



### Vegan Omaha

An exploration of Omaha's best vegan fare and restaurants with vegan options.

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### OPS Pension Woes

After a \$771 million dollar retirement fund shortfall, officials fear that future budget cuts will affect quality of education in the district.

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### Central Alum makes career in NCAA Top 10

Central graduate Tre'Shawn Thurman reflects on time playing for one-loss team, Nevada.

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# the REGISTER

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## LIVING A DREAM

Central students bring home trophy with a first place win in Martin Luther King Jr. Living the Dream competition



EMMA MILLER | The O-Book

From left to right: Naomi Weak, Cecelia Huber, principal Ed Bennet, Morouj Zenbaara and Willa Rauch pose with their first place trophy. 2019 was the first year that the scholarship competition was in operation, making Central the first school to accept the trophy.

### Lizbeth Hermsillo-Najar staff writer

As most everyone knows, college can be awfully expensive. Students find every way to make it more affordable either through loans, grants or scholarships. Scholarships can be one of the most attainable ways to earn money. Although scholarships can be very competitive, they are often the best way to earn funds for college.

The Martin Luther's King Living the Dream Scholarship is one of many scholarships available to students at Central High School. The application process for the scholarship is a bit rigorous. It includes an essay about a topic that's related to the rest of society, a problem that needs to be known. There are various winners with different prize amounts awarded.

The competition featured music, dance and poetry awards for qualifying high school students. In the words of the organization, the goal is to "encourage young people to adopt the principles of Martin Luther King, Jr. and other social and human rights warriors. Students will utilize music and poetry to demonstrate how they are "Living the Dream" in their daily walk."

One of the first-place winners was senior Cecilia Huber. She became interested with the scholarship because she loves to write. The competition included a poetry section, so she decided to try it to earn some extra money for college by doing something that she likes and comes easy to her. Huber learned about the scholarship through her creative writing teacher who had given her a flyer for the competition.

"The writing process was actually more than I anticipated," Huber explained. She decided to write about interracial dating because she has had a bit of experience in that realm. Huber believed it was a good topic to write about because people don't always accept couples from different cultures or backgrounds. She titled her poem "Breaking Ignorance." In her poem, she mostly emphasizes black and white couples trying to justify their relationships to society.

When Huber found out, she was excited and proud of herself. She was also very honored that she had the opportunity to inspire others with her words. The competition was held on Martin Luther King Day, so it was a powerful and meaningful experience for her. She received 800 dollars for getting first place in her category. Huber is planning on attending Nebraska Wesleyan University to study psychology and counseling.

Sophomore Naomi Weak also placed in the competition. "My friend read some of my poems and encouraged me to apply," Weak said. "They were going around to performing arts classes. My friend was doing one about gun control and I decided to write about my disability.

Since the contest focuses on social justice issues, Weak wrote a powerful poem about how her disability has affected the way that people treat her. "I wrote about my disability and the consequences and awful things that people have said and done," she said. Her poem impressed the judges and she placed third overall in the poetry category.

Central received the best overall score out of all the schools in the competition since there were also many other students who won in their categories. This scholarship competition is new, so Central was the first school to accept the trophy.



# Students, staff participate in 13th annual Polar Plunge fundraiser



MOLLY HUIBREGTSE | The Register

**Left:** Students pose before they make the plunge into freezing water. Each student raised at least \$50 to donate to the Special Olympics. **Right:** Students make the initial plunge aided by event staff. Eight students and one staff member participated this year.

**Molly Huibregtse**  
staff writer

On Saturday, Feb. 9, dozens of fearless do-gooders and adrenaline junkies participated in Omaha's 13th Annual Polar Plunge. In past years, this event took place at Lake Cunningham, however, due to an unfortunate infestation of Zebra Mussels, they were forced to relocate to Lake Zorinsky.

The Polar Plunge serves as a fundraiser for the Special Olympics. Plungers are required to raise at least 50 dollars each in order to participate, although raising more is certainly encouraged and appreciated. Since its initial creation in 2006, the Polar Plunge has striven, and succeeded, to send Nebraska athletes with special needs to the Special Olympics to show off their skills at a reduced cost or no cost at all.

Central High School joined the cause last year, when now junior Cassandra Willey took the initiative to further exhibit Central's community outreach. Willey, having participated previously with Buffet Middle School, understood how important the event is to those it benefits and started her own team with the help of English teacher Carrie Joseph.

This year, Central's team was comprised of eight students willing to step outside of their comfort zone to make a difference in their community. The team had a couple of after-school meetings leading up to the event, including an informational meeting to recruit new students interested in participating.

The plunge usually takes place on the morning of February's second Saturday. Participants wait their turn with their teammates in the cold for possibly hours. When their turn to plunge has arrived, they are led into the section of the frozen lake that has been cut out and are guided in a circle to the other side of the water before quickly change out of their wet clothes.

Although every precaution is taken and paramedics are present on the scene just in case, Willey said, "It is not for the faint of heart." There are various health restrictions that could potentially prevent someone from being able to safely participate.

While it is not always the most pleasant use of one's Saturday morning, it is quite rewarding. Willey confesses, "Something brings me back to doing (the Polar Plunge) every year and I wouldn't change a thing. Personally raising a total amount of 3,000 dollars over my years participating, I can say I've helped and did my part in helping my community, little by little."

## Student to showcase designs at Omaha Fashion Week

**Kayla Johnson**  
staff writer

During the highly anticipated Omaha Fashion Week, there will be a special night entitled "OFW Spring 2019: High School Student Night" on Feb. 26. Selected and talented high school students throughout the metro will be able to showcase their designs down at the Omaha Fashion Design Center located at 1502 Cuming Street. Senior Tay Johnson was among the top high school designers selected to showcase a variety of their own original designs.

Tay gave an insight on her designs that will be showcased in the fashion show and disclosed, "I will be presenting three different designs in Omaha Fashion Week. I took some inspiration from Spring and Summer 2019 runways. I have a lot of color blocking within my designs, and the use of scrap fabrics and the use of the industrial trend using parachute buckles. I also have an overall skirt two-piece. There are color blocked pants and a scrap fabric tank set. There is also a two-piece design using my crayon skirt that I created last year during the wearable art part of our class in design workshop from fabric created by our new fabric printer that FCS purchased last year."

Although she has been making designs for nearly four years now, she confesses her source of inspiration for her own personal style and fashion choices. "I do not really get inspiration from anyone. I just kind of think of things and I go and buy them. Or sometimes I just throw things on and see how they look when it comes to finding my own style preference. But I really liked the oversized t-shirt trend that was in style last Summer. I also really like to admire some outfits that Rihanna wears."

Tay has been involved within the realm of fashion design since her freshman year and adds, "I have taken clothing textiles classes since my freshman year. I stuck with the class because I really enjoy making new designs, but I also enjoy my teacher's willingness to help us succeed within the fashion industry."

From a young age, she has enjoyed fashion and its complexities. "I have been interested in fashion ever since I was in the second grade. There has always just been something about clothes that have interested me, and I have always been super creative when it came to designing things and with arts and crafts. Also, my mom used to enjoy dressing me up when I was younger."

Although designer Tay does not potentially see herself working professionally within the fashion industry, she relates, "I could not really see myself in that industry unless it would be for advertising for fashion and beauty or even marketing management for fashion and beauty. I could definitely see it as something I will do for a hobby."



Photo Courtesy of TAY JOHNSON

Johnson puts together one of the designs that she will be showing for Omaha Fashion Week. The High School Student night of Fashion Week will take place on February 26th.

# Nebraska elects four new state legislators

Malcolm Durfee O'Brien  
managing editor

Four new senators for the Omaha area were elected in 2018. The new legislators are Machaela Cavanaugh in the sixth Legislative District, Megan Hunt in the eighth Legislative District, Wendy DeBoer in the tenth Legislative District and Steve Lathrop in the twelfth Legislative District. The new members were sworn in on the 9th of January.

These new Senators have a litany of policy goals and areas of interest. Senator Hunt, a small business owner who is the first LGBTQ person elected to the Nebraska Unicameral, succeeded the term limited incumbent Burke Harr. A major reason she ran was “to be proactive in addressing voter suppression and election integrity.”

She plans to address this with her perch on the Government, Military and Veterans Affairs Committee, where she has already introduced LB163, which ensures that every county in the state has the ability to have vote-by-mail. “We know vote-by-mail is secure, low-cost and greatly increases voter turnout”, says Hunt.

Hunt sees the most pressing issue in the Legislature as “the urgent need to replenish our badly depleted cash reserves,” which she says significantly limits the ability of left-leaning legislators to support funding for various services and the ability of right-leaning legislators from passing relief for property taxes.

Senator DeBoer, an Omaha-area educator, was elected to succeed Democratic nominee for Governor Bob Krist. One of her main focuses is on education, specifically figuring out how to properly fund our schools. For this purpose, she has introduced LB679, which would establish the School Financing Review Commissions. DeBoer said she did this “look at the way we currently fund education, how other states differ, and any and all alternative options”.

DeBoer sees funding of education as important to address other issues like property tax relief, saying, “We know the way we currently fund our schools is broken, increasing our property taxes and negatively impacting our kids’ future.”

DeBoer is also focused on combatting gerrymandering, saying, “We need to ensure that the redistricting process is as open, transparent, and fair as possible”. She introduced LB261 for this purpose, the bill would “require the use of state issued software and equipment for creating our

district maps.”

Senator Lathrop, a personal injury attorney who also served between 2007 and 2015 in the Unicameral, said that his main goal was also education. Lathrop, who won the Friend of Education award from the Nebraska State Education Association for his effective support of education policy, is focused on trying to “ensure our local schools have the resources they need to continue providing the quality education they’re known for, particularly schools in lower-income neighborhoods.” He also stressed his concern with the overcrowding issue amongst other problems in the state prison system, saying, “I am also concerned about overcrowding and other ongoing problems in our state prison system, and am looking at ways to address those issues.”

Two of the freshmen were assigned to the Judiciary Committee, DeBoer, and Lathrop. Lathrop was named chair of the committee. He said that the committee’s main focus will be on prison overcrowding. “Like me, the committee is very focused on the Corrections system and making sure we balance safety and well being of inmates and the public”, he explains.

DeBoer echoed this saying, “Simply put, we need to address corrections as the Judiciary Committee,” referring to the current prison overcrowding issue. She is concerned with the potential of surpassing 140% capacity, which she said “would potentially result in paroling enough inmates to meet that 140% threshold,” due to a 2015 bill which mandates the release of prisoners to meet the 140% mark.

“I want to see us as the Judiciary Committee work responsibly to find actual solutions that protect Nebraskans and fix our issues in Corrections”, she stated.

Beyond this, Lathrop emphasized the sheer amount of bills the Judiciary Committee will be considering saying that it “handles more bills than any other committee in the Legislature, and those bills touch on a broad range of topics: criminal and civil law, guns, child welfare, abortion and human rights are just a few. We’ve already held hearings on hot-button topics such as medical marijuana and conversion therapy.”

In their transition to office, DeBoer and Hunt, the only two pure freshmen legislators, have relied on a variety of people. Hunt said she has received heavy support from Senator Sarah Howard, who was the first person she met with about running for office, saying about her, “She answered all the questions I had about what day-to-day life as a

SENATORS on page 7

Three of the four new senators are pictured right. Top to bottom: Machaela Cavanaugh, Megan Hunt, Wendy DeBoer. Steve Lathrop can be seen on page 8. Photos courtesy of Omaha.com, Nebraska Legislature.



# Omaha World Herald reporter releases book about local murders

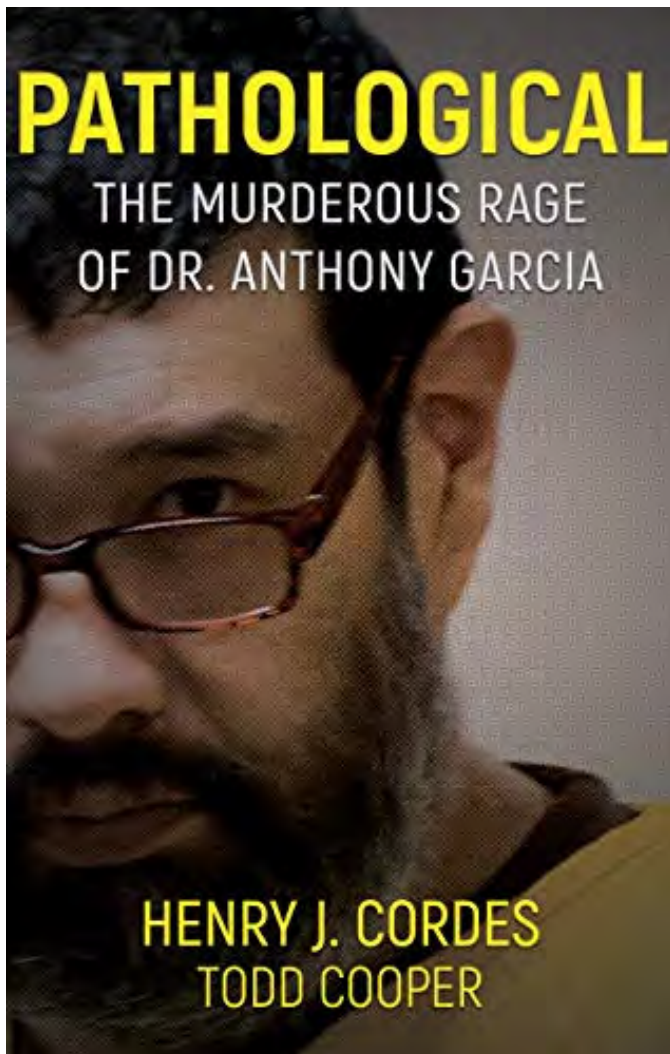


Photo Courtesy of AMAZON

Emma Whaley  
executive editor

In December, Henry Cordes, an Omaha World-Herald general assignment reporter of over 30 years and a Central alum, released his first true-crime novel, “Pathological: The Murderous Rage of Dr. Anthony Garcia.”

The novel is based entirely on true events, facts, interviews and evidence Cordes picked up while reporting on the murders and attending the trial of Anthony Garcia.

“I certainly did not set out to write a book,” Cordes said, explaining how he was first a reporter on the scene. “The first murders happened

in Dundee at the Hunter house ... and I was called in to help with the story. I worked on that case a little bit when it first happened and then I just went to doing other things.”

When the second set of murders occurred years after, Cordes was asked to help once again, being a Dundee native and familiar with the neighborhood. When Garcia was arrested, Cordes attended the press conference to write the breaking article for the next morning’s paper.

“In that very meeting, we said to [the chief of police], ‘You know, we’ve got a long way to go on this case, but, assuming that this case goes to trial and this guy is convicted eventually, I would love to sit down with the detectives who cracked the case and talk to them about how the case was solved,’” Cordes said.

After meeting with the detectives and interviewing them three years later when Garcia was convicted, Cordes realized he could not do the story justice in an eight-part serial in the paper like he had intended. He and his editor agreed the story would be best told in a book. He had previously written books about Nebraska football history, but “Pathological” would be his first book to be marketed nationally.

While attending the trial to gain evidence for the book, one case detective stood out to him as being particularly important, Derek Mois.

“Derek was fated to be the detective who cracks this case,” Cordes said. “He seemed like a really interesting guy and he seemed like a really good detective. But, then, when I actually sat down and met him, he was just the coolest guy. He is not your typical cop at all. Derek was a Buddhist and he has tattoo sleeves going down both his arms. He’s very non-conformist.”

Nick Herfordt is another key detective in the case. Coming into the force with a background in computer science, Herfordt became key to the Garcia murders through digital forensics.

“Digital forensics becomes huge in the solving of this case,” Cordes said. “It’s fascinating, the information he’s able to pull out of a cell phone and then how they were able to use that information to solve this crime. I didn’t know anything about digital forensics, but I very quickly concluded that if you are a criminal and you carry a cell phone, you are really stupid because Nick Herfordt is going to take your phone and he’s going to find all kinds of

incriminating stuff on it.”

“Pathological” also delves deep into the lives of the victims. Cordes personally interviewed and got close to the families of the victims, including Bill Hunter, the father of the first victim and the first tie to the Creighton pathology department that would become the key link between the killings. In fact, the book was going to begin with Tom Hunter getting off his school bus on the day of the killing, allowing Cordes to introduce him and Shirlee Sherman, the first two victims, early. Cordes later decided to have the book begin with Detective Mois first entering the house after the murders, letting the scene of the crime draw in true-crime junkies.

“If you’re into true-crime, this story had everything you could possibly want,” Cordes said. “It had a serial killer. It had some very compelling victims, including an innocent eleven-year-old boy. It had the horrific crimes... It had a case going cold. People are fascinated by cold cases. You have some very interesting detectives and a very interesting investigation that leads them to Garcia. You have a doctor as the killer and then you have a sensational trial at the end of it, the most sensational trial we’ve seen in Nebraska since Charles Starkweather.”

Cordes has another true-crime novel in the works about Leslie Arnold, a 16-year-old Central student who, in the late 1950s, killed his parents, buried them, continued to attend school for two weeks, was caught and was sent to prison, but escaped to Brazil. That book, according to Cordes, was mostly written at the time of the release of “Pathological” and will be released within the year.

“I’ve certainly got an interest in writing books, but it’s not my primary job. I’ve had people tell me with the Husker books I wrote, I’ve had people say, ‘why don’t you just write books?’ And I’m like ‘because I like having a paycheck. It’s nice to have money show up in your bank account every two weeks. I like eating.’”

Cordes graduated from Central in 1981 where he first began doing journalistic work on The Register staff. He is now an active member of the Alumni Foundation. His wife and two daughters are also Central grads. A copy of Pathological is now displayed in the courtyard, along with Cordes’ other books. Pathological is for sale on Amazon, at the Omaha World-Herald office and at The Bookworm.

**If you're into true-crime, this story had everything you could possibly want.**

HENRY CORDES  
alum and author

# A SERIES OF UNFORTUNATE INVESTMENTS

An introductory look into the roots and potential consequences of the \$771 million dollar OPS Pension shortfall

Molly Ashford  
editor-in-chief

In late January, Omaha World Herald reporter Henry Cordes broke the story that the OPS pension fund is facing the consequences of a \$771 million-dollar shortfall following a series of questionable investment choices. As the Omaha School Employees Retirement System (OSERS) scrambles to pick up the pieces, teachers and administrative staff are left with unanswered questions and schools are faced with harmful budget cuts to try to make up for the losses.

OSERS's 53,000 students are largely ignorant to this problem.

This in-depth look at the vast underperformance of the pension fund will attempt to answer the essential question for students in the OPS district: What is a pension fund, and why should I care?

