

WORDS OF INSPIRATION

Student panel interviews Javier Zamora on his journey in ‘Solito’

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Javier Zamora’s journey from El Salvador to the United States was only supposed to take two weeks but ended up being the worst nine weeks a child could have gone through.

Zamora, author of “Solito,” was interviewed by a four-student panel Nov. 5 in the Central High School auditorium. “Solito” is a memoir that tells the story of 9-year-old Zamora on his journey from El Salvador to the United States to reunite with his parents.

The four student panelists were senior Jasmin Gutierrez Garcia, senior Justin Pineda Choto, senior Gaby Antunez and junior Raquel Miranda. The event was organized by the English Learner department, Book Club and the Central High School Foundation. The interview was conducted in both English and Spanish. A portion of the English responses are below, which have been edited for clarity and length. The full interview is available at omahacentralregister.com.

Gaby Antunez: Your book shows how much you missed your parents during your journey. How has your relationship with them changed since?

Javier Zamora: What I went through was something that my parents, who were undocumented when I got to this country, almost like coached me not to tell anybody and we’re talking about safety. They were afraid that I was going to tell my teachers and that the teachers were going to tell. At that time, ICE (U.S. Immigration and Customs Enforcement) was called INS (Immigration and Naturalization Service) and because of that I also learned to hide this story. As a 9-year-old, as a 10-year-old, that was fine, I didn’t have

any questions, or I didn’t push back against my parents. But in those years, I never had an outlet to talk about what I felt inside.

Once the hormones kicked in when I was 11, 12, and 13, I became an angry teenager. Our relationship got hard because I started to tell my parents this: “Why did you bring me here? I hate it here. This country sucks. Why don’t we go back? Why don’t we just leave everything? El Salvador is warmer. I miss the food. I miss my grandparents, etc.” Our relationship got strange. It didn’t begin to get repaired until I started writing in high school with poetry. In my 20s, I was still angry because something happens once you begin to remember, and you remember things differently than how your parents remember it, or your grandparents remember it.

In that remembrance, there is an opportunity to talk. Sometimes my parents wanted to talk, sometimes my parents didn’t, but I’d like to say that writing also brought us together because they could or had the opportunity to apologize for a lot of things. I had the opportunity to apologize to them for being angry at them so much and so writing helped us.

Jasmin Gutierrez Garcia: How did writing poetry before “Solito” influence the way you wrote your memoir?

Javier Zamora: How did poetry influence my writing? I mentioned earlier as a 17-year-old —the cool thing about poetry is that I hadn’t been an ELL (English Language Learner) student. English for me was a very difficult thing to learn and to read and write. I think because of the way that I learned it I didn’t necessarily like reading and writing. It took me being 17, around your age, when I realized that the teacher [that introduced me to the poetry of Pablo Neruda], what she said about poetry is that you don’t need rules.



Bradley Smith | The Register

Javier Zamora, center, prepares to speak during an interview with, from left, senior Justin Pineda, junior Raquel Miranda, senior Jasmin Gutierrez Garcia and senior Gaby Antunez.

You don’t need to necessarily be an expert in English in order to write something. The other thing about poetry is that you can literally write one line and give it a title and put a period on it, and boom; that’s a poem. As a 17-year-old, knowing that gave me the power to believe in myself, believe that my story mattered.

At the time, we’re talking about 2006-2007, probably before you were born. At that time there wasn’t a book written by a Salvadoran, a book of poems written by a Salvadoran immigrant. I really wanted to read a book of poems written by a Salvadoran. Any Salvadoran, but particularly a Salvadoran immigrant. Fast-forward 10 years later in 2017,

my book became the first book published by a poetry press by a Salvadoran. And now I think the power that poetry gave me as a 17-year-old is how eventually in my 30s again, I learned to believe in the power of writing and who I was and my story.

My memoir is the first memoir published in the United States by a Salvadoran immigrant. This goes to say that having that teacher tell me that pretty much that you can do anything and that anybody could read poetry went a long way and I think it’s the reason why I’m here with you tonight.

“Solito” on page 2

How to save on holiday meals

Jazmin Mills
staff writer

Every year, families gather to celebrate different holidays together. A big part of the holidays is sharing a meal together at the dinner table.

