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DILLON GALLOWAY | The Register

FIX FARNAM

The neighborhoods surrounding Memorial Park have begun a petition to transform Farnam street to make it more efficient and safe for drivers and pedestrians alike.

Noemi Gilbert
contributing writer

Bright blue yard signs saying “Fix Farnam: Two-Way, All Day, Every Day” began popping up in the Dundee neighborhood in August. The Dundee Memorial Park Association (DMPA) wants Farnam street to stop switching to a one-way street twice a day.

“For a long time, neighbors and the neighborhood association have been proponents of making changes to Farnam street,” DMPA board member-at-large Emily Moody said. “Yard signs came up as an idea ... if people wanted them in their yards, we asked if they would make a contribution of five dollars per sign.”

Moody and her family use Farnam street daily. Her husband, Craig, created the Fix Farnam Facebook page for the effort.

“I drive Farnam every single day,” Moody said. “I work at Mutual of Omaha, so I drop off my daughter at Washington and then I come down and get on Farnam and head into Mutual, both to work and from work.”

From 7-9 a.m. and 4-6 p.m. on weekdays, the neighborhood street becomes one-way, heading east in the morning and west in the afternoon.

“It’s a busy street all the time, I think, and I don’t think it necessarily gets much more busy,” Moody said. She usually drives down Farnam during rush hour.

Neighborhood resident Marty McCaslin has had a Fix Farnam sign in his yard for about two months.

“We’ve lived within three blocks of Farnam for 32 years,” he said. “And in those 32 years we’ve seen so many near accidents, we’ve had people who visited us from out of town who can’t make heads or tails out of the signs.”

The switch is meant to serve as an overflow for Dodge street during rush hour. McCaslin doesn’t believe that there is any benefit to it.

“It’s needlessly putting people in danger,” he said.

North High School junior Micah Gilbert drives down Farnam weekly. He has lived in the Dundee neighborhood for 11 years.

“I think it’s good to have a faster east-west street in the neighborhood, but I don’t really like how it’s basically just an extension of Dodge street,” he said.

Gilbert received his driver’s license in May. He said he considers himself a confident driver, but he stays in the right lane during the one-way times on Farnam to avoid an accident.

“I’ve seen people turn onto Farnam going the wrong way, so driving in the left lane is really risky,” Gilbert said. He uses Dodge to get downtown whenever he can.

Farnam Street can also be risky for pedestrians and bikers, and especially for kids walking home from school.

“I see a lot of kids that are old enough to walk home by themselves after school, and they’re walking down Farnam street, and it makes me so nervous,” Moody said.

Sometimes, to avoid accidents, cars veer up into a yard to avoid a collision with another car. If there were kids in that situation, Moody said, “it would be disastrous.”

Gilbert doesn’t believe that Farnam street will be changed soon to a permanent two-way street.

“I don’t think it’s a very high priority right now,” he said.

Moody disagrees. She says that the DMPA board has been approached by University of Nebraska Medical Center students who are in total agreement with them.

“I know the signs are making a difference,” she said.

District introduces new snow policy

Emily Hodges
staff writer

On Oct. 29, it was officially announced to all OPS staff that the district would be implementing new winter weather procedures with the colder season approaching. The new procedure will include the option for a two-hour late start, or two-hour early release instead of calling the whole day off.

The district plans to make this transition smooth and non-stressful for parents and staff.

Chief Human Resources officer, Charles Wakefield, stated, “In the event of either [a two-hour late start or two-hour early release], we would strive to make a decision the evening before a change to allow staff and families the opportunity to plan ahead.”

The district is aiming to maximize class time knowing that most snow days called end up not being as harsh as predicted. Wakefield said, “We know every minute of instruction matters, so if we can welcome students for most of the school day while allowing extra time for travel to and from school, we value having the options in our winter weather toolkit.”

The district may seem optimistic for less missed school days, but the students are a bit less excited.

Senior Tyler Hichert does not see the procedure promoting attendance, saying, “I would not come to school mainly because I get out after fifth hour, so there is no point in me going.”

Students do not seem to be the only group underwhelmed by the new policy. Another concern for students and staff is how it affects students with specialized schedules, or students involved in Zoo Academy and the UNMC program. Not many details have been released to the public, but Wakefield assured staff that they would receive information further explaining the procedures.



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First cat cafe opens in Omaha, offers coffee, cats for adoption

Mackenzie Coughlin
staff writer

Omaha's first coffee shop and cat shelter opened downtown on 24th Street a little over a year ago. This business concept is widely popular in other states, but never had been introduced to Omaha until founder and President of Felius Cat Café, Bre Phelan, made her dream a reality.

Felius is a non-profit business that allows people to interact with and meet adoptable cats while enjoying coffee, tea and snacks. "This benefits the cats in our care, as they are given personalized attention, resulting in faster socialization," Phelan said. The revenue made from the coffee shop helps to support the vetting and care of cats in both the shelter facility and in their foster program.

The cats that Felius receives and puts up for adoption come "spayed/neutered, microchipped, dewormed/defleaed, FELV/FIV tested and with up-to-date shots." Felius is determined to find loving cats their perfect and forever home. This entails a required reference check and home visit prior to being approved for adoption.

Along with adopting cats, there is also the opportunity to foster cats and kittens for those nineteen years of age and older. This provides the cats with a welcoming transition between intake and being brought into the shelter facility.

Felius Cat Café opened its doors last fall and has continued to impact many cats and the Omaha community since. In total, 128 cats have found homes through the café. The cats that are fortunate enough to find shelter at Felius are a small percentage of the six thousand feral ('community') cats in Omaha.

A program that Felius started this year, trap-neuter-return educational and trap-rental program, gives people

resources on how to properly trap feral cats and the effects it has on the total outside cat population. "By providing educational tools and free traps, we lessen the barrier to entry for new community cat colony caretakers," Phelan said.

With Felius being Omaha's first business of its kind, the reaction that the public has given is "overwhelming with positivity, excitement and engagement." "Within our first year of business, we received over \$22,000 in individual donations. We booked over 9,000 hours of cat play, where guests helped to socialize our cats and build a connection with rescue animals. On top of that, we now have over 8,100 followers across our social media accounts," Phelan said. The level of response that the café received has boosted the impact they are able to make on the community.

Although starting a non-profit business was a difficult task for Phelan, she is very proud of the result. "The resources and support that come from Omaha community members and organizations is overwhelming and heartening. This is a city that helps one another grow, and I think that is truly unique among large metropolitan areas," Phelan said.

The overarching mission at Felius Cat Café is to advance cat rescue and adoption with the use of inclusive experiences and educational programming. Phelan said, "Our hope is that by building a strong connection between Omaha community members and rescue cats, we can increase awareness of resources that improve cats' lives."

When visiting Felius, a waiver signed by someone nineteen or older is required to enter the cat playroom. Felius also offers a student discount. Bring a valid student ID for 25 percent off cat entry Tuesdays, Wednesdays and Thursdays.



Photo Courtesy of STEPHANIE FRENZ PHOTOGRAPHY

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 second 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 this 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

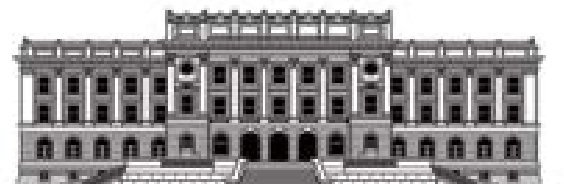
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It is the goal of the Central High Register to represent the student body in issues affecting their lives as young people and students. If you feel that we are not covering an issue that is important to you, we welcome contributing writers who bring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



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THE FUTURE OF FAITH

It's a common misconception that, as a larger amount of the population becomes younger and more progressive, religion will fall by the wayside. While the number of people who are identifying as nonreligious is growing, organized religion is far from gone. Central, known for its diversity, houses a plethora of students who devote themselves to all sorts of religions.



Senior Arian Alai: Born-again Christian

Arian Alai compares sin and repenting to a court of law. "I believe that everyone is a sinner. I think the Bible is sort of like a court of law where, if you're a criminal and you're guilty of a crime that you've committed, then you go to jail. You can tell the judge, 'but I've done a lot of good things,' but the judge says, 'I don't care. You did this one bad thing and that's what you're going to jail for.' But if someone comes in who's not guilty and they pay your fine, then you don't have to serve your sentence. It doesn't mean you're not guilty, you're still guilty, but you don't have to serve your sentence. I believe that's what the Bible is like. Everyone's a sinner and everyone's done something wrong, but Jesus, who isn't a criminal like us, can pay our fine."

This comparison led Arian to find his faith in Christianity.

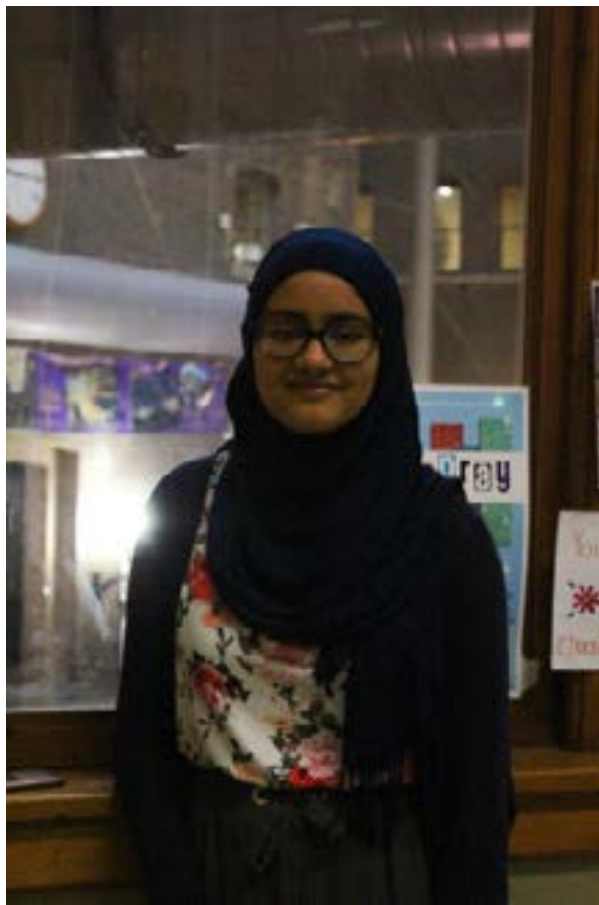
"According to the Bible, in order to accept the fine that Jesus has paid, you accept him as your lord and savior, and you trust in him. Then you repent, which means you change, you don't keep doing the bad thing that you were doing, and that's what being born-again is. It makes you a new person because you're not the person you were when you were sinning."

At one point, Arian was a self-proclaimed sinner, but he accepted Christ into his life and repented to become a new person.

"I used to be Catholic. I left it because the more I read the Bible, I felt like Catholicism was drifting away from it. So, I don't go to church because I don't know what I am, I don't know what denomination I am. I listen to church services on YouTube of churches that believe the same thing I believe. I'm still looking for churches, but if I did know a church that did that, I would go to it."

Despite not attending a church regularly, Arian manages to keep in touch with his spirituality through music and prayer.

"I like Christian rap a lot. I listen to Christian pop as well. Anything I listen to that's secular, I listen to the sacred version of that. I do pray; I try to pray every day and I try to read the Bible every day. I don't always get around to it, but I try to do it because it keeps me motivated and it keeps me in the right mindset. A lot of times when I'm thinking about God, even if I'm in a bad situation or I'm sad about something, I don't feel so bad, because I know that God will make everything better."



Senior Sumayyah Rab: Sunni Muslim

Sumayyah Rab devotes herself to the more popular of the two sects of Islam.

"Technically, if you're super religious you don't really do the sect thing, you're just Muslim. But, for clarity I'm Sunni Muslim."

Sunni Muslims like Sumayyah follow the Five Pillars of Islam: Shahadah, Salat, Zakat, Sawm and Hajj.

Salat requires ritual prayer five times a day, the second of which, Dhuhr, happens to fall right in the middle of school, sometimes forcing Muslim students who don't have an early-out like Sumayyah to leave campus.

"I know that some boys who go here will walk to one of the mosques that's a couple blocks away during their lunch period during their lunch period and they'll go pray there. There's also a khutbah. That's kind of like a sermon. So, they'd go to that every Friday."

Sumayyah's early out doesn't stop her from completely her daily prayers when she's on the go.

"If I'm driving around and I'm like, 'Oh shoot, I've got to pray,' I'll hit up the mosque and go pray there or if they're having another khutbah or a special sermon on something I'll go. I also used to go to youth group at one of the mosques way out west, but that's a lot of driving."

Sumayyah explains that the Muslim community is fairly tight-knit, and doing the wrong things could affect her reputation within that community.

"We all have different levels of religiousness, but I feel like, with certain things, it can definitely affect how people see you. Like, we're not supposed to be dating at all in high school, it's a difference process, but you're not supposed to date, not supposed to talk to guys, but I know some girls do date, and it definitely can taint your image, I think."

Of course, not all Muslims have a Pakistani-Indian background like Sumayyah. Islam is a religion that reaches far and wide.

"Even within the Muslim community, there's a lot of clinging to people who are more like your culture. I think everyone can see that there's Somalis that have their own group. There aren't really a lot of Pakistani-Indians, but if there were... If we see each other in the hallway you can definitely give each other an eye and be like, 'You Muslim you over there. I see you.'"

Being a minority both in race and religion, Sumayyah is familiar with ridicule.

"No one's outright said, like, 'Oh you're a terrorist,' but people definitely say underlying things to me. People just outright assume I'm Arab. I'm not Arab at all. People do that all the time. People will just assume I speak Arabic, that I am Arab. If you are someone who can tell the different cultures, then I think it is fair to say, 'You look Arab,' because I do look Arab sometimes."



Sophomore Dina Saltzman: Conservative Jew

Dina calls her Judaism middle-of-the-line. "We are moderately observant of the traditions. There's reform Jews, which are Jewish people who are minimally observant, there's moderately, which is what I am, and then there's orthodox Jews, which are extremely religious."

Judaism and Christianity, the most popular religions in the U.S., started with the same roots: what's called the Old Testament. However, it's the differences between the two that often get confused.

"I think the main difference is there's no Jesus; there's nothing in our religion that has anything to do with Jesus. We basically don't have the New Testament. We believe in a God, but we don't really have a Messiah, we don't really have a son of God. I think one of the main differences is there's nothing in our Torah, in our Testament, that says that you can't be gay, and I think that's the main source of homophobia these days. People say, 'Oh, well it's in the Bible.' Yeah, well, not in my bible, not our bible. I think that's one of my favorite parts about being a Jewish teenager is we're very open and accepting to everyone. We don't really have sins. We don't really have a hell. Obviously, not everyone goes to heaven, but if you don't go to heaven, you don't necessarily go to hell. You just kind of cease to be."

Dina often celebrates religious rituals with her family.

"We're not completely kosher. We just don't eat pork... Every Saturday we try to have a Shabbat dinner, where we light candles, we have this bread called a Challah and wine and we say prayers. We try to do it, we don't always get to, but we try. Sometimes, we'll go to Shabbat services on Saturday morning. There's obviously Hebrew school on Wednesdays and sometimes Sundays."

As many teenagers move away from organized religion, Dina believes Jewish kids have reason to stick with it.

"I think Jewish kids are very, very proud of their religion because we have this thing called USY, which is United Synagogue Youth. It's like a big, national youth group for all the Jewish kids, and there's conventions, which are a lot of fun, and there's also these Jewish summer camps people go to, which are big and national. I went for five years. So, there's kind of a sense of home and belonging in that. There's lots and lots of Jewish youth programming around the country that makes us feel very connected, which is really great. So, I think that's why so many Jewish kids are so connected to their religions, because of the other kids that they can connect to."

COMPELLING CLUBS

HOSA connects members to speakers, opportunities in medical field

Olivia Gilbreath
executive editor

HOSA, or Health Occupation Students of America, is a health club at Central which provides opportunities to students interested in careers in the medical field. The club's president, Noor Himdan, has been a member of the club for two years under the supervision of John Morley. HOSA is an internationally recognized organization which implements knowledge of medical careers and encourages driven students to explore careers in the medical field.

"It's a good way to help you decide now what you enjoy before the future comes and you have to choose your major and get really involved," Himdan believes.

There are roughly 40 members in the school's HOSA club and they meet every other Tuesday. During the club, different speakers come to talk to the members and the club's officers organize activities. Himdan says that the speakers discuss a wide variety of topics, to ensure inclusivity for the interests of all members.

"This is a better way to see what careers there really are," states Himdan, "to get some better inside sources to come speak to you about what it's really like"

Although the club deals a lot with anatomy and physiology, it addresses numerous possible career paths in the medical field. In the spring, HOSA members participate in competitions which cover a wide variety of categories, some being: dentistry, medical journalism, anatomy, CPR and life support, etc. UNMC holds competitions for HOSA in Omaha, winning these com-



petitions could qualify a member to compete nationally.

