

# A DAY WITHOUT IMMIGRANTS

## Central students participate in A Day Without Immigrants

Fiona Bryant  
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Hundreds of Central students stayed home from school Feb. 3 in support of A Day Without Immigrants, a nationwide demonstration where immigrants and allies stayed home from school and work and chose to not shop to highlight the contributions of immigrants.

Central’s average daily attendance in January was 80.48%. On Feb. 3, the average daily attendance was 66.31%.

“I participated because people standing together is what’s important,” said one student whose parents encouraged them to participate. “It shows people that if they think getting rid of immigrants will make this country better, they’ll realize their mistake the hard way.”

Thousands of undocumented immigrants have been detained or deported by Immigration and Customs Enforcement as part of President Donald Trump’s plan to deport millions of undocumented immigrants. Trump also signed an executive order eliminating birthright citizenship, U.S. citizenship for children of immigrants, although this goes against the Constitution’s 14th Amendment and has been blocked in federal court.

Many students received information about the protest through social media posts. They mentioned the importance of unity, positivity and community for people of color in general. One post read, “We have power in our purchases, they are nothing without our money and labor.”

Some teachers reported having nine out of 30 students, 13 out of 24 students, or nine out of 36 students present in class. One study hall had 68 out of 113 students.

“It has seemed like a quiet day,” English Learners (EL) teacher Calyn Schnabel said in an interview on Feb. 3.

English Learner teacher Mary Davies said some of her students who are immigrants came to school because they feel safer at school than at home, or they supported the protest even though they did not participate.

“Although I am a citizen, being a part of A Day Without Immigrants allows me, along with multiple individuals, to put a part into demonstrating that the United States relies on Hispanics,” said Jimena Muñoz, a student who supported the movement but attended school.

“The thing that is tough is, we want to see freedom of speech, we want to see protesting, but a lot of our students who are [English Learners] have often times poor attendance....,” social studies teacher Ben Boeckman said. “This is a population we’re trying to support to make sure they’re successful.”

But to some, proving the importance of their presence in American society and taking a stand against Trump’s executive order was prioritized on this day.

“I think that America is a country that was built on the back of immigrants,” said the first student. “Many people don’t realize that—or maybe they do and just don’t want to acknowledge it—but if the people think deporting all immigrants and separating families is the correct thing to do then I’m worried about [their] morals.”

## Estudiantes de Central participan en Un Día Sin Inmigrantes

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El 3 de febrero, cientos de estudiantes de Central no asistieron a la escuela en apoyo de Un Día Sin Inmigrantes, una manifestación nacional en la que los inmigrantes y sus aliados faltaron a la escuela, no fueron a trabajar, y no hicieron compras.

La asistencia diaria media de Central en enero era 80.48%. El 3 de febrero, la asistencia diaria media era 66.31%.

“Yo participe porque la gente manteniéndose unida es lo importante,” dijo un estudiante cuyos padres le animaron a participar. “Muestra a la gente que si creen que deshacerse de los inmigrantes mejorará este país, se darán cuenta de su error de la manera más difícil”.

Miles de inmigrantes indocumentados han sido detenidos o deportados por el Servicio de Inmigración y Control de Aduanas de Estados Unidos como parte del plan del presidente Donald Trump para deportar a millones de inmigrantes indocumentados. Trump también firmó una orden ejecutiva que elimina la ciudadanía por nacimiento, la ciudadanía estadounidense para los hijos de inmigrantes, aunque esto va en contra de la decimocuarta enmienda y ha sido bloqueado en el tribunal federal.

Muchos estudiantes recibieron información sobre la protesta a través de las redes sociales. Estas publicaciones mencionaban la importancia de la unidad, una actitud positiva, y una comunidad para personas de color en general. Una publicación leía, “Nosotros tenemos poder en nuestras compras, ellos son nada sin nuestro dinero y labor.”

Algunos maestros informaron tener nueve de 30 estudiantes, 13 de 24 estudiantes, o nueve de 36 estudiantes. Una tutoría tenía 68 de 113 estudiantes. “Ha parecido un día tranquilo,” dijo maestra de EL Calyn Schnabel en una entrevista el 3 de febrero.

Maestra de EL Mary Davies dijo que algunos de sus estudiantes que son inmigrantes vinieron a la escuela por que se sentían más seguros en la escuela que en casa o apoyaron la protesta, pero no participaron.

“Aunque sea ciudadano, formar parte del Día Sin Inmigrantes me permite demostrar, con múltiples individuos, que los Estados Unidos depende de los hispanos,” dijo Jimena Muñoz, una estudiante que apoyaba el movimiento, pero atendió la escuela.

“Lo difícil es que queremos ver libertad de expresión, queremos ver protestas, pero muchos de nuestros estudiantes que están en esta población a menudo tienen poca asistencia...” dijo maestro de estudios sociales Ben Boeckman. “Esto es una población a la que estamos tratando de apoyar para asegurarnos que tengan éxito.”

Pero para algunos, demostrar la importancia de su presencia en la sociedad americana y tomar una posición contra la orden ejecutiva de Trump fue priorizado en este día.

“Yo creo que Estados Unidos es un país que se construyó sobre las espaldas de los inmigrantes,” dijo el primer estudiante. “Muchas personas no se dan cuenta de eso—o a lo mejor se dan cuenta, pero no quieren reconocerlo—pero si la gente cree que deportar todos los inmigrantes y separar familias es lo correcto, estoy preocupado por sus morales.”

## Estudiantes se preparan para el ACT

Arisa Lattison  
*editor-in-chief*

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*staff writer*

Los estudiantes de tercer año actuales tomarán el examen de ACT Nacional el 5 de abril.

Hay grandes expectativas que cumplir. Según el Departamento de Educación de Nebraska, “los estudiantes de Nebraska superaron a casi todos los estados pares a nivel nacional en el examen de ingreso ACT” en 2024. Aproximadamente el 95% de los estudiantes toman el ACT en Nebraska y el año pasado el puntaje compuesto promedio fue de 19.1. Esto fue más alto que la mayoría de los estados circundantes además de Montana y Wisconsin en 19.5 y 19.4, respectivamente.

El puntaje promedio del ACT de Central High School el año pasado fue de 17.5 con una disminución de 0.1 con respecto al año anterior. Los estudiantes de tercer año Charleigh Novak y Elizabeth McGovern Charleigh tomaron su pre-ACT como estudiantes de segundo año como se requería para tener una idea de su desempeño. Ambos consideran que su desempeño fue promedio.

Novak está estudiando para el ACT asistiendo a un programa de ACT durante el verano, así usando la aplicación Blue ACT en los iPads. Está decidiendo entre 3MT y Aim High Test Prep.

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## Juniors prep for upcoming ACT

Arisa Lattison  
*editor-in-chief*

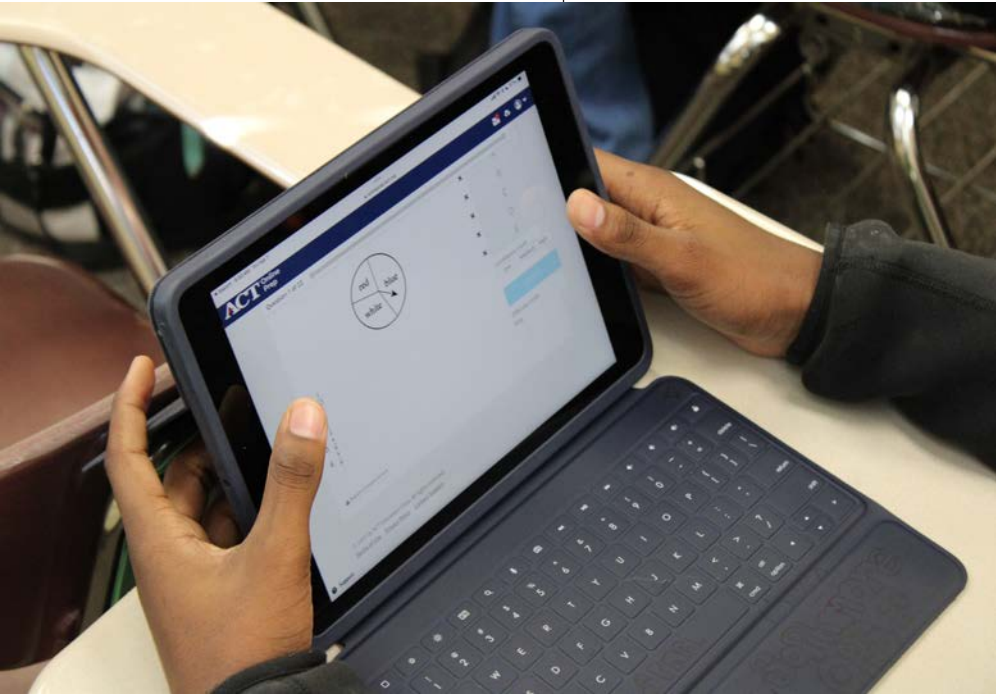
Current juniors will be taking the national ACT exam on April 5.

There are high expectations to be met. According to the Nebraska Department of Education, “Nebraska students outperformed nearly all peer states nationally on the ACT entrance exam” in 2024. Roughly 95% of students take the ACT in Nebraska and last year the average composite score was 19.1. This was higher than most of the surrounding states besides Montana and Wisconsin at 19.5 and 19.4, respectively.

Central High School’s average ACT score last year was 17.5, with a 0.1 decrease from the previous year. Juniors Charleigh Novak and Elizabeth McGovern both took their pre-ACT as sophomores as required in order to get a gauge of where they stood. They both believe they did average.

Novak is studying for the ACT by going to an ACT program over the summer as well as using the Blue ACT app on the iPads. She is deciding between 3MT and Aim High Test Prep.

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A student uses the ACT Online Prep during a practice test on Feb. 7.

WHITMAN RUTLEDGE | The Register

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Nebraska has long been a powerhouse in the world of volleyball.



# Juniors prep for upcoming ACT

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McGovern plans on taking the ACT early in February as a test run, and following up with OnToCollege test preparation, as well as possibly being tutored through Sylvian Learning. Formerly known as John Baylor Prep’s, the program is an in-person and online preparation for the ACT and SAT tests.

Novak offered a word of advice: It’s never too early. She wishes she began studying for the test sooner, as April is now creeping up on her.

“Start studying as soon as possible and try to not stress about it as that will only make things worse,” Novak said. “Just give it the best you can.”

Both of them do not like that the test is a big factor for college acceptance. ACT season is a stressful time, but McGovern emphasized not worrying too much about it, as there are other ways to get into college too.

Currently, Central conducted practice tests ACT earlier this month in an attempt to prepare students for the April exam.

# Estudiantes se preparan para el ACT

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McGovern planea tomar el ACT a principios de febrero como una prueba, y hacer un seguimiento con la preparación para el examen OnToCollege, así como posiblemente recibir tutoría de Sylvian Learning. Anteriormente conocido como John Baylor Prep’s, el programa es una preparación presencial y en línea para los exámenes ACT y SAT.

Novak dio un consejo: nunca es demasiado temprano. Ella desearía haber comenzado a estudiar para el examen antes, ya que abril ahora se está acercando a ella.

“Comience a estudiar lo antes posible y trate de no estresarte por ello, ya que eso solo empeorará las cosas”, dijo Novak. “Solo da lo mejor que tu puedas”.

A ninguno de los dos les gusta que el examen sea un factor importante para la aceptación en la universidad. La temporada de ACT es un momento estresante, pero McGovern enfatizó que no hay que preocuparse demasiado por ello, ya que también hay otras formas de ingresar a la universidad.

Actualmente, Central realizó pruebas de práctica ACT a principios de este mes en un intento de preparar a los estudiantes para el examen de abril.

# Handful of bills from Legislature would impact youth

Steven Dickerson  
sports editor

The 109th Legislature of Nebraska began early in January and hit the ground running on a diverse range of issues. While more than 750 bills and resolutions were introduced, here’s 12 that are likely to impact high school students:

**LB14: Adopt the Hunger-Free Schools Act.** This bill proposes the adoption of the Hunger-Free Schools Act, aiming to ensure that all students have access to free, nutritious meals during the school day. By eliminating the cost barrier, it seeks to reduce food insecurity among students, which can enhance their concentration, academic performance and overall well-being. For high school students, this means a greater likelihood of receiving consistent meals, potentially leading to improved educational outcomes. Introduced by: Sen. Machaela Cavanaugh. Status: Referred to Education Committee.

**LB48: Establish a Juvenile Assessment and Family Resource Pilot Program.** This bill seeks to create a pilot program focused on juvenile assessment and family resources. The program aims to identify at-risk high school students and provide them, along with their families, with necessary support services. By addressing issues such as behavioral challenges, academic struggles, or family-related concerns, the bill would provide early intervention, promote better educational engagement and reduce dropout rates among high schoolers. Introduced by: Sen. Terrell McKinney. Status: Referred to Health and Human Services Committee.

**LB65: Exempt Individuals Under Nineteen Years Old from Paying Certain Court Costs.** LB65 proposes that individuals under the age of 19 be exempted from paying specific court costs. This measure is designed to reduce financial barriers within the legal system for high school-aged students who may become involved in legal proceedings. By alleviating these financial burdens, the bill aims to ensure that young individuals can navigate the justice system without undue hardship, potentially leading to more equitable outcomes. Introduced by: Sen. Wendy DeBoer. Status: Referred to Judiciary Committee; First hearing took place on Jan. 24.

**LB122: Require the Display of State and National Mottos in Schools.** This bill mandates that all schools prominently display the state and national mottos within their facilities. The intent is to promote civic education and instill a sense

of state and national pride among students. For high school students, this initiative could enhance their understanding of civic values and encourage a deeper appreciation for their cultural heritage and national identity. Introduced by: Sen. Glen Meyer. Status: Referred to Education Committee.

**LB140: Require School Policies Relating to Phone Usage of Students.** LB140 requires school districts to establish policies governing students’ use of mobile phones during school hours. The aim is to minimize distractions, promote engagement in classroom activities, and enhance the overall learning environment. For high school students, this could lead to more focused academic experiences and reduced interruptions caused by mobile device usage but could also increase conflict between students and faculty. Introduced by: Sen. Rita Sanders. Status: Moved to full legislature.

**LB181: Extend Benefits Under the Young Adult Bridge to Independence Act to Undocumented Young Adults.** LB181 seeks to extend the benefits provided by the Young Adult Bridge to Independence Act to include undocumented young adults. This act offers support services to young individuals transitioning out of foster care, including assistance with housing, education, and employment. By broadening eligibility, the bill aims to provide undocumented high school graduates with resources that facilitate their transition into adulthood and higher education or the workforce. Introduced by: Sen. Machaela Cavanaugh. Status: Referred to Health and Human Services Committee.

**LB258: Change Provisions to Minimum Wage Laws.** This bill proposes changes to existing minimum wage laws, potentially affecting the earnings of working high school and college students. Adjustments would include modifications to make wage rates lower, as youth would not be entitled to the \$15 minimum wage. For students who are employed, such changes may impact their financial stability and ability to fund educational expenses. Introduced by: Sen. Jane Raybould. Status: Referred to Business and Labor Committee.

**LB352: Change Provisions for Reporting Student Achievement and Discipline.** This bill proposes modifications to how student achievement and disciplinary actions are reported within schools. The changes aim to create a more comprehensive and transparent reporting system, potentially leading to better-informed strategies for addressing academic and behavioral issues. For high school students, this could

mean more tailored interventions and support mechanisms to enhance their educational experience. Introduced by: Sen. Beau Ballard. Status: Referred to Education Committee; First hearing on Jan. 27.

**LB367: Ban Conversion Therapy.** LB367 seeks to prohibit the practice of conversion therapy, a controversial method aimed at changing an individual’s sexual orientation or gender identity. By banning this practice, the bill aims to protect LGBTQ+ high school and college students from potentially harmful treatments, promoting a safer and more accepting environment for all students. Introduced by: Sen. Megan Hunt. Status: Referred to Health and Human Services Committee.

**LB368: Establish the Nebraska Youth in Care Bill of Rights.** LB368 introduces the Nebraska Youth in Care Bill of Rights, designed to protect and affirm the rights of youth in foster care. This includes rights related to education, personal property and participation in extracurricular activities. For high school students in foster care, this bill seeks to ensure they receive equitable treatment and access to the same opportunities as their peers, promoting a more inclusive and supportive educational environment. Introduced by: Sen. Megan Hunt. Status: Referred to Judiciary Committee.

**LB383: Implement the Parental Rights in Social Media Act.** This bill enacts the Parental Rights in Social Media Act, which requires minors under the age of 18 to obtain parental consent to access social media platforms. Additionally, it mandates age verification processes and grants parents oversight of their children’s online activities. For high school students, this could lead to increased parental involvement in their digital interactions, potentially affecting their online engagement and privacy. Introduced by: Sen. Tanya Storer. Status: Referred to Judiciary Committee

**LB423: Eliminate Grants for Programs Relating to Internships for Job Training.** LB423 proposes the elimination of grants that fund internships aimed at providing work experience for students ahead of entering the job market. The removal of such funding could lead to reduced support for internships that assist high school students with gaining professional development, potentially limiting their career readiness and making work experience harder to achieve. Introduced by: Sen. Christy Armendariz. Status: Referred to Business and Labor Committee.



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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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# THE REGISTER

OMAHA CENTRAL HIGH

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# Proyectos de la ley de legislatura podrían impactar a los jóvenes

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La Legislatura 109 de Nebraska comenzó a principios de Enero y comenzó a trabajar en una amplia gama de temas. Mientras se presentaron más de 750 proyectos de ley y resoluciones, aquí hay 12 que probablemente afectarán a los estudiantes de secundaria:

**LB14: Adoptar la Ley de Escuelas Libre del Hambre**

Este proyecto de ley propone el adoptar la Ley de Escuelas Libres del Hambre, con el objetivo de asegurarse de que todos los estudiantes tengan acceso a comidas nutritivas y gratuitas durante la jornada escolar. Eliminando la barrera del costo, busca eliminar a reducir inseguridad alimentaria entre los estudiantes, lo que puede mejorar su concentración, rendimiento académico y el bienestar en general. Para los estudiantes de secundaria, esto significa una mayor probabilidad de recibir comidas consistentes, potencialmente llevando a mejores resultados educativos. Introducida por: Sen. Machaela Cavanaugh. Estado: Remitido al Comité Educativo.

