

ELECTION IMPACTS

Trump’s mass deportation to have large impact on Central, wider community

Fiona Bryant
managing editor

President-elect Donald Trump has promised to begin mass deportation of immigrants without permanent legal status on the first day of his term, a policy that would significantly impact students at Central.

Central students without permanent legal status or who have a family member without permanent legal status who were interviewed feel “very worried,” “scared,” “disappointed” or anticipatory of what will happen. Most feel their community or family will be “definitely affected,” and many spoke to the uncertainty of when and whether their families would be deported. Interviewed students were granted anonymity to discuss the sensitivity of the impact deportation would have on their lives.

Hndreds of students at Central potentially could be impacted by the deportations, whether from being deported themselves, being separated from family members who get deported, or not being able to reunite with family migrating from another country.

Omaha Public Schools does not collect data on students’ immigration status. In the 2023-2024 school year, 13.7% of Central’s students had been born in a country other than the U.S., and 6.1% of the student population was designated as refugees, students from 19 countries the U.S. typically resettles refugees from. Mexico and Guatemala, the second- and third-highest birth countries for Central students, are not included in the refugee category, and 3.7% of Central students are or have been designated migrants if their family moved to the U.S. to work in agriculture.

“If I go back to Mexico, it will be stress[ful] for me, because I don’t have anything in Mexico.”

An estimated 13.3 million individuals are in the U.S. without permanent legal status. That 13.3 million includes undocumented migrants, refugees, asylum seekers and individuals with temporary protected status (TPS).

The execution of Trump’s mass deportation plan will depend on resources and overcoming legal challenges, but Trump has said he will declare a national emergency to use the National Guard and ramp up the U.S. Immigration and Customs Enforcement (ICE) for deportations. The timeline and legal process of this plan is not firmly established, but the president has control of most affairs related to immigration.

Immigration experts also expect Trump to implement another ban on migration from some majority-Muslim countries and reduce the nationalities eligible for TPS. While Trump has said he will deport undocumented immigrants, migrants with only temporary legal status may also be at risk.

“[Trump’s] just thinking about himself...such a racist person,” one student said. “I get that he wants to protect his community, but he is not giving opportunity to other new people.”

Students who are worried said they will not have as many opportunities if they are forced to return to the country they migrated from.

“I feel sad because here I have more opportunities for school or to do something more for myself, and my family has more opportunities here,” one student said. “If I go back to Mexico, it will be stress[ful] for me, because I don’t have [anything] in Mexico.”

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La deportación masiva de Trump tendrá un gran impacto en la comunidad Central, y en general

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El presidente electo Donald Trump ha prometido comenzar la deportación masiva de inmigrantes indocumentados el primer día de su mandato, una política que afectaría significativamente a los estudiantes de Central.

Los estudiantes de Central sin estatus legal permanente o que tienen un familiar sin estatus legal permanente que fueron entrevistados se sienten “muy preocupados”, “asustados”, “decepcionados” o anticipados de lo que sucederá. La mayoría siente que su comunidad o su familia se verán “definitivamente afectadas”, y muchos hablaron de la incertidumbre de cuándo y si sus familias serían deportadas. A los estudiantes entrevistados se les concedió el anonimato para discutir lo delicado del impacto que la deportación tendría en sus vidas.

Cientos de estudiantes de Central podrían verse impactados por las deportaciones, ya sea por ser deportados ellos mismos, separarlos de los miembros de la familia deportados o no poder reunirse con la familia que migra de otro país.

Las Escuelas Públicas de Omaha no recopilan datos sobre el estado migratorio de los estudiantes. En el año escolar 2023-2024, el 13.7% de los estudiantes de Central habían nacido en un país distinta a los EE. UU., y el 6.1% de la población estudiantil fue designada como refugiados. México y Guatemala, el segundo y tercer país de nacimiento más alto para los estudiantes de Central, no están incluidos en la categoría de refugiados. El 3.7% de los estudiantes de Central son o han sido designados migrantes si su familia se mudó a los Estados Unidos para trabajar en la agricultura.

Se estima que 13.3 millones de personas se encuentran en los Estados Unidos sin un estatus legal permanente. Esos 13.3 millones incluyen migrantes indocumentados, refugiados, solicitantes de asilo y personas con estatus de protección temporal (TPS).

La ejecución del plan de deportación masiva de Trump dependerá de los recursos y de la superación de los desafíos legales, pero Trump ha dicho que declarará una emergencia nacional para usar la Guardia Nacional y aumentar el Servicio de Inmigración y Control de Aduanas de Estados Unidos (ICE) para las deportaciones. El cronograma y el proceso legal de este plan no están firmemente establecidos, pero el presidente tiene el control de la mayoría de los asuntos relacionados con la inmigración.

Expertos en inmigración también esperan que Trump implemente otra prohibición a la migración desde algunos países de mayoría musulmana y reduzca las nacionalidades elegibles para el TPS. Si bien Trump ha dicho que deportará a los inmigrantes indocumentados, los migrantes con solo un estatus legal temporal también pueden estar en riesgo.

“[Trump] solo está pensando en sí mismo...una persona tan racista,” dijo un estudiante.

“Entiendo que quiere proteger a su comunidad, pero no está dando oportunidades a otras personas nuevas [inmigrantes]”.

Los estudiantes que están preocupados dijeron que no tendrán tantas oportunidades si se ven obligados a regresar al país del que emigraron.

“Me siento triste porque aquí tengo más oportunidades para ir a la escuela o para hacer algo más por mí mismo, y mi familia tiene más oportunidades aquí” dijo un estudiante. Si vuelvo a México, será estresante para mí, porque no tengo nada en México”.

El acceso a la educación, las oportunidades económicas, la capacidad de mantener a la familia en otros países y “tener todo lo que necesito” fueron oportunidades que los estudiantes dijeron que no tenían en el país del que emigraron.

“Hay estudiantes que tiene 20 [años] aquí tratando de obtener su GED y tener una vida mejor, y es esa preocupación de, ¿podré venir a la escuela?” dijo la presidenta de Latino Leaders, Emma Miranda.

DEPORTACIÓN en la página 3

Central students concerned about reproductive rights after election

Arisa Lattison
editor-in-chief

Central students have voiced many worries regarding the results of Nebraska ballot initiatives in November’s general election, as well as what is to follow in January with Trump’s presidency.

Initiative 434 and 439 were voted on and results are as follows: 434 was passed and therefore will be written into Nebraska’s state constitution, prohibiting abortions after the first 12 weeks unless it is regarded a medical emergency or a result of sexual assault or incest. Initiative 439, which would have allowed for abortion without interference from the state, did not pass.

Additionally, president-elect Donald Trump said he would not sign a federal abortion ban but would leave it up to the individual states instead. He also does not plan on banning contraceptives, but many of his proposals would make it less accessible.

The Register conducted a survey and held interviews to gather the perspectives of Central

students. In the survey, 51 out of 57 students answered a six or above on a scale of one to 10 when asked how worried they were about access to birth control and abortion following the election results.

Although these decisions affect Nebraska, Caprice McCoy, a junior, was optimistic of turning toward neighboring states for help. Abortions in Kansas are legal up to 22 weeks and 24-26 weeks in Wyoming. There are no restrictions in Colorado, according to Guttmacher Institute.

“Worst case scenario, you’d have to catch a plane,” she said.

McCoy mentioned a notable point of concern for America, and it has to do with South Korea’s 4B movement. This refers to a feminist movement in which straight women refuse to date, marry, have sex or have children with men.

Trump’s win has surged interest in this movement across social media. According to CNN, women say they are “enraged and fed up” after many men voted for a candidate that not only was found liable for sexual abuse but also appointed the conservative Supreme Court justices that led to the overturning of Roe v. Wade. In response to this, “[women] say they’re swearing off men and [are] encouraging others around the country to join them.”

REPRODUCTIVE on page 4

Phones frequently used in class, according to survey

Elena Hiley
contributing writer

Central High teachers and students are being impacted by the usage of phones during class every day, according to a survey conducted by The Register.

Central students filled out a survey to describe the use of their phones. The majority, 46 out of 55 respondents, said that they are on their phones during more than one class per day. Additionally, the majority (34 out of 55 students) have an average screen time of more than four hours per day. The results of the survey showed that the main use of phones in class is for music and messaging.

Freshman Jane Parker said she is most influenced by the desire to pick up her phone to check for notifications.

“If there’s a lot of free time, I find my phone to be a distraction, but if we’re in a class where the teacher keeps us busy then I don’t,” Parker said.

According to the survey, students have varying opinions on how their phones affect their personal learning experiences. Some say it helps them get a better understanding if they aren’t certain about what was said in class, while others say it gets in the way of focus and time that could be spent doing homework.

“I don’t think that it affects me a lot, I am pretty good at getting back on track, but I will say there is sometimes a pull to go on my phone during work time rather than doing my homework,” junior Katherine Besancon said.

One thing the majority seemed to agree on was that music is a major help when it comes to focusing in the classroom.

“The music makes it less overwhelming,” freshman Jessica Ammon said.

A study published in June 2024 from Pew Research Center showed that 72% of US high school teachers deem phone usage as a big issue in class.

French teacher Elizabeth Steinauer teaches all grades at Central. She says that phones take away focus and from a group learning experience, and it is not a good feeling as a teacher when phones are getting more attention than what they are teaching.

“What am I doing here, what are we doing here, what does anybody want from me?” Steinauer said.

English teacher Marcella Mahoney said phones take away the focus on academics when students use them for communication. Fights and drug sales can be set up through messaging, which often happens during class.

“I hate to think that those things happen, but I know that they do,” Mahoney said.

A survey from Pew Research Center in 2018 found that 49% of teens said spending too much time using their phones for off task purposes is distracting. This can be linked to problems focusing in class, especially when classes are a lengthy hour and a half.

“Usually, I’m checking my phone for messages, which though not great isn’t usually a big issue for learning. It’s when I do that repeatedly or get sucked into social media that I get completely unfocused and zone out, missing class content,” senior Owen Fuesel said.



A student scrolls through their phone during class. WHITMAN RUTLEDGE | The Register

Nebraska’s 2nd congressional district defies Red Wave

Hattie Moeller
news editor

Nebraska’s unique ability to split Electoral College votes provided Democratic presidential nominee Kamala Harris her only swing state victory.

In the 2024 presidential election, Nebraska’s 2nd Congressional District— which includes Douglas County and suburban areas of western Sarpy County – stood out as a rare Democratic victory in a sea of Republican wins.

While Kamala Harris and running mate Tim Walz lost most battleground states to Republican nominees Donald Trump and J.D. Vance, Omaha maintained its status as a “blue dot” in a majority red state.

Maine and Nebraska are the only states with the capability to split Electoral College votes. Nebraska has a total of five electoral votes: two are awarded to the candidate with the most votes statewide, and the other three are awarded to the winner in each of the state’s three congressional districts. A similar process occurs in Maine.

Historically, Nebraska’s 2nd Congressional District has been a swing district, capable of flipping between parties. In 2016, Trump was able to secure a landslide victory over Democratic nominee Hillary Clinton. In 2020, the district went blue for President Joe Biden.

As the final votes were counted and submitted, Omaha’s Democratic lean in a presidential election dominated by Republican victories in other deciding territories surprised political analysts.

In recent years, Omaha has experienced significant demographic changes. The city’s population has become younger, more diverse and increasingly urban. These social groups, including immigrants, college-educated professionals and young voters, have tendencies to lean Democratic, a reoccurring pattern across the United States.

The Harris campaign, alongside Democratic interest groups, invested millions into Demo-

cratic campaign events throughout the district. Their efforts focused on addressing local issues like healthcare, affordable housing and education.

In September, CNN reported, “for all of the pathways for Harris and Trump to reach the White House, the race for 270 electoral votes could come down to Nebraska’s sprawling 2nd District.” This national announcement sparked Democratic volunteers to knock on doors, organize phone banks and hold events to engage undecided voters.

On Oct. 19, Walz, the Minnesota governor, made a second presidential campaign stop in Nebraska. The Harris-Walz campaign hosted a rally that filled a Sarpy County concert venue with Democratic supporters hoping to win a single Electoral College vote.

Then in November, data from the Nebraska Secretary of State’s Office showed a total of 159,831 Republicans and 145,590 Democrats registered to vote in the district, with an additional 104,503 nonpartisan voters. The nation’s eye continued to rest on Omaha as a deciding factor.

As of 11:30 p.m. Central time on election night, Vice President Kamala Harris had beat Trump in the district, leaving the Nebraska Electoral College results at Trump with four votes, Harris with one.

Despite Democrats’ success in the district, Arizona, Georgia, Michigan, Nevada, North Carolina, Pennsylvania and Wisconsin all favored the Republican ticket in 2024. Nationwide, economic uncertainty and dissatisfaction with Democratic policies drove many voters to the polls in favor of the Trump-Vance campaign.

Swing states like Georgia, Arizona and Wisconsin—all pivotal in recent elections—saw higher rural turnout and a shift among suburban voters toward Republican candidates. While there was a small swing to Harris in Georgia’s urban areas, especially in counties surrounding Atlanta, these were insignificant compared with Trump’s increased support elsewhere.

