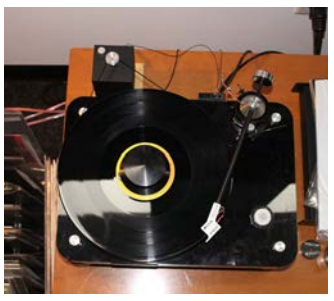
HALL OF FAME
9

Head football coach Jay Ball will be inducted into the Omaha Public Schools Athletic Hall of Fame next month.



HIFI
15

Omaha's Hi-Fi House, located in the Blackstone District, encourages music literacy and instills the importance of listening.

SECESSION
23

Considering the growing population and diversity of the United States, perhaps it is time to actually let people govern themselves once more.

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Omaha Central High School | Volume 132, Issue 2 | November 10, 2016 | omahacentralregister.com

DOUBLE DUTY

Physics and forensics teacher Kyle Parkhill returned from deployment to Qatar and plans to be deployed again in the future.

LILY GILLILAND | The Register

Parkhill goes from teaching his physics students to being sergeant of his maintenance team.

Grading papers, interacting with students and lecturing about gravitational pull or net force may be an accurate job description for physics and forensics teacher Kyle Parkhill during the week, but on weekends he maintains military aircraft and learns how to fix jets.

Parkhill is a crew chief for the National Guard, and this summer he returned from a two-month deployment to Qatar.

After the war in Afghanistan and Iraq deescalated, military troops were withdrawn from the area because a large military presence was not necessary. So, the National Guard assumed many of responsibilities in the Middle East.

Parkhill left early April of last year to do his part in serving his country. For the first part of his deployment, Parkhill spent his time behind a desk tracking maintenance issues with U.S. aircrafts. He admitted that this was not the highlight of his deployment, but after about a month he was able to perform the task he was trained for: fixing the jets.

Both of these jobs were during the night, so it was hard for Parkhill to adjust.

"It was a 12 hour shift. We got off at around 11 a.m. the next day... It was really hard trying to get used to sleeping during the day because even though I had put some stuff over the windows... you still knew it was daytime, so I was not very good about sleeping [during this time]," Parkhill said.

However, there was a benefit to working night shifts. Qatar could reach temperatures up to 110 degrees Fahrenheit during the day. At night, it was much more comfortable. Plus, he got the opportunity to sleep in most days.

Completing his assigned duties was not difficult, and he never felt threatened or was in any sort of danger.

"Where I went to get deployed was like going to camp compared to where most people get deployed.

CONTINUE TO 'PARKHILL' ON PAGE 2

Superintendent to retire in July

Alec Rome
staff writer

After four years of service to Omaha Public Schools and thirty-six years in education, Mark Evans has decided to step down from his position as superintendent after the end of this school year, toward July 2017. Evans announced his retirement at the October 17th board meeting, and worked in some manner with the board to set up a process to select a new superintendent.

"It just seems like yesterday I was teaching in 1981, I was getting paid $10,500 a year," Evans said. "Which is kind of funny when you think about how times have changed. Man, it goes fast."

Evans enjoyed his beginnings as a teacher, but now he just believes it time to go. He believes one of the most difficult parts of his job is not being able to get away. Evans normally works at least sixty hours, with interviews or meetings or something else going on in the district of nine thousand employees and fifty-two thousand students. He plans to do some consulting on the side, but nothing compared to the intensity of leading a district the size of OPS.

One of the main reasons Evans cites for his retirement is his family. He has kids that live out of state, a daughter in Boston and a son and daughter-in-law in Louisville. Evans and his wife both have elderly parents that live in Wichita as well, so it would be an understatement to say that he does not always get to see his family. "I have taken ten days vacation over the past five years," Evans said. "I just love my mom and I hate it that I haven't been able to spend time with her." His mother-in-law was another reason why he retired; she was recently diagnosed with Alzheimer's disease. "That hit me pretty hard," Evans said.

While it seemed sudden to some, Evans wanted to let the board of education know early enough, so that the board could work on the search for a new superintendent. The board laid out a tentative timeline to find a new superintendent during the same October 17th board meeting. February is the current target date for appointing a finalist, and the remaining months left until the 2017-2018 school year would be to focus on transitioning the new superintendent into the position, with Evans' help. "The search is really important because very few individuals have experience in large urban districts," Evans said. "We are among the top one hundred [largest]. The board needs time to hire a search firm that can recruit and advertise for a very unique and demanding position."

An extra benefit that Evans hopes to bring out of the search is uniting the board together. Since five board members lean one way and four lean another, Evans wants this task to bring them together and get behind the next superintendent. As for actually selecting a superintendent, Evans said that he will have very little involvement in the process. "At the end of the day it's the school board's job, and in fact it's the most important job they do." From what he had heard, the board is looking for someone that will not blow up the district and start from scratch. He believes that OPS is moving student achievement in the right direction, the achievement gap is decreasing and the bond issue is moving on well. Now the board would like someone to accelerate the growth of the district's success.

Evans is satisfied with some of the things he has accomplished during his time as OPS superintendent.

CONTINUE TO 'EVANS' ON PAGE 2

WHAT'S ON THE WEB

Why do teachers have students write multiple themes throughout the year? Discover why teachers find themes so important.

HISTORY OF THEMES

DIVISION I ATHLETE

Senior Isaiah Chandler travelled to New Mexico with his father and coach Ben Holling for his official basketball visit.

omahacentralregister.com

Evans stepping down after four years of service with OPS

CONTINUED FROM 'EVANS' ON PAGE 1

"Student achievement is as high as it has ever been, which is fantastic," Evans said. "But also, the achievement gap is smaller than it has ever been. It's not enough that achievement is growing, is it growing for all populations?"

He cites another accomplishment of fixing all of the district's "persistent low-achieving" schools that the state identified. OPS had eight schools fall under that category, but for the first time in the history of the district, every one of those schools is now making progress. "I couldn't be more proud of the teachers and students and everybody who was a part of that," Evans said.

While Evans had plenty of success, there was some struggle along the way. He was reminded of how not everyone likes change, whether it was reorganizing schools or working with schools to improve their practices. However, he thought it was interesting that once those schools started seeing success, everyone was happy. The size of the district was another difficulty for Evans, as a large district always has something to work on.

When asked about what he would miss most about the position, Evans, without a millisecond of hesitation, said that he would miss the people in the district the most.

"It's always the people, the folks you work with, the community that supports you," Evans said. "I've never had a community that is so supportive, so that's something I am going to miss." Valuing the people is also one of the pieces of advice he gives to whomever takes his position next. "We have some of the best and brightest students that there is," Evans said.

If he could make one final statement to the people of OPS, Evans would say, "Thank you for the honor and privilege of serving with you."

ALEC ROME | The Register

Evans meets with his coworkers, discussing district proceedings. He has been in education for 36 years.

Science teacher returns to classroom after deployment

CONTINUED FROM 'PARKHILL' ON PAGE 1

It was very nice compared to sleeping in a tent in the middle of the desert, so it really was not overwhelming… I can't complain," Parkhill said.

His base provided him with cooked meals, air conditioned buildings and even access to Wi-Fi. It also gave Parkhill the chance to get to know people outside of the United States.

Many of the employees at Parkhill's base were from other countries, so Parkhill had the opportunity to interact with people from all over the world. Moreover, once a week he had a day off, and sometimes he had the chance to go off-base and interact with some of the locals. Parkhill had the opportunity to meet one local in particular more than once.

"There was one guy that we would talk to when we would go downtown… He was super nice, and if you would walk into his shop he would run to go get you a Coca-Cola and bring it to you… Just this really nice guy," Parkhill said.

An average day off for Parkhill included him sleeping in, doing some laundry when he woke up, texting his wife back home, shopping and watching Netflix.

One of the hardest parts about his deployment was the separation from his wife and the limited communication between them. Their schedules were both busy, and with the time zone difference it made it even more difficult to talk to one another.

"I would send text messages [to her] everyday, or emails… so we would text back and forth every day, but we would not necessarily be awake at the same time. It was usually a couple times a week when we were awake at the same time," Parkhill said.

As his two months came to an end, Parkhill looked forward to his return home and to the moment when he would step off the plane onto American soil.

He enjoyed being able to reunite with his wife, sleep in his own bed and to "eat the food that [he] was used to eating." Parkhill also looked forward to being able to teach his students again at Central. Last year he was unable to see his seniors graduate, so this year he looks forward to being able to teach his students throughout the full school year.

"It's good to be able to be back at Central and teaching physics and forensics… It's nice to be able to interact with people who are excited to learn," Parkhill said.

As for Parkhill's future regarding his military involvement, he plans to continue to work at the Bellevue base on the weekends and is preparing for another deployment in the future. The National Guard is upping the tempo for deployments, so he expects to be deployed again in one of the upcoming summers.

Parkhill's deployment to Qatar went very smoothly, and all in all, there was no aspect of the deployment that resulted in him feeling unsafe or longing to return home.

"It was a nice deployment," Parkhill said. "It's not that I enjoyed it, but again, compared to what some other people have to go through, for me, it was not bad at all."

The Omaha Central High School Register seeks to inform its readers accurately as to items of entertainment, interest and importance. The staff strives to uphold the principles of journalism in all of its proceedings.

The Register is a member of the National Scholastic Press Association (NSPA), the Nebraska High School Press Association (NHSPA), the Journalism Education Association (JEA), Quill and Scroll and the Columbia Scholastic Press Association (CSPA).

The Register is an 11-time Best-in-Show winner for large newspapers at the JEA/NSPA national conventions in San Francisco, Boston, Phoenix, Dallas, Washington, D.C., Seattle and Chicago. The Register also won first place in Front Page News Layout for large newspapers at the JEA/NSPA convention in St. Louis.

The Register has won multiple NSPA Pacemakers, which is considered the Pulitzer Prize of high school journalism. It has also won many Cornhusker awards from NHSPA, and has been awarded the Gold and Silver Crowns from CSPA for its overall work.

Unsigned editorials are the opinion of The Register staff and do not necessarily represent the opinion of Central High School.

Signed editorials are the opinion of the author alone, and do not necessarily represent the opinion of Central High School or The Register staff.

Special thanks to all the faculty and staff of Omaha Central High School and Omaha Public Schools. Your cooperation with our students helps us maintain a professional atmosphere in order to teach media education.

Thank you, readers.

A note from the editors:

We are so excited to present The Register for the 2016-2017 school year. Many long hours have gone into the creation of this publication. We spend much time working on this student-run publication to ensure that we create a more professional and sophisticated paper that in hope honors The Register's lenghty and notable tradition. With aspirations to place on the national level, The Register has really amped up its game. We want this student newspaper to be an interactive experience. Join the conversation on our Facebook: The Central High Register, our Twitter: @CHS_Press, our Instagram: @chs_press, and our Flickr: chspress. Also, check out our website for more stories: www.OmahaCentralRegister.com. If at all possible, we hope the student body can get a little old school and write letters to the editors, which we would be extremely happy to receive and publish. Thank you for picking up this issue of The Register.

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Choteau Kammel

the REGISTER *staff*

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

Bringing a variety of experiences, new school counselor seeks to serve

Miles Kay
staff writer

Central has a new face in its counseling department. Diana Fries is a new counselor and brings unique experiences and perspectives to Central, viewpoints that she anticipates will be helpful in her new position.

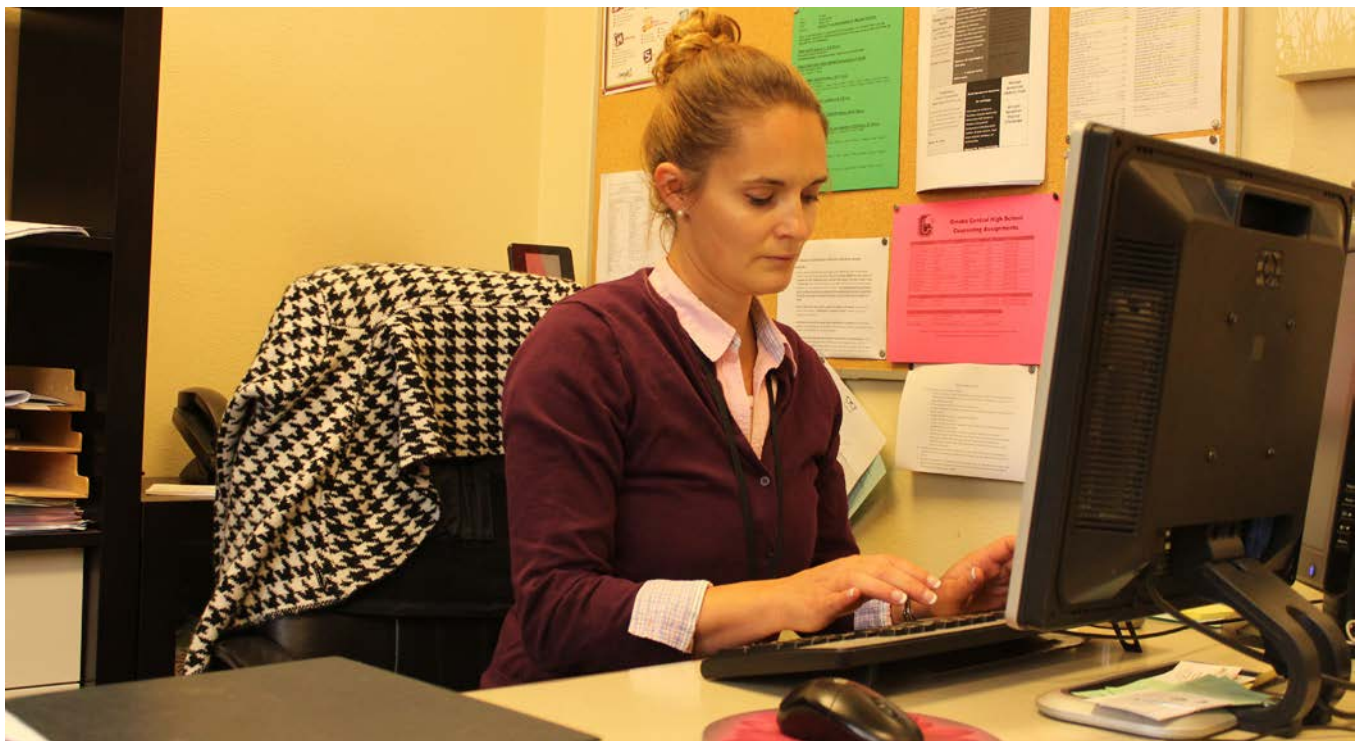
Fries is originally from Germany. However, she did not immediately decide to pursue a career in counseling. In Germany, she worked in law enforcement for several years. She was with the riot police and did patrol work before becoming a detective in Pfungstadt, Germany, a town of roughly 10,000 people.

Though Fries enjoyed police work, she came to a realization that caused her to begin pivoting towards work as a counselor. "I decided that students are sitting on the wrong side of my desk, that there was very little I could do for the kids that I worked with, that it was pretty much collecting the evidence and turning it over to the district attorney," Fries said, "That was one of the turning points where I thought there needed to be a different approach, then I started my masters in school counseling while I was working with the police."

From there, Fries continued her education sporadically. Though she started working towards her master's degree in 2006, she was forced to take a break from her education when her family moved due to her husband's career. He works with the United States Department of Defense which has necessitated her family's movement. "I started…while we were stationed in Belgium, when we were ordered to come over to Florida I could not continue my studies because they didn't transfer the credits," Fries said, "I was on hold for three years." After graduating, she worked for Department of Defense schools on U.S. installations before she moved to Omaha.

Fries' husband works in a profession with few opportunities outside of the Pentagon and D.C. area. He found work in Omaha with the Department of Defense, which brought Fries and her family to Omaha. Though there are cultural differences between Omaha and the other places Fries has lived, she enjoys many aspects of life in Omaha. "I think people here are very similar to the ones in Europe in the respect that they're extending a hand to help," Fries said, "But they also start, at least [in] what I've experienced, [by] staying to themselves a little bit."

Fries added that other parts of Omaha's culture have made it easy adjust. "We moved to Dundee and I think that area in particular has a little bit of the European charm, we bought a house that has the Dutch style and it just reminds me of home," Fries said. She added that she misses German food, but that Omaha's cuisine has been much better than the other places she has lived in the United States.Fries was first introduced to Central High School when she was looking at schools for her daughter to attend. Fries and her husband decided that Central would be the best fit for their daughter.



LILY GILLILAND | The Register

Throughout her life, whether with the police, Department of Defense or Omaha Public Schools, Fries has always desired to help.

Initially, Fries intended to work in mental health and social work. "I thought I might be able to have the largest impact there, working one-on-one with families that might need a little bit of help to get all sorts of things sorted out," Fries said. In the summer before the start of school, though, Fries applied for a school counseling position at Central. She was awarded the position, and was thrilled.

Fries is appreciative of the acceptance she has felt from staff and students at Central. "Everybody is almost like a family, I have been welcomed by the staff, by the kids and everybody in the school," Fries said, "I guess the Midwest charm is there."

When asked about her favorite part of Omaha thus far, Fries said Central without any hesitation. "I just love coming here every day and I think that's a great thing if you have a profession and a job you like and colleagues you like," Fries said.

So far, her position has given her new opportunities while also presenting her with new challenges to work through. She loves Central's diversity; her last school was not nearly as diverse. Working with a large student population has forced her to adapt to change. "Every day I have a plan and my plan doesn't work out, it will be changed by the minute," Fries said. This does not frustrate her, though, she loves all the challenges associated with her work and has adapted to the demands of her position.

Fries brings a valuable perspective to the counseling department, and Central as a whole. In the past year, tension has flared over police violence, and though these cases may be isolated they have severely affected the relations of many with the police. Fries comes to Central having worked as a police officer, which offers her a layer of understanding and a perspective that has helped her work through issues with students. "I've had a lot of students com[e] in [who] have [had] a bad experience with law enforcement and they come in here and they say 'I hate cops' and I clarify really quickly I say 'Hey this is what I have done before, I want you to know I want to play with open cards, I'm a counselor right now, however, this is where I'm coming from'," Fries said.

With the first quarter over, Fries feels that she has almost completely adjusted to her position. "Even having worked as a counselor before things are so different here and I'm trying to find my niche," Fries said.

Fries has already helped hundreds of students at Central and looks forward to having an even larger impact in the rest of the year. She is an exceptional addition to Central's staff and brings a global perspective to the counseling department and the whole school.

Protests mount, Native American student group rises in support

SEBASTIAN BECERRA | The O-BOOK

N.I.C.E. sponsor Harmon Maples and senior Taylor Heaton load boxes of items to be sent to the North Dakota pipeline protestors.

Simone Davis
staff writer

The Dakota Access Pipeline is expected to be ready for service by the end of 2016. According to the Dakota Access Pipeline's website, the pipeline will enable oil to be transferred from North Dakota to other states more efficiently. The controversy behind this project is that it is extremely likely that the pipeline will spill, contaminating water that thousands of people rely on. Not only that, it passes through sacred Native American burial grounds, when it was originally meant to pass through the primarily white city of Bismarck, North Dakota, but it was deemed too dangerous. Because of this, people at Central are helping.

The Native Indian Centered Education Group, or the N.I.C.E. group at Central, sponsored by Harmon Maples, decided that in order to support protests in North Dakota, they will be making care packages for protesters.

"It (the packages) will probably have warm clothing and canned foods and things that will preserve through the winter time," Maples said. Some protesters in Standing Rock are camping outside, and these packages are made to assist them.

Protests against the Dakota Access Pipeline have taken place all over the country. N.I.C.E will be donating their care packages to the protesters specifically in North Dakota, where the pipeline is being built. Even though the pipeline is being built in another state, some native students here in Omaha are still passionate about it.

"It's kind of ignorant that they're going to do that (build the pipeline) and not seek permission and be responsible about it," junior Austin Cantu said. The pipeline, despite months of protests is still scheduled to be up and running within a matter of months. Charities such as the Sacred Stone Camp have created legal funds to help raise awareness. Not only are charities and average citizens taking a stand, but so are celebrities.

"Johnny Depp, Leonardo DiCaprio, Pharrell Williams, and Shailene Woodley have helped", sophomore Haley Drown said. Drown's mother is among one of the people helping N.I.C.E support protesters.

The celebrities involved have helped by raising awareness on their social media, to even being jailed, like Woodley. Because Woodley is famous and has a large platform, her jailing is being more publicized, but according to the New York Times, as many as 142 protesters have been charged and jailed due to 'engaging in a riot and conspiracy to endanger by fire and explosion.'

The Dakota Access Pipeline makes protesters so passionate for several reasons. Because the pipeline passes over sacred burial grounds, they feel that human lives are being disregarded. It is the equivalent of something being built over a cemetery in Omaha, and the people buried there were completely ignored.

The pipeline is also being protested because of where it is being built. The original home of the pipeline in Bismarck was deemed too risky, but somehow it is not too risky to construct it in Native territory.

The main issue people have with the pipeline is water. They believe that there is a large possibility that the pipeline will spill, and if that happens, water contamination will be harmful. Without the help of ordinary people, the pipeline will go into service. If this happens, there is a large possibility of contamination, which will affect every single person at Central High due to reliance on the Missouri River.

Anyone wanting to help protesters in Standing Rock, contact Maples. Maples also said if anyone would like to help on a larger scale, donate to the Sacred Stone Camp's gofundme, which is available on their Facebook. The school will also hold a clothing drive will run from Dec. 5-16.