**LB48: Establecer un Programa Piloto de Evaluación Juvenil y Recursos Familiares**

Este proyecto de ley busca crear un programa de piloto enfocados en evaluación juvenil y recursos familiares. El programa tiene como objetivo identificar estudiantes de secundaria en riesgo y proporcionarlos, junto con su familia, con servicios de apoyo necesarios.Abordando cuestiones como los problemas de comportamiento, problemas educativos, o preocupaciones relacionadas con la familia, la ley proveerá intervención temprana,promover una mejor participación educativa y reducir las tasas de deserción escolar entrelos estudiantes de secundaria. Introducida por: Sen. Terrell McKinney. Estado: Remitido al Comité de Salud y Servicios Humanos.

**LB65: Eximir a las Personas Menores de Diecinueve Años del pago de Determinadas Costas Judiciales**

LB65 propone eximir a las personas menores de 19 años del pago de determinadas costas judiciales. Esta medida esta diseñada para reducir las barreras financieras dentro del sistema legal para los estudiantes en edad de escuela secundaria que puedan verse involucrados en procedimiento legales. Elevando estas cargas financieras, estos proyectos tienen como objetivo garantizar que los jóvenes puedan navegar el sistema sin dificultades excesivas, potencialmente que conduzcan a resultados mas equitativos. Introducida por: Sen. Wendy DeBoer. Estado: Remitido al Comité Judicial; La primera Audiencia Tuvo Lugar el 24 de Enero.

**LB122: Requiere la Exhibición de Lemas Estatales y Nacionales en las Escuelas**

Este proyecto de ley exige que todas las escuelas exhiban de manera destacadas los lemas estatales y nacionales dentro

de sus instalaciones. La intencion es promover la educacion cívica e inculcar un sentido de orgullo nacional y nacional entre los estudiantes. Para los estudiantes de secundaria, estas iniciativas podrían mejorar sucompresión de los valores cívicos y fomentar una aprecio mas profunda de su patrimonionatural y su identidad nacional, pero también podrían verse como como una medida innecesaria. Introducida por: Sen. Glen Mayer. Estado: Remitido al Comité Educativo.

**LB140: Requerir Políticas Escolares Relacionadas con el Uso de Teléfonos por Parte delos Estudiantes**

LB140 requiere que el distrito escolar establezca políticas que rigen el uso de telefonos moviles de parte de los estudiantes. El propósito es minimizar las distracciones, promoverla participación en las actividades del aula y mejorar el entorno general de aprendizaje. Para los estudiantes de secundaria, esto puede llevar a experiencias académicas más centradas y reducir las interrupciones causadas por el uso de dispositivos móviles, pero también podrían aumentar los conflictos entre los estudiantes y profesores. Introducida por: Sen. Rita Sanders. Estado: Se trasladó al pleno de la legislatura.

**LB181: Extender Los Beneficios Bajo la Ley Puente a la Independencia para Adultos Jóvenes Indocumentados**

LB181 busca extender los beneficios proporcionados por la ley puente a la independencia para adultos jóvenes para incluir adultos y jóvenes. Este acto ofrece servicios para individuos jóvenes que salen del cuidado de crianza, incluida la asistencia con vivienda, educacionales y empleo. Al implicar la elegibilidad, el proyecto de ley tiene como objetivo proporcionar a los graduados de escuelas secundarias indocumentados recursos que feliciten su transición a la edad adulta y la educación superior o la fuerza laboral. Introducida por: Sen. Machaela Cavanaugh. Estado: Remitido al Comité de Salud y Servicios Humanos.

**LB258: Cambiar las disposiciones de las leyes de salario mínimo**

Esta ley propone cambios a las leyes de salario mínimo existentes, potencialmente afectando los ingeros e los estudiantes de secundaria y universitarios que trabajan. Los ajusten incluirán modificaciones para reducir las tasas salarias, ya que los jóvenes no tendrán al salario mínimo de \$15. Para los estudiantes que tienen empleo, dichos cambios puede afectar su estabilidad financiera y su capacidad para financiar gastos educativos. Introducida por: Sen. Jane Rayboould. Estado: Remitido al comité empresarial y laboral.

**LB352: Cambiar las disposiciones para informar los logros y la diciplina de los estudiantes**

Este proyecto de ley propone modificaciones a la forma en que se informan los logros de los estudiantes y las acciones diciplinarias dentro de las escuelas. Los cambios apuntan acrear un sistema de informes mas completo y transparente, lo que potencialmente conducirá a estrategias mejor informadas para abordar problemas académicos y decomportamiento. Para estudiantes de secundaria, esto podría significar intervencio-

nes mas personalizadas y mecanismo de apoyo para mejorar su experiencia educativa. Introducida por: Sen. Beau Ballard. Estado: Remitido al Comité de educación; Primero Audiencia el 27 de enero.

**LB367: Prohibir la Terapia de Conversación**

LB367 busca prohibir la terapia de conversación, un método controvertido destinado acambiar la orientación sexual o la identificación genero de un individual. Al prohibir estapractican, el proyecto de ley tiene como objetivo proteger a los estudiantes LGBTQ+ desecundaria y universitarios de tratamientos potencialmente dañinos, promoviendo un ambiente mas seguro y mas acogedor para todos los estudiantes. Introducida por: Sen. Megan Hunt. Estado: Remitido al Comite de Servicios Humanos y de Salud

**LB368: Establecer la Declaración de Derechos de los Jóvenes Bajo Cuidado de Nebraska**

LB368 presenta las declaraciones de derechos de los jóvenes bajo cuidado de Nebraska, diseñada para proteger y afirmar los derechos de los jóvenes bajo cuidado de crianza. Esto incluye derechos relacionados con la educacionales, la propiedad personal y la participación en actividades extracurriculares. Para los estudiantes de secundaria enhogares de acogida, este proyecto de ley busca garantizar que reciban un trato equitativo ya que eso a las mismas oportunidades que sus pares, promoviendo un entorno educativo mas incluso y solidario. Introducida por: Sen. Megan Hunt. Estado: Remitido al Comité Judicial.

**LB383: Implementar la lay de Derechos de los Padres en las Redes Sociales**

Este proyecto de ley promulga la ley de derechos de los padres en las redes sociales, que quieren que los menores de 18 anos obtengan el consentimiento de los padres para acceder a las plataformas de redes sociales. Además, exige un proceso de verificación de edad y otorga a los padres supervisión de las actividades en línea de sus hijos. Para los estudiantes de secundaria, esto podría conducir a una mayor participación en los padres en sus interacciones digitales, lo que podría afectar su participación y privacidad en línea. Introducida por: Sen. Tanya Storer. Estado: Remitido al Comité Judicial.

**LB423: Se Eliminan las Ayudas a programas Relativos a Practicas de Formaciones Laboral**

LB423 propone la eliminación de las becas que fiancian practicas destinadas aproporcionar experiencias laborar a los estudiantes antes de su incorporacion al mercadolaboral. La eliminación de dichos fondos parodia llevar a los estudiantes de secundaria a obtener desarrollo profesional, lo que podría limitar su preparación profesional y hacer que la experiencia laboral sea mas difícil de lograr. Introducida por: Sen. Christy Armendariz. Estado: Remitido al Comité Empresarial y Laboral.

## Early Trump policies, orders that could impact Central

Charli Tobin  
*staff writer*

With Donald Trump taking office, he has signed a multitude of orders - more than any president has signed in their first week on his first day. Some of those include pulling America out of the World Health Organization and pardoning roughly 1,500 Jan. 6 rioters. Some of these executive orders will affect students and schools, including issues on the matters of immigration, education and LGBTQ+ youth.

Trump's Executive Order 14165 focused on immigration enforcement, and the Trump administration deported 37,660 people in its first month, Reuters reported. This order said that, “detaining, to the maximum extent authorized by law, aliens apprehended on suspicion of violating Federal or State law, until such time as they are removed from the United States.”

Trump has also attempted to no longer allow birth right citizenship, meaning children of non-citizens born in the U.S. would no longer be given citizenship, although 22 states have sued on grounds that the order goes against the Constitution and is therefore illegal. A federal judge has put a block on the order.

Trump has also signed an order to realign the refugee resettlement program. The realignment means the country would block future refugees from entering the country and the refugee admissions agency will look at each future acceptance case by case.

Executive Order 14187, entitled “Protecting children from chemical and surgical mutilation,” blocks children under the age of 19 from taking gender affirming care anywhere in the country. Trump argued that these practices harm children. “This dangerous trend will be a stain on our Nation’s history, and it must end,” Trump said. Trump has also stated before that he seeks to roll back protections given to trans students and adults. Nebraska Governor Jim Pillen has also blocked gender affirming care to Nebraskan trans youth in the past, although at the time of writing he has yet to make a statement on this order.

Trump also signed an order that officially only recognizes two sexes male and female in federal departments and papers. This would mean that all federal papers or documents would be changed or rescinded and would only allow biological females in female detention centers, as well as take steps to “ensure that intimate spaces designated for women, girls, or females (or for men, boys, or males) are designated by sex and not identity.” Pillen has voiced support and has also signed bills into Nebraska law recognizing only two sexes as well.

## Las primeras políticas y órdenes de Trump podrían impactar Central

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Jasmin Gutierrez Garcia  
*translation editor*

Con Donald Trump asumiendo el cargo, ha firmado una multitud de órdenes federales más de las que cualquier presidente ha firmado en su primera semana en su primer día, algunas de ellas incluyen sacar a Estados Unidos de la Organizacirn Mundial de la Salud e indultar a aproximadamente 1.500 alborotadores del 6 de enero. Algunas de estas órdenes ejecutivas afectarán en gran medida a los estudiantes y las escuelas, incluidos los temas relacionados con la inmigración, la educación y los jóvenes LGBTQ+.

La Orden Ejecutiva 14165 de Trump se centró en la aplicación de la ley migratoria y el programa de deportación masiva de Trump ha deportado 37,660 personas en su primer mes, según Reuters. Este orden dice que “Detención, en la medida máxima autorizada por la ley, de extranjeros detenidos bajo sospecha de violar la ley federal o estatal, hasta el momento en que sean expulsados de los Estados Unidos”.

Trump también firmo una orden para reajustar el programa de reasentamiento de refugiados. La reestructuración significa que el país bloquearía la entrada de futuros refugiados al país y la agencia de admisión de refugiados examinara cada futura aceptación caso por caso.

La Orden Ejecutiva 14187, titulado “Protección de los niños contra la mutilación química y quirúrgica” impide que los niños menores de 19 anos reciban atención de afirmación de género en cualquier parte del país. Trump argumento que estas prácticas dañan a los niños. “Esta peligrosa tendencia será una mancha en la historia de nuestra nación, y debe terminar”. Dijo Trump. Trump también ha declarado antes que busque revertir las protecciones otorgadas a los estudiantes y adultos trans. El gobernador de Nebraska, Jim Pillen, también ha bloqueado la atención de afirmación de genero para los jóvenes trans de Nebraska en el pasado, aunque en el momento de escribir este artículo aún no se ha pronunciado sobre esta orden.

Trump también firmo una orden que oficialmente solo reconoce dos sexos, masculino y femenino, en los departamentos y documentos federales. Esto significaría que todos los papeles o documentos federales serían cambiados o rescindidos y solo permitirían mujeres biológicas en los centros de detención de mujeres y también tomarían medidas para “garantizar que los espacios íntimos designados para mujeres, niñas o mujeres (o para hombres, niños u hombres) estén designados por sexo y no por identidad”. Pillen ha expresado su apoyo y también ha firmado proyectos de ley para la ley de Nebraska que reconoce solo dos sexos.

## The Trump administration deported 37,660 people in its first month.



# Healthcare club rebuilding after COVID-19

Grace Sunseri  
*opinion editor*

Before the school day begins, students aspiring to careers in healthcare gather for their zero-hour class as members of Central’s HOSA chapter. HOSA, or Health Occupations Students of America, is an organization that prepares students for jobs in healthcare fields.

The club had numerous members before the COVID-19 pandemic, with over 30 Central students, but the club halted due to Covid restrictions and lost members, like many school-related activities, in COVID’s wake. “The number dwindled a bit after [Covid]... it has kind of been getting it back going again,” said club sponsor and anatomy teacher John Morley.

The club officially began operating again in August of this school year. Seven years ago, Morley was asked by students to sponsor a HOSA program at Central so they could compete at the state competition, and he agreed. “I gladly took the reins and helped them out,” Morley explained.

Now, more than a semester in, current Central HOSA president and junior Jake Carlson believes the most successful thing the club has done thus far is expanded. “Last year we had about eight people and this year, we have 37 members total,” Carlson said. Carlson said he gained interest in the program after hearing about it on social media. “My ‘For You’ page (on TikTok) if you want to be more specific,” Carlson said. He then approached Morley with interest.

HOSA members compete in two competitions per calendar year: a state competition in

March, and a national competition over the summer. They spend the entire school year preparing.

In order to qualify for nationals, students must place in the top three at the state competition. Each member chooses a competitive event about various sects of medicine and is tested on their knowledge and skills in that topic. The club’s leadership team is enrolled at zero hour. Carlson mentioned working with study tools during this time, all in preparation for Brain Bee.

Brain bee is a separate competitive event where students are tested on their knowledge on the brain and nervous system.

Two college students who are majoring in neuroscience come in once a week to tutor the leadership for this other event. When the whole club meets Wednesday mornings, “We have a mix of guest speakers, we do projects, and we do labs in class sometimes,” Morley said.

Club treasurer, junior Claudia Mauwa, mentioned her favorite part of the club is the atmosphere. “Everyone is very welcoming, and we usually have a lot of fun,” she said. “The snacks are great too!” “The fun stuff is second semester,” Carlson said, laughing.

The only field trip they have gone on so far was to York, Nebraska, to take part in breakout sessions all based on topics such as mental health, the brain and the nervous system. The club looks forward to things like a trip to Creighton University for their annual cadaver lab in the spring and competing in the state competition.

# ‘Quad-demic’ threatens to bedrest busy teens

Grace Sunseri  
*opinion editor*

As temperatures have begun creeping lower and winter is dragging on, viral sicknesses have been on the rise across Nebraska and the country.

The name “quad-demic” first gained popularity through social media due to the rise of influenza (flu), COVID-19, respiratory syncytial virus (RSV) and norovirus, simultaneously.

As of Jan. 4, 2025, the Center for Disease Control and Prevention (CDC) has estimated at least 9.1 million instances of the flu. (All numbers are estimates because it is impossible to conclusively know the exact number of people who were infected.)

Symptoms of the flu, COVID-19 and RSV tend to be similar as they are all respiratory viruses. A cough, sore throat and a stuffy nose are common symptoms. Norovirus, however, is more commonly known as the “stomach flu.” Norovirus can be much more intense with common symptoms such as vomiting, diarrhea and nausea. They can all be accompanied by a fever and general body aches.

The return of students from winter break also signals the peak of cold and flu season. It is common to see a spike in illness after the holiday season, which intersects with the start of the second semester. “I got sick over winter break when I went out to celebrate for New Years,” junior Norah Thapa said. Thapa ended up missing the entire first week of school after break and explained that catching up on schoolwork was hard and that she feels behind in all her classes, especially the Advanced Placement classes.

Missing school for anything can have drastic effects on a student’s academic performance. Even if a student is gone one day every other week, by the end of the school year that could add up to almost a month of absences.

Central school nurse Sierra Kloth emphasized the fact that sickness is simply a part of being human, but a slightly runny nose does not mean you need to go home. “If you’re running a fever, yes, please stay home,” Kloth said. School nurse Shelby Danker said, “If you are sick, take that responsibility to prevent the spread.”

School, however, is not the only commitment teens miss out on if they are under the weather. “I was not able to go into work for my shifts,” junior Josie Maglicic said. Maglicic was sick at the same time as Thapa and suspected she had norovirus or influenza.

According to the Bureau of Labor Statistics, just over one in three teens aged 16-19 are employed. Calling out of work can be stressful and result in punishment from employers if they are unable to cover their shift. Kloth and Danker explained that symptom management is the most important aspect of getting over a virus. They encourage staying hydrated, getting plenty of sleep and giving the body time to heal, and eating nutritious food.