Particularly in Nebraska, voter turnout was assisted by a raft of ballot measures including abortion measures and tight congressional races.



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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 Broderick Hilgenkamp at broderick.hilgenkamp@ops.org or come to room 029 to discuss your idea.

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Trump’s mass deportation to have large impact on Central, wider community

DEPORTATION from page 1

Access to education, economic opportunities, the ability to provide for family in other countries and “having everything I need” were opportunities students said they did not have in the country they migrated from.

“There are students who are 20 [years old] here just trying to get their GED and just get a better life, and it’s that worry of, will I even be able to come to school?” Latino Leaders President Emma Miranda said.

Refugee and asylum-seeking students migrate to the U.S. to escape credible fear of persecution in their previous country based on a protected characteristic such as race, religion, nationality, political opinion or membership in a certain social group.

“People are fleeing very horrific situations in their home countries,” said Center for Immigrant and Refugee Advancement (CIRA) Executive Director Erik Omar. “People don’t just leave their home for no reason.”

“Maybe I will not have a future [if I get deported],” an Afghan student said. “[Same for] my family too.” (Refugees from Afghanistan can receive temporary protected status.)

Family separation is another concern most students have. The American Immigration Council estimates 5.1 million children who are U.S. citizens live with a family member without permanent legal immigration status.

“I’m thinking of my future, even though I’m a U.S. citizen,” said one student. “It’s kind of complicated thinking, I’m going to college next year, but what if my mom is not here?”

A Muslim student said her family was expecting to reunite with her aunt, uncle and grandmother, but that a ban on migration from majority-Muslim countries would stop that.

Some students said their family members and friends have been preparing to leave voluntarily or be deported. Some families are working more to save money, getting family members’ immigration paperwork completed as soon as possible, or, in one family’s case, buying a house in Mexico.

“I’m thinking of my future, even though I’m a U.S. citizen.”

While most interviewed students reported some concern about the policy and anticipated deportation, one student said they felt “in-between” about the policy and believed it will only impact “criminals” or immigrants who “damage” communities by not paying taxes. The student mentioned Venezuelan gangs in New York City as an example of who they believe the mass deportations are targeting.

There has been some confusion on who the deportations would target, because Trump refers to undocumented migrants as criminals, regardless of if they have committed crimes in the U.S. Some Republican elected officials say the deportations will not target migrants without a criminal history.

“You may not be a bad person, you may not have done anything wrong,” Miranda said. “You may not have done it on purpose, or the timing is just weird; you’re still considered a criminal in the eyes of the United States.”

Trump has floated the idea of beginning his mass deportation policy by deporting undocumented immigrants with a criminal history, although he has said he will not stop there.

“He was talking about [how] maybe the persons in jail should go [back]...to whatever country they’re from...because they haven’t done [anything] good for the state,” another student said. “But saying that [about] people [who] have been progressing this state and giving them as much as they could, they should at least get something.”

Miranda said there can be a hierarchy among Latinos based on immigration status and association with white culture.

“That’s one of the main things that drove them to vote for Trump; it’s because they don’t want to have that taint of, ‘Oh, I’m not a criminal. I’m not the one being deported. I should be fine,’” Miranda said. “Even if we don’t all have the same point of views or political standpoints, it’s still important to be connected to each other.”

While some migrants without permanent status do not pay state or federal taxes, many do. In 2022, the American Immigration Council reported that households with undocumented members status paid \$46.8 billion in federal taxes, \$29.3 billion in state and local taxes, \$22.6 billion in Social Security and \$5.7 billion to Medicare.

The American Immigration Council also estimates the mass deportation plan to cost at least \$315 billion to execute all at once, or at least \$967 billion if carried out over more than a decade. The U.S. gross domestic product is expected to lose \$1.1 to \$1.7 trillion (in 2022 dollars) from the losses in labor, tax revenue, spending and economic activity that immigrants provide.

“There are still things we can do within our own environment to change and impact how our lives will continue.”

Omar of CIRA expects “lots of legal challenges” to Trump’s plans, in addition to the “significant amount of resources” that would have to be allocated for mass deportations.

“There will be some limitations to what he can do,” Omar said. “But, I also fully anticipate him trying to do everything that’s within his powers to detain and deport people in this country.”

Trump has referenced plans to try to use the Alien Enemies Act of 1798, the Insurrection Act, an end to birthright citizenship for children of undocumented immigrants and expanded expedited removal. While Trump could invoke the Insurrection Act without congressional approval, the other plans would pose legal hurdles. As migrants are deported, they must be given a hearing, which poses legal, time and resource barriers to Trump’s plan.

Other countries’ cooperation may also pose a threat to mass deportation plans. Mexico’s cooperation with the U.S. is up in the air as Trump threatens tariffs. Venezuela, India, China and Mauritania limit or ban flights returning migrants from the U.S. to those countries.

“It’s going to affect not just our community, it’s going to affect the whole country,” a student said.

CIRA and Latino Leaders encourage students who would be impacted to know their rights. CIRA offers resources on finding sanctuaries, understanding legal rights and interacting with ICE. Miranda stressed the importance of consuming many perspectives in the media to “build your own testimony.”

“There are still things we can do within our own environment to change and impact how our lives will continue,” Miranda said.

For students who will not be directly affected, Miranda says to check in with those who will be.

“See it from their perspective...Even the person who sits next to [you] may be thinking, am I even going to be here by the end of the year?” Miranda said.

La deportación masiva de Trump tendrá un gran impacto en la comunidad Central, y en general

DEPORTACIÓN de la página 1

Los estudiantes refugiados y solicitantes de asilo emigran a los Estados Unidos para escapar del temor creible de persecución en su país anterior basado en una característica protegida como la raza, la religión, la nacionalidad, la opinión política o la membresía en un determinado grupo social.

“La gente está huyendo de situaciones muy horribles en sus países de origen”, dijo el director ejecutivo del Centro para el Avance de Inmigrantes y Refugiados (CIRA), Erik Omar. “La gente no se va de su casa sin motivo”.

“Tal vez no tenga futuro [si me deportan]”, dijo un estudiante afgano. “Lo mismo para mi familia también”. (Los refugiados de Afganistán pueden recibir TPS).

La separación familiar es otra preocupación que tienen la mayoría de los estudiantes. El Consejo Americano de Inmigración estima que 5.1 millones de niños que son ciudadanos estadounidenses viven con un miembro de la familia sin un estatus migratorio legal permanente.

“Estoy pensando en mi futuro, a pesar de que soy ciudadano estadounidense”, dijo un estudiante. “Es un poco complicado pensar, voy a ir a la universidad el próximo año, ¿pero qué pasa si mi mamá no está aquí?”

Una estudiante musulmana dijo que su familia esperaba reunirse con su tía, su tío y su abuela, pero que una prohibición de la migración desde países de mayoría musulmana lo detendría.

Algunos estudiantes dijeron que sus familiares y amigos se han estado preparando para irse voluntariamente o ser deportados. Algunas familias están trabajando más para ahorrar dinero, completando el papeleo de inmigración de los miembros de la familia lo antes posible o, en el caso de una familia, comprando una casa en México.

Si bien la mayoría de los estudiantes entrevistados informaron cierta preocupación sobre la política y la deportación anticipada, un estudiante dijo que se sentían “intermedios” sobre la política y creían que solo afectará a los “criminales” o inmigrantes que “dañan” a las comunidades al no pagar impuestos. El estudiante mencionó a las pandillas venezolanas en la ciudad de Nueva York como un ejemplo de a quién creen que están dirigidas las deportaciones masivas.

Ha habido cierta confusión sobre a quién se dirigirían las deportaciones, porque Trump se refiere a los inmigrantes indocumentados como criminales, independientemente de si han cometido delitos en Estados Unidos. Algunos funcionarios electos republicanos dicen que las deportaciones no se centrarán en los migrantes sin antecedentes penales.

“Puede que no seas una mala persona, puede que no hayas hecho nada malo”, dijo Miranda. “Puede que no lo hayas hecho a propósito, o que el momento sea simplemente extraño; todavía se les considera un criminal a los ojos de los Estados Unidos”.

Trump ha planteado la idea de comenzar su política de deportación masiva deportando a los inmigrantes indocumentados con antecedentes penales, aunque ha dicho que no se detendrá ahí.

“Estaba hablando de [cómo] tal vez las personas en la cárcel deberían [regresar]...a cualquier país de donde sean...porque no han hecho [nada] bueno para el Estado”, dijo otro estudiante. “Pero decir eso [sobre] las personas [que] han estado progresando en este estado y les han dado todo lo que han podido, al menos deberían obtener algo”.

Miranda dijo que puede haber una jerarquía entre los latinos basada en el estatus migratorio y la asociación con la cultura blanca.

“Esa es una de las principales cosas que los impulsó a votar por Trump; es porque no quiere tener esa mancha de, ‘Oh, no soy un criminal. No soy yo el que está siendo deportado. Debería estar bien”, dijo Miranda. “Incluso si no todos tenemos el mismo punto de vista o puntos de vista políticos, es importante estar conectados entre nosotros”.

Si bien algunos migrantes sin estatus permanente no pagan impuestos estatales o federales, muchos sí lo hacen. En 2022, el Consejo Estadounidense de Inmigración informó que los hogares con estatus de miembros indocumentados pagaron \$46.8 mil millones en impuesto federales, \$29.3 mil millones en impuestos estatales y locales, \$22.6 mil millones en Seguro Social y \$5.7 mil millones a Medicare.

La AIC también estima que el plan de deportación masiva costará al menos 315 mil millones de dólares para ejecutarlo de una sola vez, o al menos 967 mil millones de dólares si se lleva a cabo durante más de una década. Se espera que el producto interno bruto de Estados Unidos pierda entre \$1.1 y \$1.7 billones (en dólares de 2022) por las pérdidas en mano de obra, ingresos fiscales, gasto y actividad económica que brindan los inmigrantes.

“Todavía hay cosas que podemos hacer dentro de nuestro propio entorno para cambiar e impactar la forma en que nuestras vidas continuarán.”

Omar, de CIRA, espera “muchos desafíos legales” a los planes de Trump, además de la “cantidad significativa de recursos” que tendrían que asignarse para las deportaciones masivas.

“Habrá algunas limitaciones a lo que puede hacer”, dijo Omar. “Pero también anticipo que tratará de hacer todo lo que está a su alcance para detener y deportar a personas en este país”.

Trump ha hecho referencia a los planes para tratar de usar la Ley de Enemigos Extranjeros de 1798, la Ley de Insurrección, el fin de la ciudadanía por nacimiento para los hijos de inmigrantes indocumentados y la expansión de la deportación acelerada. Si bien Trump podría invocar la Ley de Insurrección sin la aprobación del Congreso, los otros planes plantearían obstáculos legales. A medida que los migrantes son deportados, se les debe dar una audiencia, lo que plantea barreras legales, de tiempo y de recursos para el plan de Trump.

La cooperación de otros países también puede representar una amenaza para los planes de deportación masiva. La cooperación de México con Estados Unidos está en el aire mientras Trump amenaza con aranceles. Venezuela, India, China y Mauritania limitan o prohíben los vuelos de regreso de migrantes de Estados Unidos a esos países.

“Va a afectar no solo a nuestra comunidad va a afectar a todo el país”, dijo un estudiante.

CIRA y Latino Leaders alientan a los estudiantes que se verían afectados a conocer sus derechos. CIRA ofrece recursos sobre cómo encontrar santuarios, comprender los derechos legales e interactuar con ICE. Miranda destacó la importancia de consumir muchas perspectivas en los medios de comunicación para “construir tu propio testimonio”.

“Todavía hay cosas que podemos hacer dentro de nuestro propio entorno para cambiar e impactar la forma en que nuestras vidas continuarán”, dijo Miranda.

Para los estudiantes que no se verán directamente afectados, Miranda dice que se comuniquen con los que si loestarán.

“Véalo desde su perspectiva...Incluso la persona que se sienta a tu lado puede estar pensando: ¿Voy a estar aquí para fin de año?” dijo Miranda.

Central students concerned about reproductive rights after election

STORY from page 1

McCoy saw instances of this on the TikTok. What upset her were the comments left on creators’ posts.

“[Men] would respond with rape [as an option],” McCoy said.

Ultimately, McCoy does not believe it matters what perspective people hold, if they do their own research and are knowledgeable on the topic at hand. However, because of heavy reliance on social media, she believes TikTok users are not getting factual information.

“I really wish people would do their research and not vote out of emotion—not even for the country, but for themselves and the people around them,” she said.

With Nebraska’s abortion rights restricted further, there is speculation on future restrictions of contraception.

Freshman Arlyn McCabe does not think the results of Nebraska’s election will affect McCabe personally, but they want to have the option available to all women.

“Even if I don’t plan on using birth control, taking it away from all women is not fair,” they said. “We shouldn’t have to fight for the right to make choices about our own bodies.”

