

NO PHONES, NO PROBLEMS?

Teachers, students reflect on phone bans at Benson, Central

Paula Gutierrez Martinez
news editor

As Central adjusts to LB 140, which bans student use of electronic communication devices on school grounds, one local high school has been banning phone use for over a year now. Benson became the first OPS school to adopt a phone ban in the 2024-25 school year, and students and staff report promising results.

“Last year, I looked at my grades from the previous year when we didn’t have the cell phone policy. And I saw that my passing rate had doubled. And I would say this year my passing rate is even higher. I’ve also had fewer students cheat on exams. I’ve seen fewer fights in our hallway. I used to break up a fight outside of my classroom once a week, and I haven’t even seen a fight this school year,” Benson journalism teacher Justine Garman said.

Before the ban, Benson did not have an official phone policy in place. Managing student cellphone use was left to the discretion of individual teachers. Garman required students to keep their devices stored but was unable to assign consequences when they failed to comply.

Like Central, Benson allows students to access their devices during passing periods and lunch. Central students are allowed multiple reminders before security is called, while Benson students have their devices confiscated immediately if they ignore the single warning before class.

Benson senior Jack Agebeve was concerned when Benson announced its plans for a cellphone ban. “I was a bit scared for the other students because I know a lot of people are super dependent on their phones, Agebeve said. More than a year after the rollout, students are still facing consequences for using their phones during instructional time.

“They just feel like they need to have it with them because they get bored or something,” Agebeve said. He pointed to a fight he witnessed between some Benson football players and their coach after they refused to put their phones away for an hour.

Garman has encountered similar challenges enforcing the ban in her classroom. Some students have tried to remove their phones from the designated “phone hotel” during class, and others have refused to place them there altogether. She stresses the importance of being firm when addressing these behaviors. “Once they find out I don’t play like that, then I don’t have any issues,” Garman said.

While there was some difficulty transitioning into the ban, students now understand the expectations. Garman has only had to call for an administrator once try is year.

Ensuring the consistent enforcement of a total phone ban is difficult, especially at a school with a student body as Central’s, but Garman notes that “teachers who support other teachers will enforce this.”

The phone ban had little impact on social studies teacher Scott Wilson, whose classroom policy already required students to put their devices away. Nevertheless, he welcomed the



Benson High junior Kianah Donnelly works on a school laptop.

Isaac Percival-Aizenberg | The Register

idea of a standardized policy across all classrooms.

Although adjustment is an ongoing process, Wilson has seen an overall improvement in behavior. “I think teachers have been advocating for this for a while, and we think for the most part it’s been a plus. One of the big upshots is that students are actually talking to one another now,” Wilson said.

Wilson observed an increase in restless behavior reminiscent of his pre-computer years of teaching since the ban. “I tend to be a person who thinks that young people are pretty similar across eras. Phones have been the one thing that have really maybe separated generations, from the beginning of my career to now.”

Social studies teacher Casey Denton has noticed less complaints from teachers about phones since the ban.

Unlike Garman and Wilson, Denton never felt the need for a standardized phone policy. “I didn’t have a huge issue with phones. There were kids that were on them, but it was never something that caused a lot of issues in my class. And a lot of kids, at least in sociology, were using them in lieu of iPads,” Denton said.

Additionally, she hasn’t observed any significant changes in student behavior. In fact, she was pleasantly surprised by the lack of behavioral issues and arguments she has experienced. “I think that the kids that were always super invested in school are still super invested in school, and the kids that were not are still maybe struggling in their levels of investment,” Denton said.

Agebeve echoed this sentiment, adding



A phone hotel in a classroom at Benson High.

Isaac Percival-Aizenberg | The Register

that even students with moderate levels of investment either fell behind or rose to meet expectations.

He noted that middle schools have phone bans that help students develop a greater tolerance for keeping their phones away. As they enter high school, it becomes easier for teachers to enforce a ban.

Benson senior Rakim Hayes attended a middle school with a much stricter phone policy than Benson’s. Transitioning into high school was a challenge for many of his peers as there was no phone policy in place.

According to Hayes, many students dropped in performance as a result.

He views the ban as a good compromise between students and staff. “I feel like the phone policy at Benson is pretty balanced, and it has worked in my circumstances,” Hayes said.

The phone policy wasn’t a perfect overnight fix because students are always going to be on their phones no matter what, but it definitely quelled some of the struggles I saw in my freshman year,” Hayes said.

News

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Student-founded initiative The Period Project recently hosted its first event, drawing 150 participants.

Opinion

Political violence p. 5/ pagina 5

As political tensions mount between the left and right, one Central student examines its violent repercussions.

Arts & Culture

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Taylor Swift’s newest album, “The Life of a Showgirl,” is a tribute to dancing, superstitions and showgirls throughout the decades.

Sports

Girls golf future p. 10 / pagina 10

The future of girls golf at Central looks uncertain following the departure of seven seniors upon the season’s end.

DECA students start Period Project, host 5K

Steven Dickerson
editor in chief

The Period Project held their first event, a 5K run and one-mile walk on Oct. 18, to raise funds for placing period products in schools. More than 150 participants attended, with students and volunteers helping run the event.

Central seniors Ella Shafer and Lila Burns, both leaders in DECA, created the project to combat period poverty and change narratives around menstruation in schools. “It was a fantastic time to see everyone come together to support a nice cause,” said Max Long, a senior at Omaha North who participated. “Not only are we doing a good thing, but we’re having fun while doing it,” added senior volunteer Ada Jantzen.

One in four students in the U.S. struggle to afford period products, and 39% of teens feel unable to do their best schoolwork due to lack of access, according to The Harris Poll. Shafer and Burns saw this as a major issue affecting students across schools and wanted to create a meaningful solution.

As DECA seniors, Shafer and Burns chose this project as their capstone, focusing on ending period poverty in the Omaha community. They partnered with organizations including Period., Access Period, HyVee, and Women Who Run Nebraska. Access Period will match every product collected, doubling the overall amount. “Our end goal is to raise the most amount of period products we can to distribute to middle schools,” Burns said. Shafer added, “We’re trying to focus on schools with students that maybe don’t have access to buy them themselves,” noting that middle school students often lack jobs or connections to afford products. They also emphasized that reaching younger students could help normalize conversations about menstruation early on.

The pair is planning which schools will receive kits and will host a kit-packing party in November, including instructions for students who need help using the products. Shafer said, “We’re already seeing more confidence with students discussing menstruation and its accompanying problems,” while Burns added,

“We’re hoping to see more people contribute to the project to create a movement.”

The project faced challenges, including building connections with organizations and encouraging initial participation, but these were overcome. “There has not been any problem too big that it hasn’t been easy enough for them to resolve,” said DECA advisor Michaela Kavanaugh. She added, “Their biggest strength is they are great communicators.” Jantzen agreed: “Ella and Lila were very proactive in communication and were respectful of our time.” Senior participant Izzy Worden said, “I think it is really good to support young grassroots initiatives in the Omaha community, like what they [Shafer and Burns] have created.”

Beyond the kit-making event in November, Shafer and Burns don’t yet have specifics on future projects but emphasized that the initiative is just getting started. They hope to expand the program and create lasting change in schools throughout the metro area. Students can support The Period Project via Instagram @theperiod.project25.



Participants run in the 5K held on Oct. 18 at the Heartland of America Park.

CARTER HILEY | The O-Book

Central hosts first-ever literacy night

Gaby Antunez
digital editor

Family Literacy Night was held on Sept. 25 in Central’s Library. It was the first ever Family Literacy Night, created to celebrate reading, writing, speaking, and listening, while celebrating students as well. The event was designed to help mentors connect with freshmen, and 65 students volunteered to read to kids, present their pathways, or share things they found important.

Sixty books were given out to freshmen for free, and a Kindle raffle encouraged attendance. Librarian Jennifer Kaweck and freshman English teacher Martha Omar created the event, meeting over the summer on their own time to plan speakers and activities. Both were happy with how it went

for their first time organizing it.

To promote the night, Kaweck and Omar put up posters around the school. Omar spread the word through her freshman English classes, while Kaweck visited classes to talk about the books being given out, enticing students to attend.

Community groups, including the Drama Club, Film Streams, Omaha Public Library, and poetry organizations, hosted booths and talked with students. The collaboration of school and community made Family Literacy Night a memorable evening.