On Oct. 1, 2025, the federal government of the United States began a shutdown due to Republicans and Democrats not being able to agree to pass a bill funding government services. It was the longest government shutdown in history, ending on Nov. 12, 2025.

SNAP benefits were paused Nov. 1, 2025, as an outcome of the shutdown. SNAP benefits, the Supplemental Nutrition Assistance Program, is a program that provides low-income families with monthly funds to buy groceries. This is a problem for the 12% of citizens relying on SNAP benefits to feed their families on a daily basis, according to the Department of Agriculture. The pause took place right as the holidays were approaching, which posed a problem for already struggling families.

Some families look forward to Thanksgiving every year to reconnect with extended family. Taking on extra people for Thanks-

giving will cost more money, which will be hard for people to afford on SNAP benefits. Some families might not even partake in the holiday this year due to not having enough money to put on a big fancy meal. This could be the same for Christmas, and so on until the government resumes SNAP benefits. According to a survey done by LendingTree, about 2,050 U.S. consumers, which could be potential Thanksgiving hosts, plan to spend an average of \$431 on Thanksgiving food and drinks. 36% admit that doing so puts a financial strain on them. With the loss of SNAP benefits, this furthers the strain put on them.

However, businesses are realizing this is a problem. This year, Aldi put out a suggested shopping list that consumers can follow, and you’ll end up with a full Thanksgiving meal for \$40. This feeds about 10 people and is around \$4 per person.

Families can shop this list in-person or online on Aldi’s official website. Prices may vary at different Aldi locations, but overall, it should be \$40 or a little more. This suggested shopping list includes a full turkey, sides, and dessert. To save even more money, families can take off items that you won’t use or want. They can also buy less of everything on the list



KYLEE FULKERSON | The Register

if they don’t have 10 people to feed.

If you don’t want to follow this list, there are more suggested lists from other grocery stores you can shop from. Stores such as Walmart for \$40 that feed 10 people and Target for under \$25 that feed four. You can find everything you need on their official website. Costco is also offering Thanksgiving meal kits for \$40, which everything is already premade, so you all have to do is reheat it.

Baker’s doesn’t offer any Thanksgiving meal deals, but one thing they do offer is Thanksgiving recipes which you can follow

for an inexpensive price. The official Baker’s website also allows you to buy the specific ingredients you need for the recipe of your choice.

If grocery stores aren’t your route, there are tons of food pantries around Omaha giving out Thanksgiving meals to struggling families or people in need. Pantries such as Heartland Hope Mission, FaithWorks Pantry and the Salvation Army are only some examples of the many in the city.

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Gils, Glazewska join Central from across the Atlantic. The nest hosts two exchange students this school year, one from Poland and one from Norway.

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True crime docs are unethical p. 5

With the release of multiple mini-series on various serial killers, are these flicks crossing the line into unethical territory?

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Fame is spotlighted in album p. 8

5 Seconds of Summer’s new album, “Eveyone’s a Star!” sheds important light on what childhood fame looks like and the repercussions of it.

Sports

Matt Rhule is what Neb. needs p. 9

With his recent contract extension, Matt Rhule is to lead the Huskers through 2032. He is the coach they need and have been looking for.

Student panel interviews Javier Zamora on his journey in “Solito”

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Raquel Miranda: What would you say to young immigrants today who feel like giving up school because the political climate makes them feel unwelcome? How can they reclaim their right to dream even though someone told them not to?

Javier Zamora: That’s a good question; I have to be completely honest, and I felt the same. I felt the same being undocumented as a high schooler. I don’t know about Nebraska, but in California it would’ve been impossible, not impossible, but really hard as an undocumented student to go to college. In California up until 2006, we were treated as international students. Even going to community college, I would have had to pay out-of-state tuition. Back then there would have been a difference between \$500 at the community college had I been considered a California resident to \$10,000. It’s like a huge jump, but fortunately in 2006 California passed this law that undocumented students were treated as California residents.

I hope that Nebraska is the same, but if it’s not, even knowing that as a 16-year-old or 17-year-old, I began to feel that my pathway to education was going to be difficult or more difficult than somebody born in this country. That really pissed me off. I was angry because I had good grades. I may not have

behaved well, but if I had good grades, the only difference, the only thing keeping me from getting an education, was the fact that I wasn’t born in this country.