McCabe expressed concern surrounding Project 2025, an agenda Trump supports for America. They are worried about what could happen to women’s rights, especially with the “My Body, His Choice”/ “Your Body, My Choice” trend they have seen circulating online.

“I think that’s the scariest thing about all of this; we don’t really know what exactly is going to happen,” McCabe said.

To sophomore Sydney Gniffke-Leak, the issue of reproductive rights is very important. She, as a teenage girl, would like to grow up in a world where she is free to make decisions about her

own body.

“Even though I am not likely to be personally affected by the results of these recent elections, I fear for any woman in America who will be,” she said.

Gniffke-Leak was not surprised by the results given Nebraska is a conservative state, but she fears how far America will go with reproductive restrictions, such as the banning of birth control or contraceptives.

“I dread the knowledge that I will not be able to make choices drastically affecting my own life if it comes down to it,” she said. “This will impact women all across the country, and could very well harm people in Nebraska, or Omaha specifically.”

Senior Owen Fuesel had not read Trump’s specific reproductive rights proposals but felt that although it sounds like the president-elect will not outright ban contraceptives, he would enact policies that would make them harder to obtain. Fuesel said that women should have a fundamental right to their personal health.

“In which cases are men denied access to healthcare?” he said.

Fuesel was frustrated about the ways in which Initiatives 434 and 439 are written. When talking to one of his friends after the election, he mentioned how “[he] didn’t know if [he] even voted for the right one, because the wording was made to be confusing.”

However, Fuesel is amazed at how proactive people are towards the situation.

“We’re growing up in a world where we see our rights being attacked and because of social media and globalization we are more aware of challenges and the consequences of rights being taken away,” he said. “[But] people are stepping up a lot [and] I don’t think our generation gets enough credit for this.”

Survey Responses

“With all power being on the side of the right, I feel that they will get a lot of bad things done and will heavily restrict women’s rights to control of their own body.” - Anonymous

“I am very worried for the future. Our incoming president has the tendency to lie quite often, so I’m not confident that he will keep his word about leaving it up to the states. I am very scared about how this will impact me in the future.” - Anonymous

“It’s making women’s right more politicalized and what should be a decision between a woman and their doctor is now government regulated, which is very scary.” - Anonymous

“I think it’s horrible that they feel entitled to control our bodies. As of right now birth control and abortion are not things I need access to, but some day I might and if that day comes I deserve that option.” - Anonymous

“It’s a one-way ticket to robbing women of [rights].” - Anonymous

“I believe that I basically don’t have any rights for being a woman in this world. It’s crushing many women’s dreams of becoming a mother.” - Anonymous

“The results of the election pose a grave threat to reproductive rights in this country.” - Anonymous

“There will be a push for a significant amount of bans and restrictive legislation.” - Anonymous

“I think this election is going to impact the rights of many people, specifically Latino people and women. The future of America is at stake. We say this at every election, but with what we considered human rights rapidly being taken away, it seems that America is on its last leg.” - Anonymous



Left to right: Gniffke-Leak, McCoy, Fuesel, McCabe JULIUS WAKOLE, MAURO GUTIERREZ, WHITMAN RUTLEDGE | The Register

Accommodations of concern for students, families post election

Connie Moennig
contributing writer

During his campaign, president-elect Donald Trump often spoke of his goals to dismantle the federal Department of Education, and one concern is that students at Central and other public schools with disabilities will lose accommodations put in place to help them succeed.

Many students, families and educators have been alarmed by this prospect, as it could do considerable damage to the futures of students with disabilities.

According to the Department of Education, 17% of students in American public schools have a disability. In that group a large number of students suffer from disabilities like ADHD or dyslexia that, while hard to detect, can impact their academic performance. Many of these students are served by 504 plans and individualized education plans that provide support while allowing them to learn alongside their general education and neurotypical peers.

These programs are all funded by the federal government, so if the Department of Education is eliminated, then some are concerned so will the ability to accommodate these students.

The possibility that these supports may be lost in the coming years has sparked a lot of panic in students, teachers and parents. The department head for special education at Central, Brandy Klipfel, has received calls from parents concerned about the policy. Klipfel advised those who may be affected to expect changes, while also noting that students are protected under the Individual’s with Disabilities Education Act (IDEA).

If Trump and his allies wanted to remove these protections, IDEA would need to be repealed by Congress.

“What I believe, regardless of political party or who people voted for, I believe that most people understand that IDEA is an important piece of legislation,” Klipfel said.

There is a lot at risk for students who rely on accommodation. Students with conditions such as ADHD, dyslexia, hearing impairments or autism often struggle in a traditional learning environment, and these students need extra support to keep up with their peers. With the assistance of 504 plans and Individualized Education Programs (IEP) school can be a kinder place for these kids.

Jackson Jordan, a special education teacher at Central, worries that without these safety nets for students, the learning environment will become more hostile to those with special needs, adopting a “pull yourself up by your bootstraps” mindset and leaving students in the dust.

“For a lot of students who struggle with these things that’s not good to hear. It makes them kind of self-implode, and say, ‘Well screw all of this stuff, now I’m definitely not going to try,’” Jordan said.

These students are also more likely to struggle with emotional

regulation, and it may cause strained relationships with teachers who aren’t given the proper resources to understand the student.

This can also prove to be problematic if funding for special education is lost, Jordan said. If teachers are not made aware of certain issues that may contribute to a student’s behavior, then they cannot fully grasp what triggers a student and what can help them, creating more problems for everyone involved.

“On average it’s going to be worse because these teachers aren’t being made aware of certain disabilities that maybe they didn’t even know existed,” Jordan said.



Special education teacher Jackson Jordan teaches a class Dec. 10 in room 232. WHITMAN RUTLEDGE | The Register



Junior Samuel Billig points to the jar of starburts as he makes a guess.

Photo Courtesy of Lauren Beitel.

Math club hosts 83rd annual middle school math competition

Steven Dickerson
Sports Editor

The Central math club and students in honors enrichment math (e-math) classes hosted the 83rd annual middle school math competition at Central on Nov. 14. The event was attended by nearly 300 students from 23 different middle schools across Nebraska, including a school from Scottsbluff who drove eight hours to participate.

The competition was split into three parts. The individual computation is 20 multiple choice questions in 20 minutes without a calculator. The Team Problem Solving contest was 10 questions in 20 minutes with a calculator and involved students in groups of three. The Math Bowl round consisted of buzzer rounds where schools go head-to-head

in rounds of seven questions read orally.

Teacher and math club sponsor Lauren Beitel remarked this year's competition was one of the largest ever. "We've never had so many kids from various schools, and they all had a lot of fun," Beitel said.

She also appreciates the planning her e-math students took part in. Each year, the students write contest questions and review what the competition will look like. Then, seniors in e-math and math club come together and pick the contest's theme.

This year, the seniors picked Ancient Greece, decorating the school with Greek memorabilia and designing t-shirts to fit the theme. Beitel focused on planning the logistics of the competition, including communication with teachers at middle schools. Some

students helped her with logistics as well.

"I made sure scores were getting uploaded into the spreadsheet so we could adequately keep track of team and individual scores," junior Joshua Shapiro said. He said the coordinating his peers and Beitel do is the only reason the competition has survived for so long.

Math Club President Orion Schoell-Schaffer, a senior, said the competition went very smoothly, especially compared to previous years. He hopes that future contests face little challenges and have enough time to plan. He thinks the visitors enjoyed Central and the contest.

"The questions went really well, and our theming was popular," sophomore Ashton Fischer said.

Sophomore Thomas Woodworth attended the contest as a middle schooler and now plans it through his e-math class. His role this year was to assist in running the buzzers for the speed math rounds.

"It's a lot more fun to create the questions than to answer them," Woodworth said.

Apart from the planning of the competition, it also draws many middle schoolers interested in Central to the school. Beitel described the contest as a fun competition along with being a tool for recruiting students to attend Central and maintaining Central's positive reputation in the community.

The math club and e-math students will continue their year by attending collegiate math competitions and hosting a charity fundraiser to pie teachers in December.

Program brings oportunities for Indigenous students and families

Fatima Yawari
staff writer

Omaha's Native Indigenous Centered Education program, a Title VI federal grant initiative, helps Indigenous students get education of their native cultures and histories.

NICE strives to ensure that educators can provide culturally relevant instruction and support to Native American students. The program helps Indigenous students to meet cultural academic needs for them to be able to face different challenges.

Jaqueline Jones Barnes, an educational specialist who has worked with NICE program for 15 years and three years working with Omaha Public Schools, describes the program as an opportunity that can bring advocacy, culture and support to Native students and families.

Students attend events like powwows, visit tribal colleges and go on trips to camps to explore plans after high school.

Gifting is an especially important part of the Indigenous culture and through NICE students are working on a beading project, where they design and create rawhide to gift to others to fulfill that part of culture.

"Our students enjoy having a space where they can hang out with other indigenous youth. Many new friendships formed, and cultural teachings shared between themselves," Barnes said.

In spring students will be attending the Nebraska Native Youth gathering where OPS NICE students meet with Native high schoolers across the state from other schools such as Lincoln Public Schools, Omaha Nation, Winnebago and Isanti.

There are many students from different Indigenous tribes that are part of NICE which gives them the opportunity to learn about each other's different culture. "NICE helps me to know more about not just my Indigenous heritage and also about other tribes, since there is more than one tribe," said Julius Wakole, a junior student who is involved in the program.

Wakole is part of the Potawatomi and Kickapoo tribes of Kansas. Being in an urban area where the students' cultures are not represented in their daily life can be challenging.

"So, these meetings and connections made in the school have made a big impact, and many students have been able to form more pride in their identity by being with other students," Barnes said.

NICE ensures that everyone knows, "That we exist. I feel like the Native Americans are being more pushed away and forgotten," Wakole said.

STUCO thrift store becomes annual tradition

Jazmin Mills
staff writer

Over the past couple of years, thrifting has become a popular trend. Before it became popular many people thrifted to get affordable clothes for their families. This year, the thrift store was on Nov. 13.

However, the thrift store only pops up once a year. The thrift store is located in the courtyard after school. In order for the thrift store to function, it's necessary for students to donate clothing that may not fit them anymore or they may just not want it.

Donations can be shoes, shirts, pants, skirts, dresses, accessories and sweaters. For hygiene purposes socks and underwear are not accepted. Donations are taken into room E310. All clothing are \$1, shoes are \$2 and accessories are .50. All money made from the thrift stores goes into supporting Central.

Student council member Victoria Cayetano, provided some additional information about the thrift store. "The main purpose of the thrift store is to help our central community and spread positivity! There's also something for someone," said junior Victoria Cayetano.

Student council spreads the word as much as possible so as many people can be aware it is happening. Since the thrift store only comes around once a school year, many students gather to come and see what the thrift store has to offer. "The thrift store is one of our many bigger events and it's always a hit for the Central community," Cayetano said.

During her time at student council, the thrift store is something she looks forward to the most.

Junior Emma Kirby went to the thrift store this year. "I think the thrift store was very well planned and organized. There was a variety of options ranging from clothes to accessories to shop from," Kirby said.

She was very surprised how many people were there and what the store had to offer. If she had the chance to she would definitely go back.

Central takes part in 2025-26 FAFSA beta testing

Paula Gutierrez Martinez
arts & culture editor

Central High School was among the 1,850 schools across 43 states that took part in testing to improve the 2025-26 Free Application for Federal Student Aid (FAFSA).

The U.S. Department of Education completed the beta testing for this cycle's FAFSA on Nov. 21, 10 days ahead of its Dec. 1 goal. The official form is now available to all students and families at fafsa.gov. A paper form is also available.

The department announced in August it would use a phased rollout to launch the 2024-25 FAFSA to fix any issues that might appear before it became open to everyone. There were four rounds of beta testing, the first of which began Oct. 1. Each round gradually increased the number of students who could complete the form.

The 2024-25 FAFSA was plagued by technical glitches and delays after the "FAFSA Simplification Act" mandated a complete overhaul of the form with the intention of streamlining the process. Many students were forced to commit to a college without knowing if they would be able to afford it.

Ultimately, there was a drop in college-going students. According to the National Association of Student Financial Aid Administrators (NASFAA), public non-profit four-year institutions saw a decline of 8.5% in freshmen enrollment. Private non-profit four-year institutions saw a decline of

6.5% in freshmen enrollment.

Central participated in the improvement program through a partnership with EducationQuest Foundation, a nonprofit aiming to improve access to higher education in Nebraska. To be a beta tester, families had to provide identification ahead of time and fill out intent to participate forms. Between Central and Waverly, the second Nebraska school approached by EducationQuest, 119 families were accepted, and 36 Central families were able to complete the FAFSA. Central and EducationQuest were able to help another 36 start it.

"If they did have an error on the FAFSA form, we had a direct number to contact someone who could help right away. We weren't on hold for minutes and hours. We got our questions answered right away," counselor Angela Meyer said.

Central was also selected for the FSA ID, consisting of the account username and password students create to gain access to the Department of Education's online systems. A Social Security number (SSN) and email address are needed to create an FSA ID.

