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DILLON GALLOWAY | The Register

STUDENTS STRIKE

Omaha-area students joined international protests calling for stronger climate change policy, in advance of the 2019 United Nations General Assembly

Simret Habte
staff writer

On September 20, there was a worldwide movement against climate change. Millions of students from all over the world, led strikes in their cities calling on their leaders to take preventative measures against any further damage to the environment and to fix the other effects of climate change. One of these Youth Climate Strikes was held here in Omaha.

A local student led organization, Students for Sustainability, organized the strike. On the morning of the strike, high school and college students from all over the city gathered in front of City Hall. The students had four demands for the lawmakers they were attempting to push to act: to pass a state climate action plan, stop the Keystone XL Pipeline, transition to regenerative agriculture and harness Nebraska's renewable energy potential.

The president of Students for Sustainability, Cate Kelly, was one of the figures responsible for organizing the Omaha strike. She, like many of the organizers, was inspired by the actions of sixteen-year-old Greta Thunberg. She is a climate activist from Sweden who was the creator of the Youth Climate Strike as well as Fridays for Our Future. Her actions motivated students around the world to become vocal about climate change.

Students for Sustainability has student representation from nine high schools and colleges around the

city. They were founded last spring and since then, they have been active in environmental movements around the city.

According to Kelly, the group has "organized a rally for the planet, testified twice in front of city council, had booths at various community events and met with other elected officials and organizations." In Omaha, there were over three hundred participants in the strike. Dozens of Central High students were present including senior Anya Long who believes that Central students were willing to wake up early on their day off "to express their concern for the current state of our environment because it's becoming dangerous." According to Long, this strike, to many students was a "representation of the bond between Central High School and the Omaha community."

The strike had several prominent speakers, including Kelly, AJR Brothers band member Adam Met, Douglas County Commissioner Jim Cavanaugh, and Omaha Public Power District board member Erik Williams.

This strike was part of the biggest mobilization against climate change in history and it was led in large part by students. It was done in an effort to push lawmakers in Nebraska to pay attention to the concerns of the hundreds of students who are being impacted by climate change. Kelly hopes that the strike tells lawmakers, "the time for waiting to act is over, and we will not stop until they do."

Advanced Placement undergoes major changes

Malcolm Durfee O'Brien
editor-in-chief

Over the summer, CollegeBoard, the organization responsible for setting rules and administering tests for Advanced Placement curriculum, as well as for the SAT test, changed the way the AP program is organized and changed some of the curriculum.

With these changes came a greater emphasis on online support. With this new emphasis, according to Cathy Andrus, the teacher responsible for the Advanced Placement program, this necessitated the creation of online sections that students had to join.

"First we had to create AP sections for each section, so if a teacher only teaches one period, they have one section, if they teach the same course four times, they have four section."

This came with additional teacher and student supports, Andrus said, along with the changing of registration date for the AP exams from the spring to the fall. According to AP Chemistry teacher Sharon Elliott, these changes include the creation of a bank of exam questions that have been used over the past years for help guiding teaching strategies.

"They can use this bank to create benchmarks for kids, quizzes for kids, if everybody but one person understands, I'm doing okay, if nobody but one person understands, I probably need to change my strategy," Andrus said in explaining ways this question list could be useful.

A greater emphasis is also being put on the AP tests, with a requirement that all students take an AP or an AP-like. The latter option will be designed by teachers of each Advanced Placement subject from across Omaha Public Schools to ensure they hit all AP curriculum in the test.

"The expectation to take the AP exam has always been there, but not always as emphasized as the district would like," Andrus said.

Besides changes to the overall structure, some big changes were made to

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New members added to Hall of Fame

Elena Correa
staff writer

Several new additions are going to be made to the Central High Hall of fame on October 3.

"When you look up at that wall, we want you to see yourself," principal Ed Bennett said, "It shows that Central kids can be successful in a lot of different areas...it gives people hope."

The following individuals have been chosen for the class of 2019 Central Hall of Fame.

H. Bruce Bernstein graduated from Central High School in 1961. Since then, he has gone on to be recognized as an expert in finance as well as insolvency law during his career. He graduated from Harvard Law School, then became a partner of the law firm Sidley Austin LLP, helping to grow the firm immensely. Bernstein's background would later expose him to many opportunities, such as testifying in Congress on a litany of bills. Bernstein would also serve as chair of the commercial law sections of two major cities' State Bar Association for many years. Bernstein was also the general counsel of the Commercial Finance Association.

Robert Holts helped pave the way for integration in the U.S. armed force, serving with the Tuskegee Airmen. After attending an integrated high school, segregation in the army surprised him. Most black soldiers served in non-

HALL OF FAME on page 6



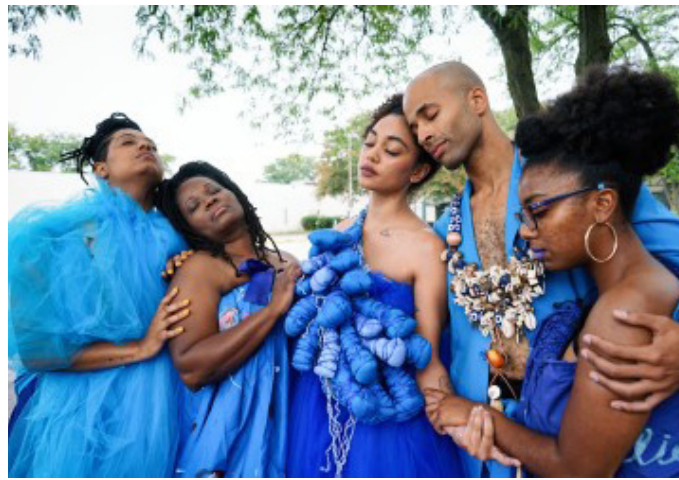
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Artist Vanessa Brown holds a 'Ritual Reckoning' which features art in the form of a dimensional living reckoning to commemorate Will Brown's 1919 lynching.

Photo Courtesy of **Vanessa German**

Omaha memorializes 100 year anniversary of Will Brown lynching

Callan Maher
staff writer

The 100th anniversary of the Will Brown lynching was Sept. 28. Will Brown was a 40-year-old African American man who lived and worked in Omaha.

One hundred years ago, Milton Hoffman and Agnes Loeback were assaulted as they walked home from a late movie. Agnes was then raped by her assailant. Milton and Agnes identified Will Brown as the man who assaulted them. Brown was taken to the Douglas County Courthouse on Sept. 28, 1919 and was never given a chance to prove his innocence. That day, an estimated crowd of 10,000 stormed the courthouse until officials turned Brown over to them. Brown was hung from a lamp post, shot more than 100 times and dragged through the streets before being burned. Over 100 people were arrested but no one was charged for murder. Brown was buried in an unmarked grave in Potter's Field at Forest Lawn Cemetery.

"He (Brown) has a physical impairment, he was not even able to commit the crime... He was not strong enough," Preston Love Jr. said in an interview with WOWT news.

What are people doing now to remember Will Brown? 90 years after Will Brown was buried, a man from California paid \$450 to have a grave marker for Brown. On Aug. 31 community members went to Will Brown's grave to plant flowers, pull weeds and cut the grass around the grave. A national group is also working to commemorate Will Brown by providing a marker that will be placed somewhere in Omaha.

The story of Will Brown is often told at Central in History classrooms. Students learn that there is dark history in Omaha that is important to understand, and that people can get involved by volunteering with organizations that help with keeping stories like Will Brown's alive. People can also pay re-

spects to Will Brown and many others whose stories have not been shared at Potter's Field. Sept. 28 is a day to remember and learn from.

"He talked about how he went there and helped gather some people to plant trees to help gain back some of the habitat that humans destroyed," Wise said. "It was interesting."

The event lasted from the morning of Aug. 21 to Aug. 22. On Aug. 21, students were driven from school at 9 a.m. to the zoo and then back to Central for fifth period the next day. Students paid \$25 each and a grant paid for the rest of the trip.

"Overall, Jumpstart is a great way to get to know the seniors and the rest of the juniors you don't know very well," Walker said. "It's a great bonding experience."

IB students visit zoo to 'Jumpstart' their year

Cassandra Sorensen
contributing writer

International Baccalaureate (IB) students explored the Henry Doorley Zoo through the Jumpstart program on Tuesday, Aug. 21. About 57 students and nine teachers participated.

"The purpose of Jumpstart has morphed over time," director Cathy Andrus said. "This year it was designed to bond the juniors as the IB class of 2021 and bond the juniors and seniors."

IB students participate in a specially designed courses in their junior and senior years. The Jumpstart program allows this relatively small group of students to get to know each other in a fun environment outside of the classroom.

"IB is a new and interesting experience," junior Vanessa Wise said. "It's nice having smaller classes and the same people in each class because it's easier to have group discussions and see different perspectives of the same topic."

Each junior was paired with a senior mentor that they could contact through the year. Mentors were paired by senior Gabrielle Goodman.

"I like my mentor but wished we talked more," junior Alexis Walker said.

Students ate lunch at the zoo and participated in a workshop on habitat building for animals and learning how to cater to them. This was led by a zoo volunteer.

"The workshop was educational and helped all of the students use their creative expression," Walker said.

After the workshops, students participated in a scavenger hunt in groups. The scavenger hunt consisted mostly of taking group pictures with different animals.

"The scavenger hunt was fun," Wise said. "It was nice to get to know the juniors and seniors in our group."

Then there was a movie at the IMAX theatre about working dogs in disaster relief and other areas.

"I really enjoyed the movie at the IMAX," Walker said, "It gave me a better understanding of the work dogs do for law enforcement."

The movie lasted until it was time for dinner, and the students walked down to King Kong for gyros.

"Dinner was amazing, even though I wasn't super hungry," Walker said. "I was surrounded by great people, and we had great conversations."

Dessert was served at the old Rosenblatt stadium, and students had the free time to talk, play games and eat.

"It was fun and relaxing, just sitting and relaxing after walking the entire day," Wise said. "We also watched some seniors play baseball with a water bottle and a sock."

They then returned to the zoo and participated in a night tour, during which they saw the Kingdom of the Night exhibit, Asian Highlands exhibit and a few others in the light.

"The night tour was especially interesting since we could see all five of the cheetahs," Wise said.

After that, they set up their sleeping bags and blankets throughout the aquarium. The shark tunnel was a popular place to sleep.

"I slept by the jellyfish and it was super cold, and the floor was uncomfortable," Walker



Photo Courtesy of **Cassandra Sorensen**

Students in IB go to Henry Doorley Zoo through Jumpstart to begin the school year. (From front to back) Junior Dillon Clute, junior Rosalynd Ruch, junior Vanessa Wise, senior Gabrielle Goodman, senior Anya Long, junior Alexandria Schmidt, senior Max Thit, and junior Adham Westbrook pose on a bridge in the Lied Jungle for a picture.

said. "I wish I had brought an air mattress."

The lights-out time was midnight, and the wake-up call was 6am. Students were given breakfast and listened to a speaker on habitat conservation in Madagascar before heading back to school.

"He talked about how he went there and helped gather some people to plant trees to help gain back some of the habitat that humans destroyed," Wise said. "It was interesting."

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Literary magazine opens up to student body

Stella Ehrhart
staff writer

Duct Tape, Central's literary magazine, is upping its publicity and it has many Central students excited.

Duct Tape is a student lead publication. The four honors writers who run the publication are senior Claudia Richwine, sophomores Daniel Graham and Chineme Ekeh and freshman Isabella Mitchell.

This publication has been up and running for quite some time, but these four students are reinventing it.

"It is a literary art magazine, so we feature both works of poetry and prose as well as two dimensional drawings and stuff like that" said Richwine "It is basically just a collection of the best works that kids at Central have to offer."

"It's different collections of writing from people who come from different back grounds, have different thoughts, are different people," Mitchell said.

Any student at Central is eligible to submit their work, including short stories, poems and artwork. Students can submit their physical work in the box in the library or to room 240 and can submit digital copies of their work to chsduct.tape@gmail.com. "If you have any questions or want advice on your writing you can totally email us about that too." Richwine said.

Any student can submit as many times with as many different pieces as they wish. The first issue releases in October, with a horror theme. Submissions will be taken

no later than Oct. 4.

The publication is student run, so these four have say over every issue. "Students will be less likely to censor someone's artwork," Mitchell said. "[The teachers] are more likely to control it to the point where kids can't be as creative as they would like to be."

They want to encourage every student who is a writer or an artist to submit their work. "It means a lot to be able to share something you are passionate about and something that you spend a lot of time creating. If it's like art, if it's poetry, whatever it is," Ekeh said.

"It gives students a place to express themselves that's safe," Graham said. "And it's not high stakes but it's somewhere they can put out their work and get experience writing, drawing, or whatever they want to do."

Mitchell explained that since Central is such a diverse school the students create such diverse work.

"One of the biggest things I've noticed in my past three years here is that, basically the entire student body is insanely talented in all sorts of ways, especially in the arts, like every branch of it." Richwine said.

The four also expressed that students needn't feel as if their work is not good enough because they are more than willing to help and make corrections. The magazine wants everyone's views and ideas.

"Just submit, it doesn't have to be perfect," Graham said. "We can help edit; we can help meet your needs."

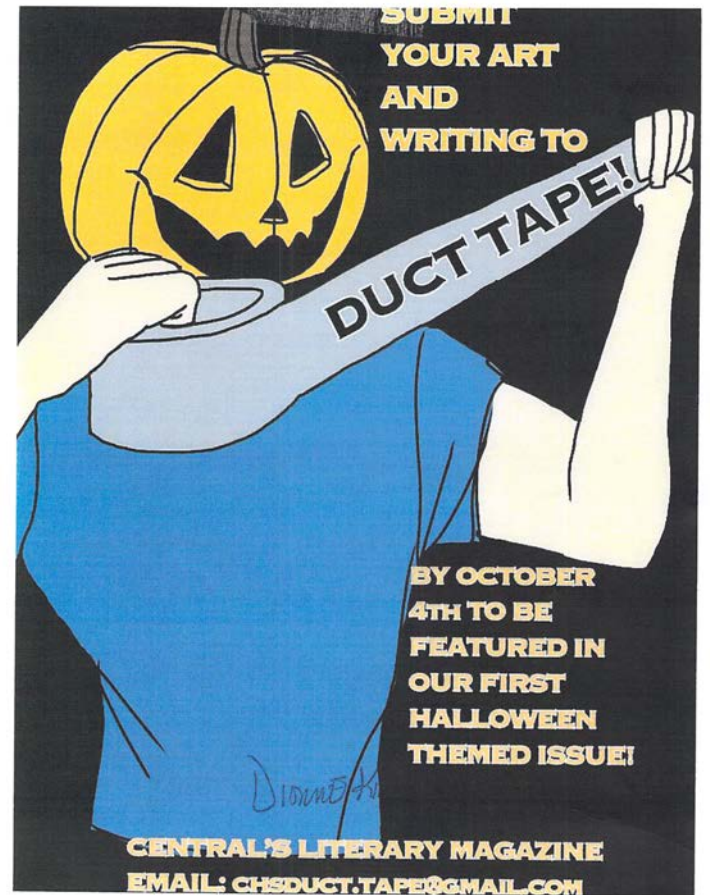


Photo Courtesy of DUCT TAPE

Speech, debate returns as an offered class for all grades

Emily Hodges
staff writer

Speech and debate is being offered as a class Central this year. Nineteen Students Currently Participate in the new class taught by Molly Mahannah. Although this is the first year in over five years having a speech and debate class, it has been a club for two years. Since her first year, it has been Mahannah's goal to form a speech and debate class at Central. She started the club after her first year at central and got the class approved this year (her third year). As a former member of a speech and debate team, Mahannah was quick to make sure speech and debate was an opportunity at Central.

"I remember competing here, Central used to host, I was surprised there wasn't a team." Mahannah thought it was about time for this class to be offered to students.

The objective of this club is for the students to sharpen their public speaking skills. Within the class students write for warm-ups watch and critique old speech competitions, and practice performing for the class. As of right now there is no honors option for the class but Mahannah hopes to change that soon. The class and club are offered to students in any grade in an effort to get as many students involved as possible.

Although speech and debate is now a class, one does not have to be enrolled to participate in the club. If one chooses to join the club still, there will be options to practice outside of class. Non-enrolled students would miss preparation for competition and homework, but they could still participate in competitions if they come in to the club on Wednesdays and Thursdays.

Competitions for speech and debate are on certain Fridays and Saturdays. Central competes against other class A schools. Students prepare for this competition every day in class.

"We go over basic public speaking skills and then they have time to work on individual parts of competition," Mahannah said.

Even though it is their first year, Mahannah has entered them for districts with hopes of making it to state. Any students in the class or club can make it to state if they compete well in districts. Speech and debate may be a new class, but there is a lot of optimism for its future success.



Hannah Brown | The Register

English teacher Molly Mahannah speaks to her 6th hour speech class. Students work on skills for their upcoming competitions

Changes made to AP courses

ADVANCED PLACEMENT from page 1

the curriculum, especially that of the World History course, according to AP World History teachers Victoria Deniston-Reed and Joseph Mickeliunas.

This was also amongst the most controversial of the changes. The initial plan would shift the start of AP World History away from 10,000 years ago to 1450 CE, which many expressed concern would result in the teaching of an overly Euro-centric curriculum that would all but ignore regions like Africa and the middle east.

However, according to Deniston-Reed, CollegeBoard ultimately shifted the beginning of the curriculum from 1450 CE to 1200 CE due to backlash from AP teachers.

Despite this, some teachers, like Mickeliunas and Deniston-Reed, are still concerned about the changes. Mickeliunas, who specializes in the ancient Mediterranean, a period falling well before the beginning date of 1200, is worried the changes will leech much needed context to the historical events being taught in the curriculum.

In the way of AP Chemistry, Elliott said that the curriculum did not undergo any changes in content, as World History underwent, for Chemistry it was mainly organizational change, away from "big ideas" organized by discovery to a unit or chapter-based structure of organization, with each idea organized by what topic it matches with.

Despite the changes, the AP tests will still be administered on the same date as before, so college admissions will be mostly unaffected, according to college counselor Angela Meyer.

In-Depth: Sexual

Junior assaulted, perpetrator charged, convicted

Faith Stryker and Alexis Radke-Chism
staff writer

On average, in the United States, 321,500 people experience sexual assault or rape each year. Women between the ages 12 and 34 have a higher risk of any other age to be sexually assaulted.

On Nov. 17, 2018, junior Jane Doe* experienced sexual assault at a small high school student get-together. Senior Nestor Ozuna-Christanos was put into custody for suspected sexual assault against Doe in the first degree.

"We were just planning on getting a bottle," Doe said. Doe and one of her junior friends bought alcohol from a friend.

After they purchased the alcohol, Doe was asked by Ozuna-Christanos and another senior if they could join. Doe said yes, and they all went to Ozuna-Christanos' house.

Ozuna-Christanos had not consumed any alcohol that night, but everyone else did; later, Ozuna-Christanos assaulted Doe.

The next morning, everyone woke up at Ozuna-Christanos' house. Doe wanted to leave right away, but everyone else didn't.