Himdan comments, "A lot of people don't really see all the parts to a field, you can have multiple interests, there's a lot of different options to explore."

Himdan is specifically interested in biomedical engineering, she claims that the club has helped to increase her interest in this field of medicine. Studying for competitions is mostly individual work, the club's speakers provide an extremely broad idea of varying sections of the medical field.

"We're not too specific," Himdan said. "Not only am I more inspired to learn about more of the specifics in the medical field independently, but I get excited about learning from different speakers."

Club officers work together to manage funding, sponsorships, organize events, and plan meetings. As president, Himdan oversees affairs and works with the officers to identify and execute tasks. Himdan spends a couple hours a week working on her duties as HOSA president, disclosing, "It doesn't ever feel like that because I'm either spreading it [the time] out or it's great because all our officers collaborate and work together."

Himdan heard about the club through friends and speakers who presented to science classes at the beginning of the 2018-2019 school year. After joining the club, the main opportunities she discusses are job shadowing, community involvement, and HOSA's listing on a member's resume.

Himdan encourages many students to join HOSA, "Anyone who is passionate about science in any grade level who has even considered being in the medical field in the future. Even if you're not one-hundred percent it's worth it to join the club and ask: 'is this something I want to do in the future?'"

Creative Change aims to influence world through artistic expression

Daniel Graham
contributing writer

Grace Turner
staff writer

The Creative Change Initiative is a new club that combines social change and the arts.

The club started in September and meets each week on Tuesdays after school in room 229. Its sponsors are English teachers Jennifer Stastny and Deron Larson, who are both passionate about the club.

"It combines drama, music, dance, all forms of visual art and anything else that anyone wants to come up with, to make an effort to address social issues," Larson said.

The student leaders of the club, sophomores Sophia Mason and Isabella Manhart, are excited to work on many social issues. Manhart and Mason founded the program based on influence from Van Gogh, who is one of their favorite artists and a believer in creating a collective of artists that live and work together to inspire each other. Creative Change Initiative looks to embrace that mentality while also challenging ideas in current society. "We are creating a safe space to talk about the issues facing our world that we, the young people and future leaders, think are important," Manhart said.

"I think this is really important right now, because there are a lot of bad things happening in the world, and as the youth of this country, we need to speak out," Manhart said. "We can't always make a big impact, so we have to find creative ways to make change in the world."

That mission earned the club interest from local arts organizations within less than a month.

"We've been working with Teens 'N' Theater at the Rose,"

Manhart said. "They've put us in contact with people in the art community to work with, who've put us in contact with even more people."

To build off this growth, The Creative Change Initiative will do a major project in the second semester that will incorporate all types of art.

"This club is very diverse, with people who have a diverse set of skills and a diverse set of opinions, and we want this project to express that," junior Lillian McEvoy said.

The students run the club, not the sponsors, which means that Mason and Manhart oversee what happens each week, as well as any long-term plans.

"If teachers were running it, the club wouldn't be as relevant or interesting," Manhart said.

The sponsors agree that the club should be student-run. "It just wouldn't work without passionate, hardworking students who are willing to put in the time and effort that Sophia and Isabella have," Larson said.

Mason and Manhart also encourage other students to speak up and create change.

The club has already begun working on discussing topics that are important to the members of the club. For example, the club spent a week working with sound where they used the ideas of traditional forest and jungle sounds but altered them to represent what is currently happening with climate change and how it could affect forests in the future. They have also had guest speakers and a round conference about art relating to social justice issues.

"We're the young people," Mason said. "We're the ones who're going to change the world, so other young people who see us and see what we're doing can look at us and become inspired to create change as well."



Photo Courtesy of CREATIVE CHANGE INITIATIVE

New club engages in environmental activism

Ella Novak
contributing writer

Billions of pounds of trash are floating in the ocean and choking marine life. Environmental club hopes to lessen the school's own negative impact on the environment by reducing waste consumption and informing students on what they can do themselves.

Environmental club gets together every Wednesday to discuss ideas on how to make the school more sustainable.

"I hope that we can make Central more sustainable and environmentally friendly by decreasing the amount of single use plastics that it uses and helping people to recycle more," club member Kyra Britt said. "Maybe even compost and help the students be better environmental stewards."

With these ideas, the club hopes to make a very large impact on both Central and the Omaha Public Schools district. They want to branch out their ideas to help on a larger scale rather than staying confined to their own school.

"The environmental club has proposed a lot of really good ideas that they would like to see change within the school, and I would like to see us start trying to implement

those changes or at least to see what we can change and the influence and impact we can have on the school and then the OPS as a district," club sponsor Ariel Gass said.

There are multiple companies who offer special programs to schools in hope to lessen their impact. Crayola has a marker recycling program called Crayola ColorCycle which allows schools to send used markers away to be repurposed. The environmental club wants to make sure that all classrooms in the school take advantage of this program and collect the markers rather than tossing them in the trash. The club hopes to do this by having specific boxes for the used markers in each classroom.

"Crayola and schools across North America are banding together to help kids understand their role in protecting the environment," Crayola's website states.

The club's members hope to make an impact. They have chosen to stop sitting around watching the single use plastics be thrown in the trash just to end up in landfills or in the stomachs of wildlife.

"Central has the potential, as such an excellent school that it is," Britt said. "It has the potential to become more sustainable and environmentally friendly and set an example for other schools."



Art classes enjoy first year in their new, improved space

Lily Labs
contributing writer

New renovations were recently completed to add many new rooms and spaces to the building. Several teachers and students are really enjoying the addition.

Construction was started on a \$19.5 million, 51,000 square foot expansion the summer of 2017, and finished in March in time for the 2019-2020 school year. Before the construction was complete, art teacher Jeremy Cisco was able to take a sneak peek into the expansion.

"When we walked into the library, we could see what the view was going to be like. It was incredible, and I thought, 'man, this is going to be a top-notch facility,'" Cisco said.

The expansion added a new digital library, a three-hundred seat theater and new classrooms for the music, drama and art departments. The 100-year-old architecture was a challenge to match when constructing the new addition.

"They did a great job of integrating into the old architecture and making it a usable space," Cisco said. "It's on par with a lot of college art classrooms, if not better."

Several advantages came with the new expansion. Before the addition, all the art classes were on the fourth floor of the building, held far away from the other classes. The new expansion moved all the art classes from the very top to the very bottom of the building.

"(The location) is much more convenient, there's far less stairs. In fact, I only have to go downstairs and not up any," Cisco said.

With the new space, the addition is very accommodating. Teachers often comment on the addition of walls between classrooms.

"Tons of storage, tons of natural light, tons of display space and walls between classrooms; we didn't have those before," Cisco said.

Art teacher Libby Cruz finds an advantage in not sharing rooms with other teachers.

"It's nice that we don't have to talk over the other teachers like we did in the shared rooms," Cruz said.

Sophomore art student Corinne Olsen also agrees that the new location has advantages.

"Last year was really cramped and I guess that's kind of a distraction," Olsen says.

Olsen is also part of the costume and makeup crew for the drama department and spends most of her time after school in the makeup room in the basement. She has a different opinion on the amount of money spent on the new addition because of her position in the drama department.

"I think (the money spent on the new addition) could've been in (the makeup room), but (the new addition) has a good purpose," Olsen said.

When Olsen walked into the new addition for the first time, she felt like it was "going to be epic."

"Me and my friend went in early to look at everything, and the construction workers were working on it, and we were like, 'this is so cool,'" Olsen said. "I loved it when I went in there first, I was so excited. I knew that (the new addition) was going to be amazing."

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The new addition has been filled with art, making it effectively a museum of the works of students.



New poetry class offers space to build confidence, improve speech

Grace Turner
staff writer

The 2019-2020 school year has brought many new classes to Central this year including a new Poetry class. Mrs. Michelle Sueck is the teacher of this class along with the coach of Louder Than a Bomb Slam Poetry club. The class meets every other day during sixth period.

The main goal of the class is to teach students to appreciate poetry, gain confidence in public speaking and attempt to recruit students to join the Louder Than a Bomb Slam Poetry club. Normally, the class will watch a video about the topic they are currently learning about, discuss poetry and poets that exemplify that topic and have a quiet reflection time at the end of the period.

Although the Slam Poetry Club has existed for many years at Central, the class is new to the school. The class was originally created to coincide with the club so more people would have the opportunity to join Louder Than a Bomb.

Sueck said, "We kept running into the same problem: people were interested in joining poetry club, but they had other activities like sports or theater that required a lot of their time. Now students have the opportunity to participate in more groups, and that is always a

good thing."

So far, students have had the opportunity to write poetry about their lives and factors that are interesting to them. The class has been extremely open to writing about new and personal topics that they normally would not have the opportunity to share.

We want to spread the appreciation of poetry and cultivate confidence in public speaking.

CURTIS WILSON
manager

"Our class is an incredibly safe place. The students have already opened up and shared details about themselves that they would never have the chance to share in another class. In poetry, I have seen some of the coolest moments I've ever had the privilege to witness in my entire 13 years of teaching and it's only September," Sueck said.

Sueck hopes that more people will join the class and the Louder Than a Bomb Slam Poetry team this year and next year. The club is always looking for new members and offers a place for anyone to write poetry about topics that are meaningful for them. Meetings are in room 211 every Wednesday

until 4:15.

"We want to spread the appreciation of poetry and cultivate confidence in public speaking. If people do not join for this reason, then join simply to make friends. They are an incredibly open and friendly group of young people who will give anyone and everyone their undivided attention," Sueck said.

Girl Up sells bracelets for a cause

Cecilia Zahm
contributing writer

Girl Up sold bracelets this past week. They were available for purchase in the halls as well as at a home football game. All the profits will go to fund the education of a 14-year-old girl in Zimbabwe named Ratidzai Zambe.

The bracelets were sold for \$7 each. “We hoped that people would come support us by purchasing bracelets for the fundraiser,” Hannah Leslie, Girl Up’s co-president, said. The club sold around 120 bracelets out of their goal of 200.

The goal of the fundraiser was to provide education for Zambe, who has never been able to attend school before. According to the UN, less than 50 percent of girls in Zimbabwe attend secondary school. “We hope the money raised will be enough to let her get an education. She wants to be a doctor when she grows up,” Leslie said.

The Yuda Bands bracelets, which are made in Guatemala, are a common fundraiser in the United States. They are made of leather material with carved coconut shell charms in the middle. Girl Up sold bracelets that their Instagram described as, “Beautiful, handmade and available in a variety of colors and designs.”

This is Girl Up’s second year at Central, and it’s also their second year selling bracelets for charity. The organization itself was started by the United Nations in 2010, and now has chapters all over the globe. “Girl Up’s purpose is to empower young women and work towards gender equality,” sponsor Molly McVay said.

The club meets every Monday after school in room 149 and encourages anyone to join. Currently, they have over 30 members, but according to the leaders they are always looking for new people to come.

“Check out our Instagram, girlupomahacentral,” Leslie said. “We have a lot of information about the club and what’s going on posted there.”



Photo Courtesy of GIRL UP

Yuda bracelets were sold by Girl Up in order to raise money to fund education in Zimbabwe. They were sold for \$7 each.

ACT undergoes major changes for 2020, faces accusations of unfairness

Oscar Biesanz
contributing writer

ACT will be rolling out new options for students taking the test on/after the December 2020 test, sparking debate about which options are fair, or even viable.

The biggest change for college applicants will be the new ability to submit super scores to colleges. ACT Certified Educator Adam Snoza said that many colleges were already considering the option but lacked research to back it up.

“[ACT] did a lot of research, and they found out that a better indicator of student success in college is not their highest composite, it’s actually their super score, so they’re going to allow students to send their super score directly to the school. Just one click, send the score.”

Initial concerns about the retesting option favoring those students better able to afford multiple tests have been disproven by said research. An additional common misunderstanding insinuates that students will send one top score, while in fact the students would send composite scores of all tests containing the highest of that section’s score.

Digital testing has also become a topic of conversation. “You’re going to have the ability to take the regular paper test, and digital. Now some of the schools in the area have ‘piloted’ this with questionable success.”

“I do have concerns with digital testing from the students’ standpoints,” Snoza said. “If you are comfortable with computers, and you are comfortable with the method of computer testing, it’s great.”

As of now, the digital version will include a time clock at the top, a more focused style of questioning and a score turnaround of approximately three days. This would allow students ap-

plying for early admission to use scores from the October ACT, a choice not viable for paper test takers.

The December 2020 deadline will also allow students to retest specific subjects. “You have to have one complete score already in the books, then you can go in and do a retest, and you can just hyper-focus on that one area,” Snoza said.

However, one potential drawback is that these retests are only available digitally. They will also not be offered in conjunction with custom district tests, like the one required by OPS for juniors each year.

Numerous 2020 high school graduates are bitter about their missing out on these new options.

“I think it’s kind of unfair that kids behind us will have more options for scoring higher on the ACT test,” senior Alex Kay said. It would seem that current juniors will be better prepared to submit better scores as a result of coincidental timing.

Snoza is not as concerned about those who have already taken the test. “As far as seniors being mad, I mean, sure, could it have been done earlier, but here’s thing: someone’s going to get mad,” he said. “Could you imagine how mad Pat was when he graduated with a physics degree and they invented calculators the next summer? Things have to get prepared, and then when they roll out, someone’s going to be mad that it came out after them.”

In response to worries that colleges will see old/new scores differently, Snoza says, “So many students worry way too much in my opinion about a bad score, like, ‘Oh no, they’re going to see that I got this;’ they know students have bad days, that’s why they look at your top scores, and that’s why they’re moving to super scores. Because the goal is to figure out potential, not the days that you slipped.”

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opinion

WARREN FOR PRESIDENT

Elizabeth Warren would cure America's ails and beat Trump like a drum

Malcolm Durfee O'Brien
editor-in-chief

Elizabeth Warren is unquestionably the strongest candidate for President and the only one who could feasibly jam through vitally important reforms to the United States.

Franklin Roosevelt is unquestionably the most influential president in history. He reshaped the way the United States economy runs, what the public expects from government, who needs protections and what actions need to be taken to promote immigration and international understanding. He rose to power in the wake of abuse and exploitation by corporations and ignorance in the face of struggle from the government. He saved the nation from its own excesses.

Today, the same problems that led to Roosevelt's rise are coursing through the nation, with a President using his office to enrich himself and his rich friends, corporations bending to the will of authoritarians and fighting to dangerously deregulate themselves. Warren is the only one with a cohesive plan to fight all of these issues and then some. With her plans to reform the tax code, change the structure of the court system to fight corruption on the bench while not sacrificing their independence and her plan to fix the healthcare and lobbying systems that promote profiteering over helping the general public, she will change the fundamental fabric of America. For the better.

Plus, unlike Roosevelt and virtually all her Democratic opponents, specifically Bernie Sanders, her plans would actually pay for themselves. Her wealth tax, a 2 percent tax on the income of people making over \$50 million, would pay for massive new education funding to improve access to college and high-quality public schools. The sharp drop in premiums which will come from her healthcare plan would create new revenue to tax and raise new funds for her other sweeping shifts in America's systems.

On top of this, she's just a delightful person, standing to take pictures with her supporters after rallies, talking to supporters on the phone and being extremely transparent to reporters. For these reasons, Warren is the most electable candidate. Her understanding of political realities and her down-to-earth personality could win over even the most hesitant moderates to the Democratic side and her proposals, which would wildly energize the liberal base, would ensure wide margins across blue states.

Warren's work in creating the Consumer Financial Protection Bureau shows she has the chops to push through and implement the plans she has laid out. Because of her work in this area, billions of dollars have been returned to consumers who were scammed or exploited by corporate entities. She is also shrewd and effective, making alliances with Republicans like John McCain when she was elected to the Senate to work on bills like a modern Glass-Steagall act to regulate banking and restrict the ability of banks to abuse consumers.

Her time as Chair of the Congressional Oversight Board during the recession also shows that she will not be a partisan hack like the current occupant of the White House. She held the Obama economic team to the fire for failing to support and help families whose homes had been foreclosed on, grilling Treasury Secretary Tim Geithner for bailing out banks instead of bailing out the average American worker. She calls out anyone who is abusing the system and will make sure that such politicians and leaders who would ignore the needs of the general public are punished for their ignorance.

Warren's plans have reflected this commitment to the average American and alleviating economic concerns for the average American. Her plans would protect American workers from the abuses of China and other dangerous authoritarian nations through smarter trade practices, replacing the imbecilic policy of Donald Trump, which has heavily taxed American farmers and put the average worker in greater economic peril.