"They're putting profits before people," Maples said. "And they're putting profits before the environment."

Well-respected veteran teacher brings world history to life

Vasili Sgourakis
staff writer

Whether a student has gone the Advanced Placement or IB route, it is likely they have at least heard of world history teacher and Academic Decathlon teacher Victoria Deniston-Reed.

Reed grew up in Virginia and this leant itself to her interest in history. "I loved going to Williamsburg and Washington, D.C. when I was a kid," she said, "So I really knew by the time I was ten years old [that I wanted to be a history teacher]."

Her high school education solidified this curiosity but more importantly, travels to extracurricular locations gave her more insight into history. Reed said, "The museums and historical sites were more important, but I also enjoyed my AP European History class in high school." Reed noted that she was particularly passionate about the Industrial Revolution and the global imperialism that resulted from this period.

Once Reed became a history teacher at Central, she made an impression on both the staff and the students. She acquired the reputation of being a strict teacher, but many students attribute some of their fondest memories at Central to her class.

Junior John Woodworth knew Reed's reputation going into the class, and admits he was a bit intimidated, but Reed turned out to be one of his favorite teachers. "Going into a year and knowing I would have Reed twice a year was kind of scary. But she's really proved me wrong and has expanded my knowledge on the world we live in and the world from the past," Woodworth said.

While many teachers opt to use PowerPoint or Microsoft Word for students to take notes, Reed does not go this route. "PowerPoint's are just another tool for delivering lectures. I don't use them much because I hate making them. Over the years, I noticed that students don't listen well to explanation during a PowerPoint. They tend to want to merely copy the words they see on the screen," Reed said. In order to engage students more she delivers traditional lectures, which force students to listen closely.

Traveling the world has influenced her teaching style as well, and she has many personal accounts of visiting the various places she focuses on in her lesson plans to help history "come alive" in the eyes of her students.

Reed has traveled around the world in pursuit of historical sites and rare destinations. Reed said, "Overall, I almost always enjoy large cities best: New York, Istanbul, Shanghai, and Rome are endlessly fascinating." She has also paid visits to some more uncommon cities however. "The unintended bus trip I ended up taking along the coast of Montenegro was startlingly gorgeous," Reed said.

LILY GILLILAND | The Register

Victoria Deniston-Reed instructs her 7th hour Aca-Deca class. Reed discovered she had a passion for history at a young age.

She also noted a visit to the city where World War I began, Sarajevo, located in Bosnia and Herzegovina, the site of the most interesting tour she ever had. "I can thank Mr. Wilson for his insistence that I try to visit there," Reed said.

Students oftentimes get a hands-on experience with history, as Reed has accumulated an impressing collection of relics and souvenirs over the decades of travelling.

Junior Bennett Jackson admires her teaching style. "Mrs. Reed is one of the most knowledgeable people I've ever met, and I've already learned so much from her this year. Her teaching techniques are unique and show why she is renowned and respected at Central," Jackson said.

Another aspect that Reed is known for aside from her teaching style is her wardrobe. Unique dress is something that not many teachers are known for. However, Reed falls in this category. Students frequently say that they have never seen her wear the same outfit twice. To this she says, "Those students aren't paying attention, at least if they're seniors. I probably have only enough outfits for one school year."

Along with the sheer number of outfits she owns, Reed also dresses in a way dissimilar from other teachers. "I am far too fond of shopping at thrift stores. Then, if the clothes are classic and made of good fabric, I keep them for years," Reed said.

Reed is another example of a teacher who decides to go away from the norm in an attempt to channel the same passion of history that she exhibits each day into the hearts and minds of her students.

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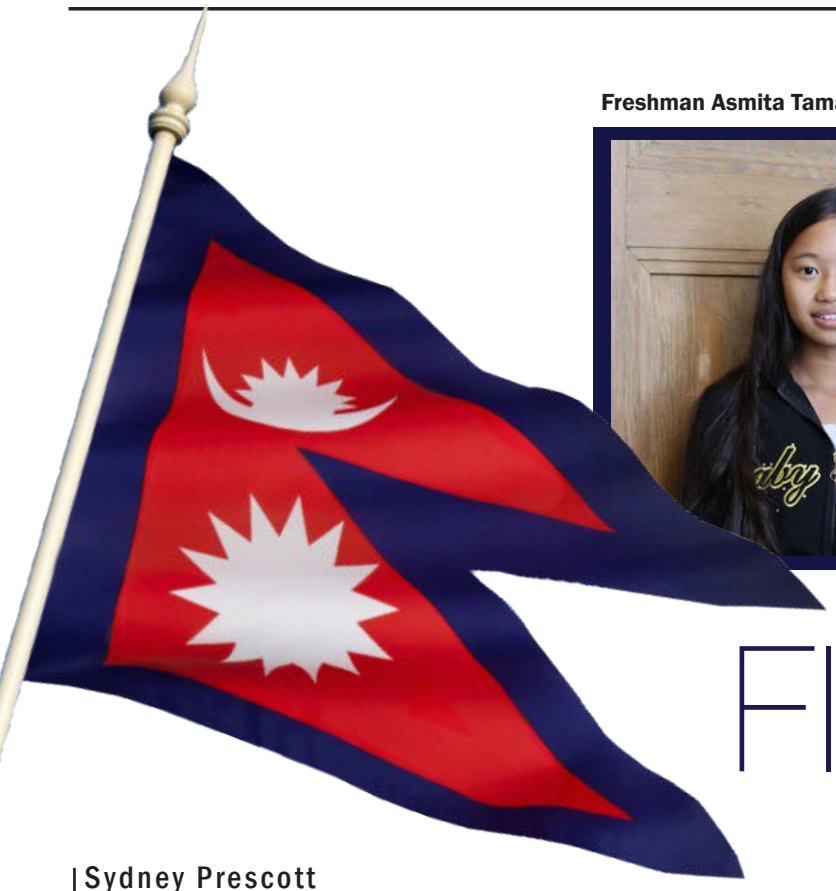


Freshman Asmita Tamang

Senior Bisal Rai

Junior Keshang Tamang

FINDING **REFUGE**

Nepalese students adjust to life in America.

Sydney Prescott
contributing writer

"When my Aunt told me about toilets that flushed and took the stuff away, I didn't believe her," freshman Asmita Tamang said. "When I came to America and saw it for myself, I was amazed." This was the life for 108,000 Nepali refugees who lived in camps for around two decades. Many immigrated to the U.S., and now Nepali is one of the many languages spoken at Central. Not many people know about this group of Nepalis, who have worked very hard to get to where they are now .

Nepali immigrants have a long history in Asia. Nepali people began to move to Bhutan originally in the 1620s by both legal and illegal means. The Bhutanese finally began to notice the great population of Bhutanese originally from Nepal, so they created the Citizenship Act of 1985, which evicted almost all Nepalese. They then moved back to Nepal, and created seven camps along the eastern border.

One freshman, Asmita Tamang was born in a refugee camp, and considers herself, "more Nepali than Bhutanese or American." Her parents moved to the camps when they were young, met each other and got married there, and had three children there before moving to America. The United Nations provided the opportunity for them to immigrate to Australia, Canada, America and other counties. Though there were many choices, America was the majority with 79 percent of refugees choosing to go to the United States. Asmita's family chose to go because America, according to movies and far away news, sounded like a much better environment to live in.

"Coming to America was so cool," Asmita said. "In the camps we thought of America as the rich country, so far off we could only reach it in our dreams." The life of Nepali refugees consists of no running water, no electricity, no air conditioning or heating, and houses made out of mud and sticks; so for Asmita, America was "unimaginable". "When I first came to America I didn't even know how to describe it," she said. "I guess I felt surprised, excited, and a bit nervous."

Now living in America, there are many different career options that they could never had before. "When I become an adult, I want to be a doctor," said junior Keshang Tamang. This is much different from life in the camps, where women worked either at home or in the field, and did manual labor such as building houses. Such statements of desires, like sophomore Anoj Tamang's goal to study computer science, would have been impossibly optimistic back in Nepal, but now is a reachable goal.

"I had no idea what anyone was saying," said Asmita, when she was reflecting on her first day at Franklin Elementary. "All I could say was 'I no English' and they all thought I was saying that I know English." Of course, ESL classes help "amazingly" according to Asmita. She took the class from second to fifth grade, and describes it as the "best, funnest thing ever". Although she came in 2010, her fellow refugee and senior Bisal Rai only recently came to America in 2013, so he had to take ESL classes at Central. "...hard, but not hard," is how senior Bisal Rai describes learning English at Central since coming in 2012. "I mean, we learned it Nepal, but ESL takes it deeper."

Along with the challenges of learning and understanding a foreign language, getting adjusted to living in Omaha, Neb. also has some difficulties-like getting to and from work every day. "We didn't have a car for about six months after we moved out here," Asmita said. "So my dad would lie in the grass and wait for about three hours before someone would finally pick him up and drop him home." Although there are not any services at this time that provide a car for new immigrants, there are some services for immigrants. Lutheran Family Services is one, which

CONTINUE TO 'NEPALI' ON PAGE 6

First hand accounts reveal flaws in justice, education systems

Mac O'Brien
contributing writer

The first time *John Doe* was put in the Douglas County Youth Facility, he was placed in lockdown for breaking his ankle. He was supposed to be in lockdown for a few weeks, but when he pounded on the door, cursing and begging to be released, his stay was extended to three months. He was no longer being held for his protection, but for "inciting a riot." His next two experiences in solitary came when he was attacked by older detainees, and were similarly difficult for him. *His* experience is not an isolated incident.

Although some states have strict restrictions on the use of solitary confinement on youth, Nebraska is not among them. Some facility policies in the state permit youth to be held in solitary for up to 90 days. Until recently, many youth correctional facilities often had varied and inconsistent definitions of solitary confinement like "restrictive housing," or simply "isolation." But Tyler Richard, communications director of the ACLU insisted that the name doesn't matter.

"Regardless of what you call it, mental health experts know that after a few hours of isolating a young person, there starts to be permanent brain damage and permanent changes in behavior," Richard said. He also cited the fact that solitary confinement increases the risk to both the detainees and others.

"When it is used as a punishment, regardless of what the offence was, what mental health experts tell us is that you don't have a positive impact on the youth, and you actually increase the risk of many dangerous things, like suicidal ideation, or attacks on other staff or other youth in the facilities," Richard said.

The records also indicate that young people were subjected to solitary confinement for number of minor offences, as well as attempts at self-harm. "Youth were given solitary for having too many books in the room, to much more disruptive behavior," Richard said.

While Richard stated that "giving a youth an opportunity to sit down, take a few deep breaths" may be beneficial, he said that solitary should never be used as a punitive measure.

"It doesn't matter what a young person has done, that a facility is saying 'you need to be in solitary', if it's for punishment, that's the wrong reason," Richard.

In addition to lax restrictions on the use of solitary on minors, Nebraska also has the third highest youth incarceration rate in the nation. In fact, while the national youth incarceration rate has actually gone down by significantly in the last six years, it has risen in Nebraska.

> *"We have to be asking whether the number of youth that are in juvenile facilities is really appropriate."*
> TYLER RICHARD
> ACLU communications director

"We have to step back and ask, 'Why are these youth in the facilities in the first place?'" Richard said. "We have to be asking whether the number of youth that are in juvenile facilities is really appropriate. Should many of these young people be in some at home program? Should they be getting mental health or behavioral health treatment?"

"There are far too many young people that are in the juvenile justice system," Richard went on to say. "We need to be looking at alternatives to juvenile incarceration, period."

Brian Munnelly, an experienced lawyer who claims to have worked almost a thousand juvenile justice cases, explained that there is a growing movement to avoid juvenile detention facilities altogether. This movement may largely be influenced by the expanding realization that youth detention can have serious and lasting effects on young people.

"Even if something is a sealed record, there's a mentality that starts to be there that a young person that has been in a juvenile facility starts to really question what they can do after they're out of that facility, so we see that impacting their education and career in major ways," Richard said.

Richard conceded there will always be a small portion of Nebraska's youth that need long term help, but argued that there are still better methods of treatment than what Nebraska currently uses. "We really have to be looking at constructive programming. We find that when there are things like GD training classes, or job skills training classes, those end up dramatically reducing recidivism rates- the chance that someone will offend again- and also ends up decreasing the violence in these facilities."

Richard and the ACLU also uncovered that youth detainees were disproportionately African American or other minorities. "Particularly when we are talking about younger offenders, we see that there are huge racial disparities, and this definitely exists throughout our criminal justice system." Richard believes he has the solution, or at least a way to alleviate the problem.

"We are not giving judges discretion, frequently, to look at the individual circumstances and make a decision about what's best for this individual. So we need to be giving them that discretion and get rid of many of the mandatory minimum sentences that are impacting adults and juveniles." Munnelly also put forward a solution.

"We have to pay our social workers more, so they are motivated do a good job, and to attract better social workers. We also have to make sure that there are enough facilities where youth can go that is not somewhere between these correctional facilities and at-home programs."

Munnelly believes the problems with Nebraska's juvenile justice system could be solved if lobbyists and legislators cared more about the issue.

"Lobbyists don't push juvenile justice reform, because they think 'they're just kids' and 'delinquents' on top of that." Richard is hopeful for change, but believes the juvenile justice system will remain flawed as long as the education system does.

"We have to be fully funding our educational system," Richard said, "and make sure that we are putting more money into our schools, and not prisons."

THE WHITE SAVIOR COMPLEX:

HELPING OTHERS OR HELPING THEMSELVES?

Anna Kaminski
executive editor

A common subject that maintains prevalence throughout contemporary society is that of the "white savior complex." The "white savior complex" is the blatant superiority displayed by white people in comparison to people of color.

An example of the role it plays within pop culture through film and social media. In movies, a common thread is the privileged white person who comes to the rescue and "saves" the minority. In regards to social media, people post what others want to see; the post the "good" they do or the "good" they experience. As the generation raised on social media and TV, we are taught to create a brand for ourselves and appear as pristine and as flawless as possible.

What does this have to do with volunteering and the "white savior complex?"

Some say that white people only volunteer to say that they did so, not to actually help people, but that is a sweeping generalization. One cannot argue that the "white savior complex" does exist, but it is not necessarily applicable to every white person. It should not inhibit people's desire to be of service to other people.

Volunteering is not about "saving" people, volunteering is about recognizing a lifestyle different than your own, accepting it and doing all that you can to promote the success and prosperity of that culture. The "white savior complex" has been glorified and romanticized by the media to an extent that it oversimplifies an effort that is intended to be a positive one. Volunteering is not a cry for help, it's a call for coexistence and unity. Admittedly, not everyone embraces such a concept, but that is why the "white savior complex" is still relevant.

Another matter of discussion is the invalidation of all of the positive repercussions that are a result of volunteer work. For instance, after the earthquake in Haiti 2010, numerous countries from all over the world banded together to bring Haiti back to life, and one can safely assume that some of those countries' citizens are white; not all, but some.

As a society, our immediate response to literally anything and everything is to slap a label on it; rich, poor, white, black, brown, gay, straight, pretty, ugly. Does everything have to be so structured? Does a "white savior complex" have to exist?

As long as humanity exists, labels will exist, and that fact is inevitable. A negative reputation can make or break a population, but it's up to those who encompass values of acceptance, kindness, humility and awareness to challenge the predetermined stereotypes in all aspects of the spectrum.

Simone Davis
staff writer

The stories are told all of the time. A white teacher or coach in a movie proves to be an inspiration for students of color in a low-income neighborhood. A white young adult goes to a country in Africa to feed them soup and teach them their ABCs.

A white Christian leaves their homeland to convert and save the African heathens. Hallelujah.

These commonly told stories are examples of the white savior complex. According to 'by their strange fruit' blog, the white savior complex is a perception that white people have that they are the benevolent benefactors of helpless 'others.' This complex is so commonly seen in the media that it can even be called normalized.

Movies such as "The Help" and "The Blind Side" are examples of this complex. The common denominator in these films is simple and over used. There are poor black people that have a problem, and a privileged white woman swoops in and solves the problem. The stories then become more focused on how heroic white people are for single-handedly fixing the problem that the black people could not. This is problematic for several reasons.

When black people in film are currently represented as helpless, they become seen that way by others and possibly themselves. On the same token, white savior films make white people look like white people alone are the only people that can save people of color from their plight.

The white savior complex isn't just seen in film. Many white Americans venture to African countries to teach or to build schools. Just to clarify, there is nothing wrong with wanting to help the underprivileged. But, there is something wrong with going to a country to fill an emotional void and justify it by calling it a good deed.

Nigerian writer Teju Cole explains this as "having a big emotional experience that validates privilege." He's saying that Americans, typically white, go to Africa and see poverty first hand in order to debunk or cancel out their privilege. By going to Africa, they can come home and say that they have done what they can to save the underprivileged, and now they can get back to their day to day lives.

Similar to film, when the volunteers come back to the United States, the focus becomes on them, the 'saviors' rather than the people they supposedly saved. People call them brave and heroic for venturing into something new, and once again the focus is altered.

Missionary work can also be put into the white savior complex, no matter how good the intentions are. The western world often displays other countries as savage or other, and these countries are aware of that. So when Americans come to a country in different clothes, speaking a different language and preaching a different religion, it can come off as superior sounding, and as if their religion is wrong and American's, typically Christians, is right.

Not all missionary or volunteer trips are wrong, nor do volunteers usually have the intentions of coming off a certain way. Despite this, the white savior complex is still harmful to people of color. It paints them as helpless and in need of a savior, and on the same brush it paints white people as superior.

Three students share mission experiences to impoverished countries

BRYCE MAY

Senior Bryce May has been on two mission trips with his church through an organization called Youth Works. The first mission trip he went on was to Red Lake Reservation, Minnesota, and the second trip he went on was to New Orleans.

He was first introduced to mission trips through his sister and a couple of his friends. They had been going on mission trips years before Bryce, and they would tell them how great of an experience they were.May decided to go on a mission trip himself to see if they lived up to the standards his close friends and family had set for them. "I wanted to go not because they [his mother and sister] were going… I wanted to go purely for the sake of going, and that's why they went as well," May said.

Both trips were religiously oriented, and May explained that the goal of the mission trips were to "impact people's lives in a meaningful and positive way." The locations he stayed at during the mission trips were not necessarily churches, but what May did while there served the purpose of spreading the word of God and doing good within the communities he travelled to.

May quickly realized that these trips exceeded the expectations he had envisioned for them. He felt very passionate about helping the communities he was immersed in. "I remember, my second trip more than my first, wanting more than anything to stay for another week. I just felt like what I was doing mattered to the people I was helping, and that I could do more with an extra week," May said.

Even with the short amount of time May felt that he had, he discovered a change in perspective after both of the trips. During his trip to Louisiana, May had the opportunity to work with a man who had his doctorate, which meant he lived an extremely comfortable lifestyle, but gave it all up to do service work in what is known as the Lower Ninth Ward.

"He went from having everything most high schoolers aim for in life, a good paying career and a set path for the future, [to giving up it all] because he felt like he was wasting his time and wasn't really making a difference in his life. I found that extremely humbling and admirable," May said.

May also had the chance of experiencing extreme poverty. He had not been in a situation before equating to that experience, so it was very eye-opening. "Beforehand I could talk about poverty and how it's a bad thing and all, but I didn't really have any sort of concept of what poverty truly was. I gained an infinitely better, not complete though, understanding of what true poverty was like," May said.

On top of the new outlook on life, May created long-lasting friendships while on the mission trips, and he still gets together with some of the people today even though they are now in college. He doubts if he would have these relationships if he had not gone on the mission trips.

"I would absolutely encourage people to go on a mission trip if they have the opportunity," May said. "They are so eye-opening and humbling."

CLARA WOLCOTT

Clara Wolcott spent her past summer ministering to and loving children as she traveled to South Africa with King of Kings Lutheran Church, her home church, to show them affection and care as they recuperate from their tragic childhood experiences.

It is often times difficult for people to open share their faith and to also live their lifestyle according to their religion and since, "faith is such a large part of my life," said Wolcott, she felt prompted to travel to a South African camp to become more comfortable with sharing.

Senior Clara Wolcott spent last summer in South Africa ministering to children. She traveled with her church, King of Kings.

In South Africa, the camp was known as Footprint where Wolcott ministered. It was run by a woman named Yolanda. Yolanda kept this camp for approximately 26 children who she had "adopted." This camp became their home; it has a school and provides them with food.

The trip was unique in that it was not works-based, and normally mission trips are defined as helping by building a wall or painting a house, something involving physical exertion. "We did not have a project, it was very relational by getting to know ourselves better and others," Wolcott said.

"I learned just how family doesn't have to be solely through blood. These were kids who came from similar awful backgrounds to become one of the most cohesive families," Wolcott said. She felt part of their family, as she was able to connect with the kids in such a way that she does not normally experience in her everyday life.

However, the missionaries were not allowed to directly ask for the children's backgrounds. Yolanda ordered that any inquiries of the childhoods go through her. Even with tragic stories, the children were so open to the affection given by missionaries, which is why Wolcott felt such an attachment to them.

There is a separation between school and religion, which is why Wolcott took this trip during the summer. "This was very much a faith-based trip. I have always struggled with competition, and what I learned is that having that peace makes me feel more like I am where I am supposed to be," she said.