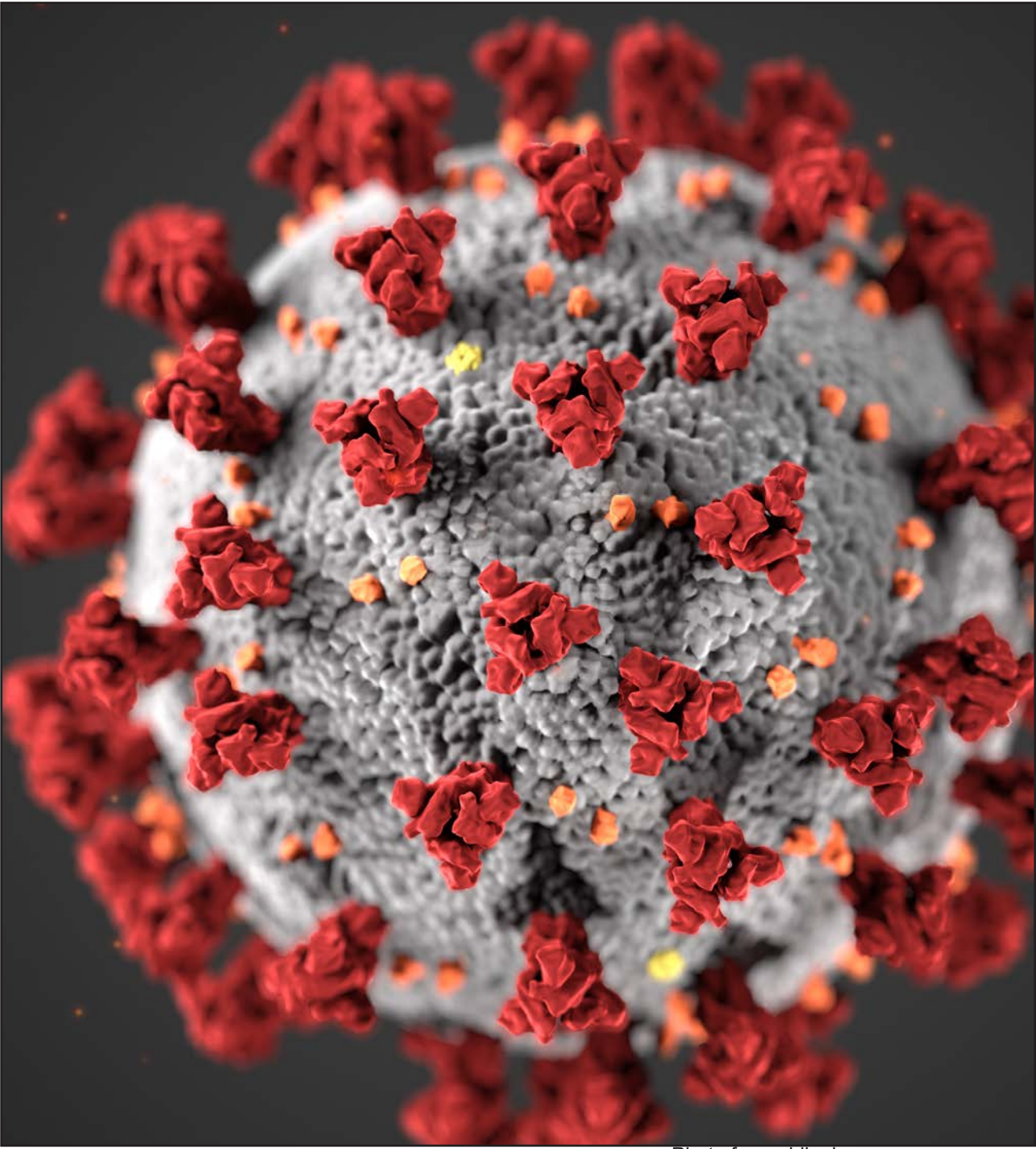


Photo from phil.cdc.gov

# Juarez Blanco heads reboot of Film Club

Bri Martinez  
*staff writer*

The Film Club is back at Central High School. Meeting once a week every Tuesday, the Film Club teaches students the basics of filmmaking. Students receive a lecture on filmmaking for 30 minutes and then gather in small groups to brainstorm their own ideas in hopes of creating a film.

Mike Juarez Blanco, a sophomore at Central, has a passion for filmmaking, storytelling and making new friends. “If you ask any of my old friends about it, they would say I’ve been passionate about it since I was in the fifth grade,” Blanco said.

Blanco started the film club because he went to South High School for a week and was in their film-based classes and thought that Central was missing the core of filmmaking, as Central has theatre and broadcasting. This school year Blanco asked his friends and followers on Instagram if they would be interested in a film club. People were interested, so Blanco started the journey.

Starting the film club wasn’t easy. “I had to have patience, which is always the case in film making,” Blanco said. He originally wanted to start the club last year as a freshman but was a bit nervous at the outcome. Blanco got in contact with Brody Hilgenkamp, the journalism adviser, at Central.

Hilgenkamp thought he was well-suited for adviser of this club. “With film club there’s a lot of overlap in skills, and interest between journalism and film making so it was a somewhat natural fit for me,” Hilgenkamp said.

Hilgenkamp enjoys “being a part of a club where students are willingly engaging in activities.” He has done activities like this before in projects and in past jobs. “My first job out of college was video editing at channel 7 (KETV),” Hilgenkamp said. Hilgenkamp has a background in film making and editing films and seemed to be excited about working with Blanco and his club.

Since Hilgenkamp is the journalism teacher, he is used to students doing work in his classes for a grade, but with the club, students are doing the work based on their interests. “It’ll be an interesting change of pace for me and a different type of storytelling than what I typically interact with,” he said.

The plans of the film club are to have the small groups finish their own films, and Blanco would like some sort of film festival where students get to watch their films, share them with others and get feedback. The club will be resuming after Roadshow.

“Everyone has their own story, so what is yours?” Blanco said. Blanco wants the students to keep the film club alive as there used to be a film club at Central. Blanco wants to keep the film club fun and let students bring out their creativity.



# Math most sought after subject for after school program

Bri Martinez  
staff writer

Central students can participate in “Homework Help Tutoring” in the library after school from Tuesdays to Thursdays from 3:05 p.m. to 4:20 p.m.

If a lesson is confusing, or if students need assistance on an assignment, Homework Help is a resource for students. Tutors are assigned to designated tables, each with a sign stating what subject they are helping with. Students can sit and wait at the teachers designated table.

English Teacher Pam Homan is an English tutor after school in the library for Homework Help. She has worked at three Omaha Public Schools and has chosen to do tutoring at the past schools and now here at Central.

Homan enjoys assisting students so that homework isn’t so stressful for them. “Students can ask a teacher one on one because in the classroom a lot of times students don’t ask questions,” Homan said. “Here in tutoring, they aren’t afraid to show that they don’t understand something.”

Geometry and algebra teacher William Donlan is a math tutor. Donlan enjoys helping students with this subject that many students struggle with, and it is his second year doing homework help. “I love to help all the different students that are working in different classes,” he said.

Tutoring is important for students to get another view of their homework in class. Students may be struggling and not come to tutoring. “They think they can leave class clueless and catch up with these things at home, but most of the time this isn’t the case,” Homan said.

Last semester there were 195 visits. Math is the most common subject students go to, with 72 visits last semester.

Donlan said one reason many students don't go to homework help could be they don't want to stay after school. Homan said it could be activities they have to do after school or transportation issues

Sophomore Fable Moriarty goes to Homework Help to ask more in depth questions on her homework. The resource has benefited Moriarty by keeping a steady going grade in her classes. In this case, when the Register interviewed her, she had come to get help with her biology homework.

“It’s a good resource here to get help from an actual teacher,” Moriarty said.



Top: EL teacher Karen McCormick, right, assists a student in the library. Bottom: English teacher Jen Stastny interacts with a student during Homework Help in the library. WHIT RUTLEDGE | The Register

# Matemáticas la asinatua más solicitada para el programa extraescolar.

Bri Martinez  
staff writer

Jazmin Mills  
staff writer

Los estudiantes de Central pueden participar en “Tutoría de Ayuda con la tarea” en la biblioteca después de clases los martes y jueves de 3:05 p.m. a 4:20 p.m.

Si una lección es complicado o si los estudiantes necesitan ayuda con una tarea “Ayuda con la tarea” es un recurso para los estudiantes. Los tutores son asignados a mesas designadas, cada una con un señal que indica en qué materia están ayudando. Los estudiantes pueden sentarse y esperar en la mesa designada por los maestros.

La maestra de inglés Pam Holman es una tutora de inglés después de la escuela en la biblioteca para ayudar con las tareas. Ha trabajado en tres escuelas públicas de Omaha y ha elegido dar tutoría en las escuelas anteriores y ahora aquí en

Central.

Homan le gusta ayudar a los estudiantes para que la tarea no les resulte tan estresante.”Los estudiantes pueden preguntarle a un maestro uno a uno porque en el salón muchas veces los estudiantes no hacen preguntas”, dijo Homan. “Aquí en las tutorías no tienen miedo de demostrar que no entienden algo”.

El maestro de geometría y álgebra William Donlan es un tutor de matemáticas. A Donlan le gusta ayudar a los estudiantes con esta materia con la que muchos tienen dificultades, y es su segundo año ayudando con las tareas. “Me encanta ayudar a todos los diferentes estudiantes que están trabajando en diferente clases”, dijo Donlan.

La tutoría es importante para que los estudiantes tengan otra visión de sus tareas en clase. Los estudiantes pueden tener dificultades y no asistir a las tutorías, “piensan que pueden salir de clase sin idea y ponerse al día con estas cosas en casa,

pero la mayoría de las veces este no es el caso”, dijo Homan.

El semestre pasado hubo 195 visitas. Matemáticas es la materia mas popular a la que asisten los estudiantes, con 72 visitas el semestre pasado.

Donlan dijo que una de las razones por las que muchos estudiantes no acuden a ayuda con las tareas podría ser que no quieren quedarse después de la escuela. Homan dijo que podrían ser actividades que tienen que hacer después de la escuela o problemas de transporte.

La estudiante de segundo año, Fable Moriarty, asiste a ayuda con la tarea para hacer preguntas mas detalladas sobre su tarea. La ayuda con las tareas ha beneficiado a Moriarty al mantener una calificación constante en sus clases. En este caso vino a pedir ayuda con su tarea biología.

“Aquí es us buen recurso obtener ayuda de un maestro real”, dijo Moriarty.

# Open House allows students to see Central

Jazmin Mills  
staff writer

Open house is for future students and their families to tour the school and help them visualize what their high school years could look like. This year Central’s Open House took place on Jan. 11 and went from 10 a.m. to noon.

Open House contained different classrooms that potential students could go in to and learn more about what courses are provided at Central. Eighth graders and their families could wander everywhere from the basement to the main floor. Upon arrival, staff and ambassadors greeted students along with their families and told them what to expect. They also helped them navigate their way around the school.

Two informational assemblies took place in the auditorium. The first one was at 10:00 and the second was at 11:00. During this assembly, a video showed different rooms and areas of Central along with interviews of former Central students and staff going into detail about their experience at Central.

After the video played, Principal Dionne Kirksey spoke about what potential students could expect if they decide to attend Central. The final part of the assembly featured performances from CHS Singers, Orchestra and Jazz band.

Eighth graders enthusiastically roamed the school touring different classrooms to get a better sense of what Central has to offer.

This helps to determine if Central is where they want to go. Eighth grader Paw said Open House definitely helped determine that she wants to come to Central for her high school years.

“I really liked how if I had questions, I could just go talk to staff about it. It’s really helpful and reassuring,” Paw said.

Another eighth grader, Rwen, came to Central’s Open House with high hopes for the journalism program here, and according to him, “it did not disappoint.”

Other eighth graders such as Harper said the school is way bigger than she expected and if she ends up coming to Central it will definitely take her some time to get used to it. ctual teacher,” Moriarty said.



# UNMC and schools team up to teach students about healthcare

Paula Gutierrez Martinez  
arts & culture editor

The UNMC High School Alliance gives high school juniors and seniors an inside look at what it's like being a healthcare provider. The alliance is a partnership between the University of Nebraska Medical Center and public school districts in the Omaha metro area.

The alliance helps students set themselves apart on college applications and serves as a springboard to participate in other STEM enrichment programs. School counselor Diane Pfeiffer recommended that student interested in healthcare apply for the program.

“This is a very extensive, intensive program for students who are serious about the healthcare profession,” she said.

Admission to the program is very competitive; 65 spots are available each year, meaning one-third of students who apply will be accepted.

“It pairs well with our global health science pathway, so many of those students are students that just have a strong background in the sciences,” Pfeiffer said.

From 1 to 3 p.m. Monday through Friday, students practice hands-on skills, shadow healthcare experts and network with students, doctors, researchers and healthcare providers. Students take two classes per semester throughout the

year-long program, covering topics ranging from infectious diseases to medical decision-making and taught by UNMC faculty.

Classes are accredited, meaning credits earned count toward high school graduation as honors classes. Classes meet either Mondays and Wednesdays or Tuesdays and Thursdays.

Fridays are Focus Days, where all the students gather to do group work, make up tests and assignments, listen to guest speakers, and receive additional instruction. Occasionally, Focus Days are used to take field trips to do team-building activities off-campus.

## Snipes outlines plans for OPS board term

Hattie Moeller  
news editor

Kimara Snipes was re-elected in November to the Omaha Public Schools Board of Education for Subdistrict 9 and is the board's vice president. Snipes, whose subdistrict includes Central High School, responded to a list of questions from the Register, and her responses, which were edited for length, are below.

**You’ve been with the South Omaha Neighborhood Alliance since 2008. What motivated you to get involved, and what have you found most fulfilling about this role?**

It all started with two amazing women in my neighborhood—Grandma Harris and Anita Rojas. They pulled me in and encouraged me to represent my neighborhood at the South Omaha Neighborhood Alliance (SONA). What hooked me was having a space to learn about how things work—from the school board to city and state government. It gave me the chance to meet my neighbors and connect with elected officials, but more than that, it helped me build my own leadership skills and feel a real sense of ownership over my community.

**You’ve had the opportunity to serve on the Omaha Public Schools Board of Education. What were some key takeaways from your first term?**

One of my takeaways is how vital community involvement is in supporting our school district. Public education plays a critical role in the lives of so many people in the city of Omaha. Our schools are more than just places for learning—they're community hubs, safe spaces, and launching pads for future leaders. Yet, despite its importance, education doesn't always get the respect it deserves in the state of Nebraska. It's clear that we need to continue advocating for the resources and recognition that our schools and educators deserve.

**What changes or improvements would you like to see in Omaha’s public schools, especially when it comes to supporting underrepresented students?**

Before I talk about any changes I'd like to see, I want to give our new superintendent, Matt Ray, the space to show us what he can do. He just started in this role, but I've known him since my first time on the board when he was the board secretary. I'm the type of person who asks a ton of questions, and Matt always makes himself available. We've had tough conversations, and he listens...

That said, I'd love to see more culturally responsive teaching where students can see themselves reflected in the curriculum. We also need to continue investing in mental health resources to ensure every student feels safe and supported. Lastly, mentorship programs connecting students with leaders who share their backgrounds and experiences are crucial—representation matters, and when students see people who look like them in leadership roles, it opens doors and inspires them to aim higher.

**How do you ensure that the voices of community members, particularly parents and students, are heard in educational decision-making processes?**

I believe that active listening and proactive engagement are the keys to making this happen. First, I make it a point to show up—whether it's at school events, neighborhood meet-



Kamara Snipes takes the oath of office for school board Jan. 6. Photo Courtesy of Omaha Public Schools.

ings, or informal community gatherings. Being physically present in the spaces where people live, work, and learn helps build trust and shows that I'm genuinely interested in what they have to say. Second, I prioritize creating accessible channels of communication. Not everyone feels comfortable speaking up in formal settings, so I make myself available through phone calls, emails, and even casual conversations when I'm out in the community. It's important to meet people where they are and ensure that everyone has a chance to be heard, regardless of their comfort level with public speaking or formal processes. I'm currently working with the district to organize listening sessions and feedback forums specifically designed to give students and parents a platform to share their thoughts and concerns. Finally, I advocate for student and parent representation in decision-making processes. Whether it's involving them in advisory committees, inviting them to board meetings, or ensuring their perspectives are considered in policy discussions, it's essential that they have a seat at the table.

**How do you see Omaha evolving in the next five to 10 years, particularly in terms of educational opportu-**

**nities and community development?**

I see Omaha becoming more inclusive and innovative. We have the opportunity to create educational programs that prepare students for the future—whether that's through technology, trades, or the arts. But beyond just formal education, I believe that when people are aware of local processes, able to build relationships with their neighbors and decision-makers, and empowered to develop their own capacities, it can lead to transformative community development and expanded educational opportunities.

Over the next five to 10 years, I envision Omaha as a city where education and community development are deeply intertwined, with residents playing an active role in shaping both. Through increased awareness, stronger relationships, and a shared commitment to growth, Omaha can become a place where every person feels empowered to contribute and every student has the opportunity to thrive. With the right leadership and community involvement, Omaha can be a model of how connected, engaged communities drive educational excellence and sustainable development.

## Seniors share emotions about their last semester

Elena Hiley  
contributing writer

Seniors at Central have mixed emotions and full plates in their last semester, with senior prom, finals, graduation, winter and spring sports and college decisions.

Senior Becca Rock is ready to leave. Rock feels like she's had senioritus for the past two years. She is excited to see changes in her life in the near future, post graduation. She plans to attend either the University of Nebraska or the University of Iowa to pursue nursing.

"I'm not really sad, because the people that I'm gonna stay connected to, I'm going to stay connected to," Rock said.

Seniors Renny Maxwell and Holland Robison are also experiencing senioritus.

"I definitely got it like sophomore year, but it just gets worse and worse as the years go on," Maxwell said.

"I'm in denial about it, but I still go to class every day, but I feel it's pointless right now," Robison said.

The seniors' last day will be on May 8, after a long few days of finals. Finals will be Tuesday, May 6, Wednesday, May 7, and Thursday, May 8. May 9 will be a make up finals day. Soon after finals, graduation will be May 20 at Baxter Arena.

Rock said she will miss the connections she has made with teachers and classmates, along with the fun that comes with attending sports events.

"You're cheering on the people that you know," Rock said.

Maxwell said that she is most excited to leave behind the seven hours of classes per day and ready to move onto having

more time to study between classes in college. She plans to focus on journalism in college, specifically sports broadcasting.

Rock said she is ready to move on from the structured schedule as well as being in school with 14-year-olds. Rock, Robison and Maxwell agreed that being involved in sports were some of their favorite memories while here in high school.

"I've been in swim all four years, and it's been one of my favorite parts of the winter, kind of gets me through the winter," Rock said.

As these seniors are leaving, they have some helpful advice to be left behind.

"Keep up with your school work, because the first years matter more than the end of high school for your GPA," Maxwell said.



# Club helps Christian students to connect with faith

Connie Moenning  
contributing writer

Cru Club is a group at Central where Christian students can come together after school and connect with their faith, but it can also be a place for them to connect with their fellow Christians.

School can be lonely for a lot of teenagers, and it's easy for students to feel out of place or as if they have nothing in common with their peers. Religion is a guide for many kids here at Central and across Omaha Public Schools, but it can also be point of connection for them to build community.

The Cru Club has helped several Christian students come together with a community at their school that they might not have known about otherwise. It allows them to socialize as well as practice their religion together.

Cru holds their meetings every Wednesday after school in

room 225. There, they usually start with a game or an icebreaker, before moving onto discussions on lessons and passages from the Bible.

Ben Leong, an outside advisor who runs the club, says that Cru has been very beneficial, not only to the young Christians who attend but to him as well.

"We all come from pretty different backgrounds, and I just think it's really cool that we get to come here and be united under the banner of our faith," Leong said. "I feel like we have a good community."

The club is small, only bringing around six students to the average meeting. They manage to get word out about the club's existence through fliers posted around the school, as well as word of mouth between students.

Despite its size, members feel it is an environment where students can meet and connect over their shared values and

experiences as Christians. The club's sponsor, English Learner teacher Calyn Schnabel, echoed this sentiment.