Kaweck opened the event with a speech, noting that “literacy isn’t something only done in schools, but is done everywhere. It is done almost every minute of the day,” and mentioning the guests and events available. Omar said, “Her speech to kick it off to me

was a summary of what’s so amazing about Central. All the things she listed that we already do and how much literacy is a focus in not only the classrooms but in clubs.” Poet Matt Mason also spoke about poetry. Omar said, “I loved how he talked about how poetry isn’t this stuffy and looking down on people, but it’s form of literacy that can bring also happy emotions as well.”

Junior Angela Andrew and senior Leilo Aden both volunteered through the Book Club and enjoyed the experience. Andrew said, “I liked wandering around and seeing all the people who went, the performances in the Black Box were cool to watch; I never really interacted with the theater department, so I thought it was really fun to see them perform.” Aden said, “My favorite part was that I was able to speak to the poet of the

year...I was able to get his signature on a book as well.”

Everyone was happy with how the hour-and-a-half event went, noting how fast it passed. Kaweck said, “A lot of staff brought their kids, so I liked seeing the older students read to younger kids.” Omar added, “It’s so cute to see senior Central students reading to kids that are 10 or 12 years off from being highschooler kids, but they are here at the high school getting excited already to become Central students.”

In the future, Kaweck and Omar hope to improve advertising and possibly push the event later into the school year so more students will be encouraged to attend.

Crossword

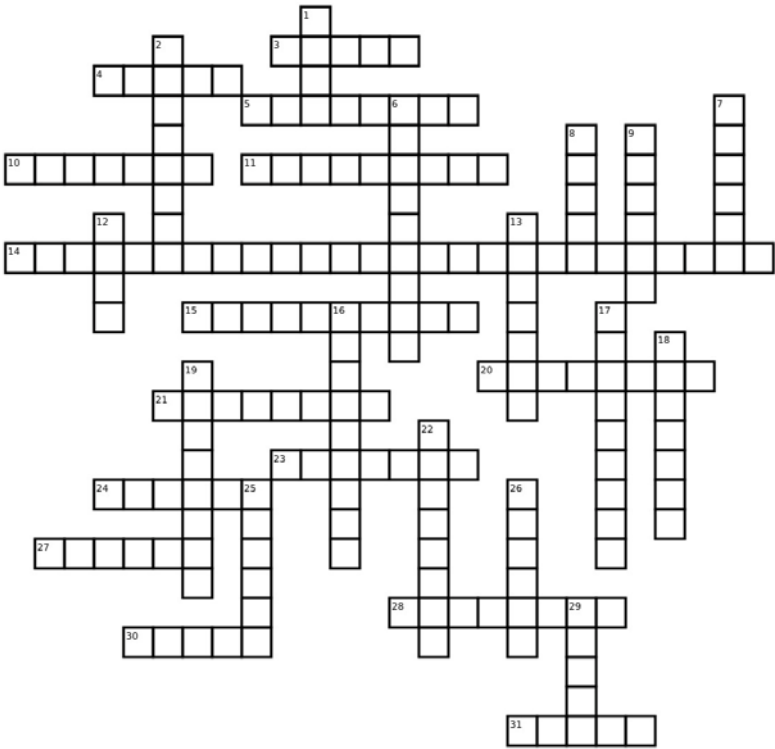
Steven Dickerson
editor in chief

Down:

- 1. number of freshman teams
- 2. where Central is located
- 6. the golden reference book for writing
- 7. Central alum and construction giant Peter _____
- 8. Central was originally called _____ High School
- 9. out of breath after climbing these
- 12. Central is the _____ chapter of the National Honor Society
- 13. former site of the Nebraska State _____
- 16. actor who is namesake of a freshman team
- 17. Central alum and Omaha City Councilman Pete _____
- 18. Central alum and former North Omaha State Senator Brenda _____
- 19. Central alum and professional hockey player Jed _____
- 22. The _____
- 25. _____ Stadium
- 26. Central was the first _____ school in Omaha
- 29. Central alum and Utah Jazz player John _____

Across:

- 3. street the two side faces
- 4. Central’s yearbook
- 5. Central alum, lake namesake, and former mayor Edward _____
- 10. rich family that has attended Central
- 11. common area
- 14. home to this program



- 15. “The _____ of Omaha Central”
- 20. Central talent show
- 21. Marion _____
- 23. Central principal
- 24. statue of him outside the stadium
- 27. color associated with Central
- 28. Central alum and former MLB pitcher Pat _____
- 30. Central alum and famous football player Ahman _____
- 31. Central’s term for an essay

ANSWERS ON PAGE 9

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

Corrections

Last issue, on page 4, The Register incorrectly identified the homecoming royalty. A contributing writer said that Helen Jordan Salguero and McKenzie Martin had been elected royalty. The final winners were actually seniors McKenzie Martin and Jayda Lee. We apologize to both Jayda and Helen for our misidentification and to readers who were confused. We also mislabeled Dawnna Hill’s email in an article about The Haven. We have remedied the situations and will continue to be accountable for mistakes in the future.



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26th Central Hall of Fame class inducted



The 26th Central High School hall of fame class, front row, with students in the second row.

BRADLEY SMITH | The Register

Grace Sunseri
chief copy editor

Every year since 1999, the Central High School Foundation has inducted 10 people, nine notable alumni and one distinguished educator, to the Central High School Hall of Fame. These inductees are nominated by anyone in the community and applications are reviewed by the Central High School Alumni Association.

On Oct. 9, the 26th Hall of Fame class was inducted.

Hazel Hempel Abel, class of 1905, was the first woman elected to the U.S. Senate from Nebraska. Before her two months in the Senate, she worked as a teacher and high school principal. She then ran Lincoln's Abel Construction for 14 years after her husband's death. Abel's run in the Senate began in a special election to fill the seat of a deceased Senator. She made history in the Senate as one of the only Republicans to vote to censure Sen. Joe McCarthy for his red-scare era tactics and earned the nickname "Hurricane Hazel." She died in 1966.

Class of 1955's Patricia Wright Brown has a long history of community activism in North Omaha. She has held many high positions in her activism work including board president of the Omaha branch of the NAACP and secretary with the Charles Drew Health Center board. She spent her 40-year career

with the Northwestern Bell/Century Link telephone company. She is a longtime member of the Central alumni board and serves as the elder stateswoman of the Alumni Association.

The longest serving member of Omaha's City Council, Pete Festersen, who graduated from Central in 1985. Festersen has worked for the Greater Omaha Chamber and the Peter Kiewit Foundation. Alongside his post on city council, he works as vice president of public affairs for CHI boards and commissions. He has served as president of the city council many times. Festersen has several awards and distinctions, including elected official of the year from the American Society of Public Administration.

Donald Goldstein, class of 1964, has long been active in Omaha's philanthropic scene. As a businessman he worked in his family's truck rental and leasing business. With his wealth, Goldstein helped establish the Goldstein Center for Human Rights at the University of Nebraska- Omaha; helped launch the Samuel Bak Museum and Learning Center, and the Goldstein Aquatic Center at the Jewish Community Center; and contributed to Central.

Twin sisters Jeannene Rice Mason and Jeannette Rice Johnson, class of 1964, have helped preserve Central's past through their work on the Central Alumni Association's Historical Committee. They organize and run the archive room in the new addition. Most

recently, the twins helped renovate the display cases in the courtyard, which show some of the school's most important artifacts. They also engage with students in English and Social Studies classes by helping create lessons.

Class of 1993's Quatesha Kern has dedicated her life to educating, with over 25 years of teaching experience in the Dallas Independent School District. Kern has been recognized as an incredible teacher, named "Texas Teacher of the Year." She has served as a role model for her marginalized students. She credits her faith for her accomplishments and hopes to become a state senator.

Stuart Oberman, class of 1988, has many degrees: a B.S. from Iowa and M.S. and Ph.D. from Stanford, all in electrical engineering. His work as a design engineer has played an important role in the development of GPUs for 3D graphics, artificial intelligence, and gaming. He is the current vice president of GPU hardware engineering at NVIDIA. His work has helped AI become mainstream, including ChatGPT. He has served on a number of international conference committees and holds over 55 U.S. patents.