## What is a pension fund?

Pension funds are a type of retirement fund for teachers, administrative staff and other school employees. Based on the financial average compensation and years of credible service of an educator, a certain amount of money is put into the pension fund to be returned following retirement.

OSERS operates on the following formula: Final Average Compensation X 2% X Years of Credible Service. For example, say a teacher has been employed for 15 years and makes \$50,000 dollars annually. In this case, \$1,250 dollars per month would be put into the pension fund to be later returned.

Most pension plans are handled by a state-wide plan. In Nebraska, all other districts are run by this plan. OSERS is the only one that is independently run by the school district itself. As of 2019, the Nebraska State Investment Council has taken control of the investments for the fund, though OSERS remains independent.

## The Technicalities:

The efficacy of pension funds is evaluated by a few essential numbers: funded ratio and Unfunded Actuarial Accrued Liability (UAAL). To fully understand the shortfalls of OSERS, one must have at least a vague understanding of these terms.

To begin, UAAL measures the difference between values of assets and the liabilities that a pension plan has garnered. In other words, it is the amount of money that a fund must pay in order to keep operating at a healthy rate.

While the obvious ideal unfunded liability is zero, pension funds can operate healthily with a modest amount. Even some of the highest performing pension funds in the nation harbor debts that will later need to be repaid.

OSERS has had a steady rise of UAAL since the mid-2000's. Even at their peak in 2007, the organization reported nearly \$138 million in unfunded actuarial accrued liabilities in their annual actuarial report.

In the past ten years, this number has grown to \$771 million dollars.

Next is the concept of the funded ratio of a pension. This, quite simply, is the ratio of assets to liabilities—the money they have to the money that they owe. An 80-percent funded ratio has long been seen as the minimum requirement for a high-functioning pension fund.

To better understand this concept, let's look at a high-performing pension funds and their funded ratios. The Arkansas Teacher Retirement System (ARTRS) was rated as the highest performing teacher pension plan by the Urban Institute for fiscal year 2017. They sit at a healthy 80.2% funded position.

OSERS, on the other hand, reported a mere 57.76% funded ratio at the end of fiscal year 2018.

All of these numbers are available on the OSERS website. "There has always been transparency of the OSERS pension plan", Executive Director Cecelia Carter says.

## The Investments:

The 2013 OSERS handbook outlines the investment process as such: "Investments are made upon the recommendations of the Board of Trustees and are subject to the approval of the Board of Education".

After the stock market crash in 2008, OSERS pooled a massive amount of money into "non-traditional" investment alternatives. While most pension funds rely largely on large cap and international

equity (otherwise known as stocks), the board of trustees decided to invest in risky markets such as, but not limited to: foreign currency, real estate in other countries and energy and power.

Many of these investments were advised by Atlantic Asset Management, a self-proclaimed "fundamental, value-oriented equity investment firm". The small firm of 24 employees is located in New York City and has been a registered investment advisor for little over ten years. Beginning in 2009, Atlantic developed an advisement relationship with OSERS. Soon, however, they began to sell the trustees their own stock market alternatives.

In Henry Cordes' original report regarding the OPS pension, it was estimated that investment mistakes made by OSERS trustees cost the organization nearly \$500 million in losses.

"Of Atlantic-tied investments by the OPS pension fund in 2015, most fell short of benchmark returns for similar types of investments.", the World Herald report reads. "Only two were big winners, and four lost money".

People have been quick to blame pension shortfalls on Atlantic's advisement and the lack of skepticism from trustees and Board of Education members, who often approved what Atlantic sold to them without the blink of an eye.

When a plethora of new representatives were elected in 2013, Board of Education members were outspoken about their feelings towards the OSERS shortfalls. Lou Ann Goding was quoted in late January saying "I'm aware of how challenging it's been for not only parents, but teachers as well. In my subdistrict, it hasn't been pretty".

That same month, fellow board member Ben Perlman said in a school board meeting: "The ramifications of those catastrophic decisions are going to affect this school district for the next 30 to 50 years".

Cecelia Carter suggests that this concern was not evident in interactions between OSERS and the Board of Education.

"Since the summer of 2017 the Board of Trustees has extended several invitations requesting the Board of Education to engage in dialogue on what could be done to solve this matter.", she explains. "However, the requested meetings with representatives of the Board of Education did not take place."

Board of Education members are no longer advised to talk to press. Board of Trustees members and investment advisers have been barred from talking to the press from the get-go.

## The Consequences:

Considering this information, the essential question remains as to how the failures of OSERS will come to affect the students themselves. For the 2018-2019 school year, \$30 million was cut from the OPS budget. \$19 million of this was used to make up for the deficits in the pension fund. These budget cuts for the benefit of pension money will not be a one-time occurrence.

"Pension funds look out 20 to 30 years into the future when projecting financing", Cordes explains. "The shortfall could very well be made up over that kind of period of time. As long as you can see in the foreseeable future, they will be making these payments and these payments will most likely increase each year".

With the \$30 million-dollar budget cut that hit schools this year, OPS reported the elimination of 180 positions, cuts to elementary field trip and supplies budgets, delay of new book purchases and cuts to administrative staff, many of whom filled positions at the OPS TAC Center.

Still, officials are insistent that are doing all that they can to avoid the effects of these cuts trickling down to OPS' 53,000 students. However, though the district was able to dodge a bullet with a comparably small budget cut this year, critics fear that this will not be the case as annual payments begin to grow.

The hard hit of \$30 million will not be the end of budget cuts. In 2022, OPS is expected to put nearly \$26.9 million towards making up for pension liabilities alone. To lessen the initial round of cuts, the district also tapped in to their unrestricted fund balance for over \$21 million dollars this year. This is not a sustainable practice.

With a lack of public contacts, opinions from individuals who are educated about the matter are few and far between. This leaves students, teachers and the general public to come to their own conclusions with accessible public data. The problem is that a majority of students are ignorant to the magnitude of this problem, likely because of the high-level investment jargon and apathy to the inner workings of a retirement fund.

OPS 



OSERS  
(omaha school)  
employees  
retirement  
(system)



questionable  
investments



57.76% funded  
ratio compared to  
the 80% minimum  
for a high-functioning  
pension fund.

  
**771**  
million dollars  
in debt

CONNOR PAINTIN | Resident Cartoonist

# OPS Diversity Director fired after forwarding e-mails

**Anne Gallagher**  
executive editor

The Omaha Public Schools district claims on its home page that it does not discriminate on any basis in relation to its programs, activities and employment. While this may be part of their mission statement, the district is under scrutiny after the recent firing of their Director of Equity and Diversity following an e-mailing debacle.

Sharif Liwaru was the Director of Equity and Diversity for OPS since 2014, when the position was first created. "Overall, the responsibility was to address issues of inequity and bias in the district," Liwaru said. He was in charge of educating staff and students on ways to benefit from the diversity in the district.

With one of the most diverse school districts in the state, OPS instated Liwaru's position to educate students on ways to positively interact with diversity in school and their communities. Liwaru also said that his job was to make sure OPS staff knew "how to ensure that their curriculum and teaching strategies reflected the diversity, especially racially, that our students show up with."

The community has always been a source of partnership for our equity and diversity work to "eliminate the gap between population and representation in suspensions in particular."

One of the issues that Liwaru dealt with as the director of diversity and equity was the disproportionate disciplinary actions taken upon non-white students. From office referrals to suspensions, the district had seen a high presence of African American and Latino

students being disciplined in the OPS school district.

There was a public information forum held at North High that was created to address the issue of racially disproportionate disciplinary actions. An e-mail was sent to Liwaru prompting him to invite OPS principals to the event. "I forwarded that information on to the community elementary school principals to let them know that the community would like them to attend," Liwaru said.

Liwaru disagrees with his termination but recognizes the reason behind the administration's decision. "The decision to invite principals should only be made by the top administration," Liwaru said, "It was an opportunity to respond to the community, but that was the reason given for the termination."

The school board denied to comment on the situation at a school board meeting. The public was upset, but Liwaru said, "It's not a discussion time that they've set up to engage in the community with a conversation, it's just an open mic to hear what people have to say."

In general, the board does not have the ultimate power to adjust the status of over 8,000 employees within the school district. "Anything related to employees is allowed to be kept confidential," Liwaru said. "Employee records are not something by law that human resources are able to discuss."

Overall, it is the superintendent's job to manage the employees of the district. Although Cheryl Logan is known for her implementation of new policies on diversity, she is ultimately responsible for the removal of an employee whose job it was to implement the equity that she endorses.

# Two seniors awarded full tuition to diversify medical field

**Simret Habte**  
staff writer

The Urban Health Opportunities Program (UHOP) is a local scholarship program that works with the University of Nebraska in Omaha to "diversify the urban Nebraska primary care medical workforce by identifying and preparing qualified students from underrepresented groups to enter and succeed in medical school." The program was created in 2016 and gives five incoming first year students at UNO the chance to participate in their unique program. They offer mentorship for the students throughout their time at UNO, help them with MCAT preparations and guarantee acceptance into the UNMC medical school when the time comes. Out of those five students, three of them receive a full ride scholarship to UNO as well as the Med Center. Two of the accepted students of the 2019 UHOP are Central High seniors Ashari Allen and Alyssa Johnson.

Becoming a doctor in their eyes is the first step to much bigger dreams in their futures and in their communities. They were motivated to apply to the UHOP by the director of the

UNMC High School Heidi Kaschke. Both students appreciated the mission of the program to increase the amount of people who are a part of underrepresented communities in medical environments.

Alyssa is one of the recipients of the financial award of the UHOP and can receive a full tuition scholarship for her undergraduate degree. She wants to specialize in Pediatrics. She said, "When kids are sick it can be one of the hardest parts of their lives and I want to be a person that can flip that around." She's also interested in helping lower maternal mortality rates, especially in black women. In one of her classes at the High School Alliance called Community Health, Alyssa watched a documentary about maternal mortality and birth-related complications in black communities that altered her perceptions. She said, "After watching that I knew for sure that I want to be in medicine, I want to help change those statistics, I don't want any more black women to have to go through that."

Ashari says that she has always wanted to be a doctor. She can even recall when she was younger and used to put

socks on her hands as gloves to pretend to give her mother shots. Now she wants to become a cardiothoracic surgeon. There are higher rates of heart disease within black communities and she wants to be a part of the solution to those statistics. Throughout Ashari's lifetime, she felt out of place in medical environments saying, "I never really felt comfortable going to a doctor's office because I never saw myself there." However, now she will be able to improve representation in the medical field by changing one perception at a time, starting from her own home. For her, it's all about "setting a path for someone who comes after me because even having the goal of being a doctor is setting an example for my little sister."

Both Ashari and Alyssa are excited to be surrounded by people who are like-minded in their plans for the future and in life experiences. They're also looking forward to taking advantage of the shadowing opportunities and learning about possible career paths.



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# Student leaders seek membership in environmental, psychology clubs



PONO BIVEN | The O-Book

Sydney Westphal, above, was inspired to begin environmental club after an IB Environmental Science course. She emphasizes how small changes can make a large difference for the Earth.

Mac O'Brien  
staff writer

Senior Sydney Westphal became engaged with the issue of environmentalism her junior year while taking IB Environmental Science. She said that Gass' class inspired her to examine the human impact on the environment through both a global and local lens. This newly-found passion for environmentalism led her to look for ways to make Central students more aware of the issue and to reduce the ecological impact of the school. Thus, she created the Environmental Club last September.

"We don't have a lot of members right now, but basically the goal is to make people aware of their actions and how that impacts the environment," Westphal said.

Westphal originally created the club for her Honors Research Writing class and those who came were required to continue to come, but she later told members that they could decide for themselves if they wanted to participate. Although this decision naturally led to fewer people attending the meetings (today Westphal says around four or five people make it to most meetings), she says that it has made the meetings more engaging.

"Now people who come actually care, and they want to be educated," Westphal said.

Meetings take a primarily collaborative approach to education.

"I ask what people are into, or what they want to know more about or be educated on, and then I go through and I look up articles or videos and then we basically have a Socratic seminar, or just a discussion, about the implications," Westphal said.

The club also hopes to encourage Central to implement more environmentally conscious policies.

"When we came in a lot of us wanted to implement easy things to the Central system," Westphal said. "Someone talked about composting, which we're still working on- it's a little difficult because it requires maintenance- but also I'm proposing this month something called Color Cycle, which Crayola just came out with."

Color Cycle, Westphal said, is "a program that allows for schools who register to collect old markers... and then someone would volunteer, NHS or Environmental Club, would go and collect all these markers and put them in a bigger box. Then you're able to ship it to Crayola with no fee and they'll send them to their facilities and they'll be remade into new markers."

Though Westphal is a senior, she hopes that the Environmental Club will continue to grow after she leaves.

"I'd like it to go bigger," Westphal said. "Right now we're kind of in the science closet because we're such a small club. I'd like to see it next year maybe have enough people to grow into a bigger classroom."

According to Westphal, a political climate in which the facts of environmental science are considered up for debate, and environmental protections are being neglected or actively stripped away, it is more important than ever to become educated and involved with the protection of the environment.

"It's extremely important to be educated on how you affect the environment and how you can change your lifestyle or change your habits just a little bit to save so much," Westphal said.



MOLLY ASHFORD | The Register

Sophomore Leo Ray has been running Psychology club for the past two years. He was inspired by the lack of psychology course options for underclassmen.

Mackenzie Coughlin  
staff writer

At Central, it is very easy for students to become involved and participate in things that they are passionate about. Allowing students to create their own clubs and have a leadership opportunity is a great example of this. Sophomore Leo Ray has shown this to be true by creating a psychology club during his freshman year.

As a freshman, Ray had very much wanted to continue his club that he had started in middle school. Because 9th graders are not offered any psychology classes, being able to continue his passion for it was very helpful. Ray said, "I wanted to help those who were interested in it."

The process to form one's own club is fairly simple, mainly requiring finding a teacher to sponsor it. For this particular club, this was Mrs. Denton. After finding a teacher to sponsor the club, Ray then "talked to some friends who were willing to help, and it just went from there."

The club is open to anyone who has an interest in psychology, although no prior knowledge is required. It is very much a learning environment. "It's a really fun club; we always have very interesting, in-depth discussions about a wide range of topics," Ray said.

For 10-12th graders, there are a few psychology courses available to take. "I have taken Psychology with Mr. Shipman. I would recommend it because it's very interesting and a lot of other classes actually reference popular studies of psychology," Ray said.

"I am really interested in psychology because it is the reason why we are who we are. It is the study of a science that changes forever simply because we as humans do," Ray said. Being able to learn about and understand parts of the human brain is a unique experience in itself, but doing it with peers as a collaborative group makes it all the more interesting."

The club as a whole very much relies on teamwork and a personal interest in the topic. "Typically, in the meetings we plan on a topic beforehand and then we each do some research so we can then discuss it. We talk about different aspects, and often some personal opinions," Ray said. Being able to acquire information from one's peers can offer a different perspective on learning for some students.

Ray very much believes that clubs are an excellent way for students to get involved at school. "Clubs create a place for the students where they can learn things they're interested in while not having to worry about being graded for it. They can just relax, hang out with friends and learn something new."

Joining a club is an easy way for students to try something new, meet new people and overall gain a different experience. Ray said, "We're just a group of friends who like to learn new things about the human brain and eat candy while doing it."



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# New state senators sworn in to Legislature

SENATORS from page 3

tor was really like, and she introduced me to several other people who were elected officials, who had run for office, or who had worked on campaigns in the past who taught me more. I wanted to be as prepared as possible going into my first campaign, and the relationships I made since that initial meeting have been invaluable in gaining knowledge to be a great first-time legislator. DeBoer has received support from her family and veteran legislators as she campaigned for the legislative seat and as she transitioned to office, however, she singled out Senator John McCollister, saying, "Specifically I want to publicly thank Senator John McCollister of Omaha (Legislative District 20) for the mentorship he has provided. His advice, encouragement, and willingness to answer my questions has been critical in my ability to be ready to serve the great people of Legislative District 10."

All of the new Senators echoed their commitment to defending the Unicameral's nonpartisan nature, with Lathrop saying, "When people call our Legislature nonpartisan, that isn't just lip service -- there are real, structural differences that allow the Nebraska Legislature to function so much better than Congress or legislatures in other states," he recognizes the importance of nonpartisan government to advancing certain issues, like K-12 funding, which he says "requires everyone to work together -- especially rural and urban senators who care about the quality of our schools." Hunt said, regarding issues of partisanship, "What makes our Nebraska Legislature so great is the same thing that makes our entire state great: The high value we place on our independence, our ingenuity, and our willingness to look past what divides us in order to simply be a good neighbor." DeBoer also emphasized her commitment to the nonpartisan legislature, saying, "We all have a desire to work for Nebraska, not for political parties. Nebraska faces a variety pressing issues that our constituents want us to help with. Partisan bickering gets us nowhere and only harms those are supposed to represent."

One of the freshmen, Senator Machaela Cavanaugh of the 6th Legislative District, was tied up in several vital committee hearings and was, unfortunately, unable to respond to questions on this story.



Steve Lathrop, above, is one of Nebraska's new senators. He represents the 12th legislative district. Photo Courtesy of Nebraska Legislature.

# Mayor implements employment program for the homeless

Grace Salanitro  
staff writer

Earlier this month, Mayor Jean Stothert proposed a new "Way to Work" program that would essentially hire homeless people to clean up Omaha. In January 2017, there were an estimated 1,389 people on the streets between the Omaha and Council Bluffs metro area.

About another 300 were understood to be "chronically homeless," or in other words, someone who has experienced homelessness for a year or longer.

The Siena-Francis House, which houses a substantial amount of Omaha's homeless people, will initially oversee employing and the screening of participants of the new program. Major Greg Thompson, commander of the Salvation Army's Western Division, said, "The screening process isn't meant to keep people out but rather to prepare them for a job. For example, they may need help getting identification."

The program will employ six participants every 90 days, paying them each 10 dollars an hour to work in the city's greenhouse, prepping flowers and plantings for city parks. When the employees aren't working, they will receive benefits such as counseling. Stothert said her ultimate goal is to end homelessness in Omaha, but that is a complicated task.

"Way to Work" will run through September and a successful participant might end up with a part or full-time job working for the city. It is seen as one of Omaha's first real steps to employ and assist those living on the streets.



## EDITOR'S NOTE:

I am so excited to present to you the fourth issue of *The Register* for the 2018-2019 school year. I hope that this issue provides the same upstanding and fulfilling content *The Register* always strives to publish.