This is where therapy didn’t really work then, but then writing also calmed me down, but I feel your anger. I think you should be angry, people that tell you not to be angry don’t know what they are talking about. My job for you is to tell you that I feel you. I felt the exact same, and it feels like the world is out to get you, and that the world doesn’t understand you, and honestly, it doesn’t. The world didn’t understand me, and I will really encourage you to use that anger or to use that sadness to propel you to push forward and to keep pushing forward because that was the only thing that kept me alive and above water. I was so angry, and I needed to prove to other people, but also to myself, that I can do it.

In my bio, you can see that anger took me to University of California, Berkeley which at the time was the number one public university in the world. It took me to New York University, which still is the most expensive university in the world, but they gave me a full ride. It took me to Stanford, the number two university in the world, and it took me to Harvard. Saying those things, I’m not saying that college is the answer. I’m not saying that getting a diploma is the answer.

For me it was, but going there now I can tell people, and I can tell you that diplomas don’t define you. You know going to college doesn’t tell you that you deserve to be here. Honestly, [expletive] that. You deserve to be here just for who you are, and you deserve to feel what you feel because what you feel makes sense.

This president right now is literally telling us that he doesn’t want us here, and so I encourage all of you to push the adults around you and some of you are becoming young adults as well or already are, but you are the answer that we need. You can and have the power to change the way that society views you. It might be hard to believe, but I wish that there was somebody that looked like me that spoke to me when I was in high school. That didn’t exist, and I wish that somebody was as honest or that told me you should be angry and maybe going to college is not the thing for you, but I still encourage you to do so and go to college because it changed my life. Just keep at it and believe that you could do something and that you do belong here, because every single day when I used to wake up, I felt like I didn’t belong here. I still do sometimes as an adult, and maybe a lot of adults around here also feel the same. It’s good to talk about how we feel, and writing for me was the tool that I used and the tool that I needed in order to feel that.

Justin Pineda Choto: If the journey had never happened, what do you think you would have become? Do you mourn that version of yourself?

Javier Zamora: I don’t know. It’s weird to say, but I can’t even imagine who I would be in El Salvador because if the journey hadn’t occurred that would mean that I would have stayed in El Salvador. Historically speaking, if I had stayed in El Salvador in the 90s, there weren’t many options for me. In my elementary school that I went to, a lot of us left. We came to the United States. The friends that I grew up with that stayed either ended up being Evangelist pastors or joined the gangs, and some of them nothing good happened.

That is not really talked about, the ‘why’ we leave our countries, and a lot of those reasons are that our own countries don’t really believe in us, or they don’t invest in us. I’m from a very small, rural, poor area. In El Salvador, similar to a lot of places in Latin America, if you are born in such areas or if you don’t come from a rich family, education is not a thing that you could do. I always wonder and I always like to say that had I stayed in El Salvador, I would have never been a writer. I would never have had the life that I have now. It’s weird to say because I almost feel like I had to immigrate. That I had to come here.

Spanish National Honor Society isn’t going down without a fight

Gaby Antunez
digital editor

Spanish National Honors Society is a club available for students who excel in Spanish and have a grade point average of at least a 2.51 in Spanish courses. They meet on the second and fourth Thursday of every month in room 127 before school at 7:15 a.m.

They do activities in the community like

picking up trash in downtown and helping with food drives. They also make sure to collaborate with other clubs like Latino Leaders, often inviting guest speakers to speak about scholarships and clubs that might be helpful for the members.

Spanish teacher Melissa Kuskie has been sponsoring the club since 2005 and noticed the amount of club members was at its all-time low. She is trying to revive the

group because there have been fewer people attending since the pandemic.

Kuskie is also the varsity boys’ tennis coach, so, due to her busy schedule it has just started up again. The first meeting happened on Oct. 30 with only seven people attending.

Kuskie has been trying to advertise as much as possible while also asking club vice-president Hellen Jordan Salguero to spread the word.

“I talk to my classes. I teach Honors Spanish 7-8, Honors 9-10 and AP Spanish and Language; I talk to those classes about joining and encourage them especially if their GPA is high in Spanish. It could be not high in regular classes but as long as it is high in Spanish classes they are welcomed to join,” Kuskie said.

