to demonstrate this multi-genre music that he is drawn to in his new album.

Because of its diversity, Onfroy's unparalleled style and his emotional storytelling, "17" is a must listen to for music fans everywhere. Even if one is not typically a fan of rap music, there is no doubt in my mind that they will be able to find at least one song on this album that they can personally relate to.

TELEVISION:

Once again, Marvel and Netflix have partnered up to create another hit television series: The Defenders.

Julian Hock-Beaty graphics editor



Marvel and Netflix have given their gritty answer to "The Avengers" with their latest installment, "The Defenders". The series found its start with the release of the first season of "Daredevil" back in 2015, and after being built up over multiple shows with separate characters, has finally come to fruition.

"The Defenders" follows all of the previously visited Marvel characters featured in Netflix's roster. Daredevil, Luke Cage, The Iron Fist, and Jessica Jones find their paths intersecting under dire circumstances. Discovering alarming information and connections between one another, they form a reluctant and awkward alliance.

Each protagonist brings their unique personality and motives to the table, creating an interesting dynamic among them. Daredevil doesn't want to involve himself in vigilante work anymore, nor bring people of the sort into his now-stable lifestyle. Jessica Jones remains stubborn as ever, thinking that all of the "superhero" stuff isn't worth her time. Luke Cage indirectly involves himself in a conspiracy larger than small-time crime in Harlem. And lastly, The Iron Fist is playing cat and mouse with enemies from his past.

"The Defenders" flaunts an excellent cast, to say the least. For fans that were unhappy with the portrayal of Danny Rand's character in "Iron Fist", seeing him get beat up by a blind lawyer is excellent closure. Pitting The Iron Fist against Matt Murdock (Daredevil) created tension among the group (and some pretty satisfying fight scenes). However, fan approval of Danny's character was somewhat improved with this show, signifying that he might be better suited as part of a team-focused story instead of a solo narrative.

The pre-established dynamic between Jessica Jones and Luke Cage also provided some tender moments amongst the chaos unfolding with the other protagonists. Each character in the show has a past that follows them, and issues they have yet to come to terms with. With this said, some characters have closer bonds than others.

The returning secondary characters made the show's slower parts remain just as interesting, and actually helped develop the stories and characters from their respective shows. "The Defenders" gives audiences a deeper look at characters they've already gotten familiar with, making the plot so much more meaningful and story-driven.

Perhaps one of the best aspects of "The Defenders" is that some characters help further another show's story arc, which expands the established universe even further. Some characters from previous Marvel/Netflix shows are actually very instrumental to the plots of other shows, and it was very interesting to see all of them come together and interact on common ground with "The Defenders".

However, the show suffers a few downfalls in terms of runtime. The season is only 8 episodes long, which is a bit of a tight squeeze for the complex and extensive plot. Previously, each Marvel/Netflix series was given 13 episodes. This was the perfect number for each show to develop their respective characters, as well as leave their endings open to future installments.

Because of those five missing episodes, "The Defenders" feels somewhat rushed at a few moments. Though it's technically classified as a miniseries, the show definitely should've gotten the 13 episode treatment. Marvel's Netflix shows have (in total) surpassed \$200 million in production costs, so it's safe to say that "The Defenders" had to sacrifice runtime to stay within budget. Marvel's saving grace is their obsessive fanbase, which quickly picked up on subtle details in previous shows to fill the blanks created by "The Defenders".

As far as villains go, Sigourney Weaver's character seemed like a pointless main antagonist for the show. That's not to say that she didn't do a fantastic job acting, however. Her character, Alexandra, felt somewhat forced when she was introduced so familiarly with past villains. The antagonists from past shows already had time to develop and impact audiences in their own unique ways. Alexandra is a completely new character, with no (emphasized) prior mention in the shows leading up to "The Defenders". For this reason, her presence didn't feel as meaningful or menacing as the other villains. Had the show been a few episodes longer, she would've had more time to connect with audiences and affirm her purpose in the scope of the show.

Generally speaking, "The Defenders" does a relatively decent job with unifying the protagonists against a common enemy, an ancient cult known as The Hand. Villains from the previous shows are members of the cult, known as "fingers", and are lead by the newly introduced Alexandra. Each finger possesses immense power and influence, as well as borderline immortality. The Hand is a link between all but one of the previous shows, and has been a constant problem for Daredevil and The Iron Fist. Elektra Natchios (Daredevil's previous love interest) seemingly died while fighting The Hand.

After Elektra's death at the end of "Daredevil" season two, The Hand recovered her body and successfully resurrected her. Elektra has no memory of her previous life, and holds a mysterious power that essentially makes her a living weapon. Now that The Hand is unified, they're concentrating their efforts to take complete control of Elektra's abilities for their own gain. This complex story arc creates a lot of emotion in the "Daredevil" side of the plot, which was a great move on the writer's part. Fans unanimously agree that "Daredevil" is the strongest of the Marvel/Netflix storylines, so it makes sense that "The Defenders" would hold a strong focus on Daredevil and his

FOOD:

A local pizza restaurant provides customers with an authentic Italian experience.

Carlson Koch staff writer



ALEXIS BLANKENFELD | The Register

For a healthy option of food at an affordable price, Spin! located in Papillion will satisfy any sort of hunger.

Spin! resembles something to that of a small, yet well run family-owned Italian restaurant. Similar to Dante's, not a big national chain sort of pizza, but a thin-crust and stone-fired pizza.

Ordering was very easy because there was a giant menu before the register, making the options easy to choose. For five orders, all of the food was brought out in approximately 15 minutes, meeting the average time for most restaurants.

Much of the menu was unique compared to other restaurants. Pizza flavors including Spinach agilo and pinenuts, roasted potato and roasted eggplant. One of these flavors would be intriguing to try in the future. Spin! creates new flavors and because of this, I applaud their boldness in these combinations that on the menu seem insane.

I ordered a Ceaser salad which came with a side of bread that was even better than the salad. The only thing about the salad I can critic is the sauce, because it seemed like it was drenched with Ceaser dressing. Besides, this the bread amazed me, it was savory, fresh and the hot feta cheese along with the salt was the perfect side for a salad.

The salad was nothing impressive, it was fresh and green but I felt overwhelmed by the amount of sauce. Although I forgot to add chicken, this would not have helped with the issue of having so much sauce in the bowl.

Other than the sauce, the salad had a great taste to it that was very Mediterranean. Although this was the case, I plan on ordering a pizza next time I order at Spin!.

I did not have any of their vegan gelato; people who went with me commented that it was better than they had expected. The gelato seemed both healthy and sweet, the perfect combination for a dessert. Specifically, they noted a favorite in the pistachio as a standout, with a great combination of nuttiness and sweetness.

For the price that I paid, my meal was well worth it. One of the most important factors was the feeling after eating. Instead of feeling lethargic and full, my stomach could have endured a marathon, or so it felt that way.

Most of the time, a healthy feeling after eating comes with a cost, upwards of ten dollars. Instead, my meal was a total of eight seventy-nine, and was nothing short of enough food.

MUSIC:

Hip Hop group Brockhampton releases their third studio album titled *Saturation II*.

Simone Davis
staff writer

Hip-hop has come a long way in its short life. In the 70s, Hip Hop focused primarily on beats, then the 80s and 90s became more lyrical and the 2000s became very mainstream. Critics constantly say that the 2000s began the demise of Hip Hop because it became too watered down, but these critics are focusing on the wrong artists. There are several underground artists who incorporate old and new school to create a blend of music that sounds amazing. The group "Brockhampton" is a perfect example of artists who are continuing to keep Hip Hop alive and fresh. Their newest album "Saturation II" just further demonstrates their creativity and is an amazing album.