Joel Rogers, a senior leader and civilian in the U.S. military, graduated from Central in 1975. After joining the Marine Corps in his late 20s, Rogers was deployed to Operation Iraqi Freedom in 2003 and later assigned to work as a congressional liaison for the Pentagon. He was transferred to Offutt Air

Force Base in Omaha and still serves as an international affairs specialist and analyst. He has been awarded numerous awards, like the Outstanding Civilian Service Medal. He volunteers to help provide scholarships for OPS JROTC cadets.

High school sweethearts Gary and Cheryl Marks Willis, both class of 1970, have worked tirelessly with CHSF. Joining more than 25 years ago, Gary has chaired the Hall of Fame three times and has served as the official photographer. Cheryl served a term as president of the alumni association board. The couple is commonly seen selling Central gear at class reunions and have served on many other boards around the city, including Gary as president of the American Cancer Society and Cheryl as a founding board member of the Nebraska Psychiatric Nursing Association.

Distinguished Educator and Coach Paul Semrad spent his entire 32-year career at Central. He served as a teacher, data administrator, and championship-winning basketball coach. As head girls' basketball coach, Semrad led the 1983 and 1984 teams to two undefeated seasons and back-to-back state championships and was inducted into the Nebraska Sports Hall of Fame. Semrad also sponsored student council and coached softball and baseball. He would go on to assume the role of data administrator, using techniques to develop the master academic schedule that is still referenced today. He died in 2020.

Inclusive Communities invites Eagles to camp experience this spring

Jasmin Gutierrez Garcia
translation editor

Inclusive Communities is an Omaha nonprofit organization dedicated to confronting prejudice, bigotry and discrimination through education, advocacy and community engagement. This year they are thrilled to invite Eagles to its IncluCity Youth Development Camp 2026, a program designed to empower young leaders. All 14-19-year-olds are welcome to apply.

The camp aims to bring together a diverse group of 75 high school students from Nebraska, South Dakota and Iowa over a four-day camp to develop students to create inclusive and just communities. Throughout the weekend, students take part in dialogue and activities around issues of race, class, faith, ability, gender, sexual orientation, age and appearance to make important steps in confronting bigotry, prejudice and discrimination.

The application window is open until March 20, 2026. Transportation to and from camp is ensured by IncluCity and meals and lodging during camp. The camp is scheduled to take place Friday, April 10 to Monday, April 13, 2026.

IncluCity is completely free to attend,

removing financial barriers and ensuring accessibility for all interested students. This camp is made possible through the support of sponsors, including The Sherwood Foundation, OCF Equality Fund, Gilbert E. Swanson Foundation and Milton & Corinne Livingston Endowment.

Emily Schultz, one of the geometry and pre-algebra teachers at Central, is involved with IncluCity and shared her understanding of the program.

"Students work together to have deep discussions, share their experiences, attend workshops, and develop skits that help them gain skills to bring back to their schools and communities," Schultz said.

Maurice Sherrod, a senior at Central, attended the camp in his sophomore year.

"The staff members that were there and a lot of the other students who made it were really inviting and accepting everyone. They were really inclusive, you could say," Sherrod said.

To express your interest and learn more about this program, Central students can submit an interest form, which can be accessed via QR codes located throughout the school building. Alternatively, for more information students can reach out directly to Cammy

Watkins at cammy@inclusive-communities.org.

Schultz described other ways schools can get involved with Inclusive Communities.

"In schools, clubs can attend Inclusive Communities events or have a staff member as a contact person between the school and

the nonprofit," Schultz said.

"It was definitely uncomfortable for other students including myself in some parts, but it was that uncomfortability that made the experience so strong and so enriching," Sherrod said.



Math teacher Emily Schultz.

REEGAN MEREDITH | The Register

CONGRATULATIONS

CENTRAL HIGH SCHOOL HALL OF FAME

Class of 2025



Hazel
Hempel Abel

Class of 1905



Patricia
Wright Brown

Class of 1955



Pete
Festersen

Class of 1989



Donald
Goldstein

Class of 1964



Jeannene & Jeannette
Rice Mason Rice Johnson

Class of 1964



**CENTRAL HIGH SCHOOL
FOUNDATION**



Quatesha
Kern

Class of 1993



Stuart
Oberman

Class of 1988



Joel
Rogers

Class of 1975



Paul
Semrad

Educator/Coach



Cheryl and Gary
Marks Willis

Class of 1970

On Thursday, October 9, 2025, 12 individuals were inducted into the Central High School Hall of Fame. Their time in the halls of Central led them to the highest levels of achievement in business and community service. This annual event, now in its 26th year, is a special event managed by the Central High School Foundation and CHS Alumni Association.

Nominate Someone for
the CHS Hall of Fame



Watch the 2025 CHS
Hall of Fame Ceremony



BREAKING THE ICE

Is the rise in political violence signaling something?

Grace Sunseri
chief copy editor

The level of tension between the political left and political right that exists in the United States right now is destined to reach a boiling point, fueled by the continuous and rising acts of political violence, and the outcome of that peak could be detrimental.

Political violence is, “the use of physical force, coercion, or intimidation to achieve political goals.” In the past year alone, three notable examples of this violence have occurred in America: the attempted assassination of then-presidential candidate Donald Trump; the attempted and successful assassinations of two Minnesota lawmakers and their spouses; and most recently the assassination of right-wing commentator Charlie Kirk.

The political divide that exists between the political left and right is now the worst it has been in generations. Even former Secretary of Defense Chuck Hagel said at his symposium at UNO, this divide is the worst he has seen in his lifetime, and he is 79.

This polarization has led to this increase in political violence. People see the “other side” not as someone they simply disagree with, but as their mortal enemy. This polarization has only been further inflamed by the words of leaders, encouraging the dangerous rhetoric spread by the fringes of their supporters.

Historically, this rise in violence can lead to a rejection of democracy as violence is seen as an effective tool to achieve political goals. It shows the overall rejection of our sacred political process, a direct rejection of democracy.

Recently, the president of the United States, Donald Trump, spread an AI-generated video on Truth Social, of himself flying a fighter jet over “No Kings” protesters dropping

feces on them.

While that video was not inherently violent, normalizing these demeaning images of political opposition can lead to violent action, especially if the president is the one normalizing it.

It is easy to make a connection to historical events where harmful rhetoric has led to widespread political violence. During the Rwandan Genocide, radio stations broadcast hateful propaganda against the Tutsi minority, calling them cockroaches, and gave further allowance to the Hutu majority to act against their perceived enemy. This resulted in the deaths of an estimated 800,000 Tutsis.

After Kirk’s death, Trump said in a news conference, “The radical left causes tremendous violence,” and that they should “be put in jail.”

“We can confidently say that most domestic terrorists in the U.S. are politically on the right,” according to PBS in reference to their own research. Left-wing violence is also an issue, and no violence should be ignored, but Trump not only spread false information but further incited possible violence against left-wing protesters.

However, this violence has no political bounds, rising on both sides. According to the Center for Strategic and International Studies, “2025 marks the first time in more than 30 years that left-wing terrorist attacks outnumber those from the violent far-right.”

The most notable example of the past year was Kirk’s Sept. 10 assassination. The video of the assassination quickly spread on X, displaying this brutal act of violence before



An image of conservative commentator Charlie Kirk is placed at a memorial in his honor, at Utah Valley University in Orem, Utah, September 29, 2025. Jim Urquhart | REUTERS

the entire world. While Kirk’s assassin was not explicitly left-wing, he said to a roommate, “I had enough of his hatred,” and “Some hate can’t be negotiated out.”

This very idea, that “hate” and different ideals cannot be talked about and debated, but must be stopped at the cause, the very person who says those words.

If this level of tension continues to rise,

it will lead to an increase in violence or in the worst case, a full civil war.

The only way for this problem to be solved is for our leaders to stop inciting this violence and for the people who commit these acts to realize it only brings us further apart, not closer together. Because if this trend continues, the future of the U.S. could be up in the air.

The myth of ‘basic’: why we shame shared joy

Caprice McCoy
opinion editor

Somewhere along the way, being “basic” became an insult. Liking pumpkin spice lattes and listening to Taylor Swift was suddenly a personality flaw. “Basic” became shorthand for unoriginal when all it really means is “widely enjoyed.”

Why do we treat shared joy like it is a crime against individuality?