The next meeting is being held on Dec. 9 in room 127 before school.

Central’s math club helps students get involved

Isabella Smith
staff writer

Omaha Central’s Math Club does more than most might give them credit for, recently having students compete in the American Mathematic Competition, which is a national event sponsored by the Mathematical Association of America.

Math club is somewhere students can learn different parts of math they don’t typically learn inside a classroom, allowing them to dive deeper into something they might not have known before.

"I think math gets a bad rep, but it can be honestly very fun and useful to train your

brain to think in those different ways and to really challenge yourself outside of just what you do in your math class,” said math teacher Hannah Monson, one of the sponsors of math club.

A few things the club does to achieve some of these goals are taking part in competitions both in and out of state against other schools, one of these being the AMC. While this competition is exam-focused, there are also more hands-on style competitions. Along with this, they also host a middle school math competition each year to recruit younger students to Central.

This past summer, the math club made it to a national conference in Orlando, which

was a great experience they aim to have again this year. “It was just really fun to see all the different styles of math and see people who also love math from all over the country,” Monson said.

A few student leaders of this club are Joshua Shapiro, the president and a regional representative, and Sienna Maskin, one of the vice presidents. Both are seniors this year and have had wonderful experiences with the club.

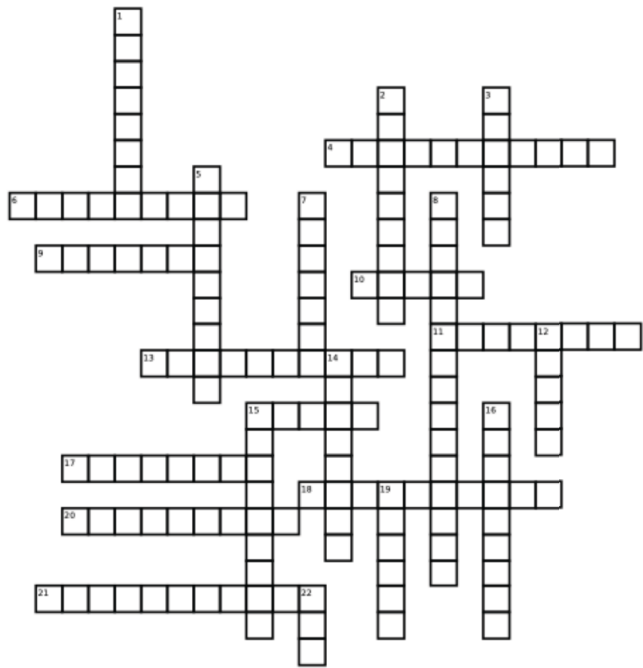
Maskin always looked up to the seniors and leaders throughout her time with the club, admiring the passion they had for math. “It’s honestly awesome for me because I’ve been in math club since ninth grade and this is the first year

where I really stepped up and took some responsibility,” Maskin said.

“It’s a really cool experience being to meet people around the country and across the state,” Shapiro said.

Math club meets every Thursday after school at pi time, 3:14 p.m., and they encourage students to get involved and show up.

“I’ll say it’s just an accessible way to get into math. I think a lot of contests are very pressured by grades, but I think this is more flexible and fun,” Shapiro said.



Down:

- 1. Sport watched between bites of turkey
- 2. Tangy side dish served with turkey
- 3. Thanksgiving main dish
- 5. Friday’s culinary encore
- 7. Native American interpreter and guide for the Pilgrims
- 8. What the first Thanksgiving actually was
- 12. Lavish meal shared with family
- 14. Colony where Thanksgiving began
- 15. Wampanoag leader who made peace with the Pilgrims
- 16. Native tribe that joined the Pilgrims’ feast
- 19. Holiday procession with floats and bands
- 22. Sweet tuber often confused with a sweet potato

Across:

- 4. Shopping day following Thanksgiving
- 6. Hip used by the Pilgrims
- 9. What’s gathered before the feast
- 10. Sauce made from pan drippings
- 11. Bread-based mix baked inside poultry
- 13. Horn of plenty symbolizing abundance
- 15. Store associated with Thanksgiving festivities
- 17. Giant inflatable stars of the Macy’s parade procession
- 18. Dessert flavored with cinnamon and nutmeg
- 20. Side dish often found at Southern Thanksgivings
- 21. City home to Thanksgiving parade



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

If you would like to write a story for your student newspaper, please contact Broderick Hilgenkamp at broderick.hilgenkamp@ops.org or come to room 029 to discuss your idea.