Students were invited down to Central's college counseling area and read instructions for creating an FSA ID. If they encountered anything they did not understand, they would share with a representative from Washington D.C., so the necessary tweaks could be made before the FAFSA became available to everyone.

After reading the instructions, students accessed StudentAid.gov to create an FSA ID. If they caught an error, they immediately stopped working with a Department of Education representative to fix the error.

"It started off by giving me information, like how I can apply for student loans, find new ways and use those connections to help pay for college. So that was good. I like how it gave me that information before it gave me the set up," said senior Amelia Jackson, who participated in the FSA ID beta testing.

"And then he gave me the set-up, there was an error, but I didn't stress about it because I know there's always a solution to the problem. And so there were people there to help me," Jackson said.

Meyer urges upcoming seniors to start filling out the FAFSA early so they have time to work through any errors they might run into.

"What I worry about is students who are, maybe, applying for the FAFSA for a scholarship, and they wait a little too long, and then they have an error on their FAFSA, and we don't have time to correct it," she said.

Most of these are programming errors as simple as having the student using an extra space when entering their name. If an error will not allow them to move on, Federal Student Aid must be contacted.

- Para leer este artículo en español, entra omahacentralregister.com.

Central library brings comfort to the community after the election

Jasmin Gutierrez Garcia
translation editor

Central's library is exhibiting coloring pages with different encouragement terms colored by students to create a display for others.

These coloring pages were made and colored on Nov. 6 when many students were left feeling uncertain. Jennifer Kaweck, one of the librarians at Central, thought about the students and came up with the idea the morning after the election.

Kaweck carefully picked out the words and the other librarian at Central, Beth Wilson, was the one with the idea of putting the words on the window. "We wanted to remind everyone that the library was a place of comfort and a place where everyone was accepted, no matter what their beliefs," Kaweck said.

The words picked out by Kaweck were library, escape, love, community and care. The library relates to all those words.

"We thought, it might be a way for them to kind of process or escape. So, we just got the crayons and let everybody color who wanted to," she said.

Junior Dannie Worsley colored multiple coloring pages to be on display. Worsley is a usual attendee of the library because of their study hall during third block on A days and found coloring with crayons to be fun once again. Worsley had their own understanding of what the purpose for the coloring pages was.

"It was to encourage people that saw it and I like helping people out, no matter what," Worsley said.

Senior Kaitlyn Abboud, another student who participated in coloring a coloring page to be on display, attends the library for her study hall during second block on B days. She is someone who loves to color and would color again in the library.

"It was really nice to have something to do that wasn't work or social media. Last year I used to color in study hall all the time, so it kind of brought me back and it was really nice," Abboud said.

The library still has many words left to be colored and crayons to be used. Kaweck and Wilson encourage students to write any encouraging message or draw any additional pictures.

"I want students to know this is a place they can go where people care about them. We're a safe place," Kaweck said.

Math assigns most homework, according to student survey

Claire Wynn
contributing writer

Many students at Central High School feel that homework is stressful, unhelpful and time-consuming. According to a poll conducted by "The Register," with 54 responses, 61% of students say homework improves their academic performance, but 80% said it affects their mental health negatively.

Most students spend around one to two hours on homework daily, and only 6% claim to spend no time on homework. According to those students, having that much work to do at home eats into their own time, work and after school activities, resulting in stress and bad mental health.

Central junior Madeline Miller said homework is too much to handle on top of work, band and other after-school activities, not to mention her personal time that has gotten smaller and smaller the older she gets. In every year before this academic year, she has been a full honors student,

but this year would have been too difficult to handle with everything else she has going on.

Miller wishes homework were optional, and not worth a grade. She says if that were the case her grades would change for the better, because she could get practice when she needs and care of herself when she does not.

"I have so many after school things, like clubs, band, work and everything else I just feel like I just don't have enough time for homework and it's just super stressful," Miller said.

Central sophomore Cara Galvan agrees, saying honors is too much homework for her. Galvan has five honors classes and after school activities every day. She said homework does little to help, unless it is a study guide before a quiz.

Galvan said homework in school is fine and even helpful, but outside of school she has things she enjoys doing and would rather use her time on those activities than schoolwork she already understands.

"I think everyone needs to spend time outside of school and have an actual life outside of school because life doesn't revolve around school," Galvan said.

According to the poll, most students think math gives the most homework and requires the most effort. Central math teacher Jennifer Emanuel gives an explanation to all the work she assigns in class. Data from student's grades show that the more homework a student does, the better grades they get on tests and class in general.

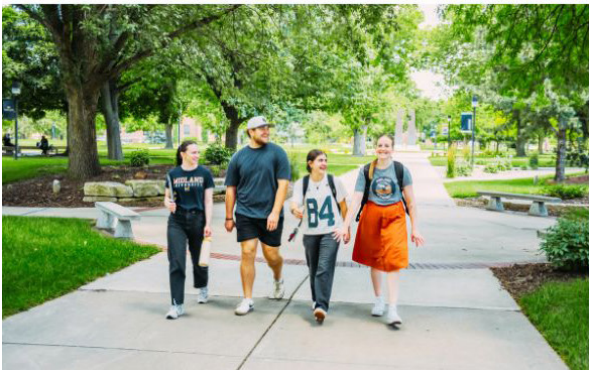
She strongly believes the students who put in work do better on tests, school and in life. Emmanuel said math and language classes require repetition to stick in student's minds, and she gives students the chance to get that repetition.

"We need to put more emphasis on the subjects we struggle with. If we struggle with math, as many do, then we need to focus on it, put more work into it," Emmanuel said.

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Election Reactions

Fears over a Trump presidency are warranted

| Grace Sunseri
opinion editor

In the days and weeks after the 2024 presidential election was called for Donald Trump, his supporters have been relishing in victory. On the other side of the aisle, Democrats and their voters are questioning the future of this country, and rightfully so. American democracy is on the line.

The United States government was set up very intentionally. Thinking back to freshman-year U.S. history class: checks and balances are woven into our democracy to keep someone from absolute power.

Checks and balances are a constitutional principle in America. They divide the federal government into three branches: executive, legislative, and judicial. These branches all have individual powers that limit the powers of the others, so one person or entity cannot have absolute power.

The issue for Democrats, and the country, is Trump will now lead the executive branch, as president and with his cabinet of secretaries, and effectively lead the legislative branch, with Republican majority in both chambers of Congress, and the judicial branch, with a 6-3 conservative majority in the Supreme Court.

While it is not uncommon for a president-elect’s party to have single-party control, it is the fact that Trump is in control that is concerning. His threats to democracy, such as calling Democrats “the enemy from within,” evoke a sense of dread for what he can accomplish with this overarching power.

Trump has shown he does not hold this country’s democracy and system of government in high regard, and the insurrection on Jan. 6, 2021, was only the beginning. The sitting president encouraged his impassioned supporters to march down Pennsylvania Avenue to the Capitol to stop the verification of the 2020 election, a constitutional process.

However, that is not the only constitutional principle he has threatened. There is nothing that gets Trump riled up quite like journalists. Using only the words he has said on the most recent campaign trail, Trump has continually called for stripping journalists of constitutional rights like the First Amendment, and even throwing them in jail. He continually calls the press “fake news media.” He has also called for ABC to be punished, suggesting the stripping of their licenses, because of the singular debate they sponsored and aired.

These are examples of blatant disregard for the constitutional systems that allow this

country to run politically. Any leader who does not respect the words of the document that is a cornerstone to this democracy should be watched closely.

My biggest worry come the next four years is that elected officials who side with Trump will not adhere or respect the oaths they have been sworn to. Time and time again, lawmakers do whatever it is Trump tells them to do. I believe this is due either to real belief in his policy or a way to improve their positions of power, but it is highly concerning either way.

I believe there are more examples that they agree with him to obtain higher and more powerful positions in the government. His own Vice President-elect, J.D. Vance, once despised this man. In 2016, Vance was a staunch critic of Trump and called him an “idiot” and allegedly compared him to Adolf Hitler in private.

Trump’s pick for Secretary of State, Senator Marco Rubio, ran against Trump in the 2016 Presidential primaries. During this time while running against him, Rubio warned, “For years to come, there are many people on the right, in the media, and voters at large, that are going to be having to explain and justify how they fell into this trap of supporting Donald Trump.”

These men are very aware of the threat that Trump poses. Yet they sit beside him, submissive and docile, and turn a blind eye to anything Trump does and come running when he is calls.

The fear of American democracy falling has also been manifesting in obsession over his cabinet nominations that have started to come out. These nominations include an anti-vaxxer for Health and Human Services, an oil executive for Energy secretary, and a Fox News host for Defense secretary.

While most of these positions must get Senate approval and are – hopefully – unlikely to go through, I believe Trump is doing this as a test to his allies in Congress.

He is testing how much he can get away with and how far “off the script” he can go before his fellow Republicans put a stop to his madness.

It is valid to fear the future of the country when it is taken over by someone who has shown time and time again that they are power hungry. I do not let these fears plague my mind often; I worry in private and fight in public.

If the system of government that inspires confidence in so many Americans truly works the way it should, no one, not even Trump, should be able to take it over.

We fight through creating community and mobilizing into action. We fight through the legal system and in the 2026 midterm elections. Trump cannot, and will not, win. If he does, our democracy goes with him.

American exceptionalism may be our downfall

| Fiona Bryant
managing editor

American exceptionalism” is the idea that the U.S.A. specifically is different and inherently successful, superior or special.

It is ingrained in U.S. culture and how history is taught. The U.S. is always portrayed as a winner, a civilizer and a beacon of equality. When the U.S.’s atrocities are discussed, they are said to be mistakes firmly in the past, with no lasting impacts or possibilities for them to happen again.

This attitude is dangerous to this country’s democracy and the rights of most Americans. The hope that President-elect Donald Trump’s presidency will not cause mass suffering, the hope that the U.S. is somehow different from other countries and other examples in history, prevents Americans from recognizing the danger of Trump’s policies.

To effectively fight against the policies of the president-elect, a reckoning with American exceptionalism is necessary. American exceptionalism leaves Americans both uninformed and dangerously wishful about history. We cannot hope that the U.S.’s outcome will be different from the outcomes history has shown us.

The Trump administration is promising to commit similar atrocities to what we have seen in history. Trump’s plans for the mass deportation of undocumented immigrants shows similarities to the U.S.’s past forced removal of Indigenous people from their lands and WWII-era Japanese-American internment camps. His extreme scapegoating of Latino Americans and trans people reflects Hitler’s scapegoating of Jewish people and other groups. Trump has even been reported by his former chief of staff as saying Hitler “did some good things.”

History has shown the mass suffering that comes from rhetoric and policies like Trump’s. It is all laid out. Yet, American exceptionalism stops Americans from recognizing the danger our people and democracy are in. We hope we will be different because we are America. Yet, the U.S. and its people are not invincible or immune. American democracy is not invincible. Rights are never guaranteed.

Trump has used this lack of education about the U.S.’s past (and present) harm and the perverse hope that the U.S. is invincible to win voters. If voters knew and believed the danger

of the candidate they voted for, would most people really vote for an end to their rights?

The President-elect’s slogan over the past eight years promises a return to greatness in America. Many voters chose him for his promises of economic relief amid inflation (which his policies like mass deportation and tariffs will only worsen); a second Trump term may seem like a step closer to an America “made great again.” He directly plays into American exceptionalism, by assuming there was an era in American history that was great for everyone and then by riling up patriotism to gain supporters. When Americans believe Trump is “making the U.S. great,” then there is no possible way bad things could happen to this country, right?

Bad things have already happened to this country, and bad things are currently happening to this country. Human suffering has always been in the fabric of the American legacy, even now. Even if you are not “one of them” - one of the individuals in the rest of the world suffering from wars caused by Western colonization; one of the individuals suffering from climate change-induced natural disasters caused by over-polluting countries; one of the individuals here in the U.S. who is already suffering from American oppression and will suffer more come January – no one is immune, even if you are an American.

American exceptionalism kills our empathy too; the idea that the U.S. is special is just another example of “us versus them.” An “us versus them” mentality has ripped the country apart politically. “Us versus them” excuses American exploitation and deadly involvement in other countries. “Us versus them” will leave this country without allies, both internationally and nationally. There’s the famous Martin Niemöller poem about Nazi Germany ending in “And there was no one left / To speak out for me.” Who will help that “us” to survive a second Trump presidency?

So, it is time to challenge this notion of American exceptionalism. It is time to learn what history has left out, to hear perspectives from the countries the U.S. has hurt, to listen to what Trump is explicitly promising to do. It is time to work together, to unite across the political divide that American exceptionalism has deepened. Hoping that it will all work out puts this country in danger. Hoping that others will do the work for us puts this country in danger.

American exceptionalism distances us from our history, the rest of the world, and our reality. It will not distance us from harm.

The Register seeks diverse views

The Central Register is committed to providing a space for students to share their views with the Central community. If you are interested in writing an opinion story for this section, feel free to reach out to Adviser Brody Hilgenkamp and Opinion Editor Grace Sunseri with your idea. All submissions will undergo an editing and revision process once the submission is received, and final approval of publication will be made by Register staff and the adviser.