Image Courtesy of **HIPHOPDX**

One of the reasons why *Saturation II* is worth recognizing is because of the members of the group. Brockhampton is a rap group consisting of eight different members, each bringing different elements to the album. In Hip Hop today, the number of solo artists far outweighs the numbers of groups, though Hip Hop began with groups, so it's nice to see the art form make a circle and come back to its origins with groups. Furthermore, one of the most famous members of the group, Kevin Abstract, is gay, which is extremely rare in the rap world. Even so, he continues to rap about his life as a gay black man and what that all entails, and these songs can be heard in *Saturation II*.

Listening to the album in order is extremely interesting. The first few songs, "Gummy," "Queer" and "Jello" are all fast-paced bops that are fun to listen to. They each have a heavy bass that very much resembles the rest of the music today. That is not to say that the songs are unoriginal, but rather that they are something that their audience is comfortable with and used to, therefore they can enjoy it easily. As the album progresses, the songs begin to slow down and vary. There are short songs that are basically interludes such as "Scene," "Jesus" and "Scene 2." The "Scene" interludes are completely in Spanish, and "Jesus" is a short, freestyling rap. Including the interludes, there are 16 songs total on the album.

As previously said, the first three songs on the album are fast-paced, and they are my favorite tracks for many reasons. The main reason is that they are simply fun. Each song has a simple beat that is quick enough to dance to, and they seem like songs that people would play at a party. The songs also feature several of the group members rapping, and listening to their different flows is very interesting. Each song has multiple lyric heavy verses, which is reminiscent of 90s rap, but they also have a catchy chorus, like most of today's music. It's also refreshing to hear rappers performing without being autotuned. Auto tune takes all of the originality out of a performer's voice, and without it they all sound amazing. Because of these factors, "Gummy," "Queer" and "Jello" are my favorite tracks.

There are a couple songs that I appreciate because of the lyrics, but the beat is disappointing. These tracks include "Teeth," "Fight" and "Sunny." The beats sound too plain and computerized, which simply makes them sound as if they were cheaply produced. It's unfortunate, because these songs feature some of the best lyrics of the albums. They include lyrics about being black, growing up in white neighborhoods and schools and staying in tune with their culture. Had the lyrics been paired with a better beat, the songs would easily have been my favorite.

With all of these things in mind, I would give *Saturation II* four out of five stars. The only reason I wouldn't give it a five is because of the songs that I think are boring, but I can still appreciate them. Anyone who considers themselves a Hip Hop fan should definitely give this album a listen, and even those who don't should still branch out and listen. *Saturation II* leaves the listener wanting more, and at the rate that Brockhampton releases music, the listener won't have to wait long.

MUSIC:

August was a big month for music. Here are four artists who recently released new tracks.

Kayla Johnson
staff writer

At the end of August, Maroon 5 released their new single entitled "What Lovers Do" featuring on-the-rise alternative artist SZA. This feature is one of SZA's most recent releases following her sophomore album "CTRL" summer of 2017. "What Lovers Do" is rumored to be a teaser for the release of Maroon 5's sixth album. Many fans were shocked yet pleased with the collaboration of the two artists despite their individual characteristics and musical sound. The pop single is upbeat and mature.

Miguel released "Sky Walker" featuring rapper Travis Scott on Aug. 28. This single has been one of Miguel's latest projects since his last ep titled "Waves" back in 2016. Miguel is best known for his album entitled, "Kaleidoscope Dream" in 2012. Many fans felt that Travis Scott's featured added an interesting and unexpected collaboration.

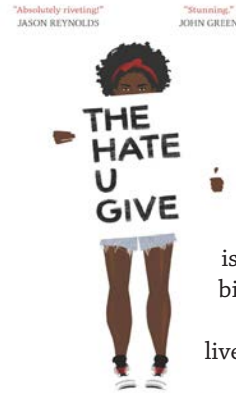
While hosting the seventh episode of "Blonded Radio" on Apple Music, Frank Ocean released his new song "Provider" and surprised his fans. Despite the sudden release on the same exact night of the Video Music Awards (VMAs), fans and supporters of Frank Ocean still had to tune into the show.

On Aug. 25, Fifth Harmony released their new album entitled "Fifth Harmony". This album is special to the members due to the fact that only the four remaining members are featured. This album is Fifth Harmony's debut without former member Camilla Caballo. The group's popular single, "Down" featuring Gucci Mane is included on the album as well as many other hip-hop and pop tracks.

LITERATURE:

Young, black author reaches #1 on New York Times Bestseller List with her 2017 novel inspired by the Black Lives Matter movement.

Zoia Morrow
executive editor



ANGIE THOMAS

Image Courtesy of **AMAZON**

The essence of "The Hate U Give" by Angie Thomas is exceptional through and through. For her first novel, Thomas exceeded several expectations pertaining to its modernity in the young adult genre. One will finish this novel with a different outlook of life. It is exceptional work on behalf of Thomas, who tackles a multitude of issues such as racism, gangs, domestic abuse, interracial dating and the biggest topic, police.

The *Hate U Give* is the story of a 16-year-old girl Starr Carter who lives in a poor black neighborhood but she goes to a predominately white, rich school. It commences with Starr at a party minding her own business, until she is forced to leave and the most tragic thing a black person could ever face in America, happens to her best friend.

From that point on, Starr's life begins to change as well as those around her in the community.

The novel happens in a span of about two months from the event that takes place in chapter one. The way Thomas incorporated relevant social issues into one novel and twists the words into a masterpiece is unreal. One of the best things about *The Hate U Give* is how young African American kids can read it and know where Starr is coming from. No one ever speaks those type feelings aloud and knowing this fictional character feels the same way as one does inside could be the thing that gets them into books. *The Hate U Give* gives insight and perspective into the lives of African American victims that the media may ignore. Readers find themselves hoping, wishing and praying that at least in this alternative universe, justice will be served. The thing is, Thomas wrote this novel on the borderline of reality.

The progression of the novel intermingles and flows in a heart-wrenching way. Subconsciously, the reader feels for the characters in a deep sense. Thomas does an excellent job at giving a Starr a strong voice; her character development is one of the best parts of the novel. Each character plays a significant role in adding humor, severity, lightness and sometimes awkward moments that increase the quality. For example, Starr's family is the backbone to her wit and strength. Her older half-brother, Seven, deals with his own problems with his mother and graduating from a school where he is one of the few black people. Starr's childhood best friend, Khalil is one of the main characters, moreover what all the commotion is about. The reader can really connect to Khalil on a deeper level.

If only everyone in the United States could read this novel and read between the lines and words on the page, they could take something from it. In a society where police brutality is almost normalized and white people think just because they are not blatantly racist, they cannot perform sly racist actions. This story is bound to make its mark in the young adult genre for years to come.

NEW MUSIC



KESHA
ALBUM:
RAINBOW

FRANK OCEAN
SINGLE:
PROVIDER



MAROON 5 & SZA
SINGLE: WHAT LOVERS DO



FIFTH HARMONY
ALBUM:
FIFTH HARMONY

Tech crew often underappreciated, just as important as cast

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"But not so many people focus on the backstage idea of everything because there's so much that can be learned behind the scenes that people don't pay attention to but it's so much work and so many good people that I knew were in technical theater so that kind of encouraged me..."

Of course, while the tech crew has decided to forgo the acting portion of drama, there are actors that interact with them. Senior Lauryn Niemants plays Sandy in the Central production of the musical Grease. She has been acting at Central since her freshman year, but began performing at 4-years-old. All that performing means she's had countless interactions with tech crew. "[Interactions with tech are] always super pleasant," Niemants claims, "They're all super nice and just really helpful and they really just help the set come to life."

She described it to be a very mutualistic relationship. "We can't perform without them, they can't do their thing without us. We need each other," she said. If an actor sees a techie running, they move and vice versa. The two halves flow into creating an outstanding performance.