ANSWERS on page 12

JROTC clothing drive helps homeless veterans

Paula Gutierrez-Martinez
news editor

Central’s Junior Reserve Officers’ Training Corps (JROTC) program began hosting a clothing drive on Oct. 27 as part of its LET IV – fourth year JROTC students – Service-Learning Project. The drive aims to raise donations of new or gently used winter clothing items, shower amenities and bed sheets for homeless veterans in Omaha. So far, they have raised 25 million.

Leadership Education and Training is a core component of the JROTC curriculum that teaches students leadership, citizenship, and personal responsibility skills. Service-learning provides LET IV Cadets an opportunity to manage a service-learning project, using several project management tools.

First Sergeant Angel Aguirre and Cadet Captain Jakob Kuhn, both seniors, have taken charge of this service-leading project. This isn’t their first time managing such a project, as they co-led last year.

JRTOC volunteered at a Veterans Affairs home, where they helped set up Christmas decorations while chatting with the veterans. Although the project is completely student-led, organizing the drive required help from Major Ryan Cripps, Central’s JROTC instructor.

“Over the summer, Major Cripps was fortunate enough to meet a representative from New Visions Homeless Services, and he got a business card from her, so we just took that idea and ran with it,” Kuhn said.

New Vision Homeless Services is a non-profit organization that fulfills basic human needs of shelter, food, clothing and safety for homeless individuals. It has a campus in Council Bluffs and a veterans’ campus in Omaha; donations will go to the veteran’s campus.

New Visions accept in-kind donations, supplies that will help with their missions. Although they cannot accept every item due to storage limitations, they accept many new and used items.

Among their most needed donations are men’s deodorant, soap, shampoo and conditioner. JROTC was given a list of products to collect by the volunteer they were put into contact with.

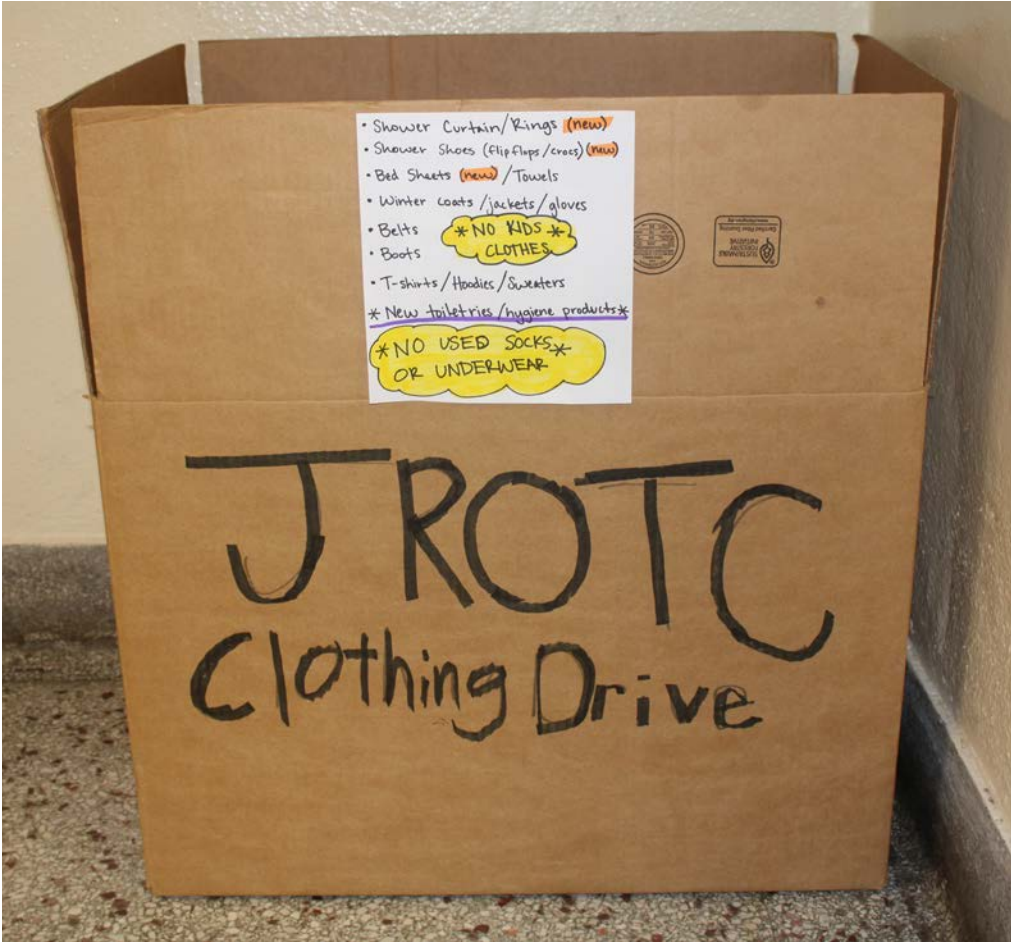
Getting the ball rolling on the project was a complex process.