"We went through a black slum and the kids got up when we walked through and danced with us. We were random white people, and generally in this area they do mix well," said Wolcott. As she walked through the slums, she was filled with amazement because the people within the slums were very open to the normally unwelcome white guests.

"I don't know that I could ask for a better trip," Wolcott said. "I could only hope for more time, I did not want to leave."

LEONORA KINKEAD

Mid-summer of 2014 Leonora Kinkead went on her first mission trip through Countryside Community Church to St. Ann's, Jamaica where she stayed in Bamboo, right above St. Ann's. Upon her youth director knowing the owner of an orphanage who asked for help to get it up and running, she and others went to Jamaica on a missionary trip to help give back to those who cannot necessarily help themselves.

June 19 through June 26, Kinkead spent a week in the islands of Jamaica. Though it wasn't exactly a "normal" vacation, Kinkead was humbled by the experience, "[I learned] to treat others equally, it just opened my eyes to the poverty there and how people struggled..," Kinkead said. The overall point of this trip was to help fix an orphanage, but much more volunteer activities occurred as well.

The trip was filled with non-stop liveliness as they were there working to establish an orphanage. They split into groups and would either paint the walls and building, build the beds, and donate clothes or shovel gravel and move wood to different parts of the orphanage that was being built, Kinkead said. The orphanage was located near a mountain, which was kind of hidden, but the view was surreal.

Kinkead realized the differences between the structure of Jacob's ladder home and the infirmary she visited, "We went to an infirmary—they weren't really treated well [at the infirmary] I felt like I was at a zoo and they [the patients] were

CONTINUE TO 'MISSION' ON PAGE 8

GEORGIA CHAMBERS, CARLSON KOCH, ZOIA MORROW | The Register

English teacher brings travel experiences to the classroom

Hayley Raney
staff writer

English teacher and cross-country coach, Martha Omar grew up in Kearney Nebraska. Omar is well known throughout Central for her enthusiastic personality and her height, which is, 5 feet 2 inches. She been an English teacher for 10 years.

Omar went to Kearney High School and involved herself in sports and clubs such as, cross-country, soccer, student council and speech/debate. When it was time for college Omar went to the University of Nebraska in Lincoln.

She always knew she wanted to be an English teacher. As a child she loved books and always played school with her friends, of course she was always the English teacher. "My parents would have to come in and steal my flashlight because I would be reading under the covers," Omar said.

Omar attended UNL for five years. She has a bachelor's degree in arts, and two master certificates in gender studies and a TESOL certificate (teaching English to speakers of other languages.) Though her certificates are not master degrees she is proud of them.

During her time in college she met her husband at a party. Three years later, in 2005, the couple decided to get engaged.

During the year 2012 the couple lived in China for one year. "We went to China to have an adventure," Omar said. Her and her husband were both English teachers during their time in China and they lived in the Hunan Province. They have also traveled to Tanzania located in Africa, Canada, Mexico, Cambodia, Turkey, the Netherlands, Thailand and Vietnam. Omar learned Chinese but she also learned that, "no matter where you live, people are very much the same."

She also feels traveling to many different countries is a humbling and beneficial experience. "You realize how small you are in the world but also how similar people are that you wouldn't think are similar," Omar said. During her time in China, Omar was searching for jobs at Omaha Public Schools and she remembered always being mesmerized by the building's structure and size. She couldn't believe it was a high school. Omar did some researching on Central and all Central has to offer. She was determined to land a teaching position at Central. Still living in China, she called the OPS TAC building trying to contact the person who hired OPS English teachers.

OPS decided to set up a Skype interview with Omar since she was still living in China. They were surprised with Omar's determination to work at Central. "It was my dream to work at this school," Omar said. A week later human resources sent Omar an email saying there was a position opening at Central and if she would like to have another Skype interview with Central officials, assistant principal, Tom Wagner and the department chair of English, Jodie Martinez. "I had the best conversation with Mr. Wagner and Ms. Martinez," Omar said. Two days later Wagner emailed Omar offering her the position at Central.

SEBASTIAN BECERRA | The O-BOOK

English teacher Martha Omar instructs her first hour junior English class on proper comma use.

Omar moved back to the United States in 2013 not only to start teaching at Central but, to announce to their family members her and her husband were going to have a baby. Omar began teaching at Central in August. She knew she was going to get lost all the time when she first arrived at Central. Though Omar loved teaching in Lincoln, Gretna and China she said, "Central's the best." Omar's future goals with her family are to retire as young as possible and possibly move to Thailand or Vietnam. Omar also thinks about becoming a foster parent or becoming a house mom to foreign exchange students.

Missions offer students glimpse of poverty, opportunities to help

CONTINUED FROM 'MISSION' ON PAGE 7

on display," Kinkead said. Jacob's ladder home is a place that houses children and adults with disabilities that are affected by the most vulnerable parts of Jamaican society. On the other hand, "Comparing that to Jacob's ladder…Jacob's ladder was a better environment and they were more free to do stuff and more activities."

Kinkead explored parts of St. Ann's Bamboo by going to a church service, an infirmary, Jacob's ladder Home and a new orphanage. Amongst the other activities Kinkead did in her week spent in Jamaica was visit a church and play games with the local kids for three days after their school let out. During the three days, the Countryside Community church members played sports activities, such as soccer and made bracelets that the children could keep and memories to hold forvever.

A mission trip is more than a vacation to serve a community in spare time, it is about making a difference however you can while sharing and connecting with the lesser fortunate through the Gospel of God. This trip to Jamaica helped Kinkead follow through with her passion for helping people, "I just wanted to give back…when I first learned how we were going to fix up the orphanage so that children that are homeless could stay there, [I knew] it was something I wanted to do…," Kinkead said.

In the near future and in her adult life, Kinkead wants to continue going on mission trips. Overall, "This made me realize I should be thankful for what I have," Kinkead said, "because a lot of people are struggling in other places."

Students adjust to new life

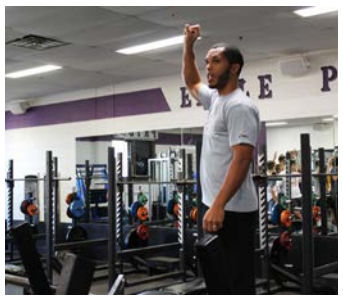
CONTINUED FROM 'NEPALI' ON PAGE 5

helps furnish homes with beds, desks and couches. Some other assistance programs include sending the immigrants food stamps and helping them find jobs and schools.

A special aspect of Nebraska that Nepal doesn't have is frozen precipitation. "When I first saw snow, I was so surprised," said Asmita. "My aunt thought that is was salt; amazed the America had the money to spread it around everywhere."

Many Nepali immigrants come for a better education. "The best part of America is education," said Asmita. "I get to learn things that I never would have before, and I can be more successful than my parents, who only have a high school degree." Keshang likes school as well, but for a different reason. "I like having friends that are at school," he says. "Yes, I do miss my friends from Nepal, but it is nice to start over."

At Central there are many things in the students' pasts, such as family strife, life struggles and death. For the Nepali immigrants, they have lived in another country which lacked many comforts and possessions that Americans hold dear. "Being a Nepali is something that is special and awesome," said Asmita. "Me and other Nepalis went through things that other people haven't been through. So now I am thankful for the things I have, like a kitchen, and grateful for the experiences that help me go through life now. I am proud to be a Nepali immigrant."



NEW TO SCHOOL
11

Corban Williams is new to Central and helps push baseball boys in preparation for the upcoming season.

RENTAL BIKES
13

Want a different way to get around Omaha? Check out these eco-friendly bikes that are offered to locals.

TEAM MANAGERS
14

Former Central students Jacob Bigelow and Michael Galeski serve as helpful additions to college basketball teams.

sports&leisure

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BALL IS LIFE

After many years as Central's varsity football coach, Jay Ball will be inducted into the Omaha Public Schools Athletic Hall of Fame.

CHELSEA JONES | The O-BOOK

Head football coach Jay Ball focuses on an important play during the last home game. Ball has coached for 31 years.

Hayley Raney
staff writer

Football coach, Jay Ball is being inducted into the OPS Athletic hall of Fame as a contributor for his hard work and dedication as a coach and improvement in OPS athletics.

"Athletics mean a lot to me, it's been my life," Ball said. Ball has played youth football, high school football at Central and college football at University of Nebraska at Kearny.

Ball has been a coach for 31 years and gained the inspiration from his father who was also a coach for 46 years. "Seeing what my dad did, I wanted to be like my dad," Ball said.

Ball's father passed away almost ten years ago and his father inspired him "a lot, just by the way he carried himself," Ball said.

"Football is the drive and force in terms of where I'm at today," Ball said.

Ball first started coaching at Omaha South from 1995-2005. Though the team never won a championship in those years, Ball says he enjoyed the students and people he met.

He said it was tough to win a championship because not many students at South went out for football. But they were tough years that helped Ball improve as a coach.

He transferred to Central in 2006 to continue

CONTINUE TO 'BALL' ON PAGE 11

Central rugby team overcomes pain, learns finer points of the game

Miles Kay
staff writer

Though rugby does not enjoy the same popularity in America as football, that has not stopped the sport from taking off at high schools throughout Nebraska. Central students participate in the sport through Central's rugby club.

Many students learn the sport through rugby club and have no prior knowledge of how the game is played. Central senior Hayden Hill was introduced to rugby by his upperclassmen friends as a sophomore, and joined the team in his junior year. "I really didn't learn it until I started playing," Hill said.

Senior Casey O'Brien has played since his freshman year, when his older brother encouraged him to join the club. For O'Brien, learning the new sport was not difficult. Most of the people on the rugby team have a minimal understanding of the game before joining. The coaches recognize this. "They concentrate on teaching the sport…they teach you really well," O'Brien said.

Senior Dawson Knickerbocker is in his first year playing rugby and agrees that learning the sport is much easier than one would think. Though he had some difficulties in his first game, Dawson said, "The returning players made it really easy [to learn the game]…if you had any questions they answered all of them."

When Americans think of rugby, some would describe it as football without pads. This is a common misconception, as there are many other facets of rugby that differ from football. Some of the major differences are the rules for passing. "In rugby you can only throw the ball backwards but you can kick it forwards as far as you want," Hill said.

"It's continuous," O'Brien said, "in football you stop after every play, in rugby it's more like soccer, when you get tackled you put the ball behind you and someone else picks it up and keeps going." The only stoppages of play occur when the ball is thrown or dropped forward or when the ball goes out of bounds.

Hill added that scoring in rugby is different than in football. "In rugby a touchdown is five points, but the extra point is two points," Hill said.

O'Brien also described the differences between tackling in football and rugby. "You have to tackle below the nipple line and you have to wrap up," O'Brien said, "So it's a lot safer and there's a lot less injuries when tackling and a lot less concussions in general."

Furthermore, there are no downs in rugby, which means rugby players are less concerned with getting big hits to prevent players from gaining more yardage. "As long as you get them to the ground it's a good tackle, you can give up five yards," O'Brien said, "That takes out the big hit, which causes a lot of concussions."

In addition, the lack of padding causes rugby players to be more cautious and protective of their heads, whereas in football O'Brien believes players are given a false sense of security when wearing helmets. This helps reduce the number of concussions in rugby.

Despite these major differences, Hill, a varsity football player, believes rugby has helped him improve his football game. "It's really helped out my tackling techniques," Hill said.

A typical rugby practice is aimed at teaching the game and improving skills. "We practice our kicking first, then we run and do our warmups," Knickerbocker said, "Then we go through passing lines and drills to help with passing,

CONTINUE TO 'RUGBY' ON PAGE 10

TD Ameritrade more than home of CWS, remains busy all year

Kaitlyn Engel
contributing writer

The batter walked up to the plate. The roar of the crowd rattled his teeth. He stared out across the field. This was the grand stage of college baseball. It was game seven of the College World Series, played in the heaven of college baseball, T.D. Ameritrade Park. The pitcher steely eyes bore into his, so the hairs on his neck stood up. Within a second, the baseball was flying at him at 90 miles per hour. With a crack the ball went flying over the bullpen down the right foul line.

"I love the College World Series," Director of Communications for T.D. Ameritrade Park Kristi Andersen said. "It is a special time when we get to showcase our city to visitors from all over the country. Each team who participates brings a different flavor and uniqueness with them. Omaha is very proud of this event and it shows."

While the College World Series is the primary event held at T.D. Ameritrade Park, quite a few events are held at the park outside of the College World Series. This is due to MECA (Metropolitan Entertainment & Convention Authority), a private company that operates both T.D. Ameritrade Park and the CenturyLink Center.

"T.D. Ameritrade is also home to… road races like the Omaha Marathon and the USA Triathlon Age Group National Championships, and many corporate meetings and private events like wedding receptions throughout the year," said Andersen.

The Omaha Marathon is an annual race throughout the city. It features a 5K, 10K, and a half-marathon in addition to the full marathon. A pasta dinner is held in the bullpen at T.D. Ameritrade Park prior to the races. Concerts are also held at the park, such as the 2011 Red Sky Music Festival.

"In addition to [the College World Series], T.D. Ameritrade Park is home to the Creighton University baseball team which plays around twenty games there a year," Andersen said.

The Blue Jays moved to T.D. Ameritrade Park in 2011. This was due, in part, to close proximity to the campus. Their season runs from February to May.

"There is no stadium that compares to it in college baseball," Assistant Coach and Recruiting Coordinator of the Creighton BluejaysRich Wallace said. "[It's] basically a major league stadium without the extra deck around the outside, By far, the best [stadium] as far as the amenities out, feel of it, you name it. It's the best."

In addition, the move to T.D. Ameritrade was supported by MECA.

"MECA approached us and we said yes, because it's the mecca of college baseball," assistant athletic trainer Curtis Self said.

LILY GILLILAND | The Register

Although the NCAA College World Series is TD Ameritrade's biggest showcase, other important events occur year-round.

Creighton plays 26-30 home games, depending on the year. The average attendance of their games are around four thousand people.

"We have more fans than the average baseball team," Self said.

Besides playing their home games, the Big East Conference Tournament was also played at T.D. Ameritrade in 2015. Eight teams from the conference competed.

"The way they designed [the stadium] is unbelievable," Self said. "No other stadium compares. It's an unbelievable setup, for both the visiting and home teams."

T.D. Ameritrade's has also been home to the Big Ten Conference Tournament. It was held in 2016, with eight teams competing, including the Nebraska Cornhuskers.

The Huskers' coaching staff did not respond when asked for comment.

The stadium was designed not only for the players, but for the fans. With over 24,000 seats, the stadium was still designed for the comfort of fans . Thrity-six inches of leg room are available.

"We welcome close to 500,000 people on average every year to TD Ameritrade Park Omaha,' Andersen said. "The majority of those guests come to baseball games, however in the off-season we host many private events that also bring people to the stadium."

T.D. Ameritrade Park stays busy even without the College World Series. It welcomes 150,000 in the off season alone.

Wallace said, "It's the greatest stadium in college baseball."

Senior finishes 33rd in Nebraska marathon, 3rd in his age group

Photo Courtesy of MALIK ABDESSALAM

Malik Abdessalam ran the Nebraska marathon on Oct. 16. He plans to run another one soon.

Cecilia Huber
staff writer

A senior at Central, Malik Abdessalam, ran the Nebraska marathon, which took place on Oct. 16 and consisted of 113 people. He finished third out of 12 in his age group and 33rd overall. He mentions that one night he "thought it'd be cool if I ran a marathon" so he did. He began his training in mid-April, running about 40-50 miles a week, including a taper week every 3-4 weeks where he would only run around 20-30 miles.

Abdessalam ran cross country in middle school and would've continued it on to high school, but he is already involved in tennis, which occurs during the same season. He did note that he'd like to run the one or two mile in track this year, however.

During the marathon, Abdessalam averaged a pace of eight minutes and 13 seconds until he hit mile 21, mentioning that he started struggling here. He said that his legs began to give out and even had to walk bits of the rest of the race. After finishing, he said his emotions were "simply relief that I could finally sit down." He finished with a time of 04:09:35, meaning his average pace was 9:31 per mile. His goal was an average pace of 8:15, but because of his trouble on mile 21, he had to slow down a bit.

He said the fact he ran a marathon didn't start to sink in until a few hours after the race when he was relaxing at home. Abdessalam added that he had a great overall experience and is even going to continue training to run a half marathon in November. He said, "I cannot wait to run another one, I want to shoot for under 3 hours and 35 minutes on my next one. I love the atmosphere and the people, and pushing myself to do something that so few people do."

Working together, Central combines with other schools for rugby

CONTINUED FROM 'RUGBY' ON PAGE 9

then we usually do any drills our coach thinks we need to work on."

There are two different rugby seasons in Nebraska. In the fall, students play sevens and in the spring they play fifteens. "Fifteens is more physical, [there is] more contact because there [are] fifteen players on each team," Hill said, "Sevens is more fast paced, [there is] more scoring because there [are] only seven players on each side of the ball, and it's still the same field size [and] still the same rules."

Fewer students participate in the fall and more play in the spring. "For sevens we only have about five Central kids and we combine with Prep and Northwest to get a full team," O'Brien said. Players from various schools combine so that they have enough team members to compete. "Multiple schools [are] coming [together] for one team…Creighton Prep, Northwest, and Central all play for the team I play for, which is Omaha United," Knickerbocker said. Papillion, Gretna, Sioux City, and West Omaha all have teams as well.

Knickerbocker has also learned lessons in respect for his teammates and opponents. "It [rugby] is all about respect, you don't want to hit late, you don't want to make dirty plays or anything like that, it's all about playing right and playing hard," Knickerbocker said. He appreciates the community aspect of rugby. "Everyone is so respectful, everyone knows each other, even different teams know each other," Knickerbocker added.

Rugby has given O'Brien a chance to be a leader. "I've learned leadership from rugby because I've been the rugby captain for the past two seasons," O'Brien said.

Central's rugby team is always looking for new members interested in learning the sport. To join, one should talk to O'Brien or Hill about practices, which usually take place at Memorial Park after school.

Newest baseball coach brings passion to diamond, classroom

LILY GILLILAND | The Register

In addition to training baseball players, Corban Williams also teaches economics.

Javier Lepes
staff writer

The last time Omaha Central baseball won a state championship was back in 1939. Central baseball has been determined to win another championship one day once again. A good baseball team needs strength and conditioning in order to be more explosive, quicker and stronger on the baseball diamond. Getting better on the diamond also means getting better in the weight room.

New to Central, Corban Williams is an economics teacher who attended Truman State University in Kirksville, Mo. After graduating, he came back to Omaha where he was born and raised and eventually landed a student teaching position at Benson High School last year.

Williams applied for the position of an economics teacher at Central after student teaching because he thought the school would be a good fit. "The staff and the atmosphere, the pride of being an eagle sold me on being the place I wanted to go," Williams said.

He's has been around baseball since his freshman year of high school and continued it into college where he also played at Truman State.

After becoming a teacher at Central, Williams was interested on helping out with the baseball program. He told head coach Gerald Kreber that he would be interested on helping out with the student athletes. He was given the position for the fall as the weight training and conditioning coach and also a coach on the field for fall baseball as a result.

His passion about baseball and about helping the athletes become stronger is what drove Williams to wanting to become a baseball coach. Although he is not guaranteed a spot at the moment for a spring and summer baseball coach, he said "If they have a position for me I'll love to coach the spring and summer." He also would enjoy continuing to coach and help out with the baseball program for the coming years.

The main goal for the off-season weight training baseball program is to "help players become the best that they can possibly be" said Williams.

Many baseball athletes that attend the program tend to agree that he does help achieve the goal. "I really like how coach Williams runs it, it's more intense and it makes all of us work hard," senior Collin Lefeber said.

Sophomore Isaac Bonner also agrees and likes the new setup of the program. "It's more of a program now, its more setup than last years.I think with coach Williams running the program its a lot more beneficial to a lot of the players, and we have all gotten stronger since the beginning of weight training this year."

Williams has offered a more scheduled and beneficial weight training program since joining the program. He obtained the program and some ideas for it from some friends he had when he attended college. One of his friends that the he obtained the program from coached him and now is the strength coach at Lindenwood University near St. Louis. He shared some of the workouts

CONTINUE TO 'TRAINER' ON PAGE 12

Honored for his achievements, football coach reflects on past

CONTINUED FROM 'BALL' ON PAGE 9

coaching. He believed there was more talent at Central and that he would win a state championship as a coach. He describes switching to Central as the "icing on the cake."

Ball's sister, Jill Goodrich and her late husband Mark Goodrich are both being inducted into the OPS athletic hall of fame as contributors also. Jill and Mark owned a business called MG Contracting and Design. The three started a team camp for football in 1998. Ball had then approached his sister and her husband in 2004 if they would be willing to sponsor the camp themselves and without any hesitation the couple said yes.

Mark provided the name of the camp, called MG Football Camp and provided support. Jill provided the organization and behind the scenes work for the camp.

Ball feels he's being inducted into the Hall of Fame because of his sister's and her husband's hard work of the camp improving OPS athletics. "I feel like I'm just kind of tagging along. To me it's a family award," Ball said.

Ball knows his father would be very proud of both of his children being inducted in the Hall of Fame. Ball also knows his father will be there in spirit the night they are announced inducted.

Ball feels his coaching has improved a lot since he first started and feels he's more mellow compared to his earlier years. "I try to communicate with the students better and understand what they're going through at times," Ball said.