"I think it's a good opportunity for students to get to know students of faith who otherwise would've been spread throughout their classes," Schnabel said.

Many students find comfort in their faith and use it as a source of guidance throughout day-to-day life. "Whenever I've had a hard week, this is a great place to come, besides Sunday Mass. I always can find other views on passages I've read before, and then I can find ways to see it differently when I hear it from other people," club member and senior Lucas Wenburg said.

Cru is also where Wenburg met and befriended a fellow senior, Hezekiah Stratford.

"It's a good place to make new friends and expand your inner circle," Stratford said.

# The Empowerment Network offers paid program for teens

Boe Di Lorenzo  
staff writer

The Empowerment Network has a paid job and work experience program called Step-Up Omaha that spans from June 2 to Aug 1. Youth will participate in orientation and assessment sessions in May.

For the participants, one the key benefit of the program is the ability to learn about your personal strengths. They learn about talents, career interests, job search, customer service and gaining work experience through interviewing. Additionally valuable on-the-job experience and future career opportunities are available.

Those in the program can earn more than \$2,500 and they

gain valuable educational training.

This program has experiences separated based on age; 14- to 15-year-olds participate in career exploration training and education which prepares them for future employment opportunities and career choices. They are paid a stipend and are not working on job sites.

For participants ages 15 to 18 they have on-the-job training which includes participating in targeted work experiences and education for the participants who have limited previous work experience.

Career Interns, ages 16 to 18, participate in career-oriented work experiences and education. This is for those who have previous work and specific career experience.

The Connect Program is for ages ranging from 19 to 21, has a training and job placement program. The team works with the participants to connect them to part-time and full-time job opportunities.

Those who are interested will need to apply before March 3 on the Step-up Omaha website. The application does not guarantee acceptance, as the program gives priority to families based on income. Also, there is a special focus for the people applying with North and South Omaha zip codes.

However, Step-Up Omaha has grown to include participants throughout Omaha, more positions and funding may become available.

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# Speech, media are front and center

## *Editorial: The Register remains committed to First Amendment amid challenges*

As the country enters a period of new political leadership, leadership that has repeatedly undermined the First Amendment, The Register remains committed to accurate, ethical and unbiased journalism. The Register staff wishes to assure the Central and wider Omaha community of its dedication to adhering to the standards outlined by the First Amendment and journalistic ethics.

The U.S. once again finds itself under the governance of a president who mocks journalists, threatens to throw journalists in jail and revoke news stations' Federal Communications Commission licenses if they do not report what he would like reported. President Donald Trump's repeated declarations that factual, ethical reporting is "fake news" has changed much of the country's perception of truth.

The actions his administration has taken to weaken the tools and protections of journalists are concerning to the state of democracy, the ability of citizens to dissent, and journalists' duty to inform their communities without conflicts of interest.

Amid this political climate, The Register will strive to inform and represent the Central

community as it has since 1886. Last semester, The Register covered the impacts of mass deportations, reproductive rights and Omaha's "Blue Dot," bringing accurate, local election coverage to our readers. In 2025 and beyond, The Register is committed to comprehensively covering the issues, events and people impacting our community.

Independent of the paths other news sources take, we have a duty to provide numerous perspectives and accurate information that represents and respects Central's student body, regardless of outside pressures. Mass deportations, expected changes to public education as well as OPS and state policies will continue to be reported on, as they impact The Register's community.

The Register will exhibit integrity in its commitments to Central and the expectations of journalists. Every community has a right to fair, accurate news.

Signed,  
The Register editors

## *We would be better off without TikTok*

Becca Rock  
*chief copy editor*

On Jan. 18, 2025, around 10 p.m. CST, Central High students found out how bad their addictions to TikTok really were.

Prior to the ban, most everyone knew the app was going to be banned. Students expressed both their concerns for those whose job is TikTok, and loss of information they have learned from the app, but also their hope that their time on their phones would decrease.

The short form video platform TikTok was banned in the United States out of concerns from the United States Supreme Court about national security threat from the Chinese parent company ByteDance. The ruling created the "Protecting Americans from Foreign Adversary Controlled Applications Act." On Jan. 19, 2025, CNN mentioned that, "[at the time president-elect Donald] Trump said he would issue an executive order following his inauguration on Monday to delay enforcement of the divest-or-ban law." Following this message TikTok slowly became available for U.S citizens and Trump posted on his social media platform Truth Social, "SAVE TIKTOK."

"People have become so dependent on TikTok that they cannot break out of cycle," senior Lux Dahlke said.

During the roughly 12 dead hours of TikTok, many Central students realized that their habits of clicking onto the app were uncontrollable. Junior Millie Jackson said, "I clicked onto the app at least 20 times and then ended up on Reels [the short form video platform on Instagram]."

Many Central students also switched to using the app Xiaohongshu, which translates to "little red book," or "RedNote" in English. This app is the Chinese equivalent of Instagram, but also offers a short form video platform, much like TikTok. Jackson said, "I downloaded it as a joke, and it was funny for two seconds, but it was nothing in comparison to TikTok."

I thought that it was interesting that

people immediately wanted to fill the void that was created without TikTok. Even before TikTok was down, users were insisting everyone switch to RedNote, not even letting themselves live without social media. This event showed that society is constantly cradled by their phones and social media apps like TikTok, and we do not let ourselves be bored. Boredom is what sparks creativity and leads to a developed diverse culture, community and ideas.

But at the same time, I do not think that many people know how to let themselves live without being bored. Our phones are killing this creativity that would have been created from boredom. Our phones are killing our communication skills because we can hide behind our devices. Our phones are killing our health, because why would you go for a walk when you can see a picture of a tree on your phone? Modern technology will be the death of individualism and health.



A student watches TikTok on their phone during class on January 15, 2025.

Whitman Rutledge | The Register

## *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.

### *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.

### *Central shows talents this February through Roadshow p. 12*

Every year, for 111 years, Central has put on the annual Roadshow. This show is aimed at allowing students to show off their talents, showcasing all of the performing arts talents present at Central.

### *Basketball transfer Braylon Owens makes his impact p. 16*

Transferring to Central this year, Owens, a junior, has helped Central boys basketball win and sees lots of playing time on the court.

### *Legendary NFL and Husker running back Calvin Jones, a Central alum, dies p. 17*

Jones died on Jan. 22 due to what officials believe was carbon monoxide poisoning. His athletic career began here at Central. Community members recall how large of an impact he had.



# Why do Central students want to leave Nebraska?

Arisa Lattison  
*editor-in-chief*

Growing up, all I’ve ever heard of is people’s intense desire to leave Nebraska. Comments of how boring Nebraska is plague conversations surrounding college, and many people express immense dislike regarding a possible future here. While this rubbed off on me in my younger years, the closer graduation got, the more realistic I became. Soon, cost and efficiency became my priority, and my dreams of leaving the Midwest faded away. But this piqued my curiosity: Did everyone go through this same process? Is it a financial factor preventing people from leaving? Why don’t people want to stay in Nebraska? I interviewed seven individuals about their post-high school plans, and this is what I found out.



## 1. Are you going in-state or out-of-state? When were you certain about this decision?

**Matthew Andrew:** I’m going in-state because of how much cheaper it’ll be. Plus, my parents offered to let me live at home during college.  
**Parker Kovar:** I’ve always wanted to go out-of-state for college. I’ve just lived in Nebraska my whole life, and I think 18 years is plenty here.  
**Laura Lindsay:** I am going out-of-state for college. I’ve known for a while. Probably around freshman year.  
**Holland Robison:** I plan to go in-state, most likely to UNL. I was actually just certain about that decision probably start of the year.  
**Ady Borchert:** I am going out-of-state, and I was certain probably as early as freshman year.  
**Nailah Picardo:** Out-of-state, and I was certain when I was really little, and I wanted to move out of Nebraska, but my mom had told me to wait until I got to college.  
**Emma Miranda:** I am still deciding, but I’m most likely staying here in-state.



CHLOE SCHWARTZ | The Register

There’s just so much more than what we’ve already experienced here in Nebraska.

## 2. What was the biggest motivating factor in your choice?

**Andrew:** In-state it’s like \$20,000 verses out-of-state being upwards of 30-[thousand], and I refuse to get a loan that big.  
**Kovar:** My biggest motivating factor for going out-of-state is that I’ve lived in Nebraska my whole life. I think it’s a nice state, but I kind of want to see other places.  
**Lindsay:** I personally just want to see new places and meet more people from new places. I am not going to be super far, about three hours, which is nice because I’ll be close to family. I wanted to be far away like on a coast, and when I was recruited, I realized how hard it would be for my family to come watch me swim, so being close but far enough was a priority for me.  
**Robison:** Of course, my biggest motivating factor was the cost. If I’m going to get the same education for over 55% less, why would I waste my money? The real stuff to spend money on is grad school. That’s when you start looking at big name universities.  
**Borchert:** I mean it’s simply that my career relies on a coastal environment and demand for marine science. I think moving to the coast has a lot of cons such as cost of living and culture shock, but to be able to pursue what I love, it is worth it.  
**Picardo:** The biggest motivating factor was experiencing a bigger city. I wanted to be in a foreign place where I could meet new people and experience a new city with bigger things to do. I think that throwing yourself into an unfamiliar place feels so exciting, especially for college, but then I can’t rely on my family anymore and they’re not close to me. Sure, I can call them, but it’s not the same and when there’s an emergency, I have to travel a long-distance home.  
**Miranda:** Finances were the main factor, as well as programs available for my preferred major.

## 3. What are your plans after high school?

**Andrew:** I plan on going to UNO to get a degree in chemistry and a concentration of chemistry education. My plan is to come back to Central and teach higher level science classes, and eventually while working, get a doctorate and become a college professor.  
**Kovar:** After high school, I do plan on going to college. I hope to major in both math and physics and hope to get a doctorate in one if not both, but all that stuff is going to be later down the road.  
**Lindsay:** I am going to Augustana University in Sioux Falls [South Dakota] for swimming.  
**Robison:** Right now, my plans for after high school are to attend UNL (undeclared) and finish my [general education classes].  
**Borchert:** I’ll go to university, and I plan to major in marine science and minor in hospitality. Hopefully getting internships at a dive center.  
**Picardo:** After high school I want to go into the sports field. I like behind-the-scenes operations, and I want my job to be exciting and fulfilling. I think I can do that with sports.  
**Miranda:** I plan to take a semester of school before going on a mission. After that, I’ll return to my academics.

## 4. Do you believe there is a stigma surrounding living in Nebraska?

**Andrew:** Yes, I do think there’s a stigma that those who live in Nebraska are more uneducated and more family-focused. It’s not necessarily true, but it’s such a widespread belief that it might as well be true.  
**Kovar:** I don’t believe there’s a stigma about living in Nebraska. I think especially Omaha, Lincoln, they’re very nice cities, it’s not like a random country town or anything.  
**Lindsay:** I think there is a little bit, I think a lot of people think that everyone lives on a farm and there’s no cities.  
**Robison:** Yes, I feel like everyone wants to get out. I feel like people across America just think it’s corn fields. I mean it is, except for in Lincoln and Omaha. I’ve noticed that it’s not that bad and actually could be considered one of the better places to live.  
**Borchert:** There’s definitely an expectation that we are boring, or that there’s nothing but cornfields. That’s not entirely true, but there are more interesting places for sure.  
**Picardo:** I think so, because people don’t know Nebraska like we do. If you ask anyone outside Nebraska or Iowa they won’t know. It’s actually a really nice place, but there is a huge stigma.  
**Miranda:** Yes, especially for those who have experienced or traveled outside of the state.

## 5. To those going out of state, was cost something that you took into account while deciding?

**Kovar:** For me, cost was definitely something that I had to pay attention to. All the schools in state were a lot cheaper at base, the schools out of state though gave me some bigger scholarships in comparison to their cost, so in-state versus out-of-state tuitions ended up equaling out.  
**Lindsay:** It was a little bit, not too much. I ended up getting a few really good scholarships to go [to Augustana], which was very appealing.  
**Borchert:** Yes, [I] definitely took that into account. It’s a difficult choice to make to move to the coast right out of high school for financial reasons because it’s going to be hard, but I’ll make it work because the place I’ll be living for the next four years is very important to me and I want to love where I am.  
**Picardo:** Yeah, cost was something I took into account. I only wanted to go to an out-of-state school I could afford, otherwise I wouldn’t consider it. I need to find a good medium because I could have fun in a new city, but I also don’t want to accumulate more debt than I have to.

## And a final word from those staying in-state...

**Andrew:** Staying in state does not mean you can’t get the degree you want. Colleges like UNO, UNK, UNL, UNMC, Clarkson College, and Wayne State offer far more programs than you think. That, or people leaving because they want to live alone, I think are the two main reasons people go out of state.  
**Robison:** It’s not worth the money. You will still get the college experience even if it’s 45 minutes way. Also, Nebraska athletics are elite, and I don’t think you can find a fan base like this anywhere else. Would you rather be in a lifetime of debt or be able to start your life right out of college?  
**Miranda:** It’s better to be comfortable where you are and succeed in your academics than return with nothing accomplished.



Left: Parker Kovar. Right: Holland Robison.



RAKHIJA MOHAMMED | The Register



# My resturant job changed the way I see immigrant labor in this country

| Grace Sunseri  
*opinion editor*

**Editor’s note:** *This column was adapted from an AP Language and Composition assignment.*

At 15, freshman year, is when I got my first job as a hostess. I wore this job title like a badge of honor, something I could be proud of that I did all by myself. After a few months, I ascended to the rank of to-go server, something I still do proudly.

According to the Bureau of Labor Statistics, one in three food service workers in the country are foreign born, and about 12% of all food prep workers are undocumented. In recent years, an increasing number of restaurant owners have begun posting signs reminding Immigration and Customs Enforcement that they can refuse their entry on Fourth Amendment bases. The president has vowed over and over to initiate “the largest domestic deportation operation in American history.” Since President Donald Trump took office for the second time on Jan. 20, deportations have begun.

When I started as a to-go server, I began getting comfortable with all those who work in the “back of house”- cooks, dish washers and servers. The servers -- all above 19 -- welcomed me with open arms, treating me as one of their own. I

thought I was so incredibly cool; 15, sophomore in high school, friends with college kids. I loved my new job!

As I began working more on to-gos, I started interacting with the true backbone of the kitchen industry, the kitchen staff. The line in a restaurant kitchen is magical to watch. The embers from the grill crackling and popping, the sounds of sauté pans scraping against the metal stove, that slam of a microwave door, the thuds of plates as they slam against the counter ready for their destination, and the undeniable clamor of jumbled Spanish as the kitchen communicates.

The overwhelming majority of the line cooks I work with are Latino, most notably Guatemalan. Before I started at Central and at my job, I could count the number of immigrants I knew on one hand. To my benefit, that has changed.

A few days after the election, I was talking to my salad expo (expeditor), who makes sure every salad is correct before sending it out, and the salad-maker said, “Grace tendrá que hacer las ensaladas cuando yo no esté.” My expo translated, as he often does, “Grace will have to make the salads when I’m gone,” he said laughing with her. He explained that he thought 90% of the kitchen was undocumented, and while I have no way to verify if this is fact, there is an undeniable sense of fear throughout the stainless-steel cookery.

There had been rumors, of course, since I started that

some of the kitchen staff were undocumented and used fake social security numbers, but that one off-handed comment solidified it for me. I had gotten to know these people, met their family, and chatted with them when it was slow, although chatted is generous, it was more hand and facial gestures. Even then, I have considered every moment an honor.

In the words of my personal hero, Anthony Bourdain, from a 2014 Tumblr post, because no one can ever say it better than him, “As any chef will tell you, our entire service economy -- the restaurant business as we know it—in most American cities, would collapse overnight without Mexican workers. Some, of course, like to claim that Mexicans are “stealing American jobs.” But in two decades as a chef and employer, I never had ONE American kid walk in my door and apply for a dishwashing job, a porter’s position- or even a job as a prep cook. Mexicans do much of the work in this country that Americans, probably, simply won’t do.”

The environment I have worked in has changed me in the most important ways. I am more communicative, more sociable and more compassionate. I understand the value of getting to know people from all different walks of life and corners of the planet. Everyone should work in the restaurant industry, so hopefully, all of America can adopt these same values and make our beloved land a home for all.

# Mi trabajo de restaurante cambió mi perspectiva del trabajo de los inmigrantes en este país

| Grace Sunseri  
*opinion editor*

| Jasmin Gutierrez Garcia  
*translation editor*

**Nota de Editor:** *Esta columna fue adaptada de una tarea de Lenguaje y Composición AP.*

A los 15 años, en el primer año de preparatoria, fue cuando conseguí mi primer trabajo como anfitriona. Llevaba este título de trabajo como una insignia de honor, algo de lo que podía estar orgullosa y que hice yo sola. Después de unos meses, ascendí al rango de mesera para llevar, algo que todavía hago con orgullo.

Según la Oficina de Estadísticas Laborales, uno de cada tres trabajadores de servicios de alimentos en el país nació en el extranjero, y aproximadamente el 12% de todos los trabajadores de preparación de alimentos son indocumentados. En los últimos años, un número cada vez mayor de propietarios de restaurantes han comenzado a colocar carteles que recuerdan al Servicio de Inmigración y Control de Aduanas (ICE, por sus siglas en inglés) que pueden rechazar su entrada en virtud de la Cuarta Enmienda. El presidente ha prometido una y otra vez iniciar “la mayor operación de deportación doméstica en la historia de Estados Unidos”. Desde que el presidente Donald Trump asumió el cargo por segunda vez el 20 de enero, han comenzado las deportaciones.

Cuando comencé como mesera para llevar, comencé a sentirme cómoda con todos aquellos que trabajan en la “parte de atrás de la casa”: cocineros, lavaplatos y meseros. Los camareros, todos mayores de 19 años, me recibieron con los brazos abiertos, tratándome como a uno de los suyos. Pensé que era increíblemente genial; 15 años, estudiante de segundo año de preparatoria, amigos de estudiantes universitarios. ¡Me encantó mi nuevo trabajo!

A medida que comencé a trabajar más en productos para llevar, comencé a interactuar con la verdadera columna vertebral de la industria de la cocina, el personal de cocina.