Like all extracurricular groups, the tech crew has its fair share of traditions passed down throughout the years. Before every show, the entire tech crew gathers in a circle on the stage. They reflect on the hard work that brought them to show time, the work they take pride in. After each performance and every night leading up the

matinee, there's a crew circle where they go over what went wrong and how to fix it. After the last performance, they all head to Village Inn to drown in breakfast foods and pie while they talk about anything and everything. All of the tech storage areas are covered in graffiti, names and graduating years of seniors who poured their souls into the theatre. When the walls are covered in Sharpie from the 80s, one feels like they're being watched over by their predecessors of the stage.

It's easy to think of the tech crew as just a bunch of moles who run around backstage in the dark. And, while that is true, it's a very accepting and diverse group who strive for the same goal of a beautiful production. "We understand that some skills cannot be shown on the stage by acting," Reiff said, "Some skills you have to build, or you have to paint or you have to engineer it to sound good. You have to make a beautiful lighting design. ...Creative outlet is everywhere when it comes to technical theater."

The tech crew is a key part of any drama production. While they're not actors and don't get quite as much recognition, the people love their jobs and often do really well. They're often seen as what they create - the background. "I just want to thank [the tech crew]," Niemants, "I would not be here doing what I do if I didn't have the support from everybody. ...It's kind of tradition for there to be drama in drama... but when you go to tech it's just a safe space...they're there to do their job and it's just really refreshing to see that. I just love that they do that and that they're so dedicated to what they do."



EMMA WHALEY | The Register

Senior Yavana Prosterman works on painting set design for the fall production of Grease.

Papillion-based pizza restaurant offers authentic Italian experience

CONTINUED FROM 'PIZZA' ON PAGE 20

Overall, my experience was surprisingly pleasant, because of the food, atmosphere and ease of ordering. Leaving me to give Spin! a rate of four out of five stars.

Going to Spin! was nothing I regretted.

Spin! has incredibly large seating areas, some up to eight people and other seating for

four, perfect for a meal with friends, family or even a homecoming or prom dinner. The inside of Spin! makes it fine for any occasion because it looks so modern.

I intend on heading back to try out their Mediterranean Pizza, which Spin! prides themselves in, in hopes to redeem the experience from the Caesar Salad.

Marvel, Netflix a dynamic duo, create another hit series for all ages

CONTINUED FROM 'NETFLIX' ON PAGE 20

narrative.

Again, it's really unfortunate that the series is so short. There are many moments that would have a significantly deeper impact on audiences, had they been given the proper time to unfold naturally. The show writers did a decent job with the pacing of the story, but it's clear they had to rush things a bit between the crucial events. That being said, the plotline never falls flat or becomes uninteresting. "The Defenders" had a strong foundation starting out, thanks to the previous shows. This more or less makes up for any minor issues viewers

had with the plot.

All in all, "The Defenders" is a worthy successor to Marvel's prior Netflix installments. Fans can expect to see the aftershocks of the events that unfolded in the upcoming seasons of "Daredevil", "Luke Cage", "Jessica Jones" and "The Punisher". Hopefully, these shows will elaborate on some of the shaky plot points that "The Defenders" wasn't able to fully illustrate. Though it seemed a little too short, "The Defenders" deserves a 9 out of 10. Seeing iconic characters from completely separate shows come together as a team was a truly euphoric experience. These characters will continue to interact within their own shows, and that seems very promising.

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OBAMA'S LEGACY TARNISHED

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Trump has managed to reverse a number of Obama's accomplishments during his short time in office.

VIRGINITY DEBATE

26

Two students give their very different opinions on the concept of virginity.



CARTOON PAGE

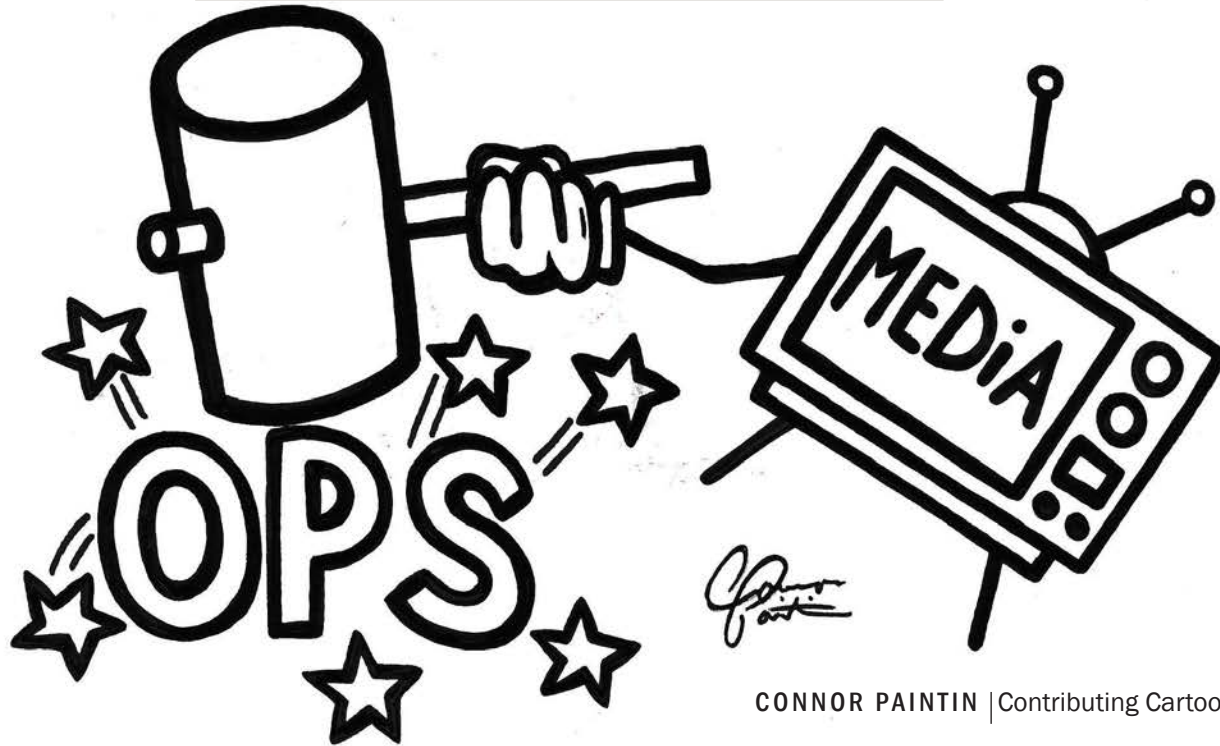
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A page displaying hidden artistic talent from around the school.



perspective & commentary

the REGISTER • October 5, 2017 • Volume 133, Issue 1



CONNOR PAINTIN | Contributing Cartoonist

FAKE NEWS

Alec Rome
staff writer

Omaha Public Schools has had its shares of gaffes and sources of public outcry recently. Examples include the superintendent search, busing miscues, and sex education curriculum. In reality, while problems inside and outside of the TAC building exist, some news outlets in the area blow things out of proportion and create issues out of nothing.

WOWT seems to be a prime offender of this. A quick search of the term "OPS" brings up multiple negative stories about the district on the first page, including a story about a substitute bus driver allegedly looking up a girl's skirt, and "lunch trouble" at Benson High when ovens stopped working and students were fed cheese sandwiches.

The first aforementioned story was an incident that occurred at the end of August and was reported on by WOWT two weeks after, on September 13th. Already, this incident was two weeks old and was already being taken care of by school and district officials. Even if the claims were to be true, the story seems too dated to be relevant. Included with the fact that the story only impacts a few people and only seems to stoke fear instead of report on actual widespread problems, it does not seem to impact a large base of students.

How about the "lunch crisis" at Benson? Why this appeared on WOWT's program was a real head scratcher, as the other two local outlets did not report on this topic. At Benson, one of the lunch hours had cheese sandwiches due to a mix-up. The story was painted by parents on social media in an outcry over a cold cheese sandwich being the only option for their children. One woman went so far as to say that it was disappointing that kids were "going hungry" and losing out on their education.