How Europeans would have voted. p. 9
Nordic nations continually rank as the happiest countries on earth. How, as Americans, could their policies and politics translate to our country, and how would these citizens have voted in the 2024 presidential election?

Tips to survive finals week p. 10
Just as fast as the first week of school came, finals week is rapidly approaching. This can be a stressful time for students as they worry about tests and have fewer opportunities to unwind. Here are some ways to study efficiently and take the breaks you deserve.

Movie adaptation of "Wicked" review p. 11
Stemming from a musical about a young woman that transitions to a story involving the Wizard of Oz, the movie will suck you in and have you concentrated, with chills running up and down your body right as it hits play.

Central swimming prepares for successful season p. 14
Swim team, with new point system for lettering, succeeds as the season goes on and prepares for the very best, with hopes to also end their season with as many state qualifiers as possible.

How Europeans would have voted

Hattie Moeller
news editor

The 2024 presidential election was another defining moment for the United States, and our nation’s future, yet the results raised a critical question: as a democracy, are we prioritizing the right values when choosing our leaders?

As economic, climate and societal issues have stolen our nation’s attention, it is worth considering how European morals could reshape our political landscape and create a better, healthier future. This election cycle, Americans focused on key issues facing our country and the world. However, the two major parties hold opposing views on these issues.

The Pew Research Center in Washington DC has surveyed registered voters throughout this political season, and found “Among Trump supporters, the economy (93%), immigration (82%) and violent crime (76%) are the leading issues... For Harris supporters, issues such as health care (76%) and Supreme Court appointments (73%) are of top importance. Large majorities also cite the economy (68%) and abortion (67%) as very important to their vote in the election.”

This division between parties and their respective agendas often prevents the country from addressing critical issues effectively. It also creates a climate of distrust, making it harder for people to engage in conversations to find common ground. Less than half of American voters say they are confident in either candidate bringing the country closer, a very sad statistic. However, opinions from beyond our borders offer an interesting perspective. In Europe, where the political landscape is often more aligned with social democratic principles, many citizens and leaders evaluated the two American presidential nominees through the lens of their European values.

Opinions on candidates like Trump and Harris tend to be shaped by their stances on global cooperation, climate change and human rights. Trump’s “America First” policies and withdrawal from international agreements such as the Paris Climate Accord have drawn significant criticism in Europe, where addressing climate change is a high priority. Conversely, Harris’s commitment to environmental sustainability and multilateralism resonates more positively, as these align with the broader European approach to shared global challenges.

Moreover, European nations often assess American leadership by its approach to universal healthcare and social welfare. Countries like Denmark and Sweden, with their grand public health systems, view the lack of universal healthcare in the United States as a major failing. Harris’s advocacy for affordable healthcare initiatives may appeal to these nations, while Trump’s attempts to dismantle components of the Affordable Care Act may reinforce the perception of the United States as a country prioritizing private interests over collective well-being.

Compared to the United States, European countries consistently rank among the happiest nations in the world, according to the World Happiness Report. This success stems from their commitment to the common good and promoting national policies that encourage collective well-being. These nations and their governments value universal healthcare, accessible education and economic equality. In contrast, the United States often struggles with issues like income inequality, unaffordable healthcare and intense

contribution to global warming, which impact its happiness rating.

For over a decade, Nordic nations such as Finland, Denmark, Sweden, Norway and Iceland have consistently occupied spots within the top 10. They achieved this high ranking through their investments and commitment to universal and free education for all citizens. They believe that mass education within trusted institutions is necessary. Compare this to Trump’s mission to defund the United States Department of Education: instead of uplifting young people and their mentors, he is driven to use government funding to support other aspects of his political agenda.

It may be easy to dismiss European values, claiming they are incompatible with American culture. However, Social Security, Medicare and other cornerstones of American life were inspired by global ideas and then adapted to meet our unique needs. We are not dismissing American’s ability to envision and create, but enriching it with lessons that can strengthen our democracy.

In future elections, American voters should ask themselves if their chosen candidate represents a vision of unity, sustainability, and shared success, as opposed to division, short-term gains and individual interests.

The time has come to think beyond party lines, embracing values that ensure no one is left behind. We need to be compassionate towards the many social groups that make up America. If we truly believe in the promise of democracy, we must choose leaders who act for the greater good, just as Europeans have done. Their policies reflect a broader cultural emphasis on collective well-being, and collaboration over individualism and division.

Social media’s grim side

Chloe Schwartz
staff writer

Social media is useful for staying connected with friends, expressing yourself through art and music, finding communities to fit into and more.

Nearly the entire world is online. More than 5 billion people have at least one activated account on at least one social media website. Despite this, there are more negative than positive aspects to using social media.

Communities such as teenagers, kids and many adults are negatively affected by harmful content, such as cyberbullying, privacy concerns, hackers, and disruptions in relationships, sleep, and taking occasional breaks from social media. Knowing this, people need to have healthy habits to combat how they can be

affected.

Before getting too involved in social media, you will want to understand many things such as your digital footprint, how to block and remove people or messages, recognizing and reporting fraud or fake accounts, and knowing how to filter certain content.

Solutions include small things such as reducing your screen time, not accepting certain follow or message requests, and putting in place strong privacy settings. Healthy habits outside of social media would be getting on a daily schedule, being careful who you’re friends with, giving yourself positive reassurance and drinking enough water. Staying protected from the bad side of social media is mostly about changing your habits, but doing research into social media, its effects, and understanding it are also important.

Baggy pants on new level

Boe Lorenzo
staff writer

Fashion has changed so much in the last couple of years and one of the most common trends have been baggy pants. Baggy jeans, sweatpants and track pants look great.

But there has been a type of baggy pants that are ruining fashion: the “opium” pants, started by music artists Ken Carson, Playboy Carti and Destroy Lonely. The style is called “opium” because three music artists wore these certain styled pants in Playboy Carti’s album “Opium,” and the fans took big inspiration and started buying and wearing and posting online those same style outfits. There is a possibility they don’t even like them, they just saw their favorite artist wearing them.

The reason these pants are ruining fashion is because they have made these pants beyond baggy to a point where

it just looks ridiculous. The pants are dragging on the ground due to how oversized they are. The color is usually black, and they can have a shiny material or be a normal jean material with several rips in them

The “opium” style pants look like a mysterious super villain would wear them in a movie. The other baggy pants style look great, and it’s cool to see that trend and style come back.

There is more with that “opium” style other than just the pants. People have jackets that look like an evil monster that lives in the underworld would wear it. They have extremely fluffy black coats and extremely shiny black trench coats that I just cannot take seriously looking at it.

There definitely are people who actually like the look of the style and pieces. I personally like the artists and think their music is good, but the way they dress would not inspire me like it has for many people in the past couple of years.

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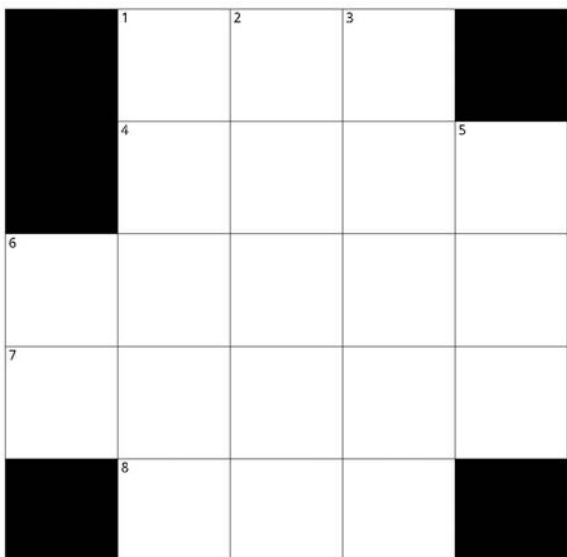
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Finals week advice from a senior

Arisa Lattison
editor-in-chief

Just as fast as the first week of school came, finals week is rapidly approaching. This can be a stressful time for students as we worry about tests and have fewer opportunities to unwind. Here are some ways to study efficiently and take the breaks you deserve.

Study Tips:
Use studying applications

A few examples of these are Quizlet and Pomodoro. Quizlet is a website where you can create flashcards or find sets online pertaining to the subject you need. There is also a review mode if you want to do practice quizzes with your flashcards or play review games. Pomodoro is a study timer website where you can set a certain number of minutes to study and a certain number of minutes for a break. It's a great visual and helps you stay on track.

Rely on other people

Whether it be teachers or students, if you are strugg-

ling in a specific topic, don't be afraid to reach out to others. Chances are, they're happy to help, or better yet, need a study partner themselves.

Go to study-designated areas

If getting started is the hardest part for you, setting the mood will definitely help with this. My favorite spots to go are Sozo Coffeehouse and the public library. At Sozo, you can rent out study rooms for as little as two dollars an hour. You can also order your fuel of choice to keep you going. The library has resources free to use, as well as computers open to everyone. Both are quiet and offer the space you're looking for. Other libraries such as the University of Nebraska at Omaha Criss Library and Metropolitan Community College library both have many accessible resources to use as well. Tutoring centers are also available for your use if you are dual enrolled.

Non-study Tips:

Eat well, eat right

The most important thing you can do for yourself during this time is make sure you are getting your nutrients in.

Because of the stressful nature of finals, sometimes you can forget to eat. Make sure your meals are filling, nutritious and delicious. (For recommendations, refer to earlier articles on restaurant reviews on The Register website.)

Catch your z's

Sleep also plays a significant role in performance. Sleep early, especially during finals week. If it comes down to 30 minutes of extra studying or 30 minutes of extra rest, the latter is (usually) more beneficial. To get the best rest, reduce amounts of blue light exposure and caffeine consumption before bed.

Know that your grades don't define you

I know it can be hard to see certain results on your report card. However, at the end of the day, it is just a letter—you also have another semester to improve upon yourself. Your worth extends far beyond the scores you receive, and it's important to keep that in mind always.

A letter to Central students in the hallways

Charli Tobin
staff writer

The hallway during the passing period is usually chaos; however, Central students have made the passing period a nightmare full of constant annoyances.

Walk faster. You're walking slower than a turtle stuck in the mud. Some ways to walk faster are to put your right foot in front of the left and repeat until you're at your class. Some other ways are to look up from your phone and pay attention to what's in front of you. There is a whole world of lockers and interesting people. Plus, you might get to class on time.

Speaking of walking, please walk the correct way, which includes not going down the upstairs and up the downstairs. It is December now; you no longer have an excuse. It's not that hard to remember, there are signs next to every staircase. Just look to the right when you're going up if you see a wall you're on the right staircase. If you see the next staircase then turn around and walk back to the floor you were just on and walk to the correct staircase. Then apply the same strategy I gave you before. Because it's so hard to get past you especially when you don't care about the other people on the stairs while on your phone.

To people who are conversing with the people in the hall whilst also taking up the whole hall: Guys, you have phones. Use them or at least walk while talking. This goes

double for the courtyard. Stop forming a clump in the middle. I am just trying to get through and I have to push and squeeze past just to get to the vending machine, then to my class. I promise your friends will still be there after school.

Public displays of Affection more commonly known as PDA needs to stop. It is not just a quick kiss, this is school. Look, congratulations, you have a significant other you don't need to show off, because no one cares. But you're taking up the hallway and grossing everyone out with your tongue. It is a school hallway, there is nothing romantic about it. Also, to the PDA'ers who are going to say, "I can't hold hands with my partner then," shush, that's not what I said. If you are walking to class and holding hands, that's fine, but if you are making out by the lockers, just know everyone is silently judging you and wants to throw up into the nearest trashcan.

Also, quick notes on the bathrooms: It's a bathroom. Stop eating, vaping or just chilling in there. It sucks, especially because it makes it 10 times harder to go to the bathroom, so please find somewhere else.

That's all. I expect everyone who reads this to keep in mind in the halls, because please, it sucks trying to go not even 200 feet without squeezing past the slowest people in the world or vomiting into a trashcan because I saw another couple making out sloppy style in the hall.

Sincerely, a concerned hallway user



Students walk in the hallway during a passing period. Rakhija Abdalla Mohammed | The Register

10 things to do to avoid seasonal depression

Rebecca Rock
chief copy editor

Going into the winter months can be scary. Many times, winter is a time which seems to be filled with never-ending dread, cold and a lack of motivation. Here are some things you can do to turn that frown upside down.

1. Make a collage

Collages can be a way to break up screentime and homework time, whether this means hot gluing macaroni to a cardboard box or collecting magazines to make a vision board. You could make collaging into a fun night to spend with your friends. Get your friends together, rummage through your recycling bin and collect those newspapers, get some pens and create what your heart desires.

2. Go to a Central activity or sports event

In the winter, Central has so many events that you can attend! This includes home and away girls' and boys' basketball games, Metro hockey games, bowling meets, powerlifting meets and wrestling meets. You could also get involved in a club, joining pickleball as they hit a winter season, go to e-sports meetings, join the podcast club, go to Girl up, and Student Progressives or get involved in Green Team. There are so many ways to get involved and show your Eagle spirit!