As this school year slowly comes to an end, I have been reflecting on my time thus far on this publication. Through minor tweaks, I have strived to put emphasis on making sure that the paper is visually appealing as well as filled with interesting and relevant content. I hope that my, as well as the entire staff's, love for journalism shows through our work.

If you are interested in writing or cartooning for us, do not hesitate to get in contact! Stop by room 029 or send an email to [central.register@ops.org](mailto:central.register@ops.org). As well as our print publication, we will be trying to establish an internet footprint as well. Follow the journalism department on twitter at @CHS\_press and instagram at @chsregister. Thank you for your continued support and readership of *The Register*.

Molly Ashford

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](mailto:hillary.blayney@ops.org) or come to room 029 to discuss your idea.

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.

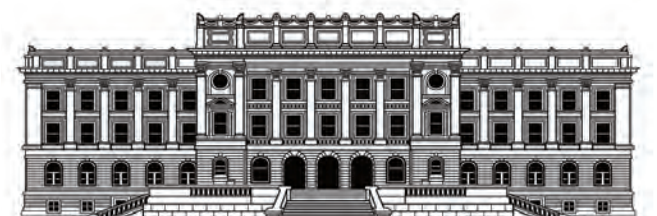
Thank you, readers.

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### COPY EDITOR

Anna Festersen

# OPS students feeling the consequences of \$771 million shortfall

**PENSION** from page 4

"I don't think student involvement is necessary," says Carter. "However, student awareness is welcomed".

In recent years, however, student voices in district matters have become increasingly important both within OPS and throughout the nation. As the George Lucas Educational Foundation reported, "Students' voices belong in the dialogue about what does and doesn't work in their education".

That being said, the next steps for students are murky. As Carter said, student awareness is welcomed. It is encouraged for students, as well as teachers, to read up on the information that is public and attend any meetings regarding the pension that are open to the public. As the payments grow in the coming decades, analysis will be needed to see the actual effects of the pension fund failure on the student body. At that point, student voices may be more readily welcomed by officials.

The crucial takeaway is the importance of student awareness so that students can be articulate and knowledgeable in the case that this shortfall effects quality of education in the coming years and decades.

## Controversy develops over play poster design

**Pangaea Kaan**  
*staff writer*

**A** Voice in the Dark: A Salem Story was the winter play put on by Scott Mead, the performing arts director. The story was an adaptation of the historical Salem Witch Trials, which were the accusations of witches throughout Salem, Massachusetts, which lead to the deaths of many men and women. Mead believed this piece demonstrated the ideals of today's society, with relevance to individuals standing up for their beliefs and wrongful accusations, invoking a positive and thought-provoking response from the audience.

Similar to the controversy the production entails, the content of the show provided the controversial images used on the posters promoting the play. The picture displayed on the poster depicted a noose, which is a loop with a running knot that tightens as the rope is pulled and is typically used to hang people or trap animals. Although nooses were used throughout the Salem Witch Trials to hang the accused witches, they were also used in many other historical events that many individuals could have ties to.

Mead and student actors in the play said it was an unintentional mistake. "The characters get hung at the end of the play, and that's what happened in history," Mead said. "We put the posters up one day and got some feedback that some people were offended because they didn't necessarily know what the play was about. Some people just have triggers and a noose can be a trigger to some, for things that happened in the past in the history of the United States. And with that I was asked to change the picture because some people were feeling uncomfortable and uneasy with that image."

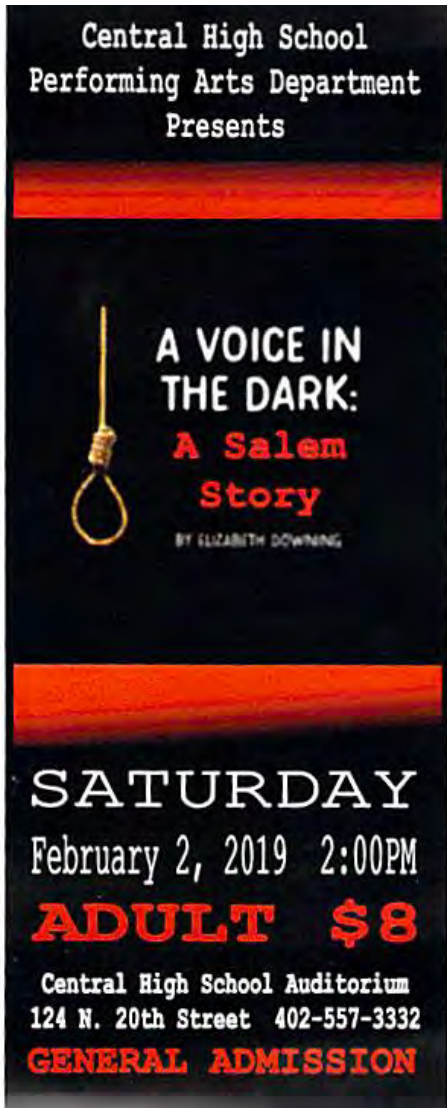
Mead and a graphic designer from the Central High School Foundation develop images for the school plays each summer and print the copies when the time comes for the play to be put on. Mead estimates there were roughly 30 to 40 copies of the posters made and put up throughout the school, with the funding for posters coming from the Performing Arts Department.

However, when new posters were required, principal Dr. Edward Bennett was able to easily deal with the situation. "Because administration suggested, late in the game, that this change needed to be made, we're not going to force him to pay for it or make it come out of drama funds that were existing for the drama department," Bennett said. "I found other funds in the school, that were not taking anything away from anyone else, that exist so I can be able to pay for things like that. Although Mr. Mead, I'm sure, would've happily paid for it to be fixed, we're not going to make him do that. Just because we can doesn't mean it's right."

Although the posters were quickly attended to, the tickets contained the original design of the noose. However, Bennett decided it would be okay. "If you go to see the play, you know what you're getting into. It's not like you're walking down a hallway in a school that you are required go to, and all of a sudden you see these things in the hallway that could offend you," he said. "You're a captive audience and that's not fair to you. But if you pay money to go see the play, you're interested enough to go, and you are informed it is not about anything other than witches."

Although the poster incident presented an issue that offended various students and teachers throughout the school, administration and Mead dealt with the situation quickly, allowing individuals to continue working.

The noose imagery remained on the show tickets, though it had been removed from all posters seen around the school. Administration determined that if one was willing to see the show, knowing about the contents, they would take little offense to the noose design.



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## Bernie for President

Should Bernie Sanders run in 2020? One staffer says it would hurt the future of the country.

PAGE 13

## Open Borders

A Register staffer argues for opening the U.S. borders and discusses the immorality of border enforcement.

PAGE 12

## Graffiti is Art

The debate wages on over whether the illegal tags should be considered an art form.

PAGE 14



# Alliance Lacking Allies

Though the Gay Straight Alliance's message is acceptance, that's a rare find in meetings.

Emma Whaley  
executive editor

When I was in eighth grade, I started a Gay Straight Alliance at my school. Back then, I stayed in my own bubble a lot; my ideologies had not ventured very far from the progressive thoughts of my parents. In middle school, I thought my GSA would only do good things for my community. Now, I'm not so sure.

One of the main goals of any GSA is to create a place where LGBT students can go to discuss their experiences and feel unjudged; in short, it's a safe space. The problem is that this focus on acceptance leads a lack of structure or diversity of mind.

Naturally, if a space is to make people feel unjudged, one may think that the space would share opinions that had the potential to be judged. But, this doesn't appear to be the case. If your opinion can cause some people to be offended, you're not allowed to speak it.

For example, a hot topic in the LGBT community currently is whether or not you need gender dysphoria (when one's psychological identity of male or female is opposite to their biological sex) to be transgender. If you take the side that says you must be dysphoric to be transgender, you're labeled a gatekeeper, a truscum and are told your words are hate speech. For just voicing an opinion, you can be labeled the villain.

This fear of offense means that everything you say in a GSA will be taken as fact, as long as it's not offensive. You could identify as a pansexual aromantic nonbinary dragon and it would be taken seriously. The sad part is that people actually identify as this and aren't told that maybe they need more time to think their identity through before telling people and committing.

There is an urge to be different, to live outside of the binary. It's an environment that encourages you to explore your identity, which can be good, but not when the encouragement is pushing you to change your identity. When I was an active GSA member, I thought I was bisexual, transgender, nonbinary and genderfluid all in the span of about a year. No one told me it was okay to just be a lesbian; I had to be as different as possible.

Though GSAs often try to normalize the LGBT community in an attempt to promote understanding and stop bullying, the true result is a group of people who are incapable of handling criticisms and further themselves from normality to prove their point. By pulling themselves further from the mainstream, they open themselves up to bullying and criticism. Since they've immersed themselves in an imaginary world where everyone is accepting and unoffensive, these people tend to take their criticisms very poorly, falling back on sob stories and appeals of pity.

This doesn't define everyone in a GSA, of course. Some tend to get more into activism or seek advice with coming out or other personal LGBT issues. However, the environment is often shaped and lead by this safe-space mind set of 'you can't offend people in the slightest way or it's a hate crime.' GSAs can be a great place to seek advice from your peers and find a like-minded community, but this doesn't excuse the toxicity and lack of true understanding of the world that stems from high school GSAs.



LUKA MORRIS | Contributing Cartoonist

## Anti-vaxx movement deadly epidemic, causes disease outbreaks

The anti-vaccination movement continues to give leeway to outbreaks of diseases that can be almost completely eradicated by modern medicine. As of November 2018, the Federal Health Office confirmed over 100 cases of a polio-like condition called Acute Flaccid Myelitis (AFM), a serious illness that causes muscle weakness and can lead to paralysis. AFM cases have been found in children around the age of four years old.

It only takes one person to become infected with a deadly disease for it to turn into a mass-murderous outbreak. Immunizations can save lives because of medical advancements that have been made since disease outbreaks such as rubella, diphtheria, Hib, and rotavirus.

However, vaccination rates in some American cities are starting to decline thanks to this ever-growing anti-vaccination movement. One of the biggest states in this epidemic being in Texas where over 57,000 students have been exempted

from vaccinations for non-medical reasons. Texas is near the bottom ranked in terms of adolescent girls getting their HPV vaccination, a vaccination that prevents cervical cancer.



KWEEN ALABI

Currently, there are 18 states in the nation that allow vaccinations to be exempted because of factors ranging from conscientious objectors or personal/philosophical beliefs. Some states that allow this exemption include Oregon, Idaho, Colorado and Arkansas.

The increased rise of vaccination exemptions has caused a measles outbreak in Minnesota, where there were over 8,250 children exposed to the virus and 70 confirmed cases. Of course, most children were able to avoid getting infected with measles because they were vaccinated. A measles outbreak also occurred in Missouri and New York. Additionally, the flu caused 200 deaths of unvaccinated children.

Vaccines have saved the lives of millions, so it is hard to

understand the opposition of anti-vaxxers. The modern anti-vaccination movement traces back to a falsely linked MMR (the vaccine against measles, mumps, and rubella) to autism. Although the correlation between the two has been proven to have no merit, the damage remains.

Throughout history, the spread of diseases has proved how destructive no vaccinations can be. For example, the black plague that wiped out a third of Europe, the Spanish flu, the deadly influenza pandemic in 1918 that resulted in 675,000 American deaths and, most recently, the H1N1 pandemic in 2009 that killed 12,469 Americans. Although extremely deadly, the H1N1 pandemic in 2009 was nowhere near as devastating as the Spanish flu pandemic, which also consisted of an H1N1 subtype, because of the modern medical advancements that have been made within the last 100 years.

Still, the Anti-vaccination movement continues without a factual basis. Not only is it harmful for those who participate in the movement, but also to others around those.

## Further protections needed for journalists in private schools

Molly Ashford  
editor-in-chief

The Freedom of the Press has become a glamorized feature-film topic in recent years as a new appreciation for the work of journalists has blossomed. While some states spearhead the movement for policies that allow student freedom of expression, Nebraska still operates under the “Hazelwood Standard,” meaning that school officials can censor stories that they deem as not educationally pertinent.

Luckily, public schools in Omaha are typically met with supportive administration. Private schools, however, are too often not as lucky. They also have little to no legal protection from censorship.

Marian High School, an all-girls Catholic high school tucked in northwest Omaha, garnered both local and national backlash after their official student news Twitter tweeted a photo showcasing students at The March for Life in Washington D.C.—the largest anti-abortion protest in the nation. The school sent a bus of students on the 18-hour trek across the country to protest. In the week prior to the tweet, the account also made eight separate tweets about their “Journey With Jesus” road trip.

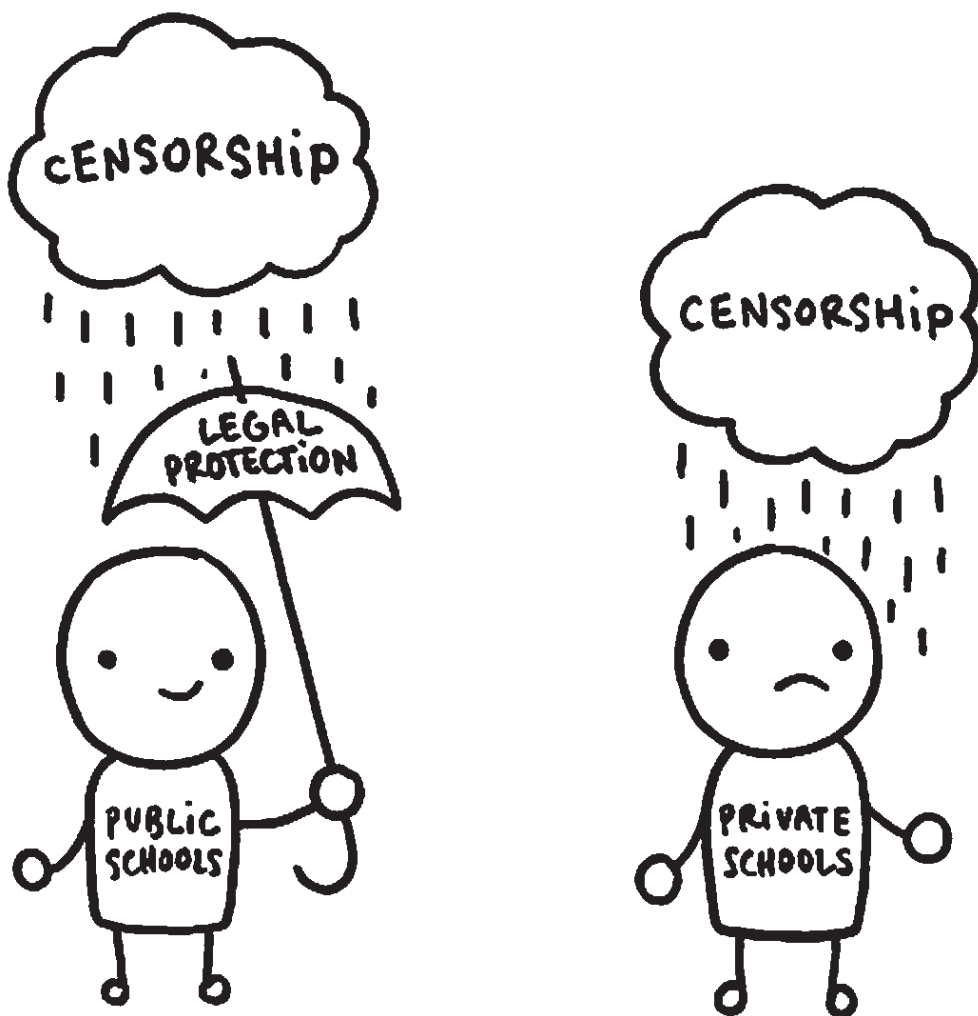
“The March is just wrapping up!” the tweet from @MHSbeat reads. “Thanks for your powerful witness today!” Below, a photo is posted of students in bright yellow hats holding signs reading, “I am a life defender,” and, “Protect them both.”

The problem here is not their message, but instead the fact that their delivery of opinion comes from an established student publication. School newspapers, whether run from a public or private institution, are expected to maintain journalistic integrity. This typically includes the exclusion of opinions from school media that is not specifically marked as such.

According to the Student Press Law Center, private school students do not necessarily have to give up their first amendment right to free speech when they enter the school building. However, private institutions are not subject to limitations set by the first amendment. This allows school officials to censor and punish student journalists at their own discretion.

Offering exemptions from first amendment protections to private schools creates a slippery slope. When administrations are given the right to censor student publications, the important work that student journalists do is discounted. Truth-seeking students are often unable to publish pieces about controversial issues, thus leaving the student body in the dark. And, in the case of Marian, an entire school and entire publication is slandered because of the views of a select few.

Regardless of law, the censorship of student journalists is unethical and goes against America’s core values. Censoring students who do not share the same opinions as the masses is a violation of journalistic ethics. Marian’s clearly biased social media posts point towards a larger problem that journalism departments in privately run schools have been facing for decades and likely will be seeing for the foreseeable future. Further protections are needed to protect these students from overbearing administrations.



CONNOR PAINTIN | Resident Cartoonist

## Keto Diet offers many benefits

Kayla Johnson  
staff writer

Although many diets consist of limiting daily carbohydrate consumption, the keto diet does it in a much different way. While the keto diet can be used for drastic weight loss, it has even been reported that it can help those maintain more energy, and in some cases, help type 2 diabetes management. The diet consists of limiting daily carb intake to less than 50 grams, which can be initially drastic for those with poor eating habits to transition into. Considering that you will only be limited to 50 measly grams of carbs, you must now replace your meals with high fat and protein packed options.

After eating on the diet for anywhere from three to seven days, a state known as ‘ketosis’ should begin to take place within your body, which is where the fat-burning and weight loss should begin at a rapid pace. Ketosis can be defined as a metabolic state characterized by raised levels of ketone bodies in the body tissues, which is typically pathological in conditions such as diabetes, or may be the consequence of a diet that is very low in carbohydrates. While it may be challenging enough to focus on restricting your food options, it is also very encouraged to create your own daily caloric deficit as well as tracking the molecules that our bodies use to create energy, also known macronutrients (macros). These macros are measured in grams and can be calculated by looking at the nutrition labels on food packages and adding together a total of listed proteins, carbs and fats within that particular food.

Even though the keto diet can be known for being simplistic, it can be pretty overwhelming for those following the Whole30 diet (strict 30-day keto challenge) coming from previously having horrible eating habits. For example, keeping track of macros can be a pain on its own, and, most of the time, people choose to meal prep and make their meals at home, which can be annoying and nearly impossible to accurately guess.