The word basic did not start as a harmless joke; it began as a cultural insult. Originally, it was slang for someone who follows trends without much thought. Over time, it even led as a coded way of mocking people, especially women, for liking things that were “too popular.” Pumpkin spice lattes, Uggs boots, selfies even; they all became symbols of shallowness.

Social media made it worse, turning enjoyment into a meme. Suddenly, having a Starbucks cup in your hand was not just a drink choice; it was a statement about who you were - and apparently, who you were not. What started as a light tease became a label that polices what people, especially girls, are allowed to like without being ridiculed.

We say we value individuality, that

we want people to be “authentic” and “different.” But second, someone enjoys something a little too mainstream; they are basic. It is

like society only respects individuality when it looks unique enough to seem cool.

The irony is, liking something popular

does not make someone any less original; it just means they have common tastes. People romanticize “not being like others” while shaming those who simply enjoy what they enjoy. It is exhausting! Individuality should not mean rejecting anything that is popular. It means knowing what you like and owning it, whether it is indie music or Starbucks drinks.

There is something beautiful about people liking the same things. Shared interests build connections. It is how friendships start, fandoms form and trends grow. When we call someone “basic,” we ignore that popular things grow popular for a reason: they make people feel good! There’s comfort in ordering the same drink as your friend or bonding over a show half the world is obsessed with. We spend so much time chasing originality that we forget community matters too. Sometimes being a part of the crowd is not mindless; it is human.

At the end of the day, being “basic” is not a flaw. It is proof that you are human to find joy in what is familiar. Liking what everyone else likes does not erase your individuality. It is just proof that you are a part of something bigger than yourself.



A Starbucks drink rests on a car in the junior lot.

ISAAC PERCIVAL-AIZENBERG | The Register

Bad Bunny p. 7

Bad Bunny isn’t just performing at the Super Bowl — he’s making history. As the first solo Latin artist to headline, his set could redefine what American pop culture looks and sounds like.

Fall musical preview p. 8

Central’s fall musical, “Once Upon a Mattress,” promises a fun, family-friendly spin on a classic fairytale — complete with lively performances, laughs, and heartfelt farewells.

HS Football playoff preview p. 10

Central heads into playoffs fired up after a 27–7 win over Fremont and a major upset over Westside.

New coach, new era for tennis p. 11

After longtime coach Robert Tucker’s retirement, Melissa Kuskie takes the lead, bringing fresh energy and focus to Central’s boys tennis team.

The myth of 'forced diversity'

Connie Moennig
staff writer

Nowadays it seems that every new piece of media that comes out is met with a certain amount of backlash for being “too woke” or practicing “forced diversity.” It doesn’t matter if identity plays a large role in the narrative or not, if marginalized people are included there will be backlash in one way or another.

“Wicked”, “Assassin’s Creed”, “Spider-Man”, “Star Wars”, and a plethora of

animations, superhero films, video games, musicals and remakes were all subject to the criticism that there are too many marginalized characters included.

The thing is it really doesn’t matter. If a Disney live action remake doesn’t do well, it’s likely not because of the Black lead actress, it’s probably just because we’re sick of half-baked live action cash grabs.

Replacing all the actors in the “Star Wars” sequels with white men wouldn’t make the writing any less lazy. Complaints about having diversity in media have been going on

for years, just without buzzwords like “DEI” or “woke” or “pandering.” A lot of this is the same thinly veiled racism we’ve seen in the past.

The claim that inclusivity is “anti-consumer” is an extremely ridiculous and self-centered notion. Many people, especially those being represented, enjoy diverse media. They are also consumers. Despite the viciousness and frequency of these complaints, diverse stories are still more effective in the long run. It reaches a larger group and makes the media more relatable.

Diversity can only be forced if it feels like an afterthought for the writers, when they feel the need to tack on one-dimensional minority characters. It is not when the stories and experiences of minorities are put at the forefront.

Telling stories that often go untold is the epitome of writing, and we should welcome it. It is high time that we start celebrating and listening to what others have to share, instead of brushing it off because we feel that we cannot relate.



Fortune Teller oracle card deck provided by senior Caprice McCoy.

Shyra Marion | The Register

The underappreciated depth behind personality tests and zodiac signs

Caprice McCoy
opinion editor

People love to being told they are special, one of a kind. They crave labels that make us feel understood – unique, but not alone. Yet the second a system tries to capture that, whether it is astrology or the Myers-Briggs test, people rush to call it fake, generalized or pseudo-science. It is funny how people want to be seen, but only in their own terms.

The irony is, no science is bullet proof. Every theory starts small, tested on a limited group, then evolves. But when it comes to a personality system, people rarely look past the surface.

Take astrology for example, one of the

oldest frameworks humans have used to understand themselves – long before psychology even existed. But today it is reduced to pop-culture sound bites: “Leo’s are loud.” “Scorpios are toxic,” or “Cancer’s cry too much.” Sure, it’s easy to write it off as a pseudo-science when all you see are memes.

But behind the horoscope is a system that’s been refined for thousands of years, built on symbolism, observations and patterns. It’s not about predicting your love life or future career – it’s about interpreting personality through story and archetype, a language that survived across cultures for a reason.

MBTI gets the same treatment – dismissed as “basic”, even though it is rooted in actual psychological theory.

The Meyers-Briggs Type Indicator Test was developed in the 1940’s, based on Carl Jung’s 1921 theory of psychological types. The test was created to help people understand personality differences and work better together. Online culture watered down it down to memes and stereotypes – like “INTP’s being robots,” or “ENFP can’t focus.”

That surface level makes it seem empty. But when used properly, it’s meant to reveal how people process information, make decisions and interact with the world. It might not be perfect, but it’s still a tool for introspection and empathy. People reject it because it’s a simple misunderstanding, just like astrology. Both systems are really about understanding why we are the way we are.

Neither astrology nor MBTI are flawless – and that’s the point. They were never meant to be absolute truths. They’re mirrors, not murals. I understand why people write it off; astrology is mystical. MBTI can feel like a horoscope in a lab coat. But when you actually look into them, both offer a language for self-awareness that most of us don’t get from traditional science.

We don’t have to believe every claim or horoscope to see value or patterns. Sometimes, what matters isn’t whether the system is “proven” or not, but whether it helps people connect, reflect and grow. People like being told that they’re special, and if it takes a birth chart or four-letter code to start that conversation, I don’t see the harm in it.

The stairwell battle is out of control

Katie Besancon
managing editor

The Central stairs have always been one of the most hectic places during passing periods. Whether it’s four-plus floors of students rushing to their next classes or others trying to cut through the crowd, chaos is almost always guaranteed. This year, however, the problem of stairwell directional flow has been increasingly worse, especially with the inability of many students to recognize which stairwell is “up” and which is “down.”

There have always been a few who go the wrong way, but this year has been one of the worst. No matter which stairwell you take, you’re constantly dodging people heading in the opposite direction. Most days, it feels like those following the correct route are swimming against the current, struggling to make it to class as others ignore the directional flow.

The situation has gotten out of control. Notes have been sent to administrators; daily announcements have been made, and still, students continue to use the wrong stairwell.

The irony is that going the wrong way doesn’t make anyone get to class faster. You still end up pushing against the crowd using the stairs incorrectly, and every set of stairs ultimately leads to the same place—just a few steps apart.

It’s frustrating when you’re walking up and have to move to the opposite side to avoid being elbowed by someone going down the wrong way. Students who use the stairs correctly shouldn’t have to accommodate those ignoring the system.

At this point, administrators have made their announcements, and the majority of students who follow the rules are fed up. Space is limited, patience is wearing thin and passing periods have become a daily battle.

There needs to be a change, and it needs to start with the students. Administrators and



Three students walk up the stairwell at Central High School.

Izzy Kammerer | The Register

teachers shouldn’t have to spend their passing periods directing traffic. For one, it should be obvious when you’re going the wrong way, and for another, staff have their own classrooms to reach. Students need to be more self-aware, pay attention to the flow of movement and

adjust accordingly.

All stairwells lead to the same destination. Taking an extra 15 steps to use the correct one won’t make you late; it’ll make passing periods faster, smoother and far less chaotic for everyone.

Students should be encouraged to dress up for Halloween

Gaby Antunez
digital editor

Costumes have been an activity associated with kids and Halloween for years, so why should students be judged when they choose to dress up during school. I have dressed up for two years straight and plan on dressing up this year as well. It is a way for students to represent what they enjoy and make memories with friends so why should they stop.