3. Walk or drive around to see holiday lights

Going downtown to Gene Leahy Mall or Turner Park in midtown could be a great way to spend the evening. They always have lights on the majority of trees. This would get you into a festive mood. Or if you want to drive and listen to holiday music going through neighbors like, Champions Run, Regency, Linden Estates and Fairacre, which is always have good lights to look at.

4. Go Sledding

Grab a trash can lid or a sled and find a hill. One way to stop being sad is by flying down a hill at high speed.

5. Light a candle and clean your room

One way to get out of your rut is by cleaning a space. They say a clean space is a clean mind.

6. Sleep or watch a show

During the winter is a perfect time to catch up on your zzzzz's and maybe find a new show to watch!

7. Cook a meal, bake a dessert or make a fun festive drink

In the winter months there is nothing better than a warm meal, dessert or drink. Learning how to cook is a good hobby to have, because at the end you have something yummy to eat. One of my favorite things to make in the late fall and winter is hot apple cider. There are many recipes online, but most include, apples, cinnamon sticks, cranberries and orange juice.

8. Go to the gym or do an at-home workout

Many people become sad in the winter because of the lack of physical movement. The cold temperatures cause people to not move outside. So, instead you could start doing at-home workouts or get a gym membership and start your winter arc.

9. Go ice skating or sock skating

Ice skating is a traditional winter favorite, and there are many places in Omaha to go, including Gene Leahy Ribbon, UNMC, Moylan Iceplex, Grover Ice and more local pop-ups. Or if you want to stay home, turn some music on and find some tile or wood floors and skate in your socks to your favorite music. Or have a sock dance party!

10. Have fun outside!

Even though it is cold, you can bundle up and enjoy many fun outdoor activities such as tug of war in the snow, building snow castles or snow men or even going for a hike.

While there is no complete way to stop a seasonal depression, there are still fun activities you can get involved in, and things you can do.





Photo Courtesy of UNIVERSAL PICTURES

‘Wicked’ adaptation is movie of the winter

Katie Besacon
digital editor

Spoilers Ahead

I’m a witch, and I’m a witch, well which is witch? Well, here’s the sitch.” Ariana Grande and Cynthia Erivo took the screen in part one of the American musical fantasy film directed by Jon M. Chu “Wicked.”

The film was adapted from a 2003 musical about a young woman named Elphaba who is misunderstood because of her green skin who creates an unbreakable and unbelievable friendship with Glinda, a student with an insatiable desire for popularity. After a meeting with the Wizard of Oz, their relationship hits a crossroad as both of their lives go in different directions.

This movie was easily a 10 out of 10. As someone who has seen the musical many times, I can confidently say that this movie was amazing and incredibly adapted. The movie runs around two hours and 40 minutes but definitely does not feel that way at all. It was easy to follow along and anticipate what would come next. I don’t think that being unfamiliar with the storyline would make it any less enjoyable.

As soon as the movie opened with “No One Mourns the Wicked,” there were instant chills. The mix of the ensemble and Grande, the extraordinary set design and the execution are everything and more. The way everything came together to enhance the “Wicked” experience was amazing.

One of my favorite parts of the movie is when Erivo (Elphaba) and Grande (Glinda) stop in Wiz-O-Mania on their way to the Emerald City and find two enchantresses, played by Idina Menzel and Kristin Chenoweth, a reference to the original Broadway cast of “Wicked” where Menzel played Elphaba and Chenoweth played Glinda.

The movie is easily one of the best, if not the best, screenplays of 2024. With so many of today’s movies being made with CGI or AI, it was nice to know that while there was some in this

movie, it was very little compared to others.

For example, the train that takes Elphaba and Glinda to the Emerald City is real, the tulips in Munchkin land were completely real and planted for the movie, and all of the buildings at Chiz, the Emerald City and Munchkin land were real along with the library with moving circular shelves that the cast would dance on. On top of this, Erivo did all her own stunts and decided that she did not want to use CGI to make herself green but instead sat in the makeup chair for four hours to truly embrace her role.

Can we also talk about Grande’s vocals? She is one of a kind, hitting high notes that felt higher than possible, to the point where it was sometimes hard to understand what was being sung.

Speaking of which, all the music was sung live on set—there was no musical overlay used by either Grande or Erivo, making it all the more impressive knowing that the notes were genuinely hit and that it was actually them singing to the audience.

The movie ends with “Defying Gravity,” easily one of the most well-known songs from the musical. Erivo had my jaw on the floor the entire time, the way she is simply flying through the air singing and still sounding amazing. The way she captures the emotions of what the Wizard has just made her do, and the way that she grabs the audience and takes them along this journey of hers is nothing like I have ever experienced before.

I couldn’t tell where they added scenes or what they extended. They truly made it feel like they simply took the musical with the same script and placed it into movie form, even though part one of the movie is longer than the entire play.

Not to mention that the casting for this movie was perfect, everyone who was cast fit their role perfectly as if it was really them in real life. I have never found a movie that I have felt as if I was experiencing with the characters, except for this one.

Needless to say, I am counting down the days until part two is released on Nov. 21, 2025.

Omaha Symphony should take on movie-play-along’s

Katie Besacon
digital editor

As the holiday season is upon us, and the weather starts to get chillier, families are tasked with finding new ways to keep busy while also staying inside to keep warm. One can only watch so many movies, read so many books, bake so many treats and play so many games before getting bored.

So why not watch a movie while also listening to a live orchestra play the music?

Many orchestras around the nation including the Chicago Symphony Orchestra, National Symphony Orchestra in Washington D.C., The Cleveland Orchestra, Detroit Symphony Orchestra and the Dallas Symphony Orchestra take part in creating play-along experiences to movies like “Elf”, “Harry Potter”, “Home Alone” and “The Muppet Christmas Carol”.

This is essentially the movie playing on the background of the theatre’s stage while the symphony or orchestra is playing the movie’s soundtrack live on the stage below.

The Omaha Symphony should also take up movie play-along experiences. It allows for families to find a way to keep kids entertained during the cold months, especially with Omaha being known for getting quite cold in the winter. It also enables teenagers to see some of their favorite childhood movies on the big screen with an extremely talented orchestra playing along.

It is a way for people to get out of their houses during the long, cold, gray months that are

the Midwest winters and allows for the people of Omaha to have a new fun experience. This would also allow a chance for the Omaha Symphony to increase their sales throughout the Metro and showcase their talents to the city of Omaha.

As someone who loves the arts and seeing live performances, this seems really intriguing as you only really hear about the large artists that come to Omaha for concerts or the musical and plays that come to Omaha’s Orpheum theatre. While The Rose theatre’s various casts consist of residents from Omaha the productions are not necessarily as talked about as the national productions that come to Omaha’s Orpheum Theatre would be. These play-Along’s would create another way for the amazing talent that is held within Omaha to be showcased.

Being able to experience a live symphony while also being able to watch a movie that many grew up watching seems like it would bring a sense of nostalgia and create an experience that many around the nation do not have the opportunity to enjoy because very few know about the productions.

Going to a movie with a symphony or orchestra play along would be a great way to get people out of the house during the long winter months, would be a great holiday evening activity, would allow for people to see a movie on something larger than the big screen, and be a way to create many new experiences among the residents of Omaha.

Central Eagles see Eilish in concert at CHI Health

Jasmin Gutierrez Garcia
translation editor

Billie Eilish hit Omaha’s CHI Health Center for her “Hit Me Hard and Soft” tour on Nov. 17.

Eilish’s tour followed the release of her third studio album, “Hit Me Hard and Soft,” which came out this past May. Her tour will run through North America, including stops in Canada and the U.S., until Dec. 21.

Many Central students were able to see her in person, and those who did were extremely satisfied about attending. Eilish was accompanied by her openers, Nat & Alex Wolff. The duo provided a contrast to Eilish’s music with a more acoustic and indie pop sound.

Junior Vivian Dauner is a Eilish fan, just like junior Tessa Priesman and junior Audriana Reese. Her concert lasted around two hours, and merchandise such as hoodies, t-shirts and accessories, were available for sale.

“I’ve been a huge Billie Eilish fan since end of elementary school. I saw her ‘Happier Than Ever’ tour,” Dauner said.

Priesman enjoyed the energy Eilish put on throughout her performance. “It was always top tier, like she never lost any energy, and you were never bored,” Priesman said.

Dauner and Reese both thought the same way as Priesman. “It was just really exciting,” Reese said.

One of the hit songs she per-

med at the concert was “Birds of a Feather,” which is an upbeat, cute and popular song. Another song that was played was “Blue,” which is the album’s melancholic closing track that most fans already know is a rework of previously unreleased and leaked song “True Blue.” Eilish covered the song “Guess” by Charli XCX featuring Billie Eilish, which is a playful, catchy dance-oriented beat song.

There were memorable moments for Dauner and Priesman, especially during the songs. “My most memorable moment was during the song ‘Blue,’ she went around and she touched my hand and gave me a little squeeze,” Dauner said.

“I started crying during one of the songs randomly. It was the song ‘TV,’” Priesman said.

Priesman’s favorite song from the set list was “Guess.”

“Everyone went crazy when it came up,” Priesman said.

“Guess” was also the favorite song of Dauner, and the song “Skinny.” Reese’s favorite song was “The Diner.”

All three of them would recommend to others that they go to an Eilish concert.

“Even if you are not a huge fan, the music was just so good, just like the energy, and the people around me loved it,” Dauner said.



Photo Courtesy of VIVIAN DAUNER

Central students rave about Ken Carson concert

Sayra Hernandez Garcia
staff writer

On Nov. 1 of 2024, many Central students attended Ken Carson’s concert in Steelhouse Omaha. Ken Carson is a famous rapper with 9.1 million listeners on Spotify. Seniors Mauro Gutierrez, Raul Ceron and Jeremy Mejia Cruz had the opportunity to attend. The concert was a very long-awaited event for the three of them and their classmates.

The concert was what the students expected. The crowd, the music, being able to listen to it live is what seems to be what they all enjoyed the most. Everyone was satisfied with the price they paid. Gutierrez says, “I paid \$60 or 70 after tax and everything and it wasn’t bad, it was definitely worth the money. I would pay the same price to go to his concert again.” This is something many people don’t relate to. Hundreds of dollars to go to a concert and then the concert is really bad. Which in the end feels like a waste of money you could have invested in something else.

One of the most anticipated songs was “Succubus”. Gutierrez adds “it was the song everyone seemed excited for. The whole crowd went crazy when it started playing and I liked how loud it was.” Mejia was mostly excited for “Delusional.” “There’s a part I found funny and that’s why I was excited to be able to see it in person,” Mejia said. They both agree on the two songs being the best and what they were most excited about.

Just like any other concert, there are some things people wish they could change. Caron says, “Ken came really late, and everybody was already kind of tired from that and then he dipped right away. That’s something I wish I could change.” Gutierrez agrees with him, and they both agree that there was a lot of pushing, shoving, and kicking. Gutierrez was one of the many that got elbowed that day.

Overall, the concert was a good experience for Central students. For some, the best concert they’ve been to in a long time.



MAURO GUTIERREZ | The Register

Learning who the audience is at a ‘Hannah Montana’ party

Becca Rock
chief copy editor

I have learned my lesson about not thinking about who a concert is catered to.

Disney Channel concert tour group Bop to the Top hosted the Best of Both Worlds Party on Nov. 16, 2024, at Steelhouse Omaha.

This event was a music night filled with Disney Channel classics from the 2000s and 2010s, including songs from Disney shows and movies like “Hannah Montana,” “Lemonade Mouth,” “Teen Beach Movie,” “Camp Rock” and “Cheetah Girls.” People were dancing and singing along; overall, it was a night of remembering childhood songs.

While I grew up watching “Hannah Montana” and other Disney classics, during this concert I realized that there was a disconnect between when someone watched their childhood shows. I grew up watching Disney Channel with my older siblings who range up to 10 years older than me. This meant that the shows I watched were catered to people five to 10 years older. This does make sense because the “party” was mostly older Gen Z adults and young millennials. The whole time I felt out of place and that I was not a true fan because I was so much younger than the average attendee.

The party revolved around a DJ who played the music video from each song on a large

screen above him. There was a lot of fan participation at the event, with fans having the ability to be a part of the act and sing along on stage.

Other than the deep-down feeling of being out of place, the music was upbeat, and I was singing along. They played “The Best of Both Worlds,” the theme song from Hannah Montana, “Rock Star,” “Year 3000,” “Ordinary Girl,” “Introducing Me” and other Disney Channel songs.

My favorite part of this “party” was my cowboy hats voyage. My hat was brought into the concert hall by a friend of mine, and by having it on the ground the hat got snatched up by a 20-something, who later got on the stage and threw the hat into the audience. Then a different girl got on stage with my hat and danced around with it until a boy who seemed to be nine years old grabbed the hat and did his own “Hoedown Throwdown” dance.

The age requirements for the “party” were for all ages but, in hindsight, I do see that Hannah Montana was more of a feature of childhood for my six-year older sister than it was for me. I was able to sing the full “Austin and Ally” theme song but struggled even singing a verse of anything “Cheetah Girls” related.