His new coaching strategy is to not make quick decisions and make decisions based on the long run. Ball is motivated to keep on coaching because he never feels satisfied. "Winning is a big motivator and I hate losing," he said. He is also motivated by the process and developing of young men and watching them grow and mature.

Overall, Ball feels being inducted into the Athletic Hall of Fame it is a family honor and he is very proud.

CHELSEA JONES | The O-BOOK

Coach Jay Ball has been a football coach for 31 years, and will be inducted into the OPS Athletic Hall of Fame this month. "Athletics mean a lot to me, it's been my life," Ball said.

Durant's departure from OKC worst decision in NBA history

Jackson Berning
contributing writer

Kevin Durant's departure from the Oklahoma City Thunder to the Golden State Warriors is by far the weakest move made by a superstar in NBA history. Durant joined the team that eliminated his previous team in the playoffs, creating a Super Team for the Warriors like no one has ever seen.

After leading his team through the first five games of the Western Conference Finals, Durant choked in Game Six missing multiple shots and making careless turnovers in the final minutes of the fourth-quarter. Could it be because Durant wanted the Warriors to win? Almost a month after losing to the Warriors, Durant decided to leave Oklahoma City.

"I will miss Oklahoma City, and the role I have had in building this remarkable team. I will forever cherish the relationships within the organization — the friends and teammates that I went to war with on the court for nine years, and all the fans and people of the community," Durant reported to The Players Tribune. Durant contradicts himself because he still has not talked to Russell Westbrook about his decision to leave the Thunder. After eight years of playing together Durant didn't even give Westbrook a phone call before deserting his so-called "friend."

Returning to the Thunder must have never been an option considering he could not even say goodbye to Westbrook.

Durant continues to insult the Thunder since his departure. "He's made himself a villain by taking all these shots at Oklahoma City for no reason. There's no reason for that. He left, he's happy, shut up. When you're taking shots at Russell and those guys, that's not necessary," NBA Hall of Famer, Charles Barkley, said. After being the face of the franchise for nine years Durant insults the city and the organization after he left. His jabs at Westbrook and the Thunder just aren't classy.

Westbrook on the other hand, has not taken any shots at Durant. He hasn't said anything negative about Durant to the media at all. He is handling this perfectly. Westbrook is just trying to help his team win basketball games; he isn't focused on Durant anymore. "I'm just minding my own business, I don't watch his (Durant's) games or check any scores," Westbrook said. Westbrook is a leader and Durant is a follower.

In NBA history Durant's decision to join the Warriors was by far the weakest move anyone has ever seen. Some might compare it to LeBron James, joining the Miami Heat in 2011, however, James joined a team that won 47 games and lost in the first round of the 2010 NBA Playoffs. In contrast, Durant joined an established 73-win Warrior team that lost in the NBA Finals in seven games. In addition, LeBron didn't have an All-Star teammate on the Cavaliers when he went to Miami. Durant had Westbrook, a multiple time All-Star and scoring champion. There is no accurate comparison between the two.

Other NBA players hate the move he made to Golden State too. "If you can't beat em' join em'," Clippers forward, Paul Pierce said. He mocked Durant saying he couldn't win a championship with his own team and had to run to another franchise to do so.

Multiple ESPN analysts had negative comments to Durant's decision to sign with the Warriors. "Kevin Durant is one of the top three players in the world. And he ran away from the challenge that he faces in order to jump on the bandwagon of a team that's a little bit better. I don't want to hear the LeBron comparison," said Stephen A. Smith.

Durant's legacy is forever tainted after the move to Golden State. He will never be looked at as one of the best players in history regardless of how many championships he wins. He abandoned the Thunder to join the two-time MVP Stephen Curry. Durant didn't want to paint his own legacy so he's decided to make Curry's look better. Michael Jordan didn't join the Pistons when he couldn't beat them. Kobe Bryant didn't join the Celtics after they defeated him. Those players wanted the challenge and eventually beat their rival.

Running from a challenge doesn't make you a champion, conquering it does.

Senior battles shoulder injuries, works hard to rejoin swimteam

Colin Burk
contributing writer

To become an athlete takes time, dedication and sacrifice, but to become an amazing athlete takes pain and purpose. It can mean pushing your body to a point it should not go to and not letting it stop. For senior Jackson Berning becoming an amazing athlete was all he had in mind. Since he was five years old he would push himself to become a star swimmer. He has always been a loyal sports fan and to him, swimming seemed to call him. Jackson was unable to deny his hunger to dive into that water and swim.

When he hit freshman year of high school he was doing nearly five hours of training every day. This included mornings at the pool, afternoons lifting at the gym and evenings swimming and training at the pool. Though watching Jackson in action it is was hard to believe, but he still was human. The human body has its limits and Jackson hit his.

Jackson started to feel incredible, aching pains in his shoulder. He could barely move, let alone swim and this was only the beginning of Jackson's world crumbling. He went to visit doctors, and experts in athletic injury, but for the rest of the year nothing was done. No one could understand how to react to his body breaking in this way.

When the human body is overworked in certain areas, joint and bones will loosen up. This causes all the pain to fall on the muscles and for the joints themselves to cause incredible discomfort. For swimmers this tends to happen when too much overhead shoulder movement is occurring. Now, most of the time swimmers are able to ignore the loosening of their joints and they don't feel any pain or discomfort. For example, it´s very likely that Michael Phelps has this same joint looseness, the only difference being is that genetics determines whether or not the loose position of the joints causes any pain.

After freshman year Jackson and his family decided to undergo a surgery that would hopefully solve the problems that had plagued this prodigal swimmer. Sadly, after the surgery there was no change in the pain Jackson felt and this was the moment he thought it was over. He had to face the reality that his dream to become a professional swimmer, the door to his dream of athletic greatness was rapidly closing, and there seemed to be nothing he could do about it. There was no way Jackson could solve this problem at the moment.

Photo Courtesy of JACKSON BERNING

Berning has been swimming for many years and has been putting in effort to overcome his injuries so he can return to the pool.

Jackson spent the next few years seeing a physical therapist, and working ever so slowly to heal his body and get it back into swimming shape. When Jackson´s pain was still affecting him every day, anytime he stumbled his physical therapist could except to hear from him later that day. He sent a flurry of emails to his Physical Therapist when someone bumped into him in the hallway. Even though the bump itself didn´t hurt, Jackson was at such a high level of anxiety that the slightest contact would set off a panic attack.

Eventually Jackson began to recover even more and started his swimming training back up. As of now Jackson works incredibly hard. "Swimming is still my dream." Jackson said during our interview.

Though Jackson is not as fast or as powerful a swimmer as he was during his prime, he is still improving. "There are off and on days, one day I´ll be gliding through the water just like I used to. Some days, I´m struggling the minute I get in the pool." Jackson said. "I'm not giving up though, swimming still is and always will be my dream."

College recruitment helps athletes

Alec Rome
staff writer

The most vital component to keeping an athletic program competitive is recruitment. Programs like Alabama football or Kentucky basketball are successful because they bring in four and five star recruits. However, to keep things fair across the board, certain policies were put in place so other colleges have an equal chance to earn the commitment of a prospect.

Each sport has specific regulations for when a college can contact a recruit, but there are some overlapping similarities in NCAA bylaws. Freshmen and sophomores can be sent brochures on information and athletic camps, and they can call coaches at their own expense, but they may not be contacted by a coach and a coach may not send any written recruiting information. Juniors may be contacted in more outlets by coaches, and there are certain periods where coaches have free reign to contact a prospect. Seniors can make up to five paid official visits to colleges, and only one per school.

"Honestly, [recruiting policies] change every year, but it seems like it changes every single day," Benjamin Holling said, head coach of Omaha Central boys' basketball. "The bylaws on this stuff is extensive to say the least." Holling also said that the policies can differ for each level, and there are certain times when coaches are even allowed to greet a prospect, let alone contact them.

Scouts are allowed to contact a prospect at any time, but according to Holling they are paid more by the numbers than by the quality of players. "If you get contacted by a scout at this age of your career, then you're probably getting swindled," Holling said.

One of the other terms that can get thrown around is a verbal commitment. This is a player simply stating the university where he or she would like to play a sport, but has no legal binding to a school saying that the player must attend that university. According to Holling, there is no age limit for when a player can verbally commit, and since it is not a signing, it is fairly close to meaningless.

As for a signing, that is an official binding contract saying that a player will attend a university to play a sport for at least one academic year. That "contract" is also known as a National Letter of Intent, which allows the student to receive financial aid to attend a university.

For example, one of Holling's players, Isaiah Poor Bear Chandler, verbally committed to the University of New Mexico. That was not a binding commitment, therefore hypothetically he could withdraw it, however it is usually rare for an athlete to do that. However, when he signs the National Letter of Intent, he must attend that university for one academic year in order to be eligible to participate in athletics. Chandler may withdraw his signing from that school, but he would then have to wait one academic year before he could participate in athletics again.

While all of these bylaws can become confusing, Holling believes they are put in place for a good reason. "[Colleges] still stray away from them," Holling said, in reference to how colleges have figured out loopholes in the recruiting policies. "I had a plan period the same time Akoy Agau had lunch. So colleges would call me, and ask if I could go get Akoy," Holling said. "But since they weren't contacting him, they were contacting me, it was a loophole." Holling has experienced the ramifications of these policies firsthand, but he has never been unhappy with them.

These policies are put in place to protect the player, and Holling believes that it comes down to not taking these policies out of context. "The kids will think that because a college contacted them, they are interested," Holling said. "It doesn't mean they aren't interested, but the level of interest is few and far between. [Players] shouldn't get too carried away with the amount of stock they put in a contact."

New trainer brings fresh ideas, workouts to baseball team

CONTINUED FROM 'TRAINER' ON PAGE 11

with him and Williams modified them to best suit his own athletes.

The program Williams received and applies to the workouts is called a hypertrophy strength phase along with conditioning afterwards.The hypertrophy strength phase helps increase in the cross sectional area of muscle and an increase in the storage capacity of high energy substrates and enzymes. "The program is mainly focused on core and lower body and will help with explosiveness and hopefully injury prevention," said Williams.

Williams still thinks believes still areas for development with the weight training program and with the athletes. "There's always room for improvement, we can better utilize the equipment we're given and work with the guys more individually." Williams also adds that if athletes would like to get better they can eat healthy and take care of their bodies."If they want to improve it's about filling the body with proper foods to help yourself and getting stronger in the weight room."

Williams is positive that the program is helping the athletes improve and is moving in the right direction. "The kids' progress has been phenomenal. They've been doing things now that they thought they'd never be able to do. Most importantly, just the progress has been really cool to see with some of these kids."

Miracle Hill
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Senior finishes fourth year on varsity tennis, looks ahead to college

Choteau Kammel
editor-in-chief

Throughout its over a century and a half of existence, Central High School has established itself not only a center for academic achievement, but also one of athletic excellence and of stories legacies between familial generations. Senior Matthew Stobbe has partook in all three of these aspects of the Eagle Way, including being a key member of the boys varsity tennis team and the success they had this past season.

Stobbe was born in Omaha, and has lived here all his life, living in the Dundee neighborhood and attending Saint Margaret Marys through the end of junior high school. He said that one of the most difficult tasks he has faced in his life was the transition from small private school to large public school, because it was a "drastic change," but having his older brother Jack there helped smooth the transition. Even beginning in those early days, Stobbe has enjoyed sports and the attainment of knowledge as he has pursued both during his high school years, taking honors and Advanced Placement classes as well as continuing his passion for tennis, which he began playing 13 years ago.

When it came to choosing a high school, Stobbe said he was given "full freedom of choice," but he decided on Central because of his brother's experiences there and the fact his mother was also a graduate of the Nest. Going into his freshman year, Stobbe knew other students who had chosen Central as well, but he also wanted to make new groups of friends. Putting this desire together with his love of tennis, he followed his brother on the team, where he said, "The feeling of winning a tennis match is irreplaceable. It's a combination of physical, mental and technical and tactical skills. If you lose a match, there's no one to blame but yourself and that drives you to improve your game even further."

Stobbe followed the pre-IB academic track, so he could take the dual science credits during his sophomore year, following which he entered the AP track, continuing his emphasis on science courses like AP Physics C. He attributed this dedication to mathematics and science to his future career interests, as following graduation he intends to attend the University of Nebraska at Lincoln in order to pursue an engineering degree. He said his interest in engineering stemmed from his parents both working for the Army Corps of Engineers and they have "always had a large impact on my life," he added.

This last tennis season was on of the Central boy's best in recent memory, with the team placing second at the Papillion Lavista South Invite and then first at the Lincoln Invite and ultimately ninth place at the state matches. Playing both doubles and singles, Stobbe said he had a fairly solid season and that the time was well spent as he also was able to form many friendships. "This last tennis season has been some of the most fun I've ever had. We did better than we've ever done before. I love all the guys on the team," he said.

Looking back at his last three years and the experiences he has had along with them, Stobbe said the friendships and time with his brother are what stands out to him, as, "I'll never forget all the friends I've made and the fun I've had. Having my brother at Central was a lot of fun, especially playing tennis with/against him. We have an unspoken connection on the tennis team that no other doubles team can match."

In regards to Central, Stobbe said, "It has opened my eyes to the many different kinds of people in this world and taught me the importance of a college education," and to any undecided students out there wondering whether or not to step onto the courts, he added, "All students should give tennis a try. It's easy to learn and fun to play, and you most certainly will make some lasting friendships."

CLAIRE LAVENDER | The O-BOOK

Stobbe has been playing tennis for 13 years and has been on Central's varsity team since his freshman year. He also has had to balance a tough work load, which has included multiple AP courses.

Rental bicycles promote health, inexpensive transportation

LILY GILLILAND | The Register

The rental bike stations are positioned around Omaha for easy public access.

Grace Turner
staff writer

Larger cities, such as Chicago, New York and Los Angeles have multiple types of transportation for their residents and visitors to use. Omaha has added to their public transportation with a way to rent bicycles. Rental bicycles are a good way of promoting health, and form as a good form of transportation around the Omaha area.

Heartland B-Cycle is the company to rent bicycles from in Omaha. They have 33 different stations around downtown Omaha and Aksarben areas. In total these stations have 180 bikes to rent and use. These bikes are designed to be used for short distances that are too long to walk, but it are unreasonable to drive.

Heartland B-Cycle is a part of the Live Well Omaha program. The program's goal is to make people in Omaha healthier mostly by using exercise. They host many different programs in the Omaha area that promote activity and using healthier alternatives to people's current daily schedules. Heartland B-Cycle is just one of the many programs they host.

The bicycles are adjustable so it is possible for anyone, tall or short, to ride. They also have a basket on the front which makes it easy to transport other items. The bikes can be rented out to anyone over the age of 12. They are easy to use and also easy to access.

The main goal of the bicycles is to encourage people to be active. Biking is a good way to stay healthy and be active. Another reason for it is to reduce the use of cars and other forms of transportation that use gas. These methods are considered to be bad for the environment. Therefore biking offers a solution to these problems.

A person can get one of these bikes by signing up for the B-Cycle system. Once they are signed up for the system they can go to any of the stations in the Omaha area. A person can have a bike for half an hour, but after that they are charged for every half an hour they have it out. The bikes can be returned to any of the stations in Omaha. Riders can also purchase a "FUN! Pass" for six dollars a day. Omaha has 33 locations across the metro, mainly located downtown and Aksarben.

These bikes are a good way for people who want to go run errands in downtown Omaha, who do not need to drive. This is also a good way to cut down on the parking issues in downtown. If people use the bikes instead of driving then there would be more available parking in downtown.

This is also a great way for people to be able to explore Omaha. If one bikes from one station to the next they will be able to see and enjoy different parts of Omaha. With many different stations in downtown, Aksarben, and even Council Bluffs there would many different sights to see and places to enjoy.

Heartland B-Cycle is a great opportunity to explore the Omaha area, and become healthier. It provides a healthy and efficient method to make people healthier and also reduce the use of cars. There are many different places that people are able to rent and ride bikes and enjoy the Omaha area.

UNDER NEW MANAGEMENT

Two '16 graduates go their separate ways to manage rival basketball teams.

MICHAEL GALESKI

> *I was not good enough to make the basketball or soccer team and they had no football team, so I knew I needed to be a manager.*
> MICHAEL GALESKI
> Creighton Basketball Manager

Carlson Koch
staff writer

Freshman at Creighton University, Michael Galeski is a former Central basketball player that now is a manager for the Creighton mens basketball team.

Galeski developed a passion for basketball as a child and has retained this for nearly as long as he can remember which later grew during his time playing for Central.

Since joining the team as a freshman, Galeski looked up to the older players and said, "I didn't think I had a chance of ever making the varsity team at Central." As he practiced more and more ever year, his senior year, Galeski finally completed his dream of making the varsity team.

Central Basketball coach, Ben Holling was part of Galeski's development as a player and person. "Coach Holling taught me so much about basketball and competing with my teammates during practice made me better every day," Galeski said. He also mentioned, that his ability to balance high school work and sports has prepared him for managing in college.

When he graduated last year Galeski knew that he wanted to pursue some form of involvement with basketball in college. "There was no way I was going to give up being around sports," he said. "I was not good enough to make the basketball or soccer team and they had no football team, so I knew I needed to be a manager."

Many supporters of basketball of Omaha are specifically Creighton basketball supporters, and even though Galeski has not even been a manager for year yet, his previous passion of basketball and constant drive for it causes him to favor managing.

Though some view managing as simply as washing the jerseys, having extra game balls and sitting on the bench with the team, it is much more than this. Galeski has to balance being at every practice and school work on top of this. "Managing is actually a really big commitment, but I've been able to manage my time well and balance it with school," he said. "But it is fun to be part of something as big as Creighton basketball."

"I grew up a huge Creighton basketball fan and practically worshipped Creighton basketball players," Galeski said. Now being part of the action, he realized the players are just regular people with advanced skill in basketball. "Meeting them, I realized that they're all really good quality guys. They're humble and treat me as their equal," he said.

Connecting and building relationships is also part of what Galeski does as a manager. He has specifically chosen two guys to appreciate the most, Justin Patton and Martin Krampelj. "Justin went to Omaha North so I've played against him and he's a lot of fun," he said, "Martin is from Slovenia and he played soccer like me, so it's interesting to hear about what Slovenia is like and to talk about our common interest outside of basketball."

As a manager, Galeski's role currently is to primarily go through film of opposing teams and record their players' typical plays. In addition to this, he also mails letters to recruits, rebounds for the players, wipes sweat on the floor, gives players rides or any other task asked of him. These tasks require a love for basketball like Galeski's. "Going through hours of film is most people's idea of good time, but if you love it like I do, go for it," said Galeski.

The managers work together to attend to the players needs and have collectively congregated to concoct the group to be referred as the "Manajays".

Even though managers are not ones to receive much recognition for their efforts to the team, this does not bother Galeski one bit, as his desire for the game drives him to pursue an involvement in basketball and will continue to do so.

JACOB BIGELOW

Vasili Sgourakis
staff writer

While athletes usually get most of the recognition in sports, there is a lot that goes on behind the scenes in maintenance for collegiate teams. Jacob Bigelow, a freshman at Lincoln is one of their basketball team managers, as he was at central too.

Ever since Bigelow was young, he had a love for basketball. Bigelow said, "I have had a passion for basketball since I was about 8 years old. The team that actually got me into basketball was JJ Reddick's Duke team in the early 2000's. The way JJ Reddick made shooting 3's look so easy was incredible to me and that is who I attempted to model my game after when I was little." After realizing he did not have a future playing the game, it was important he found another way to be involved.

His time as manager at Central played an important role in his decision to commit to the time-consuming position as team manager. "Being apart of the most prestigious high school program in Nebraska, I felt the urge to continue being involved in basketball. I got in contact with the coaching staff at Nebraska early last year and I hit it off with the staff and the managers at the time," Bigelow said.

Bigelow has also been a lifelong fan of Nebraska basketball. "I have been a fan of the basketball program since Barry Collier was the head coach, and I even traveled to San Antonio in 2014 when Nebraska made the NCAA tournament for the first time in almost two decades," Bigelow said, he realizes what coach Tim Miles is trying to do and respects him for the changes seen in the program in the past few years, "I have the utmost respect for Coach Miles and his vision for the program, he wants to build a tradition...On that trip to San Antonio I met Coach Miles and took a picture with him, and now I work down the hall from him every day."

As manager, he carries much of the workload in preparing for practice, getting Gatorades ready, and even playing a part in drills. "For practices, we make sure the practice court is clean, we make sure the coaches have whiteboards to draw up plays, we prepare Gatorade and water bottles for the players, we sometimes are even part of the drills in practice, we film each and every practice and break it down for the coaching staff," Bigelow said, "We break down film on all our opponents throughout the year and during games provide the players with drink and towels."

The student managers even receive some of the same privileges that players do. "As a manager I have access to our top notch basketball facilities. I also receive some Adidas gear from our fantastic equipment staff. This year I am also lucky enough to get to travel with the team to 3 away games this season," Bigelow said. He noted that he would be traveling to the games at Clemson, Maryland, and Minnesota this season.

In terms of plans after college, Bigelow is not quite sure yet. However, a future in coaching does seem enticing. "Like most college students, I'm still trying to figure out [plans] for sure," Bigelow said, "but if a path towards coaching were to come about I would definitely enjoy being a coach."