"I wanted to go home, but they all wanted to smoke," Doe said. The group then smoked marijuana before Doe drove everyone home.

She told her friend Junior Faith Stryker over text everything that happened, and Stryker insisted on picking her up. Stryker then picked Doe up and drove her to the hospital.

"I started to freak out a little bit mentally," Doe said. She was nervous about going to the hospital because she had no idea what was going to happen.

When she was omitted to the hospital, the first person to talk to her was a nurse. When they started to ask medical questions, Doe decided to call her mom.

"She gave me like a bunch of pills, a shot, took my blood and gave me a rape kit ... that wasn't fun," Doe explained. She described the experience and process as uncomfortable and long. She talked to doctors, nurses and a police officer.

The police and her personal both told her to keep quiet so they could do an investigation. They also asked for the names of all the people she told about the assault.

Doe suffered mentally from this situation. At first, she describes it as "not clicking." Once her friends and Ozuna-Christanos began questioning, she started to accept what happened. She began going to school only a few days a week.

"When he ended up admitting it, that was the day it all came together for me," Doe said. After that, Doe describes it as entering an all-time low. She stopped going to school all together for a while.

High school students all over the world are susceptible to experiencing sexual assault. 50 percent of reported sexual assaults involve some form of alcohol. If a high school student experiences sexual assault, they should tell a trusted adult or school official right away. Students are advised to be safe at parties and stay away from alcohol and drugs.

*Victims name has been changed to protect her privacy

Opinion: Common rape statistic misleading, used to create fear



EMMA WHALEY
SAVE THE WHALES

You've been lied to. Your emotions have been used without your consent to spread fear. This isn't fear of terrorism or climate change. This is an unnecessary fear of rape.

Don't get me wrong – rape happens and it's horrible. But it doesn't happen as often as you think it does. You may have heard that one in five women get raped. This is a blatant lie, and the people who told you this know it.

The study this statistic is based on is called The Campus Sexual Assault (CSA) Study. This study is fundamentally flawed, should not be trusted and is often used out of context to support a regressive leftist argument.

When you've heard the "1-in-5" statistic, has it ever been in the context of college campuses? I'm betting it hasn't. The CSA Study was a survey that was conducted on two large college campuses, one in the Midwest and one in the Southeast. It only asked students at the campuses about incidents that occurred on campus. "1-in-5" doesn't mean one in five women in general; it means one in five women on college campuses.

The CSA Study provides a list of what they considered sexual harassment and what would

MYTH

Only women can be sexually harassed

Men can be victims of sexual harassment, according to 1in6.org, at least one in six men are victims of sexual abuse or assault

MYTH

It's only harassment if it's physical

The University of Michigan defines sexual harassment as any "unwelcome sexual advances"

MYTH

Many victims lie about being assaulted

Only about 2% of victims make false claims of sexual assault.

count towards their final statistic. One of the items on this list is consensual contact under the influence of alcohol. This means that two people who got drunk at a party and made out have committed sexual harassment. The CSA Study came to the conclusion that 19 percent of women on college campuses experience sexual assault.

So, why do leftist sources like BuzzFeed try to convince us that one in five women in America get raped? It's simple and diabolic. It's fear mongering. These platforms try to convince the public that women are in constant danger of men's libido. That they need special protections. For so-called "progressive" platforms, this seems very regressive. After all, modern women shouldn't be sheltered and protected from the world like children.

The things these platforms do with the "1-in-5" statistic are purposefully misleading. FCKH8.com, a for-profit site that sells sloganed merch to "raise awareness" for various causes, posted a video titled "Potty-Mouthed Princesses Drop F-Bombs for Feminism" in 2014. The video featured girls from age six to thirteen counting themselves off and explaining how one of them will be raped, prompting the watcher to ask which one it would be. Appealing to the emotions of the audience by incorrectly stating that one in five of these cute little girls will be raped is blatant manipulation. Of course, the audience won't want any of the girls to get raped, so they'll focus more on this issue, which has been blown out of proportion, than on issues such as male domestic abuse or female genital mutilation.

Now, could these platforms simply not know that the statistic applies only to college campuses and considers a large range of acts to be sexual assault? It's possible. But there is no reason for them to not do their homework. Going to Google and typing in "1-in-5 rape" will suggest an article by Forbes titled "The Stat that 1 in 5 Women Are Sexually Assaulted Doesn't Mean What You Think It Means." If these platforms were actually concerned about women's rights, they'd do their research, but that's not their main goal. Organizations like FCKH8 want to sell you t-shirts and BuzzFeed wants to remain at the top of the liberal "news" supply. They don't care about rape; they care about themselves.

The "1-in-5" statistic has been dragged through the mud and reappeared torn. None of this is to say rape doesn't happen or that it's a non-issue; in fact, victims of sexual assault should feel outrage that their pain is being used to sell merch and manipulate people into holding other issues in low regard.

One in five women don't get raped. Stop spreading this misinformation and stop sparking fear in young girls.

Misconduct

Myths v. facts of sexual harassment

Olivia Gilbreath
executive editor

MYTH

If they don't say no, it's okay

The absence of a no doesn't mean yes.

MYTH

A person can't take back consent

Anyone involved can change their mind at any time.

02

Local support resources for victims of sexual assault, harassment

Heidi Heyden
staff writer

For decades, it has been considered taboo to even accept an experience of sexual harassment or assault, let alone talk about it in public. People often feel alone, misunderstood or as if their experience is not “bad enough” to seek help. In reality—according to the National Center on Domestic Sexual Violence—one in four girls and one in six boys will be victims of sexual assault by the time they turn 18. Because it is such a large-scale issue, it is important for these people to receive the help they need in order to improve their lives as much as possible. Fortunately, Omaha offers numerous places for resources that are more than willing to help people who have been victims of sexual harassment and/or sexual assault. Many of them are confidential, and they all have a hotline that can be accessed during times of crisis.

Women's Center for Advancement (WCA)

The Women's Center for Advancement is an organization that works to provide shelter to those who have experienced or are experiencing—but not limited to—domestic violence, sexual assault, human trafficking and stalking. In addition, they provide prevention and education services to ensure that more people are informed about the statistics and dangers of sexual assault. It is located at 3801 Harney St and the hotline is 402-345-7273.

Safe Haven (Heartland Family Services)

The Heartland Family Services provide advocacy, education, counseling, therapy and support groups for both men and women to help victims of domestic violence. They also provide a concealed emergency shelter called Safe Haven, as well as a crisis hotline. In addition, the Heartland Family Services offers three outreach groups: Choosing Non-Violence, Mujeres Y Valores and Voices Without Violence. It is located at 2101 S South 42nd St and the hotline is 800-523-3666.

The Shelter (Catholic Charities)

The Shelter is a service provided by Catholic Charities that provides both emergency shelter and temporary housing to domestic abuse victims. These shelters are in undisclosed locations to protect the safety and privacy of the survivors. It is located at 3300 N 60th St and the hotline is 402-558-5700.

Safe-T Program (Salvation Army)

Safe-T is a program provided by the Salvation Army of Nebraska, South Dakota and Western Iowa. Their mission is to help survivors in all forms of trafficking build their lives in a way that empowers and is meaningful to them. They support survivors of human trafficking by offering a comprehensive case management that helps them achieve their life goals. In addition, they also provide resources such as food, clothing, emotional support and counseling, emergency or long-term shelter, childcare, drug and alcohol treatment, healthcare, legal assistance and so much more. The hotline is 1-888-373-7888; request to speak to Safe-T staff member in Nebraska.

Nebraska Coalition to End Sexual and Domestic Violence

The Nebraska Coalition to End Sexual and Domestic Violence is a statewide advocacy group that works to prevent sexual and domestic violence, as well as increasing the safety and justice of these victims. They also work towards eliminating racism, homophobia, anti-Semitism, classism and work to help groups who are often oppressed and silenced. This organization offers a 24-hour crisis line, protective legal assistance, an emergency shelter, education and prevention programs, medical advocacy and ongoing support. It is located at 245 S 84th St Suite 200 in Lincoln and the hotline is 1-877-215-0167.

Opinion: Catcalling a real issue facing high schoolers, must be stopped

Makenna Anderson
staff writer

There's a growing problem in the world: street harassment. Sixty-five percent of 2,000 women nationwide said they had been harassed on the street in a Stop Street Harassment survey taken in 2014. This includes catcalling, something that is a controversial topic. Is it a compliment? Is it objectifying? Here's the answer: it is not a compliment and it is objectifying. And it's something that a lot of high school girls have experienced.

According to a worldwide study done by Hollaback!, 84 percent of girls aged 11 to 17 have experienced street harassment. From fifth graders to seniors in high school, girls are exposed to verbal and sexual assault on the street. Imagine a soon-to-be freshman walking the streets of downtown with her best friend when two men start walking alongside them. They call them beautiful and ask their age. It's just a compliment, right? So what if they're twice the girls' age? Just take the compliment. And if the girls feel unsafe, that's too bad. No one stops the two men from pestering them. This story isn't made up- it's a firsthand experience.

The fact is that catcalling is not something that makes girls feel special. It makes them feel scared to walk alone, scared to express themselves the way they want to. Sixty-six percent of people said they



changed the way they dressed, according to Athena Talks, as well as 70 percent of people not going to a party because of fear of street harassment on the way. Catcalling and street harassment isn't just one comment that the woman will forget and let go. It affects their way of life.

Women change their route home or take an Uber or taxi instead of walking. This presents a financial challenge in addition to the emotional damage that catcalling has on people. Athena Talks also said that 35 percent of people have moved or quit jobs because of the high number of street harassers in their area.

The effects of street harassment also present mental difficulties. The American Psychological Association says that the objectification and sexualization of women, especially younger girls, has effects on their math skills and logical reasoning. In addition to cognitive abilities, sexualizing girls also leads to eating disorders, low self-esteem and depression.

There are ways to stop street harassment. Step in when a person is being catcalled or if they look like they feel unsafe; help them to get away from the situation. Stop blaming the victims for what they wear or the way they walk and start holding the harassers accountable. Lastly, just shut up and don't comment on stranger's appearances. Catcalling never worked to get a girl's number anyway.

OLIVIA SCHICKE | Contributing Cartoonist

Class officers plan activities

Malcolm Durfee O'Brien
editor-in-chief

On Aug. 24 at Columbus Field, the first of a series of senior class bonding activities, a kickball game and picnic, occurred. Roughly 50 seniors attended the event, which had an admission fee of a food item for the picnic. "Even more people came out than we expected," Senior Class Activities Coordinator (and brother of Class President Lauren Anderson) Will Anderson said, Senior Class Vice President Vanessa Amoah was also pleased with the turnout and how the event as a whole came out, saying, "It went exceptionally well, we all had fun and played a fair game of kickball. We even danced on the bleachers."

This event was planned by the senior class officers, with Senior Class President Lauren Anderson and Amoah expressing their hope that the events help unify the Senior Class and break through artificial divisions that have been formed since each students' Freshman year. "We've been divided into cliques over the first few years of high school; it may sound cliché, but senior year really is all about coming together," Lauren said. "These events will be a great way to break these cliques and help us all create a new network of support and friends."

Amoah echoed these same sentiments, saying, "We all come from around town but the one thing we have in common is we will all graduate and take the next step into life together. We want the Senior class to have a strong foundation. Community is so important, especially when leaving high school."

"I just want the senior class to be the closest and strongest group of people there has ever been at Central," Will explained in his hopes for the events.

While the specific number of future senior activities is unclear, the senior class officers do plan to hold further class bonding activities. "Honestly, the planning has been pretty good. We've had some healthy debate about how realistic some of the ideas are," Lauren said, explaining how though no proposals have been officially finalized, several proposals have been put forward by the officers.

"I would like to take a senior trip," Amoah suggested. "Possibly go to an arcade or bowling alley so we can just enjoy each other's company."

Lauren has also suggested some proposals herself, including a fall activity at Vala's Pumpkin Patch and a movie night in the school's gym for the senior class.

"Hint: ice skating," was what Will had to say on the topic of potential future events.

Lauren, whose main campaign promise was to alleviate mental health issues in the student body, expressed some of her hopes that these bonding activities will help to further her pledge.



Photo Courtesy of WILL ANDERSON

Group photo from the first senior class activity, a kickball game. Around 30 students attended the event.

"With larger friend groups and more integration of cliques, I think these events will fortify students' mental health by forming connections and establishing a support network."

Lauren then stated that she and the officers plan to have the proceeds of future events go to charities aimed at alleviating mental health problems. "September is suicide prevention month and October has mental health awareness week; lift each other up, get to know each other."

Ten new members to be added to Hall of Fame in October

HALL OF FAME from page 2

combat positions, although Holt was assigned to the 332nd Fighter Group and 447th Bombardment Group in Tuskegee, Alabama, the first African-American fighting air squads.

1954 graduate Sharon Gidley Marvin Igel dedicated her life to bettering the Omaha community, teaching and volunteering for several civic institutions in Omaha. Boards she has served include United Way of the Midlands, United Way of America, Joslyn Art Museum, Nebraska Museum of Art, Nebraska Arts Council, Nebraska Humanities, Children's Hospital, Nebraska Statewide Drive for NET, University of Nebraska Medical Center, World-Herald Good Fellows, Junior League, Commercial Federal Cooperation, Suzanne and Walter Scott Foundation, Millard Foundation and Omaha Community Foundation.

1965 graduate and writer for The Register John Kuhns would make his mark in the newspaper world as a lawyer and advisor to the Washington Post and later a chairman of a group of newspapers in England. After high school, he attended Yale earning a law degree. Throughout the rest of his life, Kuhns would go on to advise the Post, publish The Valley News, and be a chair for multiple papers and be active in multiple charitable causes.

1971 graduate Bruce Krogh had a long career in engineering research and education and establishing himself as an expert in the design and applications of computer control systems. He joined the faculty of Carnegie Mellon University in Pittsburgh and was awarded the Presidential Young Investigator Award by the National Science Foundation. Krogh's research projects included smart grid technology, mobile robots, semiconductor manufacturing, automotive power trains and aircraft flight control systems. Towards the end of his career, he moved to Rwanda to begin a program bringing graduate-level engineering education to the continent of Africa.

1986 graduate Zahn McClarnon went on to have a career in Hollywood. He credits his Central drama teacher for helping him discover his love for acting. During his career, McClarnon has often played roles that reflect his Native American heritage. He moved to Los Angeles in the early 90s and got his start with cameo roles on television. In 2005 he played Running Fox in "Into the West." He acted in multiple critically acclaimed roles such as Chief Matthias in "Longmire," Hanzee Dent in "Fargo," a Comanche chief in "The Son" and played a recurring role on the HBO series "West World."

C.M. Nick Newman graduated from Central High School in 1943. Newman grew his fam-

ily's business into a regional industry leader, although his lasting contributions are the ones that helped his community, turning 30 small grocery markets into 45 modern supermarkets and developed a concept of operating food departments within department stores from coast to coast. Newman also valued equal opportunity, helping found of Boys Club of Omaha, funded playgrounds in north Omaha, helped launch a minority owned bank and served as president of Goodwill Industries and Omaha's Jewish Federation.

1958 graduate Richard Speier played a major role in preserving peace during the nuclear age. His combined undergraduate degree in physics from Harvard with his political science doctorate from MIT allowed him to reform the nation's nuclear and space programs and analyze nuclear technologies for the Arms Control and Disarmament Agency. He co-authored "The Bomb in Southwest Asia," and joined the Department of Defense to start the Office of Nonproliferation Policy. He spent years working to design and implement policies that would prevent the spread of missiles capable of delivering nuclear weapons. He was awarded with the Meritorious Civilian Service Medal in 1988.

1909 graduate Madree Penn White was a hardworking advocate for women's and civil rights. She attended Howard University where she was an accomplished linguist and a leader in the campus NAACP. She was also the first female staffer of the school newspaper and is credited with the nation's first predominantly black sorority. This sorority focused on the advancement of women instead of social activities. She chaired the committee and became the second president. More than 1,000 chapters were eventually created around the world. During her career, White also worked as a journalist in St. Louis and Cleveland. She was honored by the Cleveland League of Women Voters before her death in 1967.

1955 graduate Eugene Zweiback became a general and cardiovascular surgeon. Zweiback attended Princeton University and then received a medical degree from Columbia University. He later served as chief of surgery at Air Force Academy Hospital in Colorado Springs. After returning to Omaha, he worked primarily at Clarkson Hospital, but practiced throughout the city and worked two years as president of the Midlands Hospital staff. Zweiback has also volunteered to give medical services for the indigent in both Phoenix and Omaha.

"These alumni and their contributions are truly remarkable. Their compassion for their communities and the people around them has allowed them to better others and themselves. They will inspire generations to come," Bennett said.

EDITORS' NOTE:

We are humbled to present to you the 136th volume of the Register for the 2019-2020 school year. We look forward to helping educate the student body and sharing their views.

This issue has come out of the greatest weeks of labor and suffering for the two of us, with many hours of blood, sweat and tears being poured into this first issue. While you may feel it is unimportant or unimpressive, we are proud of the work we have done and the work our staff has helped us do on this newspaper.

We hope you enjoy the first issue of the Register and look forward to delivering more high-quality content to you over the coming year. Thank you for reading our newspaper

Malcolm Durfee O'Brien
Emma Whaley
Editors-in-Chief

Malcolm Durfee O'Brien
Emma Whaley

ATTN: *the* REGISTER

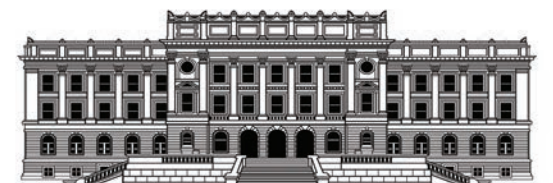
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It is the goal of the Central High Register to represent the student body in issues affecting their lives as young people and students. If you feel that we are not covering an issue that is important to you, we welcome contributing writers who bring fresh ideas to the issues. If you would like to write a story for your student newspaper, please contact Hillary Blayney at hillary.blayney@ops.org or come to room 029 to discuss your idea.



the REGISTER *staff*

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opinion

DUAL FOOLS

New AP rules create a larger economic gap between honors and regular classes

Simret Habte
staff writer

Central partners with a couple different universities in the Omaha area to dual enroll most of its Advance Placement classes so that students can accumulate college credit while still in high school. In previous years, AP students had a couple different options when it came to college credits. They could either dual enroll in the class and guarantee college credits at the sponsor school while also taking the AP exam to attempt to get credits for schools that don't accept dual enrollment, they can choose to only take the AP exam, they can choose to only be dual enrolled or they can choose to opt out of getting college credits and just take the AP course.