“About a month prior to starting here at Central, we reached out, and it was a bit confusing because my card wasn’t for their volunteer coordinator. But once I was able to get in contact with her, it was very easy,” Kuhn said.

“It’s heartwarming to see all the people who are willing to come and donate...seeing the box fill up with more and more bags.”

The typical bag JROTC used for donations was a garbage bag, but they did also use two large plastic bags. They have collected almost 20 bags thus far, and an added five bags of hygiene products and shower amenities.

Kuhn feels that the project has helped them further their independence.



JROTC clothing drive box sits in basement of Central REEGAN MEREDITH | The Register
“We’ve really grown into that independence and being able to organize things ourselves, and it goes into what we want to do after high school as well,” Kuhn said.

Freshmen explore club offerings

Kate Nipper
contributing writer

Freshman year is often overwhelming for students, as each student is attending a new school with harder classes and more people. It can be difficult to find one’s place, but some freshmen are joining clubs to help students discover new interests and people.

Freshman Cha Htoo is a part of HOSA, Green Team and powerlifting. Cha joined HOSA, a health professions club, to explore the medical pathway, Green Team to help the environment and powerlifting to stay active. One benefit of being in a club is making friends with other freshmen as well as upperclassmen.

Htoo recommends other ninth graders to join clubs they have interest in.

“Being in clubs has gotten me involved and strengthened my high school resume. They taught me new skills and ideas. I also got to meet great people,” she said.

Freshman Miriam Brown enjoys reading and learning more through books. She was excited when she learned there was a Book Club at Central. Brown wanted to meet new people

and read more books. She said joining a club is a good decision and every first-year student should participate in a club.

“Joining book club has helped me make new friends and read other genres of books I wouldn’t normally read,” she said.

Tanya Simmons is an art teacher at Central as well as one of four Art Club sponsors. She believes getting involved in clubs as freshmen allows them to meet lots of new people they may not otherwise get to meet.

Central has a large variety of different club offerings each year. The best clubs to join are the ones that stick out to each student.

“Meeting new people helps students become part of the Central community more quickly and students typically gain new friendships,” Simmons said.

“The process of art making is so good for us and benefits us greatly. It reduces stress, improves moods, and has benefits, much like meditating. Our Art Club meetings have activities that include art making. Our Art Club events are filled with a variety of people having fun in a creative outlet, students interacting, laughing and enjoying themselves,” Simmons said.

Gils, Glazewska join Central from across the Atlantic

Violet Lightner
contributing writer

Imagine traveling thousands of miles away to attend a school where you know no one. This was the reality for exchange students Lily Gils and Aleksandra “Ola” Glazewska.

Although in seemingly identical situations, Gils from Norway and Glazewska from Poland have had different experiences at Central.

When explaining her reason for wanting to be an exchange student in the United States Gils said, “It’s iconic. I see it in every movie and stories, and it’s just cool for someone in Europe to experience America.”

Previously, she was in a class of 15 students and described the switch as a good difference. “You can get to know a lot more people here,” she said.