That argument is completely full of fallacies. First, the picture distributed on social media showed a plate with only the sandwich and a carton of milk. High schoolers can choose vegetables and fruit as they please, and it is the fault of the parents that their son or daughter chooses not to eat the healthy food. Also, no normal parent has not given his or her child a grilled cheese sandwich and called it a meal.

In the package, WOWT mentioned the important fact that lunch was back to normal the next day, and the issue was a one-time affair. The quotes and how the story was presented made it seem that the school was starving its students on a daily basis.

The only reason why a news outlet would want to run a story with little news value like that is to make a statement, one that is inaccurate to the great things that do happen in

this district.

Fear mongering is a common sight in news, especially with 24-hour news cycles. Fear can influence our actions and opinions, and it seems that WOWT has brought up incidents with little news value to change public opinion on the district. They have also done continuations on stories involving the busing systems as they continue to remind the public of the district's "meltdown" blunders that are now a year old.

Other local news outlets are guilty; KETV ran a story on a fight at Omaha Central back in 2015. The fight included a girl whose mother claimed was attacked; she used Facebook messages and her honors classes as defense of her daughter. Again, her argument could completely be valid. However, a fight involving two or three students that did not include serious bodily injury does not deserve to be a legitimate story next to other news that impacts more Omahans.

Budget and bond issues impact taxpayers across the city, and must be among the top stories on a newscast, as they normally are for the local outlets.

The moral of the story: stick to relevant stories and what is going right with students in OPS. Incidents that are daily happenings of any school district in the county do not deserve to share time with real news stories.

Open campus would encourage better behavior, not truancy

Molly Ashford
staff writer

Central proudly boasts the title of "The Downtown High School," surrounded by the bustling old market which is home to over 30 restaurants and cafés among a few convenience stores. We live in the era of fast food instant-gratification, and with central's location within the Central Business District, why aren't students allowed to exit the school building for lunch?

The age-old argument against open campus lunches is that it encourages and increases truancy and skipping amongst students. Besides the fact that not going to lunch is an entirely different realm than not going to an academic class, taking away the negative connotation that comes with 'skipping' lunch can also take away the need to rebel. The consequences for skipping an academic class would remain the same with a phone call home and administrative action taken eventually, so the argument that it makes it easier for students to skip afternoon classes is lacking. The truth is on the contrary, letting

kids leave for a short forty-five minutes gives a much-needed break from a monotonous school day and allows them to come back into the building refreshed.

More modern arguments against open campus usually center on the safety of students who are driving to and from school during lunch hours, as they may be in a rush to get back to class on time and teen drivers are considered at-risk from the beginning. However, given that Central is located in such a central location, walking to food establishments is easier, faster, and more convenient for students. Within just a few blocks of the school, there are multiple cafes, a giant food court, a few fast food establishments, and just a few blocks down, a plethora of other restaurants residing in the old market. While some students may opt to drive somewhere, again, many places are within close proximity to Central. The safety of students should always be a concern and if there were to be a spike in car accidents, open campus policies would have to be reevaluated. There is nothing to suggest that this would be a viable argument at Central due to the location.

Implementing open campus policies would not be mutu-

ally beneficial to the students and the school district without a grade, behavior, or attendance based incentive. Being able to leave the school building should be treated as a privilege instead of a given right. In the interest of fairness, a system based on attendance would make most sense in this case, since it is an attendance issue. If someone has a certain amount of unexcused absences within a set time period, their privileges of open campus would be revoked until they are able to correct their attendance. Open campus should not be withheld to those students who have had habits of skipping classes in the past, as they should have the opportunity to correct their behavior to earn open campus privileges.

It has been proven in psychology for years that people are willing to change their behavior in order to earn positive reinforcement. If done correctly, implementing a conditional open campus program could either stabilize or improve overall attendance. The self-proclaimed downtown high school should allow students who are willing to have no unexcused absences to leave during designated lunch hours.

Censorship unnecessary involving plays regarding teen issues

Emma Whaley
staff writer

School censorship is wrong, no matter where it occurs. One may be most familiar with censorship in a school newspaper when the editor or principal of the school won't allow certain articles to be published because he or she disagrees with the opinion or ideas stated. It doesn't only occur in newspapers though. Theatre productions are often censored as well, especially at the high school level. Many times, however, this censorship is completely unnecessary. Directors and administration try to protect high school students from issues and themes they are already very aware of.

This year, the fall musical is *Grease: School Version*. The original script was deemed too racy for a high school production, so some of the lewder lines and lyrics were changed. This is totally acceptable and many other schools and shows do the same thing. After all, the administrators probably wouldn't want student actors to be shouting profanities in front of their peers, parents and younger siblings.

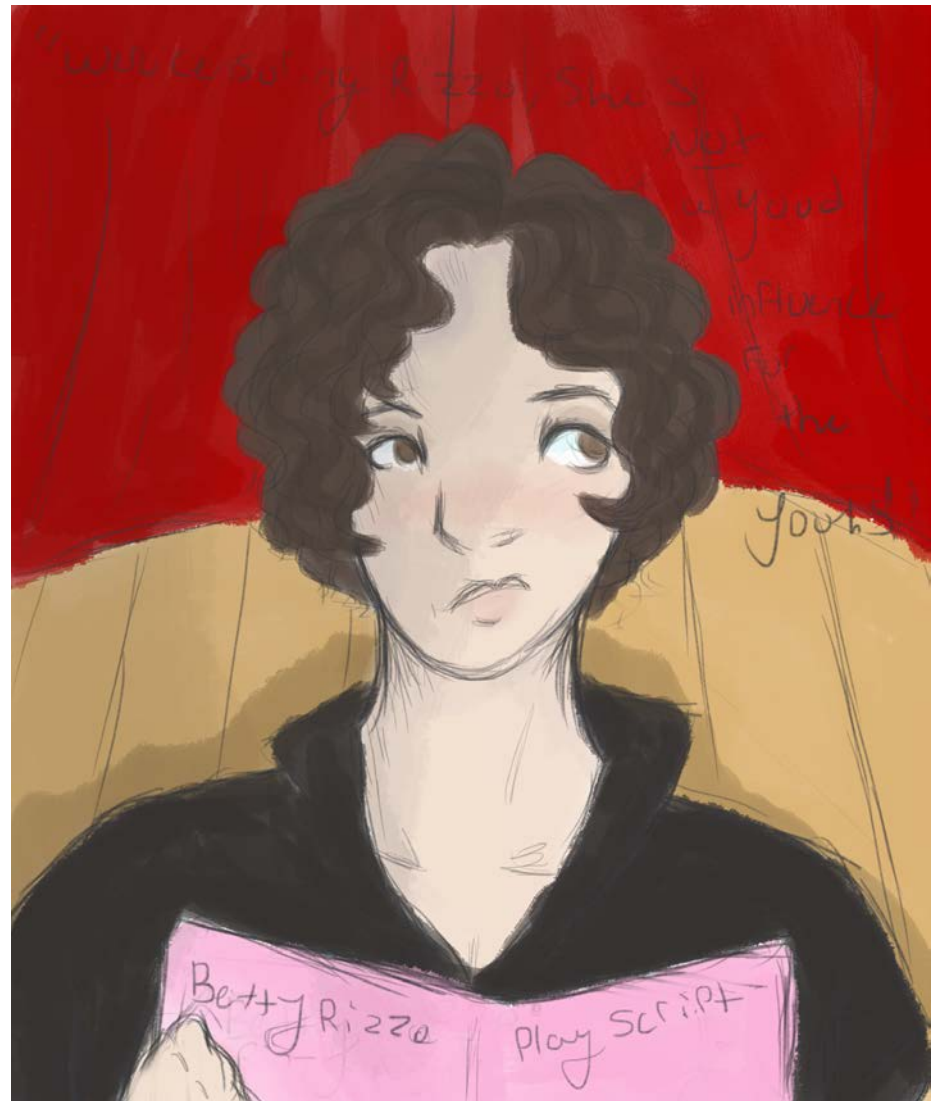
There are, however, some changes that are unnecessary. For example, in the original script of *Grease*, Rizzo, the main female antagonist, thinks she's pregnant. It's a major part of the story and advances her character. This whole plotline is removed in the school version. High school students are perfectly capable of hearing about teen pregnancy. It's not like the show portrays Rizzo's pregnancy scare as a good thing either. It's very clearly a negative message.