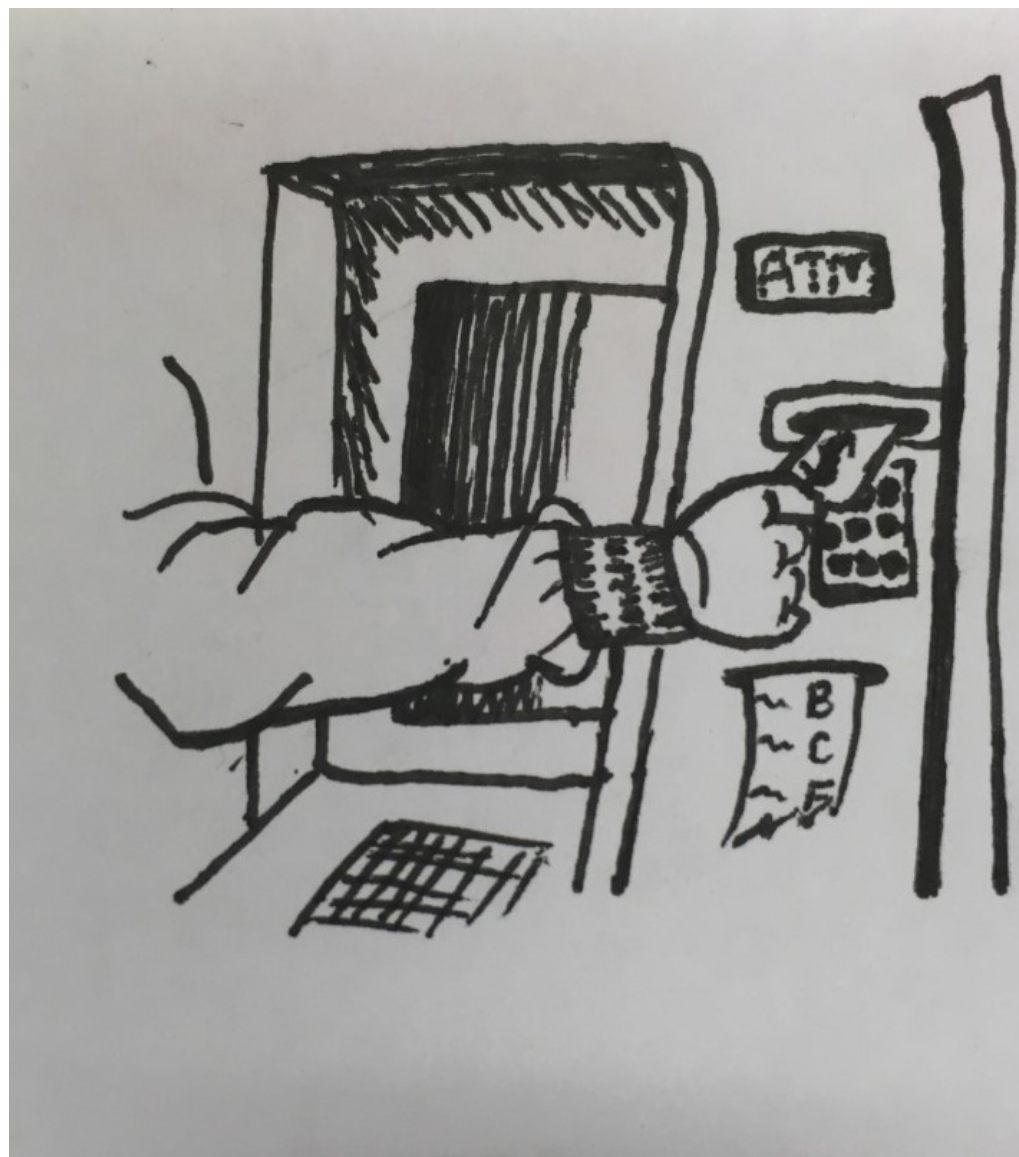
This year, those rules have changed. Beginning this year, all OPS students who are taking an AP class, regardless of whether they're dual enrolled, are going to be required to either take the AP test at the end of the year or an Alternative Assessment provided by the district. The intention behind the Alternative Assessment is to encourage more kids to take the AP exam and emphasize that AP classes are about challenging yourself. In reality, it just tells students that the district cares more about their money than it does about their success.

In high school, often times students are made to feel like dollar signs rather than students. Throughout the course of four years, there are countless different expenses that come along, just a small portion being AP classes. The biggest problem with the new rules for AP classes is that the Alternative Assessment is factored into the students' final grade whereas the AP exam can't be, as the scores come out mid-July. Although requiring all AP students to take some comprehensive exam to "challenge" them seems like a good idea, the fact is, the Alternative Assessment is an unfair way for some students to secure their grades in a class by paying for an exam while others are at the mercy of a heavily weighted comprehensive assessment.

OPS is a public school district with students of all socioeconomic backgrounds. This sentiment that "if you don't want to take a test then you shouldn't take AP" is exclusionary and isolates students who don't have the money to dual enroll or may not qualify for free or reduced lunch. Students shouldn't be charged hundreds of dollars to prove that they belong in AP classes along with their wealthier classmates.

OPS prides itself on being an inclusive environment that provides equal opportunities for success to all its students, but these new rules send a contradicting messages. It's already clear to see a huge disparity amongst the kids who are in AP or Honors classes versus regular classes based on socioeconomic status, and the implementation of required testing is only making that chasm wider.

SEDONA CHELOHA | Contributing Cartoonist



Planned Parenthood provides healthcare; defunding unfair

Livia Ziskey
staff writer

Health care has been a controversial topic in America for decades, but it has become one of the most discussed issues in recent elections. Within the topic of healthcare exists programs like Planned Parenthood. Under Obamacare, Planned Parenthood was able to provide affordable healthcare to millions of people as well as free birth control, cancer screenings, and free maternity care.

Recently, the Trump administration forced Planned Parenthood out of the Title X program, which is a program focused on family planning. The main goal of banning programs like Planned Parenthood is to ban abortions, which in itself is a violation of women's rights. Defunding Planned Parenthood takes away free healthcare from those who can't afford it anywhere else, and it does not benefit the healthcare system in any way.

The federal government does not specifically set aside money for these free healthcare programs, but the money trickles down through Medicaid and Title X. A patient goes to a Planned Parenthood center and receives care at little to no cost. Planned Parenthood then sends a claim to Medicaid, which reimburses Planned Parenthood for the cost of providing the care. The federal government reimburses the state Medicaid agency for part of the cost. Some of Planned Parenthood's funding also came from Title X, which is no longer possible because of the Trump administration.

Federal tax dollars do not pay for any abortions provided by Planned Parenthood. The Hyde Amendment of 1976 blocks Medicaid from funding abortions. In 2014, abortions only represented 3 percent of the care provided by Planned Parenthood. Medicaid dollars cover services like cancer screenings, HIV testing and birth control. Many of these services are not affordable elsewhere.

In a multitude of cases, Planned Parenthood is the only accessible healthcare option for its

patients. In over 20 percent of the counties where Planned Parenthood centers operate, there are no other healthcare providers who serve; patients rely on safety net providers.

Some politicians claim the other providers can take over Planned Parenthood's patients, but this is not accurate. Without Planned Parenthood, there are not enough reproductive health care providers to pick up the slack. Each year, Planned Parenthood provides birth control for nearly 2 million people, as well as over 4 million STD tests and treatment and over 300,000 breast exams.

Simply put, denying healthcare to millions of Americans will not make this country better. Those who believe in defunding Planned Parenthood believe in taking away the basic rights of American citizens, many of which already experience hardships in everyday life. The fate of public healthcare should not be at the hands of twisted politicians. There are ways to resist these actions. Contacting senators and spreading awareness are fantastic ways to fight for a patient's



ABIGAIL HUFFMAN | Contributing Cartoonist



SHOOTINGS on page 8



CLIMATE CHANGE on page 11



HONG KONG on page 12

Teachers superior over computers

Mackenzie Coughlin
staff writer

Now more than ever, new and higher paying job positions are offered that did not even exist a few years ago. Many people aspire to have a job like this that is new and exciting. However, when it comes to the education field, fewer and fewer people are choosing this path. This could either put a hinder on society or force it to evolve.

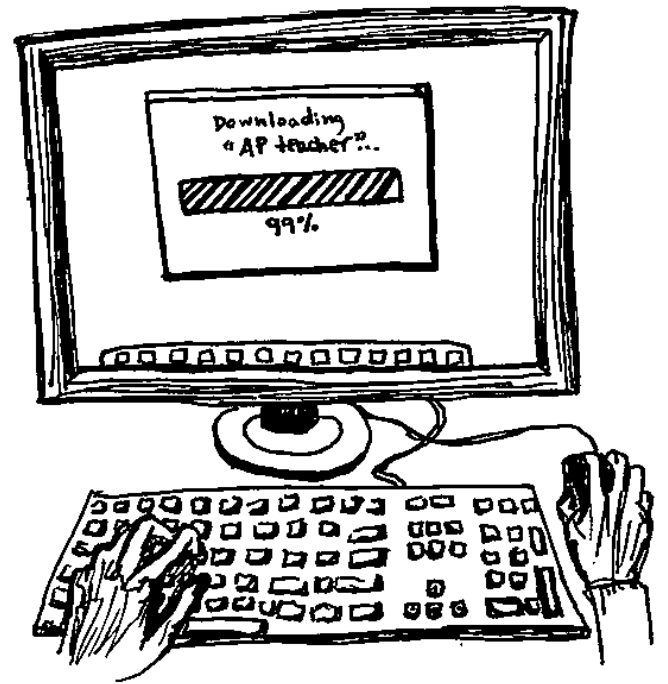
The main reason that the teaching profession is being looked down upon is the pay situation. Most know that for the work that teachers put in, they are paid below average. This does not add up, for the only way that employees can achieve higher paying jobs is through education. Those surgeons and doctors learn their practices from teachers.

The fact that teaching is a lesser paying career is also affecting the next generation of educators. If less people choose to become teachers, would it be possible that teaching becomes electronic? Would it no longer require a real person? This is a realistic situation because it has happened in the past before. Humans have witnessed the creation of artificial intelligence and know its capabilities. It is not so far-fetched for a robot or system of some sort to teach school-like lessons.

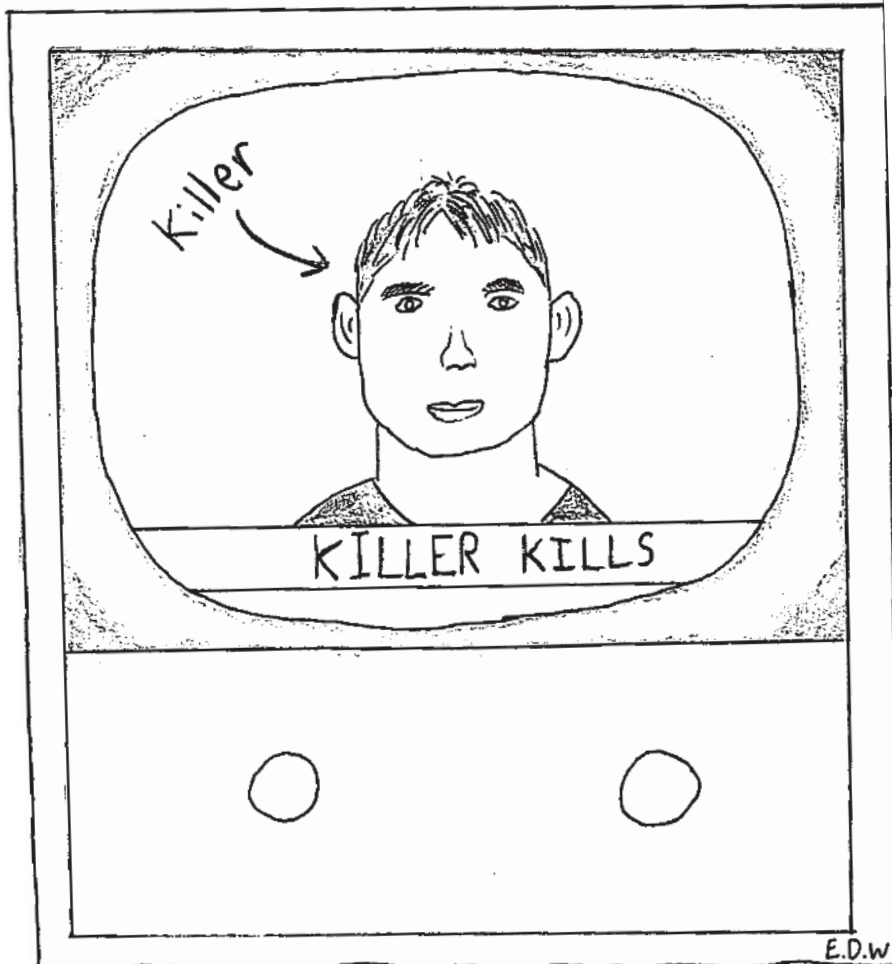
If in the future teaching became solely through a computer, a career that has been around since one can remember would cease to exist. This would create a lot of controversy, for a system online would not be able to educate students like a person in real life can. It is scientifically proven that one learns better when hearing the information in person rather than just reading it on a screen; students' knowledge may be limited when learning online only.

Having future generations of less knowledgeable people can lead to many consequences. If one is not taught certain life skills or lessons that students learn daily from real teachers, there are several things that could go wrong in the government, economy or really any part of society.

Even though the ability to utilize technology for so many things is advancing society, sometimes it can go too far. Education is one part of life that has been around since the beginning and has always been successful. As the popular phrase says, "If it ain't broke, don't fix it."



SEDONA CHEOHA | Contributing Cartoonist



EMMA WHALEY | The Register

Mass killers given too much notoriety

Alexis Radke-Chism
staff writer

Mass shootings, worldwide, are getting worse; they're not only increasing in number but getting more deadly and dangerous. There are many reasons for this, but the number one reason is the media coverage and the lack of belief that mass shootings can't be stopped.

To understand the cause of these shootings, profilers research a person until they understand how and why they did it. Then they compare different criminals who take part in mass shootings to see how they are mentally alike so they can use that information to catch criminals in the future. This doesn't mean that all mass shooters are alike; they just have common traits or pasts that lead them to cause a mass shooting.

Most people who cause mass shootings experience some form of trauma or violence at a young age. What causes them to decide to start a mass shooting is a crisis in the months before the shooting. Mass killers are mentally hurt in some way and they want others to feel that pain. When the media covers a mass shooting, they blow it up, spreading the information to anyone and everyone. The killer knows this is going to happen, so he also knows a large amount of people are going to feel the pain he wants them to.

The goals of media campaigns such as #NoNotoriety are to starve these perpetrators of publicity. They want media platforms and news to focus on the victims and the heroes of the attacks and not the killers. They encourage citizens to contact their local news stations, radio stations or cable networks and challenge their news. You can direct these media sources to NoNotoriety.com and urge them to take the No Notoriety pledge.

Social media companies need to be held more accountable for allowing shooters a lot of publicity. They need to tell the story and inform others and then be done with it. We need to convince the media to shift their focuses toward the people losing their lives and risking theirs to save others - not toward the people who are taking those lives.

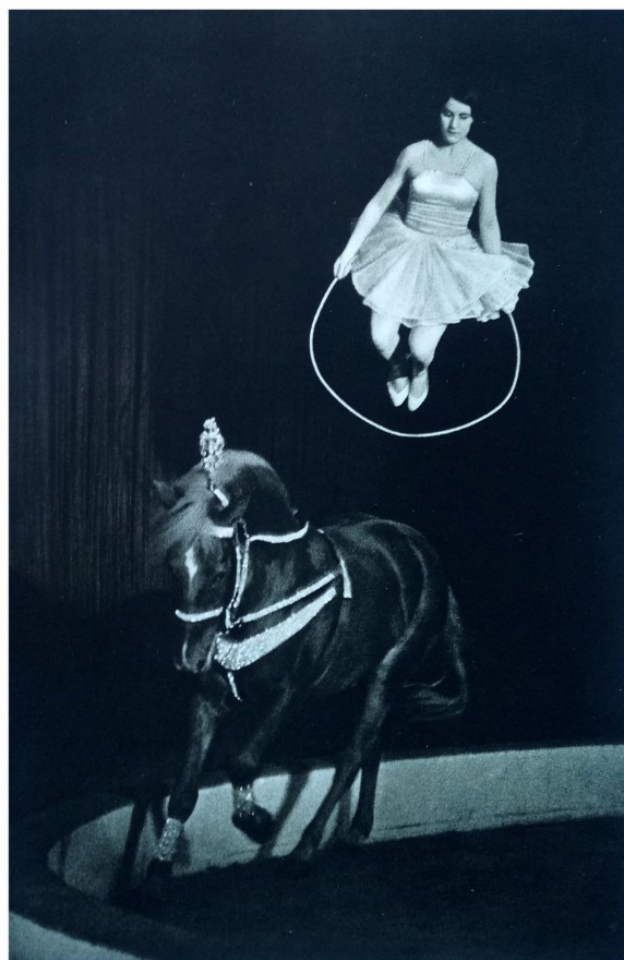
Some people believe that there is no solution or prevention of mass shootings. Now, there might never be a way to completely stop mass shootings, but there are ways to prevent as many as possible.

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Female president would provide women's rights, role model

Daisy Friedman
visual editor

When I was a little girl, my parents told me I could grow up to be whatever I wanted to be. They did not mention, however, that as I got older the stipulations of that statement would grow.

When I told my relatives of my dreams of becoming the best in my field, they looked at me with eyes that seemed to say, "You can be whatever you want to be as long as it fits within the guidelines of what society expects of you." I started to wonder why women only came up in my history classes as an illusion to either weakness or fragility. There were few women in power and those few had to fight to be there. It was not the standard. I didn't understand why that was.

The United States often prides itself on being on the cutting edge of all worldly issues, but if we had the technology to send a man to the moon in 1969, how can we claim that we have not begun to conceptualize the idea of having a female president in 2020?

In the political climate today, politicians are always asked how they are going to combat women's issues. The men amongst them stick their noses in the air and spout jargon about how they know what women need. More accurately, they spout what they think women need based upon what is most convenient for them.

Having a female president would mean all of those men would have to answer to the one with the uterus, thus the one who has the right to hold an opinion. All of the current female presidential candidates are pro-choice. Keeping abortion legal will save millions of women's lives around the nation because, let's face it, making abortion illegal will not stop abortions; they will stop safe abortions.

Women have experienced societal prejudice, so they know societal prejudice. Since the beginning of time, women have been seen as less than for the simple fact that they are

women. They've had basic human rights taken away from them and had to fight for those they do have. A woman would focus on finding a way to lift the population of America rather than the reputation.

Maybe, with a female president, we can begin to debunk misogyny starting with our children. We realize it is important for girls to have female role models in a position of power, but it is even more important for boys to see the same thing. Boys are taught to assume superiority based on gender.

When I was a freshman, there was a boy in my class who looked me dead in the eyes and said, "You're a woman, you're not supposed to have an opinion." After I didn't smile, he told me I had to learn to take a joke. Bottom line is, having a female in the highest office will promote mutual respect as human beings between genders.

People always say that having a woman in the White House is a bad idea because she would be too emotional. Good! We want a president who will empathize with the struggles that face America. We want someone who will be emotional and pragmatic at the same time. Someone prepared to stop and think about decisions regarding foreign policy.

Men have an evolutionary behavior of proving who's "alpha" that can lead our country into disarray.