On another note, ketosis is often glamorized as this wonderful state of weight loss and bliss, but there are many people who have experienced what is called the ‘keto flu.’ While symptoms of this condition can include nausea, sugar cravings and overall feeling very poor, there is also a large number of people who have had to be hospitalized for their critical state. The problem stems from people not realizing that they are experiencing the keto flu quick enough. For many people, the keto flu will begin at the three to five-day mark, which is coincidentally when ketosis is supposed to be in full effect. While many may feel as though they are experiencing the fat burning sensation, they are really just experiencing the keto flu, in turn worsening their health since continuing on the diet. However, when you think of it, it is common to experience normal things such as intense sugar cravings and laziness after starting a pretty restrictive diet, so people logically do not suspect that it is the keto flu.

While those who just want to test out the keto diet may just try the Whole30 diet, it can be very beneficial for those who choose to make this a lifestyle. Not only is keto widely popular by



OLIVIA MANGIAMELI | Contributing Cartoonist

the thousands of success stories, but it is also scientifically proven that the ketosis state occurs by metabolizing fat. Many in the health profession have deemed the diet safe, while many ‘fad diets’ cannot be scientifically proven to be beneficial or not. Also, when you successfully enter the state of ketosis, you will experience a loss of appetite, loss of water weight (as much as five to ten pounds) and increased energy.

Overall, the lifestyle can be very rewarding for those whose bodies can handle the drastically different change in their eating habits. However, those who are on the diet have to make sure that they continuously nourish their body with enough calories because without proper nourishment, no diet will properly work and help you to maintain your weight loss.

Although tracking macros can be very beneficial and an accurate way to make sure that you are staying on track, I think that even without it you can still see a difference in your life, from weight loss to increased energy. It can be hard for people on the go and those who choose to meal prep to accurately count their macros. Overall, ketosis can be a great way to lose weight, both temporarily or as a lifestyle.

# Accessibility measures needed for blind patrons

Milla Krainak  
contributing writer

Brailled menus, better lighting and larger font are just a few of the accommodations businesses could make to become more accessible to blind customers. It's understandable that a business may not have the funds, but laziness is not an excuse since if these businesses do make these accommodations, they will get even more customers. They then will have visually impaired customers coming to their business instead of another business that is less accessible.

Lots of businesses these days have the most basic accessibility. This usually includes a wheelchair ramp, brailled restroom signs and brailled buttons in the elevator as well as an elevator in general, however, this is only the tip of the iceberg when it comes to what businesses can do.

There's another reason that most businesses don't have these features, though. That reason is that most places don't even know about certain features and that people need them. So, because of that, people need to be informed about what they can do to get more customers, especially ones who can access the place easily.

Not everyone does a terrible job at being accessible to the blind, though. One place that

does a good job is Target. With bright red borders around the store and easy-to-read signs on aisles that have good contrast are just a few things they do to be accessible. However, not every place is as good as Target such as Zio's. This restaurant, while amazing at food, also has hardly any lighting and has small type on the menus.

Some restaurants do know about these problems and luckily have braille menus. However, only a few places have instituted accessible features and so many other places need to do this as well. A few is not good enough. Blind and visually impaired people want to go and be able to experience all of these places just the same as everyone else. Hopefully, though, as people are informed and technology progresses, changes will be made. Hopefully more businesses will adapt to even more people with disabilities.

Some chain restaurants have adopted braille menus as well, but others need to adopt them. We all want to be able to easily decide for ourselves at a restaurant and most blind and visually impaired people usually have to have the menu read aloud.

Reading aloud a menu is fine. However, it is just one more thing that rips away a piece of the shreds of independence people with disabilities cling to. Freedom is a huge thing

when you have a visual impairment or other disabilities. Businesses that are accessible are just one more thing that lets us keep some of that freedom.

There are so many advancements that can still be made to accessible features and hopefully those advancements are soon forthcoming. However, even if those advancements aren't immediate, people know about what they can do. If they don't, there are so many sources of information out there on visual impairment and blindness these days.

The people that are informed should also be doing something once they have that information. A lack of funds is understandable, however, laziness is not when it comes to putting accessible features into place. Hardships in certain places for people with vision loss are issues that can't be ignored, especially during this modern and innovative time. Also, this issue is not new and has been going on for a while. Luckily, people are noticing it more and more today, even if they weren't noticing it that much before. Today is a time where problems can be fixed. A new era of accessibility can be issued into society where everyone is accepted, a society where everyone can do everything, even if accommodations are needed.

# Super Bowl commercials overpriced



JACKSON GODWIN  
J G O D

In 2018, the estimated cost of a 30 second time slot for a commercial in the Super Bowl was 5 million dollars. Networks have been packing the game with ads, adding 20% more than in a regular season game.

The main focus of the Super Bowl should be the game itself, but, in recent years, viewers have begun to hold a special interest in the commercials between the game. Over the years, commercials have become more and more intriguing for viewers and have been known for being comedic.

In 2008, the difference between the regular season ad time and Super Bowl ad time was 3 minutes. Flash forward to 2018, it has lengthened to up to 9 minutes.

With the popularity for the Super Bowl rising each year, the price for an advertisement begins to get more and more expensive. Total advertisement slots for this past year's game consisted of 51 minutes and 20 seconds, which is the third highest total ever.

Not only do companies have to pay to secure a time slot, they must also pay to market the ad itself.

More than 100 Americans tune in each year to watch the big game. Some companies say that instead of putting in all funds for one big ad, it works better over time to buy less costly time slots to advertise. Companies who are buying an ad know how hard it is to target a specific social media to gain viewers, but they also know how many people watch the Super Bowl on a national level, which is why the cost is what it is.

Both choosing one expensive ad or multiple less expensive ads has pros and cons. Having advertisements that cost less and are put on everyday TV have more of an opportunity to gain viewers over time rather than risking whether watchers of the Super Bowl pay attention to your ad specifically.

Having the opportunity to gain popularity is a big deal to companies, but they want to know if what they are paying for will really pay off.

Overall, many businesses must be careful in how they spend money for advertisements in order to make sure they get a profit, knowing how expensive ads can be. Over time, with more and more Super Bowl popularity each year, time slots become more expensive and companies must decide if purchasing an ad is worth it.

# Brexit deal beneficial, prioritizes medicine

Grace Turner  
staff writer

Brexit has been one of the biggest debates since it was first announced in 2016. There is currently a large possibility that a 'no-deal Brexit' will occur because many people living in Great Britain disagree with Brexit and there are current plans to end the deal. If this occurs, then there will be many deals with businesses and companies that will be disrupted. The most worrisome of these deals is those regarding food and medicine. The health secretary, Mark Hancock, has announced that in the case of a no-deal Brexit, medicine will be prioritized over food. Although this statement has received much backlash, it is the proper thing to do when needing to make choices.

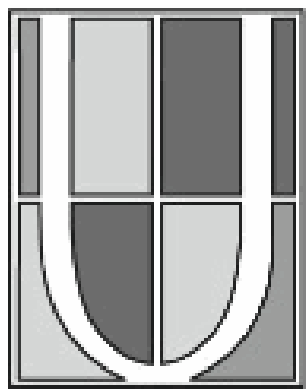
When most people think of medicine, they think of ibuprofen, Tylenol and other over-the-counter drugs that provide mild pain and fever relief. While these medicines are amazing at making people who have a cold or the flu more comfortable, these are not the medicines that

are lifesaving and need to be prioritized. People cannot survive without certain medications such as insulin, EpiPens or penicillin. The majority of the British population will not need these medicines, but for those who do, going without them will be detrimental to their health.

Making sure food deals are prioritized is also important as everyone needs food to survive, however, people can find substitutes for their preferred meals and not all food contracts will be lost if Brexit is a no-go. The same is true for medicine, but a person with diabetes cannot use EpiPens instead of insulin, while anyone can eat pasta instead of bread.

The British population who does not want to prioritize medicine does not see what could happen if lifesaving medicines stop coming into the country. Medicine is extremely important and there are many medicines that a person needs within a couple days in order to survive. Overall, the population of Britain needs to accept that there are reasons why medicine will be prioritized.

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## Malcolm saves America: Dangers of 'snake oil politics'



**MALCOLM DURFEE O'BRIEN**  
FIXING AMERICA

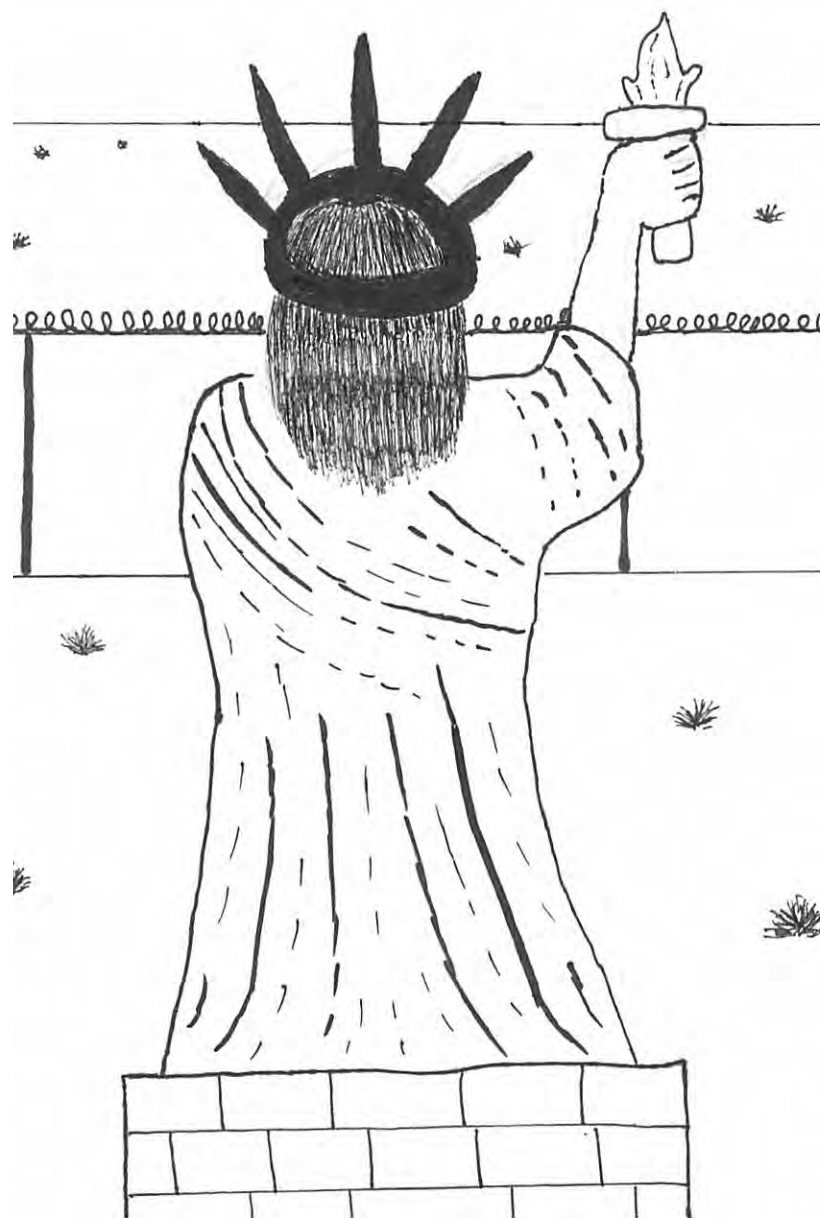
There is no single cure for America's problems. Beware those who say there is a cure-all for these issues. They are being opportunistic, they are lying for personal gain and, like the snake oil salesmen of the wild west, are willing to put peoples' lives on the line for said gain.

Look at the President of the United States for the most prime example of such opportunism. According to him, a border wall will fix problems ranging from trade imbalance to opioid deaths. Of course, no study has found it will do either of these things or even put a dent in its primary purpose of dissuading illegal immigration. The reality of the wall is that it acts as a physical accomplishment for the President to point to as his defining policy, to give him greater political capital to spend on other outlandish policies. To get this victory, he has put peoples' lives on the line, shutting the Government down in order to attempt to force the hand of the Democrats in Congress to give him his victory. Fortunately, not many are buying the President's phony products on the shutdown, though his base is holding very strong.

The same can be said of the supporters of the Berniecrats in Congress, such as members of the far-left PAC "Justice Democrats" or extremist groups like the Democratic Socialists of America. They eat up every word that their leaders feed them as absolute truth. Never do they question the hows of their policies or the whys of their proposals. Medicare for All is what they have announced as their cure-all, claiming it would cut health care costs, save money for businesses and even fix every one of America's drug problems. I'm not necessarily opposed to Medicare for All, but advertising it as a fix for all of the country's problems is ingenuine at best and malicious at worst. It damages the Democratic Party and the unwavering unwillingness on their part to accept concessions to their proposals that do damage to the government and provoke gridlock.

Don't buy the politicians who promise you the world with a single position. No policy can fix as wide a range of problems as they claim. By misconstruing the facts of their proposals, these politicians undermine the effort to find real solutions to these severe problems. Make sure to always question the real implications of policies, do not just accept as fact what your favorite politicians tell you.

## Open borders could help American immigration



**KAITLYN ENGEL** | Contributing Cartoonist

**Mac O'Brien**  
staff writer

Amidst the ongoing political struggle to shape American immigration policy, Trump has tried to paint democrats as advocates for open borders. The claim is, of course, inaccurate, as most democrats favor some degree of immigration restriction and increased border security, but it does bring up the question — Why aren't they? A policy of open borders, in which immigrants could come and go freely, would not only be exceptionally practical, but would also address the deep moral issues associated with immigration restriction of any kind in a country as rich as the United States.

There are many mainstream critics of immigration, but their arguments generally boil down to the same few points. They say that immigrants would take American jobs, drive down wages and (Trump's favorite talking point) bring crime into American cities. None of these arguments are founded in reality. Immigration does not threaten the job market, because a higher population entails greater consumption,

which entails greater demand, which means that more jobs are created. Studies have shown that the effect on wages would be negligible or even slightly positive. And statistics demonstrate that immigration does not bring with it the threat of crime, because immigrants commit crimes at a significantly lower rate than non-immigrants. In short: the arguments against immigration fail at even the most superficial level of analysis. Arguments that posit that immigration would be a strain on the economy are especially misguided, as economists estimate that if open borders were globally adopted, the world GDP would nearly double.

But to treat immigration policy as mere balancing of costs and benefits to native-born Americans would be to ignore the more fundamental reasons why open borders are necessary. So to be clear: even if all of the arguments about the risks of immigration were based in reality, if allowing in more immigrants would hurt the economy and come at a cost to Americans, it would still be morally unjustifiable not to adopt a policy of open borders.

Border enforcement is wrong because it is based on the erroneous philosophy that a person's country of birth ought to determine the opportunities available to them. This idea is implicit in the previously addressed argument that immigrants would take American jobs. The argument assumes that the Americans are entitled to the jobs, while the immigrants are not, to draw the conclusion that by taking what they are not entitled to, immigrants are stealing from Americans. But what justifies such an assumption? If it is accepted that all people are created equal, why should the lottery of birth be allowed to determine who is entitled to the opportunity for success and who is destined for poverty? A person's country of origin is not a condition determined by their character or virtue, but one inflicted upon them at birth by forces they have no control over. If a person is born in a poor country and wishes to move to a richer country, there is no valid justification for preventing them from doing so.

There is another reason too that we should care about the plight of immigrants, and especially those from Latin America: in many cases they are fleeing from crises engendered by the United States. Immigrants fleeing countries like Honduras and Guatemala are fleeing from high rates of homicide and violence directly linked to the instability left in the fallout of decades of U.S. interventionist policies. In Guatemala, for example, the United States, heavily influenced by lobbying from the United Fruit Company, supported a military coup to topple the liberal democratic government. The civil war that ensued lasted for 36 years and took the lives of an estimated 200,000 people. The U.S. took similar actions all over Central America, leading it to its current state of destabilization and violence. This means that immigration from Latin America is not, as some might claim, the unfair burdening of well-managed countries with the problems of poorly managed ones, but the natural result of a history of callous interventionist policies. Adopting open borders would not erase this legacy, but would at least be a step towards mending the damages caused by our country.

With the Trump administration in power, the cruelty of border enforcement is painfully visible. It is hard to hear stories like that of Marco Antonio Muñozman, a Honduran man who strangled himself in a cell after being forcibly separated from his wife and daughter, and not feel that something is deeply wrong with the way our country handles immigration. But the truth is that although Trump's policies takes it to an especially extreme level, this cruelty is inherent to the concept of border enforcement. As long as we restrict immigration to the United States, people will be violently constrained to the dim futures promised by poor countries sabotaged by United States intervention.

## American territories deserve representation

**Pangaea Kaan**  
staff writer

The United States of America has claimed several offshore territories since the 1890's, forcing them to abide by the Congressional laws and serve as space for the United States government to place military weapons and bases. The American island territories include Puerto Rico, Guam, the Virgin Islands, American Samoa and the Mariana Islands. Although America claims these territories, they have no voting rights or officials in political office, and some territories, such as Samoa, aren't even granted automatic American citizenship.

More than 4 million people live in U.S. territories, 98 percent of them being racial or ethnic minorities. America's island territories aren't allowed to vote due to a Supreme Court decision in the early 20th century stating they belonged to the United States but were technically not considered a part of it. The Court's decision also found the territories were inhabited by "alien races" that couldn't understand Anglo-Saxon laws, so the U.S. Constitution doesn't have to apply.

Much of the nation fails to recognize the

residents of these islands and treat them as though they are foreigners or immigrants. News reporters claimed that Supreme Court Justice Sonia Sotomayor is "the daughter of Puerto Rican immigrants," when her parents simply moved from one American territory to another. Another example of failure of recognition was when an American Samoan delegate, Eni Faleomavaega, was introduced in Congress as a delegate from "American Somalia."

Although they aren't treated as such, these island territories deserve much more praise for their service throughout countless wars fighting for America. A quarter of Guam is currently occupied by bases of the Navy and Air Force, however, the residents have no say in the elections for their director and chief. As of 2014, the Guamanian Census reported at least 1 in 8 adults are veterans, which is one of the highest number of citizens in all U.S. states and territories. Due to the lack of voting rights, these veterans are extremely underserved, ranking last out of all states and territories on per capita medical care spending. Guam also has little to no access to PTSD and mental health treatment facilities for veterans, with the nearest being over 3,000 miles away in Hawaii.