La cola en la cocina de un restaurante es mágica de ver. Las brasas de la parrilla crepitan-do y estallando, los sonidos de las sartenes raspando la estufa de metal, ese golpe de la puerta de un microondas, los golpes sordos de los platos al chocar con el mostrador listos para su destino, y el innegable clamor del español desordenado mientras la cocina se comunica.

La abrumadora mayoría de los cocineros con los que trabajo son Latinos, sobre todo gua-

temaltecos. Antes de empezar en Central y en mi trabajo, podía contar con los dedos de una mano el número de inmigrantes que conocía. Para mi beneficio, eso ha cambiado.

Unos días después de las elecciones, estaba hablando con mi expositor de ensaladas (facilitadora), quien se asegura de que cada ensalada sea correcta antes de enviarla, y el fabricante de ensaladas dijo: “Grace tendrá que hacer las ensaladas cuando yo no esté”. Mi exposición tradujo, como suele hacer: “Grace will have to make the salads when I’m gone,” dijo riendo con ella. Explicó que pensaba que el 90% de la cocina era indocumentada, y aunque no tengo forma de verificar si esto es un hecho, hay una sensación innegable de miedo en toda la cocina de acero inoxidable.

Había habido rumores, por supuesto, desde que comencé de que algunos miembros del personal de la cocina eran indocumentados y usaban números de seguro social falsos, pero ese comentario improvisado lo solidificó para mí. Había llegado a conocer a estas personas, había conocido a su familia y había charlado con ellos cuando era lento, aunque la charla es generosa, eran más gestos con las manos y la cara. Aun así, he considerado cada momento como un honor.

En palabras de mi héroe personal. Anthony Bourdain, de una publicación de Tumblr de 2014, porque nadie puede decirlo mejor que él, “Como cualquier chef te dirá, toda nuestra economía de servicios, el negocio de los restaurantes tal como lo conocemos, en la mayoría de las ciudades estadounidenses, colapsaría de la noche a la mañana sin trabajadores mexicanos. A algunos, por supuesto, les gusta afirmar que los mexicanos están “robando empleos estadounidenses”. Pero en dos décadas como chef y empleador, nunca tuve UN SOLO niño estadounidense que entrara a mi cocinero de preparación. Los mexicanos hacen gran parte del trabajo en este país que los estadounidenses, probablemente, simplemente no harán”.

El entorno en el que he trabajado me ha cambiado de las maneras más importantes. Soy más comunicativa, más sociable y compasiva. Entiendo el valor de conocer a personas de todos los ámbitos de la vida y rincones del planeta. Todos deberían trabajar en la industria de los restaurantes, así que, con suerte, todo Estados Unidos puede adoptar estos mismos valores y hacer de nuestra querida tierra un hogar para todos.

# Central should compost again

| Steven Dickerson  
*sports editor*

Central’s short-lived composting program isn’t remembered by many. It received tons of positive reviews from community members and helped put Central on the path to sustainability.

Those who recall may only remember its downsides, such as being less convenient for students during lunch, but that doesn’t mean we shouldn’t do it. As vice president of Central’s Green Team, the difference is stark, both environmentally and economically. It’s time we once again compost during meal-times.

Composting was introduced to Central in September of 2023 following a multi-year initiative by many students to make the school more environmentally friendly. However, the program was removed in January of 2024 due to insufficient custodial resources and staffing.

The removal of composting has returned us to a wasteful norm. Before composting, Central disposed of 76 trash bags daily, over 13,700 annually. With composting, this dropped to just 15 bags per day, or 2,715 per year, a staggering 80% reduction. Now, without composting, we’re back to needlessly filling landfills and contributing to methane emissions from decomposing food waste.

According to the Environmental Protection Agency, food waste accounts for 58% of methane emissions, a greenhouse gas 67 times more potent than carbon dioxide. Methane traps heat at alarming rates, accelerating climate change. By

composting, Central diverted 27 tons of waste per year into nutrient-rich soil rather than letting it rot in landfills where it would contribute to higher methane emissions.

In the United States, our diverse climate and environment pose serious challenges, impacting water quality and diminishing agricultural productivity. By enriching soil with organic matter, compost improves soil health and resilience. Beyond agriculture, compost plays a crucial role in green infrastructure and stormwater management. Composting supports green jobs and fosters employment opportunities by creating positions for people to handle composting, much like sanitation workers.

A return to composting would mean we would be back on track to foster these environmental wins and possibly make even more progress on reducing Central’s climate impact.

We could even use composting for various educational purposes. For example, a group of students interested in going into agricultural jobs could start a garden or project that utilizes the composted soil created from Central’s food waste. Students interested in various fields of science could use the soil to create labs and conduct studies.

Composting isn’t just an environmental and community win, though, as it is also fiscally responsible. Reducing trash bag usage by 11,000 bags annually would have saved nearly \$2,200 in disposal costs for Central each year, according to Hillside Solutions. That’s money that could be redirected toward other student needs. With many grants now available for composting infrastructure, reinstating this program could be

more cost-effective than ever.

While some may argue that reinstating composting requires significant effort and initial investment, the benefits far outweigh these challenges. Concerns about the need for training, logistical changes or potential costs can feel daunting, especially when schools are already stretched thin on so many fronts.

However, solutions like grant funding through organizations or government agencies such as the U.S. Department of Agriculture (USDA), as well as best practices from successful programs in Lincoln Public Schools, prove that these hurdles are surmountable. By addressing these concerns with thoughtful planning, increased communication and utilizing available resources, we can bring our program back.

Our school’s previous success highlights what is possible when sustainability is prioritized. When the program was active, we composted 300 pounds of waste daily and even managed to stack and compost 3,000 feet of trays annually.

We could even try and get on the level of Lincoln Public Schools’ nationally recognized sustainability department, which achieved a 52% waste diversion rate across 64 participating schools—a model we’ve shown we can and should emulate.

So, while it may seem annoying to have to divide the waste on your lunch tray, think about the impact you have. Maybe this small inconvenience of separating waste and stacking trays may be the reason you get to live on a cleaner, beautiful Earth for longer.



# Having school when the ‘feels-like’ temp is in the negatives shouldn’t be a thing

Gabriela Antunez  
staff writer

Students have to worry about schoolwork, their future, jobs and life in general. Worrying about how to get to school the safest and most efficient way is already a struggle for some students, and they shouldn’t have to worry about getting frostbite too.

The difference between the “feels like” temperature and the regular temperature is that the “regular temperature” is the actual temperature outside, not accounting for the humidity and wind. The “feels-like temperature” is how the air will feel on skin, factoring in the wind.

In December 2024, it was colder than 20 degrees 14 times

in just the span of a month. Throughout those days, the wind made it feel colder than the actual temperature. The roads were very icy, yet school was told to continue as usual.

When the temperature is zero degrees Fahrenheit or below, it takes about 30 minutes for exposed skin to get frostbite. Some students aren’t even able to buy jackets so they bring blankets to school, but those are prohibited by the school.

Many students ride the bus to school and must wait for the bus every morning. In the morning it is even colder since the sun has not come out. The walk to the bus stop could be up to .64-miles for a high schooler.

Some students don’t even get the school bus, so they must

wait for the public bus. During the weekdays, the ORBT bus passes every 10 minutes. If the student doesn’t make it to the bus stop on time, they could have to wait in the cold for 10 minutes to catch the next bus. It only takes 15 minutes in below zero degrees Fahrenheit weather to get frostbite.

Another way of transportation is if the student drives themselves. But students driving on icy roads could be very dangerous. According to the U.S. Federal Highway Administration, approximately 156,164 auto accidents occur each year due to icy roads.

Yes, some might worry that school could be canceled too often, but since Covid, remote learning has become a thing, and most assignments are online for students to access.

## Central needs longer passing periods, five minutes is not long enough

Chloe Schwartz  
staff writer

The passing period is only five minutes at Central, as we know. The typical passing period in high school and in college is five to 10 minutes. Typically, the time is longer based on how big the school is.

Some students and teachers find this to be decent, and others believe that the passing periods should be longer. However, there is still much discussion around the length of passing periods. Both sides have valid reasoning that deserve equal reflection.

There are many positive reasonings why students believe that a longer passing period would be helpful. Most schools have at least two to three floors, if not more, when trying to get from the bottom floor to the top it can be difficult with the stairs, slow walkers and more. According to information from the National Center for Education Statistics, around 85% of students have reported that the typical five-minute passing period is not long enough. Between 3.3% and 9.5% of students in grades K-12 are marked tardy to their classes.

National Center for Education statistics says that 5.3% of

people in high school dropout, and the most common reasons are that students do not feel that they can keep up with schoolwork.

The main one is the fact of being tardy, being tardy to class does not only affect the student who is late but also the students in the class. It is disrupting and will discourage that late student and other students because of the interruption and embarrassment. Being tardy can greatly affect the learning of the student and leads to dropping out.

“There are a lot of people and trying to get from the basement to the fourth floor is hard, there are slow walkers, and when I am going to the fourth floor, I do not have time to stop by the bathroom,” sophomore Loudmara Ulysse said.

Focusing on classes can be hard as well with the short passing periods. Students do not get time to stop and use the bathroom on the way or they get in trouble. If they do go when they get into class, they must wait for the 10-minute bell, and even after that some teachers do not allow students to go.

Considering this, one would think teachers would understand students do not go during passing periods, but no. Some teachers still get frustrated and tell students to go before class.

It is very much mixed signals with teachers and those problems then lead to easier grudges against teachers, some students may even refuse to do their work because they feel they are not getting respect. While students and teachers may support longer passing periods, there are also potential drawbacks that are often overlooked.

School administration understands but also has fair opinions. “The five-minute passing period is a sweet spot for students to travel to class without making bad decisions. If there was a longer passing period students could take care of needs, but I am not saying passing periods should be longer,” Dean of Students Nathan TerBeest said.

Administration understands longer passing periods would be helpful for the students who do want to be in class on time and get their needs taken care of, but it is difficult to give that choice with many students choosing to do other things other than school and taking care of their needs.

Many students try to skip or talk to friends or do other things in the bathroom during passing period, with extending the passing period time this would only allow for careless things to happen more often.



Students walk down the hallway January 22, 2025





Left: A choir class practices a song while choir director Sara Cowan, right, keeps time. Right: Cowan leads a choir class.



WHITMAN RUTLEDGE | The Register

## Two Central students selected for National Honor Choir

Paula Gutierrez Martinez  
arts & culture editor

Two Central students were recently selected for the American Choral Directors Association's National Honor Choir. Senior Aiden Ramirez and sophomore Asia Young will travel to Dallas in March to take part in the 2025 ACDA National Conference.

Ramirez and Young were accepted into the 11-12 SATB (soprano, alto, tenor, bass) and 8-10 Treble choirs, respectively. In Dallas, they will spend four days rehearsing and performing a concert alongside the country's top singers and directors.

The National Honor Choir had different levels of choirs, all highly selective, and only a small percentage of students are chosen each year. Around 5,000 students auditioned this year, and only around 300 per choir were accepted.

ACDA is a nationwide organization of choir directors and teachers at every level. It holds a biennial conference that features exhibits and representatives from colleges. It's also an opportunity to network.

"A lot of the people auditioning are already the top singers at their schools and everything. So, it's a huge honor," choir teacher Sara Cowan said.

Ramirez, who had previously been selected his freshman year, was surprised when he received the news. "I didn't know how big of a deal it was back then, and now especially because they mentioned that it would be a lot more strict this year," he said.

"When I got the news, I was really, really shocked, and I almost literally could not stop smiling the entire day because it really is an honor to be part of something so big, also to be recognized by the Board of Education over at the OPS TAC building, which was really amazing," Young said.

Ramirez and Young both had little formal experience with choir before coming to Central. Young loved singing and tried teaching herself to be a better singer, but Ramirez was mainly a band person throughout elementary and middle school.

To apply, singers had to be sponsored by an ACDA member and pay an application fee of \$30. Online applications opened Aug. 15 and closed Sept. 26. Applicants had to provide a recording of their voices singing specific scales and prepared pieces. To ensure a fair and balanced selection process, applications are anonymous.

Ramirez and Young, who are on the Step Team together, are grateful they're able to share this win with each other. "It's awesome because I'm glad I was able to get admitted with someone. Even though we're not going to be in the same choir, I'm glad to know that she's also going to be in the trip and that I'll be able to see her before and after rehearsals," Ramirez said.

According to the organization, ACDA has been a leader for choral conductors in the U.S. for over 60 years. Its mission is to inspire excellence and promote lifelong engagement with choral music for all, through education, performance, composition, and advocacy.

Ramirez and Young both wish to pursue music production in college, and believe ACDA will help them with this.

## Central choir holds auditions for 2025-26 school year

Claire Wynn  
contributing writer

Choir auditions, judged by choir teacher Sara Cowan, vocal teacher Kathryn Bohn and accompanist Stephen Bouma, took place Jan. 22-26.

The auditions for both A-cappella and CHS Singers are "low stress," and "low pressure," according to both senior Owen Fuesel and sophomore Violet Little.

Cowan agrees, because she has taught for many years and she understands the stress students may go through, and that she wants to keep it at a minimum.

A-cappella has no limit of students it can take, Cowan said, and she always wants it to grow. Before auditions there were 49 students involved in A-cappella, and 26 students in CHS Singers. These classes are the more rigorous choirs, encouraged for anyone who has experience or is dedicated to singing.

"There's a lot of students who come in with very little experience and are just the perfect fit for A-cappella or even CHS Singers right from the start, it's all about dedication and ability to learn music," Cowan said.

After three years of choir, Fuesel emphasized that auditions are more of a placement than an audition and finding where your voice fits into the group. Fuesel said the teachers have been working a long time and understand students' needs and they are here to teach, not to judge.

Little said her favorite part of choir is the community. She is excited to be a bigger part of choir next year and is hoping to "expand on relationships" she has built over the year.

Tryouts for CHS Singers happened on Jan. 28 after school in groups of three or more. The judges listened to each group sing a small excerpt and put the results up on the choir door the next day.

Little described CHS Singers as a kind of honors choir.

"It's a more involved choir; they do a lot more student-led stuff and a lot of volunteering. Most of the time there's no conductor, so it just makes it more of a student's project," Little said.

Fuesel is excited for new students to join and encourages everyone interested to look into it. He believes choir allows students to go above and beyond in their work, allowing them to learn how to improve themselves and as a group.

"It's kind of just dedication, you know, you have to be willing to put in the work and not only learn the music, but also go beyond learning just the music, the notes, the rhythms. It's so much more than that to me, and to all the others involved," Fuesel said.

Many students agree that choir is a safe place for everyone and builds up skills that can be used in the future. Every student who would like to learn to sing is highly encouraged to join choir and become a part of the community.

"We have five choirs that meet throughout the school day, and regardless of anyone's talent or skill level, there's a choir for everyone," Cowan said. to create many new experiences among the residents of Omaha.

## Central shows off talent during Roadshow

Jasmin Gutierrez Garcia  
translation editor

The time arrived for the 111th Annual Roadshow at Central High School over the weekend. The Roadshow is a talent show where students can sign up to show their talent to an audience. The show dates were Feb. 21 at 7 p.m. and Feb. 22 at 2 p.m. and 7 p.m. This year the theme was Central talent.

Central music teacher Kathryn Bohn received 25 to 30 Roadshow auditions, and 20 were chosen. It was completely based on voting. This year's panel consisted of 30 judges, some of whom are teachers and some are students. The music teachers counted votes. The votes were then tallied to decide who is cast for the Roadshow.

"The part that's hard for me is that not everyone can be in it because we don't have enough time in the show," Bohn said.

One of Bohn's favorite performances to see at the Roadshow is Step Team, which is often in the Roadshow and receives positive remarks about being fun to watch.

"We have a lot of cool things at Central that other schools don't have...", Bohn said. "We have lots of singers, this year we have some comedy as well. So, yeah, there is lots of great stuff."

Tommy Melone Reynoso, a sophomore at Central, was cast for Roadshow. He auditioned in a band with a couple other people. They did a performance of "The Subway" by Chappell Roan.

"It just seems like an exciting way to get back onstage. It is definitely good for community building and a fun experience from what I've heard overall," Melone Reynoso said.

Junior Laya Dorsey was cast for Roadshow. She auditioned for a solo with a friend of hers who plays piano. She sang "Bound to You" by Christina Aguilera.

"I think what inspired me was last year I did the Roadshow with a class, but I saw people do solos and I just wanted to try too and see if I could get in and I did," Dorsey said.

The tip Melone Reynoso gives to future Roadshow auditionees is to not think too hard about if you give a good performance, especially with the feeling of a lot of eyes being on you. Dorsey suggests future auditionees go for it, try something new and step out of their comfort zones.

Both Dorsey and Melone Reynoso are excited about being cast for the Roadshow. "I hope they feel the emotion I am trying to portray of the song and feel it in their soul," Dorsey said.

"Just have fun, enjoy the show and I'll see you at the show," Melone Reynoso said.



2024 Central Book Wrapped

Gaby Antunez  
staff writer

The 2024 Book Wrapped was created by librarian Beth Wilson so students could share their favorite books they read that year. The 2024 book wrapped is a new event created with the intention of allowing people passing by the library to view many different suggestions.

There are posters all around the library entrance with the cover of the book, the author and name, what student or teacher recommended it and why they recommended it with a quote from the student or teacher. There is also a QR code on the corner of each poster stating what genre of book it is and more information on the book. The QR code helps students find out if the book is currently available and where else they might be able to find the book.

“I got the idea from Spotify, everyone was so excited about sharing what their top music was, so I got the idea that students might be excited to share their top book, too,” Wilson said.

Wilson posted the Form on Teams towards the end of first semester so the participants could have time to think about what book they want to suggest. She was very happy with how many people participated. Around 40 people submitted a response in total.

A student who participated was sophomore Emiliano Helms. Not only where teachers spreading the word of the survey but students as well, Helms heard of the form through his friends Snapchat story.

He also believes it should be continued in the future to not only give people ideas on what to read but also bring more books to the library. “ I decided on those books because I enjoyed read it them, but they aren’t in the school’s library.” Helms said. He recommended books that currently aren’t available in the library in hopes that they are added and also to give encouragement to students to go to other public libraries.

Not only did students fill out the form, but many staff members did as well. “A lot of teachers participated because they especially like to share their reading,” Wilson said.