The plans Warren has laid out would also help fix America's standing in the world, with the



SEDONA CHEOHA | Contributing Cartoonist

abolishment of donor-ambassadors who only receive their positions by bribing the campaigns of presidents and would establish a more pragmatic policy in regards to interfering in foreign affairs, as opposed to the current President's plans of mindlessly withdrawing from everything. By regaining America's footing on the global stage, Warren will put the country back in a leadership role and put it in a position to tackle the most pressing issue facing the planet: climate change. Warren will rejoin and expand the Paris Climate Accords to save us from catastrophic flooding and deadly weather events, as well as coordinating with our bordering allies to make sure we cut our waste.

Elizabeth Warren is the candidate we deserve. Her reforms will return control of America to the people, her style is genuine and virtually unbeatable and her experience is well near unparalleled. Warren for President.

School should encourage thinking about college sooner

Mackenzie Coughlin
staff writer

Ever since elementary school, students are asked the question, "What do you want to be when you grow up?" There's pressure to plan out everything and know what path to take, however, most people's answer to this daunting question is, "I don't know yet."

College is a subject that is discussed and encouraged in all grade levels, for many teachers say that the purpose of high school is to prepare you for college. If college is this important and this talked about, students should have an ample amount of planning time to prepare for such a thing.

In high school, senior year is the main year where college becomes a big deal. This is where students begin to fill out applications, write essays, get letters of recommendation, etc. When senior year comes quicker than expected for most, some



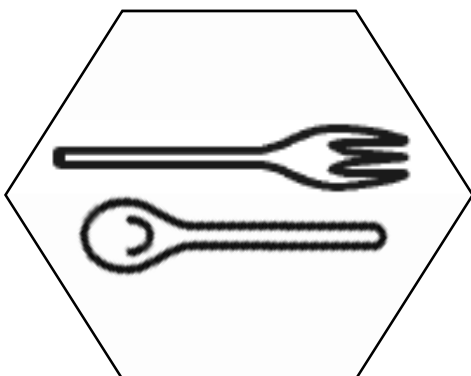
do not even know where they want to go to college. This leaves a very small window for the preparation process and readiness to go to college the next fall season.

Although junior year is also important to get into col-

lege, it focuses more on transcripts. This includes GPA, class rank, grades and, most importantly, ACT scores. Encouraging juniors and even lower grade levels to think about college in a more serious way will lead to less stress during senior year.

A way for this to happen is to expose lower grade levels to the same opportunities that seniors have in order to prepare for college. Many college visits held by the school are prioritized to seniors, but making them guaranteed for juniors, and possibly even sophomores, would make students more comfortable with the idea of college when it really matters.

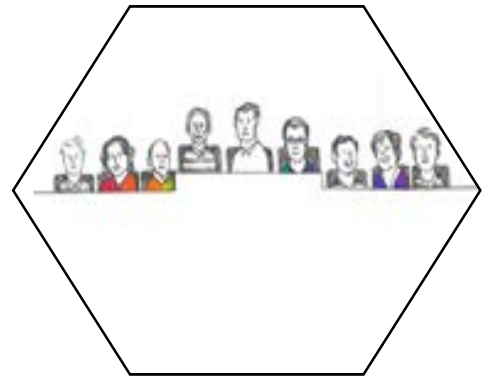
College is the time to plan out life and decide what to do with it. It is an important time to grow learning experiences and begin following a career path. Because of this, having the proper planning for college is just as important as going to class every day. Having more time and resources at younger ages would promote earlier thoughts about college and excitement about the future.



VEGANISM on page 9



COLUMBUS DAY on page 11



LGBT RIGHTS on page 12

Ukraine affair, impeachment proves divisive to American politics

Elena Correa
staff writer

Republicans and Democrats are once again at odds after a new scandal regarding Trump. The central allegation: in a phone call on July 25, President Donald Trump pressured Ukrainian President, Volodymyr Zelensky, to investigate Joe Biden and his son, Hunter Biden, while withholding military aid approved by Congress.

When questioned, Trump reassured the public that the call between the two leaders had been appropriate and “perfect” and largely focused on corruption in Ukraine. The President stated that there was no quid pro quo, or a favor expected in return for an action. He later released the transcript of the phone call in order to prove his innocence.

The allegation was first brought to the attention of government officials when an intelligence official filed a whistle-blower complaint. In this complaint, the official explained that they were very concerned

about the actions by the President and his Attorney General and their business with the Ukrainian government.

The whistle-blower complaint, transcript and phone call were later released. These sources contradicted the President, revealing that Trump asked Zelensky to investigate Biden and his son eight times as he continuously talked about the aid the U.S. gave to Ukraine. It was later revealed to the public that Trump had been also holding back over 200 million dollars in aid to Ukraine at the time.

The call was later put on a private server for classified information.

The actions of the President have upset government leaders and caused an uproar from the public. Officials argue said actions are an abuse of power on behalf of the President, as he has used White House officials and his political status in order to further his political gain. Not only this, but through working to discredit his political rival with the Ukrainian government, Trump would be attempting to influence an American election with the help of a foreign government, which is something he has been accused of before with Russia.

The biggest question on everyone’s mind right now is clear: should Trump be impeached? Republicans and Democrats have opposing views.

A majority of Republicans feel that Trump should not be impeached. Republicans have come to the aid of the President, arguing the call didn’t explicitly state any quid pro quo and just showed Trump’s passion for crushing corruption. On the other hand, a majority of Democrats argue that the President should be impeached for overstepping his presidential powers.

Republicans and Democrats also have different opinions of how an impeachment inquiry should be approved. Nancy Pelosi and other Democratic leaders have decided to hold off a full House vote for an impeachment inquiry, much to the dismay of Republicans. Democrats

Trump would be attempting to influence an American election with the help of a foreign government, which is something he has been accused of before.

support impeachment but many argue that a full House vote is not mandatory, and therefore an impeachment inquiry can be approved without one. Many people in this party have also argued that a full House vote could

confuse the public and distract from the overall agenda of the party. Democrats from swing districts are mostly against the vote, as well as the Intelligence Committee Chairman, Judiciary Committee Chairman, and the House Majority Whip. Other Democrats are in support of a full House vote in order to silence Republican criticism.

Currently, Democrats are interviewing witnesses in private to gather more evidence that a crime was committed, which will decide if an impeachment inquiry should be formalized.

The Republican party feels that their thoughts and opinions are not being taken into account when it comes to the decision of impeaching the President. On October 23, Republicans interrupted the testimony of a Pentagon official on Capitol Hill in order to show their disapproval of the Democrats’ approach. The intrusion delayed the testimony five hours. The party has complained that without a full House vote, an impeachment inquiry would be invalid because a vote has always been done in the past. House Minority Leader Kevin McCarthy has said Republicans will not cooperate without the vote.



HANNAH HOUGH | Contributing Cartoonist

Plastic free alternatives in food packaging easy to find, necessary



EMMA WHALEY

SAVE THE WHALES

As the planet rapidly gets suffocated by plastic, many have asked how they can help. Think about where most of your plastic waste comes from. What’s wrapped in cling film, sealed in plastic bags and stored in plastic lined cartons? That’s right: food items.

Now, some of these uses for plastic are beneficial and hard to replace. For example, plastic is probably the most sanitary way to package raw meat since it’s leak-proof and can be made airtight. The real problem comes when we use plastic for convenience. Take milk jugs; milk was kept in glass bottles for decades, but plastic is lighter and cheaper to manufacture, so we’ve turned to it as the main milk receptacle.

An easy place to cut down your culinary plastic is in the produce aisle. You are not required to put each of your fruits and veggies in their own little plastic sack. These things grow outside;

they can handle sitting unprotected in your shopping cart for 20 minutes. Besides, you’re going to wash them before you eat them. If the thought of having your apples touch your shopping cart is just too revolting, mesh bags are relatively cheap on Amazon and are reusable. Even some old pantyhose can work as a last-minute veggie bag. Stop buying pre-cut veggies. I know it’s more convenient if you’re busy or need a big party platter, but there’s no reason to buy a bag of broccoli florets when you can buy a head of broccoli: chop for two minutes and have the same result.

Spices, rice, beans, grains and teas are other foodstuffs that often come in plastic containers but really don’t have to. Exist Green is a small shop in Dundee that offers a solution to this problem. Exist Green is a plastic-free bulk goods store. You can bring in your own jar (or buy one of theirs), weigh it, get it cleaned and fill it with whatever you want. You’re charged based on weight added to the jar, and some items can go for as little as 60 cents per pound. Exist Green has the same procedure in place for shampoo, soap, lotions and other bathroom items on the other half of the store.

Plastic lines the aisles at a grocery store; I know it’s hard to avoid. After all, not everything has a plastic-free packaging alternative. But, if you’re not too committed to a single brand, you can buy products that lend themselves a bit more to environmentalism. Try to buy peanut butter in a reusable glass jar. Buy rice in plastic containers and not plastic bags. And, of course, bring a reusable bag to the register. If you’re buying meat, they may be required to put that in its own plastic sack, but you can keep that and reuse it later.

Plastic is often unavoidable, but if you’re observant, you can cut down a lot.

Cafeteria should invest in metal utensils

Emily Hodges
staff writer

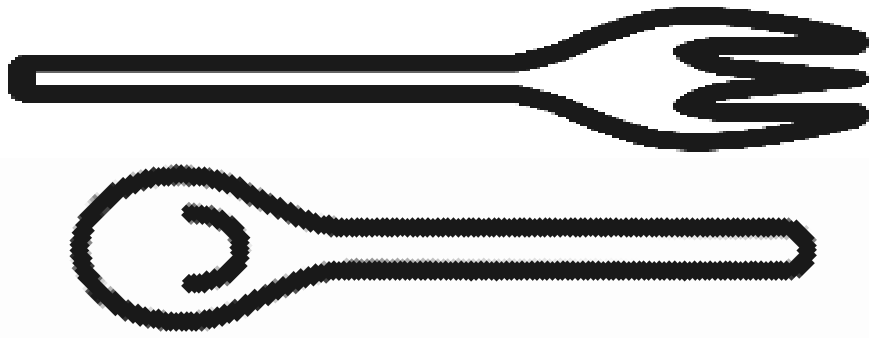
With the environment being a hot button issue this decade, there are many ways the community can promote environmental sustainability. For example, Central could replace plastic utensil bags with metal sporks. There are a lot of issues with OPS's waste control. The schools go through hundreds of plastic packs containing a napkin, straw, knife, fork and spoon daily, most of the contents untouched by students. It is a gross waste of plastic and shows a huge lack of concern for the environment. Although Central does try to be sustainable by recycling, they could be doing much more if not limited by a budget.

I think Central should replace the plastic packages with metal utensils as a start. There was a time many years ago when OPS used metal utensils and reusable trays and I believe we should ween Central and OPS back onto that standard. Although some of the repercussions would be labor and water or cleaning supplies for the non-disposable utensils, the cost of washing them is minuscule compared to how much plastic the school purchases.

It would be more effective to purchase bulk soap instead of bulk plastic. The labor would not be too much of a strain on the budget either. The school should consider what is more important: their budget

or the planet. It would not require hiring a new staff, but instead just new responsibilities for the current lunchroom employees. The school could also invest in an industrial dish washer which would pay off in the long run and be more efficient than handwashing every utensil. If Central wants to claim to be progressive as a school, the administration should consider their environmental impact.

Now is the time for schools all around the state to raise their sustainability standards and set an example for students who will be making their own decisions on their lifestyle in the future. If Central continues to waste hundreds of plastic utensils daily, it will desensitize the students to how damaging it is to the Earth. I think that changing the utensils to metal, reusable items would just be the start. Eventually it would be nice to see the school install solar panels and decrease overall paper use, but those changes seem harder to implement and would take much planning and funds. Right now, especially with the money provided by the Central High Foundation, the school can convert the wasteful plastic into sustainable utensils.



Vegan diet offers cheap, easy options, only occasionally expensive

Stella Ehrhart
staff writer

One of the biggest myths about the vegan diet that has been sweeping the nation is that it is far more expensive than an omnivorous diet. While there is some truth to that statement, it does not have to be that way.

Some people who go vegan find that they are suddenly spending double the amount of money on food as they used to. This is because they are making the same meals as they would before. Veganism really is a lifestyle and not a diet. If one is eating the same food as before, just now without animal products, they are going to blow all of their money and fast. Fake meat and dairy products cost much more than real meat and dairy foods. They have less demand, fewer government subsidies and smaller scale production. They are simply not being mass produced.

Fruit and vegetables are also slightly more expensive than non-vegan snack foods. Organic foods like these need to be kept fresh and are significantly more costly to transport.

But just because those products cost a lot doesn't mean they cannot be avoided. Once one realizes that they can be making new vegan meals without any meat or dairy replacer, the cost will drop.

Foods like nuts, beans, legumes, seeds, rice, tofu, whole grain breads and even frozen or bulk fruits and vegetables are healthy and affordable. These foods are also easy to cook with and taste good. There are many recipes that include just these ingredients. One should just stay away from processed soy versions of non-vegan meals.

Taking vitamins or supplements can also help with the lack of protein or dairy. Most vegans need to take B12 or calcium, not because they cannot get them while on this diet, but it is much cheaper in supplement form.

If one struggles with staying away from the processed junk food, there are still many vegan adaptations of those. They may cost more, but they are certainly available.

Another cost struggle of the diet is eating in restaurants. The only vegan foods on the menu could be very small portions, like side salads, and one may have to buy multiple portions to feel full. If parts must be taken out of a meal, for example getting chicken salad without the chicken, it will still cost as much as the whole meal would.

But, cooking food oneself is a cheap vegan alternative. If one prepares their own food, it is much easier to make meals vegan that will not leave you hungry, and they will cost much less.

The vegan diet is surely hard, but it can easily be pursued in a way that is healthy and will not drain one's bank accounts.

Internet addicting to teens

Humans rely way too much on the Internet. The Internet is used as a tool for entertainment and for many other things. It's something most people can't live without. In the U.S., 85 percent of adults use the Internet on a mobile device. It has become an addiction for some people, and while it may be furthering our advancements, it is being used in an unhealthy way. It is true that the Internet provides people with a way to communicate with each other and further our knowledge, but it can also do so much more.

Central serves as an example of overreliance on the Internet. When the Internet crashes, most teachers can't teach because all their materials and lessons are online. The Internet is important in modern day society, but people shouldn't be putting all of their trust into it.

Teenagers are the most affected by the Internet. In the U.S., 95 percent of teenagers are connected to the Internet, and 85 percent are on social media. On social media, cyberbullying is taking place now more than ever. The top sites with the most reported cyberbullying, in order, are Instagram, Facebook and Snapchat. Out of those who said they have been cyberbullied, 64 percent of them say it affected their ability to learn and feel safe at school. These students are most likely to fail classes or suffer from mental illnesses.

Technology, as a whole, has been proven to affect sleep in a negative way. Teenagers are supposed to be getting seven hours of sleep or more, but smartphones and the Internet are getting in the way. If a student isn't receiving enough sleep, they are proven to not perform their best at school.

Overall, the new generation is suffering the most from the over-usage of technology in general.



ALEXIS RADKE-CHISM
IB IN NEWSPAPER



Junior lot needs improvement

Sophia Sgourakis
staff writer

If you are a student at Omaha Central, there is no doubt that you have heard about or experienced the horrible parking available for students. As for parents, there is a very high chance you have also heard about it via your child's complaints. The biggest complaint is most likely stemmed from the junior lot.

The junior lot is located on 20th and Cass. Therefore, there is about a 5-10 minute walk up to the school. This may not seem like that much of a drag, however, this walk is strictly at an incline. At least all the juniors are getting a leg work out every day, but in the winter, you can't even feel your legs on the walk up. Winds are blowing directly in students' faces. I can vouch for everyone that the cold winds have literally taken my breath away while I'm climbing two flights of stairs.

The long, uphill walk is not the only problem with the junior lot. The lack of care that the junior lot receives really shows. Little to no spots have yellow lines that are still visible. Right when you enter the lot, potholes are instantly recognized. Literal chunks of cement are all over the lot. It has become hard to avoid potholes because they are frequently present.

Because incoming classes at Central are getting bigger every year, the junior lot becomes fuller every year as well. Although it is referred to as the "junior lot," it also serves as parking grounds for sophomores. This year, I have noticed that makeshift rows for parking have been made due to the lack of parking spots. Not only is this ridiculous, but also an easy way for a car to get hit.

With all these problems, I think there are a few solutions that can be proposed. One of which is charging students a fee at the beginning of the year in order to get a junior lot parking pass. Thus, there would be enough money in order to keep the lot in good and safe conditions throughout the year. The money could also be spent towards paying for a different lot. Not too far behind the senior lot is a couple abandoned buildings that would be suitable space for a new junior lot.

At Central, I feel as if there are several important issues that need to be discussed, but they are always the ones that go unnoticed. My last thought is: if millions of dollars are being spent on a library and arts addition, isn't there enough money left to improve the junior lot parking which affects a majority of the student body?