While this “party” was fun and engaging, I do not think I would attend a similar event because of the age difference between me and the general audience. I need to learn how to embrace the environment I am in even if it may be uncomfortable.

Community for Young writers Open for Interested Writers

Suri Alvarado
contributing writer

The Community for Young Writers club is for any individual interested in writing. This club's first meeting took place in Oct. 7 and is open to everyone who is part of the Central High School community.

Their meetings take place in room 249 every Monday after school from 3:05 p.m. until 4:05 p.m. The idea of the club came from the mind of Atlas Jewell, a sophomore who likes writing and wants to be an author. At Central High there are other clubs that involve writing in them, but most are specifically about one genre which many might not be interested in.

There wasn't a general writing club before, and Jewell knew that other people felt the same and having another choice would be great. One of the members of this club, Naomi Bash, felt the same way. In the end they had the idea of this club for people to be able to free write, learn new things, share their stories and have a more creative space for it. This club also helps to add writing into their schedule plus giving more time to execute writing skills or ideas.

One of the best parts of this club that excites Jewell the most is the opportunity of meeting new people who have these same interests. In their own words this is how they feel.

"I'm really happy whenever new people join; I like coming in here and seeing more people. It's really exciting to know other people enjoy what we do and like to write as well," Jewell said.

Bash wanted to join a club just like this and Community for Young Writers matched her schedule and interests. She joined this club because she really enjoys writing and wants to become an author, this club gives her the time to work on a story she's currently working on.

These are some of the things that fascinate Bash about this club the most. It's the club's community and it gives students the opportunity to write what you want and have complete control, not necessarily being an essay for a class. She also likes how helpful some of the lessons are, but also that members can share your stories if they want and not get judged.

Bash thinks this club helps the school community.

"Gives people the opportunity to write in a good environment. You get constructive criticism, help me figure out grammar and things like that. It is helpful having people to read your story or even just reading your story aloud, and this is a place you can do that," Bash said.

The sponsor of this club is English teacher Benjamin Justman, who decided to help this idea. He said this club is a great to have an opportunity for students to get what they need out of writing and have a space to do so. Community for Young Writers club is the perfect place to know that writing is important and some just don't know it since most of the times students write for pure commitment with school and cannot really enjoy writing and know that it is an individual skill for everyone.

"It's a chance to be around writing and being around people who are interested, while considering all thoughts and ideas. It's pretty accepting of anyone," Justman said. "And it's a community to be around, find new people and enjoy and appreciate writing."

Rod wave impresses with most recent album, 'Last Lap'

Aubri Kolterman
staff writer

Rodarius Marcell Green, most commonly known as Rod Wave, has made headlines with his latest album, "Last Lap." The album was released in October, and sold 137,000 units in the first week. He gained number one on Billboard's Top streaming albums chart, as well as number one on the Hip Hop/R&B albums chart, becoming his fourth album to do so. It also was number two on the Billboard 200 chart.

This album, like any other of his amazing albums, is unique and draws people in. One of my favorites, and his most popular song from the album, "25," made Billboard Hot 100. I really liked all the songs but some of my favorites were "Last Lap," "Angel with an Attitude" and "Federal Nightmares."

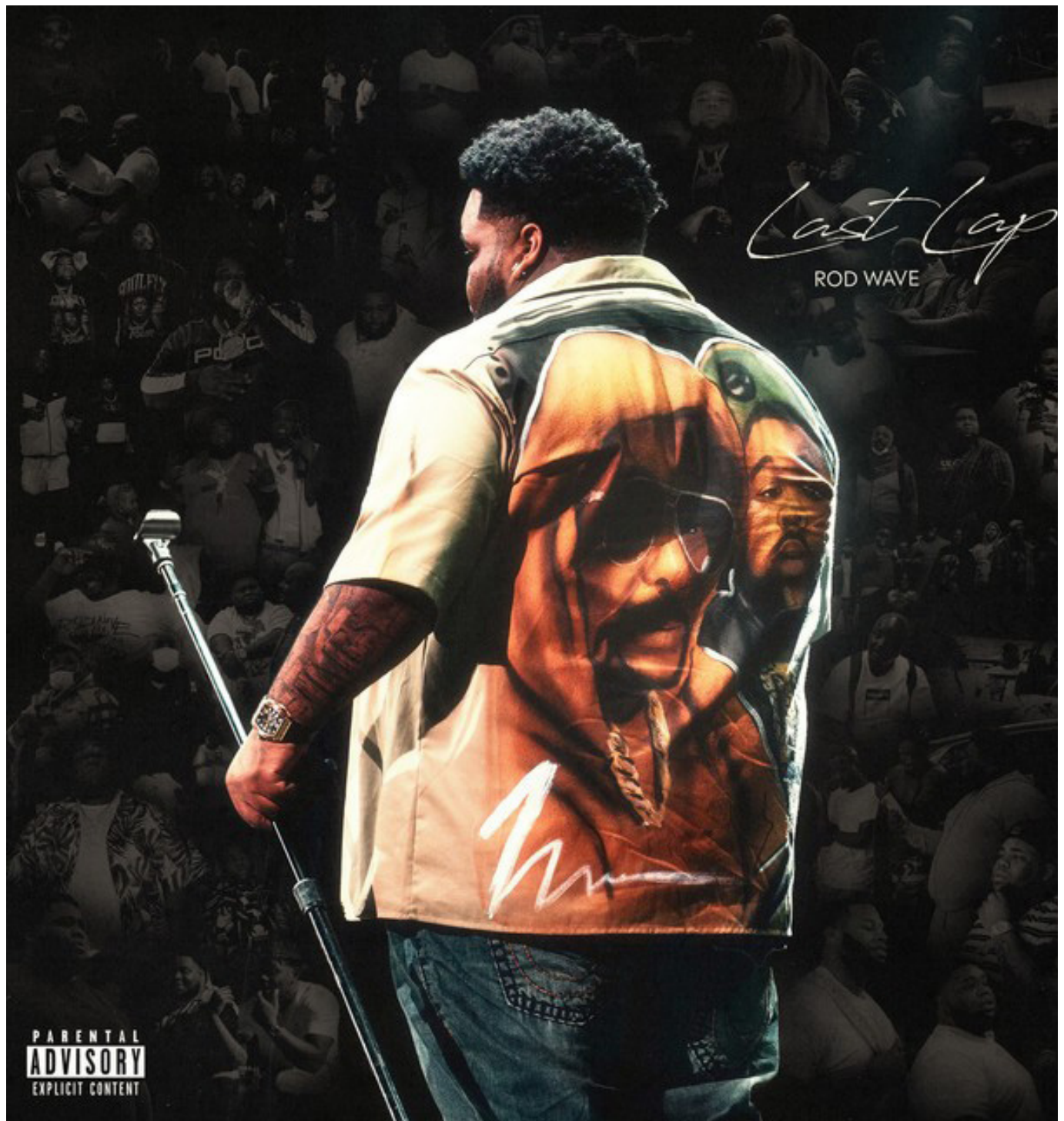
"Last Lap" talks about perseverance and moving on with life even through tough times. "Angel With an Attitude" talks about being lonely and describes the artist "meeting an angel that wasn't even half of you" meaning he's thinking about his last relationship and wishing they were still together. Lastly, "Federal Nightmares" talks about his frightening dreams, the desire for wealth and the anxieties that fill his mind.

Wave is blessed with an unfamiliar, unique and special voice; not only can he rap, but his vocals are incredible. His music in general allows for the ability to relate to all sorts of stuff and set the right mood—from sad, to calm, to happy, to upbeat. He features it all. Many of his albums have been certified platinum. and he is the only rapper that has released a platinum album for five consecutive years.

Wave's most recent album has been a good mix of emotions featuring songs especially about love and the realities of life. He is incredible at singing about things and topics that relate to millions of people around the world, increasing his popularity and high rise on social platforms. Many people often refer to Wave as a "therapist," which I can totally understand. He speaks the truths about relationships, love, home life, heartbreak and life in general, which resonates to people all over, especially teenagers who may be going through hard times.

Rod Wave is one of my favorite artists of all time, and his music is like no other. His capabilities for music are amazing, and personally I can say Wave's music really is therapeutic as I can relate to tons of his songs. I really think this was one of his best albums.

I hope he keeps up with his huge and talented music career of his, hopefully to produce more music and tours as he continues to inspire people from all over the world. community to be around, find new people and enjoy and appreciate writing."



Alamo Records

Winter orchestra concert set for Thursday night

Gaby Antunez
staff writer

The orchestra will have their second concert of the school year on Dec. 12 in the auditorium. Not only is orchestra performing in The Instrumental Music Winter Concert, but also the Banda Y Mariachi Club, Jazz band and concert band are all performing.

The orchestra is split into two groups: the freshmen and sophomores, who will perform two pieces; and the juniors and seniors, who will also perform two pieces.

They will also be playing one piece as a combined orchestra group, "Twas the Night Before Christmas" with narration.

Orchestra teachers Juan Oropeza Perez and Chino Trauernicht are helping students as much as they can so that the students feel confident about the concert.

"If students ever have an extra questions or want additional help, we are always here to help after school or make other arrangements," Oropeza said.

They are trying to help the students as much as they can even if it means helping them during or after school.

"We want to make sure students are all in emotionally and physically in healthy condition,

still do things that we love, but not to overwhelm ourselves," Trauernicht said.

Junior Kayden Beweh is very excited for this concert as it is their eighth year playing in an orchestra, and this year they are playing the viola. They enjoy the wide variety of songs chosen for this year's concert.

"My favorite piece is 'The Old Boatman' because it's slow and brings everyone in together," Beweh said. They have high expectations for this concert and know the orchestra team will be prepared by Dec. 12.

They are all very excited for the concert, not only to perform, but to help others know about the different music types and composers.

"Both orchestra and band performing at least one composition by women composers... something we make sure to have in our program, so that the music we play are representations of our musicians," Trauernicht said.

They hope that everyone who attends the concert at 6 p.m. will enjoy the concert and understand that it isn't just a regular concert.

"It's going to be a culmination of the great semester we had, celebration of beautiful music, and send everyone home with happy music in their hearts," Trauernicht said.

ESPORTS RANKED NATIONALLY

Ranked 25th in the nation, Central eSports continues to rack up wins, including at state chess competition

Steven Dickerson
sports editor

The Central esports program, which is celebrating its second-year anniversary of action this December, is ranked 25th in the nation and has a 75% win rate.

The team, which consists of 77 students split into 19 teams, just scored a win in the state e-chess championship hosted by the Nebraska Schools Esports Association (NSES). Last spring, the team secured a championship victory in Super Smash Bros.

“Students have shown up, and our record speaks for itself: we’ve done phenomenal,” head coach Jonathan Franta said.

The program is a part of two leagues: the state league, NSES, and the national league, known as PlayVs. The season runs year-round, players are only required to attend three practices a week, and there are numerous competitions each week, making the sport easily accessible to Central students. It is not yet sanctioned by the Nebraska School Activities Association but continues to rack up big wins.

Students can participate in a variety of games, including “Fortnite,” “Overwatch,” “Street-fighter,” “Chess,” “Rocket League,” “Valorant,” “League of Legends,” “Hearthstone,” “Madden,” “NBA 2K,” “Splatoon,” “Super Smash Bros,” “Mario Kart,” and more. The diverse selection of games allows for everyone who enjoys video games to partake, Franta said.

“I have gamers from everywhere: powerlifting, wrestling, tennis, cheerleading, and more. You name the activity, and we have someone on our roster participating in it,” Franta said.

He believes esports is like other sports in its level of competition but differs in that it gets

players out of their comfort zone frequently. While players still have to try out, it is easy to make the team if you are coachable, Franta said. His students have even had greater success than Central, going on to play esports in college.

He said scholarships for esports are becoming more common and he’s had more players get full rides or half-scholarships in the past year than ever.

“Every year we get a little more recognition,” said junior Jacob Davis, who plays on one of the “Super Smash Bros” teams. He credits both the coaches and his teammates for their recent achievements. “Our coaches tell us everything we need to know and do, and my teammates are so dedicated. We’re spending our weekends and free time getting together and practicing so we can make our hobby a winning sport.”

Franta said he looks forward to the rest of the year and the many competitions still to be played, including many where the Eagles could be champions. He hopes the sport eventually gets sanctioned by the NSAA, which would allow for the team to receive even more recognition and play for state championships. Davis said he and his teammates are hoping to have a successful run in the state and national playoffs.

“We’re not just about being successful, we want to get better at our games and have fun,” Franta said of his team’s mission.

Sophomore Sophi Luethge agreed, telling KMTV in November that games are the future and that “you grow, you learn to work with a bunch of people, and you get close with them. They become your friends and your family.”

Esports will look to continue its wins as it gears up for national competitions and more state matches next semester.

Swimming gears up for season in search of success



Seniors Renny Maxwell and Holland Robison fly the eagle at a recent meet.

Katie Besancon
digital editor

Central’s swim teams are off the blocks and making their way through the start of their season.