Since so many people within a wide age range participated, many different books and genres are shown within the recommendations, ranging from comic books to classics.



MAURO GUTIERREZ | The Register

One of the teachers who participated was English teacher Kelsey Porter. “I decided to participate because I think it’s really important to kind of share with the Central community... I think it’s easier to pick up a book if someone else recommends it,” Porter said.

Porter recommended four books because there were a lot of books she enjoyed reading and wanted to recommend a variety of genres. Porter heard about the Book Wrapped through librarian Jennifer Kaweck, who was advertising it to the staff with the help of the book club.

When asked if she believes it should be an annual thing, Porter didn’t hesitate to say “absolutely, I think it’s so nice to see what other teachers and students are reading.” She wishes for the Book Wrapped to happen for many years to come as it’s a good resource for many students.

Porter struggles with figuring out what books interest them and what books she wants to read next, but the 2024 Book Wrapped helped with that. “Good ideas for what to add to my own like, to-read-next pile,” Porter said.

She herself has looked at other recommendations and is excited to see what the favorite books of other students or staff are about.

Best romance books for Valentine’s Day

Fiona Bryant  
managing editor

Valentine’s Day is always a great excuse to watch rom coms, eat heart-shaped candy or read romance books. Regardless of your relationship status, here are eight romance books you may not have heard of to add some love to your day!

Best Wintery Romance

“The Borrow a Boyfriend Club” by Page Powars (available at the Omaha Public Library)

The swoony, cozy winter dates in this book are probably the cutest part. Except for the fact that they’re fake dates offered by the Borrow a Boyfriend Club – a boyfriend renting service. Asher and Noah work for the Borrow a Boyfriend Club and are entering their school’s talent show together, but the “no real relationships” rule of the club is getting harder to balance...

Most Entertaining Romance Plots

“If This Gets Out” by Cale Dietrich and Sophie Gonzales (available at the Central library and Omaha Public Library)

One of the most engrossing and drama-filled books I have read, “If This Gets Out” is basically One Direction fanfiction if it was a well-written novel. Ruben and Zach’s friendship in their famous boy band turns into a romance, but not without worries about how their management and fans will react. This book has enough tension to warm you up during the chilly winter months.

“Don’t Let It Break Your Heart” by Maggie Horne (available at the Omaha Public Library)

This book definitely lives up to its cover! If you dislike miscommunication, you may not enjoy this, as the plot revolves around best friends Alana and Gray falling for the same dreamy new girl. Only one of them wins her over, creating a web of drama. And, oh yeah, Alana and Gray have history too.

Best Romance Book Author

Alexandria Bellefleur writes creative, addictive queer romances with lots of tension and spice. Two of her best books are “Count Your Lucky Stars,” where former best friends who had a fling senior year become roommates again, and “The Fiancée Farce,” that mixes family inheritance drama, fake dating and a marriage of convenience. These titles are available at the Omaha Public Library.

Best Emotional Romance

“Beating Heart Baby” by Lio Min (available at the Central library and Omaha Public Library)

Santi’s the new student; Suma’s the enemy who is immediately skeptical of Santi’s participation in the school marching band. Then, tension and secrets bring them together. One secret, however, tests their future and the past they didn’t realize they had.

Best Dark Romance

“Black Iris” by Elliot Wake

“Black Iris” is unique in its complicated, messy romances (yes, there are multiple romances), disjointed timeline and exploration of human nature and mental illness. The novel follows Laney as she contends with the trauma of her hometown after starting her freshman year of college; there she meets Armin and Blythe, her love interests who are as mysterious



RAKHIJA ABDALLA MOHAMMED | The Register

and broken as her. There are parties, secret university societies, attacks and very twisted relationships, making it a very gripping book.

**Best Romance that isn’t a Romance**

“Eleven Minutes” by Paulo Coelho (available at the Omaha Public Library)

A highlight of “Eleven Minutes” is how it centers Maria’s life and character before she meets Ralf, her lover. In that way, the novel is not a traditional romance book focusing on the couple’s relationship. Instead, it explores Maria’s search for meaning as a Brazilian sex worker in Switzerland who ends up falling in love. This book explores belonging in another culture, sex work, personal relationships and finding true happiness, with a hint of romance sprinkled in.

Eagles bring home honors from state thespian festival

Jasmin Gutierrez Garcia  
translation editor

Eighteen Eagles, including drama teacher Scott Mead, attended the Nebraska Thespian State Festival from Jan. 2 to Jan. 4. Four of those Eagles made it into the superior rankings for individual events: junior Tessa Priesman and seniors Grace Spicka, Ray Bartlett and DeVon Richards II.

The Nebraska Thespian State Festival took place at the Holland Center and Downtown Hilton Hotel. Priesman’s performance was a musical theater solo. The captain of the Improv Challenge team is Richards. He and Bartlett performed a duet scene. Spicka, the captain of the Tech Challenge team, presented stage management.

“I was pretty psyched...,” Bartlett said. “We were the only people in Nebraska to get a superior on the duet acting scene, which is like the best grade you can do.”

Richards described his collaboration with Bartlett as an enjoyable experience that felt spontaneous and casual. It was as if they casually proposed the idea to each other, and Bartlett readily agreed. Their partnership involved a dynamic exchange of ideas, making the entire process a positive one.

Bartlett shared his thoughts on Richards, highlighting that he’s not just a talented individual, but also an inspiring class president. He expressed deep admiration for Richards’s abilities and noted that he’s consistently impressed by his work, even suggesting that he tends to underestimate his own talents. Mead’s Eagles received the Nebraska Thespian Honor Troupe: Gold Recognition for the third year in a row. Central’s Improv Challenge team got third place overall out of 20 schools. Central’s

Tech Challenge team got fifth overall out of 18 schools.

“It’s important because we have lots of opportunities to learn and grow as performers and as technicians. Students get to see shows that are performed by other students, other performers, meet new people from across the state,” Mead said.

Mead was nominated for teacher of the year by Central students. Performances and workshops were presented at the Holland Center, and many other events were shown at the hotel. Multiple Central drama students are asked by Mead if they’d like to attend the Nebraska Thespian State Festival, and most say yes.

“Being on stage is something that has just come pretty naturally, because I treat life as almost like a performance in a way, where I just want to entertain or inform as many people as I can,” Richards said.

Although challenges did come along the way for these four Eagles, the most common of them was time. “Preparing the song on time and you get feedback before you go and perform the festival. Learning from that feedback and trying to use that to improve my performance,” Priesman said.

All four of these Eagles agreed that the Nebraska Thespian State Festival was a fun experience.

“Everyone is welcome there. If you are interested in it or if you are just doing it for fun, you are going to find something that you’re interested in, because there is stuff from acting to improv to just like learning how to tie a knot, which was one of the workshops that I did,” Spicka said.

“It’s just a great way to celebrate theater, and that’s the main thing is to celebrate theater,” Mead said.



# Top 25 Songs from the 21<sup>st</sup> Century

**Arisa Lattison**  
*editor-in-chief*

Now, I know myself as a person with versatile music taste. As we are a quarter of the way into the 21st century, I thought I would take it into my hands to curate a list of my favorites from every year so far this century. I thought I would take it into my hands to create a list of my favorites from every year so far this century.

2000: “Oops!...I Did it Again” - Britney Spears

When I think of this era, my mind goes to Britney Spears. I listened to this song growing up and the dialogue was my favorite part.

2001: “Can’t Get You out of My Head” - Kylie Minogue

The beat of this song is extremely catchy, and I envision it as something that would play at dances. You will find yourself singing along with the “la la la’s.”

2002: “Don’t Know Why” - Norah Jones  
When ballroom dancing was required in elementary school, Jones was a classic choice for waltz music. Her music grew on me, and I have grown to associate a pleasant memory with this song.

2003: “Crazy In Love” - Beyonce, JAY-Z

I don’t know a single person who doesn’t know this song. Thank you, Beyonce, for releasing an absolute hit. It reminds me of Friday night football games here at Central.

2004: “Take Me Out” - Franz Ferdinand  
“Take Me Out” is a classic. I like how the beginning of the song does not at all reflect the rest of it. Fun fact: Franz Ferdinand in this context is a band, not an individual!

2005: “Feel Good Inc.” – Gorillaz

This has a darker tone than what I usually listen to, and although it has positive lyrics, evokes a different emotion in me. I imagine

this song would play at the beginning of an action movie in which the main character is getting ready to go out.

2006: “Everytime We Touch” - Cascada  
“Everytime We Touch” brings together touches of electronic dance music and serenading and weaves them into a perfect late-night drive song. What I would give to find another song like this.

2007: “Breakin’ Dishes” – Rihanna  
This song has once again begun circulating on TikTok recently due to fan-made edits of characters. I like the beat of this song, although the message is far from relatable.

2008: “I Kissed A Girl” – Katy Perry  
I like this song because while I did not understand it at the time, it was one of the first WLW (women love women) songs that I had heard, and I did like the representation of different orientations in music.

2009: “Meet Me Halfway” - Black Eyed Peas

This song is my all-time favorite from the 2000’s. As I interpret it, “Meet Me Halfway” is a song about compromise and love. The chorus is euphoric, and it is my go-to pick-me-up song.

2010: “Dynamite” – Taio Cruz

I also heard this one frequently at football games, and for that reason it is one of my favorite songs from 2010.

2011: “The Ballad of Mona Lisa” – Panic! At The Disco

I went through a crazy P!ATD phase in middle school, and this was by far one of my favorite songs out of their discography. They introduced me to alternative rock music and “The Ballad of Mona Lisa” has a special place in my heart.

2012: “Payphone” – Maroon 5, Wiz Khalifa

I really enjoyed the rhyme scheme in this

song, and it made it extremely catchy to sing along to. Wiz Khalifa’s verse completed it.

2013: “Royals” - Lorde  
I have a soft spot for this song because as an alto, I could never sing along to songs very well. My sister and I would have “Royals” on repeat and post covers on private to our YouTube channel.

2014: “A Sky Full of Stars” - Coldplay  
Coldplay writes the most nostalgic songs, but this one takes the top. I seem to have a thing for bittersweet songs, because while this is a love song, the lines “I don’t care go on and tear me apart/I don’t care if you do” showcase the vulnerability behind it.

2015: “Love Me Like You Do” – Ellie Goulding

This gut-wrenching, relatable-for-many song was one of my favorites growing up because of how intense it was. When you think of love songs, you think of slower ballads. This was the change that I was seeking.

2016: “24K Magic” – Bruno Mars  
This list is not complete without Bruno Mars. This song was a hit back then and you can never go wrong with it now. Absolute banger: singable, danceable, vibe-able.

2017: “Look What You Made Me Do” – Taylor Swift

Now, Taylor Swift’s “Reputation” album was just phenomenal, if not my favorite album of hers, and this song and music video were well done. I didn’t understand the concept of it back then very well (probably best I didn’t), but it didn’t stop me from learning the words.

2018: “Happier” - Bastille

There were many contenders for 2018, but I settled on this one in the end. “Happier” played on the radio many times that year, and I distinctly remember my sisters and I huddled in front of the TV to watch the sad music video when it came out. I like the bit-

tersweet message of this song.

2019: “Liar” – Camila Cabello  
This song sounds like ballroom music, which drew me towards it at the time. I like the switch in the melody and the feel of “Liar,” easily putting it as the top song of 2019.

2020: “Ceilings” – Lizzy McAlpine

This was a nostalgic year, and this song was another one I discovered through TikTok. The trend where a person would run away from the camera in a dress sparks notes of surrealism, and the lyrics are a gentle reminder to stay in touch with real life.

2021: “Ghost” – Justin Bieber

I’m just as surprised that Justin Bieber made the list, but once I saw a clip of him online singing it while clinging onto a railing, it made me see it in a different light. There’s a lot of speculation that he was singing about one of his past relationships, and being a lover of the latter, it made me appreciate this song even more.

2022: “Bad Habit” – Steve Lacy  
A song about missing your chances and having regrets, Steve Lacy does an amazing job of getting that emotion across. The ending that cuts to a capella is my favorite; it’s like the conflicting voices in your head go silent.

2023: “Agora Hills” – Doja Cat

With Doja Cat performing in Omaha that year, it was fitting to have the top 2023 song as “Agora Hills.” Doja Cat never fails to impress with her set of skills, being able to both sing and rap.

2024: “Saturn” - SZA

This song is about losing touch, or rather daydreaming about a better reality, which is hard not to do in our world today. This song was the perfect one to end the list as it encapsulates our society and the uncertainty of it all. But all we can do is dream, right?

# Herold’s Family Diner transports customers back in time

**Katie Besancon**  
*digital editor*

Located on north 30th St. in the historic Florence neighborhood in Omaha, Herold’s Koffee House is like nothing else in Nebraska.

Herold Halstead worked at a local shoe store where he met Pauline Palmer, who he later married before going out to fight in World War II. Once returning from the war, Halstead worked at the Harkert’s Holsum Hamburgers chain of diners, finding his love for the restaurant business. When Harkert’s went out of business, Halstead teamed up with two other businessmen to create the Koffee House Systems of diners. Pauline kept the books for the diner and provided knowledge of which meals and desserts would be the biggest hits.

These Koffee houses opened along many busy streets throughout Omaha before Halstead separated from his partners to take on Herold’s, the popular establishment. The business became a lifestyle and family endeavor when their oldest son started cooking at the age of 14, their second son started washing dishes, and their four daughters filled the final slots of their employee roster as the waitstaff, cashiers, and table bussers.

The family history is evident as soon as you walk through the doors, with photographs of family members from the 1900s and current workers proudly displayed on the walls. The design of the diner transports you back to the 1960s: the bright colors, teal booths surrounded by the walk-up bar top and wait staff meandering their way through the middle. The energy throughout the establishment is electric and truly feels like you are in a different century.

The relationship between employees and customers is like I have never seen before, where someone can walk in, and the waitress immediately knows their name and order and puts it in for them without the need to even ask. Being a regular customer, where an employee remembers you as soon as you walk through the door, truly seems like a dream come true and something I wish to achieve with visiting Herold’s.

The food is your standard diner food experience, with everything from breakfast burritos and sandwiches to French toast, pancakes and waffles.

I have visited Herold’s on numerous occasions, changing my order almost every time. I can confidently say you cannot go wrong ordering the House Special, which includes two eggs, hash browns, and a choice of bacon, sausage, and ham along with a choice of toast, a biscuit or a pancake.



KATIE BESANCON | The Register

My second choice would be the breakfast sandwich. It’s even better when they make in-house croissants and use those instead of an English muffin or bagel. The breakfast sandwich is a choice of ham, bacon, or sausage with a fried egg and melted cheese served on either an English muffin or a bagel, (unless you get lucky with the croissants).

Finally, you can’t go wrong with their daily specials. My friend and I visited on a busy Saturday morning the first week back to school, when I ordered the two, two, two: two pieces of French toast, two pieces of either bacon, sausage, or ham, and two eggs. While it was a lot of food, it was delicious and a great way to start the day.

If you are looking to take yourself out of the 21st Century for an hour or so and immerse yourself in the true diner experience, Herold’s is the place to be. If you are not able to make it into the restaurant, you can easily order both breakfast and lunch on their website and pick it up.

# Seven best seasonal drinks for winter

**Chloe Schwartz**  
*staff writer*

It’s winter, and it’s freezing outside. There are many delicious hot drinks to enjoy and warm up. Here are the top seven drinks to sip on, whether you’re staying cozy inside or trying to warm up outside.

1. Spiced apple cider  
Spiced apple cider combines the sweetness of apples and warmth of spices. Most people add cinnamon sticks, cloves or fresh ginger.

2. Hot Chocolate  
Hot chocolate is a classic. It is a nice, warm, creamy beverage that is better than homemade. Some hot chocolate mix has peppermint.

3. Chai Latte  
A chai latte is a great mix between spiced tea and creamy milk. Most of the time cinnamon or ginger is mixed in.

4. Peppermint coffee  
This one is in the name: coffee or hot chocolate mixed with peppermint flavor. It’s a delicious snack after a long cold day.

5. Matcha Latte  
Matcha latte is a healthy choice for the winter. You can sweeten it with honey or vanilla syrup. It keeps you warm without giving you a sugar or caffeine crash.

6. Eggnog  
Eggnog is a comforting and sentimental drink. It can be served cold or hot and is delicious either way. Many say this brings back childhood holiday memories.

7. Butterbeer  
Butterbeer is a great tasting drink. Despite the name, it is not alcoholic. It tastes like soda with melted marshmallow mixed in; it is a caramel kind of taste.



CHLOE SCHWARTZ | The Register



# ‘Mufasa: The Lion King’ - It’s... Fine?

Ethan Hughes  
staff writer

The Lion King” is a Disney classic, often cited as one of the franchise’s best films. It received a live-action adaptation in 2019 to...not great reception. Even now, it only has a 6.8 rating on IMDB, as opposed to the 8.5 that the original has.

Personally, I despised the live action version—I hold the original very close to me, and I find how they adapted it to almost be a bastardization of an amazing film. But despite that, I swore to myself that I would go into “Mufasa: The Lion King” with an open mind.

I still didn’t like it that much. In fact, it was so unmemorable I actively had to look up details about the plot to remember what even happened.

The animation is about the same, and the plot is fine, I guess? It’s an in-depth backstory for Mufasa, and the definition of “sufficient.” The story sees Mufasa grow up with his brother Taka, and their encounters with a group of white “outsider” lions, which eventually culminates with Mufasa being declared the king of the Pridelands, and Taka changing his name to Scar.

And that’s kinda it. It is a backstory for Mufasa from “The Lion King”—nothing more, nothing less. The main thing that is interesting about the presentation is that it’s initially presented as a story the baboon Rafiki is telling Nala.

The voice acting was good, as always—that’s one thing you can’t usually critique with Disney. The music was definitely good, but it doesn’t make up for how forgettable the story is and how mediocre the animation is. It scored a 6.7 on IMDB—for context, its competitor film, “Sonic the Hedgehog 3,” scored an 8.3.

If you liked the 2019 live-action “Lion King,” you’ll probably like “Mufasa,” but otherwise, don’t bother.



Photo Courtesy of SPIKE CHUNSOFT

# ‘Sparking! Zero’ gameplay simple but skilled

Isaac Percival-Aizenburg  
staff writer

Released on Oct. 8, 2024 “Dragon Ball: Sparking! Zero” instantly became one of the best-selling fighting games of the last decade.