Although he is not a player, Bigelow feels as if he is just as big a part of the team as any athlete. Coach Tim Miles makes sure that every one realizes that their contributions are felt. "I do feel like I am part of the team. Coach Miles calls us the unsung heroes of the program and we are constantly reminded that we are the guys who get stuff done," Bigelow said, "The players and staff show us a bunch of appreciation for all the hard work we put in to the season."

TACO JOINTS
20-21

Out of the numerous taco restaurants in Omaha, it can be hard to decide which ones are worth the money; find out which ones are and are not.

SENIORS' SAVIOR
18

Counselor Angela Meyer assists seniors in the arduous task of applying for college and scholarships.

FRESH TALENT
17

New to Omaha, freshman Alissah Paschall brings talent from her past experiences.

arts&style

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FOR THE RECORD

Nebraska's only vinyl library draws the attention of music-lovers of all ages. The Hi-Fi House offers an extensive collection of music and even live performances.

Anna Kaminski
executive editor

Located in the Blackstone District, the Hi-Fi House is a strictly musical library for the purpose of a broader education of various genres, artists and mediums. "Hi-Fi House is a social listening library where people gather to share their love of music," said founder Kate Dussault.

Omaha's Hi-Fi House is the first of many in the country despite the fact that it's not even officially open yet. As of now, Dussault and her team are merely experimenting with the concept. It is strictly for students and the senior community, by appointment, and it additionally becomes an exclusive club at night for private members. These members make payments that help support the functionality of daytime activities.

The Hi-Fi House is most well-known for its impressive collection of vinyl. The space includes thousands of records from thousands of different genres and artists. Patrons can listen to these records on high-end audiophile stereo systems.

"We love music and wanted to share a refined listening experience with others, particularly students and our senior community," said Dussault. "We believe good listening skills are critically important to success in any relationship, whether business or personal. We employ music to foster better listening skills. We are practiced in the art of listening."

Dussault sees music as a "universal language." Hi-Fi House is a place where people can talk about and study music, meet artists and simply share their "love of music with like-minded people," Dussault said. "It gives us all a place to begin conversations based on a healthy respect for our 'universal language' which is music. It's often said that listening is the most sincere form of respect and we want to help people learn to be good listeners. We believe it will positively impact their lives."

Dassault fell in love with a music at a young age, which inspired her to establish the Hi-Fi House. "The Beatles had a huge influence and brought out the writer/poet instincts in me. The Rolling Stones appealed to the rebellious me, and early on I found the Blues which inspired me to play music. As I attempted to learn to play I developed a respect for the best players and that led me to jazz greats like John Coltrane and Miles Davis...I love Punk, Metal, New Wave, Rock, Indie Rock, Funk, Singer/Songwriters, Electronica you name it. It's impossible to pin me down on favorites."

CONTINUE TO 'HI-FI HOUSE' ON PAGE 22

Former Central student moves to Windy City to pursue dance

Georgia Chambers
editor-in-chief

Ballet has been a passion of former Central student Emily Eisel's ever since she was a young girl, but recently she was given her big break that set her well on her way to becoming a professional ballerina.

This would be Eisel's senior year at Central, but she has instead moved to Chicago permanently, without parental supervision, to focus on dance through a student company, Ballet Chicago.

"I'm not coming back. It's all year. I live here now," Eisel said.

Eisel auditioned last February for the summer intensive program offered by Ballet Chicago, and through this program she was asked to stay and join the year-long program. She never thought her parents would let her go, but they knew this was a dream of Eisel's, so they let her make the move into the Windy City. She admits that she likes the freedom and that she does not miss her family all that much.

"I like [Chicago] way better," Eisel said.

However, even with the absence of strict parental guidance, Eisel does not have much time to do what she pleases; she follows a very strict schedule. Depending on when she gets up, Eisel usually spends most of her morning completing her online schooling, then goes to dance class from 2:30 to 8 p.m. most days. On the weekends, Eisel dances from 11 a.m. to 5 p.m.

Since dance takes up most of her time, sometimes Eisel has to stay up late to complete her responsibilities as a student. However, she admits that on a daily basis, she tries to get in at least an hour of schoolwork.

"I'm pretty bad at keeping up with school, but I try to do an hour a day just because it's not as rigorous as regular school," Eisel said.

When she's not completing her online courses or dancing, Eisel likes to explore Chicago with her roommate, Gabby Foley, or just make a trip to the grocery store. Foley danced with Eisel at Ballet Nebraska, and since then they have become best friends.

"We really like Chinatown, we are always at Chinatown, I don't know why we always go there, but we do. Or just like cleaning our apartment or something like that, like regular stuff... or we are grocery shopping. Not too exciting," Eisel said.

Eisel was formerly with Ballet Nebraska, filling extra roles in performances such as the Nutcracker. Since Ballet Nebraska is a professional company, the students did not perform the main roles.

CONTINUE TO 'BALLERINA' ON PAGE 16

Vision of becoming professional ballerina motivates teenager

Photo Courtesy of EMILY EISEL

Above: **Eisel practices ballet in front of the Chicago skyline.**
Above right: **Eisel sits with her roomate, Gabby Foley, in their apartment. They now permanently live in Chicago.**

CONTINUED FROM 'BALLERINA' ON PAGE 15

Now, with Ballet Chicago, Eisel is able to fill more demanding roles. They are currently working on a production of the Nutcracker and will study more ballets in the spring. Eisel notices a clear difference between Ballet Nebraska and Ballet Chicago.

"It definitely is a lot harder here, but I think it's mainly because Ballet Nebraska is a professional company," Eisel said. This simply means that since Ballet Nebraska did not enable her to fill lead positions, she is being held more responsible and has more expected of her at Ballet Chicago.

There are times that Eisel misses her home in Nebraska. Eisel misses her friends and the environment of Central and the inclusive environment that online schooling cannot offer her. Though, she has been adjusting well and has made many friends through the company.

"People at the studio are really nice, but other than dance people I don't really know many other people because we are [at the studio] all the time" Eisel said.

Eisel plans to finish the year out with the company, then she looks to audition for various professional companies to begin her career.

"I'm not entirely sure yet where I want to go, but I'll be doing auditions, and then hopefully I'll get a job somewhere," Eisel said.

There's a chance that Eisel will return to Nebraska, but she said it all depends on what she auditions for. She plans on auditioning for Ballet Nebraska, but if a larger company were to offer her, she would take that opportunity.

Eisel is set on becoming a professional ballerina, and she knows that what she is doing now is helping her achieve her childhood dream.

Poetry club offers variety of opportunities, develops writers

Miles Kay
staff writer

When people first think of poetry, William Shakespeare and Emily Dickinson are often the first names to come to mind. But, in recent years, slam poets across the country have redefined poetry. At Central, the Eagle Slam Poets are a part of this movement; their writings embody the new revolution in the art of poetry.

The Eagle Slam Poets meet before and after school on Wednesdays to share and get feedback on poems and prepare for poetry slams and the Louder than a Bomb competition. Some of the members, such as Olivia Larson, have been writing poetry and been involved with Eagle Slam Poets for several years, while others are new to slam poetry altogether.

For youth in Nebraska, slam poetry exploded with the inception of Louder Than a Bomb: Great Plains. Louder Than a Bomb was first founded in Chicago in 2001 by the Young Chicago Authors, and has drawn in youth and schools from across Chicago. Its success caused the Nebraska Writers Collective to introduce the program to Omaha for a 2011-2012 season. Since its founding, Louder Than a Bomb: Great Plains has expanded to include 35 schools in Nebraska and Iowa.

At Central, Louder Than a Bomb: Great Plains helped jumpstart the Eagle Slam Poets club. Eagle Slam Poets sponsor Deron Larson cited Poetry Out Loud as the first introduction of the performance of poems to Central students. "My connection was with Poetry Out Loud and the recitation of a professional poet's poems," Larson said, "Another really key thing was a couple of teachers at Ralston High who hosted a poetry festival in the spring." From there, interest continued to snowball at Central, especially with the founding of Louder Than a Bomb: Great Plains.

Deron acts as a coach for the team. As an English teacher, he loves seeing students engage with writing and literature outside of the classroom. "I can be involved with the students who are interested in literature and exploring the possibilities of performance with their voice," Deron said.

Deron enjoys sponsoring the club because of the impact he sees it have on the students involved. In fact, his favorite part about coaching the team is seeing the self-confidence students gain. "The opportunity to see students assert themselves in a performance way that doesn't depend on a script that's written by somebody else, I think that's my favorite part of watching," Deron said.

Through slam poetry, Deron also sees students begin to discover their identities. Through poetry, students are able to define aspects of themselves, regardless of their level of self-confidence.

> *"The opportunity to see students assert themselves in a performance way that doesn't depend on a script that's written by somebody else, I think that's my favorite part of watching."*
>
> Deron Larson
> Eagle Slam Poets Sponsor

Students involved with the Eagle Slam Poets are equally enthusiastic about slam poetry and its impact on themselves and those around them. Nyadet Dojiok was introduced to poetry in fifth grade when her class did a poetry slam. She did not revisit poetry, though, until later in high school. "There's this YouTube channel called Button Poetry and I just watched hundreds of them," Dojiok said. After her discovery of slam poems, she decided to join the Eagle Slam Poets. This is her second year involved with the club.

Olivia is a four-year team member. She was introduced to slam poetry by her father, and since then has loved writing and performing poetry. "I have the ability to go up on the stage for three minutes and tell stories the way that they happened to me or the way that I perceived them," Olivia said, "To have a space that's completely dedicated to sharing stories and experiences with a bunch of people who are there to listen, that's really cool to me."

Meetings are dedicated to editing, sharing drafts and practicing performance techniques. "Each week we sit in a circle and whoever has a poem to share shares it and we give them feedback and help them expand on the poem," Dojiok said.

Olivia added that meetings focus on performance as the team approaches competition. "Slam poetry is really about the performance and the inflection," Olivia said, "There will be times in the year towards second semester where it's not so much about the writing anymore, it's about how you connect with the most amount of people in what way reading the poem."

Dojiok and Olivia both appreciate the sense of camaraderie on the team. The Eagle Slam Poets get together outside of their weekly meetings for team bonding activities and writing sessions at places including Caffeine Dreams and Spielbound.

Both poets enjoy attending slams. "They're really interesting because you can be sharing words they've never heard and they can be a different religion or different ethnicity or not completely know the situation you are talking about but they can relate to it and understand the emotions of what happened and what's going on," Olivia said. Dojiok agreed, citing slams as a "safe space" for people to share all kinds of experiences that have personally affected them.

The Eagle Slam Poets have learned about themselves and each other through their poetry. Deron is continually amazed by the creativity and writing abilities of students. "I've learned that people who don't appreciate or maybe don't even know what poetry is can express themselves through lines and words better than I have ever been able to," Deron said, "It's pretty amazing as an English teacher to watch a student who doesn't identify themselves as a poet become a better poet than I'll ever be."

Freshman student excels in dance, overcomes hectic lifestyle

Kaitlyn Engel
contributing writer

Photo Courtesy of **ALISSAH PASCHALL**

Even with her family having to move frequently, Paschall works hard to continue her involvement in dance and musical theater.

While some students struggle to keep their head afloat during the tumultuous years of high school, others thrive through these years. But very few get to restart them at a different school every few months. Freshman Alissah Paschall gets this chance every six months.

Due to her mother's career as a respitory therapist, Paschall transfers schools every six months. She will travel all over the United States, but will still continue with all of her passions."It kind of sucks and I hate it, but at the same time I meet new people," she said.It takes particular personality to be able to be constantly moving. Paschall features this strong personality type, according her mother.

"Alissah actually has a problem where she is unable to avoid laughing," her mother Miranda Paschall said. "It is very problematic."While laughing on her own, Paschall also knows how to make others laugh. Before coming to Omaha, she attended school in Tennessee where she was voted class clown.

"The entire school voted for me," Paschall said. "I did so many things [to get elected] in seventh grade, I did a bunch of stupid stuff . We pretended this kid didn't… exist on his birthday. We got a teacher in on it. He would raise his hand, and the teacher would ignore him. I did really stupid stuff to get elected."But being class clown was not her only accomplishment. She starred in musicals in Tennessee but has yet to make her debut here.

"I did musicals. That is something I am really passionate about," Paschall said. "I was Pumba [from The Lion King] last year in Tennessee."Singing has always been a passion for Paschall. She began singing and has made much progress with her voice."I have been singing since I was very young, she said. "Then in sixth grade I made Chamber Singers, and then I made Honor Choir."

This passion has grown with each musical and concert she has been in. Throughout her years in middle school, Paschal has been building on this love of music. She participated in both of the singing groups offered in Tennessee.

"Chambers was only school-wide, with seventh and eighth graders, and honors choir is statewide, "she said. "[Honors Choir] was stress inducing. You had to learn all this music."But most of her accomplishments in the higher level choirs are because of a great teacher."[I] learned everything in basic choir because I had a good music teacher," said Paschall.Paschall stills pursues singing by taking choir classes. "Central's choir is educational," she said. "It maintains a balance between singing and learning."

In addition to singing, Paschall was an active member of the cheer teams at her school in Tennessee. She has cheered since she was seven years old, but decided to take a break this year to adapt to the busy life of high school.

"I will cheer in the future," Paschall said. "In cheer, you get to be constantly peppy. It was really fun."

As well as cheering, she also was a member of the dance team. Paschall danced for two years for Fairview Middle School in Tennessee.

"I won't dance in the future," Paschall said. "I got bored with it. It was the same thing over and over again. It was too strict and didn't have emotion."

Paschall likes free flowing elements, which helped her form her passion in writing. The goal of my writing is to make other people happy, she said. She currently takes Journalism.

"I write in my free time," Alissah Paschall said, "My teachers in Tennessee wanted to publish me. But I just thought it was too much work [at the time]. I could see myself going to college to become an author and being published as an adult."

Alissah Paschall enjoys helping others. Other come before yourself, she said. She would like to be a high school guidance counselor.

"I could be sitting there crying and you can [say], 'Are you okay?' and I would [say] 'I'm totally fine. What's wrong with you?' " Paschall said. "I would totally change the subject so see what's wrong with you, and forget myself."

Like many people her age, she is confused on what direction to in for her life.

"I have no idea what I am going to do with my life," Paschall said. "My only goal in life is to make other people happy. I want to help people. Not even [for] myself, but [for] other people. I don't think I'll ever figure that out."

She hopes that all of her travels and educational culture will help give her enough experience to get into John Hopkins University.

"It's always been a dream of mine," she said. "It's for the best of the best."

With her many ambitions, Alissah Paschall is just trying to make it through the high school alive as "the new kid."

"I'm just an undercover emo from a small town in Tennessee who's trying to make it through high school," Paschall said.

College counselor assists students, makes university search less stressful

Vasili Sgourakis
staff writer

Deciding what one wants to do after high school is extremely important and it helps to have a guiding voice other than what some students may find at home. College counselor, Angela Meyer, provides this at Central.

Overall, she aims to ease the process of finding out what students would like to do after their high school career is over. "My goal is to help students access college and advance any sort of career training. For example they want to go on to college or get a career I would help them fill out scholarship and college applications," Meyer said.

Students from Central attend universities all over the country. However, naturally, some colleges have stronger relationships to Central than others. "I would not say any university is easier to work with. I just think location wise we have definite partnerships with Creighton, UNO, and UNL just because of their location but all the colleges in the metro area are wonderful to work with," Meyer said.

Although nowadays students have a wide variety of options for higher-level education, it was not this way when Meyer was growing up. This provides a sharp contrast between her college search and that of other students she helps. Meyer said, "I was from a very small high school and I did not have as many options as students from the metro area. Back then students only applied to one college instead of multiple and they only took the ACT one time, so now it is a lot different."

When choosing a college, Meyer has a couple pieces of advice for students. "I would say look for a college that offers what you plan to study or has many things you are interested in just in case your interests change in college. I also think it is important for students to go visit while school is in session to get a feel for the campus and it is important for students to ask questions about what students do on the weekend, whether they go home on weekends, and campus safety," Meyer said. Among other possible questions, these are some of the most important aspects of college life.

While attending college is the popular choice for many, it is not for everyone. The most important thing is for all students to know it is a possibility: Meyer said, "If a student wants to go to college it is a possibility. However, not every career is tied to college so it just depends on the students interest and their skills."

Located in the College Planning Center, Meyer assists seniors with scholarships, locating schools and requesting transcripts.

LILY GILLILAND | The Register

Meyer acknowledged that there is good and bad throughout the college application process. "The ups and downs of applying is like life. Not everybody gets everything they want and it is just part of life and part of this job," Meyer said. She also noted that among her least favorite part about being this position is when students procrastinate applying for colleges because it creates extra stress on the counselors to help them reach their goals.

Above all else however, Meyer finds satisfaction in assisting students to the next phase of their life. "I like working with lots of students, helping students realize their potential, and helping students find scholarships and financial aid," Meyer said, "It is just very rewarding."

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Students embrace Mexican heritage

Hayley Raney
staff writer

One of Central's largest minority populations are Mexicans. Juniors, Angela Gonzalez and Jasmine Ramos are proud to be Mexican and live up to their Mexican culture. Both Gonzalez and Ramos wouldn't trade their heritage for anything.

Spanish was both Gonzalez's and Ramos' first language. Both of the girls were in ESL classes in elementary. Gonzalez learned English as a young child from her older siblings and Ramos learned English when she was eight years old.

Gonzalez explained the Mexican ethnicity is different from others by the food, language and holidays. Ramos also added that the Mexican ethnicity is more joined together than other ethnicities and the family respect is different from others.

Both the student's love how Mexicans have quinceaneras and love to party.

Ramos explained that within the Mexican ethnicity there are many different types of Mexican cultures. "It's really free, you get to choose the culture you want to pick," Ramos said. Mexicans have one big ethnicity with many different aspects.

Ramos describes Mexicans as a family, "When you're with all Mexicans everybody treats you like family, you don't feel separated at all," she said.

Gonzalez loves the dances that trace back to Mexican history. Ramos said, "No matter what they triumph against there conflicts for getting their rights and their freedom."

Ramos looks forward to "breaking the glass ceiling" in her future of being Mexican. The glass ceiling is an invisible blockage that keeps women and minorities from succeeding in the business world hired in a high position.

Gonzalez hopes in the future if she decides to have a family that she will be able to pass down her Mexican culture and traditions to her children.

One thing Ramos will never forget about the Mexican heritage is the loyalty and Gonzalez will never forget the food. Gonzalez and Ramos both struggle with stereotypes and discrimination as Mexicans, however they also have worked hard to overcome and defeat these prejudices and biases.

Gonzalez feels that Mexicans are misunderstood as lazy and taking away jobs from others. "I feel like a lot of people don't understand the struggles that immigrants have to go through," Angela said, emphasizing a sentiment that many other immigrant groups have also felt.

"We are not aliens, we are just like any other person, all we want is to have a better life," Ramos said.

Being different is what excites Gonzalez about her ethnicity. "It's going to be a part of me forever," she said, also adding that the uniqueness of this identity has helped give her strength throughout life's difficult times.

Ramos said the values are what excite her about her Mexican. "The things we cherish are different from others and we take life as a gift not as a given," Ramos said.

Gonzalez wants young Mexican girls to know that men should not dominate and control your life. "You can get through it," Gonzalez said.

Ramos wants young Mexican girls to know that "anything is possible as long as you try to achieve it."

Ramos describes the Mexican community as united. For the Mexican community Gonzalez said, "We take pride in our culture."

Photo Courtesy of **FLARE.COM**

music:

Simone Davis
staff writer

Solange Knowles' third album "A Seat at the Table" is a piece of art. While her previous albums, "Solo Star" and "Sol-Angel and the Hadley St. Dreams" were mediocre at best, this most recent album demonstrates Knowles' ability to combine her melodic voice, R&B and Indie beats and cultural issues. recent

A Seat at the Table has 21 tracks included, eight of which are Interludes. The Interludes include speeches from her mom, Tina, explaining her view of being pro-black, and her dad, Matthew, explaining his experience being a pioneer of integrated schools.

But, the Interludes are not the only features centered on black issues. "Don't Touch My Hair," a song explaining the significant role that hair has always played in the black community has quickly become one of the most popular song on the album. With a catchy beat playing in the background, Knowles explains her hair to be "The feels I wear", making the song relatable to most black women, whose hair is extremely versatile and unique.

Not only do the songs talk about black hair, but the song "Mad" featuring Lil Wayne explains her feelings of anger towards oppressive figures and the reactions she gets from others by being angry. Amidst police brutality and other racial issues being all over the media lately, Mad touches at Knowles' and Wayne's opinions. She shuts down people who try to silence her and other people of color for being angry about injustice.

Even with her weighted lyrics put aside, this album is amazing. All of the songs have different vibes associated with them, but each of them share the common theme that can only be described as mellow. Each song makes you want to sit down and relax but get up and dance at the same time. "Cranes in the Sky", is slightly upbeat and with the combination of the uplifting lyrics and the rhythm, its difficult to not feel happy and blissful.

Another feature that sets this album apart is the album cover art. Her previous two albums had very colorful and decorative album covers, whereas this album cover is simply a selfie of Knowles with pins in her hair. This simple cover perfectly matches the album and its modest yet incredible songs.