Of course, Central's performing arts department had nothing to do with the writing of the script. They had no way of requesting what to be taken out of the original script and what to keep. However, they are choosing to produce *Almost, Maine* for the spring play. *Almost, Maine* is a pure love story that is known as the most frequently produced high school production. Even with the apparent trust that other administrations have in the show, residents of Maiden, North Carolina told Maiden High School's theater club that the community wasn't ready for the show.

The community leaders claimed a scene contained "sexually explicit overtones and multiple sexual innuendos". This particular scene involves two male characters falling in love. Canceling a high school show because of gay themes is ridiculous and unfair. If teenagers are not exposed to homosexuality, they won't be prepared for the rest of their lives when they will inevitably come in contact with a gay person. That is, if the student watching the show isn't a member of the LGBT community anyway, which is rather likely. Administrations can't censor shows in a way that is discriminatory. By canceling *Almost, Maine*, the principal of Maiden High School was discriminating against gay students.

Banning or censoring plays and musicals for high school is nothing new. Many high schools have canceled their productions of *Rent*, citing language, prostitution, homosexuality and inappropriately mature content as reasons for the termination of the show. *Sweeney Todd* has widely been banned for its bloody violence and body count. There are times when not allowing certain themes is necessary. These reasons are few in number, however.

Teenagers are capable of handling more than administrators think. It's a different time and high schoolers are exposed to more themes earlier in life. To a 17-year-old, gay characters and teen pregnancies aren't anything to gawk at. It's common to come across such things now thanks to the connections technology provides. There are television shows devoted to teen pregnancy and LGBT students are very outspoken about their sexualities, especially at Central. Administrations need to stop sheltering teenagers from certain themes.



SIERRA HAGEDORN | Contributing Cartoonist

Things like homosexuality and teen pregnancy shouldn't be shoved away out of sight. The only product of that is intolerant adults who aren't comfortable around gay people and who shame young women for what they do with their bodies. The stage is a place for expression and diversity. It's a place to show the issues of life to people who won't experience them. Censorship in high school is wrong and damaging to a student's ability to become an accepting person.

Today's struggles in black communities a direct byproduct of slavery

Simone Davis
staff writer

The treatment of black people in this country is no secret. From the arrival of Africans into the United States until now, the black experience has never really been easy. In the past, it wasn't even condemned or considered shameful, it was just a way of life. After racism became more discreet, black people, among other people of color, have been called lazy and entitled, when in actuality they have just never been given the chance to play catch up after years of oppression, and the effects of this is still seen today in the black community.

Almost all Americans know the basics of the Trans-Atlantic slave trade. They know that black people and their children were enslaved for hundreds of years, treated horribly and eventually emancipated in 1864. This is extremely watered down. Most Americans would say that the effects of slavery is the racism that prevailed after, such as with Jim Crow laws. Though this is true, there are other effects, mostly psychological, that are less known, but most very much affect black people even today.

One of these effects includes something known as 'colorism', or praising a shade of skin over the next. This can be attributed to the belief that lighter skinned slaves worked in the house whereas darker skinned slaves were in the fields. It's a misbelief that house slaves were treated better than field slaves because they were in the comfort of a home, were cooking instead of doing more intense labor and some even go so far as to say that house slaves were treated like family by slave owners, though this is not true.

House slaves experienced a different type of torture, such as being right under the thumb of slave owners, which included being raped more often and being forced to birth their children. Either way, it created a hostility in the black community between people with light and dark skin.

Now, people with lighter skin are considered prettier, gentler and somehow 'less' black. In contrast, dark skinned people are considered angrier, uglier and are considerably dehumanized more, especially dark women. This imaginary division between light and dark black people can be seen in Hollywood or on TV, where the already limited amount of black people seen on screen are usually light.

Another effect of slavery is consumerism. Black people are huge consumers in this country and hold a large amount of buying power, yet they don't own most of the leading industries that they're buying from (The Atlantic). This is not to say that black people don't create their own businesses or aren't entrepreneurs, but after slavery there was a complex that was created that made black people think that the more they acquired, the more they became separated from slavery and poverty and blackness in itself, which is why they were enslaved and impoverished. The same mentality is seen today.

It's as if the more name brand one owns the further it proves that there is no way they could be poor. There is nothing wrong with owning expensive brands, but there is something clearly disproportionate with the amount of buying power black people hold and how much this dictates pop culture and what's 'cool' and how little the black community profits off of it. If all of the black dollars are leaving the black community and going into white pockets, how will the black community ever grow? It's unfortunate that slavery, which seems so far away, is still directly impacting black economics.

The ways that Jim Crow laws affect the black community is a little more obvious to people outside of the community than the psychological effects of slavery. In order for Jim Crow laws to end and the Civil Rights Movement to begin, black people, among other marginalized groups, had to take matters into their own hands. This meant provoking law enforcement in order to get the media's attention as to how the police officers would treat them. Though this had a good effect in that it helped give civil rights to the people that enjoy these rights today.

The negative effect is that it publicized the already bad relationship between black people and the police, and there were more people that sided with law enforcement than one would think. Police apologists would claim that black people deserved the brutality that was given to them, and this is still seen at an alarming rate today.

With phones being as popular as they are, videos of police brutality are constantly going viral, and just like during the Civil Rights Movement, people place the blame on black people when in most cases there only crime was their skin color. This negative relationship with the police only leads to what plagues this country today, which is mass incarceration.

Mass incarceration is the imprisonment of millions of black and Latino people. For profit prisons and other disgusting businesses can be traced back to the Reagan Era and the infamous War on Drugs. The War on Drugs places a longer sentencing on crack cocaine than cocaine, which is largely seen in black and poorer communities. How this drug was placed in the black community causes controversy, but it is a belief that the drug was placed into the black neighborhoods.

Once the over policing of black neighborhoods is factored in, it is obvious why the penitentiary is filled with people of color. But as sick as it is, the multimillion dollar private prison industry can only exist if the mass incarceration of black people continues, and beds in these prisons need to be filled.

Even with all of this, there are still those that say black people need to stop making excuses. That there are rich and successful black people that exist, therefore racism cannot be a serious threat anymore. That black people are lazy, and bring turmoil onto themselves. That black people use racism as a 'crutch.' A system can't do everything in its power to hurt people and then punish those same people for not knowing how to heal.

Desensitization of taboo, curse words leads to frequent use

Grace Turner
staff writer

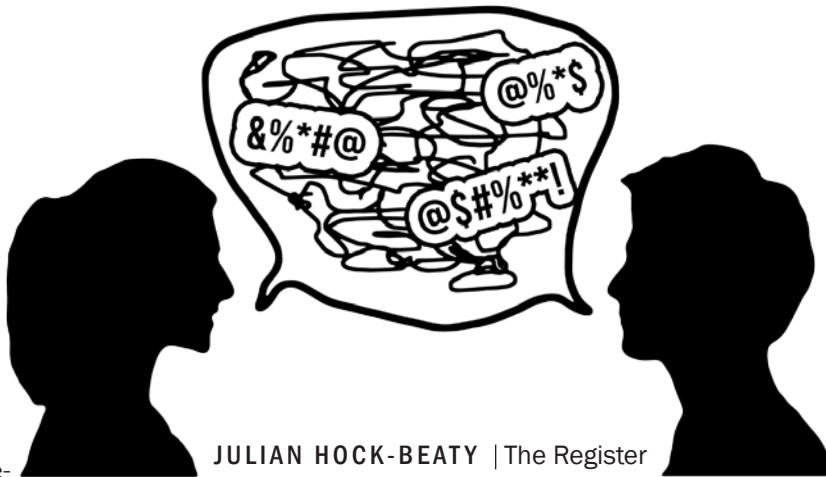
Although cursing has been around for decades, within the last few years many people have been using words that would have previously seemed impolite or taboo more often. While at first this can seem alarming, when one puts some thought into it begins to make sense.