One thing that will be interesting to see play out is that if we have a female president, there is the potential for people to look at her as a female in a male position of power, rather than a female in a female position of power.

My hope is one day for a woman to be able to be everything that women are and want to be, such as sexy and feminine, while still holding power and not being seen as an object.

It is time for us as a nation to wake up and step into a new age of politics with fewer glass ceilings and many more pantsuits.

SEDONA CHELOHA | Contributing Cartoonist



Staff using elevator when unnecessary disrespectful, ablest

Stella Ehrhart
staff writer

Central's elevator is not all it's cracked up to be, so why do teachers keep using it? For those who need the elevator, for whatever reason, it is a godsend. It makes getting to classes far easier and possible. It's a nice break from the very fast pace of passing periods that are difficult for those who have physical impairments. Plus, who wouldn't love awkward elevator conversations?

But it also comes with many flaws. The most obvious being that it takes forever to get to you. The elevator takes quite some time to get to the floor you need to get off on because it will pick up and drop off people. It is also only on one side of the school so once you get to your floor you may have to walk around two sides to get to your class.

In the main part of Central, the elevator is very small, creaky and either blazing hot or freezing cold. Plus, you can hear everything happening on the floors in between which is very unsettling. It is full at all times with people on crutches, in a wheelchair, or on a roller foot.

Yet, many staff members choose to ride the elevator out of what, joy? Laziness? Fun?

There are many employees that ride the elevator for valid reasons, like knee issues, heart problems, moving carts etc. But that is pretty much all I can come up with. The vast majority simply want to avoid walking the stairs with students.

This is not only offensive to the students but makes moving through the school very difficult to anyone who is not able bodied.

Most students who ride the elevator are over five minutes late to their classes because the elevators are so full; they must wait for it to take many trips and come back down. Five minutes doesn't seem like a lot, but they are missing sometimes 45 minutes of class time a day.

It is a running joke around elevator kids that we are late to every single class.

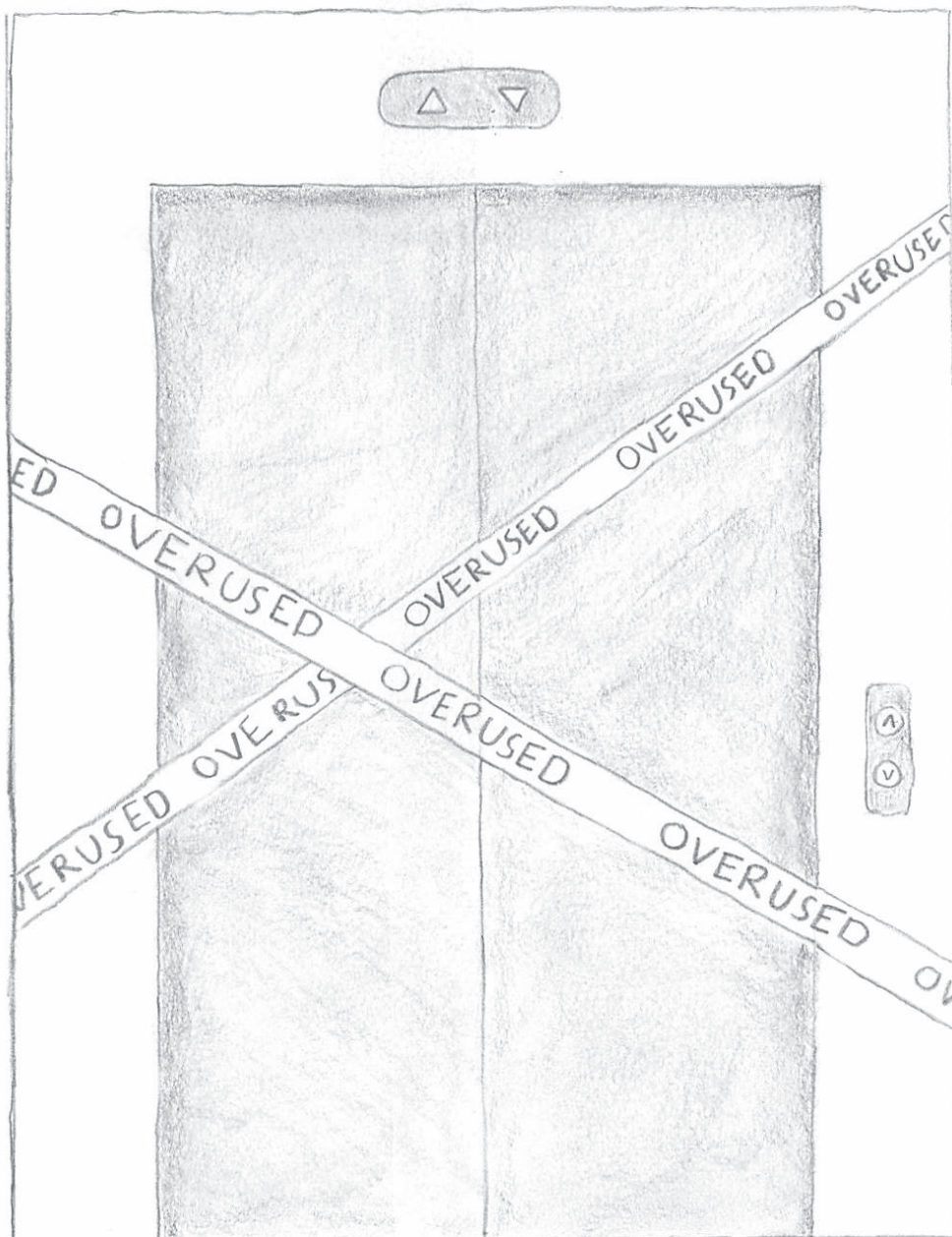
Riding the elevators with a teacher can also be cause for very demeaning conversations. I do not have a visible disability, so every time I get on the elevator with a staff member, they ask to see my elevator pass and check to see if my key is real. They also ask what is wrong with me and why I "like" to ride the elevator.

I have had a few conversations with other students on the elevator who look fine about how hard it is to have to prove your right to be there to every passerby. We are given keys and passes by the nurses because we need to use the elevator; that's as much as we should go through. It is not the job of every educator to interrogate us.

This is ableism in its purest form.

Staff on elevators also feel very entitled to their position there. They have a tendency to ask students to wait till they get off to get on because they don't want to be late to class, or simply press the door close button and yell "you'll have to wait".

I have and will never ask an adult why they chose to use the elevator because I don't want to put them in the same position that they put me and others. If you are on the elevator, I'm going to assume it's because you need it. But if you don't, please refrain from using it. It's very inconsiderate and downright disrespectful.



EMMA WHALEY | The Register

E.D.W

Uniforms good, cost-effective

Grace Ridgley
staff writer

Every morning, students are faced with the same question: what to wear to school. But, for some, this is a much easier task. Uniforms provide a solution for this simple problem and many others as well. Throughout the history of schooling, uniforms have been prominent, especially in private schools across the country. To some, the thought of having to put on the same boring outfit every day is soul-crushing, but there are also benefits that go along with it for students, families and administration.

The first, and possibly most impactful benefit of students wearing uniforms, is the cost. In most public schools, students come from a wide variety of living situations, family incomes and personal struggles. Often, children will feel the need to dress the same as their peers, even if they cannot afford to do so. Uniforms are an affordable way to combat this.

"On average, teenagers spend around \$300 – \$400 a year on clothes, which breaks down to about \$5-\$8 a week. There will be some additional costs throughout the year, but parents are still paying for food at this age. Once you have hit that 16th birthday, purchases tend to increase dramatically," said Bright Hub Education in an article about how much money teenagers will spend on clothes.

With uniforms, the cost will be far less because there won't be as much need for casual clothing during the week. If every student has either a skirt or pants and three shirts for the week, their families are able to save money on clothes.

An alternative to buying uniforms new, as they can be expensive depending on what type they are, is the schools selling second-hand clothes, or even having a program to provide uniforms based on the families' income, much like the free or reduced lunch program.

One complaint that people have when it comes to wearing the same thing as everyone else is the lack of individuality and the ability to express oneself through fashion.

"I don't think that I would like to have uniforms because I would be wearing the same thing every day and look like everyone. That just doesn't seem fun," said sophomore Allyson Radke.

While this could be viewed as a problem, it is also a way for students to express themselves in different ways. They could focus more on what shoes and accessories they wear, or experiment with new hair colors. An additional benefit is the lack of distraction. When children are not focused on what they are wearing, they can apply that focus to their studies or even a sport.



SONIA RAMIREZ | Contributing Cartoonist

When asked if she thought that wearing a uniform would help her focus on school, Radke said, "Actually, I think that it might. I spend a lot of time worrying about how I look, and I guess if I didn't have to think as much about it, I would pay better attention in class."

Overall, uniforms will provide various benefits for students, even though they may not like the sound of it at first. Potentially, the school and its students can improve if this change is made.

Genetically modified organisms have place in agriculture, not a danger

Grace Turner
staff writer

Within the last twenty years, genetically modified organisms, otherwise known as GMOs, have been at the center of debate in the agricultural industry. There are two large groups that shun GMOs in the United States, small scale farmers who fear large corporations getting another advantage and a portion of the general population who do not fully understand the meaning of GMOs or their place in current society. While it is understandable for family farmers to fear GMOs due to large farm corporations, the general population has no reason to be fearful of the presence of GMOs in our food.

Genetically modified organisms are plants, normally crops, that are have changes in their DNA code that cause them to have particular traits more suited to an environment or that will result in larger output of crops. Since a lack of food is a large concern to many people, having crops that are more reliable and adaptable to new environments will help to ensure that food production will be less of an issue. The more crop production that is possible, the less likely it will be that a lack of food will cause the downfall of the human race.

Many people concerned about genetically modified organisms claim that they have not been studied long enough to be deemed safe for humans. They believe that GMOs may pose risks to health that are yet to be identified. While this is generally a decent point, GMOs have been indirectly used in food products for hundreds of years. Selective breeding is the crossing of two plants with desirable genes such as a larger size, also known as genetic modification. This technique has been used since nearly the beginning of agriculture.

However, selective breeding is a form of genetic modification that is unreliable and does not create consistently beneficial crops, therefore, using some of the ideas from selective breeding to create a scientific way of creating better offspring, which is what GMOs are, can create better, more consistent, results. These better results can be the difference between plants surviving in the most food insecure areas in the world and helping fix the food insecurity fears.

No one should be afraid of genetically modified organisms, as they have existed in our society for thousands of years. GMOs can protect people who are food insecure and help society to ensure that food issues will never be a consistent issue. Allowing people with irrational fears of GMOs control a resource that may beneficially alter the agricultural industry is an irresponsible choice that could cause a fixable issue to remain unsolved for many more



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How much does diet affect climate?

The argument of whether or not changing diets is an effective means to fight climate change, better the environment

PRO: Changing diet easiest way to help save the world

Elena Correa
staff writer

Climate change has become a frequently discussed topic around the world. World leaders, scientists, nutritionists and citizens have all asked the same question: how can we combat climate change? While there are many answers to this question, many people want to know how they can help as individuals in their daily life. The answer: change your diet! But how exactly do our diets contribute to climate change, and how do these habits need to be changed?

Cows and other ruminant animals, like goats and sheep, emit methane through burps and manure because of the grasses and plants they consume. Methane is a very harmful greenhouse gas. Nitrous oxide, another harmful greenhouse gas, is released into the atmosphere through manure and fertilizers used on crops for cattle feed. These animals also require large amounts of pasture to be raised on. In order to acquire this land, trees are cut down, which releases carbon dioxide into the atmosphere initially held in those trees.

Many statistics claim that agriculture contributes to climate change less than it does. This is usually because many stats don't account for land-use impacts. An acre of land allowed to grow native vegetation and forest can hold much more carbon than one used for food production. Taking this variable into account reveals that agriculture contributes more to climate change than many people may realize.

Ruminant animals have lower growth and reproduction rates than pigs and chickens and require more feed per unit of meat produced. Beef is the most resource extensive of meat, but all meat types are less efficient than plant-based foods. Beef requires 20 times more land and emits 20 times more greenhouse gas emissions per gram of consumable protein than most plant proteins.

Our world population is expected to grow right along with our beef emission levels. The global census is projected to grow to 10 billion people by 2050. Many of these people will join the middle class, allowing them the ability to increase their food consumption. Even after improvements in beef production efficiency,

pastureland could still grow 400 million hectares, a space larger than India, to meet the growing demand. The resulting deforestation could destroy our chances of limiting the global temperature to a rise of 1.5 degrees Celsius.

Agriculture not only contributes to climate change, but it can also be tremendously affected by it. It is suggested that by 2030, 90 percent of our major crops will be affected by climate change. For example, corn will decrease 12 percent in growth and rice 23 percent. The effects of climate change on food production globally could lead to more than 500,000 deaths by 2050. This includes food availability decreasing, severe weather destroying agriculture and public health deteriorating.

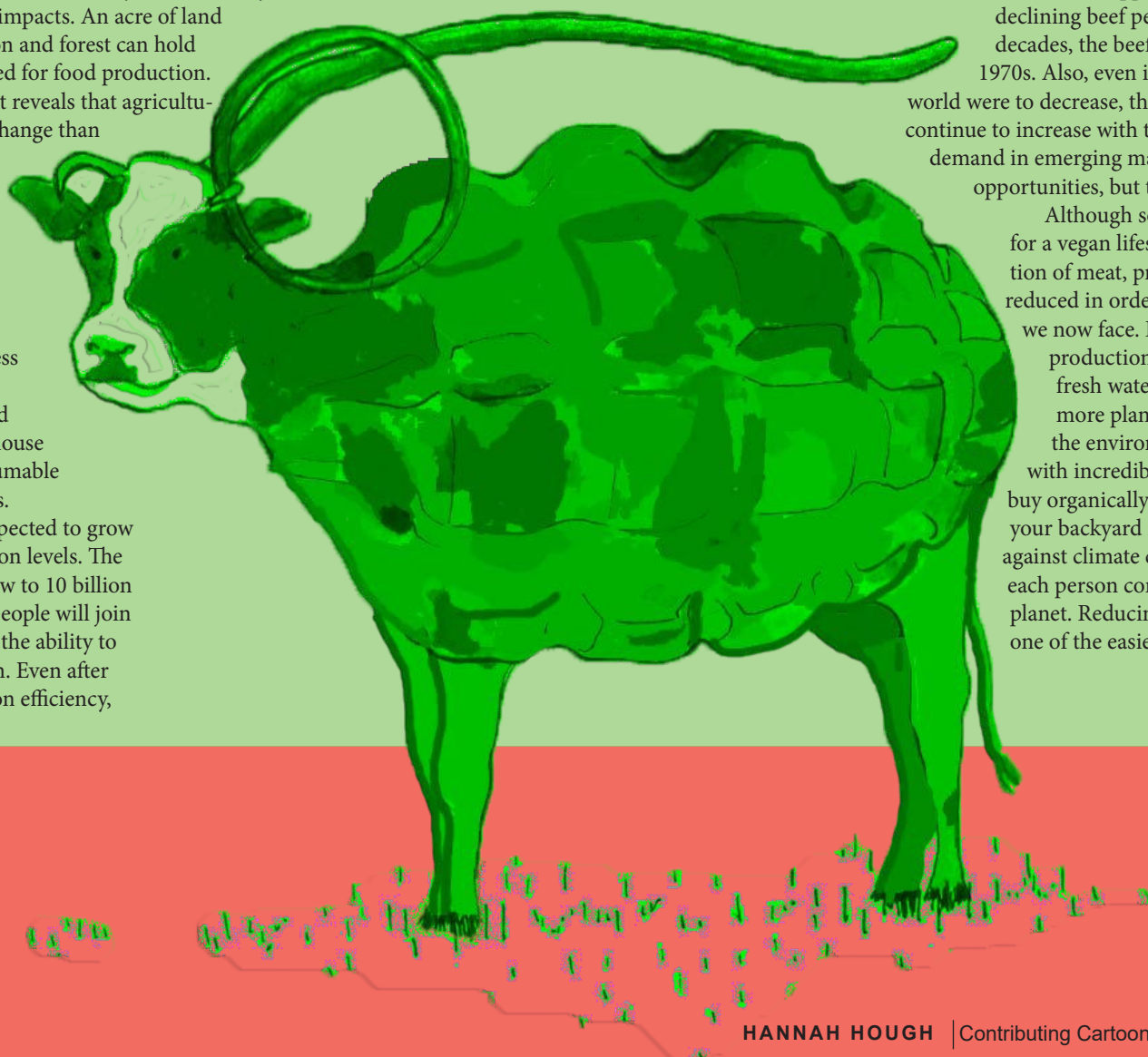
Reducing heavy red meat consumption—mostly beef and lamb—would reduce food and land-use emissions per capita by 15 to 35 percent by 2050. Going vegetarian would reduce the per capita emissions to half. Many people believe that they need more meat than they do and consume more protein than they need. While going vegetarian or vegan is a very effective way to reduce your carbon footprint, it is not necessary in order to make an impact. Although beef

production will always be resource-extensive, improving the efficiency of the production is a huge step one can take in order to fight climate change. Improving feed quality, veterinary care, breeding more efficient animals and rotational grazing can promote productivity, which would put less pressure on tropical forests and reduce the need for pastureland. Technologies can also be used to reduce methane and nitrous oxide emissions from cows.

Simply reducing your red meat consumption can also combat rising temperatures. If every American replaced meat with beans once a week for a year, 75.3 million metric tons of carbon dioxide would be kept out of the atmosphere. That's the equivalent of taking 16 million cars off the road annually. If ruminant meat consumption decreased by 50 calories a day, it would almost eliminate the need for agricultural expansion completely, and deforestation because of it, even with a population of 10 billion people.

Many people are concerned with the effects on people working in the agricultural industry if the demand for meat were to decrease. The truth is, the jobs of those in the agricultural industry will not necessarily be in danger if this were to happen. In the United States, despite the declining beef per capita consumption as of recent decades, the beef industry has held strong since the 1970s. Also, even if the demand across the developing world were to decrease, the global demand will most likely continue to increase with the growing population. Rising demand in emerging markets will present many export opportunities, but this may take time.

Although some most people may not be ready for a vegan lifestyle, it is clear that the consumption of meat, primarily ruminant meat, must be reduced in order to fight the climate crisis that we now face. Beef is highly inefficient, as its production involves large amounts of land, fresh water, pollution and time. Eating a more plant-based diet is not only better for the environment but has been associated with incredible health benefits. You can also buy organically and locally or grow a garden in your backyard in order to do your part. The fight against climate change can only be fought when each person controls what effect they have on the planet. Reducing your meat consumption can be one of the easiest ways to do just that!



HANNAH HOUGH | Contributing Cartoonist

CON: Changing diet too small-scale to be effective

Malcolm Durfee O'Brien
editor-in-chief

Yes, the world is on fire. Yes, there are barely ten years to put it out. Yes, that will require some tough changes. Yes, you can eat your cheeseburger without being paranoid about killing the world.