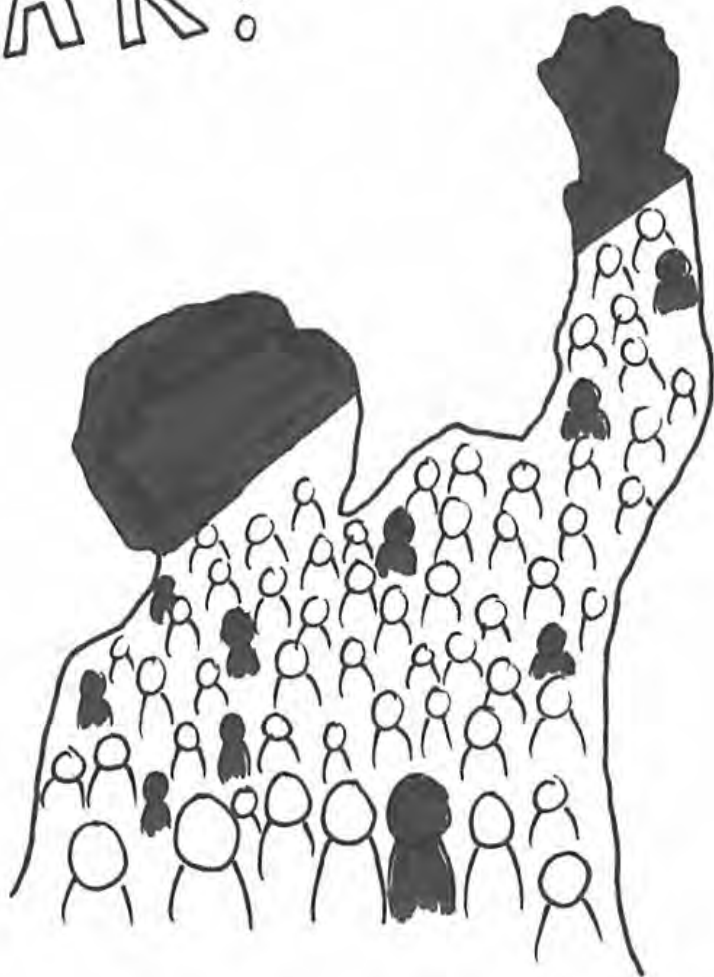
The residents of Guam are still attempting to gain voting rights. During every presidential election, Guam holds a straw poll with a registered voter turnout of 67%. This poll has a larger turnout than the states, having only a 61.8% voter turnout number.

American Samoa not only has no voting rights, but lacks automatic American citizenship as well. The U.S. Congress grants American citizenship to everyone on American land, except Samoa. The passports of Samoan citizens read, "The bearer is a United States National and not a United States Citizen," even though they are part of American land. This also makes little sense due to Samoa having the top-ranking U.S. Army Recruiting Station.

American territories are vital parts of the United States, housing military facilities and forces, however, they have no voting rights, no politicians in office granting them a voice and little to no basic American rights. These decisions made by the Congress are outdated and lack respect that should be granted to every individual who is born and raised on American land.

# How 2020 Bernie Sanders run would hurt the nation

**NOT THIS  
YEAR!**



LAUREN KOSTER | Contributing Cartoonist

Malcolm Durfee O'Brien  
managing editor

For three years, Bernie Sanders has been preparing for a return to Presidential politics. He has campaigned for down-ballot Democrats in competitive states like Florida and Ohio, appeared at events in the early primary states of New Hampshire, Iowa and South Carolina, and has put forward ambitious and lofty bills which he hopes will energize the base of the party like Medicare-for-all. These are natural steps for the second-place finisher in the previous primary. However, Sanders

does not fulfill important aspects which are vital to being President such as failing as a leader and as a communicator, along with holding horrid policy positions which should disqualify him from the Presidency, specifically his foreign policy, which is far too reminiscent of Donald Trump's.

Bernie Sanders was on the campaign trail throughout 2017 and 2018, backing candidates in races nationwide. These stops are where the weakest aspects of Sanders shine through. His inability to lead can be seen in 2017 when Sanders, an ultraliberal, made a stop for Omaha mayoral candidate Heath Mello, a moderate Catholic Democrat. The national attention Sanders brought to the race doomed Senator Mello, as national pro-choice groups attacked him for his moderation on abortion. Sanders handed the GOP their first major win of the Trump era in campaigning for Mello. Sanders should not have campaigned for Mello, the fact he did not recognize his help was unneeded shows he is unable to lead.

This same lack of judgement and leadership caused the Democratic party to lose other important races. The far-left organization, Justice Democrats, formed from his leadership of the progressive movement. The only goal of Justice Democrats seems to be ensuring that the Democratic party loses easy races, like Nebraska's second congressional district, where it provided the only major endorsement for Kara Eastman, who went on to lose the district by the largest margin for a Democrat since 2010. In Florida, Sanders's endorsed candidate Andrew Gillum was labeled a "socialist" by GOP nominee Ron DeSantis. Sanders failed to defend Gillum when he came under fire because Sanders has, for no apparent reason, insisted that he is a socialist. In essence, Sanders refusal to accurately communicate his beliefs and his poor judgement of the electorate allowed Gillum to be defeated by a label, which is poison in a state with huge populations of refugees from socialist dictatorships.

These failures of Sanders's leadership do not even mention the most malicious of them all, his failure to run an effective presidential campaign. Women were paid lower than male staffers for the same job. Sexual harassment towards women by senior staffers was rampant and then covered up, with few to no repercussions for the perpetrators of assault. Sanders's excuse of "I was busy running for President" is insulting towards the female staffers who believed in him and indicates he had little to no control over the innerworkings of his own campaign for President. Since Bernie Sanders could not lead his campaign, he cannot lead the most powerful country on earth.

Another front which shows Sanders is entirely unqualified for the office of President and shows he should not seek the office is his foreign policy. He is committed to American withdrawal from global leadership, just like Donald Trump. Just like Donald Trump, he supports withdrawing from a wide array of trade deals because they "harm American workers," despite the lack of evidence for this. Sanders supports withdrawing from Syria, essentially leaving the Kurds to die at the hands of the Turkish and the Syrian government. All of this combined means that Sanders supports, as Trump does, American withdrawal from global leadership on issues of trade and international security.

Bernie Sanders lacks leadership and judgement skills, having caused numerous candidates who should have cruised to victory to be defeated. This lack of leadership put women in peril on his campaign as his inattentiveness allowed abusers to be hired in senior roles. His views on foreign policy would also be as damaging to American leadership as those of Donald Trump. Because of this, Bernie Sanders cannot be President of the United States and should not run for the office.



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## Women often sexualized, mistreated in music industry



**LIZBETH HERMOSILLO-NAJAR**  
AKA PEBBLES

In music today, degrading and sexualizing women is quite common. With explicit lyrics and provocative music videos, it is not a surprise this behavior has a huge influence on the treatment of women. Many male artists have contributed to the violent and unfair treatment of women, especially women within the music industry. However, due to the popularity of these musicians, most cases of sexual misconduct or mistreatment go untouched.

When allegations arise against artists, social media is quick to 'cancel' them. However, 'cancel culture' does not work—if anything, it gives these artists more exposure. An example of this would be Tekashi 6ix9ine, an American rapper who has plead guilty to the sexual exploitation of a thirteen-year-old girl as well among other charges. Although his case was all over the internet, his music skyrocketed and dominated the music charts for weeks. Many people claim to care about women but continue to support artists who have exploited young girls. Even well-known artists publicly support him and receive little to no backlash.

It is very rare in the industry for these artists to experience the repercussion of their actions. With short jail sentences or probation, these artists suffer no consequences to their actions. Chris Brown and R. Kelly are big stars in the music industry who publicly abused and mistreated woman. They both exhibit behavior that is dangerous and have repeatedly shown the world they deserve to be rehabilitated or serve jail time. Having money and power in the industry can affect how they deal with their problems, once again getting away with the mistreatment of women.

Female artist Justin Skye came out in recent interviews saying it doesn't matter if a woman identifies her abuser because he would continue to become famous and people would forget about it the next day. This is the reality for most of the women who have gone through the same experiences as her, speaking up about it seems like it won't do anything. It seems like they're not making a difference when they speak up, like their voice is not important. Why do they not care about us?

The topic of women being mistreated in the industry is very apparent. Although we have been shifting towards a more progressive state with movements such as #MeToo and #TimesUp, there will always be room for advancement. These movements are steps towards the equal and fair treatment of women, but first, public figures must be held accountable.



JOEY WINTON | Contributing Cartoonist

## Colorful Rebellion: Graffiti essential form of protest

**Molly Huibregtse**  
staff writer

The generation gaps in America sometimes play a part in heated debates over somewhat seemingly silly topics like graffiti, for example. Many believe that all graffiti is vandalism and therefore illegal, however, others have argued that within the appropriate guidelines and boundaries, graffiti is art.

Nowadays, a lot of the graffiti we see tends to be poorly drawn obscenities and profanity carved into surfaces with pens or pencils, however, this wasn't always the case. Graffiti has its origins in rebellion and social protest.

In early times, ancient romans and Greeks wrote their names and protest poems on buildings. Even earlier, cave drawings have been credited as one of the earliest forms of written communication and, in a way, they also serve as a starting point for modern graffiti.

This less than legal street art, has primarily been seen in a negative light due to its connection to gangs and profanity even though it has been used for morally justified reasons as well, those of which we choose to ignore. Another point of contingency with graffiti is the

fact that it is usually some kind of act in rebellion against authority. Authority figures are fearful of losing their power and do not take kindly to people sharing their well-placed opinions on public surfaces.

For a long while, graffiti has been seen as a way of expressing an underlying social or political message. For example, anarchy-punk band, Crass, promoted a campaign of stenciling anti-war, anarchist, feminist and anti-consumerist messages throughout the London Underground system during the late 1970s and early 1980s.

Graffiti often serves as a message from the masses that something in society is less than ideal. Politicians are slow to listen to "common folk," and sometimes drastic times call for drastic measures. It may take something big, loud, visible and slightly illegal to draw attention to their social cries.

Although I agree that defacing someone's private business or property is uncalled for and should remain illegal, I do believe that, within reason, graffiti on public/government owned property should be protected under our First Amendment rights. It is indeed, as all art is, linked to freedom of expression as well as frequently displaying itself as a form of peaceful protest.

## Central in desperate need of parking options

**Sophia Sgourakis**  
staff writer

One visit to downtown Omaha and it is well known that parking is scarce. Parallel spots are a struggle, parking meters get expensive and lots are usually full. The only option left is to drive around a couple times and hope that someone has left. Apparently, this whole trend doesn't go unnoticed at downtown high schools.

Parking for students and staff is quite limited during school days. There is one lot for staff that gets filled up early in the morning. It is conveniently parked behind Central and by the football field. For coaches, they receive their own parking spaces located on 20th street, right below the football field. However, from this lot, there are four flights of steps that need climbed in order to reach an entrance to the school. Teachers that don't luck out with a parking space in either of these lots are given a spot in the senior lot, which is located on 20th and Dodge. The walk is only about five minutes, but several steps are obstacles.

However, for students, they are only given two lots. One is referred to as the

"junior lot." Hence the name, that is where all the juniors park for no cost. However, spots are limited and not every junior is guaranteed a spot. Spots fill up quickly because sophomores who are able to drive park in the junior lot as well.

Nobody is a fan of the junior lot. First, you are greeted with pot holes at the entrance and they are found throughout the lot. Lines that mark parking spots are gone by now, which makes it harder to find a spot. The most dreaded part of the junior lot is the uphill walk from 20th and Cass. Once you get up two hills, there are four more flights of unpleasant stairs. When the temperatures start to drop and winds pick up, the walk becomes unbearable. However, when its fall and spring time, the walk is nothing more than a ten-minute cardio workout.

After a whole year of walking up from the junior lot, seniors are rewarded with closer parking on 20th and Dodge. All this walk consists of is crossing 20th Street and then enduring one flight of steps. Because teachers occupy space in this lot, some seniors are forced one more year in the junior lot. Not much complaining goes on with the senior lot except when there are sheets of ice and piles

of snow. During winter storms, the lot isn't treated with shoveling or salt. It becomes extremely important to drive and walk carefully.

With the number of kids at Central who are able to drive, it is easy for all parking to be taken. Some are only left with the option to pay monthly to park in a private owned parking lot or garage. Others pay daily at a parking meter somewhere close to Central.

The limited parking at Central is even noticed on Friday nights and weekends. During the football season, the parking lot by the football field becomes taken by Eagles and by visitors. Central students park at the Joslyn Museum and then walk around to get into Central property. The same occurs during basketball season. Visitors are not always expecting a full lot and are not always aware of the parking situation downtown.

With the new addition to Central, it is not an appropriate time to get more lots opened for Central staff and students. Eventually, this is something that should be pushed for. Parking should not be such a significant struggle to staff and students like it is at Central High School.



### Infinite Loop

Virtual Reality center 'Infinite Loop' opens doors in West Omaha.

PAGE 19

### Vegan Omaha

From devoted vegan eateries to places with vegan options, Register staffers investigate the best places in the Omaha area to get quality vegan or vegetarian food.

PAGES 16-17

### Register Reviews

Movies, books, and music, oh my! Register staffers review the latest in entertainment.

PAGES 20-21



# LIVING LIFE EYES UP

Three Central students have started a successful marketing project through DECA in an effort to decrease student dependency on their phones.



HANNAH BROWN | The Register

Above left: Sophia Gibson contributes to a poster asking how students live life eyes up. Top Right: Sophomores participate in bracelet making. They were three of the nearly hundred people that showed up for Live Life Eyes Up Day. Bottom Right: Students color at the poster making station. The organization provided markers, paper, glitter and more for artistically inclined attendees.

**Molly Ashford**  
editor-in-chief

At 3:05 on a Tuesday afternoon, the typical scene at Central High School is restless students pouring out of the building with their phones in hand and earbuds in. Instead, on Jan. 15, nearly a hundred students pile into the courtyard to play games, eat and talk to one another. A few members of Central's student body are tackling a tricky generational issue: cell phone obsession.

The Central DECA-founded organization called Live Life Eyes Up has a seemingly simple goal: teach high school students the necessity of living life in the moment away from technology. Student organizers held a celebration in honor of Omaha Mayor Jean Stothert proclaiming Jan. 15, 2019 as Live Life Eyes Up Day.

The project was brought to fruition by two sophomores and a junior: Anna Festersen, Olivia Gilbreath and Lucy Stavneak. Stavneak brought the idea to light from the blueprints of Central graduate Howard Kutler. "He purchased our website's domain name and has provided financial support," Gilbreath explains. "He told us to take the idea and develop it in our own way."

Since, the project has grown from inside the walls of the marketing classroom to city-wide

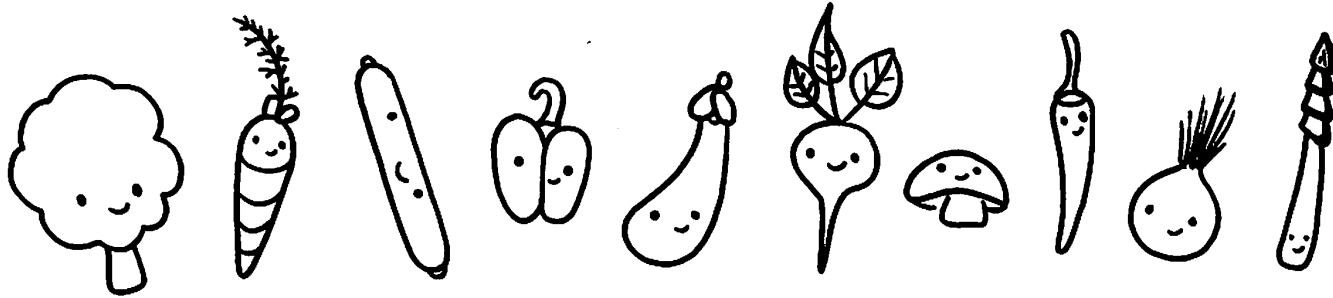
recognition. A moving billboard placed prominently on 40th and Dodge showcases their logo to commuters; local lawmakers have brought attention to the issue and organization. What matters most to the organizers, however, is resonating with the student body.

The Live Life Eyes Up Day celebration is the kickoff to what students hope will be the first of many events of its type. While Gilbreath was pleased with the first event's turnout, she thinks there is still room for improvement.

"I'm hoping that we will be able to get more students to come to the following events," she said. "I'd like to see new faces."

For the marketing moguls, the toughest challenge is finding a way to market limiting technology to a generation that is often regarded as technology-obsessed. "Some of our peers have shown great interest in our project and have really worked hard to lower their screen time. Some have ignored it or acknowledged it without trying to change anything," Gilbreath said. "It all depends on the person and what they are motivated by. We need to figure out more strategies that engage more people."

While the organizers will expand their outreach onto a national stage within the next portion of their project, they are currently most focused on bringing together Central's student body in an effort to live life away from their devices.



# VEGGIE

**Simret Habte**  
staff writer

Finding a great vegan restaurant can be difficult. The International Café, located on Farnam Street in downtown Omaha, is one that is both affordable and has delicious vegan options for everyone.

The food offered at The International Café is really great. There is a wide variety of options for people who are vegan or vegetarian. In fact, they have a vegetarian section in their menu. In addition, many of the Ethiopian dishes are vegan friendly, just make sure to ask your server.

In their vegetarian section, there are foods such as a veggie wrap, samosas, falafel sandwiches and foule madame (a bean dish). Along with those foods, they also have vegan options for their pasta and rice plates where you can replace the meat. There are many traditional Ethiopian foods that are also vegan. They serve gomen, which is a dish that is very similar to collard greens. They also serve misir and shiro, both are lentil dishes.

The Ethiopian food served there is authentic and delicious. One of the best parts of The International Café is how affordable all the food is, especially the vegan and vegetarian food. One special thing that's offered there is a traditional coffee ceremony. It reminds every Ethiopian of home and family and allows others a look into Ethiopian culture.

The first thing that's noticeable about the restaurant is the welcoming environment. The International Café is a small family business with great customer service. Anyone who walks in is greeted with a smile and the welcoming smells of fresh food. The restaurant is decorated with many banners and traditional items to draw the place back to its Ethiopian roots.

Overall, The International Café is a great restaurant with many delicious and affordable vegan options. It has a warm and welcoming environment and is full of culture and authenticity. It's truly a treasure in Omaha.

## INTERNATIONAL CAFE



SOPHIA SIDZYIK | The Register

## MODERN LOVE



ROZLYN OLSON | The Register

**Rozlyn Olson**  
staff writer

Re-emerging after its temporary closing for the sake of relocation, Modern Love, the completely vegan restaurant, has been brought into the light of the Omaha scene. Originally tucked away in a tiny, one-room space on 50th and Leavenworth, the new Modern Love can now be found on the main street of Omaha's widely known and sophisticated Midtown Crossings.