In order for a word to become taboo, the general population of people has to think of it as taboo. If people stop thinking of a word as taboo, then it stops being taboo.

Many people, in particular teenagers, frequently use curse words, or phrases such as 'pissed off' or 'that sucks' which previously would be unacceptable to say. In fact, many people don't think of these 'taboo phrases' as inappropriate at all, and often use them in conversations. This is because the general public is no longer thinking of these phrases as taboo, so they are becoming less taboo.

This process of becoming publicly acceptable is not restricted to the less taboo phrases, but it also slowly becoming more acceptable to use 'taboo words' such as the f-word or the s-word. This is obvious when hearing friends talk, or listening to kids at school. In particular, teenagers seem to think that these words are acceptable to use in most conversations, and therefore use them.

This process of previously taboo words becoming acceptable is not a new trend. For decades, words, which once were not used publicly, have become acceptable. One example is the word leg which was considered inappropriate to say in the Victorian era. People were not allowed to ask for a leg or thigh of chicken at dinner, which was the reason why the phrase dark meat became popular. Another example, which is more relevant to current day is the word pregnant, which was not allowed on the television show "I Love Lucy" during the 1950s.



JULIAN HOCK-BEATY | The Register

Words are only considered taboo when people think of them as taboo. Therefore, when the general public stopped thinking of the words leg and pregnant as taboo they became usable in everyday conversations. This is quickly becoming true with some phrases that are considered taboo in formal situations, and slowly is also becoming true with words that are currently considered inappropriate to use in conversations.

People were the ones who decided what words mean and what words are therefore not fit to be used in most conversations. Therefore, when people start seeing words as okay to use, they quickly stop being considered inappropriate.

Words mean what people want them to mean and so when someone decides that something is taboo that is when it becomes taboo.

One of the biggest arguments to not cursing is not wanting to hurt someone's feelings, or not wanting to come across as disrespectful. However, it is more often how something is said than what is said which can be considered offending or will hurt someone's feelings. When people stop thinking of curse words as taboo they will be less likely to say them trying to offend someone, therefore making the words less hurtful.

Overall, the desensitization of curse words has been happening for years and it is only natural that it continues to happen. Although some phrases and words are considered taboo currently, as people start to use them more they are less likely to be considered taboo. Words are only considered taboo when people think they are inappropriate to use, meaning people have both the ability to make a word taboo and to make a word that was once taboo, able to be used in everyday conversations.

Trump administration fixates on tarnishing Obama's legacy

Zoia Morrow
executive editor



ANNIQUE CLARK | Contributing Cartoonist

Aside from being the first Black President of the United States, Barack Obama managed to leave behind a legacy from his eight years in office that will last for years to come. There are a number of things to remember about Obama's presidency and the things he managed to achieve. Among his most notable achievements was passing the Affordable Care Act, which offered the concept of universal healthcare, something past presidents have failed to do. He also passed and expanded upon laws that included wilderness and watershed protection, payment wronged to minority farmers, improving school nutrition and he began the process to end the War in Iraq and bring American troops home from Afghanistan.

Obviously, there are some laws and executive orders that the average American may not be aware of, but one should bear in mind not every good thing is streamed through the media, therefore opinions are always inherently biased. Though, one should know, it is possible to critique and assess the way American government was run through an eight-year span under the Obama administration without being "racist."

That being said, the role of Obama's successor, it is their responsibility to essentially "clean up" the President's beforehand mistakes. For example, Obama spent his first four years in office cleaning up the previous republican presidents' works such as, repealing "Don't Ask Don't Tell" which made it illegal for LGBTQ to openly serve in the military, the expansion of stem cell research and according to washingtonmonthly.com, reversing Bush Era torture policies in foreign aspects.

It can be argued that there was not much to be fixed in social, political and economic terms. But the counteract is rural Americans were upset by Obama's presidency and the failure to uphold what was promised. All in all, it is a matter of one's place in society whether his presidency had a positive or negative impact on their lives.

Nonetheless, it is one thing for the current administration to fix what they believe is misconstrued and completely erase and dismember the legacy Obama left behind. Case in point, one of the most controversial acts would be the current administration's fight to repeal the Deferred Action for Childhood Arrivals, also known as DACA. This immigration policy made it possible for young individuals (Dreamers) who entered the U.S. "illegally" and gives them opportunities to obtain driver's licenses, enroll in college and find jobs. It does not necessarily mean they are all on a path to American citizenship, just stops them from being deported to a country they can hardly remember.

Among immigration and "building that wall" laws and orders have been discussed that alter the lives of Americans drastically like the decision to pull the U.S. out of the Paris agreement for climate accord, repealing affordable health care, nationwide nutrition for children and schools and adjusting Title IX which deals with sexual assault on college campuses.

Instead of fixing what is broken, the current President seems fixated on tearing down Obama's legacy as well as carrying a large ego to back up his fascination with being a better president than Obama. As if all he will do is sign executive orders because Congress will never pass the policies he, himself comes up with to better the country.

Per constitutioncenter.org, the constitutional basis for the executive orders is the President's broad power to issue executive directives. Since there is no exact definition of executive orders, therefore no specific provision authorizing their issuance. Granted, they will not all be passed thanks to checks and balances, it is the fact this man is in office and is running the country. Though his seemingly only purpose is to dismember the ideals of the only Black President, and hello, this is America.

The Administration is a mess and that is through the eyes of a politically aware teenager. I don't know what exactly is happening within the walls of the White House, but what I do know is every tweet the President makes causes a frenzy. And every CNN headline about the Cabinet causes a frenzy and outcry toward the media. And every second since Tuesday, November 8, 2016 America has been on edge.

VIRGINITY

The thing that everyone knows about, but no one wants to talk about.

Maddie Grabow
staff writer

Virginity is a word that I had never really given much thought to. I just assumed that it was self-explanatory and I didn't spend time fussing over the definition and what it meant to have or not have it. Put bluntly, a virgin is somebody who has never had sex. But what is sex? Does it always mean intercourse? Is it possible that the definition of sex can differ from person due to gender, sexual orientation, values, etc.?

In my opinion, virginity is a social construct. If you really think about it we as a society place a whole lot of importance and may determine our self-worth based on something that doesn't actually exist. Sure, you can argue that a girl's virginity is lost when her hymen breaks – but what if she's born without one? What if her hymen has broken prior to her first sexual experience due to something completely non-sexual? Is she still a virgin? Or did she “lose her innocence” to the seat of a bike or while playing a sport? The concept of virginity causes people to view sex in a negative light. In reality, sex is a natural act that almost everybody participates in at some point in their lifetime.

When a person feels that they are ready to have sex, that's their decision. Whatever age they are, whoever they decide to do it with, every detail is their discretion. It's a common belief that someone has to be a certain age before they start having sex and that they have to be in a relationship with a person for a certain amount of time, but does it really matter? It depends on how much importance a person places upon their “virginity” - waiting to have sex might mean a lot more to one person than it does to somebody else. Somebody who places a lot of importance on waiting to have sex with someone might wait until a major commitment (such as marriage) is in place, but somebody else might not care as much. There is not right way to do things and there is no right amount of time to wait. A person is ready when they decide that they are.