According to the Environmental Protection Agency, only 9% of carbon emissions in the United States come from the agriculture industry, which covers all the food you eat. This is to say that, while changing your diet can cut carbon emissions, if you or if everyone in the country cut their consumption of the highest carbon-producing agricultural product, meat, you still wouldn't make a dent in the overall carbon emissions of this country.

What you end up doing by avoiding products like meat is not help lower the emissions of the country, it is vilifying farmers, and turning those who would otherwise be among the most important allies in the fight against climate change into enemies.

Think about it: increased frequency of drought, increased temperatures, shorter harvest season. Farmers have the most to lose in the climate crisis! They also have the most to gain, since the shift to green energy will require a shift to carbon-neutral

fuel alternatives produced by the farmers. Despite this, they don't want to help because so-called green activists have railed against their products because of this theory that they are to blame for the icecaps melting.

It is not only likely, it is certain, that in the face of such a calamity, people will be willing to change certain behaviors, but by telling someone that they have to fundamentally change their everyday life by shifting their whole diet, you make it much harder to make them support the vitally important cause of fighting climate change. By making a shift in diet the most important or most emphasized part of fighting climate change, most will end up seeing all the efforts to fight climate change as an overly intrusive series of ridiculous steps.

This has happened before. In 1980, Ronald Reagan turned human rights and détente into an unpopular issue by connecting the policy to the Carter Administration's deeply unpopular use of sanctions and tariffs to advance the policy. Reagan connected the policy to something the public saw as overly intrusive and turned the United States into a hawkish, violently anti-communist nation. It is clear that if people continue to harp on diet as the culprit of the climate crisis, they run the risk of turning the

real solutions to the problem into political poison.

Now, it is still vital to address the climate crisis, but there are far better ways to go about this. Senator Elizabeth Warren was almost dead right when she said that, "70% of the pollution of the carbon that we're throwing into the air comes from three industries." She actually underestimated the numbers, almost 80% of carbon emissions come from the transportation, electricity and manufacturing industries.

It is clear what must be done for each one of these industries. Transportation needs to be regulated to limit emissions from cars and mandate that all cars be electric by 2030. With electricity, just change from fossil fuels to wind, solar and nuclear power. Manufacturing just needs a cap placed on the level of emissions each factory can put out.

No limits should be put on agriculture, which will be stretched thin trying to feed an overpopulated world. The only piece regarding it in any climate change plan should be on the creation of subsidies for sugar beet ethanol, which will burn virtually carbon neutral, and the promotion of American agriculture around the world through free trade.

Measles should be taken seriously

Jane Gawecki
staff writer

Measles is a viral infection that is serious for children but is easily preventable by a vaccine; the disease spreads through the air by respiratory droplets produced by coughing or sneezing. The definition may seem daunting—because it is.

With the release of the widely used Measles vaccine in 1971, fewer than 1,000 cases were reported in the United States per year. Although, in recent years, a countrywide craze for home medicine has caused that number to increase drastically.

Since the fear of autism boomed around the 2010's, many young parents have been searching for their own form of a solution. Out of every possible environmental or genetic possibility, the blame falls on the MMR vaccination, given to children around one year of age.

The number of unvaccinated kids nowadays has caused measles, once thought to be nearly eradicated, to resurface in the United States. There have been major outbreaks all along the East Coast, and rapidly spreading to the Midwest, including Nebraska.

A major dwelling place for the virus is a high school. Bustling halls and germ-infested hand railings, gym class jerseys and small classrooms. Central, in particular, is a breeding ground for viruses such as the measles; the hot, humid rooms, poorly ventilated airways, and little space for many people pose a threat to the health of nearly 3,000 students.

Vaccinations do not keep one safe. If everyone in a room has received the MMR vaccination, no one could contract measles out of thin air. However, if one person is unvaccinated, the entire room could potentially be contaminated within minutes. This is also true on a larger scale, such as Central High.

If only one student contracted measles, and attended school the following day, the Butterfly Effect would take full reign on the luck of the rest of the students. If said student attended his or her first period, 48% of that class would catch the virus. Afterwards, even though the student would be moving to second period, the contaminated germs would linger in his or her first our classroom for two hours following.

Now, every student of the 48% from first period is attending the rest of their classes. In each class, he or she will contaminate 48% of that class. This cycle would remain in place till nearly half of Central students had contracted the measles.

Even after the students would be taken to the hospital for treatment, the germs would spread through every airway, infecting 48% of teachers, including Papa Eagle.

Although only 92% of all children are vaccinated, there is a certain sense of trust established throughout Central. While many different cultures are celebrated in what may be Nebraska's most diverse high school, there has yet to be a measles outbreak, despite how contagious it is. Measles is what you force it to be; it can be eradicated, or it can linger throughout the dust-filled ventilation of Central High.



SAM ROBLES | Contributing Cartoonist



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OLIVIA SCHICKE | Contributing Cartoonist

H.K. protesters speak for America

Blayke Olson
staff writer

Is America a symbol of hope? Some may say no and others may lead you to believe that America is no different than the UK or France, the only difference being that we have substantially higher mass shootings. However, despite everything that has unfolded over 243 years, ranging from the enslavement of African Americans, the internment of Japanese Americans, and everything above, America is still a country of hopes and dreams.

An excellent example of America's image of hope to the world is the recent political clashes in Hong Kong, where hundreds of thousands of people took to the streets in a mass protest against the Chinese government. The movement began with the aim of withdrawing an extradition bill proposed by Hong Kong officials. If enacted, the bill would allow local authorities to arrest and extradite people who are wanted in territories that Hong Kong does not have extradition agreements with, including mainland China and Taiwan. This came with the fear that the bill would place Hong Kong citizens and visitors under mainland Chinese jurisdiction, undermining the autonomy of the region and people's rights and freedom. This bill and many like it in China, are inherently fascist in nature, which is something not new to China's long-term relationship with communism.

The poignant reality of the situation in Hong Kong, is that the Hong Kong citizens are desperate to preserve their freedom under the gun of people being kidnapped or disappearing. In order to rebel against such oppression, the protesters chose to wave the American flag and chant the Star-Spangled Banner as tear gas canisters are launched into the crowds. This should touch the hearts of all Americans and remind us when people look for freedom and are afraid of tyrannical oppression, when they strive to become the one thing that all great people have to be which is free, and all individuals want to be, they look to America for that symbol.

These protests are not the boiling point of decades of oppression, no. Throughout the entirety of the 20th century, China has been the victim and deliverer of tyranny. In 1937, the Japanese Imperial Army invaded China with overwhelming numbers and effectively launched an undeclared genocide against the Chinese, where an estimated 20 million people were slaughtered. After World War II, China was on the brink of collapse and revolution was on the rise. The result of which brought into the world the most destructive dictator known to man, even more so than Hitler and Stalin combined. Mao Zedong claimed the lives of over 100 million people, mostly through starvation, during his regime change from 1945 to 1950.

Revolts against such a force could be seen as ultimately futile considering that China is very much an isolated state and information there is easily concealed from reaching western media. Hong Kong should prove to Americans today that the rights guaranteed in the constitution should not be taken for granted in any way, because one day the events that are going on in Hong Kong could happen at home.

arts & style



DILLON GALLOWAY | The Register

RIGHT MOVE OR RACIST?

After a shooting, a popular music venue has banned rap and hip-hop acts, a move some have called racist

Emma Whaley
editor-in-chief

In August, The Waiting Room Lounge placed a temporary ban on local rap and hip-hop shows. The ban followed a shooting that took place outside of the Benson venue during a performance by hip-hop artist TK Mafioso. The ban has raised questions about the safety of these music venues and of the shows that perform there.

Despite the warm weather disappearing, the Omaha music scene is winding up. According to Jason Kulbel, who works at local music venue The Slowdown as artists get off their summer national tours, they head for gigs in smaller cities like Omaha.

The Slowdown recognizes the incoming masses of people and adjusts their security accordingly. At sold out or nearly sold out shows, they try to have police officers by the doors. At some other shows, they utilize metal detectors to keep out prohibited items. Their staff is also trained to watch the crowd at events and respond accordingly, especially at shows with a large quantity of patrons.

Kulbel acknowledges that The Slowdown is a drinking environment and things are bound to happen. He says he's seen fights break out at performances of every genre.

Making clear that The Waiting Room Lounge's ban is their own decision, Kulbel said that The Slowdown will not adapt their policy in a similar way.

This isn't the first time hip-hop has been given a bad rap in Omaha. In 2012, two people were shot at a Tyga concert at Sokol Auditorium. Since then, many hip-hop shows have been pushed away from the metro, according to local artist Jordan Slick.

However, the recent hip-hop ban from The Waiting Room Lounge has sparked new outrage from some musicians. Topher Booth, the lead singer of the folk band Nation, calls the ban "racist". He has stated that Nation will boycott all 1% Productions venues – as that's the company that books for The Waiting Room – and called for a "complete reversal of policy," a "video and written apology from owners to hip-hop community," and a "donation to charity of appropriate direction."

Booth said he felt the ban "deeply betrayed" the local hip-hop community. He clarified that his reasoning for asking for a donation was for The Waiting Room Lounge to prove to the hip-hop community that they aren't driven by money. He argues that the reason for banning only local hip-hop artists is that they know non-local artists will bring in more money, so they're still allowed to play.

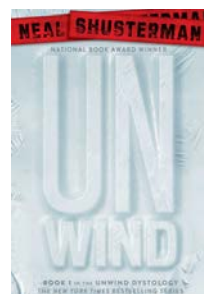
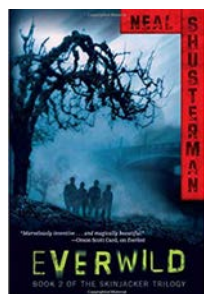
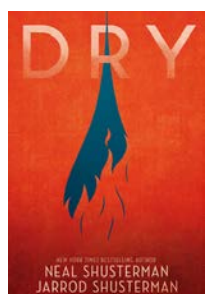
However, other artists disagree with Booth. While Slick acknowledges that The Waiting Room Lounge can't "punish a whole group of people for a few bad apples," he says the ban isn't racist and that he wouldn't be following in Booth's footsteps to boycott 1% Productions.

Local young rapper Bobo Thuh Breadboy wouldn't call the ban racist either.

"We have every color and race in Omaha doing hip-hop and rap right now," he said, "The attempt to ban hip-hop isn't racist unless you have racist pretenses about hip-hop."

When Booth was asked about this association, he said that doubt of the association between people of color and hip-hop shows a lack of knowledge of black history. He claims the basis of hip-hop stems from how African slaves would tell stories and pass knowledge from person to person.

Both The Waiting Room lounge and 1% Productions refused to comment.



Sophomores to hear award-winning author speak

Makenna Anderson
staff writer

On Oct. 2, sophomore honors English classes and IB students at Central will receive a visit from award-winning author Neal Shusterman.

Shusterman will be talking about how he became an author and the writing process in general. "I think our students are able to connect to that, whether they can imagine themselves someday writing a novel... or writing themes," librarian Beth Eilers said. There will also be open time for questions.

Neal Shusterman is an accomplished writer, winning the National Book Award for Young People's Literature in 2015 for his book "Challenger Deep" and the Golden Kite Award for Fiction in 2016 for the same book.

"I'm not a person who swoons over anybody," Eilers said. "[But] Neil Shusterman's writing makes me swoon."

Eilers recommends that one of his books be added to the sophomore reading list. "He just has a marvelous way of pulling you through the book," she said. "The quality of writing is just great."

Previously, author visits had been put on a hiatus, with other authors that have visited Central in the past including Rainbow Rowell, the author of "Fangirl" and "Eleanor & Park," both popular youth fiction books.

"We got to the point where we didn't feel like it was well enough attended for all the planning that went into having authors come," Eilers said. "This is going to be a totally different experience than that."

Shusterman's visit opens a door of possibilities for Central in regards to future author visits in upcoming years, Eilers said. "We'll see how this goes... If it goes great, maybe it's a new tradition we're going to start with the English Department."

Each student will be given a book of their choice written by Shusterman, which they will read for class including either "Dry" or "Scythe." Whatever their choice may be, the students will be able to keep the book as their own. The overall event is paid for by the library's budget, and the books will be provided by the AP/IB funds.

Top: Neal Shusterman's "Scythe" and "Dry," which will be available to those in attendance
Bottom: "Everwild" and "Unwind," from two of Shusterman's successful series



OMAHA ITALIAN FOOD on pages 16 & 17

LIME VS SPIN on page 15

CLOTHESPIN ART on page 14

Omaha Fashion Week: Take a walk in a model's shoes



JANE GAWECKI
MODEL MATERIAL

Omaha Fashion Week: a live fashion show which takes place twice per year in Omaha, Nebraska. It is the fourth largest fashion event in the United States. While known to many, only a few limited, coveted seats are available to the public. Additionally, those who are lucky enough to snatch a seat are still missing out on a whole other secret fashion experience: backstage.

1. From an outsider's perspective, the show runs smoothly. The beautiful visuals take hours of labor from hairstylists, makeup artists, designers, photographers and models. Little does anyone know the amount chaos and panic every night of that sweaty, flustered week.

2. The Empire Room is where the magic begins. Models are urged to arrive promptly after school with foundation and coffee in hand. Stations one through eight line the walls, hair on one side and makeup on the other. This is where the inch-long lashes are applied, the two-foot-high up-do is teased, the canvas is completed.

3. Nerves and anticipation grow as the models drive from the Empire Room to the Omaha Design Center, which is the event space for Omaha Fashion Week.

4. Models walk down a narrow, cement walkway, dragging their suitcases behind them. The smell of trash is nauseating before a staff member eventually opens the locked back entrance. This backstage space is used for fittings as well as getting models prepared for the runway. Photographers, such as Kathy Plunkett, wander the maze of backstage, executing impromptu photos before strapping on the five-inch heels, models rest their feet and relax in their "model lounge." Pictures are always taken of makeup, hair and sneak-peaks of designs, except occasionally, this is not permitted. In the middle of the room, a large, black curtain drapes from the high ceilings. This is the designated "changing area." Inside this sect of the lounge, no phones are permitted. This is merely one example of many sets of rules the models are programmed to follow.

5. Once a given designer's name is called, the models scurry to get in line backstage. Just feet from the audience, they quietly prepare themselves for what is to come.

6. Excitement takes over as the design is seconds away from being sent out to the world. A stationed OFW staff member taps the models' backs to signal for them to begin their catwalk. After that, the rest of the evening relies on the crowd.



JANE GAWECKI | The Register



Controversial artworks by a local artist are displayed in the community, later to be taken down by anonymous people.

Photos Courtesy of TM

Artist's controversial clothespin creations removed

Stella Ehrhart
staff writer

Secret artist "TM" said, "Life is funner than most of us make it." Clothespin art may have been noticed by the people of Omaha on telephone poles all over town. They are watercolor art featuring large clothespins. They were created and hung by mystery artist TM.

The art is used as a way to take use of the public space, space that citizens have to display what they want. "Anywhere there is a fence, a billboard, a surveillance camera, a company, etc. These are not public spaces. I like spaces where I feel like I belong" the artist explained. The installation was a way to show people art in an environment that was completely theirs. There was no cost to put the art there or for it to be viewed.

According to the artist the clothespin project really was one for the people. The artist explained that the clothespin

is "a homage to my grandmother and mother, both of whom spent thousands of their hours in their lifetimes working with that tool." It is paying tribute to all the people who are doing what is traditionally considered the work of the woman.

The artist explained that this project was using the best part of their job, the total freedom to do whatever they think is artistically prudent or important. They were able to share that in a way most art is never presented.

The artist had hung over 150 of the clothespin images on the wooden poles throughout the city. Then, a World Herald writer and her daughter began to collect them and take them down. Another writer for the newspaper wrote an article about their collection of the pieces.

The artist says that they don't care too much about the fact they had been removed because once you put something so public out into the world like that, you lose all control over what other people do to them. They explained that they

understood that the person who took them, down thought they were preserving them from the elements and not ending a public art installation.

After the article had been published the clothespin project had to be done for. When the artist would replace the ones removed someone would immediately take them down.

"Fascinating though to see that people by and large left the images alone for all those months," said TM, "Then within a day they were gone."

The artist shared that their advice for young artists or for anyone is to do anything. "Fortune favors those who do things. Make a project. Journalism project, public art project, tiny plastic jewelry with cherubs eating McDonald's fries project, just anything. Grab a friend and share the work. Document it."



Left: Scenery crew screws breaks onto a prop for Hairspray. Right: Scenery crew members paint a prop in vibrant, 1960s colors.

SOPHIA SIDZYIK | The Register

Tech crew works to prepare for upcoming musical

Callan Maher
staff writer

Central's tech crew has started working on the fall production of Hairspray. The drama department has many tech positions for costumes, makeup, sound, scenery/deck, props, publicity, stage manager, assistant stage manager, rigging, assistant director, production assistant, student technical director and projections. All crews work on all aspects of each show.

"The amount of people on tech tends to vary from show-to-show, but for Hairspray, we already have 50 or 60 tech people, which is more normal," sophomore stage manager Israel Bryant said.

Tech crew meets every weekday from 3:25 p.m. to about 5:10 p.m. when the rehearsals for the show are just beginning. After the show is over, tech meets one more time for strike where they take down the set and get everything ready for their next project.

"As we get closer to the show date, the hours get longer and longer," Bryant said.

It is not common to think of the people who are responsible for sets, props, lights, sound and costumes. The tech crew works behind the scenes and the only time the audience really gets to see them is when props or sets change, or when the show is over. Due to this, they do not receive a lot of credit for all the work they put into every show.

"I wish people knew that tech is just as much as a commitment as a sport. It might not

seem like it, but the amount of time, sweat, blood (I'm clumsy) and teamwork tech puts into every show is a lot and that needs to be understood," Bryant explains.

"Tech crew is a vital part of every production," Bryant said. Without tech crew, there would be no lights, props, microphones, set pieces, costumes, makeup or sound and no one to open and close the curtains; no one would know that the show is going on. With no tech, there would be no show.

"An assumption I would like to get rid of about tech is that what we do is easy and not hard to do," Bryant said. "We work extremely hard and, yes, sometimes things are not perfect, but that's life."

Hairspray opens Nov. 2 at 7 p.m. with two more showings on Nov. 3 at 2 p.m. and 7 p.m. Tech is always looking for more help and it is a way to get involved. It is important to give the tech crew the recognition they deserve.

"The tech at Central is unique because we build and present almost every aspect ourselves. No one comes in and does our work for us," Bryant said.

Motorized Scooters take Omaha by storm

Lime Scooters

- Green, black and white
- Maximum Speed: 14.8 mph
- Maximum Stolen Scooter Fee: \$1500
- Independent Business (founded Jan 2017)
- About 400 scooters in Omaha

While cruising through downtown Omaha, people are offered a wide range of choices when it comes to transportation. People can drive, walk, ride bicycles and even take the city bus to wherever they need to go. However, there is one mode of transportation that has captured attention—both positive and negative— here: scooters. Earlier this year, Mayor Jean Stothert had approved of a pilot program to test out Lime and Spin scooters both downtown and midtown until Nov. 2019. Until then, the Parking and Mobility Division will be observing people riding these scooters so they can test out the reliability and safety before fully integrating them into city streets. Bird scooters are also available in the United States and other countries, but they have not reached Omaha at this time.