There has been this bad stereotype of dressing up at school with students saying that if you dress up at school you are “weird” but it’s an activity people do with loved ones. There is also this saying that if you dress up, staff will yell at you, leading to students to be too scared to dress up.

The two years I have done it, no staff have mentioned anything negative to me, most

complimenting my costumes.

Dressing up shows the school spirit as well. Students dressing up prove to other students that central is a fun school and that you are free to express yourself and do things that one might not be able to do in a different school.

Students would be more encouraged to talk to each other and make friends. If you see someone dressed up as Mario, you will want to ask where’s their Luigi is and a new friendship could be made.

Costumes are an easy conversation starter and for the people that dress up they will be seen as confident and brave for not worrying about other people’s perspectives on them.

This amazing community of people who dress up and complimenting each other when

they see them in the halls because they know the stares they might get so they are supporting each other. Being there for one another is something that is amazing in communities and dressing up at school promotes that.

My sophomore year I was Alvin and the Chipmunks and The Chipettes with five of my friends. We didn’t go all out with our costumes given the rumors we heard from other students we were scared.

So, we mostly just wore the representing colors with black makeup on our nose and clothes coordinating with the character we got. But I handmade ears for the group and it was so fun seeing us around the school.

Even something as simple as these costumes were, started conversations with students that I have never talked to before.

It truly was an amazing memory I had with those people, and I will never regret it.

The people that do judge the people for dressing are more worried about harmless fun than bigger problems. There are many different things that should be said in this world but if they are more focused on judging the people who are enjoying their lifestyle as teens then they are not very focused on mature problems.

There shouldn’t be a bad stereotype of dressing up at school when it is just friends wanting to make memories. The two years I enjoyed dressing up and never felt embraced and loved seeing all the other costumes that truly went all out for the special day. Have fun and enjoy high school as it doesn’t last forever.

Was Bad Bunny the right pick for the Super Bowl LX halftime?

Suri Alvarado Villegas
staff writer

For many years, Latin music was seen as secondary, a genre celebrated in Latin America but rarely given center stage in U.S. pop culture, a perception that changes on February 8, 2026, when Bad Bunny headlines Super Bowl LX’s halftime show, becoming the first solo Latin artist to do so, and the only one to appear twice in its history.

Benito Ocasio Martinez has gone from bagging groceries in Puerto Rico to becoming one of the most influential artists in the world. Benito’s rise is a testament of talent,

authenticity and global power of Latin music. He first performed at the Super Bowl in 2020 alongside Shakira, J Balvin and Jennifer Lopez. But now, he returns not as a guest, but this time, it’s his show, and I know he will use it wisely.

In a show that all Americans will be watching, Bad Bunny will sing for 15 minutes from an album that criticizes the gentrification of Puerto Rico and the ongoing colonial relationship between the island and the United States.

Choosing to perform those songs on the biggest American stage is bold and intention-

al. It won’t be just about music.

But why the Super Bowl and not a tour in the U.S.? He explained that they didn’t do this because of concerns about the safety of his Latino fanbase due to the delicate situation going on in the country and concern that ICE could target undocumented fans at his concerts. That speaks about the level of social awareness and commitment to his community that makes him not only a powerful performer, but also a responsible one.

The Super Bowl is the perfect Trojan horse way to bring Puerto Rican pride and protest in every home across the country. Like

Kendrick Lamar did last year, Bad Bunny is poised to use this stage to challenge, reflect and represent. His presence is a milestone for Latin culture, and a reminder that what was once “secondary” is now front and center.

When he said, “Ahora todos quieren ser Latinos pero les falta sazón,” meaning, “Now everyone wants to be Latino, but they lack flavor,” he wasn’t just being clever. He was predicting what was coming. A shift that will take center stage in Santa Clara. Thanks to Bad Bunny, Latin music will headline what will be the most viral halftime show of all time.

Halloween is the best holiday

Kylee Fulkerson
staff writer

Halloween is the best holiday of the year from the spooky decorations, hanging out with friends, watching scary movies and of course trick or treating. Who doesn’t love Halloween?

Last Halloween my friends and I went trick-or- treating and had the time of our lives, even though we were sophomores in high school.

We went house to house getting all kinds of candies and ran around the neighborhood screaming and laughing all night long. I remember there was this guy in a bloody pig’s mask, and he chased us around the neighborhood with a chainsaw.

We were screaming the whole time, and by the time he finally stopped chasing us, we were crying-laughing. It’s memories like these that make Halloween the best holiday.

Costumes are one of the many aspects that make Halloween the best holiday. When you dress up for Halloween you get to be a different person for one night, whether it be a superhero, a monster or even a bottle of ketchup.

Halloween costumes promote creativity. If you can think of it, you can be it. And who doesn’t want to be a superhero for the night?

Another huge aspect of Halloween is the scary decorations and haunted houses. Haunted houses and decorating are great ways to make memories with your family and friends.

One year, my whole block was decked out in Halloween decorations. It is similar to decorating for Christmas, but more enjoyable.

Popular opinion is that Christmas is the best holiday, but Halloween is better.

Christmas is a fun, family-friendly holiday, but Halloween is for both family and friends. We also wear different things on Christmas; some families do matching pajamas.

But Halloween is way more fun because you get to dress up as whatever you want. Those are some reasons Halloween is better than Christmas.

Halloween has many amazing qualities that make it the best holiday year-round.



MUSIC IS IN THE AIR

Lighthearted fun awaits in ‘Once Upon a Mattress’

Isabella Smith
staff writer

Over the past few months, Central’s Performing Arts Department has been working on their production of “Once Upon a Mattress” which shows on Friday, Nov. 7 and Saturday, Nov. 8 in the auditorium at 7:00 p.m. both nights and 2:00 p.m. Saturday afternoon.

“Once Upon a Mattress” is a parody musical of the popular fairy tale “Princess and the Pea” and is a comedic take on the story the cast and crew have been working with daily.

“The students are having a great time working on putting it all together, so I think seeing them having fun acting and singing and dancing

brings joy to me,” said Scott Mead, the director of this musical and a performing arts teacher at Central.

The plot of the musical follows the character Prince Dauntless as he wants to get married, while his mom, Queen Aggravain, attempts to find the perfect princess even though she believes no one is good enough for her son.

Princess Winnifred is introduced, and the audience finds that she is not your typical princess. The queen gives the princess a test to prove herself as worthy and acceptable for the prince.

This musical is more on the funny, lighthearted side, so it’s suited for all audiences and families.

“Look forward to seeing the story unfold before their eyes, see and listen to fun songs and

dances to go along and help tell the story,” Mead said.

“It’s just a great show and it’s easy to follow along,” said Vivian Dauner, a Central High school senior who is playing the lead, Princess Winnifred.

She has had a great experience throughout the process, despite some challenges coming from playing such a complex and different character. More than anything else, she wants to get the right angle on her role, it being her last in high school.

“It feels very full circle to be able to do my last show here at Central, but I’ve had so much fun with the cast and crew of the show. I’m so grateful for the opportunity,” Dauner said.

Compared to last year’s musical, “Beauty and

the Beast,” the process and challenges arising have been very similar. Both shows are set in the same medieval time period, so costuming and sets seem to reflect one another. Despite this, the shows themselves are very different.

“I hope that people will come back and see the show and enjoy it just as much as last year’s,” Mead said.

“The process is coming along. We’ll be ready by the show dates and so we’re excited for people to come and see the show,” Mead said.

Tickets are \$8 for students and \$10 for adults. They are available online or outside of the auditorium on show dates.



‘The Life of a Showgirl’ marks a new era for Taylor Swift

Katie Besancon
managing editor

After months of cryptic messages, Easter eggs and suspense, Taylor Swift released her 12th album, “The Life of a Show Girl.” The album was released on Oct. 3rd alongside the official release party movie, which would only run for the weekend and gave Swifties an inside look into the making of the music video for “The Fate of Ophelia” and her lyric videos.

Leading up to the release, the album itself was described or thought to be an album with her “1989” beat but with a “Red” or “Folklore”-type lyrics, but “The Life of a Showgirl” is unlike any of her other albums. This album tells its own story, as the life of a showgirl, as Taylor, or as the fan listening.