In modern Western society, both men and women are said to be virgins until they “do the deed” and there isn't really a specific, socially acceptable time for them to have sex. However, this isn't the case with all religions and cultures around the world. Women in the Middle East must undergo “virginity tests” before getting married (internationalwomensinitiative.org). This test is an extremely invasive procedure that checks the status of a woman's hymen. In Christianity and Islam, women are considered property which makes their virginity an item of luxury and value. Basically, a woman who has had premarital sex isn't “worth” a whole lot according to the Bible and the Qur'an. There is plenty to say about women and their romantic lives however nothing is mentioned about men who engage in premarital sex. The concept of virginity has been creating double-standards between men and women pretty much since the term was constructed. Essentially, women are shamed and put down for having sex whereas men are unaffected or (in some cases) rewarded.

Many people believe that virginity means the same as purity. So when a person decides to have sex with somebody they are less “pure” than they were beforehand. For men in society this isn't a very big deal but for women in society, it might as well be the end of the world. We live in a society that ties a woman's worth and value to their sexuality. The construct of virginity can be damaging to a girl's self-worth and perception of herself and most likely her perception of others as well. It can also be seen as grounds for slut-shaming – making girls feel guilty or wrong for engaging in sexual behavior. For whatever reason, women who are sexually active are looked down upon but men who are sexually active don't get a lot of negative attention from society.

Not only does virginity create a double standard between men and women, but it is extremely non-inclusive. Technically, a person can only lose their virginity by having the textbook definition of sex; sexual intercourse. So is homosexual sex invalid? Do they stay virgins unless they engage in heterosexual sex? I think the definition of sex can mean many different things to different people. Each and every person gets to define what sex is for themselves, and I don't think that there should be debate as to whether or not homosexual sex is “real” or “valid.” As mentioned previously, the definition can differ due to gender, sexual orientation, and personal preferences.

Virginity is a sexist and homophobic social construct that is thought to be extremely important and valuable but in reality, not everybody thinks that. The concept of virginity creates an unfair double standard between men and women and creates an unnecessary divide in our society.

A social construct VS. A sacred bond

Sydney Prescott
staff writer

Virginity is not a casual topic for most of America, but for me and my family it is. When I was in fifth grade, my mom took me on a three-day weekend explaining what sex was (an intimate act of love which involved the vagina, penis and/or other private genitalia), why saving your virginity was important, and her journey as a teenager to becoming a married woman. And my dad did this with my brother two years later. So I believe that virginity is a real condition that applies to all people, and should be saved until certain time.

I believe that virginity is not a social construct, which an idea invented by society such as the idea of eating bugs is considered disgusting in America but not in places like Brazil. Virginity, according to Google, is the state of never having sexual intercourse. So that means it's a state of being such as not doing drugs, being a smoker, or someone who never eats dairy. Although society places importance on a person being a virgin, that does not negate the fact that virginity is a true thing- not having sex. Although a woman's hymen used to be the marker of virginity, it is not the case anymore. Now science has proven that there is no legitimate way to determine if a person has had sex before, just as there is no way, according to newscientist.com, to determine if a person used drugs or alcohol after a week. So, at least in America, a woman's hymen is no longer a way to determine virginity.

There is a right time and place to have sex, and that is in the marriage bed. A person can decide to have sex, and still not be prepared mentally, emotionally, or developmentally. The time and place do matter, regardless of what society believes. Time, meaning waiting, matters because it builds maturity and wisdom, especially in the case of teenagers, since developmentally their brains have not caught up to their bodies.

In fact, 63 percent of teens that had sex wished they had waited, according to relationshipsunderconstruction.com. Waiting to have sex in a relationship is also important because it gives the couple time to build understanding and trust in the relationship. So then the bond that comes from sex after marriage can have a foundation of love, intimacy, and respect. Sex should only happen in a marriage because sex should only come after marriage, according to God's word. When sex happens outside of marriage it often leads to higher divorce rates. People who do have sex outside of marriage often worry about unplanned pregnancies, STD's and abandonment. If a partner leaves or divorces, which is more likely if sex happens outside of marriage, it results in baggage that you can carry with you for the rest of your life. This baggage could be the fear of abandonment, feelings of rejection or guilt, and the knowledge that you gave your virginity to someone who threw it away. Another interesting fact, people who have sex outside of marriage are four to ten times more likely to use alcohol, smoke marijuana, drop out, get arrested, or have thoughts of suicide. There is a right way to have sex and there is a right amount of time to wait. A person is ready only when they have grown in physical maturity, mental maturity, and marrying the person they have gotten to know and want to have sex with.

Some believe that since most religions focus on a girl's virginity, then women become

property to men and therefore are below them; but that is not true, at least for Christians. In Christianity, both men and women are urged to save their virginity until marriage. Now there may be more outward consequences for women, such as getting pregnant, but both are considered sin. Sin is any time we miss the mark of perfection, whether intentional or accidental. Also in Christianity, women and men are considered equals with different roles to play in the household. First, men and women are equals because both were created by God, both can have a relationship with him, both are sinners, both can be forgiven by Jesus Christ, and both have spiritual gifts according to the Bible. One bible commentator noted that Eve was not made out of Adam's head (making her superior) or his feet (making her inferior) but from his side (making both equal). Second, despite God making both men and women equal, they have different roles. A woman's role is to support and help her husband. A man's role is to lead, protect, and provide for the household. These different roles are meant to complement each other, creating something better than before. For example, an electrical cord and outlet are both ok without each other, but both function better when they work together. This means that although it may seem like virginity is sexist; it is not and does not make men and women unequal, they just have different roles.



BEN LANE | Contributing Cartoonist

Animal testing unnecessary, unethical, due to human greed

| Kayla Johnson
| staff writer

The first known recordings of animal experiments and testing date back as early as the third and fourth centuries. Greek philosopher and physician Aristotle, conducted these tests to increase the understanding of anatomy. But throughout the years, the reasoning for animal experimentation has altered. Starting in the late 1930's, animal testing for the sole benefit for cosmetics were introduced. Animals such as mice, rats, rabbits, guinea pigs, and more are used for these analyses.

Cosmetic product testing on animals are performed to make sure that side effects such as skin irritation and conditions do not show up on human skin. This sounds rational and even wise, but think about the effects on the animals. PETA (People for the Ethical Treatment of Animals) has estimated that, "Each year more than 100 million animals—including mice, rats, frogs, dogs, cats, rabbits, hamsters, guinea pigs,

monkeys, fish, and birds—are killed in U.S. laboratories for biology lessons, medical training, curiosity-driven experimentation, and chemical, drug, food, and cosmetics training".

One of the cruelest tests is known as the "Draize Test", which has been performed since the 1940's. The Draize Test was created by John Draize to calculate the irritancy of skin care or cosmetic products on the naked eye or skin. Often though, animals are used for this testing before humans are experimented on. In most instances, rabbits are restrained to move while their skin is shaved or scraped so that the chemicals can be lathered onto their eyes or skin. There are tons of recordings of rabbits going blind, having inflamed skin, or getting ulcers in result of the laboratory tests.

Within the past few decades, testing on animals has been banned in multiple countries. Despite the cruelty and negative impacts on animals, many multi-millionaire companies in the cosmetic industry still perform these tests. Companies such as Benefit Cosmetics, Victoria's Secret, AVON, Estée Lauder, and Clinique are still reported to perform these tests in the current

year. Why do some cosmetic companies still allow animal testing? Well, it is mandatory that all cosmetic products that are imported into China are animal tested for precaution reasons before production happens. Why do companies view it necessary to have their products produced in only China? There is no other logical explanation other than the fact that foreign productions are most economical for American business.

Organizations such the Human Society and PETA are working to put an end to this harsh testing on innocent animals. They work to educate consumers about what is in the products they are purchasing as well as how their products are made. These organizations encourage boycotting currently practicing cosmetic companies- considering that this is the only way that companies realize how they effect other with this harmful experimenting. By supporting these companies, that gives condolences to their harmful and unnecessary practices on animals.