Lime and Spin scooters are relatively similar, with a few distinctions. All riders must be at least 18 years old as a requirement agreed by both Lime and Spin companies. A driver's license isn't required, however, all traffic laws must be obeyed. In addition, wearing a helmet is strongly recommended. These scooters are not allowed by the downtown riverfront, TD Ameritrade Park, most of the Old Market, the Bob Kerry Pedestrian Bridge or the campuses of UNO, Creighton and UNMC. People can park their scooters near or even across the street from these forbidden areas, but the scooters stop riding after the boundary has been crossed. Furthermore, a session cannot be ended while in a prohibited area, so people will continuously be charged for their session if their scooter is left in the area. Both Lime and Spin scooters cost \$1 to activate and 29 cents per minute of use.

Spin scooters:

- Orange and black
- Maximum Speed: 15 mph
- Maximum Stolen Scooter Fee: \$1300
- People can earn \$ for collecting, charging and putting scooters back out on the streets
- Owned by Ford Motor Company (founded Oct 2016)
- Unknown number of scooters in Omaha

Heidi Heyden
staff writer

The Best Noods

LO SOLE MIO RISTORANTE

Elena Correa
staff writer

Lo Sole Mio Ristorante is a historic sight in Omaha located on S 32 Ave. Upon entering, friendly smiles are eager to greet customers. The elegance and soft lighting provide a calm aura and the clean and beautiful environment creates a feeling of ease.

Each table is complete with clear glasses, polished silver ware, a white tablecloth and comfortable seating. At the start of the meal, customers enjoy ice water as well as a traditional Italian appetizer of bread and olive oil. The servers are very polite and wait patiently for each order.

The menu has a wide variety of authentic options that many may not be familiar with, but the servers are happy to help with understanding what each meal looks and tastes like. The dishes I tried were all types of pasta. They were full of flavor like nothing I had ever tasted before. There was a perfect amount of sauce as well as adequate seasoning. The authenticity of the meal was clearly present, and the meals were served in a presentation appealing to the eyes. The food was intoxicating and will leave people wanting more.

This restaurant is a great place for people of all ages. Families, couples and friends would be able to enjoy the meal and experience.

At Lo Sole Mio Ristorante, the staff is polite and shows how much they care about helping customers experience the richest and most authentic Italian culture possible. They reflect the family values the restaurant was built on, and dining there is comparable to going to eat at Grandma's on a Sunday. The servers are attentive and ready to help with any need.

If you ask anyone from Omaha if they've heard of Lo Sole Mio Ristorante, they will say yes. This is because Lo Sole Mio has been a vital part of the Omaha community for years, feeding generations. Dozens of Omaha citizens have gone to, and loved, Lo Sole Mio, which is evident in the affectionate reviews written online. I would most definitely come back again; I enjoyed my food and experience. The combination of the food, the aura, the appeal of the restaurant and the love for our community is what continues to bring in hungry customers to Omaha's beloved ristorante.



3001 S 32nd Ave

SPEZIA

Sophia Sgourakis
staff writer



3125 S 72nd St

If you are craving Italian food, but also phenomenal steak and seafood, Spezia is the place for you. Located on South 72nd and just north of I-80, it is conveniently near midtown Omaha.

Noticeable from the outside of the restaurant, the name "Spezia" and a giant tomato light up the side of the brick. The variety of food they offer is also advertised from the outside. Parking is the only downside; with limited parking space, spots are very tight. The restaurant is almost always busy, whether it is a Tuesday night or a Sunday morning for brunch.

When entering the restaurant, customers are first greeted by the host stand and a view of the bar with open seating. Because I have only been to Spezia in the evenings, the restaurant is usually quite dark. To the right of the entrance, there are booths along both sides of the wall. To the left are more tables open to the middle encircled by booths. The colors in the restaurant are neutral, which happens to fit the mood. The tables are already set up with appetizer plates and silverware in order to be ready for any guests who enter.

The waiters are very friendly and dress classy with black plants, a collared button-down shirt and typically a tie or bow tie. Their uniforms give off a fancier ambiance.

When my family and I attend Spezia, it is typical for us to start with a couple appetizers including calamari and the antipasto platter. The calamari is fried perfectly to give a crispy outside and well-cooked fish on the inside. With the calamari, slices of banana peppers and lemons are served to give the calamari a sweet taste. Although I'm not a huge fan of meat and cheeses, there are a few items I love on the antipasto platter. One of which is pieces of toasted bread that are perfect for dipping in sauces such as dried mustard and hummus. Although the waitress failed to name every item on the platter, I was able to figure the meats and cheeses out on my own such as salami, ham, prosciutto and brie. To bring the whole platter together, Kalamata and green olives were scattered on top. Overall, a great prep for an upcoming meal.

Every table also receives fresh rolls of bread. To go with this, the waiter will pour olive oil, balsamic vinaigrette and Parmesan cheese into a bowl for dipping sauce.

For my meal, I always stick to the Italian sausage and roasted pepper flat bread, and every time it ends up a solid pizza. The pizza is cut into uneven squares, which leads to uneven distribution of the toppings. This means the outside parts of the pizza are solely a little burnt crust and cheese, while the middle pieces are covered in large pieces of sausage and skinny strips of peppers. It's a good thing I love cheese pizza, because I received several pieces of pizza with just cheese. It's also a good thing that the flavor of the pizza makes me want to order it every single time.

By the end of two appetizers, and typically five meals, my family is usually done ordering more food. Not only because we are served sufficient amounts, but also because the price will add up quickly. However, because Spezia is an Italian steak house, an expensive meal is expected.

Spezia is definitely a restaurant for most people, especially for special events such as birthdays and anniversaries.

in Omaha

AVOLI OSTERIA

Dillon Galloway
staff writer

Looking to experience a traditional Italian restaurant? Go to Avoli Osteria. Not only does it serve traditional dishes, it also has an interior appearance of a small villa. Located on Underwood Ave in-between Dundee Dell and Dundee bank, it won't be hard to spot.

At first glance it looks like a typical restaurant with an outdoor eating area. When you get closer, though, you can notice all the greenery located on the patio along with the light bulbs dangling above. It is quite a spectacle to see at night as it lights up among the other businesses.

Walking into the restaurant, there many dazzling sights. Above the tables, dangling, are dozens of chandeliers along with a sit-down bar with an array of wine bottles and wine glasses hanging above. The most breathtaking prop is the giant wine glass that has old wine corks stuffed inside. Along the walls are pictures of an Italian countryside. These surroundings give off a surreal taste of Italy.

Most, if not all dishes, are traditionally Italian. The foods range from pasta dishes like gnocchi to the bistecca dry aged steak. The menu also offers a handful hearty appetizers, such as the meatballs.

On the back of the menu is a backstory to the restaurant. Owners Amy and Dario Schicke based the appearance of the restaurant after styles one might find in Northern Italy. The name Avoli came from both of their daughters' names, Central students Ava and Olivia Schicke. What is even more interesting is that they import their food from Italy, along with Nebraska and Iowa. All the food is also made from scratch, making the meals extra special.

One of the best appetizers is the Meatballs. Topped with grated Parmesan and zesty marinara sauce, it gives the meatball a dark roasted taste.

A recommended platter is the gnocchi. It had a rich creamy texture and was so soft biting into. If you have ever tried mac and cheese, this is ten times better.

If one isn't a huge pasta fan, no worries, there is the bistecca. It is a quite tender steak seasoned lightly, but still gives that great steak taste most have in Nebraska.

Also, the service at Avoli Osteria is unlike many others. The waiters are not only nicely dressed, but also quite polite. When asked about the food, they genuinely know how it tastes and give honest opinions. Avoli's should be your next stop for dinner.



5013 Underwood Ave

MANGIA ITALIANA

Blayke Olson
staff writer

Mangia Italiana offers an authentic Italian experience that gives you a taste of Italy. While many of the dishes that the menu offers can be instantly recognizable to any other Italian restaurant around Omaha, what sets this local restaurant apart in particular is the family-owned recipes that the food is centralized around. Homemade recipes are not hard to come by, but when it comes to the broad expansive flavors that Italian cuisine provides, anything that catches the attention of one's taste buds is well-crafted.

The overall size of the restaurant is nothing to write home about when compared to much larger Italian restaurants, especially the dining room; customers usually use the takeout option. However, the smaller atmosphere that only a family operated dining experience can provide to such a degree results in quick service with reasonable prices. All adult meals were enough for two servings, allowing for customers to take food home.

Located in Northwest Omaha, right off the Irvington exit and I-680, Mangia Italiana is small, so get there early. It's well off the exit...but worth finding.

As for food, made from scratch sauces and soups, the gumbo minestrone is hearty and perfectly flavored. Their lasagna is hot from the oven and layered with their sweet "sugo" pasta sauce.

The service, in general, was friendly and catered as well as could be expected, however, they do not have wait staff during the week, so you order, get your initial items yourself (drinks, apps, utensils, etc.) and bring them to the table. The only drawback is the limited seating.

Ultimately, the food comes from generations of handed down recipes and could be recommended to anybody looking for something different out of their typical dining experience.



6516 Irvington Rd

MALARA'S

Olivia Gilbreath
executive editor

Located on 2123 Pierce St, Malara's Italian Restaurant is cozy and welcoming to its customers. The atmosphere of the restaurant gives a feeling of home, or a place filled with tradition and memories. After opening in 1984, the restaurant has continued to hire staff that seem like family- whether they are related or not. Workers are eager to assist customers entering the restaurant and they are extremely helpful to everyone who enters their facility.

No music plays, but the sound of conversation and laughter erupts within the small building as it fills up with customers. On a Saturday night, arriving at Malara's promptly at 5 p.m. is a smart decision because the restaurant fills up quickly. Families and friends gather and every chair in the restaurant is filled by 6 o'clock, which seems like a normal night.

The exterior of the restaurant has an awning over the entryway painted decoratively green, white and red: the colors of the Italian flag. In addition to the stairs that lead up to the door, there is a ramp outside of the restaurant, making it accessible to everyone. Alike to the exterior, the interior of the restaurant is decorated in the colors of Italy's flag, with red walls and green detailing. White pillars and framed photos decorate the inside of the restaurant, adding to its homey feeling.

With a limited menu, one might wonder how the restaurant continues to fill up and why so many customers return. Although the menu has strictly simple items like spaghetti and

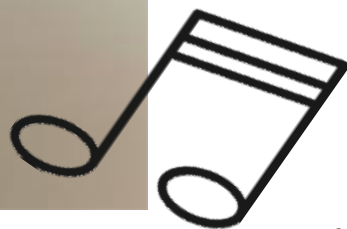
meatballs or lasagna, the food is prepared well. Their homemade pasta is impressive with its presentation and in its flavor. They serve comfort food which leaves customers feeling full and satisfied, yet still desiring more. The Italian cheesecake is a dessert staple in the menu that one employee claims is "the best thing on the menu."

One way to improve the overall experience of the restaurant would be the addition of outdoor seating for times when the weather is nice. Outdoor seating would be ideal for some customers who prefer a quieter environment when eating, as opposed to the current seating options which tend to be quite noisy. The restaurant has expanded, but another suggestion would be for further expansion and more seating for more customers. Although the regular customers are partial to the current menu, adding more items could help bring in more business and people eager to try the new dishes offered.

I would recommend this restaurant to fans of simple Italian foods and people who enjoy family time. Family or friends looking for somewhere to eat should consider Malara's. In short, this restaurant provided excellent service, delicious food and a pleasant atmosphere.

2123 Pierce St

REGISTER REVIEWS



Grace Ridgley
staff writer

Indie musician Clairo recently released her first, highly anticipated album, “Immunity” on Aug. 2, 2019. It is an alternative genre of music that is geared more towards the youth, but older audiences are still able to enjoy the music. Although it is very different from the initial tracks she has released, the final package is impressive.

The album’s focus is on Clairo’s personal struggles involving sexuality and growing up. She has described it as “a record for the fifteen-year-old me,” which perfectly encapsulates the album as a whole. The overall tone can only be described as somewhat melancholy with an edge of optimism hidden in the beat and instrumentals. The lyrics showcase these emotions throughout each song in a seamless way. The album itself is something different from every other alternative album, and it deserves the praise it has been receiving.

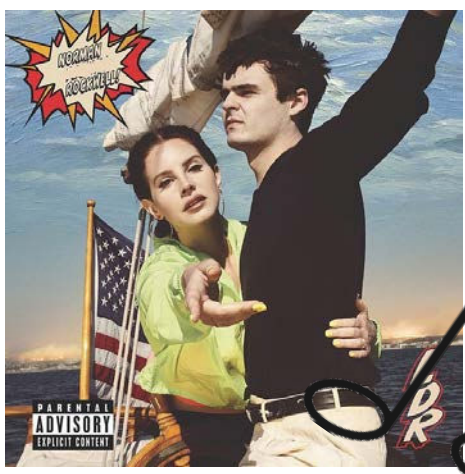
Overall, the album hits the mark, but some songs stand out over others. The first is “Bags.” This is a faster paced song paired with stunning vocals. She captures the emotion of being indecisive about a love interest perfectly, all while making it a song that can seemingly never get old.

The second song that stands out is “Sofia.” Like “Bags,” this track references the discovery of her sexuality. She has said that the song is about the celebrity crushes she has had, like Sofia Coppola and Sofia Vergara, who made her realize that she is bisexual. It is meant to be a song of happiness and self-acceptance that everyone going through a similar situation can relate to.

“This was my way of making a celebratory song about this discovery while maintaining the cheesy/corny lyrics you’d normally find in songs where you profess your love,” said Clairo in a tweet about what “Sofia” means to her.

Although almost everything about “Immunity” is stellar, there are many who are not used to the new sound and style that Clairo has adapted. In the past, her most popular songs like “Pretty Girl” and “Flaming Hot Cheetos” have had a low-fi, underground style to them, a style which this album has almost entirely moved away from. While this is not necessarily a bad thing, many fans were expecting a different style of sound to come from the album.

The final consensus is that Clairo produced a great album and lived up to the expectations she was given. This album can be recommended to someone who is looking for unique, new music and who is not afraid to try something a little out of the box. “Immunity” is an album that can be enjoyed by anyone for years to come.



Livia Ziskey
staff writer

Lana Del Rey has packed a punch with her fifth album, “Norman F-ing Rockwell.” Being known for her deep, chilling lyrics, Lana outdid herself with her themes this time around.

The album, named after iconic 20th century illustrator Norman Rockwell known for his portrayals of everyday life, draws inspiration from him in the track “The greatest,” in which Lana sings about modern America. She clearly mocks the current culture when she sings, “L.A. is in flames, it’s getting hot / Kanye West is blond and gone / ‘Life on Mars’ ain’t just a song.”

In her opening track titled “Norman F-ing Rockwell,” Lana sings about an immature poet who fails her emotionally. The chorus echoes, “Cause you’re just a man, it’s just what you do / Your head in your hands as you color me blue.”

There are a variety of almost-love songs on the album. “Love song.” “Bartender” features a smooth beat with piano structures flowing in and out of the song. Lana delivers sweet-sounding vocals and sings about a love interest using metaphors, and includes allusions about how her life has changed. It is clearly an ode to her romantic partner with references to fast cars and lyrics like “Oh, be my once in a lifetime.” The slow tempo and soft piano add to the soothing effect of the song.

In “How to disappear,” Lana describes her mixed feelings about a man and how he seems incapable of expressing himself, ending on a hopeful note with Lana singing, “I’m always going to be right here / No one’s going anywhere.”

One of the most powerful songs on the album in terms of instrumentals is “Venice B---,” which spans for over nine minutes. Lana wrote this song with Jack Antonoff, a producer who worked with Taylor Swift on her album, “Lover.” The track is about Lana and her man living happily forever as time fades away. Feelings of nostalgia take over and transform into a psychedelic trip composed with guitars, drums and synths. It leaves listeners in a dreamy, airy state of mind.

Her affinity for California motivated the song “California” on her latest album, delivering feelings of nostalgia by reminiscing about old love letters and parties. Lana switches between a deep, crooning voice and soft, higher pitched vocals to provide contrast to the song, and it ties together beautifully.

While Lana has been in the music industry for a while, “Rockwell” may be her best album yet. Her wonderfully unique voice and thrilling lyrics are a breath of fresh air compared to other pop songs of today. She can express such real emotions through her music and can free even the most lost soul.

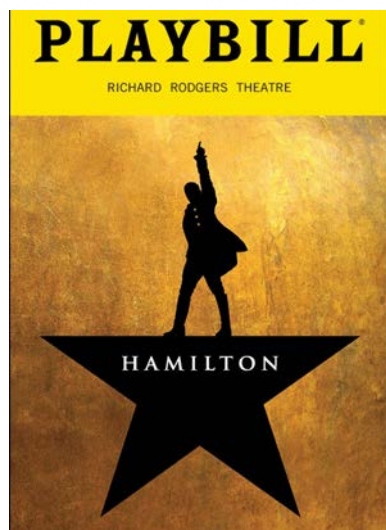


Jackson Godwin
staff writer

Omaha is a city most don’t hear about too often if they don’t live there. Many outsiders have the stereotypical perception of Omaha to be filled with cornfields in the middle of nowhere and populated by farmers. While most will never be able to change how they picture the city of Omaha, the new award winning documentary named “Out of Omaha” produced by infamous rapper J. Cole shows the real Omaha, the Omaha that many have to live in and strive to get out of. This documentary follows the day by day life of Darcell and Darell Trotter, a pair of twins who have grown up dreaming of escaping from poverty and trouble. Throughout the film it gives the audience concern on if the twins will make it out and what they need to do to get out or if they are able to strive to make it in Omaha. This production gives even local viewers an inside look of an Omaha many have never seen before and the situations these young men are facing.

Darcell and Darell in the eyes of some never had a chance to succeed in life. Being born into a problematic family that is known for drug abuse and gang violence gives many little hope of changing ways due to being born in a troubled area with a troubled family, it is difficult for many to get away from all of this when they are surrounded by it each and every day. As the twins aged into their teenager years, the two had become tired of running the streets selling drugs and partaking in activities that would never get them out, so they began to straighten up. In 2010, Darcell joined Metropolitan Community College and improved his surroundings and habits, showing that he wanted to try and make it out and make something of himself. Throughout the next two years, the documentary shows live footage that gives you an in-depth look at the struggles that both Darrel and Darcell went through, including being falsely accused for murder, going to jail, getting laid off from work and moving from place to place not knowing which one will stick.