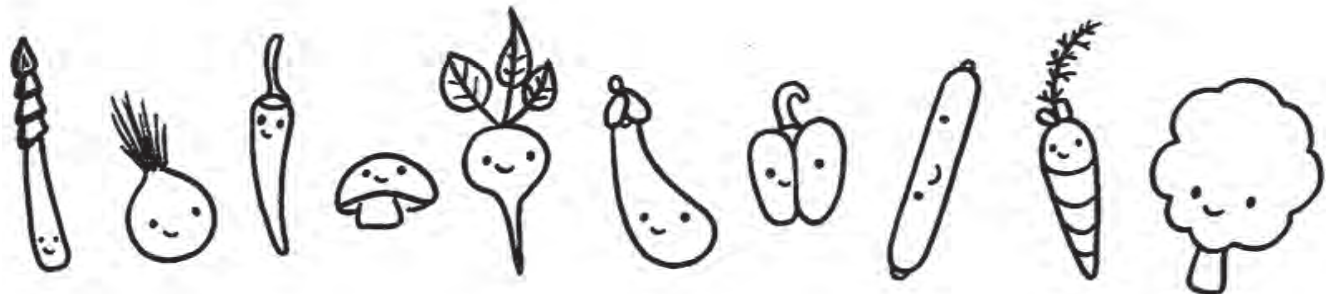
The new space is defined by its high ceilings, tall windows and open layout. Unlike its previous location, the massive space efficiently uses several forms of seating, from tables and booths to high tops and beautiful bar seating without feeling cramped. The lighting and décor make for a nice, soothing, low-key environment. The restaurant takes a page out of the book of modern decorating trends by using stringed-lights that arch down from the ceilings. Additionally, it features its own unique pop by using totally bizarre wallpaper that seems to come straight out of Lewis Carol's "Alice in Wonderland" on an accent wall. Isa Chandre, world renowned vegan chef and owner of Modern Love, walks around the restaurant, sometimes even bringing people their food, always wanting to know how she can make your dining experience better.

The food, while pricey, is phenomenal and as previously stated, the menu is entirely vegan. You couldn't get anything with dairy, eggs or meat even if you asked—they simply don't have it in their kitchen. However, this hasn't impacted how much people like the food, vegan or not. My favorite item on the menu is their seitan buffalo wings. Spicy but delicious, the base meat substitute is called seitan, which is derived from wheat gluten. The wings, along with most other things on the menu, taste remarkably similar to traditional wings. It is important to remember that, although vegan cuisine is often named after traditionally non-vegan dishes, the taste is not supposed to be exactly that of what its non-vegan counterpart tastes like. When trying vegan food, it is important to appreciate the taste as it is, not as it could be. They also offer a variety of vegan shakes that come in a little mason jar, topped with vegan whip, a cherry and a paper straw. Although I have only tried the matcha and the vanilla flavors, they were arguably the best shakes I have ever had in my life.

Modern Love is the perfect place to go if you are feeling adventurous and have some cash to spend. You could just as easily walk in with sweat pants on as you could a dress, as the atmosphere could be taken as either casual or upscale, depending on your mood.



# VARIETY



## FRESHII



ALEXIS BLANKENFELD | The Register

Grace Salanitro  
staff writer

Living in a state known for its highly-sought out beef, one would say it's a little bit of a struggle to find a good vegan restaurant. Though it was recently opened, Freshii has had nothing but good reviews at their new Omaha location. Not only do they make vegan food, they also make cold-pressed juices and smoothies.

Their location in Aksarben Village is new, but CEO Matthew Corin opened the first Freshii location in 2005 in New York City. "My mission is to make healthy food enjoyable and accessible to all people," said the CEO. The restaurant serves breakfast foods, salads, soups and has a constantly evolving menu that changes every 90 days.

The restaurant's website features a blog called "The F Diaries." This blog contains content relatable to those who struggle with issues like weight problems, eating right and food relations. This blog was very resourceful to me as someone who struggles when it comes to sticking to a vegetarian diet.

Another reason to like Freshii is their Mission Green and their WE partnership. Mission Green is a nation-wide commitment to their network to lessen the company's carbon footprint. They do this in several different efficient tactics like using biodegradable corn or potato resin for packaging.

The WE partnership Freshii has made was in 2014. Every meal off their menu that is bought means they donate a meal to a child in a WE Village in Kenya, Ecuador, Ghana or India. So far, Freshii has donated over 1 million meals, as well as funded the development of a school kitchen and garden in Kenya.

Overall, it is an incredible choice for vegans and carnivores alike. The mindful atmosphere goes beyond their food, and the world and community-mindedness is enough of a reason to support the business. The amazing food is a bonus.

Sophia Sgourakis  
staff writer

When you suddenly get a craving for pizza, the first couple places you think of are probably Little Caesars, Godfather's or Domino's. However, there might be a few people that crave Noli's pizza, located on a corner at the west edge of the Blackstone District.

The outside consists of edgy dark wood. At night, a sign above the doors is lit up so it won't be missed. Once you enter, you are greeted by contagious good vibes by the contemporary decorations and the sound of music and talking amongst other customers and the staff. Lightbulbs hang down around the restaurant for the perfect amount of lighting. On one side of the restaurant are garage doors which let in a significant amount of sunlight. Seating is usually offered in tables or booths for groups of four, but I am sure arrangements can be made for larger parties.

Once you enter, you are right at the counter for ordering. Menus are printed as handheld copies for easier access. The staff is very pleasant and will walk you through the menu so that you will find what you're looking for. Behind the ordering area, and throughout the restaurant, customers are able to see the pizza being cooked by the chefs in a brick oven. The staff works efficiently together to make sure all orders get out in a timely manner.

During certain days and certain times of the day, seating becomes very limited because of the location of Noli's. Staff and students from UNMC are usually gathered here for lunch. Because of the other businesses nearby, several other employees are customers to Noli's.

During the evening, the Blackstone District is a key spot for young adults and even older couples. Expect Noli's to be limited in space quite often, especially Friday nights. Since large crowds are attracted, it may take longer to find a table and receive your pizza. The first time we gave Noli's a shot, my family and I waited

almost two hours for our pizza. Despite the long wait, the pizza drew us back for a second visit.

My family's go-to pizza from Noli's is the "Capricosa" and the "Vegiatta." The "Capricosa" consists of salami, portabella and black olive. The "Vegiatta" is for all the veggie lovers because it has portobella, artichoke, garlic and red pepper with mozzarella and a balsamic glaze.

The pizza here is arguably some of the best in Omaha. The dough is thick enough to hold all these toppings, but not too thick where it becomes a struggle to take a bit. Those who are crust lovers, the crust at Noli's would not disappoint! Slices are fairly large, making up for the price, which isn't outrageous, but not cheap either. The taste and quality of the food and ingredients is what makes Noli's pizza the best in Omaha.

During my visit, I also tried their salads. They all are served in a small carry out container, which makes dining very easy. Their salads all start out with romaine, spinach, cucumber, carrots and croutons. It is then left up to the customer if they want to add any other toppings such as cherry tomatoes, sweet peppers, feta cheese, chicken and several other options.

The three options for dressings are a signature poppyseed, ranch or Italian. I have tried the salad with each dressing; they are all tasty, but it all comes down to your personal choice.

The garlic knots are also a must try! The dough is cooked to perfection, just like with the pizza. Butter and garlic are then smeared on top of the knots. Often times, the knots are coated in the garlic at the bottom which may be a complaint for some people. To cancel out some of the garlic flavor, they are served with a side of marinara sauce. Still worth a try because they are delicious, just like everything else on the menu.

I hope I have made you want to try Noli's the next time you get a craving for pizza. Make sure you bring all your taste buds and some patience in case you experience one of their rushes.

## NOLIS PIZZA



SOPHIA SIDZYIK | The Register

# HOROSCOPE

**Capricorn-** Last year, there may have been big changes in your life, either positive or negative. Now is the time to try and find some stability. Maybe try to meditate or just take a deep breath to relax when you're stressed.

**Aquarius-** You spent much of last year trying to help others. Now, it's your time to help yourself. Put yourself ahead this year and pursue your dreams and what you want for your life and future.

**Pisces-** 2019 is your chance to try new things. Step out of your comfort zone; don't let others prevent you from broadening your horizons. You may end up finding a new passion.

**Aries-** This new year will provide many new creative endeavors. Try not to let old projects that haven't worked out stop you from moving on and trying new things. Letting go can be difficult, but you have to trust that the future holds better opportunities.

**Taurus-** This year can actually be the year that you meet your New Year's resolutions. As long as you don't lose sight of your goals, you will be able to accomplish them. Work hard to meet your resolutions and set small, attainable goals so that you can build up to your resolution.

**Gemini-** Don't just rely on your logic to solve problems. In the



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coming weeks, or even months, some situations will be better helped with the use of your intuition. Trust your gut because it's usually right.

**Cancer-** Sometimes life doesn't go according to plan. That will soon be apparent in your life. Remember that change isn't necessarily a bad thing. What you had planned might not have

been what was best for you and these changes can greatly improve your life.

**Leo-** You might be tempted to set a lot of New Year's resolutions this year. That may be beneficial as it can lead to hard work, but sometimes it's best to see what's happening around you and make changes to your life as the year goes on.

**Virgo-** This is going to be a year full of creativity for you. Use those creative spaces as an outlet for any frustrations that may arise in your life. Whether it's about work, school or your relationships with those around you, creativity will be a good way to relieve stress.

**Libra-** This year is going to bring a lot of new challenges as well as opportunities. Be grateful for both and learn from both. Allow yourself to take rests as you need them, but don't slack off from work.

**Scorpio-** Seek advice from some new sources. It will help to give a fresh perspective for your problems. They might give you the insight you need to solve problems and you might even strengthen some relationships along the way.

**Sagittarius-** This year is going to be a great year for you in many aspects. Focus on hard work and improving yourself and your relationships, and you will definitely see the results.

## Drama students produce music for, direct winter school production



SEDONA CHELOHA | The O-Book

"A Voice in the Dark" centers around the Salem Witch Trials. Costumes, scenery, special effects and music were produced largely by students and used to set the mood and time.

Olivia Gilbreath  
staff writer

Another young talent shared her passion with the play, "A Voice in the Dark," on the first Friday and Saturday of February. Stella Ehrhart used her experience in theater to help direct the play alongside her peers and Scott Mead, the drama teacher. After months of hard work, Ehrhart hopes to work as student director again, saying, "I have a great passion for directing and I thought high school theater was a great place to get experience."

Through hard work and advocacy for herself, Ehrhart was able to convince Mead to reinstate the position of student director in the play. Years acting and directing in theater prompted Ehrhart to approach this position with confidence. She had to sell herself to Mead, filling out multiple applications and appealing to him as a student and an assistant director. As a student of Mead's, Ehrhart is a diligent and attentive student in class. From her time in Mead's class, Ehrhart recalled, "He had told me in the past that he thinks the best way to start directing is to ask someone to let you assistant direct. So, I asked him."

The play, "A Voice in the Dark," was put on by the school's drama department this year. "A Voice in the Dark" was about the Salem Witch Trials and is written from the perspective of a 15-year-old girl named Abigail Hobbs. At the beginning of the play, smoke began to fill

the auditorium, a very intriguing special effect that was fitting for the performance. The music of the play, written by Oliver Coffman of the junior class, was perfect in setting the mood of the play. Ehrhart spent time fostering each part of the play equally, "I worked a lot with the witches in the show to develop their movement pieces."

Supervising one's peers can be trying, but Ehrhart handled the task with minimal difficulty. The directors of the play had contrasting thought processes regarding which way the play should have been directed. Ehrhart believed this to be a positive aspect of her experience because she was able to learn how to compromise while directing. "This was an experience that I have learned so much from," remarks Ehrhart. "It didn't all go smoothly, but I think I can improve myself the next chance I get to direct."

In the future, Ehrhart hopes to become a performer, getting a degree that has an emphasis on directing. After a career involving acting and directing, Ehrhart wants to teach theater when she is "old and grey." She believes that the school's drama department has a lot to offer for students who have any interest in theater. As for the future plays at school, Ehrhart is excited to improve with the drama department as a team. "I think the hard work really paid off in the end," states Ehrhart, "I think we will improve next year and the year after that, but the show turned out very well for everything we had to overcome."

## Downtown gallery showcases artwork about 'The Human Condition'

Grace Salanitro  
staff writer

In honor of the New Year, Kaneko is presenting a new exhibit until early May. "Human Condition" features the work of Sunkoo Yuh, a Korean native who currently resides in Georgia where he is a professor at the University of Georgia. Yuh received his BFA degree from Hongik University in Seoul, South Korea and his MFA degree from the New York State College of Ceramics in New York. His work is inspired by his everyday experiences in life. The artist draws his experiences in ink and pieces them together in his ceramic work. Most of his work out on display is made from ceramic, whether it happens to be a sculpture or a mural.

On display, there are ink drawings hung on the wall, ceramic murals and three-dimensional statues of monumental scale. "On average, the ceramic pillars weigh around 2,000 pounds," Molly Hobson, an employee of Kaneko, said. Yuh's stacked ceramic artwork weighs so much that exhibit had to be moved to Kaneko's first floor instead of being held in its original second story show room. The title "Human Condition" is a good fit because throughout the exhibit, there are many different emotional, physical, environmental and situational circumstances being displayed. Knowing that the artist based his work on mundane experiences makes the art much easier to connect with from the outside point of view.

The exhibit also is displaying work by artist David Helm, who received his BA in Anthropology from Ithaca College and his MFA from the University of Illinois at Chicago. His display is based on "The Face of Another," a Japanese novel. The book is about a scientist who suffers from a tragic event and then has the chance to reinvent himself. Every piece connects in the sense that they all had a ceramic white head lacking facial features. Each piece is an attempt to evoke a different emotion. "Doubt" consists of four heads strategically placed together, green and red lights and a speaker voicing the phrases "do it" and "don't do it." This piece is something I think everyone can relate to; the feeling of self-doubt is a common emotion not often discussed among others.

"For 'Human Condition,' we wanted to look at artists who utilize their mediums to confront the many complicated aspects of being human," Molly explained. This display at Kaneko is artwork that I think everyone can relate and connect to in some type of way.



GRACE SALANITRO | The Register

## Virtual reality arcade opens doors in LaVista, offers variety of games

**Kween Alabi**  
staff writer

Nebraska's newest arcade takes a spin on the traditional means of gameplay. Infinite Loop, the state's largest virtual reality arcade, features nine 100 square-foot virtual reality bays that can be shared by up to 4 people. These bays are rented by the hour, each furnished with a 55-inch 4k TV, a couch and, of course, a VR gaming system. Infinite Loop is located on 9825 Giles Road in LaVista.

Jeremiah Maddock, the owner of Infinite Loop, had the desire to open the new-age gaming arcade in LaVista after receiving assistance from the Nebraska Business Development Center. Maddock worked as an internet technology manager at First Data for 15 years, where he utilized his personal computer to take games to corporate parties and other company events.

"I took a leap of faith and quit my job and opened this place... I think it's (Virtual Reality) a booming industry and it's moving this way." Virtual reality has grown immensely in the past few years. According to the IDC, worldwide spending on virtual reality reached 17.8 billion dollars last year alone.

Infinite Loop's virtual reality bays are all equipped with the HTC Vive, one of the first virtual reality systems to capture the public's attention. The release of the Vive captured the potential that virtual reality has in gaming.

The HTC Vive is a critically acclaimed virtual reality system which uses a headset to immerse users in a computer-generated experience that takes places within an incredibly realistic simulated world.

Movement is controlled by two hand-held remotes.

The HTC Vive uses boxes called Lighthouses. These boxes are installed in the corners of the bay that then fill the area with infrared light. The HTC headset and controllers have sensors that receive this light to determine where in the room the user is, thus tracking the user to match the user's real life movement to the game in real time.

To obtain one of these systems is extremely costly. The starting price for the HTC Vive is 499 dollars, however, Infinite Loop lets you enter the world of VR for \$35 per hour (plus tax).

Before being submerged in gameplay, Infinite Loop requires all players to sign a release of liability waiver, as VR can make some users experience symptoms such as nausea and headaches as they adjust to the simulated reality. To aid, the arcade recommends that users start with "beginner" games; "Job Simulator" and "The Lab" are two of the most popular "starting out" titles.

Infinite Loop offers 50 different games to choose from, including 20 multiplayer options that can be played between bays. The gaming library includes genres ranging from exploration games like "Trickster" and "Batman: Arkham VR," to first person shooters including "Operation Warcade" and "Front Defense," to horror titles like "Emily Wants to Play" and "Escape Bloody Mary."

Infinite Loop is opened 5 days of the week. It's normal operating hours are 2-10 p.m. on Wednesdays and Thursdays, 2- 11 p.m. on Fridays, 10 a.m.-11 p.m. on Saturdays, 10 a.m.-9 p.m. on Sundays and closed Mondays and Tuesdays.

**Top left:** The 'Infinite Loop- Virtual Reality' sign is prominently displayed in the strip mall where it resides. It is located in LaVista, about 20 minutes away from Central Omaha.

**Bottom left:** A virtual reality participant plays a game in his small cubicle. VR is powered by a headset, meaning that participants only need a very small amount of space to become completely immersed in a different reality.

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# the REGISTER

## ON THE BASIS OF SEX



Photo Courtesy of IMDB

Emma Whaley  
executive editor

For the last few years, Ruth Bader Ginsberg's life has been the focus of documentaries galore. The 85-year-old Supreme Court Justice has been a figurehead for feminism since she began her law practice. "On the Basis of Sex" follows Ginsberg through her first legal case and the beginnings of her studies into sex discrimination.

The movie begins in 1956 with Ginsberg (Felicity Jones) attending her welcome lecture to Harvard, being one of nine women in the class. After her husband, Martin (Armie Hammer), is diagnosed with testicular cancer, Ginsberg attends his classes as well as her own, all while caring for their daughter Jane.

The film skips ahead to 1970 where, after being denied jobs at a dozen law firms, Ginsberg had become a professor teaching a class on sex discrimination. This is when she picks up her first case with her husband- a Denver man hiring a nurse to care for his elderly mother was being denied the tax rights granted to women who need to hire care givers. Ginsberg claimed this was discrimination on the basis of sex.

One may be worried that, with all the law references, you need to have passed the Bar Exam to understand what's going on. However, these references subtly explain themselves, and the specifics won't make or break your theater experience.

Even if legal dramas aren't your thing, "On the Basis of Sex" is beautiful and gripping. The cinematography captures emotion that doesn't need to be spoken. It's used to highlight how unique Ginsberg was in her field. The opening scene is specifically gorgeous; a sea of gray and black-suited men is broken only by RBG in a blue dress as the Harvard fight song, "Ten-Thousand Men of

Harvard," plays. Similar scenes highlight Ginsberg's femininity in her male-dominated world of law.