SOPHIA SIDZYIK | The Register

The current conditions of the junior lot, seen above, are currently bad and will only deteriorate further.

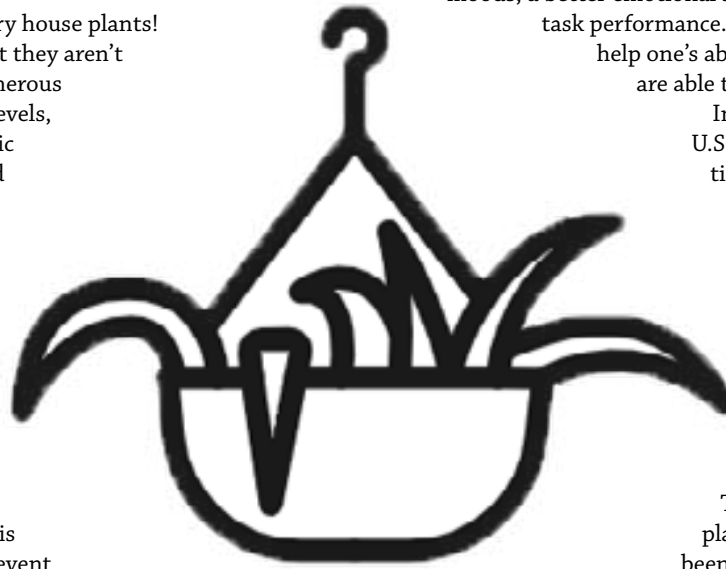
Houseplants offer health benefits, lower stress for owners

Elena Correa
staff writer

Looking for a cute aesthetic with amazing health benefits? Try house plants! House plants have been used as small add-ins to a room, but they aren't just adorable decorations. They've been proven to improve numerous aspects of your life. This includes improved stress and fatigue levels, faster medical recovery, longer attention span, better work ethic and better air quality. Houseplants should not only be regarded as a way to brighten your home, but as a way to live a better, happier life.

Indoor plants improve air quality in your home by absorbing carbon dioxide and converting it into oxygen, thus cleaning the air. Aloe plants, Rubber Tree, Peace Lily, Snake Plants, Bamboo Palms, Philodendron, Red-Edged Dracaena and the Golden Pothos are all beneficial plants to have when looking to improve air quality and reduce stress levels. NASA has even been known to have some of these plants at the International Space Station to maintain healthy air.

Plants are big allies when it comes to fighting illness. Indoor plants increase humidity levels in the household which is helpful in drier months. Higher absolute humidity may also prevent the spread of the flu. Healthy plants reduce your chances of developing a dry cough, sore throat and cold.



House and office plants also improve work ethic and your general mood. Many psychologists and articles suggest that having plants in your environment leads to a reduction in negative moods, a better emotional state, reduced distraction, increased creativity and better task performance. Scientific American also states that natural flora and fauna help one's ability to keep their attention directed. In other words, people are able to stay focused on one task.

Indoor plants have been connected to health benefits. The U.S. National Library of Medicine posted a study about 90 patients recovering from hemorrhoidectomies. When placed in rooms with plants, patients had lower blood pressure, less pain and decreased anxiety versus those not exposed to plants. Plants have been referred to as a type of medicine, and health administrators have been called to consider the health benefits plants present.

While plants in your home, office or bedroom can create a beautiful atmosphere, plants have many outstanding qualities aside from their appealing appearance. Plants reduce stress, improve productivity, prevent illness, help our bodies heal and make people all around happier. The many health benefits of plants and the positive role they play in our lives need to be considered further than they have been thus far.

ACT allows retakes on certain sections

Jackson Godwin
staff writer

One of the most popular standardized tests for high schoolers announced a drastic change on Oct. 8. The college entrance exam known as the ACT said that students will now be allowed to retake specific sections of the test instead of previously having to take the entire test over again. The controversy in the past over this subject has included displeasure with being forced to retake the entire test even if only one section was needed (the separate sections of the ACT consist of English, Math, Science, Reading and Writing that are all timed with limited breaks in between). The decision to make this change has been in question for a long time. For many, the argument is that if one can excel the first time on certain sections, then the second try should be just as simple.

Although many will try to prove it is just as easy the second time, it is also just as easy to make mistakes. Not only does this decision benefit kids who only feel the need to retake certain sections, but it will be a much cheaper and economically friendly option. Unless students are provided fee waivers prior to the exam, there is a cost each time the test

is taken. While there is not a set price yet for only re-doing certain sections, the cost will be substantially cheaper depending on how many sections one takes. This upcoming change will give countless students a sense of relief and is expected to improve scores of retakes.

Over the last year, only 45 percent of students were recorded to have retaken the ACT, but this recent change is expected to bring those numbers up by giving more confidence to those who either did not want to sit through a whole new test or those who did not feel they could improve.

Not only was this the only change ACT made; another announcement is that high schoolers are now given the opportunity to take the ACT online at ACT centers and can now even receive their test scores within days instead of previously forced to wait weeks. The ACT broadening the way of taking the standardized test itself will allow students to have options for those who have preferences of online tests versus paper tests.

With the recent changes added to one of the most well-known standardized tests, the ACT, students will be provided better and more economical options for striving towards the best score possible.

Photo Courtesy of ACT

PRO/CON: COLUMBUS DAY

What was Christopher Columbus? A heroic explorer to celebrate? Or a brutal colonizer to denounce? Should his holiday be celebrated?

Makenna Anderson
staff writer

Christopher Columbus: a greedy, murderous thief. And yet, this man has an entire day dedicated to him. Every second Monday of October, the United States observes his “discovery” of the Americas. What no one mentions is his terrible treatment of the indigenous people.

After landing, Columbus was greeted with kindness by the natives. He soon turned their hospitality against them, however. After he returned to Spain, he wrote to King Ferdinand and Queen Isabella of Spain that the natives were timid and he could provide them with “slaves as many as they shall order to be shipped.” Columbus then went back a second time and started selling the natives of Hispaniola (now Haiti and the Dominican Republic) as sex slaves. “A hundred castellanoes are as easily obtained for a woman as for a farm, and it is very general and there are plenty of dealers who go about looking for girls; those from nine to ten are now in demand,” he wrote in 1500.

Not only did he treat the children and women as objects, Columbus also forced the native people to work as slaves in gold mines. His men raped women, tore children from their mothers and bashed their heads on rocks and committed other horrendous actions.

This horrid treatment along with brutal killings, theft, and kidnappings led to Columbus being imprisoned in Spain for his actions (he was later bailed out by the king). Even his own people saw that what he was doing was wrong. So, why again, are we celebrating this criminal? Kids in school learn the rhyme “In fourteen hundred ninety-two, Columbus sailed the ocean blue,” without knowing what happened after the journey. They are taught to be in awe of this mighty sailor who had enough curiosity to sail into the unknown. In reality, he was a criminal of the highest degree. Should this be someone that kids look up to?

Instead, we should celebrate something worthwhile: Indigenous Peoples’ Day. It’s held the same day, but instead of praising someone who led to the genocide of natives in the Caribbean Islands, it honors Native American peoples and their culture and history. It is a day to learn about local tribes and become educated. Teach kids in school about this holiday instead of Christopher Columbus.

There’s no way to undo the irreversible damage that Columbus did to the natives and the land he stole, and the people that affects today, but abolishing Christopher Columbus Day is a miniscule step towards the right thing.

Blayke Olson
staff writer

Many people in the United States and Latin America have grown up celebrating the anniversary of Christopher Columbus’ voyage. Was he an innovative explorer who brought two worlds together, or a brutal exploiter who brought colonialism and slavery?

Objectively, Columbus deserves some amount of credit for crossing the Atlantic from the continent of Europe without any sort of map and only three small ships carrying the supplies that would last them the months ahead. However, a commonly believed misconception is that Columbus and other European settlers simply committed mass genocide against Native Americans.

The truth: while there have been many examples of brutal warfare between Europeans and Native Americans, neither side actually committed genocide. In fact, there was never an outright policy of Indian extermination. The Native Americans were mostly wiped out by the infectious diseases the settlers had inadvertently brought with them. Of the estimated 250,000 natives and Hispaniola, Columbus’ first stop in the Americas in 1492, new and infectious diseases wiped out a staggering 95 percent of their population by 1517.

Another misconception often spread about Columbus was that many Native Americans lived in harmony with the environment until Columbus had arrived and European settlers destroyed the land with their technology.

The truth: not only did the natives of Haiti brutally take out people, but they took out entire forests and hunted species to the brink of extinction. Native American culture is often believed to be beautiful and peaceful, but when Columbus arrived the islands were inhabited by two main tribes. The Arowax, who were passive and friendly, and the Carabs, who were vicious cannibals. The Arowax lived in fear of the Carabs hunting them down to enslave them or eat them, usually the latter. Ironically, the name of the Caribbean Sea comes from this infamous tri

None of this is to say that the early settlers were perfect or that they didn’t carry out their fair share of barbaric tactics, but to use America’s mistakes as the brush with which to paint the entirety of its history while completely ignoring the indigenous lifestyle of barbarism and borderline evil is inaccurate at best and dishonest at worst.

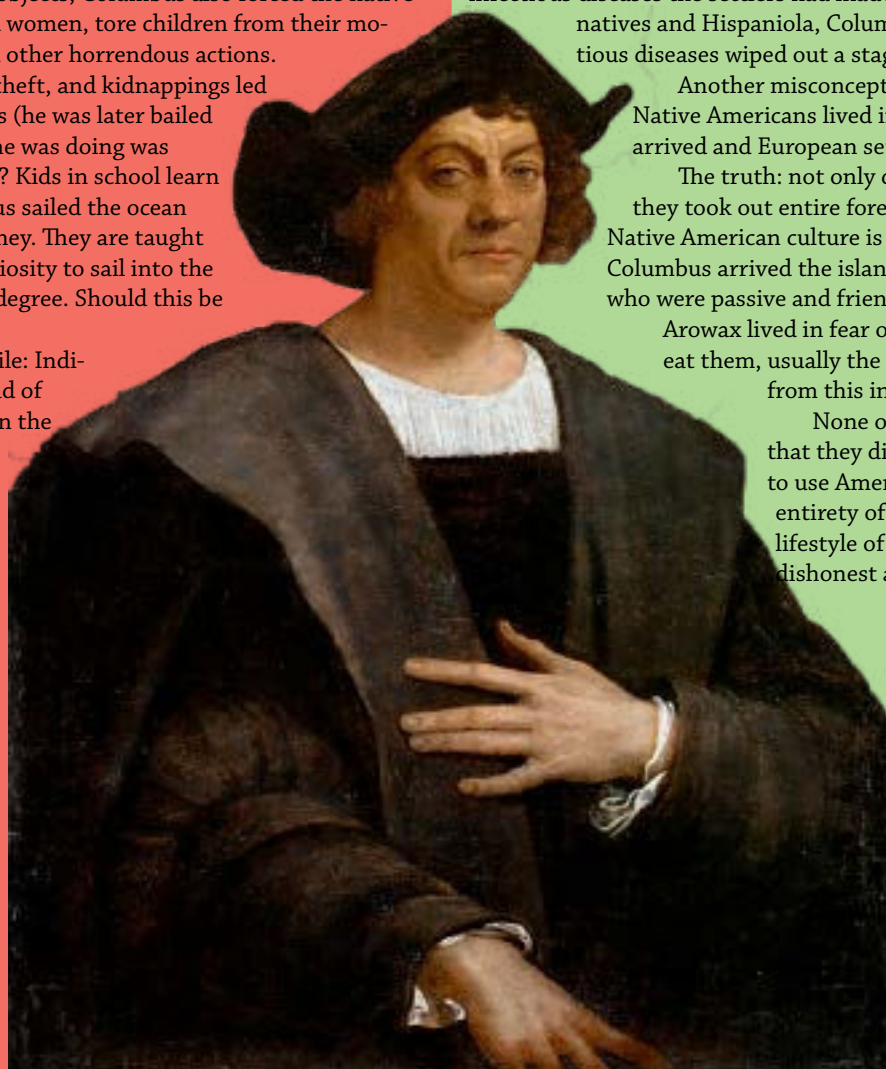


Photo Courtesy of METROPOLITAN MUSEUM OF ART

Banning books robs people of education, representation



HEIDI HEYDEN
YA’ LIKE JAZZ?

The week of Sept. 22-28 may have been homecoming week, but there was also another event going on during this time. Every year, the American Library Association sponsors Banned Books Week, which dedicates one week in September to bring awareness to all the books that have been challenged or removed from libraries. The reason for these challenges is that people feel as if kids should not be reading about certain material at such a young age for various reasons. Sometimes parents don’t want their kids being exposed to swear words, because they will—without fail—go their whole adult lives fully able to avoid them all. Even worse,

some people believe that if children are exposed to certain topics—such as LGBTQIA+ relationships, discrimination among minority groups, politics, sexuality, mental health, religion and so much more—before they can force their kids to shun them, then they might—dare I say it—accept them.

According to the American Library Association, the most frequently challenged book in the 2000s decade is “Harry Potter.” Why would people want a book about a wizard and his friends using their magical powers completely stripped from libraries? Many Catholic schools believe that “Harry Potter” contradicts the Bible and its teachings against witchcraft, evil magic and demons, according to multiple sources, because kids can absolutely cast spells immediately upon reading any three words in the “Harry Potter” series. This may seem trivial to some, but for most books facing the chopping block, the reasons as to why they are there indicate some serious underlying issues when it comes to homophobia, transphobia, racism and erasure.

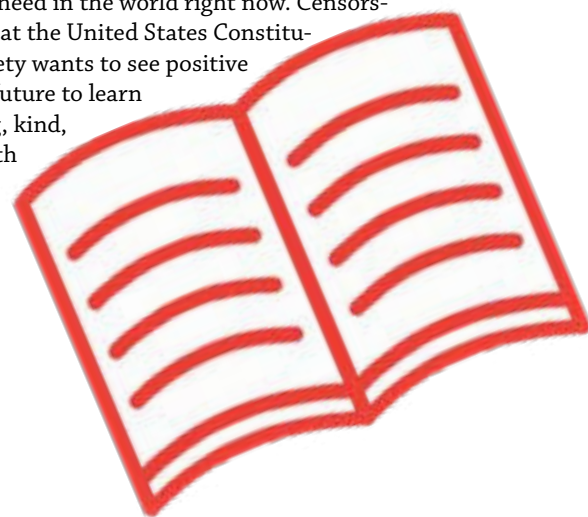
In the American Library Association’s list of the top eleven most challenged books of 2018, six of them were because it included LGBTQIA+ content. “Thirteen Reasons Why” by Jay Asher made the list because it addressed teen suicide, and “The Hate U Give” by Angie Thomas made it because the book—depicting the devastating effects of police brutality—was deemed “anti-cop” by challengers.

The First Amendment, as many of us may know, grants us the right to both freedom of speech and freedom of press. A classic example of the First Amendment is the newspaper and

other sources of news media. In the news, the First Amendment is always on the table when it comes to what people should and should not censor. But what about books? They’re practically the same as newspapers; they are both on paper, they both are printed on ink, they both have words and, most importantly, they both have ideas that have every right to be read by the human eye.

Children have more neuroplasticity—the ability to form new brain connections and make changes in and to the brain—than adults, and even teenagers. This means that the most valuable time for people to learn is when they are young and still figuring things out. Why would adults try to encumber their children’s learning processes in order to make them more closed-minded just to satisfy their political and religious beliefs?

Authors write about these things so we can learn about them. These books that are constantly being brought down are also the books that give people the representation that they would not otherwise have. Children are supposed to read books to become inspired as they learn more about the world around them. What are we teaching them when we continue to restrict this privilege? That expanding their knowledge outside of what they are used to believing is bad? This is the type of learning and growing that will make our future generations become the change that we need in the world right now. Censorship is only limiting the very freedoms that the United States Constitution granted us the right to have. If society wants to see positive change, then let’s start by enabling our future to learn and develop into the most hard-working, kind, courteous and compassionate people with every book they can get their hands on.