Out of Omaha provides viewers with an inside look of what it actually takes to live in poverty and troubled neighborhoods that most will never visit. These two twins continued to work hard throughout the ups and downs and have begun working comfortable jobs. In 2013, Darcell became a father to a baby girl. These two are just some of the many that have strived to work hard enough to make it out of more difficult situations than most deal with. It shows that no matter how bad the situation is, you can succeed and make it. I would rate this movie five out of five stars



Daisy Friedman
visual editor

Hamilton: An American Musical had a nearly three-week stay at the Orpheum in September and Omaha seemed to teem with excitement. This cast was

expected to bring nothing less than perfection and they delivered on nearly every front. The set takes up every foot of the stage with multiple catwalks, a turntable and brick walls. The turntable was very good for transitions and to depict chaotic events like a hurricane. Everything besides the walls is made out of sturdily built wooden scaffolding symbolizing the people who built America. In theatre, it is a known rule that ensemble members play just as much of a role in telling the story as the main characters. That was true in Hamilton. Every ensemble member had phenomenal dancing abilities and was utilized in the most creative ways. For example, in Hamilton’s death scene, an ensemble member pretends she is physically holding the fatal bullet and inches closer and closer to Hamilton as he goes through his final monologue.

Joseph Morales (Hamilton) decided to play the role with less energy, even timid in the beginning. This brought another layer to the character. It was a very good contrast to Nik Walker’s portrayal of Aaron Burr. Walker was a confident, commanding presence on stage. As

the story progresses, Hamilton and Burr almost switch personality traits as Hamilton begins to come into himself as a political figure and Burr is left in his shadow. During Walker’s song Wait For It, all he did was stand on stage and look into the audience, but his laser focus made me feel the passion he had within. Each one of the supporting actors brought their A-Game. From the start of the show, my eye was immediately drawn to Franklin’s energy and stage presence. Ellington decided to play Mulligan a little more aggressively than I would have liked. Arguably the most fun role in this show is King George, played beautifully in this production by Neil Haskell. He had perfect comedic timing and brought light energy to the dense production.

The women in this show were so different, but each so special in their way. Erin Clemmons (Eliza Hamilton) had the purest and angelic voice I have ever heard. Her acting, however, fell short. There was not enough drive and fight in her character. She was too complacent. I did not see that in her character until the death of her son. Ta’rea Campbell (Angelica Schuyler)

brought a dense Broadway vibrato sound and a compelling forceful presence on stage. However, in her song Satisfied, the sound mixing was off and I could barely hear her.

While there were so many phenomenal elements to this show, a musical is only as good as its weakest link. For me, that was Marcus Choi (George Washington). Washington is one of the most dominant historical figures ever. Choi did not bring that to the table. His energy fell flat in the first act. Inflection is a big deal in acting and he ended most of his sentences on a downward note. After a while, this made me not want to listen to him talk. His vocal tone was uneven, almost as if it were two separate people singing. However, he brought it during a song in act two, One Last Time. I think he was more experienced at performing more heartfelt material and didn’t know how to bring the soul and drive to the character.

Hamilton is a show that will go down in history. So, let’s raise a glass to the fact that we didn’t “throw away our shot” in bringing this theatrical masterpiece to the Big O.

sports & leisure

HOPEFUL HUSKERS

In Scott Frost's second season, the early signs of success emerge

One-hundred-and-nineteen yards in penalties, four turnovers, questionable officiating, on the road as a double-digit favorite. That sounds like a recipe for disaster, and it sounds like a crushing season-ending loss in the Mike Riley, Bo Pelini or Bill Callahan eras. But that was not the case on September 21 in Champaign, IL, as Scott Frost's Nebraska football program showed serious growth in his 16th game as head coach.

No matter what happened against Ohio State, the game before showed that Nebraska has taken a step forward while it tries to once again become nationally relevant. The much anticipated second season under Frost got off to a rocky start after a dreadful performance against South Alabama, a 35-21 Husker win in which the Jaguars outgained the Huskers. Things seemed to be better when Nebraska held a 17-0 halftime lead in Boulder, CO the following week. But in front of a stadium where Nebraska fans outnumbered Colorado fans, the Huskers collapsed spectacularly in the final 17 minutes of the game, before losing 34-31 in overtime.

In Week 3, the Huskers blew out an FBS opponent for the first time in 3 years, with a 44-8 drubbing of Northern Illinois, a program that infamously beat Nebraska two years ago, and set in motion the series of events that led to Frost's hire that December. Through 3 games, the Blackshirts made a noticeable jump from year 1, but the offense, especially sophomore quarterback Adrian Martinez, has not made the much-anticipated year 2 jump.

The same day Nebraska got its revenge on the Huskies, Illinois lost to Eastern Michigan at home. Head coach Lovie Smith was in year four of a disastrous tenure in Champaign. The following week, the two programs clashed in their conference opener in Champaign. Going into the game, the Illini had won a grand total of 4 conference games under Smith. Nebraska was installed as a 12.5 point favorite, and the Huskers had a majority of the crowd for the primetime kickoff. Even though, going into the night, Frost had not won a game as Husker head coach away from Lincoln, many thought this would be over by the end of three quarters, and nobody expected anything close to a loss.

Things got off to an unexpected start when Illinois running back Reggie Corbin went 66 yards untouched on the second play of the game. Then, a few minutes later, Martinez fumbled the ball away, and the Illini took over in Nebraska territory. A few plays later, Illinois scored a touchdown and led 14-0. Things were not going to plan. On the ensuing possession, the Big Red

went right down the field and made it 14-7. After the two teams traded punts, Nebraska found itself with the ball on its own 2-yard line. Then disaster struck. Running back Dedrick Mills fumbled on first play of the drive, and Smith's group recovered. A few plays later, it was Illinois 21, Nebraska 7. Martinez managed to lead a touchdown drive before halftime to cut the deficit to 21-14 through 30 minutes.

Nebraska had a chance to put away Colorado in the third quarter, but they failed to do so and lost the game. The Huskers had to come out fast after halftime. They got the football to begin the second half and went three and out. Illinois took the ball back and 6 plays later it was 28-14. DEFCON 1 had been reached. The Big Red responded with a TD drive of its own to make it 28-21. Then things got wacky. Wideout JD Spielman and Martinez both fumbled on the next two times Nebraska touched the ball, the latter being a very controversial call that turned into 7 Illini points. It was 35-21.

In the fourth quarter, Nebraska did something that they have not done enough of in the last 20 years: they scored touchdowns on 3 consecutive possessions and held Illinois out of the end zone the rest of game. After the Husker defense stopped Illinois' last drive to try to stun the Huskers, Nebraska had won its 900th game in school history, joining

Texas, Alabama, Ohio State and Michigan as the only schools to have accomplished the feat as of Sept. 27.

Martinez finally woke up, accounting for 445 yards of total offense, and Nebraska out-gained Illinois 690-299. The games was only kept close because of the -3 turnover margin and the 119 yards in penalties. For the first time in at least 5 years, Nebraska went on the road, made a ton of mistakes, but still found a way to win the football game. That is a serious sign of progress for Frost's program and a massive confidence boost for everyone involved. An hour after the game ended, news came that ESPN's College Gameday was coming to Lincoln the following week for the Ohio State game. That game was broadcast on ABC's Saturday Night Football that night.

Nebraska is back in the national spotlight where it rightfully belongs, and it only happened because the Huskers overcame their mistakes and found a way to win a football game on the road. This is a sign of great progress midway through Frost's second season in Lincoln.



ARI SALTZMAN
GO BIG RED

New A.D. sees Central as a 'step ahead'

Sophia Sgourakis
staff writer

A new school year brings a lot of new changes. One of these changes at Central High School includes welcoming a new assistant principal and athletic director, Rob Locken.

Locken and previous athletic director Luke Dillon worked together before and have always stayed in touch. Therefore, it was easy for Locken to become aware of the open position once Dillon had left. After applying in HR and going through a panel interview, he was eventually offered the new position.

Before coming to Central, Locken had been positioned at Bryan for nine years. For seven of those nine years, he was the assistant principal and athletic director. History wise, this is Locken's 22nd year in education and 19th year with Omaha Public Schools.

Locken was part of the Eagle family before going to Bryan. He was a weight training teacher and part of the coaching staff. More specifically, he was a coach on the track team when they were state champions. Locken didn't fail to include, "Chris Reed would've been one of my athletes, who plays in the NFL now. He was a state champ in the shot put."

Locken has always seen Central as a step ahead of everyone else in the district. He says Central has some of the most athletic and explosive players, especially in our district, and maybe even state-wide. Here at Central we have those athletes looking to turn Central around, and Locken said. "At the end of

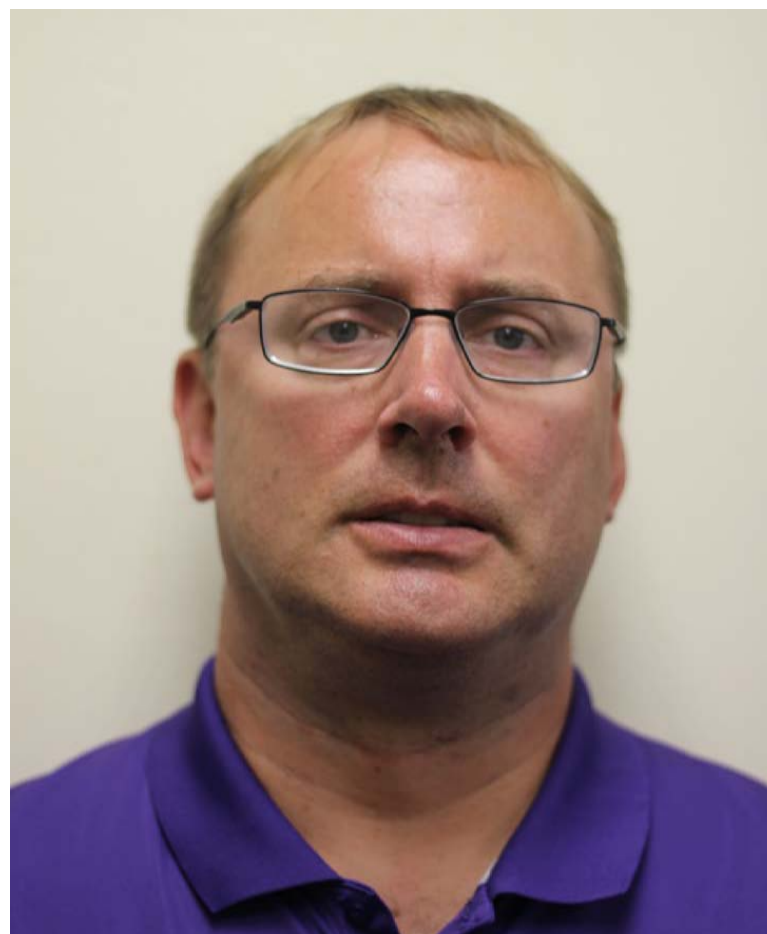
the day, there's just a lot of great kids."

In the process of improving athletics at Central, Locken is very focused on academics. While athletics are running at a high level, he is going to make sure academics are in check and high performing. While there's a lot of talent at Central, it all comes down to going out and getting the job done while competing. Locken made it clear that "we need to be at a chance where we are looking to go to State."

In a short period of time, many changes have been made to athletics at Central, such as hiring new head coaches for multiple sports. Locken is very hopeful in all the coaches that their teams will be performing at a high level this year.

After the first win of the season against Benson in football, Locken was very content with the home opener. He has also been supporting the volleyball team, along with the parents, the fan-base and the student section. Locken ended his interview saying, "The student section is what I really enjoy seeing at all the games, cheering for everyone."

With the help of Locken, "Champ High" will earn its name back. After the first win of the season against Benson in football, Locken was very content with the home opener. He has also been supporting the volleyball team, along with the parents, the fan-base and the student section. "The student section is what I really enjoy seeing at all the games, cheering for everyone," he said.

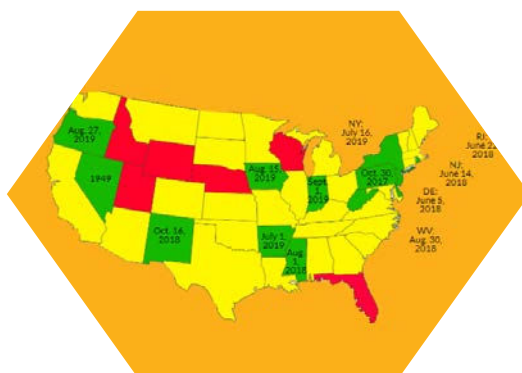


DILLON GALLOWAY | The Register

New Athletic Director Rob Locken came from Bryan to replace former director Luke Dillon. He says Central has some of the most athletic players in the district.



HIKING TRAILS on page 21



SPORT OPINIONS on page 22



WILSON RUNNING on page 23

Junior gymnast commits to full schedule, practices 30 hours a week

Alexis Radke-Chism
staff writer

Since she was 13 years old, Ayrion Goodwin, a junior at Central, has been participating in gymnastics. In only three years, she has made it to level nine of ten.

"It's about 30 hours a week," Goodwin said. Right when school gets out at 3:05, on Wednesdays and Thursdays, she rushes to get to practice.

Student athletes have packed schedules in order to include school and their sports. Sports are both physically and mentally straining, but student athletes like Goodwin find the balance.

"I planned on doing stuff at school, but then once I realized how much I would be doing gymnastics I realized I can't," Goodwin said. While she found a balance, she also had to cut out any other activities she was planning. Her plans were to participate on the dance team and join a few small clubs. But, in Goodwin's words it is worth it to give up these activities.

Gymnastics is not a cheap sport to participate in. In higher levels, they not only pay for practices - they also pay traveling expenses for competitions.

"They know it's worth it," Goodwin said, talking about her parents. Her parents are willing to spend a lot of money because they know she is committed to turning the sport into a career.

Goodwin has tons of medals from numerous competitions. She has a whole wall of all her medals, and she has only been a part of the sport for three years. The achievement she is most proud of isn't specifically anything about medals, but about how she is able to have good grades in school and being successful in gymnastics.

She has lots of love and commitment to the sport and wants to one day turn it into a career.

Shay Macafee is a Junior at Central and is best friends with Goodwin. Goodwin and Macafee have been friends since seventh grade. Macafee is very supportive of her best friend's sport.

"It teaches her bravery and determination, because sometimes it's hard to train for that many hours a week, but she still does," Macafee said. She condemns Goodwin for her long hours and hard work.

The sport prevents Goodwin from having free time to spend with friends. This year she is missing Central's homecoming for a gymnastics camp.

"It is a very time consuming sport so she doesn't get much break time," Macafee said.

When asked how their friendship has been personally affected Macafee said, "I do believe it lessens our time talking and hanging out."

"Gymnastics is one of the most dangerous sports," Goodwin said. The sport requires lots of physical exertion, which is why the practices are so long. They are doing dangerous stunts like flipping on a beam that's only four inches wide.

Macafee also touches on the dangers of the sport, and how severe it really can be.

"One wrong landing and you could be out of the sport forever. And if you land on your head, it could cause major damage or death," Macafee said.

Goodwin is determined and takes everyday risks and sacrifices in order to be a successful gymnast.

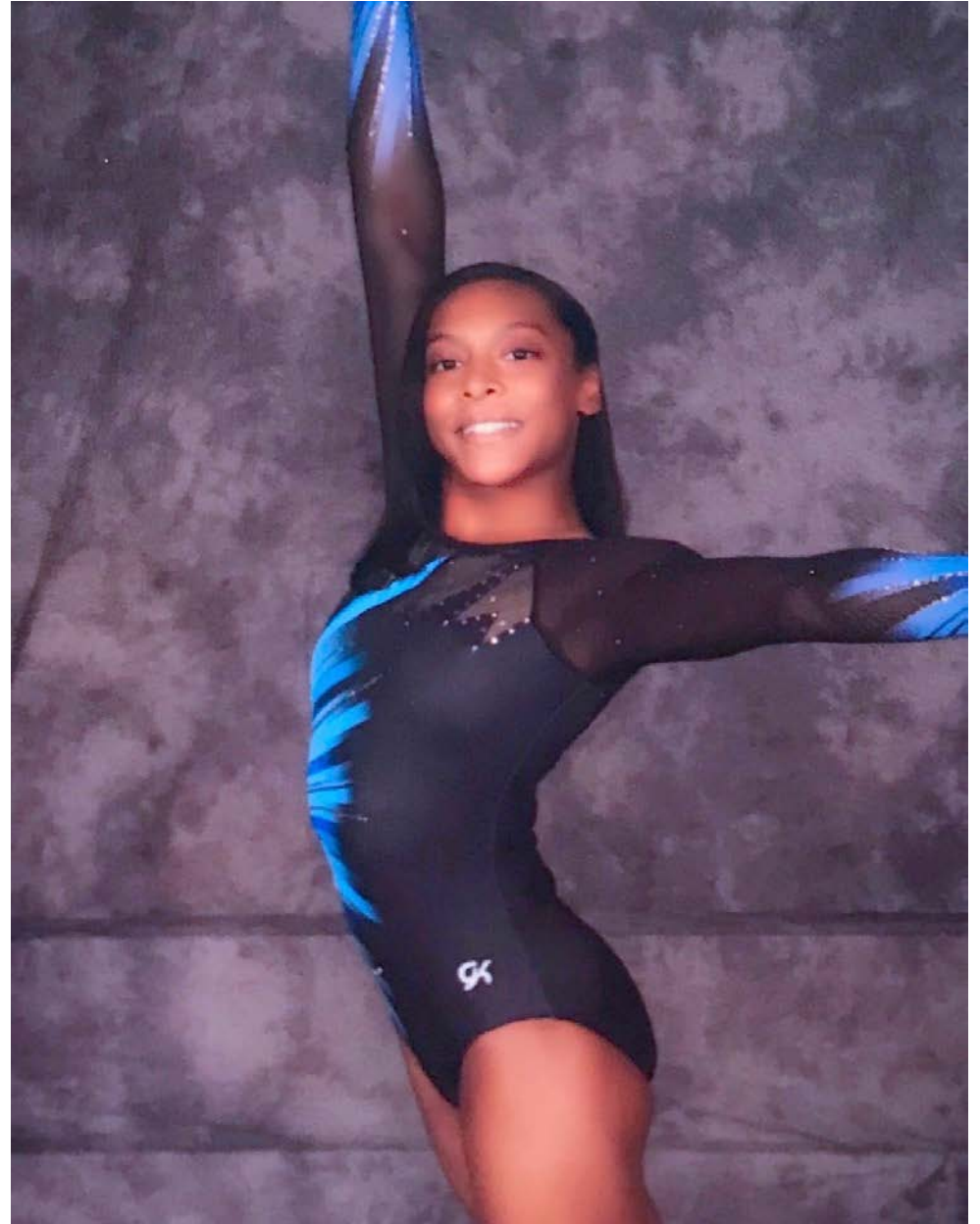


Photo Courtesy of **AYRION GOODWIN**

Nebraska to reinstate male cheerleaders on squad

Jackson Godwin
staff writer

At the start of each football season, there are always changes both small and large for a team, whether on the field or off the field. As for the Nebraska Cornhuskers, one change for the team this year will be something off the field.

Nebraska has decided to re-allow the participation of male cheerleading. In 2005, male members rapidly started to decrease when the school established a new rule grounding all cheerleaders meaning no stunting or tumbling. This recent addition is accompanied by a lot of new practices including stunting and tumbling once again. Part of practicing consists of 8 hours a day for three days a week non-stop learning stunts, tumblers and cheers.