The score is equally astounding, but perhaps more so, the lack thereof. All scenes in the Ginsberg apartment are backed by soft records of the decade. But, when the words are what matters most, the background is silent. Ginsberg's biggest monologue, the rebuttal at the climax of the court hearing, is accompanied by silence. This is also used to highlight her individuality; as she walks to the podium, the only noise is the clicking of her high heels, possibly the only heels in the room.

One of the most important aspects of "On the Basis of Sex" is the accuracy of the events. Luckily for the reputation of the film, the screenwriter, Daniel Stiepleman, is Ruth Bader Ginsberg's nephew. When he asked her about how the film should be made, RBG told him to get the law right, and get her husband right. For the most part, it was accurate even down to the specific patronizing question the Dean of Harvard asked the nine women in law school.

Of course, changes had to be made. "On the Basis of Sex" portrays Ginsberg as flustered and easily overexcited. This isn't quite an accurate portrayal of RBG, but it may have been necessary to create a character arc. Ginsberg needed to flub the first part of her case so she could redeem herself in the rebuttal. In reality, RBG never messed up the case; she made her point very clearly in the beginning and there was never even a rebuttal.

"On the Basis of Sex" is a life-changing film for the women of today. By the final shot, there were tears in the eyes of half the theater. I was expecting someone to start clapping at the end. This film made me proud- it made me want to go to D.C. and rally for the rights that were given to me by women like Ruth Bader Ginsberg. I believe it can do that for anyone.

## GOOD TROUBLE



Mackenzie Coughlin  
staff writer

Photo Courtesy of FREEFORM

If you were a fan of the five-season Freeform show, "The Fosters," then you are sure to love its spin-off series called "Good Trouble." It follows two of the main characters, Callie (Maia Mitchell) and Mariana (Cierra Ramirez) Adams-Foster, around Los Angeles as they fight the battles of living alone after college.

The first episode of the thirteen-episode series aired at the beginning of January and already has an extremely large following. Many did not want "The Fosters" to come to an end, so hearing that it would be continued in a different way was very exciting.

"The Fosters" is mostly known by its large mixed family and how they sort through high school drama and relatable family situations. "Good Trouble" does still have that family aspect, but in a slightly different way. Because Callie and Mariana have moved away, they must rely on each other much more and create a family out of strangers in their apartment building.

As for the drama that the two face, it has definitely intensified. They no longer put up with jealous high school friends or immature boyfriends, but do figure out how to pay rent and juggle work with outside life.

Although "The Fosters" dealt with a wide range of topics and scenarios that one could come across, there will be even more in "Good Trouble." The two main characters will meet a new group of young adults with their own stories to share. This way the show can relate to many people.

When I heard that there was going to be a spin-off series to "The Fosters," I was very intrigued because after finishing the show, I felt that there was much more to the story. After watching the premier of "Good Trouble," I definitely recommend tuning in to Freeform on Tuesday nights.

The title of the show, "Good Trouble," might throw some off, for it is an interesting oxymoron. The title is derived from a quote that explains it is necessary to get in trouble in order to create change and to learn from one's mistakes. This fits perfectly since Callie and Mariana must learn and grow from their setbacks as young adults.

## THE FALCONER

Molly Huibregtse  
staff writer

Books have been around for centuries, and stories for even longer, yet to find a story that is full of such raw human emotions and memories is a rare beauty in itself. "The Falconer," by Dana Czapnik is your classic coming of age story, but with a twist.

"The Falconer" follows seventeen-year-old Lucy Adler as she finds herself and her place as an opinionated woman in a man's world. Growing up in New York City in a multi-ethnicity family, Lucy stumbles through life, making mistakes and claiming victories in a world that tries to confine her to its expectations. She is determined to break the mold.

Tall, gangly, with short hair, two-year state Basketball champion, Lucy is no stranger to ridicule and unfair stereotypes. Lucy is discovering who she wants to be while pining for her best friend Percy, who she believes to be a philosophical genius despite his backward treatment of his various flings.

Czapnik skillfully relays an accurate and relatable view of what it means and what it looks like to be coming of age in 20th Century America. Life is not always pretty, nor is it fair. Life is messy and sometimes feels like it is moving faster than a subway train.

Czapnik understands and beautifully conveys the beauty in the frustrating chaos that is growing up as an independent-minded woman. The novel technically follows a chronological timeline from Sept. 1993 to early 1994, but constantly bunny trails into the narrator, Lucy's, random thoughts and memories, just as human minds function in real life, constantly and occasionally all over

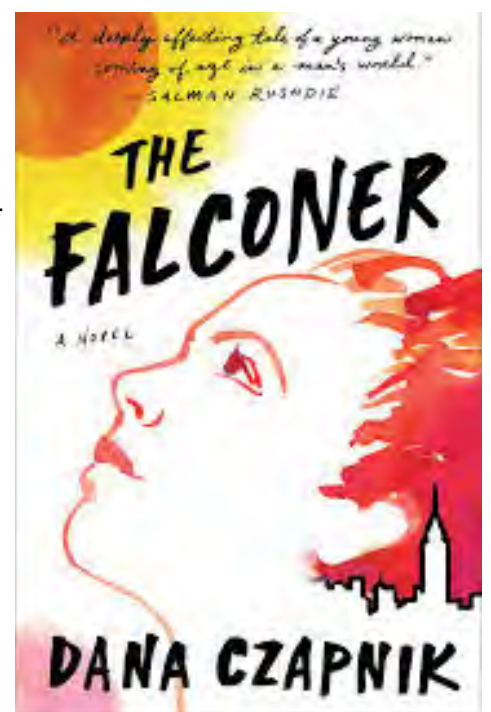


Photo Courtesy of AMAZON

the place.

Plot-wise, "The Falconer" has no definite beginning or definite end, just as any year in the life of a teenager today, although there are many different climaxes and defining moments. The book opens in the middle of an ordinary moment in the life of Lucy Adler- in the middle of a basketball game on the public courts in Manhattan. The story begins not as a narration of the game, but as Lucy's disorganized thoughts as she "roughs it" with the boys in the park.

"The Falconer" accurately portrays the teenage experience- the confusion and chaos, the misguided fun and rebelling, the need to make a mark and the journey to discover meaning in life.

# REVIEWS

## BLACK MIRROR: BANDERSNACH

Lizbeth Hermsillo-Najar  
staff writer

Recently, Netflix released a new interactive stand-alone film entitled “Black Mirror: Bandersnatch.” This film is not a part of the TV series but incorporates several of its references.

The film is set in the 1980’s and follows Stefan, a young video game programmer. Stefan is creating a video game, which is based on a novel of the same name. Stefan begins to question reality when he begins to have weird, vivid dreams. Stefan begins to study the author of the novel and proceeds to find out unsettling information about the author, such as how he went crazy and killed his wife. As the movie continues, the viewers get to make all of Stefan’s decisions, although some might seem insignificant, they depict the outcome of the movie. The movie has various outcomes for each choice, meaning the movie can be different each time the viewer watches.

The film is exciting, bringing a new way to capture the audience’s attention and retain it throughout the film, bringing in much more new fans to the movie as well as the series. This thought-provoking film is innovative and entertaining to watch multiple times. It can be depicted as one of the most disturbing “Black Mirror” plots, but certainly the most interesting. Even on social media, the movie has received lots of positive feedback, although only receiving a 74% on rotten tomatoes and a 7.4 out of 10 on IMDB.

The film can also be depicted as too complex for some viewers with all the choices available to viewers. At times, viewers can feel very lost, resulting in them being uninterested. The plot can get mixed up throughout the film, but, in the end, they successfully delivered a fun and intriguing movie.

Fans are looking forward to the fifth season of “Black Mirror.” Rumors are saying the season will incorporate references of the movie this time. Release dates have not yet been announced, but fans are expecting it to be soon due to the filming of the series being done alongside of the movie.



Photo Courtesy of RUFF DRAFT

“Black Mirror” has brought a creative way of watching and interacting with the audience to Netflix, essentially changing the game for movie makers and introducing a new way to provoke people. This is not the beginning of original content produced by “Black Mirror,” and won’t be the last.

## THE LEGO MOVIE 2: THE SECOND PART

Malcolm Durfee O’Brien  
managing editor



Photo Courtesy of IMDB

“The Lego Movie 2: The Second Part” is a film that exists. I am not certain why it exists, but it very much does. It is a perfectly fun film, though it is far from matching the first in quality.

To begin, the good. The animation style from the first film carries over to this one, with some minor improvements in quality, with realistic looking fingerprints dotting many of the characters’ hyper-realistic plastic Lego bodies. The film adds to the original’s animation with some brief scenes of stop motion.

The humor is fun like the first film, though a bit relentless at times thanks to the writing of Phil Lord, who wrote last year’s “Spider-Man: Into the Spider-verse” (a film every person should see), and Chris Miller. These two did not direct this film as they did the first, instead turning to Mike Mitchell, who directed the most recent “Kung Fu Panda” film.

Mitchell leaves his mark on the film with some surprisingly strong action sequences, though they were far too sparse to be truly fulfilling. The message of the film was one of moderation and finding compromise, was fantastic and a message I think more movies and art needs to spread in these divisive times.

In the way of acting, most everyone is fine. Chris Pratt is fine as Emmett, Elizabeth Banks is fine as Lucy, Tiffany Haddish is fine as the main antagonist to Pratt and Alison Brie is fine as, I hate to actually have to write the name, Unikitty. However, Will Arnett’s Batman is the best thing about this film as he was in the first film, but wasn’t in the “Lego Batman Movie.” Unfortunately, there is far too little of him in the film.

Now, the bad. The film’s message, though very good, is delivered in a very holier-than-thou, preachy way, taking the deliberately annoying song from the first film “Everything is Awesome” and turning it into “Everything’s not Awesome” to highlight the importance of realism in getting through life. There is a twist, which was pretty dumb. Some characters do things completely out of line with their personalities for plot purposes. The worst part of the film is the opening, which is forced, abrupt and weird, and directly contradicts the rest of what happens in the movie.

Overall, “The Lego Movie 2: The Second Part” is nowhere near as good as the first film, though it has some stronger elements and a great message. I give “The Lego Movie 2: The Second Part” three “Lego Star Wars: The Complete Saga” blue studs out of four.

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## Wrestler Earns 100th Win

Junior Emilio Haynes lands his 100th win.

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## How Athletes Train

A look into how student athletes train and prepare for season and competition.

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## Spring Signings

Seniors commit to colleges for athletics and share their hopes for the future.

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# sports & leisure

THE REGISTER

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## TOP TEN TRE'SHAWN

Class of 2014 graduate competes for #7 Nevada in the NCAA

Ari Saltzman  
staff writer

“It was crazy coming within one shot,” recalled Tre’shawn Thurman of Nebraska Omaha’s heartbreaking 79-77 loss to South Dakota State in the 2017 Summit League Tournament final. A win would have allowed the Mavericks to qualify for the 2017 NCAA Tournament. Now, the former Central and UNO basketball star is thriving out west in his final year playing college basketball.

When Thurman came to Central in the fall of 2010, he probably could not have imagined what his career as an Eagle would hold. In his time at Central, Thurman won three state titles in four years and won first team all-state honors in his senior season. He said, “The number one thing (I remember) is the championships we won.” The four-year varsity player also recalled, “everybody had different personalities and we were a close team.”

After graduating Central in 2014, Thurman went to the University of Nebraska-Omaha to continue his basketball career. He was reunited with Tra-Deon Hollins who he played with for three years at Central. Together the two of them helped UNO basketball adjust to its new home in the Summit League, and in Division I. The Mavericks had made the jump from Division II in 2011. In 2014-15, Thurman averaged 9.5 points per game, but his team struggled with a 12-17 record.

It was his sophomore season in 2015-16 where Thurman and Hollins presence began to emerge, leading their team to an 18-14 record, including a 10-6 mark in league play. UNO earned a 3-seed in the Summit League Tournament but were upset in the first round. The following year was Hollins’s senior year, and Thurman’s junior year. Their team went 9-7 in the Summit League, and once again earned a 3 seed in Sioux Falls.

After surviving Fort Wayne, and demolishing IUPUI, the Mavericks were about to play for a spot in the NCAA Tournament.

That game pitted Hollins and Thurman against another Nebraska kid, Mike Daum of South Dakota State. It was an entertaining game from start to finish and ended when Hollins game winning three clanged off the iron as the horn sounded. It was the last ever second the two of them would stand together on a basketball court. Thurman recalled, “It was pretty hard (to recover) but also at the same time you got to understand how hard it was to even get there.”

After Hollins graduated, Thurman still had one year of eligibility left, so he took his talents to Reno, NV to play for the Nevada Wolfpack. In 2017-18, Thurman had to sit out a year due to the



Photo Courtesy of TRE'SHAWN THURMAN

After graduating from Central in 2014, Tre'Shawn Thurman played three seasons with the UNO Mavericks. With one year of eligibility left, Thurman currently plays for the Nevada Wolfpack, who only have one loss on the season.

NCAA’s transfer rules.

However, his team did quite well, and reached the Sweet Sixteen of the NCAA Tournament. He said, “it was great experience because I got to see everything happening right before my eyes. I got to see what kind of team these guys are and I got to see what the fan base is like.” More importantly, throughout the whole year, he, “got to understand how Coach Muss (Musselman) is, and how I can adjust to how he coaches.”

The season on the bench seems to be paying its dividends thus far for Thurman. Through February 5 he averaged 24.7 minutes a game playing for the #6 ranked team in the country.

Nevada started the 2018-19 campaign 21-1, and Thurman averaged 7 points per

game in that stretch. He said he enjoys, “competing at a high level every single game with my teammates. I love playing with these guys and I love being on the court every single game with these guys because I understand how we all have similar mind sets on how we approach the game.”

As Selection Sunday comes closer and closer, Thurman’s collegiate career is winding down. “We try to get better and better each game,” he said. “I think we’re doing a pretty good job of that right now but we just have to keep going and improving.”

One thing is for sure, he certainly has improved vastly from when he walked into Central for the first time back in 2010.

## Alum lands grant, begins lacrosse club

Olivia Gilbreath  
staff writer

This spring, girls have the option of joining a new lacrosse club that is sponsored by Jenna Saraka. Charlie Dinnel is a Central graduate of 1994 who decided to approach Saraka about starting the club.

Since his lacrosse-loving daughter will be attending the school next year, Dinnel started this club in hopes of further development into an official team at school. “She wants to play lacrosse in high school and, being an eagle myself,” Dinnel states. “I wanted her to be able to play lacrosse for Central in purple, as an eagle.”

After watching “Invisible Sister” at age eleven, Dinnel’s daughter decided that she wanted to try to play lacrosse. In 2016, the duo went to the Omaha Lacrosse Club where she started playing lacrosse and he began coaching it.

He explained that lacrosse is a growing sport in the Omaha-Metropolitan area so teams in the area are excited about the development of incoming leagues. Dinnel coaches offense at Westside and he expressed Westside’s acceptance of Central’s new club into the lacrosse scene of Omaha saying, “The Westside club is very supportive of my endeavor to start the club here.”

Dinnel started the club with the help and support of staff members like Jenna Saraka and Dionne Kirksey, and of Michele Roberts of the Central High School Foundation. Dinnel believes that Saraka will be an asset to the club because of her experience playing lacrosse in high school and college.

When evaluating Saraka’s part played in the early stages of the club, Dinnel comments, “I’ve been very fortunate to have her as the club sponsor, she played in high school and college and she is very passionate about the growth of the sport.”

In lacrosse, games last about an hour and there are twenty-four players on the field throughout the game (twelve players from each team). The club is interested in competing with different high schools that have lacrosse programs, in addition to clubs in the Metro area.

Dinnel says that ideally, the club would have eighteen to twenty members by this spring. At the first official meeting, twenty-nine girls showed up and more are welcome to attend the following meetings. “The intent of starting the club is to field a team,” Dinnel comments, “How quickly we can accomplish that really depends on the commitment of the members.”

The girls lacrosse club was lucky enough to be awarded a First Stick Grant from US Lacrosse. This grant provides the club with 20 field sticks, 20 pairs of goggles, 20 US Lacrosse memberships and all necessary goalie equipment.

Since lacrosse equipment is expensive, this grant helps to eliminate some possible barriers with beginning the club. Funding will still be needed for uniforms, field rentals and more. “We will need a lot of support and commitment to achieve our goals,” Dinnel emphasizes, “but I’m confident that Central is the school that can do it.”

# CENTRAL

## EMILIO HAYNES



KAELYNN CALDWELL | The O-Book

Junior Emilio Haynes prepares for physical impact from his opponent during a wrestling match. As one of the best wrestlers in the metro, Haynes has had to mentally fight in every match to stay at the top of his game.

**Jackson Godwin**  
staff writer

Out of the multiple Central winter sports that are offered at school, one that has achieved many accomplishments this year is wrestling. One wrestler in particular that has had success thus far in the season is Emilio Haynes.

Haynes is in the class of 2020 listed at 5'5 one hundred and thirteen pounds and is known as one of the best

wrestlers in the metro in his weight class. Recently Emilio accomplished something most do not even get the chance to get close to in high school: reaching one hundred career wins and beating a third ranked wrestler.

Support from coaches Jimmie Foster and Matthew Storm have helped Haynes get where he is today.

Haynes has been a part of wrestling for most of his life and has worked hard to get where he is today. Starting from a young age gave him an early advantage over some kids who

joined wrestling in high school.

"I started wrestling when I was seven years old and it started because my father wanted me to learn defense mechanisms," Haynes said.

Starting from such a young age and working hard turned wrestling from a hobby to a passion. Getting older brought on tougher competition, meaning Haynes had to prepare more and more for each meet.

"As complicated as it is, it has made me the man am today and that is why I have continued this sport and it has also built my character," Haynes said.

Haynes is not the only one in his family who has wrestled for Central. He has worked hard to become just as good if not better than his brother, Eron.

With the help of his coaches pushing him to be the best he can be, Haynes has worked to achieve 100 career wins and says couldn't have done it without the help of his coaches and mentors. "My coaches really have trained me on being mentally strong," Haynes said. "Wrestling is considered to be 95 percent mental."

Although wrestlers have daily training with focus on strengthening their physique, they must also get mentally prepared for each practice. This is especially important when it comes to events where one must be locked in with no distractions.

Even following the honorable achievement, Emilio is not quite satisfied. His end goal is to win state which is the main thing the junior is striving towards. Each competitor is known to prepare for their meet differently to help them prepare mentally.

Haynes is no different and has pre game preparations to make sure he is locked in as possible "My way of preparing for my meets is zoning myself out from everything negative and only think[ing] of great things. The moment I step on the mat I thank god for all my gifts, talents, and for all my blessings, then I go to work," Haynes said.