Glazewska described school in Poland as tiring and wanted to do something special rather than just following the system. She decided to be an exchange student in the United States to improve her English and because of

the reputation of people here being open-minded and nice. Glazewska also enjoys the less strict environment at Central.

“Teachers care more about students, I think, and they want to get to know you and not just look about your grades only. They are more understanding,” Glazewska said.

One thing that helped Gils connect with others was sharing a common interest in golf with the girls on her team.

“It was very difficult. Because everyone, especially being a senior and stuff, everyone has their own groups. They have for four years, and maybe they’ve known them before that too. So, it was a bit hard getting to know someone, but it became easy as time went by,” Gils said.

Similarly, Glazewska felt assured on the first day of school already having made friends from cross country. Participating in a sport affected her experience a lot by being in a supportive environment despite competing against one another.

“People here are very friendly, and they want to talk to you,” Glazewska said.

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Nomination

THE BAR IS ON THE FLOOR

Everywhere ‘Monster’ goes wrong

Connie Moennig
staff writer

Netflix released “Monster: The Jeffrey Dahmer Story” in 2022. Created by Ryan Murphy, it was described as a “biographical crime drama anthology,” and it skyrocketed in popularity. Everyone seemed obsessed with it at the time.

It was followed in 2024 by another season following the infamous Menendez brothers. Just recently, this October, a third season was released, following the story of serial killer Ed Gein.

“Monster” is absurdly unethical. Recounting the details of a crime is one thing. It can be argued that if proper research is conducted and permissions have been granted, there really is no harm in creating a podcast about certain cases. However, making a biopic for someone who committed unspeakable acts of violence, and using the image of victims without the permission of their families, is a completely different story.

True crime has been a hot topic for years at this point. There’s no denying the captivat-

ing nature of listening in on the darker sides of our world. There is something to be said about how victim stories have been brought into the light. Yes, in a way true crime has done a small amount of good, but there is also the undeniable question of morality it raises.

Have we become too desensitized? Are we apathetic to violence? Are we disrespecting the lives of victims? How do we avoid that?

Where is the line? These are all valid questions, and it’s good that we are discussing them, and raising them in the first place. However, if series like “Monster” aren’t a wake-up call, then what is?

We all have our different opinions on the subject of true crime media, but what some people think is immoral in nonfiction podcasts or documentaries is brought to the next level in Murphy’s work. Not only does the series feel exploitative and over-dramatized to even the most seasoned of true crime enthusiasts, but it also actively makes up aspects of

the crimes for the sake of being interesting. They included murders that were unconfirmed, an accomplice who was never really an accomplice, and a myriad of scenarios that seemed to pop right out of a soap opera.

This is a blatant example of Murphy’s apparent obsession with turning people who were pure evil into poster boys, and those who died brutal and horrific deaths into cash cows

for him to milk whenever he pleases.

Unsurprisingly, the two earlier installments weren’t free from criticism. When Dahmer’s series first hit Netflix in September of 2022, the streaming service received heavy and justified backlash for including the show under its “LGBT” category. This wildly inappropriate decision was reversed, but it was just the tip of the iceberg.

Dahmer’s installment in the “Monster” series had portrayed the victims, and their families, in a way that was described as retrau-

matizing those involved. While the creators had claimed to prioritize the stories of these victims and the trauma endured by their families above all else, Murphy himself admitted that when he reached out to the loved ones of those who were killed, no one called him back. Yet, he still went forward with telling a story that wasn’t his to tell.

“Monster” is an absolute joke of a show, disrespectful and morally bankrupt. It’s an illustration of how far we’ve come into the glorification of people who have destroyed lives. We forget that behind every cold case and mystery, there is a person. A person who used to be someone’s entire world. Someone who will never come home or eat their favorite food or hug their mom. Someone who is more than an “interesting topic” for a podcast or TV show.

We need to remember how to respect those who lost their lives in horrific ways. Their memories shouldn’t be turned into entertainment, and their killers shouldn’t be turned into stars. For now, that is all we can get from the series called “Monster.”

“**‘Monster’ is an absolute joke of a show, disrespectful and morally bankrupt.**”

Connie Moennig

Skip the student section, better to watch elsewhere

Grace Sunseri
copy editor

The student section is a pivotal part of student life in high school. The themes encourage participation and a leader, a senior, is there to lead cheers and organize the chaos. But after this year, I believe the student section is overrated, and you would get a better experience elsewhere.