For the last 11 years coach Kristoff Berzins has built a culture where the team becomes a family, have found a system that challenges swimmers to not only athletically letter but to letter with distinction, and push his swimmers to get the opportunity to end their season swimming at state in the Nebraska Natatorium in Lincoln.

Berzins came up with the lettering system idea when he first started coaching and was dealing with major attendance issues. “Starting the points system was a way to keep the team accountable and felt necessary to get the team to reach their potential. I believe it has paid off,” Berzins said.

Because of the lettering system that Berzins put in place, they have now built a team that holds themselves accountable, and they raised the bar again by adding the lettering with distinction component.

Lettering with distinction is the same points system in place with the addition of hitting

MAURO GUTIERREZ | The Register

certain times in events to earn award. This gives the swimmers additional goals to achieve and will help them when pursuing their own goals for the season. This system was started two years ago, and Berzins has already seen improvement within the team.

For the 2024 season, seniors Laura Lindsay and Holland Robison who have both been on varsity all four years, took the positions of team captains vowing to lead the team and instill the culture that Central swimming carries into the new swimmers on the team so that they can carry the traditions on themselves.

Their primary goal for the team is to “keep the morale high throughout the season and to have fun, because it gets mentally challenging with how long the season is,” Robison said. Swimming-wise, the goal is to “make sure everyone puts in their full effort every day and hoping to send more people to state in individual events and bringing home some medals with our relays,” Lindsay said.

The personal goals for the captains are quite similar. For Robison, she wants to make two individual events and be on state relays and an individual event at state this year along with going in relays. For Lindsay, she has goals of becoming a more versatile swimmer with more events and working towards qualifying in two individual state events, be on state relays, and a top eight place a state in the 100 breaststroke.

The boy’s side of the swim team looks a little different at the beginning of the season as star swimmer and Central junior Carter Hiley, who has achieved many Central boys swimming records, is not training with the team until the middle of December.

Hiley qualified for the Winter Junior Championships with his competitive swim team Brownell Talbot Aquatics. Hiley qualified with an automatic bid in the 200 individual medley and optional bids in the 100 and 200 freestyles and the 100 backstroke, but he will not be competing in that event.

“Switching coaches and changing up training that drastically a month before the meet is unrealistic” Hiley said.

Much like Lindsay and Robison, Hiley’s goals for the season as a team is to get more relays to state. Personally, however, Hiley hopes to win state for Central for the first time in 60 years, aiming to go under 1:50 in the individual medley and under 45 seconds in the 100 freestyle. For swimmers like Hiley, they’re excited to be back with the team, back swimming in high school, and all the fun things that come with swimming season like the team dinners and meets.

Despite all the fun things that take place during the season, “It is hard missing out on the fun of the season, especially before people start to realize how hard the season is,” Hiley said.

For Berzins and the other coaches, they want to see everyone on the team achieve and get better.

“No matter the time dropped, any time dropped is a major accomplishment and celebration,” Berzins said.

“We want to see two boys’ relays podium at state, see Hiley break an Omaha Public Schools record, see the seniors bring the freshman into the loop of Central swimming, and overall set up the Central Swim team for success this winter,” Berzins said.

Multiple freshmen to get playing time on varsity basketball p. 15

A strong, athletic freshman class has helped fill roles on varsity basketball, thanks to their hard work and frequent practices. Two in particular are expected to have breakout seasons.

Bowling team strikes again with start of season p. 15

Coach Gerald Kreber called this year a rebuilding year, as the team kicks off their season at West Lanes. Sophomore captain Quinn Whittinghill discusses his goals for the team.

Haynie looks to win state wrestling p. 16

Star running back Kylon Haynie is hoping to get even more athletic achievement, this time hoping to win state in wrestling. Other players are ready to step up as well.

Powerlifting is a formative experience, alumnus says p. 16

Darin Williams, a sophomore at Briar Cliff University, recounts his time as a powerlifter at Central as one of the best learning experiences of his life, giving him lessons and memories forever.

Central high bowling season begins

Boe DiLorenzo
staff writer

The Central High bowling season has just begun, coached by Gerald Kreber. Practices have been going on for a few weeks now and their home alley is West Lanes on 72nd Street. The team has some new faces joining this year. “We are starting completely over, all the players from last year have graduated. One of our goals this year is trying to develop depth just as a program in general. During practices our players are focusing on reps and getting as many throws in as they can, really just preparing by volume,” Kreber said. The team captain this year is sophomore Quinn Whittinghill. Entering his second year, he

has some goals for himself. “I really want to break a score of 200, I’ve been preparing for this season by working on my form, also helping my teammates with theirs, we practice twice a week. I want to improve a lot from last year by using my time more wisely during practice and in practice and in games I need to follow the oil patterns on the lanes.” There are more notable players to look out for like junior Smith Cole and senior Ross Johnson. There are two bowling teams for skill level, varsity and junior varsity. The season will go all the way up until late February and the team will be competing and hoping to win the state championship when the season is all over. Their first match was on Dec. 5 against Millard South. The team finished 5-13 last season.

New badminton club to start in the spring

Gaby Antúñez
staff writer

There are many different clubs at Central, from ones where students can learn about different cultures to ones where they do things they enjoy. Badminton club is a club run by sophomore Deisy Cisneros-Mondragon and junior Jasmin Gutierrez García. The two students wanted to create the club, and it recently got approved. It is starting in the spring, on Thursdays, in the school gymnasium. They wanted to create this club to “bring the community together in ways that are more than academics,” Cisneros said. They wanted to create a club where everyone is welcome, and they would not have to worry about fully committing to a sport and having to worry about competition too much. “Committing to one sport is a big thing, so we are making the badminton club so people can come whenever they want and just have fun,” Cisneros said. They wanted to create a club but were not sure what to make it based on. But after seeing how much fellow classmates loved to play badminton, they knew instantly that they were going to make the club over badminton. “We see a lot of students at gym who play badminton when there’s free time,” Gutierrez said. They want to promote it as much as possible so many students attend the club, so they are

finding many ways to promote it. They want to spread the word around and aren’t afraid to talk to others just to spread the word. “Ms. (Jodi) Derks is helping us with putting up posters and putting the flyer on the projector that is located in the cafeteria,” Gutierrez said. “Even though it’s still winter, we still want to promote,” Cisneros said. Their sponsor is art teacher Tyler Tilmon, and he wasn’t afraid to help the students because he wanted to help the students try something new and support them throughout the way. He filled out all the paperwork the students needed to fully get the club accepted. “I just wanted to help the students do something they enjoy before and after school,” Tilmon said. Cisneros and Gutierrez believe many students don’t try to create clubs because they don’t want to go through the hassle of all the paperwork and emails needed to even try to get the club accepted. “It’s kind of hard to create a club,” Cisneros said. They wanted to create the club to not only help students find a club that they will enjoy but also to help the students know that if they have an interest in something, then they should try to create a club. It doesn’t matter if it gets accepted, but then they would “think of the community and ways to help the school,” Cisneros said.

Central boys basketball advances with new freshman class

Aubri Kolterman
staff writer

As seniors come in and out, Central always has incoming freshman each year that are ready to bring something into the team. Currently there are three freshmen practicing with the varsity boys’ basketball team this year. They include Yasir Grixby, Jalen Partridge, and Kj McMorris. However, there are three or four more that could work their way up before Christmas. Freshman Coach HJ Hardy prepares the freshman students by challenging them, and telling them what good skills they do well on and which ones they need to get better at, describes them by having lots of depth. “They all compete, they all want to get better, they’re a bunch of great kids to work with.” HJ said. He is also confident in the abilities of the freshman team this year, as they got a lot of talented guys. As the season begins to start, the boys practice each and every day for 3 hours. High school basketball is a lot of work because it is competition at the next level. There are two first-year students in particular, who both seem to be noticeably confident of

their abilities. They both have goals for themselves looking into this season, and the rest of high school. Being a freshman, Partridge said tryouts went well and felt pretty good. “It felt normal, pretty good, it felt like I was supposed to be there,” Partridge said. His goals for this season are to play and get lots of minutes on the court, as well as to prove to himself that he is supposed to be there. There are some players that practice JV and Varsity as freshmen, however Partridge only plays varsity. Partridge says it feels good to be able to play high up as a freshman, as it gives him lots of experience for his future years at Central. K.J. McMorris is the other standout freshman on the team. He seems to have quite the goals to accomplish for himself in high school, including winning state, making all state first team, and averaging double-double by his senior year. Getting a spot on varsity was expected by McMorris because he put in a lot of hard work to get on the team. “I did expect to do it, only because I work hard. I work extremely hard.” McMorris said. He said practice is probably one of the hardest things he must do, but he tries and works every day. Most importantly, both freshmen seem excited to play this year and gain experience for the rest of their high school careers.

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Central Alumni Williams still feels positive effects of powerlifting

Ike Ackerman
contributing writer

Darin Williams, a sophomore at Briar Cliff University, graduated from Central in 2023. He is on scholarship to play football at Briar Cliff. In his time at Central he also took part in powerlifting where he put up some impressive numbers like a 290-pound bench, 550-pound deadlift, and a 530-pound squat.

Powerlifting is a club sponsored by Dennis Baker that competes across the state in different lifts. The club makes the athletes stronger, but Williams said it helped him grow as a person.

“The family environment is so encouraging, especially in the competitions,” Williams said.

He recalls some of his favorite memories of being in competition. “Having all your teammates in one area yelling at you and encouraging you is a special feeling I have not found anywhere else,” Williams said.

Williams knew that the energy he got when he was performing his lift, he would have to return. Powerlifting teaches plenty of life skills like goal setting, and Williams said he struggled with goal setting before high school, and powerlifting brought a new perspective to goals he

never thought of.

Reaching goals was never a problem for him, it was setting new ones after he broke his old goals.

“In middle school I struggled with finding goals and setting new ones, but once I joined powerlifting and started getting stronger, I realized that goals are meant to be broken,” Williams said. “It changed my way of thinking; it pushes me to be my best self to this day and to never limit myself.”

Powerlifting coach Dennis Baker speaks to how he was a good leader “He was always there and did well, a great leader”

Williams encouraged any student to give powerlifting a chance because of the positive impact it has had on his physical health and for what it has done for him outside of the weight-room.

Transition from JV to varsity comes with difficulties

Neveah Wilson
contributing writer

Transitioning from junior varsity to varsity can be difficult to adjust to in many ways. Things such as new coaches, new teammates, the practices, preparing for a game or even getting used to their dynamic all play a part.

Sophomore Cecilio Loreden, a cornerback (CB), and sophomore Robert McDonald, a linebacker (LB) transitioned from Central high schools JV team to varsity this school year. They said it can be a lot of pressure and hard to adjust to, because their roles change and there is a different dynamic they had to use to. They also often need a lot of skill, especially being a sophomore, which can be challenging.

“My first time being in a varsity game was a little anxious but then I felt comfortable after the first game,” McDonald said.

A lot of times athletes usually have role models to look up to and that helps a lot, drills and practices also help them get comfortable and more in the new dynamic, plus preparing and influence as well. Other teammates push and encourage them to be better and also show support to help especially on varsity.

“I’d say the coaches on JV are more laid back and cool, on varsity they’re just trying to win and encourage, they try to influence people to go harder,” McDonald said.

Coaches are a big part of this transition down to how they teach, new coaches or even the same coaches. “It’s good for me to be around them, especially on those Friday nights and it’s good for them to be around me every day,” said Nichols Webster, a football coach and social studies teacher at Central. Coaches are a big influence; they can give them energy to be and do better. But all this can prepare them for their next seasons.

“I feel like I can be a leader for Centrals organization as I learn and improve,” McDonald said, which he said is a great mindset to be into next seasons.

Webster said it’s important for players to continue to put in the work so they mature physically, and mentally, and learn from their mistakes.

“If they continue to do the mental work and the physical work that combined is, they’ll be on another level defensively for sure,” Webster said

Wrestling hopeful for season, looks for wins

Charli Tobin
staff writer

Wrestling season is underway, with wrestlers stepping up following the graduation of 2024 state champion Kevin Boston.

Head Coach Matt Storm is relying on Kylonn Haynie to step up and take over the leading role on the team. Storm hopes one or two wrestlers can consistently bring in points to win matches.

Before matches, Haynie can be seen warming up by running sprints, wrestling on the mat and completing pushups to get warm. Haynie, who is also a star football player, faces the difficulty of being a multisport student athlete. However, it doesn’t hamper his athletic ability.

“It’s normal to me, I’ve been doing it a long time it’s just adapted to me,” Haynie said. His

goal this season is to win state.

Haynie was 29-8 with 19 pins headed to state last season and finished fifth in the 190-pound bracket with a win over Tyler Zwingman of Columbus.

“It’s not just how you perform on the mat,” Storm said. Storm looks for players who are good both in and out of the classroom and on the mat.

During practice is where Coach Storm is looking for promising freshmen and sophomores, to eventually take over the role of bringing in points. Some of which are Isiah Tuttle and Aiden Rodriguez. When looking at these freshmen, both look for excellence in the activities in practice. This includes conditioning individual technique and practicing live wrestling to improve.

Photo gallery: winter sports pep rally

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