“Sparking! Zero” takes an interesting approach to game balance, basing it off lore, meaning not every character is equal. They make this work by introducing a point system called destruction points and assigning characters point values based on their power. To make a team of five or less, players are allotted points to choose from characters with values ranging from one being the weakest, to nine being the strongest.

Gameplay mainly revolves around timing-based teleports called the vanish system, keeping the combat simple yet skilled.

Adapting an anime into 3D will always be a challenge. “Sparking! Zero” nails the look of the original anime and translates it flawlessly; the game is beautiful.

The game’s “Hero of Justice” add-on introduced five new characters, including Gohan, who can now harness the power of his new form introduced in 2022’s “Dragonball Super: Superhero.” Piccolo returns with his new orange form, and two new androids, Gamma 1 and Gamma 2 and a giant character, Cell Max, are added to the roster. “Sparking! Zero” has a massive roster of characters, and the addition of the DLC brings the count to 193 characters, which is unheard of when it comes to fighting games.

This roster can lead to some characters being quite similar. Essentially, every character is mechanically similar, which is a positive and negative in the sense that every character can be played by anyone willing to learn the game. Sadly, this also means there is a slight lack in variety between most characters.

“Sparking! Zero” is a game that any fan of “Dragon Ball” or fighting games will find enjoyable. With dozens of hours’ worth of story content based on both “Dragon Ball Z” and “Dragon Ball Super,” it is sure to keep you entertained and engaged.

# ‘Legend of Fluffy’ is legendary cap to Fluffy’s career

Charli Tobin  
staff writer

Comedian Gabriel Iglesias, otherwise known as “Fluffy,” released a brand-new special Jan. 7 titled “Legend of Fluffy” on Netflix, once again smashing it out of the park. With jokes about his friends, life and experiences, laughter was a great way to start out the new year.

He starts out by making sure his audience knows he is not here to offend people, but to entertain. The show has a theme of 27 years of comedy and gratefulness for the support he has received. He speaks about how the world—and his world—have changed since he started comedy full-time in 1997.

He went from garages and bars to sold out stadiums and arenas. He is the first entertainer to film a special at the Hard Rock Hotel and Casino, where the likes of Aerosmith, Janet Jackson and Prince have performed. Last year, he became the first comedian to sell out Dodger Stadium.

Fluffy has always been a comedian who gets the audience involved, and this time he addressed an audience member, “Dustin,” directly through a joke about his relationship status. That has always been something to appreciate about Fluffy since it brings a sense of familiarity to him.

Iglesias has always been a more vocal than physical comedian. He uses his voice and impressions to make you laugh, rather than big movements and dramatic gestures. His impressions this time around are just as iconic and funny, such as a gun salesman or his elderly friend. They also help you keep up with stories and jokes as you can distinguish the characters’ voices in your head.

Now, for a Netflix special, a comedian needs a set, and it must be eye-grabbing. This set isn’t as striking as some other specials, but it tells the viewer what to expect from the show, which in this case is a simple, good-old-fashioned comedy show. The front of the set has Fluffy’s logo—him holding a microphone to the air, much like the Air Jordan logo— and name dead center. The rest is blue lighting and classic Miami architecture.

If they work long enough, comedians will eventually tell a joke that becomes synonymous with them, for better or worse. Fluffy has one, and it’s over 20 years old. The audience can now finish the joke for him because it is so iconic, and for good reason. It lets you know everything you need to know about Fluffy, and for those interested in the joke, look up “Krispy Kreme donut cop fluffy,” and you will die laughing.

Overall, this is almost a retelling of 27 years of comedy. Legendary comedian Iglesias is able to tell jokes and give lessons at the same time, and I can’t recommend his comedy enough.

- ACROSS
1. a type of precipitation that falls as frozen water crystals

4. snow sculptures that are often built in the winter

11. Punxsutawney Phils wife

12. the number of days on February

15. child of Venus

16. symbol of love

17. Where the Wizard of Oz is from

18. the second biggest food day in the United States

19. Born in Omaha now has a bow company

20. Central's Principal
- DOWN
2. unicorn of the sea

3. baseball series in Omaha

5. birthstone of February

6. name of the groundhog that declares spring

7. day of Valentines day

8. brand of heart candy

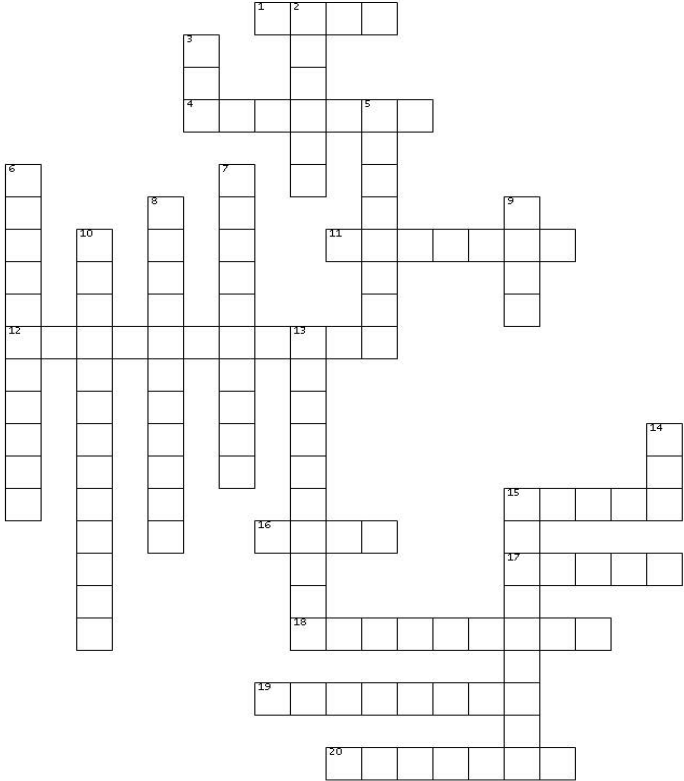
9. hue of red

10. ancient Roman ritual of Lupercalia that welcomed spring

13. ate porridge and said this is too hot this is too cold this is just right

14. a primary color

15. 58 millions pounds of this is bought each year for Valentines day in the US



Across: 1.Snow, 4. Snowman, 11. Phyllis, 12. Twentyeight, 15. Cupid, 16. love, 17. Omaha, 18. Superbowl, 19. JoJoSiwa, 20. Kirksey, Down: 2. Narwal, 3. CWS, 5. Amethyst, 6. Punxsutawney, 7. Fourteenth, 8. Sweethearts, 9. Pink, 10. Valentinesday, 13. Goldilocks, 14. Red, 15. Chocolate



# PRO VOLLEYBALL GROWS

## Nebraska serves as epicenter of professional volleyball expansion

Steven Dickerson  
*sports editor*

Nebraska has long been a powerhouse in the world of volleyball, from record-breaking college crowds to a deep-rooted passion for the sport at all levels. Now, the Cornhusker State is cementing itself as the epicenter of professional volleyball’s rapid expansion.

With the Omaha Supernovas entering their second season and League One Volleyball (LOVB) Omaha playing their inaugural season, the sport is finding Nebraska a suitable home for professional play. From sold-out arenas to major signings, Nebraska isn’t just embracing professional volleyball, it’s driving its growth, setting the stage for the sport’s next big era in the United States.

“The growth is super exciting for our sport,” Supernovas Head Coach Laura ‘Bird’ Kuhn said. “More opportunities mean more people investing and believing in volleyball. The sport is obviously on the rise, and Nebraska is at the center of it.”

The Supernovas have already made their mark in the Pro Volleyball Federation (PVF). They won the league’s first championship in 2024 and are hoping for another one this spring, although they sit at fifth in the league with a 4-3 record. Come next year, the Supernovas will leave the PVF and serve as a founding franchise in a new pro volleyball league, Major League Volleyball (MLV), which hopes to include franchises from states like California, Kansas, Kentucky and Ohio.

The Supernovas exemplify the sport’s new popularity, hosting eight of the top 10 most attended professional volleyball matches in U.S. history, with their record being 13,486, broken on Jan. 10 of this year, and the average game bringing about 11,000 fans to CHI Health Center,



Left: Brooke Nuneviller, left, and Kaitlyn Hord, right, prepare to dig a ball in a game. Right: Natalia Valentin-Anderson serves.



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which is the highest average match attendance in the world. As the team looks to defend its position in the league, the focus remains on execution and staying in attack mode. “We know this league is very competitive,” Kuhn said. “Every game is a battle, and we have to stay disciplined and clean in our play.” Serving has been a key point of emphasis for the Supernovas, setting the tone for their aggressive style of play. “Our serving was one of the biggest strengths in our last match,” Supernovas outside hitter Reagan Cooper said. “At this level, serving pressure makes all the difference.”

VOLLEYBALL on page 19

## Owens makes impact on boys basketball team

Aubri Kolterman  
*staff writer*

The boys’ basketball team has gained two new transfers this year for this season, Braylon Owens and Charlie Hildebrandt. Each one brings something to the team, but Owens stands out as a frequent starter for the Eagles.

Owens, a junior transfer from Grand Island, has become an Eagle this year with just one season ahead of him. Owens is a 6-foot, 4-inch, 175-pound forward. Having played few games, Owens averages six points and three rebounds per game. He is described by his coach, Bruce Chubick, as a Swiss army pocketknife, bringing a little bit of everything to the table.

Owens decided to come to Central because his dad was from Omaha, and his brother also transferred in, feeling like it was a good place for him, so he followed in his brothers’ footsteps.

“When I first came down here, it felt like I was family, like I should have been here,” Owens said.

He likes the crowd and environment of Central, which he had experienced when he faced them in a game his freshman year. Owens looks forward to continuing gaining confidence and seeing his stats go up from the end of this season to the end of his high school playing career, and he wants to end his senior year on a good note along with a couple of college offers.

Owens has found a way to feel a sense of belonging here, and the team has prioritized making him feel like family. He bonds well with the team and has had a couple of senior role models. The team has done nothing but embraced him.

Ike Ackerman, a senior forward, has made Owens feel welcome. He has been a great role model, and most importantly a friend to him, on and off the court. “Ever since I’ve moved down here, Ike’s kind of just been like my role model, and somehow looked up to him,” Owens said.

Ackerman says he just needs to be confident and keep playing how he has been playing.

Chubick said Owens can rebound, pass, shoot, defend and gets to the basket well, and can also dribble well. “He brings a lot of the stuff that we need,” Chubick said.

He described Owens as very unselfish, leading to a stronger team. Owens is very motivated to succeed as well. He performs very well at practice, and the team are the only ones who have seen how he has been playing, which will soon transition very well into their games.

“His best days are ahead of him; I think he’s only starting to scratch the surface of what he could become,” Chubick said.



Braylon Owens, right, smiles during a basketball practice in January.

AUBRI KOLTERMAN | The Register

### Central sports legend Calvin Jones passes away p. 17

The former NFL, Nebraska, and Central running back died on Jan. 22 due to what officials believe was carbon monoxide poisoning. His impact on Central was extensive.

### Omaha Eagles Lacrosse grows as more girls become interested in the sport p. 18

Coach Charlie Dinnel found a need for the sport to head to The Nest. The program he created has paved the way for lacrosse’s growth in the state.

### Omaha Queens FC debuts, hopes to grow womens soccer p. 19

The indoor women’s soccer league will compete in the Major Arena Soccer League for its inaugural season, sparking hopes of growth for indoor soccer, especially for women.

### Freshmen lead the way for girls wrestling program p. 20

Narvena Sallom and Keymone George have been excelling, with Sallom earning third place and George placing fourth at the 2025 Metro Conference Tournament.



# Central alumnus Alec Rome returns to OC Broadcasting

|Paula Gutierrez-Martinez  
*arts & culture editor*

When alumnus Alec Rome returned to Central to help with OC Broadcasting, he was greeted by a world of difference from the setup he had worked with as a student.

“We had one camera and one laptop and an audio board,” Rome recalled.

Today, OC Broadcasting boasts multiple cameras, switchers and a replay system.

To Rome, coming back was a no-brainer. He wanted to see the program’s growth firsthand, but also help it continue to grow, “You need more students that are willing to volunteer the time but also get excited about this new experience where you can gain really legitimate experience. It’s not just student journalism or student broadcasting,” he said.

“He really just has this great focus for doing great things because he knows how great this institution is being an alumni, and he wants to provide those opportunities for students and show students the amazing things they can do with their talents and skills as well,” US History teacher and OC Broadcasting sponsor Benjamin Boeckman said.

Rome first became involved with media his freshman year when he joined The Register on a whim. By his sophomore year, he expanded his horizons, signing up for a broadcasting class at the Career Center. Within a week, he volunteered to help broadcast Central’s opening football game against Burke. Over the next three years, he broadcast over 100 different events.

He was able to transfer the writing and reporting skills he learned on The Register to Eagle Updates, a news update show he did for Central. The video packages Rome edited became a familiar sight in many classrooms after morning announcements, transforming him into a bit of a local celebrity.

“That was pretty wild to be able to go from just kind of floating along in a way and I would be, like, relatively unknown person to know everybody sees my face, on their whiteboard, their smart boards in the morning on their projectors,” he said.

Rome attended the University of Nebraska-Lincoln, where he majored in broadcast production and interned at HuskerOnline, a website reporting on Nebraska athletics. Rome recognized early on that he didn’t want to devote his career solely to sports broadcasting.

“I’m a multifaceted person,” he said. “In college, I was finding new interests, new things that intrigued me about the world and media in general.”

During his break from sports broadcasting, Rome co-founded a college poker club with his friends in what would become one of the most foundational moves of his career.

“It was a change for us to just play around and have fun and do things for the benefit of just growing the community and not really for my own career, per se. And I think that’s just kind of what has always led me to success, is just doing things that I want to do, and I want to do for fun, and it’s not about gaining something,” Rome said.

The club started live-streaming its tournaments as it grew, giving Rome the opportunity to practice his photography and videography. Through the club, Rome was able to get into contact with professionals in the poker industry, including a staff hire who invited him to photograph the World Series of Poker.

Rome is now a video editor and videographer with the World Poker Tour, a series of internationally televised poker tournaments. Because most of his work is remote, he’s able to give



**Alec Rome, right, Charli Tobin and Keith Bigsbee prepare to broadcast.**BRADLEY SMITH | The Register

back freely to the community, like he does with Central.

“We try to do the best we can of coaching up whoever’s announcing to do the best job they can and reporting on the game. It’s real stuff. And so obviously having been through the entire experience and having had more experience in college and as a professional, I really wanted to help get back to the place that gave me a lot,” Rome said.

“Alec can do it all. He knows how to run a camera, knows how to adjust colors, knows framing shots. When it comes to the technological side of frame rates and inputs and things like that, he has a tone of those skills as well,” Boeckman said. “And when it comes to the talking side, he’s really good on a mic. He knows how to do a really good analysis.”

“He’s very hardworking. I’ve seen him be one of the first people to show up on days that he can, and he’s going to be one of the last people to leave, too,” junior and OC Broadcasting member Charli Tobin said.

Rome encourages media students to transform their interests into meaningful endeavors. He also emphasizes the importance of networking. While the process is difficult, it ultimately pays massive dividends.

“It shouldn’t feel like a chore or feel like something that you’re just simply trying to invest to get a return. You should just try to find people that work in media or work in broadcasting and simply become friends with them because you want to be friends with them,” Rome said.

## Central football legend passes away

|Katie Besancon  
*digital editor*

To football fans across the metro, the name Calvin Jones is a familiar one. The Central football player who played at the University of Nebraska made his mark on the state. He would eventually be drafted by the Los Angeles Raiders where he played for two years before going to Green Bay to play with the Packers, where he won a Super Bowl and finished out his career in 1996.

Jones passed away on Jan. 22, due to suspected carbon monoxide poisoning.

Jones attended Central from 1986 to 1989. This is when former coach William Reed would first see the sheer talent Jones possessed.

It was not on the football field that Reed first saw Jones, but on the track. Reed recalled how large of a person Jones was, but also how fast he was.

Fast forward to Jones’ sophomore year when he got his chance at varsity football, becoming the third string quarterback, not getting much playing time unless one of his fellow teammates went down.

It was not until his junior year that he went out and got his time to shine, putting up 250 yards in one of those games, 180 in another one. Jones played in three games and put up almost 1,000 yards. “At the end of one particular game Jones ran a touchdown and would not play another down for the rest of his season,” Reed said.

The standard at Central for the time was the mentality: “you could not lose your job through an injury. If you get hurt, when you get well again you got to go in the same position you came out of,” Reed said. Jones would have another two quarterbacks in front of him placing him back as the third string.

Jones knew how little time that he would get on the field as a third string quarterback, resulting in him going to coach Reed asking to play a little defense. Reed let him step into the position of linebacker despite the knowledge that his strength was actually running. “He did it all with a smile, didn’t fuss about it, and didn’t talk about quitting,” Reed said.

His senior season Jones would go out for his final season at Central and “was totally out of sight with nobody even close to him,” Reed said. His speed, mixed with his sheer athleticism, made him the “whole package starting with his attitude,” Reed said.

Reed, along with his coaching staff, were the first group of people that required lifting weights, for many of the faster football players there was a fear that “lifting weights would make them slower but I think that part really made his this greater than great person when he was able to really lift weights.” Jones proved that to be true as he was 5’11” and 210 pounds and was still one of the fastest on the team.

## Rising star: Hiley’s journey to swimming stardom

|Caprice McCoy  
*contributing writer*

Carter Hiley, a high school swimming sensation on Central’s swimming team, has already broken multiple school and Omaha Public Schools records and is currently aiming for national recognition.

The records he owns are in the 200-yard individual medley at one minute, 56.36 seconds and the 100-yard freestyle at 46.40 seconds. He placed third and fourth in those events at the state meet last year. Hiley also qualified for Speedo Junior National Championships, which will be in July.

The 200 IM is a race in competitive swimming in which swimmers compete in all four strokes (butterfly, backstroke, breaststroke and freestyle) in one race. The 100 freestyle is a race where competitors swim 100 yards using the front crawl stroke, which is the fastest and most efficient stroke in competitive swimming.