An impressive aspect of both A Seat at the Table and Knowles herself is that most would assume that having Beyonce as a sister would steal her glory, but Beyonce is not even a factor when thinking of Solange because the two simply have different styles. Though both wonderful artists, Beyonce tends to lean more towards Pop whereas Knowles' unique combination of R&B and Indie set her apart from most artists, including her older sister.

series:

Kaylee Walling
staff writer

Photo Courtesy of **DIGITALHINT.NET**

A drama filled Netflix series called "Shameless" has become quite popular this past year. With all of the crazy events and somewhat relatable occurrences in the show, it's sure to bring in a big audience, especially those in the teen age group.

"Shameless" is about an extremely dysfunctional family. Frank Ghallager is an alcoholic and a single father of six kids. He basically relies on his oldest daughter, Fiona, to take care of him as well as the five other children. It may seem like it would be a serious, emotional show but it's actually the exact opposite, it's hilarious. Fiona goes through crazy relationships, Frank is at The Alibi (a bar in the neighborhood they live in) for most hours of the day and the kids are doing illegal things almost all the time.

There are some events that take place throughout the show that are serious toward the Ghallager family. There are many life or death situations and some things occur that you would never think to happen. There are six seasons of "Shameless" so far. Originally, "Shameless" came from the U.K. but a producer decided to make a US version.

"Shameless" does have some nudity, violence and drug use involved in it so it's for more of a mature audience. Younger kids shouldn't watch this at all, considering the children in the shows actions may influence them to do inappropriate things. The show is a tad bit random, but it is about a family, and every family is random at times. The show is supposed to be realistic in how things such as families may be.

The characters in Shameless are meant to be wild. There's no consequences (besides law wise) in the show. The Ghallager family goes about their life how they were raised and by doing what they want to do (which isn't appropriate whatsoever). Even though they have no limitations, the family can surprisingly be extremely clever, intelligent and also very manipulative. With that being said, the family always seems to get themselves out of situations. There's plans they come up with to get out of what it would seem to be an impossible situation to get out of, and they do it perfectly.

This series is definitely for those that are into more crazy, funny types of shows. Every episode has something new and crazy, which makes the show really exciting and makes you want to watch more. It gives feelings of happiness, sadness, and laughter. There's never a time where it gets boring. I rank Shameless at a 5/5.

Photo Courtesy of **TRIBUTE.CA**

films:

Maddie Grabow
staff writer

The New York Times Bestseller "The Girl on the Train" was adapted into a movie recently. Production began in Nov. 2015 in New York and the movie was released in the U.S. on Oct. 7. Since its release the movie has received mixed reviews and very poor feedback from fans of the novel.

Both the movie and the novel follow the life of Rachel (played by Emily Blunt), a lonely alcoholic who is still in love with her cheating ex-husband. Rachel spends her days taking the train to her ex-husband's neighborhood and stalking his new family. Rachel later develops an obsession with her ex-husband's newlywed neighbors, Megan and Scott Hipwell. She states during the movie that she imagines them having the life she never got to have. Megan Hipwell goes missing, and is eventually found dead in the woods by her house. Everyone points fingers at Rachel because she was intoxicated and in the area the night of the murder. The rest of the movie portrays the hunt for Megan's killer and the process of Rachel's self-realization.

In comparison to the novel, the movie follows the same plotline and characters. In my opinion, the changes that were made in the movie did not affect the story in any way. The only major change was the change to the setting. In the novel, the story took place in London, England; in the movie, the characters lived in the suburbs of New York. Although there were little modifications such as Rachel's drink of choice being vodka in the movie and gin in the novel, the movie was very similar to the book.

Overall, I really enjoyed the movie. I would rate in a 6 on a scale of 1 to 10. It was thrilling and suspenseful, and the plot didn't move too slow or too fast. The only thing that I would change about the movie is the length. I think that some of the less important scenes could have been either cut from the movie altogether or at least made a little bit shorter. Although, I would rather read the book than watch the movie, I think that the movie followed the book pretty closely in comparison to other movies inspired by books.

series:

Julian Hock-Beaty
staff writer

Photo Courtesy of **DEADLINE.COM**

Marvel Entertainment and a Netflix are at it again. The two companies have created a unique set of shows that connect directly with each other, each one focusing on a specific marvel character. The latest installation in this gritty, adult-oriented reimagining of the marvel universe is "Luke Cage". This series follows the unique narrative of an indestructible ex con, set in Harlem.

Released Sept 30th, the show kicks off right away with a rich, thought-provoking string of characters going about their lives in Harlem. Carl Lucas, now called by his adopted identity, "Luke Cage", is on the run from his mysterious past after gaining super powers. Now incredibly strong and nearly impervious to harm, Cage tries to live a normal life under his new name. However, serious problems arise in the streets of Harlem, and violent crime quickly skyrockets. Cage suspects this is connected to Cornell "Cottonmouth" Stokes, a shady club owner known for getting his hands dirty.

Cage investigates his theories and uncovers a political conspiracy that could leave Harlem in ruins. After being accused of crimes he had no part in, Cage has to fight to clear his name and keep Harlem's organized gangs in check. Along the way, he meets a few friends from his first appearance in Marvel's "Jessica Jones". Diehard comic nerds will love the way each Marvel/Netflix show sets up for a bigger storyline, and the audience really sees this come to life in "Luke Cage".

The strongest aspect of this show is the character development. Because Harlem is a primarily an African American neighborhood, a great percentage of the cast is black. It was very interesting to see how the African-American society affected each of the characters in a unique way. Not only did a black historical narrative enrich the tone of the show, it embodied the atmosphere of the city that Harlemites can fully understand and appreciate.

Aside from the awesome historical value of its location, "Luke Cage" was shot in iconic

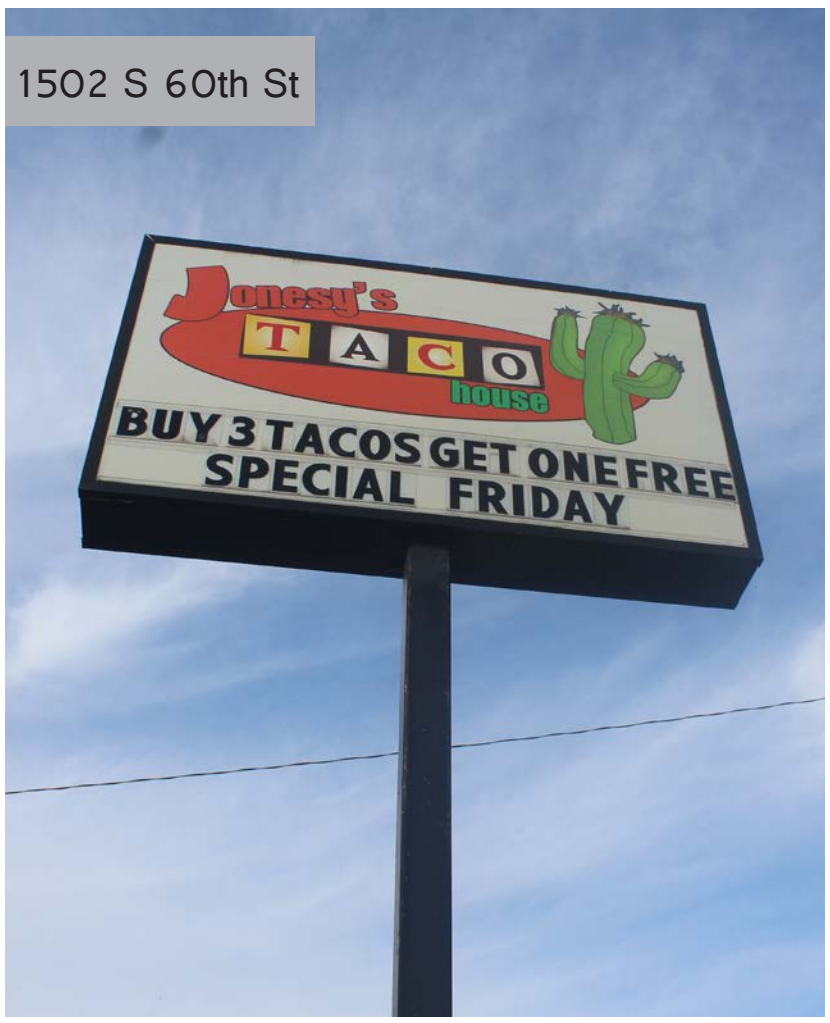
CONTINUE TO 'LUKE CAGE' ON PAGE 22

SPOTS TO TACO 'BOUT

Our staff reviews some of the most popular places in Omaha to grab a bite of traditional Mexican cuisine.

GEORGIA CHAMBERS, LILY GILLILAND, ANNA KAMINSKI, CHOTEAU KAMMEL | The Register

❶ JONESY'S TACO HOUSE



Grace Turner
staff writer

Jonesy's Taco House is one place to buy tacos in Omaha. It is located on 60th street and brings many people to enjoy their food. Their menu has a wide variety of different foods to choose from, including tacos, burritos, enchiladas and other Mexican delicacies.

Jonesy's Taco House is most know for its tacos. They sell three different kinds: fish, chicken and beef. Not only is there Mexican food, but they also have a section of the menu dedicated to American favorites. The food has a good flavor and is served in large portion sizes. For the decent quality of the food, the prices are also relatively reasonable.

The flavors of their chicken and beef tacos is one that meets standards for tacos. Their tacos have just enough spice to make them plenty flavorful without making them to spicy to eat. When these tacos are accompanied by a side of their rice one can not go wrong.

The atmosphere of Jonesy's Taco House is pleasant. They have many different games to play while waiting for food and different decorations up to make more friendly. Music can be heard playing in the background which helps make the restaurant an inviting place to eat.

As good as the atmosphere and flavor may be at a restaurant, a positive dining experience can easily be ruined by the service. However this is not the case at Jonesy's Taco House. The staff are extremely friendly and easy to talk to. They are also able to get food out in a timely manner.

All of this being said, there are still a few downfalls of eating at Jonesy's Taco House. One of these downfalls is the small size of the restaurant. Along with this also comes the problem of the staff being very small in number. Therefore, when it gets overly busy, it would be fairly easy for the staff to become overwhelmed by the amount of people in the restaurant.

While Jonesy's Taco House faces a few problems it is easy to say that Jonesy's Taco House is a great place to go get tacos in the Omaha area. The flavor of their tacos is one of the best, providing a classic taste to enjoy. The atmosphere and friendly staff makes it a great place to go to enjoy a meal. These positives by-far weigh out the negatives that Jonesy's Taco House faces.

❷ CALIFORNIA TACO

Carlson Koch
staff writer

Native to Omaha, California Taco has identity of its own kind of Mexican styled food. This being said, the inside of California Taco is nothing expansive or fancy, but it has two rooms with seating available which are available all parts of the day..

Located next to Creighton University, California Taco draws in a lot of college students as customers. Also, those who are not exactly looking to make dinner but maintains a reasonable healthy use of fresh ingredients are drawn to Cali Taco.

When I first walked in, I was greeted with a hello from nearly every staff member I could see as well as a huge whiff of Mexican flavored food. This brought about a welcoming and favorable atmosphere and gave me a comfortable feeling to eat in peace.

After deciding to order a Chicken California Taco, (which was slightly difficult because the menu's letters that spelled out the options were difficult to read) I was a number and allowed to sit anywhere in the restaurant. Within fewer than five minutes, the taco came out and was delivered right to where i was sitting.

A California Taco, what is sometimes known as a "puffy taco" is what this restaurant is commonly known for in the Omaha area. In California, the use of a fried shell is common in many taco trucks, stops and dives.

The texture of the shell was hard, and yet a bit softer on the inside. This made the taco a "middle-man" of a cross between hard and soft shelled tacos. Because of its size, the taco held a large quantity of food that satisfied my appetite in one taco.

Although the taco was large, it seemed greasy. The softness on the inside may have been a direct result of the grease. For me, this was a very important issue.

The chicken was cooked thoroughly but quite possibly a bit too much, it had a crunch noise to it as I bit into the taco. This did not seem to be too big of an issue as the chickens flavor was what brought the whole entire taco together.

The mild and hot green sauces really impacted the taco in a way that made the entire feeling of a Mexican restaurant more real. The mild sauce seemed to come out of a can, and was very sub-par. On the other hand, the hot salsa was much more enjoyable because of the kick it gave.

Altogether, the taco brought about an astonishing amount of flavor all together as provided by the meat, cheese, fresh vegetables and mostly the hot salsa. As for the food alone, the restaurant would deserve a four star rating. The only thing holding it back from a five, is the mild salsa and taco shells.

This restaurant had a authentic feeling to it, but if placed in a random spot in California, it would be nothing special and does not hurt the restraints ratings. Considering these circumstances, California Taco deserves a three star rating because of its ability to provide a flavorful taco, but seemed too greasy for my liking.

California Taco is a great place for everyone, the service is friendly and the feeling of being a small scaled restaurant gives a wonderful feeling to supporting a locally owned restaurant.

❸ VOODOO TACO

Alec Rome
staff writer

VooDoo Taco, located in Aksarben Village, combines a clash of modern tastes with rustic furniture and decor. However, the experience is really the selling point of this Aksarben hangout; because the tacos are just not worth the price.

When you first walk in, your eyes are automatically drawn to a few different places: the giant television that displays the menu, the light fixtures that cast a colorful glow over an almost out-of-place bar, and the graffiti mural of the restaurant's logo on the wall. However, some of these modern things are countered by the flickering lights of the LED candle chandeliers and the hardwood tables. It's an interesting clash of old and trendy decor, yet the attempt to cater to multiple crowds is almost lost. If VooDoo Taco had stuck with the old-style decor, the experience probably would have been more special.

While decor matters in the experience of a restaurant, the food should be what you come for. But, the tacos seem to be sold as more of a specialty, since most of them are around four dollars a piece. The value at Taco Bell where you could get three or four tacos for that price seems to easily outweigh the value of the one "specialty" taco, regardless of the taste.

I sampled the smoked brisket and grilled shrimp tacos, which both were good. The Smoked Brisket did have jalapenos on it, which can be a turnoff for those who don't have a taste that can handle the heat. A lot of their menu goes with the theme of the restaurant well--Cajun-inspired flavors mixed in with some modern ingredients. Once again, this restaurant seems to know what it wants to be, yet it has trouble projecting that to the public without selling out toward the trends.

VooDoo Taco is a restaurant that has its highlights and downfalls, and they seem to balance each other out to make the restaurant just satisfactory. For those who need a place to hang out on a Friday night, want to try some specialty tacos and are willing to pay the price point for only one taco in return, this is a good spot for you.

Being in Aksarben gives this location an advantage compared to the others that VooDoo Taco has in terms of atmosphere. It's a place where anyone can come and hang out and get something to eat. But VooDoo Taco is nowhere near being a mainstay for the locals, merely a place you forget that's there until you drive by it and choose to eat there because you can't think of anywhere else to go.

Aksarben Village, 67th & Center St

❹ R TACO

14919 West Maple Road

Zoia Morrow
staff writer

R Taco has proven tacos are beyond the simple hard corn shell, meat, cheese and lettuce.

Before the shortened brand name 'R Taco' it was named Rusty Taco. Its founder Rusty Fenton and his partner opened the first Rusty Taco from a converted gas station in Greenville Avenue, Dallas, Texas six years ago. The inspiration came from his passion for food and his desire to serve authentic street style tacos.

The menu serves an extensive range of options from shrimp and brisket to the popular chili pepper, poblanos. Topping of any taco is their traditional kitchen made sauces rojo, tamatillo, and ____.

For those who are not afraid to try something new the baja shrimp is something to have a go at. Instead of having fried shrimp or grilled, get both. It turns out to be flavorful and crunchy in every bite.

If you are a hard shell type of person, then you may not enjoy this place very much because it only serves soft shell. Sizes are all the same, a bit less than the size of a hand and stacked with the ingredients of the item on the menu. The amount of meat is plentiful and turns out to be quite fulfilling than one may think the smaller than average taco could.

Following their slogan, "Tacos are the most important meal of the day," they open at 9 AM to start serving breakfast tacos to begin the day off the right way.

Although R Taco offers unusual combinations to put on a taco they keep in mind those who are particular in what they eat. The Texican taco is the best option. It is made up of the basic taco ingredients and changes any negative thoughts about soft shell tacos. Cilantro is practically a given in each taco, but it is not quite fitting in the Texican. In fact, it throws off the seasoning that might put Taco Bell to shame. This taco rates a five out of five.

Coming soon, R Taco will have more options for vegetarians to choose from than what is offered at the moment.

At R Taco, every item affordable leaving people's wallets happy. If you go to Taco Bell because it's cheap, now you have an excuse to visit R Taco since each item is under $3 (besides the margaritas,) even the sides and kid's meals. A downside is meals aren't included here. Tacos, sides and drinks are all bought separately.

Besides tacos, R Taco serves a cultural and relaxing atmosphere. There's something indescribable about the soft hues of blue and yellow that are plastered on the walls, making the environment much more peaceful than intended.

It's quite a trendy place and has an inner-city vibe to it.

Rusty Fenton's dream was to sell authentic tacos with an inspiration of street style tacos in mind. It has continued to expand from Texas to 13 other locations.

If you are feeling up to par for a taco, get out of your comfort zone and go to R Taco. They have a taco for everyone.

❺ ABELARDO'S

Choteau Kammel
editor-in-chief

In a city as big as Omaha, restaurants that serve, or at least claim to serve authentic Mexican cuisine are certainly not few and far between. Now, although establishments that's fit this general style of cooking may not be a rarity, ones that actually serve dishes that stay true to their Mexican roots are far less common. One such restaurant that actually maintains this authentic quality is Abelardos, located on 35th and Center Street, where they combine affordability alongside quick and easy Mexican eats and meals.

Abelardos itself is actually part of a small chain located in Nebraska and Iowa, and as you walk in you get a very good sense of the Mexican heritage and culture that goes into making your meals, echoes of Spanish alongside delicious scents waft from the kitchen and Spanish language soap operas and news channels are on the television. The employees are extremely friendly, and are more than happy to give you those extra few moments to fully take in the true content of their extensive menu, as their really is a lot to look over.

Abelardos menu offers 24 separate combo meals, ranging in price from $6.79 up to $10.99, all covering tacos, tostadas, enchiladas, chimichangas and fajitas. Alongside these main offerings there are also additional selections including one for custom taco orders, burritos, quesadillas, breakfast platters and also nachos and side orders. To satisfy any thirsts, they do also offer a variety of soft drinks, Mexican sodas and naturally ice water.

My personal favorites at Abelardos are the beef and cheese burrito, and number six combo meal which includes an enchilada, beef burrito, beans and rice. The beef and cheese burrito is perfect for a quick pick up or lunch, and will cost you less than 4 dollars, and is nearly 10 inches long and 4 inches wide, filled with actually authentic beans and cheese, not fake Americanized versions of the ingredients. It is easily a 4/5 stars burrito and the price for quality certainly cannot be topped.

The combo meal is equally as goof, if not even better. The beef burrito is even larger than the bean and cheese, the enchilada sauce is the perfect blend of taste and mild spice and the beans and rice are appropriately seasoned and cooked to perfection, and can be easily and tastefully placed over the entrees for the more adventurous eaters.

Abelardos queso dip with cheese also goes as an excellent complement to any menu choice, and the chips they serve are cooked to golden delight and judiciously salted. Keeping with their goals of fresh and authentic Mexican food, the queso is of the white variety and contains various small peppers and pieces of seasoning within it, and like the rest of their menu, the chips and dip is also quite affordable. On another positive note, the drive thru of their restaurants is also open 24 hours, so they are always their to satisfy your cravings, no matter the time.

All in all, Abelardos is a fun, quick and easy restaurant to go to if you're looking for affordable Mexican food, and with excellent prices, an authentic and flavorful menu, you really cannot go wrong. After you've gone once, it will be quite tempting to just keep coming back.

3540 Center St

Nodding to the past, local music library inspires creative education

SEBASTIAN BECERRA | The O-BOOK

Hi-Fi House offers an extensive collection of vinyl for Omaha's student and senior community.

CONTINUED FROM 'HI-FI HOUSE' ON PAGE 15

Currently, Sebastian Becerra, senior, is a volunteer at the Hi-Fi House. He considers music one of the major aspects of his life that he's passionate about. Becerra is the first of volunteer of its kind at the Hi-Fi House, "It's a really positive environment…I've gotten to know most of the people who work there," said Becerra. "It's really a bunch of music nerds just talking about music."

Becerra was introduced to the Hi-Fi House through the IB Program. He has to create a presentation based upon a specific genre of music within the library. Within the presentation, he can give suggestions as to how the Hi-Fi House should expand their library. "I chose New Wave, so bands like Devo, the Talking Heads, Tears for Fears, Blondie, and a bunch of other ones from the late 70s, early 80s," Becerra explained.

As for the future of the Hi-Fi House, Dussault said, "We hope to grow into a master library, the first of its kind in America and open that to the public."

Crime show Luke Cage brings culture to Netflix, new narrative

CONTINUED FROM 'LUKE CAGE' ON PAGE 19

areas of the city. Actual landmarks, parks and buildings were used to immerse the audience in the culture of Harlem's streets. Many people don't realize how much location adds to a film or show. Production value increases when artificial sets are replaced with real world locations, and "Luke Cage" does an outstanding job with this.

The show's soundtrack was phenomenal. The music accompanies the central themes and hard-hitting tone of the series, giving each episode its own unique flow. The score is also perfect for accentuating Cage's character, as well as all the interesting individuals he crosses paths with.