Political involvement important for high school students

Alexis Radke-Chism
staff writer

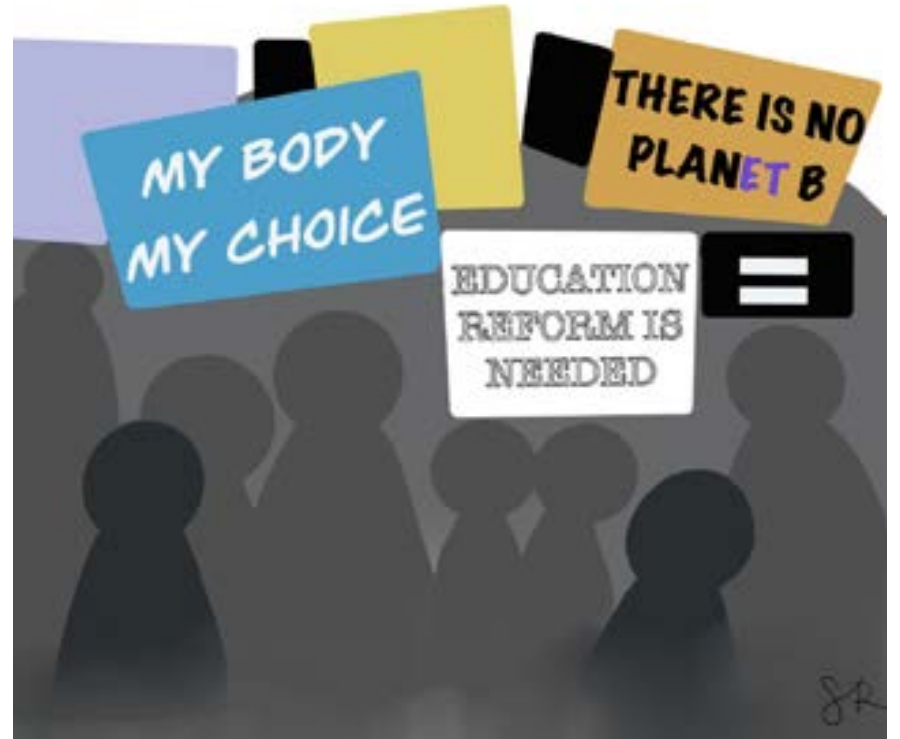
If you were asked what political party you identify with, would you have an answer? There are so many teens today that don't take the time to care about current politics. High school is the perfect opportunity to introduce politics and current issues.

As a teen who is invested in and informed about politics, I believe the new generation is going to have a big influence. So many movements, including equal pay for women and rights for the LGBTQ+ community, and their outcomes are going to change our society. They will heavily affect the new generation's future. Therefore, it's important teens voice their ideas and opinions so they can have an effect on the decisions being made about their future.

There are arguments that it is pointless for teens to learn about politics during high school because they can't vote. A student who is more educated in politics and the importance of voting is more likely to

vote when they're older. By understanding the political system, students can also understand political campaign issues, so they know what they're voting for. By teaching teenagers and letting them form opinions on politics now, we are setting them up to become better citizens in the future.

When someone is a teenager, they are changing and learning about themselves and the life they want to lead. That means it is the perfect time to teach about the political system and let them form opinions and find their personality. Teachers should be asking students about topics they care about and their opinions about them. The majority of topics teens normally care about include those regarding people's rights in politics today. These include racial and gender equality, mental health, gun control, environmental safety, legal ages and abortion. Teachers need to encourage students to research these interests and figure out what they can do to share their opinions and make a difference.



SAM ROBLES | Contributing Cartoonist



SEDONA CHEOHA | Contributing Cartoonist

Supreme Court discusses LGBT discrimination in workplace

Faith Stryker
staff writer

On Tuesday Oct. 8, the supreme court heard three cases regarding LGBTQ+ sex discrimination in the workplace. Aimee Stephens, Don Zarda and Gerald Bostock were all fired from their jobs after their bosses discovered that they were part of the LGBTQ community.

Aimee Stephens, a transgender woman who had been born male, decided it was time for her to live as who she was, so she came out to her family and friends as a woman, and then her boss. Immediately following this, Stephens was fired from her job at a funeral home she had worked at for six years, with no prior issues. Her boss openly stated that her reason for termination was on the grounds of being transgender, saying "this isn't going to work out."

Don Zarda was a skydiving instructor. One day he had a female client who was very nervous about doing a tandem

jump, a jump where the instructor is strapped shoulder to shoulder with a client and they jump out of a plane together. To make a customer feel more comfortable, Zarda explained to her that he was gay to try and make her feel less uncomfortable about him being strapped to her. His boss later fired him for releasing "inappropriate information" to a customer.

Not much information was given regarding Gerald Bostock's case except that he was a social worker for at-risk youth and the reason he was fired being that his employer found out he was gay. After looking at these cases, it is openly admitted by Stephens's boss and shown in Zarda and Bostock's cases that they were fired because of their sex.

These three people are just some examples of cases where people have been mistreated due to gender identity or sexual orientation. But on Oct. 8, these cases were taken to the supreme court. You may be thinking, 'this doesn't affect me, I'm not being wrongfully fired'. No matter sexual orientation or

what you identify as, you should care. Because if the Supreme Court rules these cases as 'non-discrimination', then employers will legally be allowed to fire anyone for being LGBTQ+.

These cases state clear discrimination of people's sex. According to an article done by James Esseks on the American Civil Liberties Union webpage titled "What You Need to Know About the LGBTQ Rights Case Before SCOTUS", it states "the trump administration is urging the court to rule that it's legal to fire workers for being LGBTQ." This could cause a high rise in unemployment for LGBTQ people.

It is sad to say that we have a president who supports such discrimination. A ruling has not yet been made whether this is considered discrimination, but let's hope that the Supreme Court and our government realize what this decision could cost people and how discrimination needs to be taken very seriously.

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NOODLES & NOTES



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arts & style



Photo Courtesy of DEATH BY BRUTUS

Left to Right: Death by Brutus consists of seniors Sinatra Skillestad, Dexter Skillestad, Flynn Rickerl and Thomas Richardson.

PUNK STABS BACK

Up-and-coming band of Central seniors finds a voice, and a face, in performing.

Emma Whaley
editor-in-chief

Death by Brutus is a rock band made up of Central seniors. Members Flynn Rickerl, Thomas Richardson and Dexter and Sinatra Skillestad formed the band after pursuing music in years prior.

"During guitar sophomore year, I started talking to Dex and Sin and we started a little trio," Flynn said. "Around the end of junior year, I introduced them further [to Thomas] because I sat with Thomas at lunch. So, it all kind of came together," he said.

Though lead guitarist Flynn, lead singer and rhythm guitarist Dexter and drummer Sinatra had been making music for years before the formation of Death by Brutus, bassist Thomas only got into music at the formation of the band.

"I've only been playing for a year now," he said.

The band members give a lot of credit to Brad Rauch, their guitar teacher, for encouraging their passions.

"Before freshman year, I really only did guitar by myself," Flynn said, "I wasn't too good. And then I had Mr. Rauch's class and he taught me most of what I know about the chords and everything."

Rauch has high hopes for the band members.

"It's a great example for our beginning students: students just getting into music, just starting to learn the

guitar," Rauch said, "It's really good for them to see older students following their passion and going beyond the curriculum. I can teach the tools ... but it's hard to teach that drive and that passion."

The band would generally describe their genre as being a twist on punk rock, but they don't feel the need to stick to one category of music.

"Labels tell you what to do," Dexter said.

The alternative message of traditional punk rock seems to resonate with the band members.

"I feel like we all work together because we recognize the difficulty of appealing to social norms. We're kind of like 'it's funny that people think they should act this way,'" Sinatra said.

Dexter describes this as a "new revolution," resembling the original punk bands using their music as a form of protest. Thomas, on the other hand, says he's more in the band for the music than the message.

The band practices once or twice a week, typically, but their practices last all day. Before performances, they sometimes stay together for days perfecting their show.

Death by Brutus's first performance was Girlapalooza, a charity event, and Flynn tries to keep that spirit alive in the band.

"That was my main message always," he said. "I always

DEATH BY BRUTUS on page 14



DAISY FRIEDMAN | The Register

Local coffee shop helps former foster children

Jane Gawecki
staff writer

Everyday around 3:05 p.m., a wave of Central students storms The Bike Union and Coffee stationed parallel to Capitol Hill. Pupils use this space to talk, wait for rides and study after a long day. Even though this shop is used daily by Central kids, not much is really known about The Bike Union.

Since Central is right across the street, one may think students would be fighting over after-school jobs. Very few of them would get hired. The Bike Union has very unique requirements for its employees. Each employee that is considered must have been involved in the foster care system in some way, preferably someone that has "aged out" of foster care or a background very similar to foster care.

We work on building skills to...be more work force ready.

CURTIS WILSON
manager

The job is a year-long program where each employee gets 20 paid hours per week while simultaneously getting taught work force and professional development skills.

"On both the bike and coffee side, we work on building skills to either be more work force ready," said operations manager Curtis Wilson, "or build the skills one needs to leverage into a job in the future."

All staff go through a mandatory mentoring program that includes financial literacy classes, personal health and wellness, mindfulness, meditation and GED prep courses. Every course takes place while employees are on the clock.

The slogan, "One coffee cup, one changed life," refers to their state of social enterprise nonprofit. Every time someone comes in to buy a coffee, the staff is receiving work force development from that customer for free. The shop remains running due to the countless foundations and organizations that fund them little by little.



BARBECUE OF OMAHA on pages 16 & 17



REVIEWS on page 15



SHUSTERMAN VISIT on page 14

Shusterman's visit informative, lays groundwork for future author visits

Makenna Anderson
staff writer

Author Neal Shusterman visited sophomore Honors and junior IB English classes on Oct. 2 to talk to them about what it's like being an author. He also spoke about his books including "Dry" and "Scythe" which are two books students were allowed to choose between to read before his visit. Shusterman is an award-winning author for his book "Challenger Deep."

Not only does he write novels, he also writes screenplays, however, writing scripts for him isn't the same thing as writing a book. "I like writing books more because the books are a finished product whereas a script is just a blueprint for a movie that might never get made," he said.

Shusterman has written 52 books in his career, but he never gets tired of seeing the final product. "When I received my first book in the mail, I felt like Charlie when he finds the golden ticket...I slowly started to peel it [the package] open to get a peek of the book," Shusterman said. "And I still do that."

Every book has an end, however, and while receiving the completed book is a treat for Shusterman, finishing the book is bittersweet. "I miss the characters... I don't want that to be the end. I want to see these characters again," he said.

Along with discussing his books, Shusterman also gave advice to students aspiring to be authors. "[There are] four things if you're interested in being a writer. One- you have to write..." Shusterman said. He mentioned sticking with an idea and not

blaming writer's block.

"Two-rewrite. Revision is the most important part of the writing process," he said. Shusterman recommends reading your story out loud after rewriting it. "The experience of hearing your words is just different enough from reading them on the page that you get a whole new perspective on it."

"Three- you got to be a reader if you want to be a writer," Shusterman said. He told the students to read all different types of genres and to read outside their comfort zone. "By expanding yourself as a reader, that's how you expand yourself as a writer."

"Four- you have to persevere." No matter how many times you get rejected, keep writing. Shusterman got rejected many times, but every book he wrote that was turned down helped lead him to his success. "I had to write those [short] stories to be a good enough writer to write the first book; I had to write that first one to be good enough to write the second, and I had to write that second to be good enough to write 'The Shadow Club,' my first published novel," Shusterman explained.

Sophomore Livia Ziskey attended Shusterman's seminar and enjoyed it. "I thought he was a really interesting person. I liked the way he made it a question-answer session," she said.

She also likes his book "Scythe." "It's really good," she describes, "I didn't think I'd like it as much as I do." Ziskey plans on reading "Dry" next.

Librarian Beth Eilers said the visit with Neal Shusterman was a "positive experience," and the library is considering hosting another author in the coming years.



Diana Thomas | The Register

Author Neal Shusterman speaks to honors sophomore English classes. Students are given the choice of reading his book "Scythe" or the novel "Dry."

Analysis of ticket prices throughout Omaha

Heidi Heyden
staff writer

The CHI Health Center is home to many concerts held here in Omaha. Soon, Omaha will welcome Nelly, Pattie LaBelle, the Jonas Brothers, Blue October, Jason Aldean, Billie Eilish and so much more. With so many people anticipating a seat to watch their favorite musicians perform, buying a ticket can be quite competitive. From 2011 to 2017, concert prices have been quite stable, according to Statista.com. However, from 2017 to 2018, the average concert ticket price sharply rose from \$84.63 to \$94.31.

In Omaha, there are several different venues where concerts are held. Based on their popularity and size, their ticket prices may vary. For example, tickets for upcoming concerts at the Waiting Room cost anywhere from \$10 to \$120. Tickets for upcoming concerts at Slowdown cost anywhere from \$10 to \$250. On the other hand, a ticket for The Jonas Brothers' upcoming concert at the CHI Health Center can cost up to almost \$500.

Ticket prices also depend on where the seat is located. Typically, seats at the front of the stage are the most expensive, while seats in the back or others furthest away from the stage tend to be the least expensive. So why are concert tickets so expensive in the first place? And why do people keep buying tickets if they are that expensive?

Much of this has to do with breaking even between paying for a concert production and profits from tickets. In order to satisfy the audience, these concerts have become more flashy, bold, extravagant and unforgettable as ever.

This in turn means that holding a concert has become more expensive than ever. For artists to still make a profit, ticket prices are forced to go up as production prices go up.

It also comes down to how many people are willing to go to the concert and how many seats are available. For example, with over 400,000 people in Omaha, what if 75,000 people wanted to see a popular musician at the CHI Health Center? The seating capacity for a concert stage here is 18,975 people, so that means nearly over 50,000 people would not be able to attend. Because of this, there would be a lot of competition for seats. People selling the tickets recognize this, and to reduce this competition, ticket prices would have to increase. When ticket prices are higher, there would be fewer people who are willing to buy one, thus reducing competition in theory.

Despite it being less convenient to gain a coveted spot to see a favorite act, there are loopholes around this issue. Going to venues that are smaller and less popular will make ticket prices go down significantly because there is less competition and novelty in buying a ticket. Places such as the Waiting Room, Sokol Auditorium and Slowdown are places in Omaha that hold concerts without the massive expenses. Other useful tips include considering what seats are available, avoiding possible scams and investing in possible deals and packages that give the devoted concert-goer a better steal.

Raising concert tickets are not only inconvenient, but also inevitable. Being smart about seeing a favorite act can give people an unforgettable experience without an unforgettable expense.

Highest Price
\$500

Lowest Price
\$10

Punk band express selves through music

DEATH BY BRUTUS from page 13

wanted to help people with something I could do. I'm not the most talented person in the world, no one is, but the one thing I can do is play guitar and I like to make people happy."

"We want to make the world better than the day before," Thomas said.

Death by Brutus has played three shows then took a break to write original music.

"All the venues came to us to play there and it was based on connections," Flynn said, "Now, for the first time, we have to go to them and ask to play."

The band had a performance Oct. 30 at the B. Bar and will be releasing an EP of five original songs by the end of the year. They've described the feel of the EP as being "spooky" and mostly horror music. They're taking inspiration from the 70s and 80s punk band, Misfits.

Some of the band's favorite things about performing are the chemistry between them and the crowd, the inter-band sportsmanship and the outlet it gives them to portray

themselves.

"It's showing people what they don't see when they just look at you," Dexter said. "You can be yourself and show who you are without being held at face value, just being able to be yourself and show who you are to people who really don't get to see that side of you."

The band members pride themselves on letting their personality come through during shows and not putting on a false mask for the audience.

"We like to really just be ourselves, and if that's just goofing around and being kind of idiots, that's who we are and we like to show that and make people laugh," Dexter said.



Photo Courtesy of DEATH BY BRUTUS

Playhouse puts on Rocky Horror, excels

Stella Ehrhart
staff writer

Richard O'Brien's cult classic musical, "The Rocky Horror Show" brought down the house with show-stopping numbers "Time Warp" and "Sweet Transvestite" at the Omaha Community Playhouse. This show was a little out of the norm for OCP, but they put on a good production.

"Rocky Horror" is a show that pulls the crazy out of everyone. It is very much a show for the outcasts. Being represented by Frank-N-Furter, the alien "transvestite from Transylvania" was perfectly brought to life by Benn Sieff, his creepily meticulous handyman Riff Raff was played by Kevin Buswell, his colorfully childish groupie Columbia was played by hilarious Olivia Howard and his eccentrically witchy maid Magenta was OCP veteran Erica Hall-Sieff.

The audience was filled with people who got to experience the film at its prime and they came in costume with the biggest smiles.

OCP caused some controversy over their casting of minors, many of whom were current and former Central students, however, they did a great job of respectfully using youth actors and managed to be age appropriate by not including them in the more explicit scenes.

The Transylvanians, or ensemble characters, were insane in all the right ways. They were the light of the show in every scene. They created the perfect environment to allow the characters and audience to react the way they should by dancing with light sticks and wearing the most over the top outfits anyone could possibly imagine. They drew so much attention to how bizarre they were but could easily pass it back to the lead when it was necessary.

The Playhouse also did an incredible job of using the limited space in the Howard Drew theater where "Rocky Horror" took place. The set stayed the same nearly the entire show which greatly limited the use of stagehands. The stairs leading to the catwalk, the ticket box in which the narrator figure camped out and the many levels of the platforms created a versatile layout.