Throughout the 12 tracks, Swift tells the story of showgirls throughout the decades, dancing, superstitions, the desire to be a showgirl but not realizing the difficulties. Swift speaks to the desire of wanting to be the best in her field, while also diving into aspects of her life today, such as the difficul-

ties with being the eldest daughter and the pressures that accompany the role, and her relationship with her fiancé Travis Kelce intertwined into various songs.

The use and incorporation of condescending words like Honey and Sweetheart included in Swifts song “Honey” shows the many aspects of a celebrity’s life and how so much of their lives is being belittled by society and dealing with the challenges of fame. The songs of this album tell the many stories of celebrities dealing with scrutiny because of fame and attention, shedding light on their difficulties.

The album is nothing like what she has written before, because it is tamer than “Reputation” but tells an entirely different story than her prior work. It is a complete 180 from “The Tortured Poets Department”, while simultaneously fitting the era of her life perfectly.

I feel like with every album release no matter the artist, fans have to listen to it once to digest the beat, the lyrics, and ultimately

the work you have never heard before. That first time listening I was unsure how I felt about it, as there were definitely similarities to her past work, but it also felt like the first time she was giving us a story of her life on a platter without her fans having to dissect it.

The second time listening through the album, I knew what to expect. I personally felt this allowed me to understand what I was listening to and enjoy the album to a much further extent.

After listening to the album for a second time, I attended the release party movie. I think that Swift choosing to record the process of putting an album together, and pushing that out for only a weekend, incentivizes her fans to go see it. Beyond that, it instills a sense of appreciation among her fans for the work that Swift puts in.

This new album is the start of a new chapter for Swift, one where she may not be as in the spotlight as she once was. This album marks the beginning of her story telling

chapter of music. She has told her own story for the longest time, but now she is starting to tell others and challenge her creative flow that way.

As a whole, this is one of her best albums. It shows how she can switch from upbeat pop to breakup albums to telling the story of a show girl and the background of her career. Not only does she switch what areas of pop she writes in, but she is able to change her writing style alongside that and include truly master storytelling from all sides.

The movie was also very good; as a fan I liked seeing behind-the-scenes and all of the work that is put into her music. I like that there was only a certain period that fans could see it because it makes it feel more exclusive to those who did go.

Overall, I really liked this new album and the addition of the release party movie, it makes me excited to see what Swift does for albums down the road.

Nebraska pumpkin patches currently in season

Isabella Smith
staff writer

Every autumn, Nebraskans look forward to pumpkin patches opening up all over the state so they can go enjoy some fun festivities during the season.

Vala’s Pumpkin Patch & Apple Orchard is by far the most popular in Nebraska with hundreds of thousands of people that go each year. This pumpkin patch has a total of 450 acres with over 50 different attractions, adding new and improved ones each year.

Some of the most well-known attractions at Vala’s are their hayrack rides, the three-acre corn maze, haunted houses, and the performances with live music and stunt shows. Despite the traditions, people this year seem to be loving the newly added features like the apple swing ride and the runaway grain wagons rollercoaster.

According to Vala’s website, there are enough things to do for people to spend an entire day at the pumpkin patch without wor-

rying about boredom. There are live events happening every weekend.

Another local favorite in Nebraska is Skinny Bones Pumpkin Patch. This one is in Blair and has a lot of similarities to Vala’s; it just is smaller in size. Some of their most-known attractions are their frankenslide, petting zoo and tornado alley exhibit.

Bellevue Berry Farm & Pumpkin Ranch is another great place to visit during the autumn season this year. This farm is open year-round, but their pumpkin season is currently going on with activities like the great pumpkin round up and the ranch of terror.

Nebraskans visit these three pumpkin patches the most out of any other place, but which one is the best? While Vala’s is definitely the biggest and most popular, it is also the most expensive. With their prices being as much as \$42.99 per ticket for general admission on weekends and nearly \$100 for a seasonal pass, it drives people to go to some of the smaller options.

Skinny Bones and Bellevue Berry Farm

are some of these alternatives; they might be smaller in size, but they both have everything any other pumpkin patch would have. The only difference is it’s for a lower price of about \$15 tickets on weekdays and \$20 on weekends. Another thing to consider is the crowds; some families prefer less people around them, which would make these two pumpkin patches even more appealing.

One other factor is the target audience for these pumpkin patches, while each one caters to family activities; some have more versatile options than others. For example, the majority of Bellevue Berry Farm’s attractions are for

younger children while attractions at Vala’s include more options for older audiences.

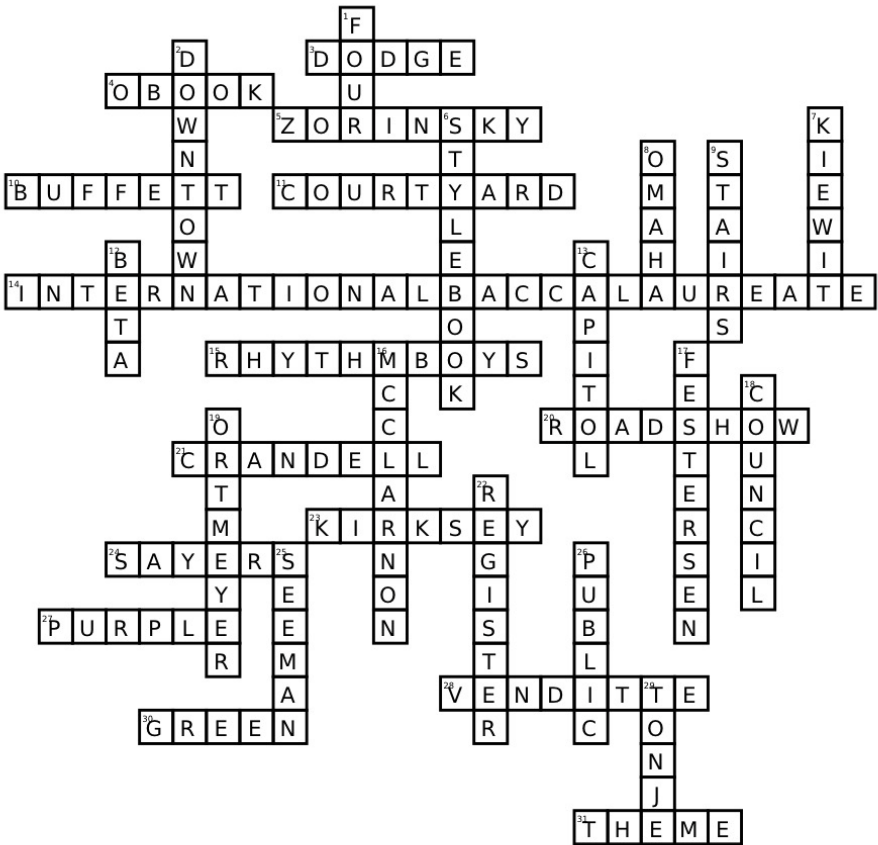
Each pumpkin patch has its pros and cons, but ultimately it is up to each individual to decide which one is the best in Nebraska.

Pumpkin patches are not for everyone, so other alternatives might be a better fit if none of these sound particularly appealing. Local farms offer some of the same experiences, such as Wenninghoff’s or Nelson Produce Farm. Haunted houses or scarier attractions could also be more popular for an older audience, especially with places like Scary Acres in Sarpy County and Bloodrush in Elkhorn.

Crossword answers

Steven Dickerson
editor in chief

The crossword can be found on page 2. The theme is Central High School and related subjects, activities and alumni. Education.com was used to create the crossword display and its accompanying answer key.



COFFEE ROASTER
ESPRESSO BAR
TEA HOUSE
BAKERY



The Haymarket
800 P Street

College View
4736 Prescott Avenue

Innovation Campus
2021 Transformation Drive

Telegraph District
330 S 21st Street

Omaha
31st & Leavenworth

www.millcoffee.com

PLAYOFFS AT THE NEST

Eagles earn first round matchup with Lincoln East

Charli Tobin
sports editor

The high school football season is ending, and playoffs are on the horizon. Central is seeded seventh in the playoff bracket.

Central's 27-7 win over Fremont Oct. 24 allowed the Eagles to have a home game. That game is set to take place on Friday at 7 p.m. at Seeman Stadium against Lincoln East.

Central's 31-28 upset win over Westside, first seed in the playoffs, was the deciding factor for its playoff spot.