The VFX (special effects created digitally) in "Luke Cage" were somewhat rushed, and didn't match the quality of the show's practical effects (created physically). The fight scenes were very sellable due to the heavy use of practical effects (breakaway weapons, bullet hole squibs, destructible sets) over VFX. Hopefully, Marvel will take the hint and rely on less digitally edited sequences for Cage's future appearances.

Other than hit-and-miss special effects, the prop selection and costume designs were awesome. For all the comic readers out there, Marvel threw in a subtle homage scene to Cage's cheesy costume from the original pages of "Luke Cage: Hero for Hire". The costuming for the villains was spot-on, perfectly modernizing the classic designs seen in past material. With TV/movie adaptations, sometimes deviates from the original costume designs to avoid being corny… and thankfully they made this call when creating "Luke Cage".

Overall, "Luke Cage" deserves an 8/10. Solid acting performances, great music and innovative costume design. Many are anticipating a second season, but not much is known about Cage's next appearance. With a cliffhanger ending, it's open for interpretation.

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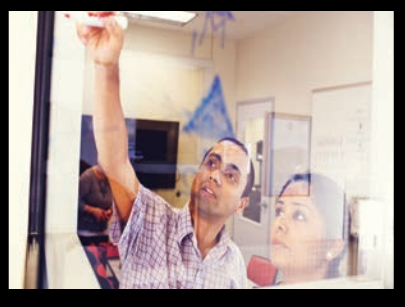

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RACIST BUILDING?
24

Colleges must remember all the deeds of past historical fugures, rather than focus entirely on one flaw that was likely influences by the overwhelming social attitudes of the day.

LIFE ON MARS?
27

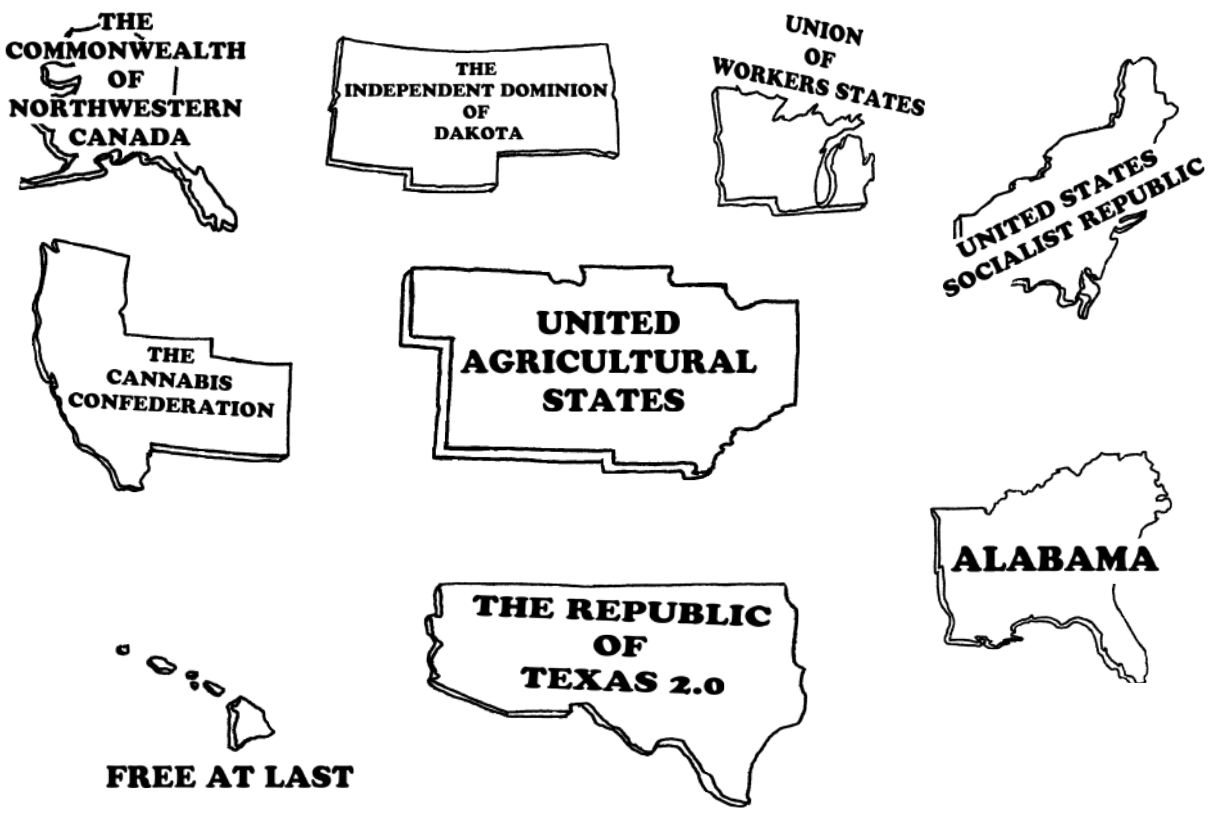
Sending people to Mars in the near future is an unrealistic and expensive goal for the United States to have.

CARTOON PAGE
28

Take a look at the debut of The Register's cartoon page featuring the works of some of Central's best artists.

perspective & commentary

the REGISTER • November 10, 2016 • Volume 132, Issue 2



DISSOLVE THE UNION

America has become too large to be effectively governed by one national body, making secession a reasonable alternative.

Choteau Kammel
editor-in-chief

In 1776, the signers of the Declaration of Independence committed high treason against the royal British Crown, announcing their unified intent to cease relations with the Empire and form a "more perfect union" of individual states. This act of defiance of central authority could also have been coined a secession from the British Empire, but as it required the use of force and not merely political maneuvering it is more accurately described as a revolution.

Now, in America today following generations of students being raised and "educated" to never once question the integrity of the federal State or the almighty power of government, the idea of secession is naturally quite a dirty word, as to suggest or even speak in a non-negative light of the idea is obviously to advocate for racism and slavery. However, when one considers the increasing diversity of the United States, growing population and cultural divides, secession could quite possibly prove a reasonable alternative to this massive, bloated and unethical federal state that we have now, should it be obtained peacefully. That being said, the intent of this writing is not to lay out how secession could occur, or what the redrawn borders of the former United States would look like, but rather it is to remove the wool from the eyes as they say and argue from a more philosophical perspective why secession should not be considered the ravings of a mad lunatic.

The United States currently consists of about 311 million individual people, many of whom regardless of any ideological agreements, simply are not culturally united. America has never been a nation of one unified culture; it's why the South isn't the North, the East is not the West and the Midwest just doesn't quite fit with anyone. That being said, why in the world, is it blasphemous to suggest that these 311 million people perhaps should not be ruled by a cadre of 20 trillion dollar indebted bureaucrats located in one city, hundreds and hundreds of miles away from the people whose lives they attempt to control? Could America finally have become too big to be governed morally and effectively by one national body?

There is simply no possibility that there is one way of centrally imposed life or set of standards that is going to satisfy the southern Baptist in Mississippi, the socialist in Vermont, environmental activist in California and soybean farmer in Kansas. Frankly if morality is something one believes is important to his or her world view, the right to live and let live absolutely must be paramount to maintaining such an outlook. Of course the liberal socialist in Vermont hates the fact that taxes are "too low" or that property rights exist in other parts of the country, and he has every right to feel that way, but does he also have the right to forcibly impose it on 311 million people? I think not.

The southern Baptist may believe abortion is wrong and feel discomfort at the thought of a gay wedding, but aside from giving social justice warriors hernias, these views when peacefully held harm no one, unless forcibly imposed from the top down.

CONTINUE TO 'SECESSION' ON PAGE 24

Visual Courtesy of **JULIAN H.B and PRESTON MCLAUGHLIN**

White Americans privileged, have never experienced racism

Simone Davis
staff writer

Many Americans are under the false impression that racism 'goes both ways.' They believe that having hurt feelings somehow equates to centuries of oppression.

Racism has existed in this country since Christopher Columbus arrived and wiped out the majority of Native Americans, or what he believed to be 'Indians'. Since then, different groups have come or been brought to this country, and each of those groups with brown skin have become marginalized, or put at a social disadvantage. But never, in the history of this country have white people been oppressed.

Reverse racism is a term used to explain 'racism' towards the dominant race, or white people in this country's case. And although the phrase is often used, it does not exist.

For one, it would sound preposterous if a white American in the 1960s, with all the privilege in the world, claimed to experience racism. It is the same thing today. Contrary to popular belief, America is not a post racial society, and people of color continue to experience racism, and white people still have privileges that people of color do not. Some examples of these privileges include not having to fear being racially profiled, representing only themselves rather than their entire race, and simply being unaware and ignorant to racial struggles that loom over other races at all times.

Another reason white people have never experienced racism in this country is because they are the ones in power, as they are and always have been the majority in government positions. Racism is the combination of privilege and power, neither of which people of color have. Some would go as far as to say that black people now have power, given that Obama, the first black president, was in office for eight years. But although that was a great accomplishment for the black community, racism does not magically disappear with a black president, and black people do not hold power after having one black president following 43 white presidents.

Even with these arguments, certain white people still claim that it is possible for them to experience racism in this country. They claim that things such as Black Entertainment Television, Hispanic Heritage Month and the Black Lives Matter movement and other programs created for marginalized groups are discriminatory. Why are they not allowed to have a White Entertainment Television? Why are they not allowed to have a White History Month? Why do people of color get to do everything? Why is racism suddenly directed at them?

Exclusive programs, such as Black Entertainment Television were created because almost every other television program was white. The newscasters were white, the sitcoms were white with an occasional black supporting cast member, and black people wanted there to be somewhere where they could be represented. Even today, television and Hollywood are notorious for being all white. BET has created other programs, such as the BET awards and Black Girls Rock. These were created to celebrate black people in a country that has never celebrated them or acknowledged their culture. And though major TV channels such as TBS, Fox and ABC are ca-

CONTINUE TO 'RACISM' ON PAGE 24

Colleges must consider all aspects of person's character, be less reactionary

CAUTION CAUTION CAUTION CAUTION CAUTION

Miles Kay
staff writer

College campuses across the country are hotbeds for social activism. Students exercise their right to free speech by protesting injustices and bringing issues to the attention of others on their campuses, their cities, and the entire nation. Recently, many students have challenged their school administrations' stances on racial issues. This has come to the forefront in cases in which students have demanded that names of distinguished graduates or other individuals on certain school buildings be removed, due to the fact that these people were racists.

Students claim that honoring racist individuals offends them, and that a school's refusal to remove the name shows racism in the school's administration. While there is merit in their arguments, demanding the removal of names from buildings will not solve the true problem of racism in America.

Many of the schools have named buildings and colleges for deserve to be honored for their accomplishments, even if they held racist views. Students need to recognize that one negative quality cannot completely undermine a person, especially a person who held the same views as many at the time. Students must focus on the positive impacts these individuals had on society instead of letting one characteristic tarnish their opinion completely.

Consider the debate at Princeton University over the Woodrow Wilson School of Public Affairs. The naming of the school honors Wilson, a distinguished Princeton graduate and idealistic American president during World War I, for his work in diplomacy and politics. Wilson's Fourteen Points made World War I a principled war against tyranny and united America in a fight that he saw as a fight for democracy. However, Wilson is historically known to have held racist beliefs, and last year student activists demanded that his name be removed. Despite his list of impressive accomplishments, they believe that Princeton is choosing to honor a racist.

It must be acknowledged, though, that social and cultural norms influenced Wilson's beliefs. We should remember him because of his vision of a safer world; his entire moral integrity should not be questioned based on a single negative quality. Wilson should be judged based on all his characteristics and the legacy his accomplishments left behind. Though Wilson was a racist, this one facet cannot be allowed to define him. Wilson is a worldwide symbol for democracy, not a symbol of racism.

Princeton is not the only Ivy League school where this has happened, Yale University also faced student criticism for the name of a residential college, Calhoun College. The debate over the man the college is named for, John C. Calhoun, flared in the summer of 2015.

John C. Calhoun served as both a South Carolina senator and Vice President under John Quincy Adams and Andrew Jackson. In addition to these positions, he also served as secretary of war and secretary of state. He attended Yale, and is known as a brilliant statesman and advocate for the South. Calhoun was dominant in politics during the first half of the 19th century.

Calhoun was an ardent supporter of slavery, though. He praised slavery throughout his career and saw it as an institution in which everyone involved benefitted. His views on slavery influenced his political decisions, and he played a role in leading the South to secede from the Union, though he died in 1850 before secession and the outbreak of the Civil War.

The case against Calhoun is stronger than the case against Wilson, but once again other aspects of Calhoun's legacy must be remembered. His dominance in politics for nearly forty years is a source of pride for Yale. Though not all of his decisions and beliefs were morally acceptable, he demonstrated his power as a statesman. Yale has the right to honor Calhoun's prowess as a politician as long as the school disavows his racist beliefs.

By focusing on the naming of colleges and their buildings, students are missing out on other more important debates pertaining to race. Instead of arguing over the symbolism behind names, students should be taking a stand against more substantial racial issues, such as the lack of diversity in certain programs or amongst faculty. These are issues that directly affect students, potentially in tangible ways, whereas names are only names.

I am not supporting racist symbols, I am merely asking that historical figures such as those by Yale and Princeton be evaluated based on all their characteristics and accomplishment. They must be viewed in the context of their times and should be remembered for both their positive characteristics and their flaws.

Reverse racism nonexistent

CONTINUED FROM 'RACISM' ON PAGE 23

tered specifically to white people, this one channel made for black people is seen as racist because white people feel left out.

Hispanic, Asian and Black History Month also cause some white people to have fear of missing out. These heritage months were created for the same reason as BET, to celebrate cultures that are not taught otherwise. A white history month is not needed because white is considered the 'default' race, and it is their history that is taught in most history courses. If a student of color wanted to learn about their own history, they would have to take a completely separate course, which may not even be offered at their school.

With racial tensions high in the country right now, the Black Lives Matter group is being called racist, too. Again, it is the feeling of being left out that are making some white people claim that this group is racist. For once something is not about them, and when someone is used to everything being centered on them, it seems crazy that for once someone else is the topic of conversation and concern.

With all this being said, white people can and do experience prejudice, or judgment based on their race in this country. Some people do not like white people and will say hurtful things to them solely because of the color of their skin. This is never okay, and prejudice should be addressed too. But prejudice, unlike racism does not have power and hundreds of years of systematic oppression behind it. Therefore, white people have never been oppressed in this country and they probably never will.

Secession reasonable alternative to current state

CONTINUED FROM 'SECESSION' ON PAGE 23

The federal government has now grown to the point where rather than maintaining the rule of law and protecting people from each other it instead chooses to impose massive social engineering schemes to provide a standard of blanket morality that simply just is not compatible with 311 million people.

Lockean Republicanism was built on the idea that in order for a government to maintain its legitimacy it must be built on the "consent of the governed," meaning authority is derived from the people. Therefore, should not that authority which is monopolized violence be exercised only in cases in which there is near universal agreement? This would limit government to essentially only preventing murder and theft. But obviously that's not all it does, as it actually spends most of its time promoting both the former and the latter through taxing everything that exists, criminalizing everything that exists and always claiming we need to fear "the people over there." In order for there to be the "consent of the governed," consent must also be something that can be revoked. One of the greatest schemes of all history is the idea that by making democracy representative it provides universal consent to actions taken by that ruling body.

Well I ask you, do we all consent to drone striking children, arming terrorist groups, the National Defense Authorization Act which allows for the indefinite detention of any American citizen, bailing out rich people for their own mistakes, locking people away for owning plants and regulating the small business person straight into the ground in favor of a megacorporation? I don't think so.

One of the most common arguments about secession is that it is illegal, and therefore no further discussion of the idea is needed. Well sure, it is illegal, as determined by federal judges, paid by and employed by the federal government. Ultimately though the idea that the Union was perpetual and compulsory would have astounded early Americans as being ludicrous and authoritarian, as states regularly nullified and refused to heed federal encroachments.

Wars do not establish truth, but rather they establish dominance. The Civil War did not prove secession wrong, rather it allowed Abraham Lincoln to use military force to demonstrate federal authority. Ultimately the War would cost over 650,000 lives, and its repercussions regarding Reconstruction would set back African American's march to equality many years, which is why abolitionists such as William Lloyd Garrison and Lysander Spooner supported secession, as it would break the constitutionality of the Fugitive Slave Act and allow for abolitionist groups to actively and privately tear down the despicable practice.

In America today, as issues become far less civil and delve more into varying levels of theft, war and oppression rather than any actual differing viewpoints, perhaps it is time once more to consider us going our separate ways. Summarily, perhaps columnist Michael Malice said it best when he wrote, "True, a house divided against itself cannot stand. But some houses don't need to remain standing at all."

Religion unnecessary for moral behavior, good done without it

Grace Turner
staff writer

Being a good person and being religious seem to go hand in hand. Religion gives people a reason to be good by rewarding those who are good, such as having a happy afterlife and punishing those who are bad, such as punishing them in the afterlife.

Therefore, it makes sense why religious people are naturally considered to be better people. However, anyone can also be a good person regardless of their religion or personal beliefs.

Most people who do not believe in religion are considered atheists. The definition of atheism is the disbelief in god or gods. There is not a definition that says atheists have to be bad people. The face that someone is an atheist or not does not determine is someone is a good or bad person.

One of the main ideas of most religions is that if a person was good during their life, then they are rewarded after their death. By the same token, people who were bad are punished. This idea can encourage those who are religious to be good and have morals.

People who are not religious can still be good people regardless of not believing in a reward for it. It is human instinct to have compassion and empathy for others.

This is because in the natural world it is more likely for a species, such as humans, to survive as a population. Therefore, it is in human nature to care and help other people.

If a person needed a reason to not do morally unjust acts then that is why laws exist. The entire point of having laws in place is to make sure everyone can coexist together peacefully. Those who break the laws that are put in place by the government, are punished. Therefore the laws make it so people have a physical reason to be moral and do good.

Many people would say that a person is not morally good or bad based on their actions, but on their thoughts.

However, the idea of a person not doing bad because they want a reward after death, and because they do not want a punishment the same thing. A person who does not commit wrong acts because of the law is just as morally good as a person who does not commit wrong acts to receive a reward in the afterlife.

One of the things that is taught in many elementary schools is the golden rule, treat others how you want to be treated. This is taught to everyone, regardless of being religious or not.

It is taught to people through all of elementary school, and through all of their lives. Without realizing it, most people continue to follow some version of this rule throughout there lives.

If a person follows the golden rule, and has other standards, then they are a moral person. The golden rule should apply to everyone no matter if they believe in religion or not.

People are either going to be good, or are not going to be good. Religion is not going to make a difference once a person decides if they are going to be good or not.

When it comes down to it, nonreligious people can be just as morally good and just as nonreligious people can be. A moral person will be good whether they are religious or not. People who are not religious can be a good person with morals and values.

ANNA OVERBECK | Contributing Cartoonist

ACT test language biased, action needed to bring change for students

Maddie Grabow
staff writer

Most students in the United States are required to take standardized tests. Tests such as the California Achievement Test (CAT), the SAT and the ACT are popular standardized tests. Standardized testing became popular in the early 2000s after the passing of the No Child Left Behind Act in 2002. According to standardizedtests.org, this method of testing is supposedly "a fair and objective measure of student achievement", but many people believe that standardized testing "narrows the curriculum" (standardizedtests.org) and many students don't take them seriously because they have little to no impact on their grades.

Amongst all these issues, there is one that stands out from the others. Standardized testing is thought to be biased. The most common accusation being that the questions on standardized tests contain a language bias and are catered to white and Asian students. According to Time magazine, some states have "targets for how many students in each racial group must pass for schools to remain in good standing". Virginia being one of these states has their public schools aim for 45% of black students, 68% of white students and 82% of Asian students to pass standardized math tests (Time magazine). Evidently using racial stereotypes is an effective way of setting standards and expectations for students in the United States.

Back to the previously mentioned language bias, students whose first language is not English are at a major disadvantage compared to other students who don't speak any language other than English. This is also true for students who speak a different dialect of English. An article written by an anonymous teacher (persephonemagazine.com) states that standardized testing is "designed to assess students' reading comprehension; however, if a student struggles with English, said test is really assessing their English language skills" rather than that students' overall intelligence. This same teacher offered a solution and stated that "A more valid test might be one in the students' native language".

All students are required to be tested, even students who are enrolled in a special education program. According to standardizedtests.org, "Special education students take the same tests as other children, receiving few of the accommodations usually provided to them as part of their Individualized Education Plans (IEP)". Giving these students the same test as a student who is not enrolled in a special education program puts them at a serious disadvantage and causes them to not score as high as they would have on an unbiased test.

Sadly, we live in a world where someone's intelligence is immediately determined either by the color of their skin, or their ethnicity, or their heritage and/or overall upbringing. Many states in the US have made it clear that their expectations are higher for white and Asian students than their expectations for black and Latino students. As someone who is allegedly "catered to" when taking standardized tests, it make me upset. Everyone should have the same opportunity to succeed regardless of their race or gender.

Despite college application stress, seniors should relish their final year

Everything in my life has led to this year. More specifically, my K-12 education has been aimed solely at a process I started over the summer.

It began with the creation of a Common Application account, and will inevitably end with a cruel waiting game, a limbo period in which my fate is decided by a handful of men and women sitting in offices hundreds of miles away. Welcome to the college application process.