A big aspect of seeing the show live, as any diehard fan would know, is the audience participation. The crowd gets to throw things and shout out phrases. Some fans come ready with all the callouts and yell them out nearly every other line. This makes the job of any performer in the production a little harder. They must be prepared for anything the audience may say.... and I mean anything.

While at the box office getting tickets, patrons were given the opportunity to buy a bag filled with the props they

would be asked to use. There was also a projection onto the stage telling people what to shout out.

However, they only projected a small portion of the shout outs, so some people took it upon themselves to do them all and the cast was obviously not prepared. The narrator did an incredible job going along with whatever was thrown at him, and it made his scenes so much better. Other actors would try to yell over the crowd in attempt to continue the scene without stopping. It became very uncomfortable to watch.

The projections also never told people what to do with the props they had purchased. Some experienced "Rocky Horror" goers knew what to do and the rest of the audience would frantically try to follow along.

Show-goers tended to be confused while watching "Rocky Horror" if they did not know the story prior to seeing it until the song "Eddie" where things start to be explained. This song takes place when the scientist Dr. Everett V. Scott comes to visit. We find out that he is Eddie's (Frank-N-Furter and Columbia's former lover) uncle. All of this unfolds at a dinner party. Yep, a dinner party.

Some of the scenes like the song "Eddie" seemed to have very little thought put into them and came off as amateur even. There was no hint that the song took place at a dinner party or that anything was really happening being as the characters

stood in a line the entire song. Yet, other moments like Olivia Howard's show stopping exit after being hit by a ray gun by Frank-N-Furter were so incredibly preformed that the audience had to clap for a solid minute afterwards.

A standout moment was the song "Once in a While" performed by the character Brad (Cale Albracht). The simplistic yet heartwarming choreography brilliantly realized by choreographer Courtney Cairncross along with his wonderful vocals added a touching and sincere feel to the over the top vibe of the production.

The premise of the musical, directed by Kaitlynn McClincy, is that the audience is watching the tale unfold in the form of a movie. The show starts in a movie theater featuring two ushers who start the audience on the journey the night will become. McClincy kept the narrator figure, masterfully performed by veteran actor Rob Baker, as an usher sitting in the ticket window making comments throughout the entire show.

The Omaha Community Playhouse put on a wonderful production of "The Rocky Horror Show" and clearly Omaha audiences agreed since the shows were sold out, causing them to schedule even more productions.

[The performers] must be prepared for anything the audience may say... and I mean anything.



Photo Courtesy of CHRISTIAN ROBERTSON

Top: Benn Sieff performs a song as Dr. Frank-N-Furter. He perfectly brought the iconic character to life.
Bottom: Cast of Rocky Horror reacting to Jason Delong as Rocky in one of the many energetic scenes in the production.

Clairo performs outstanding concert for album 'Immunity'

Livia Ziskey
staff writer

Clairo had a successful concert on Friday, Oct. 4 in Kansas City. She performed with three other bands as part of Middle of the Map Music Festival. This concert was part of her North American tour for her new album, "Immunity."

The event was originally supposed to be held outside at Crossroads KC, but due to rainy weather was moved to Uptown Theatre. Entering the venue was swift and simple. The security helped keep the concert safe by using a wand and checking bags. In the lobby area, each band had a table for merchandise which could be purchased throughout the show.

Colored strobe lights and spotlights lit up the venue. Interesting visuals and shapes moved across the background of the stage. These lights added to the cool vibe of the concert. The venue was a fairly small and inclusive space, so performers were able to interact closely with the audience and even talk to people. This inclusiveness helped the artists connect with fans easily.

Once inside the main stage area, the noise was almost overpowering. The first band, Hello Yello, came on at seven. Most of their songs were heavy metal style, so the strong bass mixed with the loud surround sound speakers made it difficult to hear the lyrics. Nonetheless, the band was very engaging and enjoyable to watch. Each member had a lot of energy which made the crowd excited and cheerful.

Hello Yello performed for about 20 minutes and there was a short break before the second band came on stage. It would have been nice to be able to sit down during this pause, but the chairs were not in a prime location to see the stage.

The second band, Beabadoobee, came on after a 15-minute wait. Their music could be described as indie/bedroom pop, which is similar to Clairo's style. The songs were not too heavy on the bass, so it was more enjoyable to listen to than Hello Yello. Beabadoobee brought the energy to a calmer level, which was very much appreciated. One of the best songs they played was "Disappear." The lyrics and melody were both dream-like and peaceful. It was refreshing to hear songs of serenity after listening to loud rock. They played for a little over half an hour.

Again, there was a break before the next band came on. During this break was when standing time became apparent since the music was no longer present to distract from the growing foot and back pain. After 20 minutes of standing around, the third artist came on stage to perform. Snail Mail, also known as Lindsey Jordan, played an interesting mix between punk and indie and the performance was captivating.

Jordan really engaged the crowd with her vibrant guitar solos and beautiful voice. Perhaps the best part of her performance was when she covered "Iris" by the Goo Goo Dolls. The whole crowd sang along with her. It was truly a beautiful moment of connectedness. Another long break ensued after Snail Mail left the stage. It's safe to say that all of the feet were in pain at this point. The stage crew came on to remove the black curtain that had been the background for the first three artists. Behind the curtain was a larger stage and a beautiful set of drums for Clairo's drummer to use.

After the longest break of the night, Clairo came on right at 10 p.m. The audience went wild as soon as she stepped on stage. There was hooting and clapping and even some screaming. She started off by singing "Alewife," a song off of her newest album. Soft pink lighting and a fan blowing on her made Clairo look angelic as she sang with an angelic voice.

She upped the tempo with "Softly," another song from her album. During each song, a different video played on the screen behind her. Clouds passed by during this song, which made for some cool photos. Her band sounded clear and crisp – not too loud, not too quiet. Clairo utilized the whole stage to greet all her fans. She even danced around and received some more hoots for her sick moves.

One of the best songs to hear in person was "Pretty Girl." The whole audience got into it by singing along and dancing. Clairo encouraged fans to jump and have fun. Her beautiful voice could still be heard over the crowd, and her music video played in the background.

Overall, this concert was an amazing experience. Each artist brought something special to the night. Clairo is a wonderful performer and made the atmosphere fun and exciting. She was, without a doubt, worth the three-hour drive and the excruciating foot pain, and is even worth seeing again.



LIVIA ZISKEY | The Register

THE BEST BBQ

TIRED TEXAN BBQ

Alexis Radke-Chism
staff writer

Tired Texan is a barbecue restaurant located on 108th and L street. It is known for its barbecue sauce and their famous dessert, banana pudding.

The menu is small, but it has a variety of barbecue options that include specialty items for different diets. Additional sections include appetizers, sandwiches, from the smoker and desserts.

Right away, the waiter brought an appetizer called Texas tumbleweeds. The Texas tumbleweeds are deep-fried morsels of potato, bacon and cheddar cheese. They have good flavor but were served super cold.

For the entrée, I ordered the Roadrunner from the sandwich section, which is a breaded fried chicken breast with barbecue sauce and American cheese. The sandwich was amazing, from the sweet barbecue to the perfectly cooked chicken. For a side, I ordered the baked mac and cheese, which was super

creamy and delicious. Lastly, for dessert, I ordered what the waiter said was their most popular dish: the banana pudding. This was the best thing I ate all night. It was super sweet and had a strong flavor, it's worth trying.

The atmosphere was very welcoming and country-like. During lunch or dinner time, it's somewhere to would take your family. The whole restaurant was super clean and looked like it had just been remodel. It has a very modern design, but still feels like an old country home. They play old country classics, which works well with the atmosphere of the restaurant.

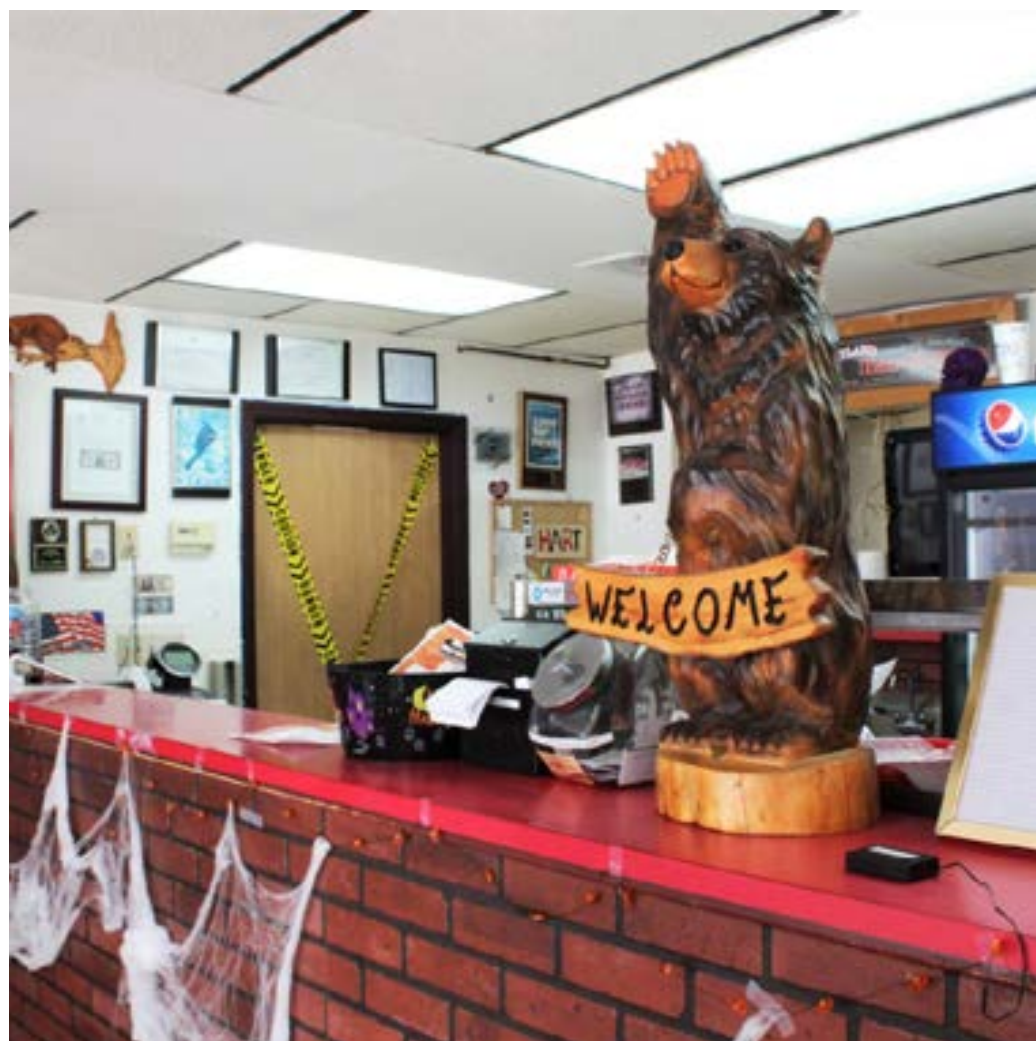
The quality of food was good. I wouldn't say it's the best barbecue in Omaha, but it's worth trying. The banana pudding is something I would go back and order again and again. The price was also super affordable, and it's somewhere you would want to bring your family.

I wouldn't say it's the best barbecue in Omaha, but it's worth trying.



4702 S 108th St

HARTLAND BAR-B-QUE



Malcolm Durfee O'Brien
editor-in-chief

Omaha has a surprising drought in regard to truly solid barbecue restaurants. One would expect a plethora, considering our proximity to Kansas City, but alas, we are desperately low on great barbecue. One of these few great restaurants is Hartland Bar-B-Que in Benson.

When you walk into Hartland, you get hit with that weird hodgepodge that is the aesthetic of a barbecue restaurant, with clearly personal items lining the walls, quirky things like a fake \$10 trillion bill and a display case filled with, what I believe to be, fishing hooks.

On top of this display case is where they keep the most important thing to any barbecue place: the sauces. Hartland has four different sauces: their sweet sauce called Hartland, a mild flavored Kansas City styled sauce, a vinegar-based Carolina sauce and a spicy barbecue sauce. This selection is less than some barbecue joints, but their quality is great, each with deep flavor.

The sweetness of the Hartland sauce is far from overpowering, as many sauces are, and is probably the best sauce at the restaurant. The Kansas City sauce is very good and offers some more clearly smoky flavors, but is somewhat bland in comparison to the other sauces. The Carolina sauce avoids the pitfalls of many other vinegar-based

saucers, which tend to just taste like vinegar, and offers a complex flavor that expands on its vinegar base. The hot barbecue sauce is clearly good and has some great flavor, but I am too much of a wimp and it is my least favorite sauce personally, though I do know of many people who would have this as their favorite sauce. Overall, the sauces are fantastic at Hartland.

The next most important part of barbecue is the meat. Hartland has all the classics: brisket, ribs, pulled pork, chicken and really not much else, though that is far from a problem. The meats they have are great and well made, with enough distinctive flavor to be great on their own without sauce, but they are perfectly made to elevate both the sauce's flavor and their own.

In addition to great food, the service is great too. Restaurants with this aesthetic are just comforting when you walk in; you're guaranteed an attentive employee who will put up with whatever annoying actions or indecision you put them through. They are also willing to help you find what you want for your meal when you start droning on and on about how you have no clue what to order.

Overall, Hartland is a true gem. Its sauces are great, the food elevates it and the comforting atmosphere is really top-notch. I give Hartland 8 trillion dollars out of 10.

I give Hartland 8 trillion dollars out of 10

5402 NW Radial Hwy

Photos Courtesy of SOPHIA SIDZYIK AND LUCY MASON

IN THE BIG O

SWINE DINING BBQ

Simret Habte
staff writer

Omaha isn't particularly well-known for the barbecue restaurants that can be found here. However, there are some barbecue restaurants in Omaha that are worth checking out. One such restaurant is Swine Dining. They were founded in Bellevue, Nebraska but have gone on to open a branch in West Omaha on Dodge Street.

The first thing I noticed as I walked in was the homey style of the restaurant. The building they're located in looks similar to a house that people live in which I appreciated. Once in the restaurant, I was quickly seated and greeted by the waitress. After ordering, it didn't take much time at all to get my food. Their website writes that they are a restaurant that has "BBQ for everyone," a well-earned boast. Although the menu didn't

have a ton of options, the ones they offer diners guarantee something for everyone. I ordered four bones of St. Louis-Style spareribs with a side of smoked beans. The total came out to about \$10, a good price for the value of the food.

Honestly, I didn't have huge expectations for the meal considering Omaha isn't a city that's been lauded for its barbecue. However, I was pleasantly surprised with Swine Dining. The ribs were delicious, as were the smoked beans. I was excited to have gotten such a good meal for an even better price.

All in all, Swine Dining is a great part of Omaha that defies the expectations of Nebraska barbecue. The hospitality is amazing; everyone from the waiters and hosts were pleasant and welcoming. They add to the homey environment that the building and décor create. And most importantly, the food is delicious as well as affordable.

Swine Dining is a great part of Omaha that defies the expectations of Nebraska barbecue.



12120 W Dodge Rd

OKLAHOMA JOE'S BBQ

Dillon Galloway
staff writer

Looking to grab a bite of barbecue? Many say Oklahoma Joe's is the best location in Omaha. Being largely acclaimed by critics, it feels as if they flaunt their reputation throughout the store. It felt like the first thing that caught my eye when I walked in and continued to draw away from my experience as I continued to eat.

Located in Aksarben, Oklahoma Joe's was introduced to Omaha about a year ago. It's predecessor, Dickey's, happened to also be a BBQ venue.

Yet one cannot really complain; their meat was exceptionally well done. Having the food smoked inhouse helps adds to its hearty flavor as well as the quality craftsmanship it may have over other BBQ joints.

This quality comes with only one apparent downside, though: the price point for most of the

items on the menu exceeds what maybe the average individual would want to pay for a meal. Comparing it to other local Omaha businesses like Hartland BBQ and Boyd and Charlie's, the price difference is about two-dollars greater. Additionally, the price is not quite adequate for the food because of the portioning size. Many of the sides were in little cups and only held a couple spoonfuls worth of food.

The price point for most of the items on the menu exceeds what maybe the average individual would want to pay for a meal.

If you are looking to just get a quick bite, I would recommend their BBQ sandwich. This sandwich gives you a good amount of meat and is one of the cheapest meat meals. If you are out with family and are willing to spend a bit of cash, I recommend trying the

two-meat dinner which gives you two meats and two sides along with bread. It allows you to try the meats they have to offer and lets you find a favorite.



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sports & leisure



EMMA NIELAND | The O-Book

Left: Madeline Krause focuses on overcoming the competition ahead of her Right: Senior runners Lauren Anderson and Mohussin Abakar throw up the eagle proudly after a race.