Injuries have been a big problem for the Eagles, including losing starting quarterback senior BJ Newsome for two weeks. Sophomore Yasir Grixby, a running back/wide receiver with 133 rushing yards and 341 receiving yards on the season and backup QB, had to step up in those pivotal two weeks.

"I mean, quarterback is not really nothing too new to me. I played quarterback all Little League growing up, so I'm kind of used to it, but I got to step up," he said.

When asked how he was preparing for playoffs and how the team felt going in, Grixby said, "They really been on us. I felt my teammates really have been lifting me up, telling me they believe in me at quarterback, telling me ... I got their trust. So, if I got my teammates' trust, ain't nothing else to worry about."

Junior safety and wide receiver Tori Pittman III backed that up, saying, "I got a lot of faith in Yasir. I feel like everything BJ could do; Yasir could do it."

Pittmann currently has 261 yards on 14 receptions along with three interceptions.

Central's 27-7 win over Fremont Oct. 24 allowed the Eagles to have a home game. That game is set to take place on Friday at 7 p.m. at Seeman Stadium against Lincoln East.

When asked about a potential deep play-off run and what the players feel they need to do, with multiple seniors no one wants to end their season on a bad taste. "We've been competing. We've been going through a lot of plays, watching a lot of film. We're going to be ready for the playoffs," Grixby said.



Junior Tori Pittman III, runs back an interception against Papillion-La Vista at Seemann Stadium.

Bradley Smith | The Register

Big class of seniors leaves behind legacy and uncertainty

Eduardo Torreblanca-Hernandez
staff writer

The girls golf season ended on Oct. 6, and following the exit of seven seniors, the future of the team is uncertain.

The girls golf team had the largest group of seniors the program has ever seen before. Because of that, it's giving a hard time to Head Coach Brent Larson. "This group, though, is a tough group to fill because of just their sheer size and how much they've given to the program," Larson said.

Part of the mark the seniors are leaving behind is how well the team bonded this year, setting the bar high for next year. The seniors on the team actively encouraged team bonding and activities for connection. Two of those seniors are Katie Besancon and Cecilia Taylor, both of whom have played all four years in high school.

"We got really close this season, especially when we would go out to ice cream," Besancon said.

What kept Besancon and Taylor going throughout their time in high school golf is each other, parents and coaches. "What kept

me going was Grace Sunseri) and Katie being there and spending all the time with them and the team last year," Taylor said.

"I can confidently say that I could never have gotten it through high school golf without my parents or my coaches," Besancon said.

Larson is already trying to plan his next steps without the seniors. He's also going to have to find someone who is willing to fill that leadership role for the team.

"Who do we find that we can lean on to have them step up to be the leaders that will keep the program ushered through?" Larson said.

Now that the seniors are reaching the end of the road on their high school career, they're looking back at their time in golf and feeling they made the most of their time golfing.

"It was my favorite time being with my friends out in Norfolk and finishing off high school golf really nice," Taylor said.

"I just think just walking up to that green and knowing I made the most of my time on this team, I hope I made an impact," Besancon said.



Seven seniors on girls golf team. From left: Ximena Altuzar, Lily Gils, Grace Sunseri, Katherine Besancon, Cecilia Taylor, Caitlin Loseke, and Sophia Hutfless.

Photo courtesy of Katie Besancon |

Boys tennis team adjusts to a new coach

Neveah Wilson
staff writer

Big changes can always be made with sports teams, and one at Central High School was made with the boys' varsity tennis team. They recently got a new coach, Coach Melissa Kuskie, who replaced Coach Robert Tucker, who retired in May.

Getting a new coach can impact a player's routine, usually with new techniques, strategies, and tactics. The new coach can profoundly target new strengths and weaknesses either affecting them for the good or bad, Coach Kuskie said.

"Were a tight-knit group, they take directions really well, and weaknesses might just be that we have a lot of new players," Kuskie said.

Taking over a coach who's been there for years can be stressful as well, but that wasn't really an issue for Kuskie.

"I have worked with Mr. Tucker for the past 10 years, so it's easy. He has big shoes to fill, he did lots of work, and was so easy to work with, so it's easy to take over for him," Kuskie said.

Overall, the players adjusted, gaining strength and improving their skills, also coaching a new team, getting it new to their rhythm, whether that's understanding them or building trust.

One of Central High Schools new players in first year was Aden Maskin. But being new and processing unfamiliar coaching strategies can be a challenge with things like adjusting to communication, adapting to different routines, and training.

"I haven't played tennis in years and then I walked onto the team and then immediately just became a way better player," Maskin said.

Kuskie said they're played well , working seamlessly with great work ethic. Kuskie has been a great motivator for the team, having positive leadership for all the new players, mentoring them to get to their best.

"She's brought focus and determination while trying to get us locked in and ready for the season," Maskin said. "Sometimes you might feel nervous, but if you push through it, it's a great experience for you or the future."



Freshman Aden Maskin raises his racket to serve at Dewey Park. PENELOPE GATES | The O-Book

Cross country wraps up 2025 season

Noah Sipe
staff writer

Girls cross country has wrapped up their meets on their schedule. Girls finished 12th in the Metro Conference XC Championship, finishing with an average placement of 5.8. They finished the season with the OPS Championship on Oct. 2, landing in second, led by sophomore

Violet Fannin's 21 minutes, 10.80-second time in the 5,000-meter. Fannin qualified for state.

Boys finished sixth in the Metro Conference XC Championship. Boys cross country averaged a placement of 7.17 and finished off the season placing first in the OPS Championship. Junior Martin Aringu dominated this season, holding the best 5K meter times peaking at 15:56.38. Junior Martin Aringu placed 24th at the state meet in Kearney, and sophomore Gregory Fong also qualified.



Girls cross country team huddles together before a race.



Junior Martin Aringu runs in the pack of boys.



Senior Isaiah Larson preps for the race.



Boys cross country meet starts.



Freshmen Claudia Dauner in front and Delphine High, back middle, run down a hill during a race.



Sophomore Annette Bodmann gives a thumbs up during a race.

| All photos by Micah Ringlein

INCLUSIVIDAD

Inclusive Communitites invita a eagles a campar este primavera

Jasmin Gutierrez Garcia
editora de traducir

Inclusive Communities es una organización sin fines de lucro de Omaha dedicada a enfrentar los prejuicios, la intolerancia y la discriminación a través de la educación, la defensa y la participación comunitaria. Este año están encantados de invitar a Eagles a su Campamento de Desarrollo Juvenil IncluCity 2026, un programa diseñado para empoderar a los jóvenes líderes. Todos los jóvenes de 14 a 19 años pueden aplicar.

El campamento tiene como objetivo reunir a un grupo diverso de 75 estudiantes de secundaria de Nebraska, Dakota del Sur y Iowa en un campamento de cuatro días para desarrollar a los estudiantes para crear comunidades inclusivas y justas. A lo largo del fin de semana, los estudiantes participarán en diálogos y actividades sobre temas de raza, clase, fe, capacidad, género, orientación sexual, edad y apariencia para dar pasos importantes para enfrentar la intolerancia, los prejuicios y la discriminación.

La ventana de solicitud está abierta hasta el 20 de marzo de 2026. El transporte hacia y desde el campamento está garantizado por IncluCity y las comidas y el alojamiento durante el campamento. El campamento está programado para llevarse a cabo del viernes 10 de abril al lunes 13 de abril de 2026.

La asistencia a IncluCity es completamente gratuita, lo que elimina las barreras financieras y garantiza la accesibilidad para todos los estudiantes interesados. Este campamento es posible gracias al apoyo de patrocinadores, incluidos The Sherwood Foundation, OCF Equality Fund, Gilbert E. Swanson Foundation y Milton & Corinne Livingston Endowment.

Emily Schultz, una de las maestras de geometría y preálgebra en Central, está involucrada con IncluCity y compartió su comprensión del programa.

“Los estudiantes trabajan juntos para tener discusiones profundas, compartir sus experiencias, asistir a talleres y desarrollar parodias que los ayuden a adquirir habilidades para llevar a sus escuelas y comunidades,” dijo

Schultz.

Maurice Sherrod, estudiante de último año en Central, asistió al campamento en su segundo año.

“Los miembros del personal que estaban allí y muchos de los otros estudiantes que lo hicieron realmente invitaron y aceptaron a todos. Se podría decir que eran realmente inclusivos,” dijo Sherrod.