MILES KAY
NOT KILOMETERS

College applications are the ultimate test of brevity. How does one shorten their entire life's story to a handful of phrases and a few essays? How does one paint a picture clear enough for an admissions officer to interpret, one that conveys all the intricacies of a human being?

College essays have made me all too familiar with the overwhelming emptiness of a blank Word document. The rhythmic blink of the cursor is hypnotizing and infuriating. When inspiration finally hits, I hurry to type the crude beginnings of an essay. Poorly worded anecdotes lacking transitional phrases rapidly populate the page, until all at once a switch is turned off somewhere in my brain, and the incessant flow of words halts.

The essay is a work in progress. Sighing, I save it to a folder that is already filling up with rough drafts and unfinished thoughts.

As I write my essays and compile my resume, I feel like Dr. Frankenstein. I am cobbling together pieces of myself, fragments of memories, bits of extracurricular activities and vaguely remembered events into a single entity, one that will determine the course of my future.

At times, I feel that I am only worth as much as the numbers on my application. This year, seniors have scrambled to take ACTs and SATs, spending hundreds of dollars on test registrations and preparation books in a drive to gain a couple points. All the studying and money spent ultimately amounts to a couple numbers, metrics to judge our academic success. But, once again, how can numbers quantify knowledge? Though it may seem ridiculous to judge a person based on how one performs on one day out of the year, that's the way the game is played. For too many, chasing test scores has been a defining part of their last two years at Central.

Though the applications are daunting, applying to colleges is essentially a competition, one that pits you against students around the world from California to Connecticut, Great Britain to Japan.

The most terrifying part of this competition? It turns many of the people I have felt closest to into competitors. Now, I cannot help but see my classmates as rivals in a 21st century Hunger Games.

As some of us apply to the same schools, we are brought into a race for spots in programs, financial aid packages and the best dorm rooms.

May the odds be ever in our favor.

Senior year is supposed to be the greatest year of high school. Seniors are the biggest fish in the pond. They are junior year survivors. It is an encore, a victory lap before the end of high school.

And though so far senior year has lived up to the hype, it also feels that I am living my life in the spaces between deadlines. Early action deadlines in October, merit scholarship consideration deadlines in November, regular decision deadlines in January and more scholarships in the spring semester.

As time continues its steady march forward and the deadlines inch closer and closer, I feel the call of my future.

With each draft I write and edit, with each deadline, I feel myself pulled towards a future that I will be able to determine. However, sometimes I fear that I worry too much about the future and do not give myself the time to take in the present. I believe these are common anxieties felt by seniors.

Though at times the stress of college applications, scholarship paperwork and day-to-day assignments may seem overwhelming, it's important to take advantage of high school while we have it. And if I learned anything from Ferris Bueller, it's that "life moves pretty fast. If you don't stop and look around once in a while, you could miss it." I am not going to let my senior year be remembered as the most stressful year of my life. I am going to make it count, because senior year is a one-time emotional roller coaster, but one that I believe will be worth riding.

Original ideas no longer exist in film, classics a lost art

Julian Hock-Beaty
staff writer

Just about everyone can name one or two movies that defined their childhood. Many of those movies probably became classics at some point, keeping their relevance alive. Seasoned moviegoers know the value of classics, and show their appreciation for these films by passing them on to new generations. The coolest aspect of the classics is their original stories and concepts. That being said, some filmmakers feel the need to revisit original material, then adapt/reboot it to fit their desires.

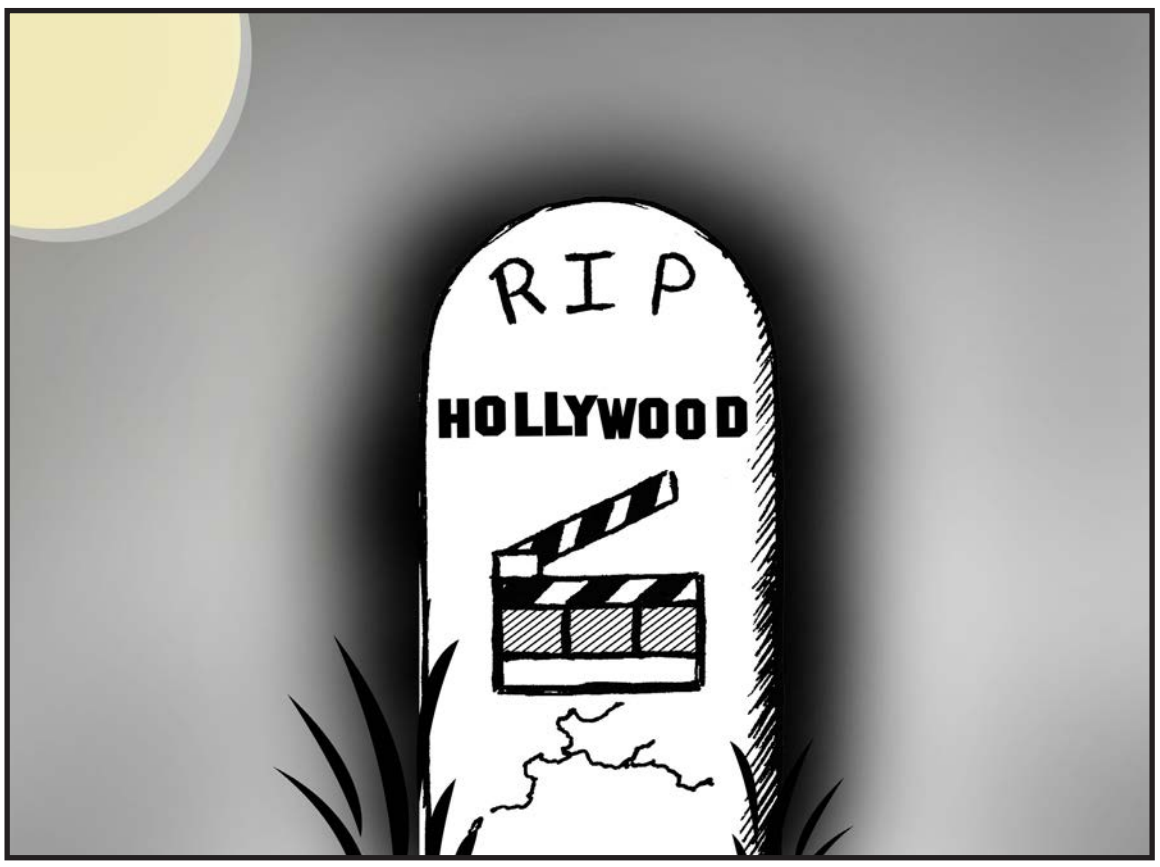
Many of today's filmmakers are bastardizing classics with horrid reboots, spin-offs, expansions and unneeded origin-story prequels. It seems there aren't many original ideas in Hollywood anymore, and movies are getting more and more predictable by the year.

Though it may seem obvious, it's virtually impossible to stay 100% true to source material. This is a huge problem for someone who is making movies, and is often overlooked by the people watching them. Some reboots and adaptations of classic films do the original incarnations justice, while others are hit with box office dives and low-end reviews.

Sadly, movies are now being looked at as cash grab opportunities instead of a chance to tell great stories. Not very many directors want to take the time to write original scripts and screenplays. With that being said, a good chunk of the movies circulating theaters are based off of someone else's work. This work could be anything from a comic book to a past movie. It doesn't really matter what the source is, because directors are capitalizing on material that wasn't theirs to begin with. Yes, some directors can make a damn good movie franchise based off of some else's work, but most of the audience is left with a steaming pile of crap when a reboot is attempted.

The problem is, adaptations and reboots are cluttering up the space where directors and screenplay writers could be pushing their own genius productions. Directors like Quentin Tarantino write their own original stories, which is why their movies earn great respect and reception with audiences. Using original ideas (versus recycled ones) brings uniqueness into entertainment...something that's been in short supply for too long.

Reboots have infected all genres of film, and continue to spread like a tumor. Guilty offenders include "The Fast and the Furious", "Scary Movie", "Mission: Impossible", the James Bond film series, "Teenage Mutant Ninja Turtles" and many more resurfacing film franchises that refuse to die.



Julian Hock-Beaty | The Register

It's not fair to say that reboots and sequels aren't successful, however. The past decade has brought forth a newer film trend, known as the "gritty reboot". This trend is often used to resurrect a TV series or movie franchise, darkening the tone of the production to appeal to a modern audience. It's no mystery... people love violence, swearing, sex, drugs and adult humor. Directors often implement these into gritty reboots to make their films more marketable.

An example of a successful reboot is Christopher Nolan's "Dark Knight" trilogy. Accurately modernizing Batman, Nolan redefined the way audiences appreciated the formally cheesy character. Michael Bay did tried to do something similar with "Transformers", which was a long-dead cartoon series prior to the live-action adaptation in 2007. Bay's first "Transformers" film was unique, visually stunning and catered to a wide audience.

Bay had a good thing going, but he went crazy squeezed 3 sequels out of the "Transformers" series (two more are rumored to be on the way). The point is, things can be revisited and directors can take a different approach, but very few can actually get it right. The future holds a nasty slew of potentially shaky reboots, and fans/film communities are giving heavily mixed reviews.

Hopefully, directors will get their act together and start putting out more original content. Movies still have meaning and substance, and it's a shame to see that go down the drain with washed out, repetitive films.

Mars exploration helpful, should not be made a national priority

Georgia Chambers
editor-in-chief

In a galaxy far, far away... There aren't people on Mars. Not right now or anytime soon. As I read Mars One's mission statement, a website dedicated to informing people on how they are going to send people to Mars, I had a hard time believing what I was reading.

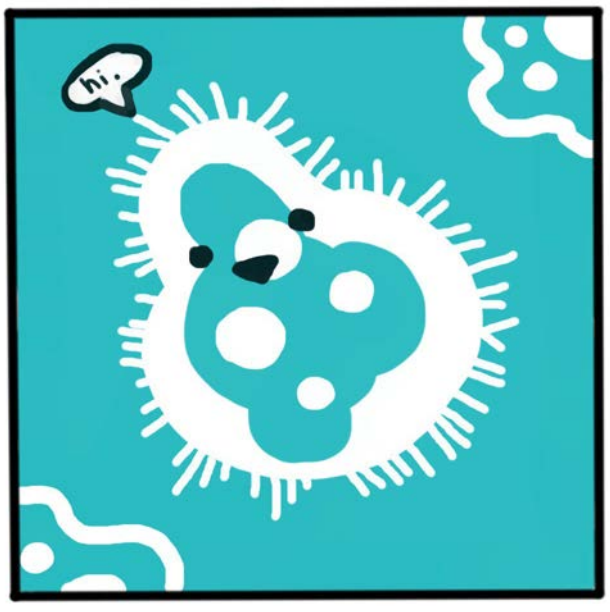
The website says that they are working with aerospace companies to develop a permanent settlement able to sustain life, and that they are already making great progress, but all this seems like a science fiction movie. Something to look at, maybe even think 'wow, that's cool,' and then go back to reality and focus on what really matters.

I'm not saying that space exploration is not important. It is very important to explore what else there is in space, and to possibly explore a place that could potentially be home away from home since we are doing quite the damage on our planet, but now is not the time. Also, Mars One cannot be making these huge promises when they do not even know if the mission is possible. The website even says that establishing a permanent settlement on Mars is very complex, and that there are prominent risks and challenges.

President Barack Obama commented on this recent space exploration and is all for it. He made a very bold statement saying that by the 2030's humans will be sent to Mars and will be returned safely, and that it will be possible to keep humans there, safe, for an extended amount of time.

This coincides with what the website promises, but I still have a hard time being all for it.

Obama said, "Getting to Mars will require continued cooperation between government and private innovators..." Let's just think about this. I wonder what governments they specifically are because there is a lot of tension between quite a few governments today... I don't think space is an efficient means to tie governments together. Plus, wasn't the "Space Race" all about nationalism and beating the other governments to it? I doubt other governments would want to team up with the United States now given that we already had the first man to step foot on the moon.



DONOVAN DINOFF | Contributing Cartoonist

Not only this, but there was no mention of cost, from either source. There was only the plea for support and money. If people think about this logically, this whole expedition will be extremely expensive. A ton of money that we do not have, might I add.

There is so much planning, engineering, testing and more that has to go into this fantasy in order to make it reality. Again, I'm not saying it's not possible or worthwhile, but now is not the time. The United States is in extensive debt, and we do not need to keep increasing our negative numbers by funding something that isn't even a reality.

Funding for education, supporting the poor and strengthening our military should be the focus. Maybe once we can reduce our debt and help support life on Earth we can turn to exploring how to support life on Mars.

As for now, space should be left to the imaginations of filmmakers and not be at the hands of policymakers.

American college system not worth cost, classes not tailored to students

Alec Rome
staff writer

Students go to high school to learn about subjects all across the board, and hopefully find a subject or career field that interests them. However, at a traditional college students must still take those general education classes about the topics that were covered in high school. Why?

The true reason why students go to college is to work toward finding a career, not specifically for a degree. A degree is a tool for qualifying for a position, but career skills and personal skills are the major reasons why an employer chooses a potential hire.

To waste over a year before picking a major and really focusing in and honing a skill is a complete injustice to a student's future, and the educational community needs to focus more on preparing students for their future through career and personal skill training. Why are parents putting in so much money for their children just so they can retake classes they just spent years of their lives learning?

Last school year, tuition averaged around $32,405 at private colleges, $9,410 for in-state residents at public colleges, and $23,893 for out-of-state residents at a public college, according to the College Board. That can be a lot of money, especially if a student takes out loans to cover the cost of tuition. So why should a student have to wait even more for the profit they get from an education and the skills that will allow them to pay off those same loans later on in life? While the cost of education rises the skills gap rises with it, which is not the direction education wants to be heading.

SkillsUSA, a student organization with almost 360,000 members across the country is a perfect example of an organization that focuses on students' skills. They know exactly what a company looks for in an employee. How? They partner with some of the biggest companies in the nation: GE, Koch, Lowe's and Toyota just to name a few. Not only are these companies informing this organization about what they look for in future hires, they provide resources to help students learn a trade and get a job in that same trade.

While it does not seem like a fresh idea, preparing students for career skills can sometimes be overshadowed by the "have to go to college" mindset that plagues education. Central does a satisfactory job of preparing students for a future career. However, there is still plenty of room for improvement in that area; connecting with local businesses is a must to give students real world experiences.

Those experiences at an actual company doing actual projects instead of working out of a textbook is how students truly learn and comprehend the material given to them. Textbooks only work for a short period of time. Completing projects in a hands-on manner is how students take what they have learned through that textbook and apply it to a new situation, continuing further learning. These "projects" should not be something that involves sitting at home and researching, then writing a huge paper. Projects should involve getting out in the real world and talking to people, completing actual tasks and making something useful.

That is what students do every day over at the OPS Career Center; sure, students take notes and work in textbooks, but then they go to work. Construction students make mini-houses, automotive students fix actual cars, broadcasting students make and edit productions, and so on. When a teacher talks about a subject, there should be more of real world applications and projects so that students learn more. This could apply even in math, a subject mostly taught out of a textbook anyway.

General education classes in college need to be more tailored toward the career field that a student wants to pursue. Broadcasting majors should not take physics. The time spent finding the acceleration of an object could be spent preparing for a call of an actual event that could go on a demo which would help a student toward a job after college.

Sure, students occasionally switch and are indecisive about what career field they want to pursue. Not knowing what one wants to do with their life is okay, because then those students can take the mix of general education classes and try to find their passion and calling. But for the students that truly know within their heart and in their gut that a certain career field fits for them, colleges should choose to step out of the student's way and assist them toward their goal instead of forcing them through an all-encompassing system that does not fit each student specifically.

Four year degrees no longer guarantee a job after college. In some cases, those with an associate's degree can earn more than those with a bachelor's or higher. Thus, those career skills are a major boost for a student's future, because along with a degree, experience is normally a major factor as to who a company chooses to hire.

Education is falling behind, and it is the choice of the educational systems in this country to attempt to turn around its fortunes. Real world experiences is how education helps students in the real world. The system must turn away from a cookie-cutter, one size fits all approach and tailor students' classes and learning toward careers that not only students want to pursue, but careers that need to be filled in order to ensure America continues to be an economic power for decades to come.

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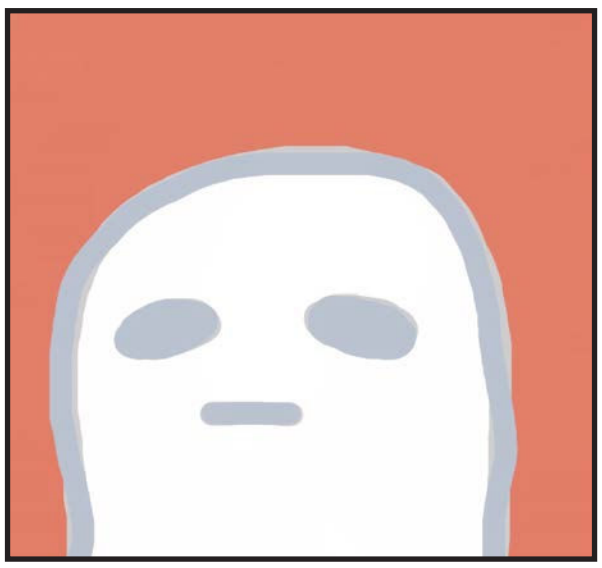

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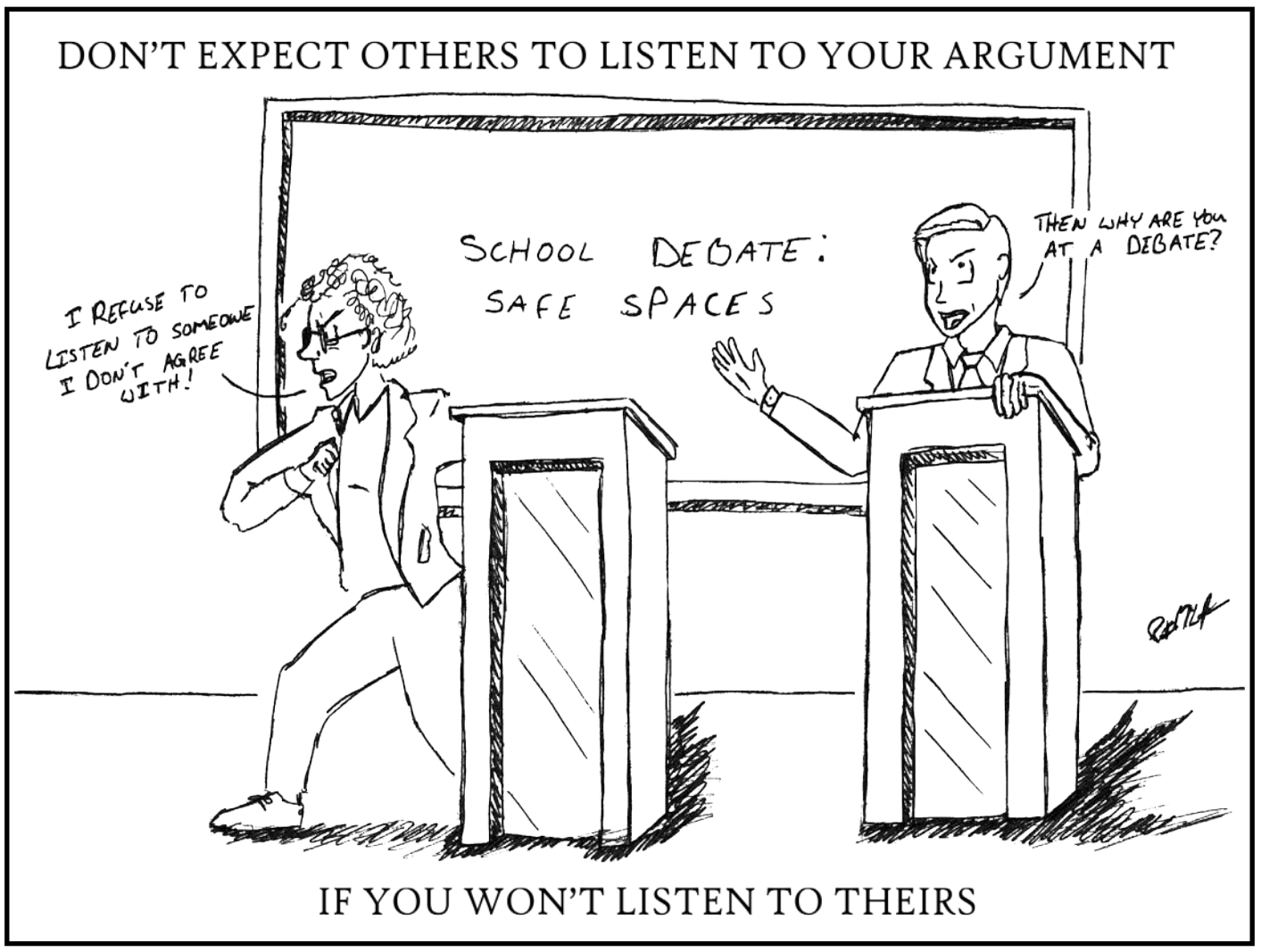

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A letter from the editors:

If you would like to see your own personal cartoon printed in the next issue of The Register, email a copy to one of us or come down to room 029. The cartoons are not restricted to one topic and can be about anything you would like it to be, as long as it is appropriate. We hope to see more cartoons in the next issue!