Each cheer team usually will carry only four men so there are very limited open spots for applicants. Athletic Director Bill Moos strongly believes in the change that offers more elements and stunts to cheer routines while keeping basket tosses and multi-level pyramids banned for safety precautions. With this addition, the team will be offered an athletic trainer, nutrition planner and a performance and conditioning plan for staying in the best

shape possible during the season. While these players aren't running up and down one hundred yards with pads, there is still a lot of skill, practice and technique perfection in order to be on a spirit team.

Since she began her job at Nebraska in 2012, head coach Erynn Butzke has been tirelessly working towards allowing cheerleaders to have more freedom to show off the skills without being held back. The reinstatement of certain stunts and male participants was a huge victory for the department and gives many a sense of relief and accomplishment. Not only does this affect participants on the spirit team, but also fans and incoming cheerleaders that aren't in college yet.

"I think this change will bring a new atmosphere and a positive change for the team itself and will also begin to accommodate more male cheerleaders as time goes on," says current cheerleader Darbie Holmes. Both male and female cheerleaders are now allowed to do a tumbling series and up to three skills.

The team itself is excited about its new freedoms this season while doing what they love and are passionate about.

I think this change will bring a new atmosphere and a positive change for the team itself and will also begin to accommodate more male cheerleaders as time goes on.

DARBIE HOLMES
cheerleader

You can still buy your yearbook!

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TAKE A HIKE!

Heidi Heyden
staff writer

Hiking has been a pastime enjoyed by just about anyone. It is a great way to exercise while getting a chance to explore nature. Especially in an urban city like Omaha, there are misconceptions that it is hard to find a place to hike, and that it may be difficult and dangerous. However—in addition to being fun—hiking is also proven to strengthen the bones, improve balance, improve blood pressure and alleviate stress. The fact is, there are so many places in Omaha where one can discover their new-found love for hiking. These trails are scattered all throughout the area and have a wide range of elevation and difficulty.

Wehrspann Lake Trail (Chalco Hills Recreation Area)

The Wehrspann Lake Trail is a 6.9-mile trail with an elevation gain of 282 feet. Because Wehrspann is suitable for all skill levels, people can bike, walk, run, fish and take their kids and dogs on the adventure (as long as the dogs are on the leash). People can access this trail all year round.

Hackberry, Hawthorn, Chickadee, Hickory and Ridge Trail (Fontenelle Forest)

This trail is 5.3 miles long with an elevation gain of 780 feet and is rated as a moderately-skilled trail. It is mainly used for hiking and trail running, in addition to nature trips. In order to be on the trail, people must pay the Fontenelle's admission price of \$9.50. People can access this trail all year round.



SOPHIA SIDZYIK | The Register

Above: Some trails in Fontenelle Forest are boardwalk trails, allowing for better accessibility.

Right: Big Papio Trail runs alongside a creek, providing a view of suburban wilderness.

Tranquility Trail

The Tranquility Trail is 2.9 miles long with an elevation gain of 206 feet. It is in Northwest Omaha, between 120th and 132nd St, and between Fort and Maple St. Despite its distance, it offers a wide range of different terrains, including pine trees and grasslands. This trail is great for hiking and can also be used to ride a bike or run. Dogs can be brought along but must be on a leash. People can access this trail all year round.

Keystone Trail

The Keystone Trail is 19.3 miles long with an elevation gain of 495 feet. The trail stretches from Democracy Park at 88th and Fort to Hayworth Park in Bellevue. Not only is it used for hiking/walking, people also use it to bike and run on parts of the trail. It is rated as a moderately-skilled trail and is open from 5 a.m. to 11 p.m. all year round.

Big Papio Trail

The Big Papio Trail is 18.7 miles long with an elevation gain of 367 feet. Throughout the trail, one can pass up to six different parks, and witness multiple changes in scenery along the way. It is an ideal trail for hiking, as well as biking and running. People can access this trail all year round.



“My goal this season is to be on point with everything. See one person slacking off, the whole team is taking a consequence for it. I’m trying to be the person that keeps it all in line.”

COY LEYTHAM
senior soccer player

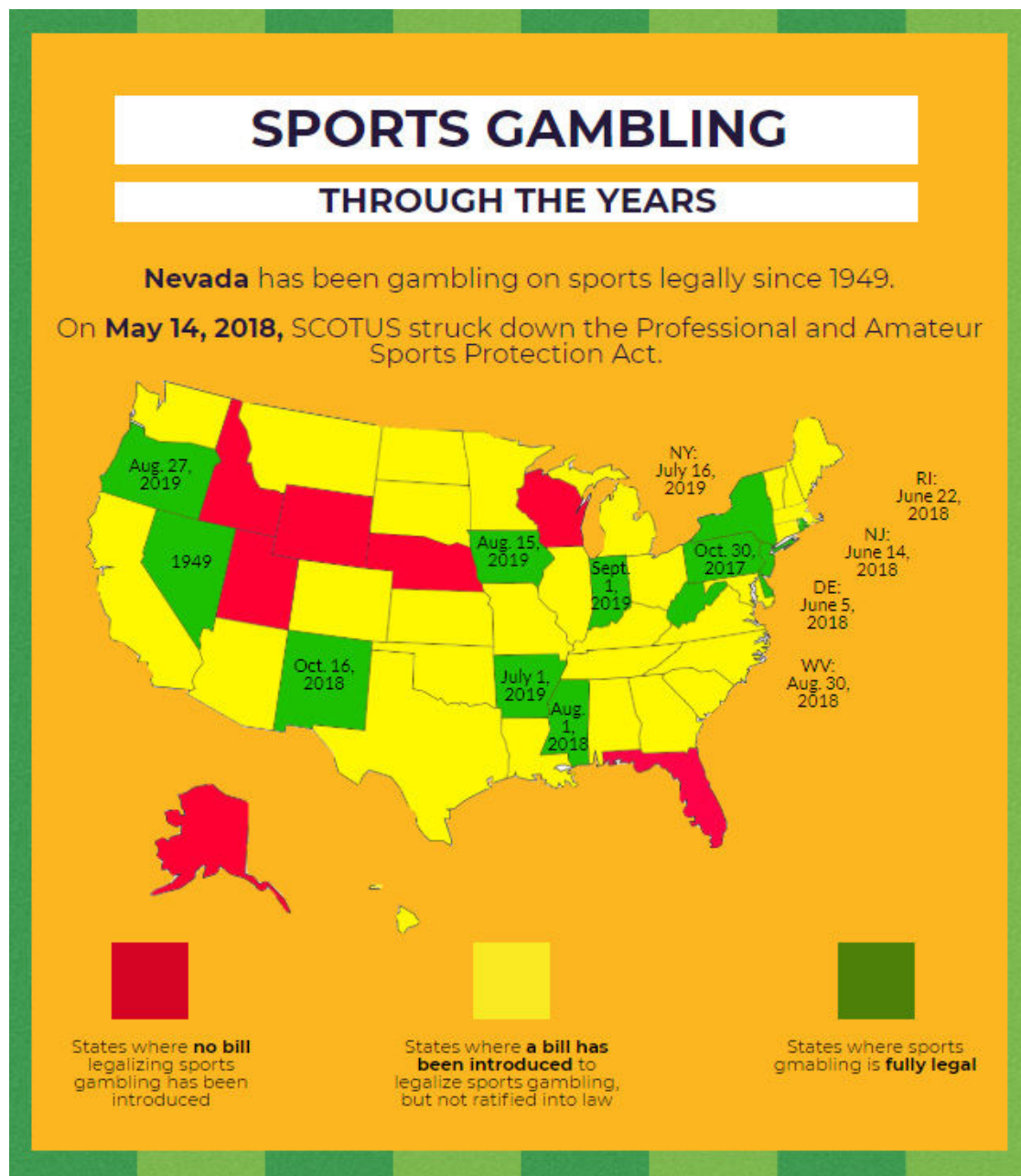
BOYS V. GIRLS SOCCER

“I want us to be able to win our metro/district. I think we can win our district at least and make it to state, at least for one round.”

ISABELLA SHRADAR
senior soccer player



Makenna Anderson
staff writer



It is time for Nebraska to join Iowa, legalize sports gambling

Ari Saltzman
staff writer

What if I told you that something existed that would lower your taxes, and let many people do something they enjoy legally? What if I told you that every week, lots of money from those people help lower the taxes in Iowa, because this privilege exists just across the Missouri River. Well, this is not a fake tease for a 30 for 30, this is real life, and this is the state of sports gambling in Nebraska.

In May of last year, the Supreme Court of the United States struck down The Professional and Amateur Sports Protection Act (PASPA), that banned sports betting in the USA outside of Nevada. It made it legal for states to introduce sports gambling if they so wished. Now, just 17 months after the ruling, 17 states have full scale, regulated sports gambling, another 26 have either passed a bill, or have had one introduced. That leaves 7 states that have made zero effort to legalize sports gambling. Nebraska is one of them.

New Jersey was the first state outside of Nevada to legalize sports betting and tax its operators. The state now drives in over \$20,000,000 a month from taxing the casinos. Earlier this year, New Jersey had more money bet on sports in a month than the state of Nevada, topping \$300,000,000 in total handle in May. That same phenomenon is about to occur in Iowa, with the help of Nebraska residents.

On August 15, full scale legalized sports gambling went into effect in the state of Iowa. In the coming days, Council Bluffs casinos Ameristar, Harrah's, and Horseshoe all opened sportsbooks, and will all open online options soon. On Aug. 28, ESPN reported that Ameristar casino already had a \$250,000 liability on Nebraska football to win the national title, and that over 50% of the bets in the college football futures market were on Nebraska. This proves a well-known fact; that Nebraskans are about to give a large amount of money to the state of Iowa, and in the process lower taxes for all Iowans.

Besides taxes, another reason why legalized sports gambling is good for everyone involved is because it would make catching match fixing easier. Prior to the PASPA ruling, many people wagered on sports online, at bookmakers based in the Caribbean. In 2017, Las Vegas sportsbooks reported a \$4,800,000,000 total handle, while the American Gaming Association estimated that Americans gambled \$150,000,000 offshore in that same year. That's 31 times how much money was bet in Las Vegas, and 97% of the total market. That means that in 2017, 97% of the dollars wagered on sports in this country were wagered illegally, in a black and unregulated market. Those are ingredients for lots and lots of match fixing, and ingredients for American customers to get ripped off by sketchy books. There are some reputable books such as Bovada, BetOnline, and Bookmaker, but even they are not regulated by the federal government, and match fixing is much easier there than it is in Las Vegas.

Thankfully, the percentage of the market that goes offshore will continue to drop as more and more states legalize sports betting, and more and more people switch from their offshore book, to a legal and regulated one. But, 100% of the sports gambling market in this state goes offshore, to a black market that is unregulated. There is a massive problem with that. It is clear that people are going to gamble on sports by any means necessary. People have always found a way to bet, no matter how challenging it was to avoid the law.

Nobody cares that people put money in an NCAA Tournament pot, or a fantasy football league, or on a horse race. It makes zero sense that this state's government has a problem on people putting on money weather Nebraska will cover the spread Saturday against Northwestern, or if the game will hit the OVER. It is also absurd that they want to make people send their hard earned money to an unregulated market just to do something they enjoy, and it's even more absurd that this state does not want to lower taxes on its citizens and in the process eliminate a black market and allow people to do something they enjoy and always have done, but this time in a safe and regulated market.

Nebraska, it's time to legalize sports gambling.

Antonio Brown did not, does not, deserve a second chance

Dillon Galloway
staff writer

There has been a lot of controversy around National Football League player Antonio Brown this past month. After being traded to the Oakland Raiders for \$50 million dollars he misses practice, complains about the team's helmet policy, gets freed from his contract and is picked by the Patriots, and now has been accused of rape.

With about 40 different types of helmet options Antonio Brown was the only one to file a grievance. The reason he claims he is so mad was because the NFL would not allow him to wear a Schutt Air Advantage helmet, which he had worn throughout his entire career. Anyone can see that this is just an act to get more attention and with it stronger leverage for contract discussions. He is completely undermining the fact that the NFL is trying to protect players by vetting helmets.

Antonio Brown missed two key practices before the season began this season and for that the Raiders fined him \$50,000. Brown brought this issue forth on his social media by posting a picture of the letter he received, trying to make the team sound like the bad guy in the scenario, even though the punishment is solely a result of his own actions. His immaturity reached peaks when, on his YouTube channel, he posted videos of him visiting Alameda County Coliseum,

mocking the field and posing as though he was scoring touchdowns despite his claim that he hates the team.

After all this, the Raiders finally decided to release Brown from his contract. When he received the news, Brown posted a video in which he ran around as though he was a child being released from timeout.

"If someone was constantly complaining at their job and poisoning the work environment, would they still have a job?"

The New England Patriots picked Brown up almost immediately after his release from the Raiders. This seemed like just another reason to give Brown a second chance. Nearly a week later he was accused of rape and other heinous acts. The Patriots believed they could get a star player, but they should have thought about the effects he would have on the team. At this point, Brown, with his immature behavior and reprehensible abuses of power, stains any team he touches; at the very least, the Patriots need to drop him, and this goes for any other player who has behaved in such a manner or committed such acts.

It is unacceptable for a player to act so disrespectfully to their team to continue getting paid and continue to be given second chances. If someone was constantly complaining at their job and poisoning the work environment with their presence, would they still have a job? No. Players like Antonio Brown should not be treated any differently.

History teacher takes up running races

Dillon Galloway
staff writer

“Before 2018 probably the longest I have ever run was a mile and that was in high school,” history teacher Scott Wilson said. In addition to teaching, Wilson runs in competitive long-distance races. About a year and a half ago, Wilson began to start training for local 5 and 10 kilometer races. He trained for his races by running about three to five times a week. On these jogs, he would alter his distance from two to ten miles. Apart from running, sometimes Wilson will go play basketball with some other Central faculty. Other than that, he usually runs on his own.

Deciding to start running did not just happen overnight for Wilson. He had started by going on daily walks and moved up to jogging. After a while he felt that he could try a race out. He also ran for the obvious health benefits, “like weight control and blood pressure,” Wilson said.

When not running Wilson is teaching history here at Central. He teaches AP US History, IB History and freshman US History.

Before he was a runner, Wilson had played baseball up

until he was 35 years old. One of the reasons that he decided to start running was because he missed how much baseball. It kept him energized and fed his competitive nature.

His first official race was the Berkshire Hathaway 5k. This gave him the motivation to keep running. Eventually, he worked up to running 13 miles. Since then, he has ran races like the Lincoln half-marathon, the Hastings half-marathon and the Good Life Halfsy. Almost every weekend Wilson tries to run a race, whether it would be a 5k or 10k.

“What is really kind of amazing is all of the organizations that will sponsor these races,” he said.

Wilson would say his favorite race was a 12k he ran in San Francisco. This past month, Wilson finished up teaching his classes hopped on a plane and flew out to San Francisco. He loved it because he got to see the Golden Gate bridge and the surrounding San Francisco.

Wilson doesn’t really run for the time; rather, he tries to feel good.

“Usually, if you’re running where you feel really strong, your legs feel good and your breathing feels good,” he said, “your times will kind of show up that way.”



Top: Wilson at the Hastings Half Marathon
Bottom: Wilson at the Turkey Trot 5k
Left: (L-R) Josh Bullock, Corban Williams, Eric Behrens, Joe Mickeliunas and Wilson at the St. Paddy’s Day 7k

Photos Courtesy of SCOTT WILSON

Sophomores find fulfillment in fencing, compete around Nebraska

Emma Whaley
editor in chief

Swordsmanship is not a very popular hobby in the States. There’s no advertised fencing Super Bowl or longsword World Cup. Despite this, the sport’s influence has made it to Central. Sophomores Linus Dyer and Zachary Sechser are avid swordfighters.

Dyer has fenced foil, or, as he calls them, the “skinny, floppy swords” for over three years. He moved to fencing from soccer and swim team after looking for a more individual, unique sport.

“I really like board games and stuff like that, and I didn’t want something that was just physical,” Dyer said, “Fencing, it’s a physical sport, but it’s also kind of a mental sport as well.”

He fences once or twice a week with Omaha Fencing Club.

Sechser wields the longsword and messer, a short, one-handed sword, at a Historical European Martial Arts Alliance (HEMAA) club called Kunst des Fechtens. He began sword fighting late last May with his father.

“I’ve always liked swords and knights and stuff like that,” Sechser said. “Also, because my dad kind of introduced the idea to me. It’s sort of like bonding, but we have loads of fun there too.”

Kunst des Fechtens goes beyond simple swords and into the dagger and spear, though Sechser is just beginning to learn messer. He says that his club is more historical than anything, going as far as to read the manuscripts and studies of ancient swordsmen.

Dyer and Sechser warn that real fencing isn’t quite what the movies show.

“When I tell people I fence foil or épée or sabre, most of the time people will automatically think of The Princess Bride,” Dyer said, “It’s obviously not theatrical. If you were to watch it, it would not be as interesting.”

There are various swordsmanship competitions around Omaha and Nebraska. Spring Steel and Fall Steel are two yearly fencing tournaments that take place at Brownell-Talbot.

Cornhusker State Games also hosts fencing competitions during its nine-day run.

Unlike some other sports at the Cornhusker State Games, fencing is a very mental sport.

“I have to be aware of what the other person’s doing and aware of myself,” Sechser said. “I have to be calm, but at the same time I need to be assertive with how I’m fencing.”

“You have to, not predict your opponent, but be able to respond to them easily and to be able to find patterns,” Dyer said. “You want to be unpredictable. There’s different strategies to fencing and the more you fence with other people, the more you figure out their specific strategies. I have my own. In the moment, there’s lots of things that go into it.”

However, that doesn’t mean there’s not a physical aspect to fencing. It may just involve more subtle muscle work than brute force.

Dyer said, “There’s a lot of different things that go into fencing. You’re thinking about your balance. You’re thinking

about your footwork. In fencing, footwork is different. It’s designed for balance. It’s designed for lots of starts and stops really quickly and changing direction, and you have to account for that.”

Though they wear protective gear on their heads, necks and torsos, fencing is a contact sport, and injuries are bound to happen. Old or poorly made blades and gear can result in swords breaking and piercing gear. All the competition and practice blades are dulled on the tips and edges and some “synthetic” swords are made of plastic for beginners.

Both Dyer and Sechser said they would like to continue fencing through college and beyond. For them, the social aspect is as important as the sport itself.

“I know some people I’ve fenced with for the whole time I’ve been doing it and I make some good friends,” Dyer said. “It’s a fun sport. I feel like it’s my favorite sport out of the three or four sports I’ve done.”



Linus Dyer (right) faces off against another fencer at Brownell-Talbot. He practices there with Omaha Fencing Club about twice a week.

Photo Courtesy of LINUS DYER

ENVIRONMENTAL EAGLES

DILLON GALLOWAY | The Register

On Sept. 20, hundreds of Central students spent their mornings protesting in front of the courthouse for the sake of the planet. Here are some of the sights. Read about the Climate Strike on page 1.