ALEXIS BLANKENFELD | The Register

Vegetables are difficult to find amongst Central's many lunch options in both the courtyard and cafeteria.

Schools should offer vegan lunches

| Anne Gallagher
| staff writer

When you think of school lunch a picture of meaty slop or a plastic bottle of milk may come to mind. Modern public schools in America are expected to serve a lunch to its students at a set price which may be reduced depending on the student's home economic situation. Public schools throughout much of history have been known to provide lunch to their students. Origins of the school lunch in the United States can be found with Harry Truman's signing of the National School Lunch Act in 1946, which is the building block for the National School Lunch Program. Truman initiated this program in order to allocate a use for the surplus grain from subsidized farms around the country after World War II. Over the past 70 years, this law has remained in place, yet has become a much more controversial topic.

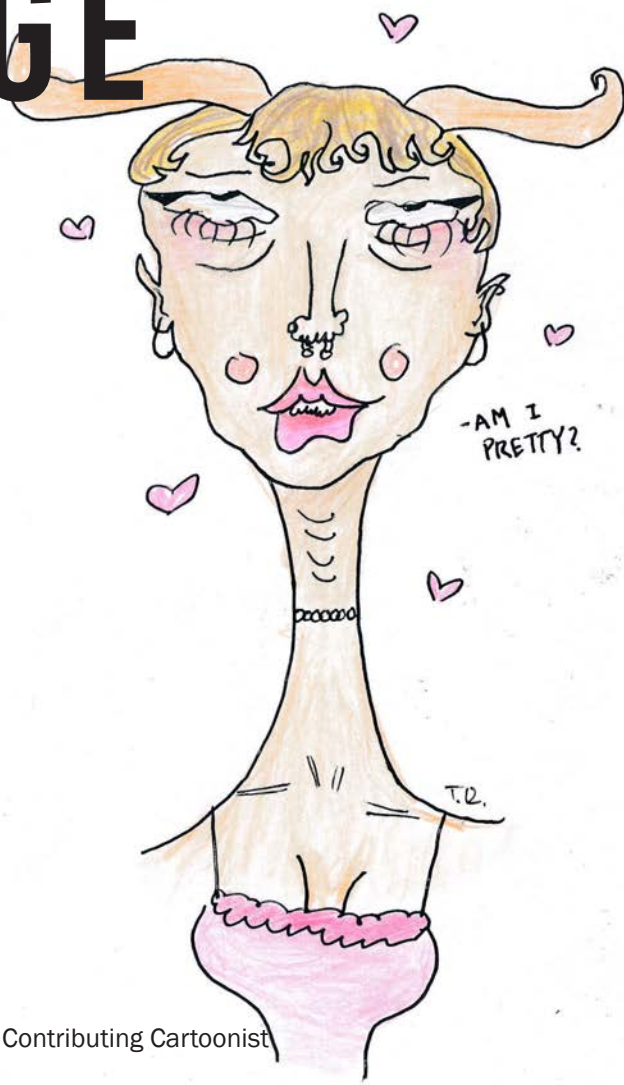
There is an overall consensus in the United States that school lunches are an appreciated means of providing nutrients to children every day, yet it is arguable just how nutritious these meals actually are. When school lunches were implemented in the 40s, there was a direct connection between farms being funded by the government and the food that kids were served. Today this still proves true, but seems to be an issue with its conflict of interest. The same people who are paying for the production of the product are the ones who encour-

age kids to eat it. This means that students are being provided food that lacks nutrition as has been proved by a multitude of studies and is backed up with much research.

The products fed to students may have thought to properly nourish them in the past, but people are becoming more and more aware of the practicality of vegetarian/veganism. Not only do animals go through a torturous process in order to provide their bodies and everything in them to humans, but they also cause health problems to those who eat them. This is illustrated through the connection of the eating of animal products to diseases such as diabetes and heart disorders. The reason schools initially implemented school lunches was to provide the kids with a nourishing meal that they may not otherwise be provided at home. In modern times, they have strayed from this goal as it has been proven that the things they are feeding kids don't provide the best nutrients possible. In alternative to the main option, a student may ask for a vegetarian meal, typically meaning a cheese or peanut butter and jelly sandwich.

Overall, it would be accepting and diversifying for the school systems to further advance the school lunch program with a vegan option so that all students can see a healthier lifestyle. This would especially aid those with dietary restrictions. Conclusively, adding a better vegetarian/vegan option would help the school lunch program to go back to its roots and return to the point of focusing on each student's nutrition.

ARTISTS' PAGE



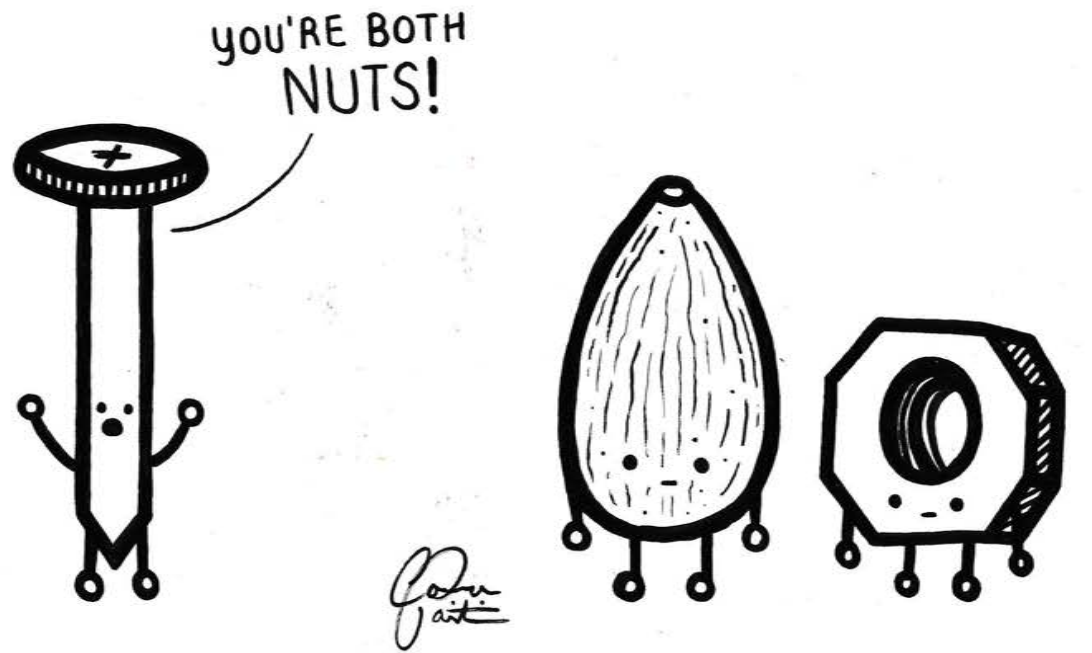
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Virginity should be sacred

CONTINUED FROM 'VIRGINITY' ON PAGE 26

Many say that virginity is unimportant in today's culture. That it doesn't have its place with young adults, the LGBTQ community, or atheists, but that's not true. In fact, teens are twice as likely to graduate from college if they abstain from sex until marriage. Virginity is one of the most important things a partner (not just a woman) can bring to the relationship. It shows their patience of waiting to share one of the most enjoyable and intimate activities on earth with only one person, their persistence on challenging society's ideas on purity, and their passion to being faithful in the relationship. But that doesn't mean that if you have already had sex with someone that you are something less or should be valued less as a person. As a Christian, I believe in saving yourself for marriage because that is what God says. But I also believe in grace, because we all have messed up in many ways. Since Jesus lived a perfect life and then died for us, we are covered by His purity. So, although there are more positive outcomes to saving your virginity, Jesus forgives us all, if we accept Him.