RUNNING WOMEN

The girl's cross country team had a productive and successful season, leaving the runners satisfied.

Sophia Sgourakis
staff writer

In cross country, the team runs and workouts together. However, when it's meet time, it is up to every runner how they perform. But for Central's girl's cross-country team, they all have the same intentions for every meet: run fast, run for each other. The seniors this year have been responsible for a lot of the team's success this year; one in specific is Lauren Anderson.

However, a specific advantage to the team's success was centered around bonding and growth. This year was meant to be a rebuilding year, as several varsity runners had graduated this past year. Despite the changes in relationships, Anderson said she has never had a team this close before. Everyone pushes each other to do their best in such a supportive manner. Laughing, Anderson said, "They practically abuse our group chat, but it's wonderful."

Naturally, there has been more success because of a change made to the team's workouts this year. Head Coach, Trent Lodge, has admitted to the girls that workouts are a level harder this year, but it has shown greatly on the course. In

years past, workout weeks consisted of one hard day and the other days being successively easier. However, this year, practice weeks are mostly composed of difficult workouts, intending to build up the lactic acid in the runners' legs between sets to increase pain. Anderson emphasized, "With more difficult workouts comes better performance."

Here are some stats of overall team efforts and success. During the Central XC Invitational, three Central runners placed within the top six spots: Anderson in first, senior Mohussin Abakar in second and senior Madeline Krause in sixth. At this same meet, Anderson set a personal record and a season record. Abakar also had a better time at this same meet than previous seasons. At the Lincoln North Star Cross Country Invite, Anderson and Abakar did it again by placing in second and third place. Abakar also set a season record for herself. At the Metro Conference Championship, Anderson had a fifth-place finish and Abakar finished in 13th place. But at this meet, several runners received personal records and season records: sophomore Brooke Brown, freshmen Elena Corea, senior Kaitlyn Engel and freshmen Margaret Ernst. Although not all Central runners were highlighted in this small excerpt, their hard work does not go unnoticed.

Anderson credits a lot of her success to her embracing cross country for what it is and her lack of complaining this season. The pain can really make these athletes want to quit, especially because it is so easy to just start walking at any point. Anderson shares that, "If you learn to have fun and keep a positive mindset, the workouts become easier to get through."

Although Anderson has showed a lot of success throughout this season, it is still not over for her. Being a senior, eventually, she won't have those long workouts on school nights or meets in 100-degree weather. Therefore, Anderson has a goal to make it to the State XC Meet one last time. While reminiscing on her past four years, Anderson got nostalgic saying, "I love the girls I compete with so much and I just want to have fun."

Anderson wanted to make sure all her coaches got shout outs: Lodge, along with assistants Omar, Jensen and previously an assistant, Keating.

"None of us would be where we are, both mentally and physically, without the immeasurable support of our coaches." Anderson's very last statement was, "I love Keating so much you have no idea."

Punter injured on field late in season, hopes to play next year

Olivia Gilbreath
executive editor

Number 61, Gerardo Diaz, Central's varsity punter, sustained an injury to the knee in a game against Lincoln Pius High School. After punting the ball, Diaz' ball was received by Lincoln Pius' returner and Diaz realized that the opponent's returner was heading down the sideline. "I hesitated if I should go and make the tackle or not. I decided I should and saw a guy coming at me and I thought 'I'm gonna plant and hit this guy then go get the ball,' but when I hit this guy he ended up hitting me harder than I was prepared for," Diaz discloses, "I felt my knee pop twice and it was just instant pain."

After his knee popped, Diaz reported a burning sensation in his knee. The medics on the field at the time told him to ice it, wait until the swelling went down and stay off it. After getting his knee checked out by doctors following this event, Diaz discovered that he had bucket-torn his meniscus, completely torn his ACL and he also injured his MCL. His recovery time is estimated to be nine to twelve months; he has completed surgery on his meniscus tear but still needs to get surgery for his ACL. Diaz tells himself, "With time, things will get better and you just have to keep staying positive and moving forward."

With three weeks left in the football season, the team could not allow this injury to become a major setback for the entire team. Sam Levy, the starting varsity kicker, was chosen to fill

Diaz' position as punter on the team. "I had to work a lot harder in practice to take over for Gerardo," Levy discloses, "before he was injured, I knew how to punt but I never really worked on it. It was tough on the team because he was one of our best players in that position."

With everything going on, Diaz has noticed the help he has received from peers and others. Many students posted on social media drawing attention to his injury and giving Diaz their best wishes in his recovery. Diaz' expresses the impression of his peers: "It's weird because people I don't even know will offer to help me when they see that I'm hurt, that's kinda cool though."

Through his recovery process so far, Diaz says that his mom and brother have been extremely supportive. Diaz recently started physical therapy and is hoping to be ready for next year's football and soccer seasons. Despite his hopeful attitude, he admits, "It sucks, it's very irritating. Little things like walking to get clothes and even just putting on my socks I can't do and honestly that's really annoying."

Diaz is nervous to return to his athletics after his recovery process is over because of the amount of time he will be spending away from sports. In addition to being a punter for the varsity football team, Diaz plays defense for the varsity soccer team. Diaz comments, "With soccer, I'm afraid I won't have my touch [with the ball] and I'll be really rusty. Kicking wise, I feel like I won't have much power and it'll feel weird and maybe I won't want to do it... only time will tell."



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GIRLS LACROSSE on page 23

Omaha soccer league begins

Livia Ziskey
staff writer

A new soccer team is coming to Omaha in 2020. Union Omaha Soccer Club will play at Werner park in the spring as a part of the United Soccer League. The team was announced in May, and the colors and logo were just revealed recently. Gary Green, owner of the Omaha Storm Chasers minor league baseball team, is the owner of this new team. Jason Mims, former head coach at UNO, will be the first coach of Union Omaha.

The team will play a 28-game season lasting from March to September. The 14 home games will be played at Werner Park, working around the Storm Chasers' schedule. Most of the tickets will be between \$15 and \$22.

The ballpark will have to modify the field and add locker rooms to accommodate the new team. The cost of these improvements is estimated at \$2.2 million. Sarpy County will initially pay for these modifications, but the team itself will eventually repay through increased rent.

The team logo and crest were announced at a block party in Benson in September. The crest features a black and white great horned owl with glowing yellow eyes. Three stars to the left of the owl are meant to represent Nebraska's people, place and purpose. Because many Nebraskans have strong associations to colors for other sports teams, black and

white were a way to stay original.

Great horned owls are indigenous to the region and commonly seen during winter months when trees have lost their foliage, according to the Nebraska Extension office. The birds have wingspans of nearly 5 feet, can exert almost 25 pounds of pressure with their talons and will prey upon "almost any animal that they can catch."

The team name, Union Omaha, is both a nod to Union Pacific (the role it played in Omaha's development) but it is also meant to connect Omaha's past with its future. The owner decided that unity was important to the team name and Omaha's culture in general.

USL League One is a division three league, but still higher than the other professional teams Omaha has had in the past. Omaha Flames lasted from 1996 to 1998 and the Omaha Vipers from 2010 to 2011. Both of these teams failed due to low attendance.

Union Omaha hopes to last much longer than these previous teams. There are high expectations for this team not only for the quality of soccer, but also for a community to form around this team and make it feel like home, like Omaha. Union Omaha can use all the support they can get, so attend a few games and enjoy the atmosphere.

Boys soccer team optimistic

Conor Harley
contributing writer

For the next few seasons, the Central boys soccer team will be one to pay close attention to. The future of soccer for the eagles is uncertain due to the future loss of three all-state players and the current senior class, but some believe it to be bright.

English teacher Martha Omar has been coaching the boys reserve team for four years. She sees promise in many of the sophomores.

"They (sophomore players) are pretty strong skill-wise, I adore them, I just wish they would work harder in the classroom," Omar said.

Omar believes that many of them could make a large jump skill-wise for this year including Sean Harley. Harley is an all honors student and played for Omar last year.

"I think we will be pretty good this season because we have a lot of good players and talent. Everyone on the team brings something different to the table," Harley said.

Harley's favorite part of playing for Central is the camaraderie formed between him and his teammates. His closest teammates are Logan Simmons and Sam Lavender. This statement aligns with Omar's team goals.

"One of the goals I always have is to always support each other and learn to trust each other for the benefit of the team," Omar said.

Omar is very optimistic about the upcoming season, and she thinks that anything and everything is possible if the boys can learn to play together.

"I think we are going to have a winning season, win all of our games, win state, you know, it will be South High versus Central in the final game and we will beat them 4-0," Omar said.

The optimism and confidence regarding the future of Central soccer is making fans excited for what's to come. Omar said that anyone can make a jump in play if they work hard enough, and that she always has a few boys who jump from reserve to varsity.

"I think we have a bright future because of our top-level talent and dedication. All of us work harder than most realize. A lot goes on outside of the school team practices and games," Harley said. "I just want people to know that when this senior class leaves, Central soccer isn't going anywhere."

Varsity girls basketball team gets new coach

Shyla Youngs
contributing writer

The girls varsity basketball team has a new head coach this year.

Michael Kroupa has had a long basketball career. His coaching career started his senior year of college when he began coaching a sixth-grade team. Kroupa found joy in being a coach after his first experience.

"I started coaching at a young age and enjoyed it, and decided to make a career out of it," Kroupa said. This will be his first year coaching at Central and he has already shown his passion towards his players. He has been practicing with his girls now for weeks, and some throughout the summer. He shows his passion by being prepared with a schedule, always being positive and always starting as soon as possible.

"I love them, they have a lot of potential," he stated about the players he has already met. "I don't know if I need to change what they're doing but some accountability and a little more commitment."

The longtime coach said he wants the environment at games to change as well. "Getting some excitement around the program and making girls basketball a game people want to attend," Kroupa said. Kroupa hopes there are more people in the stands cheering on his girls come season time.

Sophomore Claire Williams, a player on the girls varsity basketball team, shares the same excitement. She has played basketball since first grade and then went on to play for OSA upon attending Central. She's excited for the new coach and said he has already impacted the program.

"He plays who he thinks is going to give us the best benefit, who's going to give us the best performance. If you have an attitude or if you're not playing the way he wants you to he'll sit you," Williams said.

The first time Kroupa and his team met. He introduced himself, he wanted the team to get to know each other before they started. Practices consist of preparing for game situations and shooting drills. When you walk into the gym,

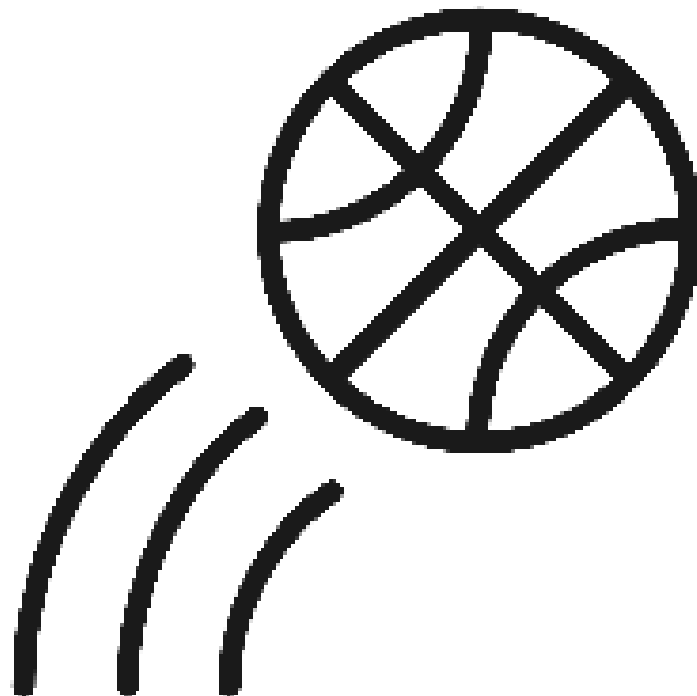
Kroupa wants to get right down to business.

"Kroupa is definitely going to help our record this year. He knows all the girls he has, and he knows the talent he has, and he's going to utilize that," Williams said.

When comparing Kroupa to other coaches, Williams says he's more positive, organized and true to his word. She also said he is not afraid to be straightforward with players.

She's excited for his approach towards the program and how he will utilize talent in every player.

"A lot of people are going to let our past dictate our future which I don't think is right," Williams said. "I think they should look at what we have in the present and go off that, because we are going to be a lot better this year. We truly are."



English teacher bicycles for recreation, rides injured

Emma Whaley
editor-in-chief

Anyone who knew the now-retired psychology teacher Mr. Shipman knew that he loved to ride his bike. But he wasn't the only faculty member that enjoys cycling. English teacher Jen Stastny bikes for recreation as well.

Like most people, Stastny started biking as a child. It wasn't until college that she decided to begin using her bike as a serious mode of transportation.

"That's when I really started biking long distances for distances for fun," she said, "When you're a little kid, you don't go that far."

During her time at the University of Nebraska at Lincoln, she rode her bike all year, but reconsidered after moving to Omaha.

"I just saw too many people wiping out in traffic, and I don't want to be run over by a car in downtown Omaha," she explained.

Though there are many cycling events around Nebraska that are available to riders such as Stastny, she prefers to participate in few of these.

"I want to do what I want to do when I want to do it. So, I'll go out and ride 50 miles, but I do it 100 percent on my own terms."

She did ride at the Radler Bike Festival last summer, however, as well as some group rides put on by the Omaha Bicycle Company.

When the weather is nice, Stastny does like to ride to school. Often during the school year, that half an hour on her bike going to work is the only time she gets to ride.

"It's just a better way to start my day," she said. "It's gets my blood flowing. I get into the neighborhood more. When you're in a car, it's so easy to be oblivious to what's around you, but when you're on a bicycle, you're of the place. You're fully in it."

Unfortunately, Stastny hasn't been able to ride her bike to work recently as she ruptured her quadriceps tendon, an injury that takes about a year to heal and put her in a wheelchair for several weeks.

"It's still a fragile injury," she said.

Though her surgeon cleared her for cycling, she's still worried about falling on hills or hitting potholes.

Though that injury wasn't cycling-related, she has been hurt on the bike before.

"I slipped and fell on ice in January of 1998 on a bike trail," Stastny recalled. "I landed on my knee, popped back up and kept rolling ... I got home and put some ice on it, probably took some ibuprofen. Flash forward all the way to the



Photo Courtesy of JEN STASTNY

Left to right: Jen Stastny, Pam Homan and Kelsey Baldrige on their way the Radler Bike Festival

summer of 2011 and I'm out on a long bike ride ... All the sudden my knee really hurt. I asked my doctor about it; she did some x-rays and said, 'your kneecap is in the wrong place and it's completely encased in arthritis.'"

That knee would have been replaced if she were older and not on her feet as much as she is being a teacher.

Through all the injuries and busy schedules, Stastny has held onto the joy of cycling.

"I just love being on my bike. If I can have an excuse to be on my bike, I will take the excuse to be on my bike."



Photo Courtesy of JACKSON MORRISON



Senior participates in cycling competitions, receives health benefits

Jackson Godwin
staff writer

There are numerous hobbies that keep people in shape, both as a kid and as an adult. For senior Jackson Morrison, biking is a common activity outside of school that fills up free time. While it is relaxing for many, there are also plenty of health benefits that come along with biking such as increased cardiovascular strength, increased flexibility, muscle build up and decreased body fat. While cycling, one's heart, blood vessels and lungs all get a workout. Starting at a young age, Jackson has grown to start enjoying bike racing and has begun competing in his free time. Over the years, he has been given the opportunity to compete in both local races and some out of state.

Growing up, Jackson's father introduced the teenager the joy of biking by showing him races on television.

"We always watched Tour De France growing up and other competitive events, so that's how I really started getting into it," said Jackson.

By the age of fourteen, he was already competitively racing for a team named the Harvest Trek Race Team.