Hiley, now a junior, began swimming lessons in first grade to join his best friend at the

swimming club. Hiley has only gotten better since then and he never wanted to stop.

There have been a few roadblocks in Hiley’s path as a swimmer. Swim training was bought to a stop by quarantine in 2020, when he was in middle school. “I lost out on two years of important training,” Hiley said. Middle school is a crucial time for boys, especially the development of muscles. Another roadblock for Hiley was spraining his MCL and dislocated his kneecap while skiing in August of 2023. However, even throughout the process of physical therapy, he still swam.

“He works really hard, sometimes I have to tell him to cool off, because he’ll work through sickness,” head coach Kristoff Berzins said.

Hiley’s current goal is to do well at the NSAA meet and Speedo Sectionals. His fastest time of the season as of Feb. 7 was 48.98 in the 100 free and 2:02.32 in the IM.

“That is my last opportunity to put up good short course times – think terms of college recruiting,” Hiley said.

The NSAA state meet takes place Feb. 23., in Lincoln, and the Speedo Sectionals begin March 13.





# Omaha Metro Hockey team heads into the postseason

Boe Di Lorenzo  
staff writer

The Omaha Metro Hockey team, the team representing the Omaha Public Schools, is now in its final month of the regular season and they have a record of 16-8-4 as of Feb 21, coming off a 4-2 win vs Fremont. Coached by Greg Smith, they are ranked sixth in the state.

“We’ve just been working together as a team well this season because it’s the same team as last year. Playing with the same guys every shift for the last two years really helps offensively because you kind of just know where your teammates are going to be and what they’re going to do out on the ice,” senior defenseman Theo Puls said. This season he has had two total assists and two total points.

The last time the team won it all was only two years ago when they beat Creighton Prep at the state championship. However, last season saw the team win less, as they finished with a record under .500 at 12-13-5.

A reason for the success and major improvement this year is how they have been practicing.

“What we don’t do best in during games is usually what we work on in practice, making sure it’s better for the games ahead,” senior Joe Sullivan said. He has been producing at a high level this season, with five goals and 11 assists on the season.

Some other players that have played a big role this season is goalie James Peterson and forward Jack Dickinson. Peterson through 23 games played, has had 525 saves with a 92.6 save percentage. Dickinson through 23 games played, has had 12 goals and 15 points.

The next upcoming game for them will be on Friday, Feb 7 vs Elkhorn South, which will be one of the final three games of the regular season, then playoffs will start and Metro Hockey is hoping to be competing for another championship. For the playoffs, all 14 teams in the league make it. It is a double elimination tournament and the top three teams in the regular season based off record get a bye for the first round. So for seeding, the final games for them will be important.



TOP: Senior Joseph Sullivan celebrates after a score against Elkhorn North. BOTTOM LEFT: Junior Noah Smith looks towards the goalie from Elkhorn North. BOTTOM RIGHT: Junior Isaiah Larson uses his stick to shoot the puck against Elkhorn North.

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# Omaha Eagles lacrosse grows as sport becomes more popular

Becca Rock  
chief copy editor

Omaha Eagles Lacrosse has been taking the field and paving the way for women’s lacrosse in Nebraska.

The club program began in 2018 when Coach Charlie Dinnel found a need for a women’s lacrosse team when his daughter (an eighth grader) was planning to attend Central and her only option to play lacrosse at the high school level was at Westside High School. Being a Central graduate himself, Dinnel said, “we definitely didn’t want her to have to play and wear red and black”.

Creating a team was not easy, “I didn’t know what I was doing, and I was overly confident,” Dinnel said. But he concurred these challenges and came to Central to talk to the administration and began the club. The next obstacle he encountered

is that not many people know what lacrosse is, and getting the word out to those who have never heard of it can be difficult.

Eagles Lacrosse is for all Omaha Public School girls from eighth grade to 12 grade. The organization plays in the Midwest Girls Lacrosse league which is the championship of Iowa and Nebraska essentially. Lacrosse is a spring sport and is one of the fastest growing ones too!

In 2019, following the first spring season, the team needed to continue to work on skills and needed extra reps. Dinnel created “fallball,” the fall season, to counter this challenge. The set up is slightly different, instead of the normal 12 on 12, the fall season consists of 7 on 7. “The fall is mostly for developing and recruiting” he said.

Dinnel looks to continuing to grow the lacrosse team and to get better every year. Looking to the future, he plans to create a middle school team within the organization so that “recruiting girls could start earlier in fifth, sixth, or seventh grade as opposed to eighth or ninth,” Dinnel said.

Lacrosse is not a sanctioned sport in Nebraska but, there was a push last year for it to become sanctioned. Dinnel expressed that if lacrosse was sanctioned there would be more exposure to the sport and the sport would grow faster. But, to sanction lacrosse could be overwhelming and an aggressive push because all five districts in Nebraska would have to implement the sport, and they may not have the money and/or resources to do so.

# Central girls bowling end of the season results

Suri Alvarado  
contributing writer

The Omaha Central High girls bowling team showed a lot of improvements during this season, sending two bowlers to the individual state tournament.

Assistant coach Brent Larson has been happy with their season. This year, as always, the goal was to qualify as a team to state, which the team did not meet, but Anna Moeller and Hattie Moeller qualified for the individual state tournament on Feb. 13.

They, along with Mallorie Lakin and Abigail Cady, were consistent and had a good year, helping a lot at the varsity level. The team has young talent and are hoping for good things.

This year they did not have many practices, as the practice time at the alley was cut back but the number of competitions

increased. The team finished 6-16 and lost to Omaha North in the A-2 district meet to end the season.

In the end, the girls team got more time to think about improvement and get ready to compete and overcome adversity. At practices they will mix up the groups they are in and usually bowl a match, called a baker game.

The focus is to practice the mindset of competition, visualizing what they need to do and putting themselves in a game situation.

They played some of the top 10 teams in the state this season. One of these teams that they played against was Westside on Jan. 14, who went 25-2 this season and qualified for the team competition. The girl’s varsity bowling versus Westside results

were 19-2 in favor of Westside.

The team showed improvement as the season went on. Against Millard North, the first game they lost, and won the second but lost the baker. When they played against Elkhorn South, they had two wins and one loss.

Another win was against Omaha Christian Academy, where the Central girls had their best numbers winning by 20 points to 1.

Prior to the Metro Conference Tournament, Larson said, “We want to do the best that we can and we’ll give it the best shot, we will do good and there’s a chance we’ll get qualified for districts.”



# NIL is starting to go too far

Katie Besancon  
digital editor

College sports are becoming more about the money and how much athletes can earn in Name, Image and Likeness money than it is about the talents at the actual school. The larger the schools, the more likely it is that an athlete’s name gets out.

Since Covid, the amount of money athletes can earn through NIL has skyrocketed. Prior to 2020, there was a strict prohibition against athletes to use their likeness or status to earn money, meaning they could not participate in any endorsements or advertisements. For many Covid-era athletes, a fifth year of eligibility was granted that aided as another way to earn even more cash through sponsorships.

NIL money, which can come from a places like corporations, NIL collectives, social media and the sale of merchandise and signed memorabilia, can allow athletes to generate millions of dollars.

For example, as a freshman at the University of Texas, Arch Manning has made an estimated \$6.6 million as a backup quarterback. This is compared to the average National Football League salary in 2024, which is around \$3.4 million. A backup quarterback who didn’t see the field much for a division I school is making more in a year than the average rookie NFL player.

In 2023, Manning had red-shirted, and Texas maintained an overall 12-2 record. In 2024, they held a 13-3 record, proving that they have a lot of talent on their team. The question, however, is how many of those athletes committed and signed

to Texas because they knew that they would be able to make more in NIL money because of how well known the University of Texas is.

NIL can also cause possible recruiting battles for many student athletes, creating an increase in the potential for NIL earnings, which takes the focus away from the athletic development and the academic fit for a school and shifts it toward the financial benefits that may come with attending a certain school. Schools with smaller athletic departments are not as likely to have the funding to facilitate some of the large NIL deals. This furthers the competitive gap between conferences and schools.

Another prominent example is gymnast Livvy Dunne, who recently graduated from Louisiana State University. In her time at LSU, she earned an estimated \$9.5 million total and around \$3.9 million per year, according to Sports Illustrated. On average, United States professional gymnasts make \$56,000 a year, making Dunne a standout exception.

College athletes making money is important. However, it is important when deciding where to continue their sport that athletes are committing to a program that not only suits them, but also allows them to compete at a level appropriate for their talent. Some of the athletes are going to these schools knowing that they will be sitting the bench, but because of how large of a program the school may have, the more publicity it gets, thus helping with the amount of NIL money an athlete can receive.

I don’t think that athletes should be making more money from NIL than professional athletes make from their jobs. In

most cases, professional athletes have a heavier load, more pressure for performance, and are more talented due to the simple fact it is their life and job. That is why professional athletes make the money they do.

I think especially for division I athletics there should be a cap on the amount of money athletes can work and make in NIL money. This way there is a limit to what these athletes are making, allowing them to continue to focus on academics and athletics rather than just making money.

This would also allow students to go to the schools that they feel fit them the best and would be getting playing time in their designated sport. This would also eliminate the possible recruiting battles that pop up.

This would also ensure the promotion of athletes getting a degree while simultaneously working towards going professional, if that is their desire, allowing athletes to have a career path set up if going professional doesn’t work out in the long run.

I understand where former coaches like Nebraska volleyball’s Terry Pettit come from when he says, “Should the players who entertain us have the same opportunity to earn money and play where they want to as the coaches who coach them? This is not a rhetorical question.” Athletes do have the right to earn money, but when it gets to a point when they are making more money than their coaches or those who are playing professionally, that is when issues start to arise, and it becomes more about the money than is does the actual sport.

# Omaha Queens FC kicks off historic inaugural season

Hattie Moeller  
news editor

Omaha’s soccer scene welcomed its newest team, Omaha Queens FC, a women’s indoor soccer team competing in the women’s Major Arena Soccer League (MASL W) for its inaugural season.

The league launched on Sept. 3, 2024, and is the highest level of arena soccer in North America, with clubs spanning the United States.

Following the announcement of the MASL W, the Omaha Kings FC organization created Omaha’s first-ever professional indoor soccer team for women, named the Queens. The Queens aim to inspire the next generation of female athletes.

“The Queens are more than just a soccer team—they represent a movement,” said Natalie Viel, co-founder of Omaha Kings FC and Omaha Queens FC.

In the Queens’ home opener, they defeated Wichita Aero

11-3. They celebrated their first win, and a milestone for women’s professional arena soccer.

The roster features seasoned and emerging female players from the metro area. Ashlyn Coreas, a former Central soccer player from 2021 to 2023, was a key contributor to the girls soccer program as an aggressive and skillful midfielder. She came from Duchesne Academy and enrolled at Central for her sophomore and junior year. She transferred to Ralston High School her senior year. In February 2024, she signed with Bellevue University to become a collegiate player.

In October 2024 she was invited to Queen’s tryouts and is now a professional soccer player with the Queens.

“I am excited to be a part of it, we are creating something new here in Omaha,” Coreas said.

The team hopes to be strong role models for younger generations and the Omaha soccer community. However, they also hope to be strong supporters of one another.

“I hope to contribute a strong mindset, while learning this

form of soccer. I want to celebrate our successes and use the hard games as opportunities to grow as a team,” Coreas said.

Co-owners Emmanuel Viel and Natalie Viel have owned and operated the Kings since 2019. The men’s team has earned divisional and conference titles over five complete seasons. They hope to carry on this winning mentality with the Queens.

“Women’s professional sports are critical in creating equal opportunities for female athletes to showcase their talent”

The Queens will compete in the Heartland Conference with the Wichita Aero, Wichita Lady Luck, ICT Aztecs (Wichita), Tulsa FC, and the Oklahoma Oblivion.

They play a 10-game regular season, with home games scheduled to be played at the University of Nebraska-Omaha’s Baxter Arena.

Home games will be doubleheaders with their parent team, Omaha Kings FC.

# Pro volleyball growth finds Nebraska home

VOLLEYBALL from page 16

LOVB Omaha, second in the LOVB (League One Volleyball) league at 3-2, is getting a feel for what pro volleyball looks like in Omaha. They play at the Liberty First Credit Union Arena in Ralston. Their home opener saw nearly 3,500 people turn out, including many members of the Nebraska Cornhusker volleyball team.

“It’s a dream come true for my family to be here and to experience this,” LOVB Omaha outside hitter and former Nebraska Assistant Coach Jordan Larson told League One News on Jan. 24.

Beyond the teams’ immediate goals, the rapid expansion of professional volleyball sends a message to young athletes across the country. As of next year, there will be four professional volleyball leagues, with LOVB, PVE, and MLV being the team-based leagues, and Athletes Unlimited being the individual athlete-based league. With more professional opportunities emerging, the next generation of players no longer has to look overseas to continue their careers.

“When you see young players lining up for autographs, they’re excited because they now have professional volleyball players right here in the U.S. to look up to,” Kuhn said. “This growth is giving them hope and showing them that there’s a real future for them in this sport.”

That connection between the pros and the next generation is especially meaningful in a state with so much history surrounding volleyball. According to USA Volleyball’s club directory, there are more than 60 clubs in the state serving youth. Players and coaches of the pro teams alike recognize the importance of inspiring these young players to pursue their dreams in volleyball and beyond.

“The growth has allowed girls at my club to dream bigger and really believe they have a future, and that is so powerful to me,” said Deb Grafentin, director of River City Juniors, a club volleyball program in the Omaha area.

“We always want to play for that little girl who dreams of being on this court,” Supernovas setter Natalia Valentin-Anderson said. “It’s about being role models and showing them what’s possible.”

Central volleyball player Renita Krajicek believes pro volleyball is perfect for Nebraska. For players like her, these teams don’t just provide entertainment but future opportunities.

“I love watching those girls swing at the ball, they’re so good,” Krajicek remarked.



Lindsey Krause, a former Husker volleyball player and current Supernova, passes a ball during a game. BRADLEY SMITH | The Register

inspiring these young players to pursue their dreams in volleyball and beyond.

“The growth has allowed girls at my club to dream bigger and really believe they have a future, and that is so powerful to me,” said Deb Grafentin, director of River City Juniors, a club volleyball program in the Omaha area.

“We always want to play for that little girl who dreams of being on this court,” Supernovas setter Natalia Valentin-Anderson said. “It’s about being role models and showing them what’s possible.”

Central volleyball player Renita Krajicek believes pro volleyball is perfect for Nebraska. For players like her, these teams don’t just provide entertainment but future opportunities.

“I love watching those girls swing at the ball, they’re so good,” Krajicek remarked.



# Central wrestlers proving to be standouts on the mat

Fatima Yawari  
contributing writer

Omaha Central wrestlers Narvena Sallom and Keymone George, both freshman, are standing out, with Sallom placing third and George placing fourth at the 2025 Metros Conference Tournament on Jan. 18.

Sallom also placed fourth at the state tournament, losing to Lincoln East's Carson Shank in the third-place match. George went 1-2 at state.

The Central High girls wrestling team was focused on improving and winning. Sallom led the team with 207 team points, 3 wins and 24 falls during the season. George added 161 team points, 29 wins and 15 falls for Central.

Due to high pressure, preparing for a big match can be overwhelming. "I try to tell myself that I got it because when I am really under pressure I don't do well, I do well when I am not under pressure," Sallom said.

"I try to deal with anxiety by listening to music and calm myself down, that helps a lot," George said.

Aside from all the competitions and anxiety, both athletes have their own unique journey to wrestling.

Sallom, whose nickname on the team is Nardogg, started wrestling in her sophomore year of high school and has continued to wrestle ever since. She tried playing different sports like soccer and basketball but nothing excited her more than wrestling. "My best friend was also on the team, so I liked it even more," Sallom said.

George started wrestling in seventh grade when her uncles were doing it in college, which inspired her to give try it.

"I didn't know what wrestling really was, but I got into it when I started to learn more about it, I thought I had a chance of winning," George said.

Wrestling requires lots of time practicing. George tries to balance her schedule between school life, sport life, and personal life. There are days she puts all her work on practicing wrestling and to make up for that she does her schoolwork at night or on weekends.

Sallom thinks that as long as an athlete is good at how to manage their time, it is easy to balance everything around them.



# Injury leads to new team leaders on boys wrestling team

Neveah Wilson  
contributing writer

Central High School's boys wrestling team has had one of their top wrestlers injured, and this has affected the team with wrestlers having to step up for the team.

Kylonn Haynie, who placed fifth in the 190-pound weight class at state last year, ruptured his Achilles, and that led to shifts and individuals stepping up to lead in weight classes.

Freshman Isaiah Tuttle and senior Hunter True are a big part in that, becoming leaders for the team. But they said it can get difficult for a team to get used to a new dynamic or even a shift, especially when having a great teammate to count on. Lots of times that teammate can have an even harder time not accomplishing what they were planning to do.

"I was disappointed, I was suppose to win state this year," Haynie said.

But it can be hard for the team to find new fits to put out there. Knowing who is ready or even comfortable is a big thing to know, but this also gives other opportunities for the ones who are ready to improve or show off their skill.

"We've had some younger kids that have filled in the lineup, and they've done a good job competing, it's just really hard to replace his competitive nature and his high abilities," wrestling coach Matthew Storm said.

Tuttle has the most scored team points on the team with a score of 180.5 team points as of Feb. 13, with 32 wins and 26 falls, and that is great for the team with him stepping up putting his all in it, and keeping a positive attitude.

"I told them I'd come here, do my best, and be the best on the team," Tuttle said.

True has 145 team points, 31 wins and 28 falls. He has also stepped up for the team by working hard.

"I had to step up and makes sure everyone still worked hard when wrestling," True said.

A lot of times athletes can give up, but they can be motivated by their other teammates to stay on track and to not give up. Leaders often have to step up and make sure they're still all in to wrestle. Having one of their leaders get hurt can take its toll on motivation because it's harder not having a role model.

"Some of the team is not as confident when we go to wrestle other teams, I feel like it was a big impact when he got hurt," True said.



Freshman Isaiah Tuttle, bottom, paces back in fourth as he gets ready to step out onto the mat for his wrestling match at the Skutt Catholic wrestling invite. Senior Hunter True, above, waits for the whistle to be blown to start his wrestling match at Skutt Catholic High School.

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