Time, work, and passion brings success and the preparation Haynes has had throughout his entire wrestling career has brought him to the success he has had as both an individual and a competitor.

**Sophia Sgourakis**  
staff writer

On a sports team, fans always hear about the coaches; the head coach, assistant coach, JV coaches and even more. But not often do you hear of an academic coacher. However, the Central girls' basketball team just added a new coach who receives the title of an academic coacher, along with more.

Her name is Jenna Saraka, a familiar face to the math department here at Central. For two years, she has been teaching Honors Algebra 1-2, Pre-Algebra and Bridge to Advanced Algebra. But this school year, she became more than just a math teacher.

Word got around to Saraka that the head girls basketball coach, Mr. Hamill, was looking for another coach to help the JV and Reserve teams, as well as someone who could help keep track of stats on the Varsity bench. In August, Hamill had decided to bring her in as a new coach, but also had the idea to make her an academic coach. She would help the girls stay focused on school work as the season progressed.

Saraka's job started early in September. The basketball girls started pre-season conditioning in September through October, where they would condition two days a week and then have basketball training at least once a week. Not once did Saraka miss a day on the track or in the gym. Automatically, the girls started to bond with Saraka.

On days when no kind of training was taking place, the girls had an opportunity

to go to Saraka's room after school and get any help. It was beneficial that Saraka is a math teacher because many of the girls needed math help. Not only was Saraka able to help her players, but teammates were also helping each other. "I believe that when the team studies together and does homework together, everyone is able to hold their teammates accountable," Saraka said.

The girls' academics have shown improvement from just a year ago. There would be frequent occasions last year where players wouldn't be able to play because of failing grades or disappointment from parents. Since an academic coacher was brought on, this has not happened again. Grades are at an all-time high. "I know high school is difficult, and when you add playing a sport, possibly working and being a teenager to your workload, it can be stressful," Saraka explained. That is why Saraka has been a hero to this team.

Her part in the scheme of basketball is also beneficial. During practices, Saraka is hustling to set up drills and get the girls working as hard as possible. She attends every game, whether it be for Reserve, JV or Varsity. The girls look up to Saraka, and having her on their bench makes them perform to their best ability. During Varsity, not only is she cheering on her players, but also keeping track of stats for Central and their opponents such as free throws, rebounds and turnovers.

Coach Saraka has been a special addition to the girls' basketball coaching staff. "The Central Girls Basketball program is truly a family and I am so grateful that I am able to help coach," Saraka said.



HANNAH BROWN | The Register

Jenna Saraka explains a lesson to her sixth hour pre-algebra class. In addition to teaching math, she has helped as an academic coach for the girls basketball team.

## JENNA SARAKA



# celebrities

Anne Gallagher  
executive editor

Succeeding as a Central athlete takes more than just good grades and athletic skill; students need determination and a drive to make Downtown high proud. Citizen Akoy: Basketball and the Making of a South Sudanese American is a story about Akoy Agau: one of these successful athletes.

Agau was a varsity basketball player at Central from 2010-2013 who led the team to four consecutive state championships. He was recognized as a star player on the team not only for his athleticism, but also because of the incredible struggle he went through as a South Sudanese American.

The author of this non-fiction account of one of the most successful athletes in the state's history is Steve Marantz: another Central graduate. This was Marantz' second book relating to Central's history, the first being *The Rhythm Boys of Omaha Central: High School Basketball at the '68 Racial Divide*.

Over the course of ten months, Marantz composed a dramatically eloquent story that highlighted two threads of Akoy's story: "the refugee journey of Akoy and his family from Sudan, and basketball as Akoy's 'home' and place to belong," Marantz said.

The inspiration for the book came from Akoy himself. When Marantz was brought into an Omaha History class to speak on his previous book, a student asked if he would write another book about Central. Agau prompted the idea for a new book by holding up four fingers; this represented his confidence in the ability of Central's basketball team to

win its fourth consecutive state championship.

Agau was a team leader, according to head basketball coach Eric Behrens. "Akoy was high energy, had a big personality and was a pleasure to coach," Behrens said. "[He] had great leadership skills and was one of the team leaders, probably starting in his sophomore year."

With a newfound inspiration, Marantz wrote the book with the help of many people in Akoy's life who knew about his ambition and struggle. "The main sources were Akoy, his family, close friends, coaches, teachers, administrators and teammates," Marantz said.

As Agau guided the writing of the book, a sense of trust connected him to the author. "My being a Central alum may have encouraged a feeling of trust between Akoy and myself," Marantz said. "Akoy needed to trust that I would present his story with dignity and respect".

Agau's journey led to success at Central as he was able to enhance the reputation of the school. "His four titles brought some very positive attention to our basketball program and our school," Behrens said. "It is just a game, but one that he took very seriously and always strived to be his best at."

Overall, *Citizen Akoy* highlights not only the background struggles of a state champion athlete, but also the enhanced reputation of Central through the success of its students and alumni. "Akoy's story reflects well on the extended Central community, and I hope that in telling it, in some small way, the mission is strengthened," Marantz said.

**"Akoy's story reflects well on the extended Central community"**

STEVE MARANTZ  
Central Alum, Author

## STEVE MARANTZ AND AKOY AGAU

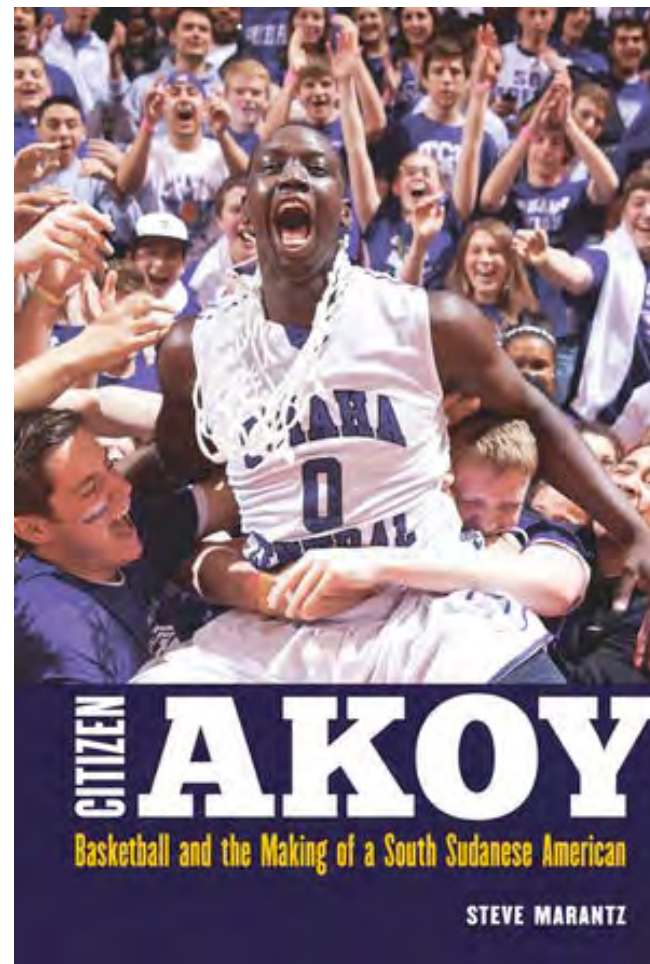


Photo Courtesy of NEBRASKA PRESS

## QUINN WILLIAMS



EMMA NIELAND | The O-Book

At senior swim night, Quinn Williams gets ready for one of many events he swims. He broke the school record for the 50-meter freestyle with a time of 22.03 seconds.

Mac O'Brien  
staff writer

Senior Quinn Williams started swimming when he was seven, around the same time as his older brother and sister, for a summer recreational league. It was fairly informal, focused primarily on introducing kids to swimming rather than serious training, but it was enough. Williams fell in love with the sport almost immediately. That summer recreational league would be the start to a long and successful swimming career involving consistent qualification for State meets and Sectionals.

He started swimming more seriously the next winter, joining a club and starting to swim year-round. When he was 10, he set himself apart from the accomplishments of his siblings by qualifying for "All-Stars," an elite swim team that competes in Lawrence, Kansas.

"I started going to regional meets out of town and everything, you know, meets down in Oklahoma, Missouri, Sectionals and Championship meets, all these different meets, all over the place,"

Williams said.

He first qualified for the highly competitive Sectionals meet in the winter of 2016, in the 100 backstroke, and has returned every year since. He has also competed at State every year of high school in two individual events and two relays, the maximum number of events allowed.

But his success didn't come easily.

"It gets to a point where you really have to enjoy it a lot to continue doing it... During the summer for club, you have to get up at five every morning and go jump in a cold pool outside for two hours every day of the week except for Sunday."

One of the things that has brought him back to swimming every year, Williams said, is the team-based nature of the sport. "No matter how you do, everyone will be supportive of you throughout the entire season."

This aspect of swimming is one that Williams feels is often overlooked.

"It is a very mental sport, you have to be able to separate yourself from your team at times and just focus on what you need to do as a swimmer. But with that said, it is also 100 percent a team sport," Williams said. "The energy you get from your team is reflected through how you swim and how you perform. Your motivation at practice and your motivation when you're at a meet are reflected through your team."

According to Williams, this is clearest during big meets like State, when everyone is cheering on their teammates and supporting one another. He also believes that it is much more present on high school teams than in clubs.

In high school, Williams said, "There's already this bond between everyone on the team because you have these upperclassmen showing these lowerclassmen the ropes... Everyone respects each other and we still have a good time whereas with club, everyone kind of already has an understanding of what it means to be a leader, but nobody really wants to do it because people don't want to listen to each other, because they already think they know everything about it."

Despite the more competitive atmosphere of club swimming, Williams found that its more individual nature made it "a little more difficult to be competitive and have this motivation to perform well."

As Williams moved into the latter half his high school swimming career, he started to assume the role of a leader on the team, acting as Varsity team captain for both his junior and senior year.

"Being one of the faster swimmers on the team, along with some other club swimmers, I kind of have this obligation to lead by example," Williams said, adding, "I'm happy to help out wherever I can. I write sets for practice sometimes, and you know, just make sure everyone is doing what they're supposed to be."

He says that, although in some ways the leadership skills he's learned from swimming are more conducive to the dynamic of a swim team than everyday life, some of the skills he's learned, including focus and time management, have translated into the rest of his life.

Although Williams doesn't plan on continuing to swim in college, he is happy for these skills and for the relationships and opportunities swimming has given him.

"After swimming for so long, it is kind of hard to take a step down after you've progressed all this way, but you have to really still be in love with it to keep doing it in college because it is even more time consuming than what it has been... I'm just not there right now so I'm choosing not to continue after high school," Williams said.

One of the opportunities he reflected on most fondly was his experience coaching kids on a summer league.

"It's been really great to kind of pass on what I've learned in all my years in swimming," Williams said. "It's given me a lot."

# Marksmanship course teaches safety to JROTC students

Rozlyn Olson  
staff writer

In the basement of Omaha's historical Central High School lies the often forgotten or mysterious JROTC marksmanship range. The course is offered at the two levels of beginner (junior varsity) and advanced (varsity). It is open to second-year cadets who will enter the class at the beginning level. There, they learn how to safely handle firearms and begin training on shooting precision. In order for a cadet to enter the range or even handle a firearm, they must first be instructed on basic safety in a classroom setting and must score 100% on a written safety test.

"[Safety] is primarily what we are concerned about down here, marksmanship comes second," said the Marksmanship coach, retired Sergeant Major Dwaine Sutter.

Sutter has been in his position since 2000. Prior to his teaching career, Sutter was an enlisted Army soldier and spent the first half of his life in the service. There, he

was responsible for many things including the training of his battalion, their primary missile system and ensuring the battalion command structure was able to achieve their mission goals through proper communication, placement and firing of the patriot missile system. He retired from the Army at age 49. He is enormously respected by his cadets.

"Sergeant Major is on equal levels of a teacher and a mentor for me," said senior and JROTC staff officer Aidan Marhenke, "And like marksmanship, he's taught me that not every moment has to be spent thinking about the big picture so long as you don't neglect it."

The range consists of nine firing lanes, each 33 feet long, where cadets attempt to score as high as possible on their targets. During the first half of the year, cadets participate in the citywide Pistol League Competition. This year, the JV team came in second

**MARKSMANSHIP** on page 27



ROZLYN OLSON | The Register

Aidan Marhenke shoots in prone position with pellet air rifles in ninth hour advanced marksmanship. The rifles were recently donated to the program for the 2018-19 school year.

# Nutrition, exercise, vital to training for athletes' abilities

Pangaea Kaan  
staff writer

Athletes and their abilities are affected by various factors within the sport and the restrictions suggested for each one. Some of these factors include nutrition, dietary restrictions, training and exercising during off seasons of sports. These factors vary from each sport and each coach's opinion on what is best for the athletes.

Nutrition is an important aspect of an athlete's body and mind. Track and field coach Frances Keating encourages athletes to maintain a large assortment of food groups. "We always talk about to make sure that you're getting a wide variety of different foods and making sure that you're having all spectrums of food. Not too much starch, protein, instead a little bit of everything." Bredon Smith, varsity swim coach, agrees while having more specific standards for the aquatic sport.

"My biggest suggestion is no extra sugar when it's not needed, due to there being extra 'empty' calories that provide no benefits or vitamins to the body. If you like hot Cheetos, just eat some spicy red peppers, you get the same spice but with nutritional value. It's basically just being aware of what you're eating, and that what you're eating can affect your performance."

A coach's personality and habits can also be reflected in the way they advise and coach their team. Keating believes her exercise skills can be seen in her team's workouts. "I'm never going to make them do a workout I'm not going to do. When we create workouts, we always make sure that it's realistic, manageable and feasible, and talk about just trying to build up the confidence to feel capable and give them reasons why they can. Just like with anything, I try to lead by example, a lot of us do what the work out is and get them started because it's easy to say run six laps, but another to say let's run six laps together."

However, Smith disagrees, saying his personal habits have no true correlation with his athletes'. "I feel like a lot of kids don't know me outside of a coach."

My lifestyle doesn't necessarily influence the team that much, but it influences how I direct them. We use what's called hidden training, it's like in the classroom: you don't ever learn manners or being polite, even though the class isn't about that, the teacher might still throw in some common courtesy reminders. Same thing with workouts, even though we do workouts outside of the pool, we still include aspects that are used in swim."

Athletic training outside of practices and during off-seasons can be considered a positive and recommended thing, however, in some cases can be proven negative.

Keating discourages workouts outside of scheduled practices during the season. "During season we don't recommend any outside training because it can lead to over-training. Usually,

**ATHLETE TRAINING** on page 27



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# SENIOR SIGNINGS Q&A

Seniors answer questions about their post-high school plans

## NICHOLAS LARSON



## ZACHARY BROWN



ANNE GALLAGHER | The Register

**Q: Which college did you sign with?**

**ZB:** Midland University  
**NL:** Augustana University

**Q: Which sports did you sign for?**

**ZB:** Lacrosse  
**NL:** Cross country and track

**Q: What attracted you to this school?**

**ZB:** Proximity to home and sports facilities  
**NL:** Previous successful track and cross country teams

**Q: Who has been your main inspiration?**

**ZB:** Lacrosse coaches  
**NL:** Coach Evans

**Q: How do you feel about moving on to college?**

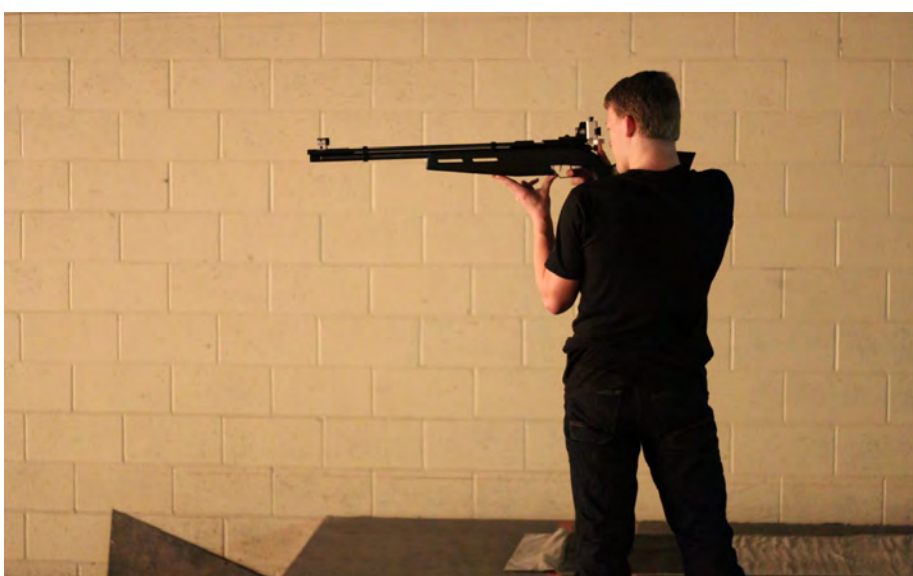
**ZB:** Excited  
**NL:** Ready to start something new

**Q: What do you plan to major in?**

**ZB:** Undecided  
**NL:** Physics

## JROTC utilizes new rifles for marksmanship

MARKSMANSHIP from page 26



ROZLYN OLSON | The Register

A student checks his aim before practicing shooting. Central recently secured new air rifles for marksmanship courses to practice with.

second place and the varsity team came in third.

Although in the past cadets would shoot using 22 caliber rifles with live ammunition, the course now consists of instruction on the safer .177 pellet air rifles.

Cadets shoot from the three positions of prone, or lying on their stomach, before kneeling and standing during the second semester. The 2018-2019 school year brought brand new air rifles to all OPS JROTC Marksmanship teams. This year, the city-wide Rifle League Competition begins on Feb. 19.

"In a sense it feels like a class away from class... It's an hour where the rest of the day doesn't matter and you're allowed to have a bad day," Marhenke said.

## Training essential for athletes

ATHLETE TRAINING from page 26

the program is designed so that you need rest, athletes underestimate the importance of rest. Rest allows your muscles to rebuild and you have to have that happen to be able to work harder."

Smith encourages working out as much as you can, saying it'll lead to a more proficient athlete. "It's definitely a workout thing, but it's more of a lifestyle thing. You'll notice Olympic athletes have super regimented schedules, their bodies are

basically a clock. I always encourage kids to do more than one sport in off-seasons, but I am against club sports. Club sports are very specialized to that one thing, which is great, but kids who are in different sports are more likely to be a more well-rounded athlete."



# STREET ART OMAHA

ANGELINA BARATTA | The Register

Throughout Benson, graffiti is seen on almost every corner.