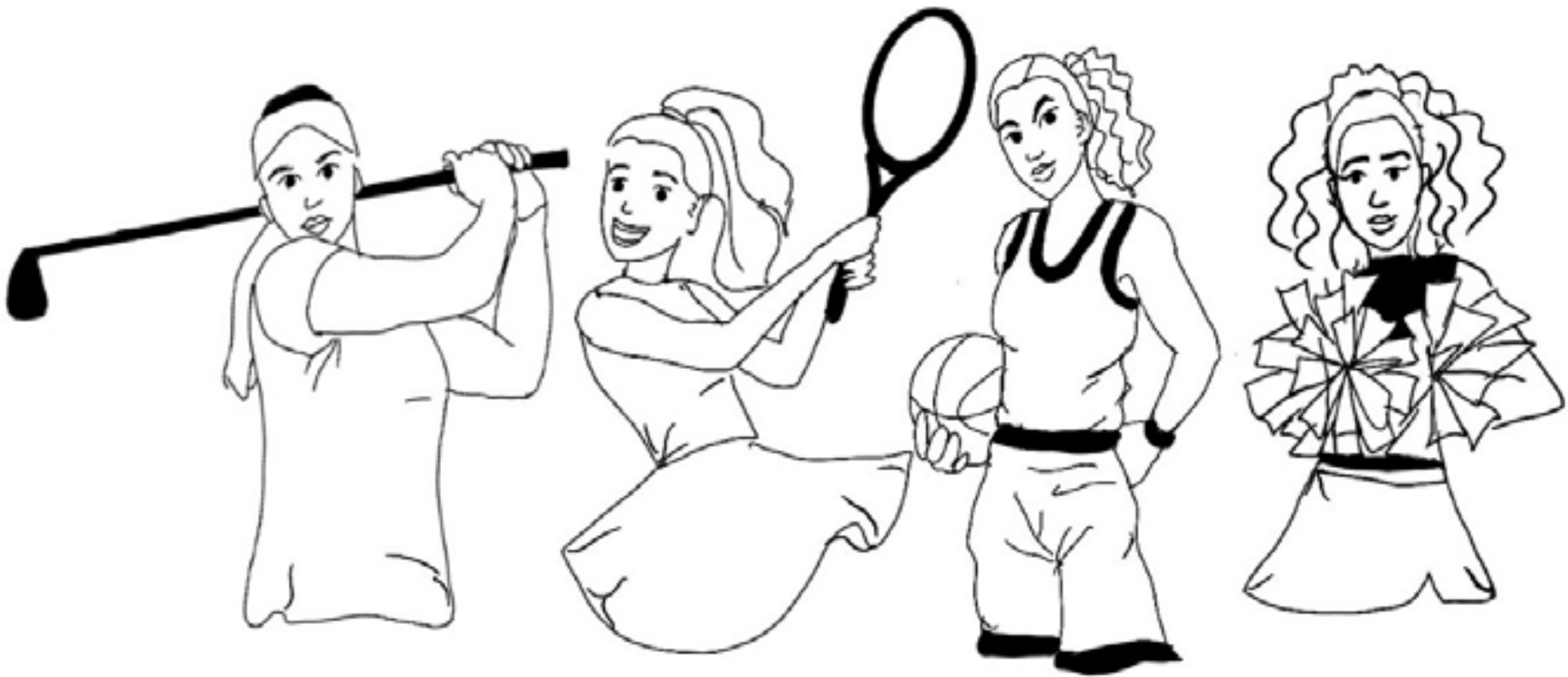
"I've done both road and mountain bike races," said Jackson.

Most of the local races are criterium style, which is laps on a short course for a set amount of time. Professional criterium races have been known to be slowly changing the culture of biking itself, with cyclists taking tight turns going up to 30 miles per hour with over a hundred other racers following a regulated course. Riders must have a certain set of both physical and mental skills in order to navigate a criterium. One will need the ability to corner rapidly and sharply with no touching of other fellow riders only riding a few inches away. Many compare these races to be the NASCAR of biking; these competitive events require long and tiring training hours improving endurance, stamina, speed and strength in order to be in a position to win.

Cyclists benefit themselves in both physical and mental health when training for upcoming events. This also gives many an opportunity to compete out of their home state with new people. Cyclists have been known to travel all over the world for races or even for recreation.

"By far the coolest ride I've done was in Colorado and was just 130 miles outside of Denver over the three mountain passes to Avon," said Jackson.

Cycling has grown in popularity over the years both for pleasure and competition, giving countless options for people interested. Being able to work for the opportunity to compete out of one's own state and getting to experience new cool locations is what Jackson and many others work for.



OLIVIA SCHICKE | Contributing Cartoonist

Women's sports teams still at disadvantage in choice, funding

Livia Ziskey
staff writer

Title IX says, "No person...shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination" in any school-based program. Yet there is still a large gender equality gap in high school sports. While Title IX has helped, evidenced by more than 3 million girls participating in high school sports, the issue is far from gone.

According to National Women's Law Center, 28 percent of co-ed public high schools have large gender disparities in sports. Nebraska is slightly below the average at a 20.8 percent gap. Additionally, high schools with high concentrations of minorities tend to have higher gender gaps.

Schools that violate Title IX are subject to losing government funding. Nearly 4500 schools in the United States are violating this law, but the federal government has never taken away funding from any of these schools. This lack of action further allows the gender gap to go unnoticed and continue to be an issue.

Although it can be difficult to distinguish between a school purposefully refusing opportunities to girls and a school with a limited need for female sports, most schools with a large gap are purposefully not providing enough opportunities for female athletes.

Limited options for sports may not seem like a significant issue, but research has shown that the effects carry on far into the future lives of these female athletes. Participation in high school sports correlates with academic success and a higher likelihood of earning a college degree.

Studies have found that high school athletes typically have higher GPAs than their non-athlete counterparts. Athletes also tend to excel in core subjects (math, science, social studies, and language arts).

Student athletes learn the valuable lessons of developing time management skills, leadership skills and a healthy mindset. All of these elements are important to have a successful future, whether one is playing a sport or working a job.

Thus, schools are fundamentally disadvantaging females by not providing equal opportunities in athletics. Sports help develop necessary life skills, and females should be prepared for the future just as much as males.

Limiting opportunities for girls in high school can possibly take away their chances of playing professionally or at the college level. It is already difficult to make a living as a female athlete because of the astonishing pay gap, and high schools make it even harder.

Put simply, girls deserve better. In 2019, there is no justification for not supporting female athletes in their hopes and dreams. Progress must be made starting at the high school level. It's time for change.

Video assistant referees superior to all proposed alternatives

Ari Saltzman
staff writer

Perhaps the most famous moment in the history of the world's most popular sport was its most controversial. That moment would be Diego Maradona's "hand of god" in the 1986 World Cup. It is the most controversial goal in the history of the beautiful game, simply because it should not have counted. Take our country as an example too. The biggest game in the history of the US Men's National Team was also smeared by controversy. Against a German side playing with 10 men, the USA should have been given a penalty midway through the second half of the 2002 World Cup Quarterfinals. The referee did not see the obvious hand ball in the penalty area, and Germany won 1-0. In the last couple years, the biggest stages in the game have done a great job taking controversy out of the game with the introduction of Video Assistant Referee (VAR), but for some reason many pundits hate it, and think it should be abolished.

The 2018 FIFA World Cup in Russia was the first time VAR had been used in a major competition. VAR was well-received throughout the entire tournament, as penalties were given when originally would not have been given because the referee did not see it, or goals were allowed or disallowed because the linesmen's flag stayed up or down. Players were also sent off if

video review showed that a player deserved to see red. It was a massive success. The next big competition to have it was the knockout stage of the 2018/2019 UEFA Champions League (UCL), and VAR played a massive role during that season, and had VAR not been there, there would be lots of controversy.

An excellent example of why soccer needs VAR occurred at the Etihad Stadium as Manchester City and Tottenham Hotspur played the frantic final minutes of the second leg of their UCL quarterfinal. City led 4-3 on the night, but on aggregate it was 4-4, and Spurs appeared to be going through on away goals. Suddenly deep in stoppage time, Man City's Raheem Sterling beat Tottenham goalkeeper Hugo Lloris and it appeared City had scored a dramatic late winner. VAR showed that Sterling was clearly offside, goal was disallowed, and Tottenham went through. Imagine had that goal counted, the controversy would have been absurd. It's a good thing VAR was there. At the Parc des Princes in Paris a month earlier in the last sixteen, the same situation occurred. Manchester United led Paris St Germain 2-1 on the night but trailed 3-2 on aggregate. If United scored one more goal, they would go through on away goals. Late in the match, Man United had a late shot into the area, that was blocked and went out for a corner. Once VAR got involved, a clear handball violation in the box by PSG occurred. Because of VAR, a penalty was given to the visitors, and Marcus Rashford buried the penalty to

send his side through.

Perhaps the English Premier League (EPL) is the league where VAR is most controversial. New for the 2019/2020 season, the EPL has seen no shortage of VAR drama. Goals have been given and disallowed every weekend, and one of the biggest decisions happened to be at the Etihad again. City and Spurs was the match again, this time in the league, and a late winner by Gabriel Jesus was ruled out for a small handball infraction by teammate Aymeric Laporte. The goal was disallowed, and Pep Guardiola's side dropped points in the Premier League for the first time in 15 matches.

The fact of the matter is these decisions via VAR are making the game fairer. Nobody likes it when a big match, or any match, is decided by a bad decision by the referee, or clear offsides is missed by the linesmen. This makes sure that those kinds of mistakes are a thing of the past. Referees are human, and people make mistakes. Video review certainly does not make those kinds of mistakes. The point that anti-VAR pundits are making is that goals should not be disallowed because of players offside by mere millimeters, and maybe the laws of the game should relax those rules a little bit, but VAR is needed. Soccer is the most popular thing on the planet, and when the world is watching, the best players in the world need to decide the outcome of a match, not an honest but blatant mistake by the officials.

Mahomes' record shows potential to be among the game's elite



JACKSON GODWIN

J G O D

At the age of just 24, Kansas City Chiefs quarterback Patrick Mahomes is being discussed as the next best quarterback. Coming from an MVP season last year, Mahomes came out stronger than ever leading the chiefs to a 4-0 record to start the season. Talked about as being one of the strongest Super Bowl contenders this year, the Chiefs are looking to get revenge on the reigning champions, the New England Patriots.

Patrick spent his rookie season as back up behind quarterback Alex Smith before Smith was traded to the Washington Redskins. Following his rookie season, Mahomes was named the starter and completed his first season as a starter throwing for 5097 yards, completing 50 touchdowns, making 12 interceptions and was named as the first quarterback in history to throw for over 5,000 yards in a season in both college and

the NFL.

Mahomes, from Texas Tech University, played both baseball and football during his time there. Following his sophomore year, he decided to quit baseball to solely focus on football. In his junior year as quarterback, he led all NCAA Division 1 players in multiple categories such as passing yards and passing touchdowns. In 2017, Patrick decided to declare for the NFL draft and was selected 10th overall by his current team the Kansas City Chiefs. Judging by the numbers Mahomes has at just his second year as a starter, many analysts project him to be one of the best quarterbacks ever by the end of his career. There have been very little other quarterbacks that have put up the numbers he has at his age and with his experience.

Coming out strong this season, many are

questioning who will be able to stop the overpowering offense of the Chiefs and who will be able to shut down star quarterback Patrick Mahomes. One team that has found a way to shut down the offensive threat of the Chiefs is the New England Patriots. Last season, in the American Football Conference Championship, the Patriots had the edge and continued on to win the Super Bowl. While the Patriots came out this season undefeated as well, many believe that the two teams that will lead the AFC will once again be the Chiefs and Patriots. Stronger than ever, Kansas City is working on shutting down the Patriot defense with the Super Bowl talent that they are equipped with. If the numbers and statistics continue as they have for Patrick Mahomes, he will be in discussion with some of the most prestigious and elite quarterbacks the NFL has ever had.

Lacrosse captain happy with team's growth

Olivia Gilbreath
executive editor

Girls lacrosse club goalie, senior Lauren Koster, began playing lacrosse about five years ago. After taking a couple years off, Koster joined the club upon hearing about it from friends and her math teacher, Jenna Saraka. Saraka runs the club alongside Charlie Dinnel, a coach outside the school.

"My first thoughts were that we were definitely starting from scratch," Koster said. "With people not even knowing what lacrosse was. That's great, I love that, but we started with very basic actions. It was slow moving in the beginning but we've grown exponentially since then."

Because Dinnel has connections with Westside's girls lacrosse team, Central's club trained with them in the spring. Koster recalls her favorite memory from the season when reflecting, "We beat Westside 7-6. The game went into overtime. There was a penalty on the last shot and this girl was shooting right at me. The ball stopped right on the goal line, that was probably the coolest thing that happened for all of us. That was a really good game, they [Westside] were pissed."

Currently, the team is in fall league, so they do not practice and they have shortened games every Sunday. In the spring, the girls train and have hour-long games twice a week, whereas fall games last only 30 minutes. On the topic of wins and losses, Koster tells, "When we have our successes and even when we don't succeed or we learn something from it, it's a really cool thing to watch."

Koster believes that joining lacrosse is a great way to meet people. She also expresses adoration for the use of Capri-suns and sleepovers when bonding with the team. Girls from middle school come to play in the lacrosse club, everyone is very inclusive. "If you see an eighth grader you're

normally like, 'ew,' but with the team you don't really care," Koster remarks, "There's AP kids, regular kids, IB kids, and we're all just here to have fun."

Welcoming new people to try lacrosse, Koster assures, "even if you're bad it doesn't matter, we're all just here to have a good time." According to Koster, lacrosse requires endurance, some hand eye coordination, and the ability to run. As a goalie, Koster gets a lot of bruises, the yearbook even took a photo of one of her raunchiest/longest lasting bruises. She affirms, "I have learned how to not be afraid and that even if it hurts it's going to be over in about 30 seconds so it doesn't really matter."

[The team] took players who had never heard of lacrosse and has turned them into varsity level players.

LAURENT KOSTER
senior lacrosse goalie

Despite the importance of technique, Koster does not focus on any requirements of precision or grace when describing the team's first goal. "Hanna Leslie scored the first goal and she did it like she was golfing and it went straight in the goal. It was the most unclean thing I have ever seen but it was so much fun." The team has grown and learned to work together and improve as a whole. Of the club, Koster asserts, "It took players who had never heard of lacrosse and it has turned them into varsity level players."

Balancing lacrosse with her education and work, Koster reports to have learned time management skills in addition to skills of prioritization. "We have the EE, a huge paper for IB, due this week. I had lacrosse yesterday," Koster said. "I had to decide what was more important to me and I ended up not going to lacrosse."

Koster hopes to continue to play lacrosse in college recreationally, she has attended lacrosse camps, including a camp at Colorado University. After recalling her experience at the camp, Koster has a genuine love for the sport. "It's super fun, I would like to keep playing even in just a club or a rec league when I go to college next year."



SOPHIA GIBSON | The O-Book

Koster defends Central's goal during a match. She is also the captain of the lacrosse team.

Uniform cost varies sport to sport

Valeria Welk
contributing writer

Certain sports teams don't pay for uniforms or equipment for their athletes. The overall cost would not fit within the team's budget, so instead, individual athletes pay for their own.

"There's no way the team would be able to buy new suits for every swimmer every year," social studies teacher and swim coach Brendon Smith said. "As much as we'd love to, there wouldn't be enough in the budget." Boys suits are usually between \$30 and \$40 and girls suits are between \$50 and \$60.

"We buy suits and goggles for swimmers who are in the free or reduced lunch program or come to us with concerns about the price, but other than that, the students provide their own equipment," Smith said. Swimming is one of the select teams that has the athletes pay for their uniforms and equipment.

The softball teams do not pay for girls equipment if they can't afford it, similar to the swim team. "The athletic department pays for our jerseys, but we pay for the rest of our uniform," sophomore varsity softball player Mia Wicken said. "We also buy the equipment like the batting gloves, bats, facemasks and catcher's gear."

"While some people see the football team getting new uniforms and think it might have to do with picking favorites, there's more to it than that," Smith said. "They got the jerseys for free from a deal Central has with Nike. It

would be harder for the school to negotiate with a company like Speedo for example with swimming since that's so specific to one sport."

The deal with Nike could extend to other sports at Central, while a company based on swimming would only apply to the swimmers and divers. Competitive suits, unlike football jerseys, are repurchased every year and are personal to the swimmer, which is another reason for this difference.

"If one girl doesn't have equipment, another girl lets her use theirs," Wicken said. "It's why I love the team. Everyone is so supportive and uplifting. There's such a great connection between everyone." Wicken claimed the close connection between the girls is what causes people to try out for the team even if they can't afford certain things because they know they'll "figure it out one way or another."

Smith made similar claims about the swim team, saying, "The group of kids in general is great. They're academically sound, respectful and always end up coming together as a family." Like the softball team, the swim team shares equipment if there's a shortage of it.

"Even if we can't pay for the suits, we try to pay for as much equipment as possible," Smith explains, "The athletic department provides caps, and we've bought as much dryland equipment and in-water equipment as possible." This year, the swim team will use their budget this year to buy a new interval clock and

snorkels.

Other than swimming and softball, dance and cheer teams also pay for parts of their uniform. Dance team in particular pays for clothing that matches the rest of the team all the way down to the earrings they wear.

Regardless of the budget sports get and how far it goes, many of the student athletes claim to continue to join the teams year after year for the community and love for the sport.



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A HAIR-RAISING SPECTACLE

SEDONA CHEOHA | The O-Book

The drama department put on their fall musical Nov. 1 and 2. This year it was the classic Baltimore-centric musical "Hairspray."