Para expresar su interés y obtener más información sobre este programa, los estudiantes de Central pueden enviar un formulario de interés, al que se puede acceder a través de códigos QR ubicados en todo el edificio de la escuela. Alternativamente, para obtener más información, los estudiantes pueden comunicarse directamente con Cammy Watkins en cammy@inclusive-communities.org.

Schultz describió otras formas en que las escuelas pueden involucrarse con Inclusive Communities.

“En las escuelas, los clubes pueden asistir a eventos de Inclusive Communities o tener un miembro del personal como persona de contacto entre la escuela y la organización sin



Maestra de matematicas Emily Schultz.
REEGAN MEREDITH | The Register

fines de lucro,” dijo Schultz.

“Definitivamente fue incómodo para otros estudiantes, incluyéndome a mí en algunas partes, pero fue esa incomodidad lo que hizo que la experiencia fuera tan fuerte y enriquecedora,” dijo Sherrod.

Los estudiantes deberían ser animados a disfrazarse para Halloween

Gaby Antunez
editora de digital

Los disfraces han sido una actividad asociada con niños y Halloween durante años, entonces, ¿por qué se debe juzgar a los estudiantes cuando eligen disfrazarse durante la escuela? Me he disfrazado por dos años seguidos y planeo a disfrazarse este año también. Es una forma de que los estudiantes representen lo que disfrutan y creen recuerdos con amigos, entonces, ¿por qué ellos deberían detenerse?

Ha habido este mal estereotipo de disfrazarse en la escuela con estudiantes que dicen que si te disfraces en la escuela eres “raro”, pero es una actividad que la gente hace con sus seres queridos. También hay este dicho que si disfraces, el personal de la escuela te gritará, lo que hará que los estudiantes tengan demasiado miedo a disfrazarse. Los dos años que lo ha hecho, ningún personal de la escuela me ha mencionado nada negativo, y la mayoría elogiando mis disfraces.

Disfrazarse también muestra el espíritu escolar. Los estudiantes que se disfrazan dem-

uestran a otros estudiantes que Central es una escuela divertida y que eres libre de expresarte y hacer cosas que uno no podrá hacer en una escuela diferente. Se alentaría más a los estudiantes a hablar entre ellos y hacer amigos. Si ves alguien disfrazado como Mario, querrás preguntar dónde está su Luigi y se podría hacer una nueva amistad.

Los disfraces son un tema de conversación fácil, y para las personas que se disfrazan, serán vistos como seguros y valientes por no preocuparse por las perspectivas de otras personas sobre ellos.

Esta increíble comunidad de personas que se disfrazan se complementa entre sí cuando se ven en los pasillos porque saben las miradas que pueden recibir, por lo que se apoyan mutuamente. Estar allí por uno para el otro es algo increíble en las comunidades y vestirse en la escuela lo promueve.

En mi segundo año fui Alvin and the Chipmunks and The Chipettes con cinco de mis amigos. No hicimos todo lo posible con nuestros disfraces, dado los rumores que escuchamos de otros estudiantes, estábamos asustados. Entonces, nosotros solo usamos los

colores representantes con maquillaje, negro maquillaje en la nariz y ropa que combinaba con el personaje que obtuvimos. Pero hice orejas a mano para el grupo y fue muy divertido vernos por la escuela.

Incluso algo tan simple como estos disfraces, donde iniciaron conversaciones con estudiantes con los que nunca había hablado, fue realmente un recuerdo maravilloso que tuve con esas personas, y nunca me arrepentiré.

Las personas que juzgan a las personas por disfrazarse están preocupadas por la diversión inofensiva que por problemas mayores. Hay muchas cosas diferentes que deberían decirse en este mundo, pero si están más enfocado en juzgar a las personas que disfrutan de su estilo de vida como adolescentes, entonces no están muy enfocado en problemas maduros.

No debería haber un mal estereotipo de disfrazarse en la escuela cuando solo se trata de amigos que quieren crear recuerdos. Los dos años disfruté disfrazándome y nunca me sentí abrazada y me encantó ver todos los otros disfraces que realmente hicieron todo



Comenzando desde la izquierda, la estudiante de último año Gaby Antunez, la estudiante de último año Jasmin Gutierrez Garcia, y la estudiante de último año Leah Bweh posan por una foto vestidas de Alvin and the Chipmunks
GABY ANTUNEZ | The Register

lo posible para el día especial. Diviértanse y disfruten la preparatoria, ya que no dura para siempre.

-Traducido por Eduardo Torreblanca-Hernandez

Los estudiantes de DECA inician el Proyecto Periodo; anfitrión 5k

Steven Dickerson
editor en jefe

El Proyecto Periodo celebró su primer evento, una carrera de 5 km y una caminata de una milla para recaudar fondos para colocar productos para la menstruación en las escuelas, el 18 de octubre. El evento contó con la asistencia de más de 150 corredores y caminantes para apoyar la iniciativa, junto con estudiantes y voluntarios para ayudar en las operaciones.

Las estudiantes de último año de Central, Ella Shafer y Lila Burns, ambas líderes en DECA, crearon el proyecto para combatir la pobreza menstrual y cambiar las narrativas en torno a la menstruación en las escuelas.

“Fue un momento fantástico para ver a todos unirse para apoyar una buena causa,” dijo Max Long, un estudiante de último año de Omaha North que participó.

“No solo estamos haciendo algo bueno, sino que nos estamos divirtiendo mientras lo hacemos,” dijo la estudiante de último

año Ada Jantzen, voluntaria y estudiante de DECA.

Uno de cada cuatro estudiantes en los Estados Unidos tiene dificultades para pagar los productos para la menstruación y el 39% de las adolescentes se sienten incapaces de hacer su mejor trabajo escolar debido a la falta de acceso a productos para la menstruación, según un estudio reciente de The Harris Poll. Shafer y Burns vieron esto como un problema importante que afecta a las niñas en las escuelas y los estudiantes de toda el área metropolitana.

Cada año, los estudiantes de último año de DECA completan un proyecto que sirve como piedra angular de su experiencia. Para su proyecto, Shafer y Burns decidieron que acabar con la pobreza menstrual en la comunidad de Omaha sería beneficioso para las escuelas y los estudiantes de toda el área metropolitana.

Se asociaron con numerosas organizaciones, incluidas Period., Access Period, HyVee y Women Who Run Nebraska. Access Period planea hacer coincidir cada producto indi-

vidual que recopile el proyecto, duplicando los productos generales disponibles para ser distribuidos.

“Nuestro objetivo final es recaudar la mayor cantidad de productos menstruales que podamos para distribuirlos en las escuelas secundarias,” dijo Burns. Planean usar donaciones, fonos de 5k y la contrapartida de Access Period para hacer kits menstruales para baños de mujeres en las escuelas metropolitanas.

La pareja eligió enfocarse en el apoyo a las escuelas secundarias de bajos ingresos como el primer lugar ideal para distribuir kits. Dijeron que las escuelas preparatorias suelen tener productos disponibles en las enfermerías o a través de los maestros, pero las escuelas secundarias a menudo son ignoradas.

“Estamos tratando de enfocarnos en las escuelas con estudiantes que quizás no tengan acceso a comprarlos ellos mismos,” dijo Shafer. Señaló que las escuelas secundarias pueden quedar fuera de la ecuación debido a la variabilidad en la llegada de la menstruación. También mencionó cómo esos estudiantes

a menudo no tienen trabajos o conexiones necesarias para pagar o comprar productos por su cuenta.

Las dos están trabajando actualmente en la planificación de las escuelas a las que proporcionarán kits. El Proyecto Period y Access Period planean organizar una fiesta de empaque de kits en noviembre para organizar los productos e incluir manuales para quienes necesiten ayuda para usarlos.

Shafer y Burns dicen que tienen esperanzas en el impacto del proyecto considerando que los comentarios han sido fuertes, especialmente después de los 5k. Dijeron que varias personas les han dicho que debería convertirse en un evento anual. Michaela Kavanaugh, una de las asesoras de DECA de Central, dijo que creía que el proyecto ha tenido éxito hasta ahora debido a la dedicación y las fortalezas de Shafer y Burns.

“Su mayor fortaleza es que son grandes comunicadoras,” dijo Kavanaugh sobre la pareja.

- Traducido por Jazmin Mills