Being at the front of the student section is like a mythical rite of passage, something freshmen cannot wait to do. But honestly, it is better in the back. At the front, there is constant shuffling of people at the barrier. The competition to be at the front becomes like a popularity contest, with refusals to budge. Sometimes, the student section leader could not even get a spot on the crowded railing, and he had to stand a row back.

The front row was also full of underclassmen who refused to stand anywhere else. These non-seniors took up traditional senior only spots, the first and second rows, and were never explicitly or seriously told to move. But at least these non-seniors were Central students! The front rows were also plagued by private school attending non-

Eagles who took up coveted spots. Even after pleas from other seniors, the leading group said the underclassman and non-Central students were fine and so they stayed and so a precedent was set.

After four years of waiting to be at the front of the student section with my friends, I was immensely disappointed.

Throwing also became an issue and lasted most of the football season. From bottles and tin-foil hotdog wrappers to balls of pizza dough, projectiles were a constant threat to those at the front. Again, the leaders in the student section would briefly reprimand the people doing it but refuse to kick these students out.

In previous years, if someone was disrupting the student section, they would be ousted. I remember a time when Isabel Hoiberg, the student section leader two years ago, promptly ousted a non-Central student from the section that was making my friends and I uncomfortable. Then, I knew she wanted to make it a good time for everyone. Now, it simply feels like a medium for a specific group of friends to have a good time, and everyone else is on their own.

First, I believe the student section leader

should be an elected position, like class president. This is a serious position, and I want to end the dynastical tradition it has become.

Then, that leader needs to seriously hear out the concerns of everyone. If someone is having a consistent problem every week with someone, don’t allow the aggressor in, it is that simple. The student section is a privilege,

not a right, and if you have not earned the privilege, then it’s too bad, so sad. Act better.

During basketball season, I am looking forward to enjoying the game from the comfort of the broadcasting booth, far from the mayhem of the student section, and I could not be more excited.



Omaha Central Student Section raises their hands up during a football game versus Omaha North on Sept. 12. BRADLEY SMITH |The Register

They deserve more than our bare minimum

Arysbeth Hernandez Garcia
staff writer

The government shutdown affected many families who work for the government. These families work hard every day to put food on their plates.

Unfortunately, another affected group of people are special education students. This is why SNAP benefits, commonly known as food stamps, are needed for many families, including those with students who have special needs. The recent SNAP delay from the shutdown is more than just a government issue.

Special education students already face

the fact that their life works in a unique way. Their families with benefits like SNAP or EBT feel a little weight off their shoulder knowing that these benefits will help them.

After Nov. 1, all SNAP benefits were delayed. This means that any kid with special needs and their families who relied on SNAP were without just like many other families.

It is common knowledge that a kid who is not well fed will struggle to focus. With the shutdown, it was more likely for staff to see kids struggle to focus. This is not something kids should be thinking about or even struggling with, especially special education students. All they should think about is getting

a good education and receiving the benefits they are entitled to.

Nobody really gets how much this affects families until they put themselves in their shoes. I get it, and my family does too. My brother was diagnosed with autism at the age of 2. He has struggled with everyday life ever since. Although my brother stopped receiving SNAP benefits before the shutdown, my parents were so thankful to have a few months without worrying about groceries.

The extra money wasn’t going to meet any of my brother’s needs, but instead my parents were able to use it on my other younger siblings. It was a huge help. I know

for most parents it is a relief that on weekdays their kids go to school and can receive free school lunch and breakfast, as well as snacks throughout the day.

We’re fortunate to know that there’s many food banks that could help families out this whole month. KETV has listed many places where families can receive help from.

It is heartbreaking seeing everything going on in the world and knowing that it only seems to be getting worse. People with disabilities also have rights too, and when they can’t speak up, their families will. A plate of food should never be denied to anyone, especially when they have a right to it.

Once Upon a Mattress p. 6

Check out some awesome photos of Central’s latest musical.

Scary Stroy Contest Winner p. 6

Learn about the history of Central’s Scary Story contest and this years winner!

‘Frankenstein’ review p. 7

Though it did not live up to its potential, the stunning visuals and impressive world building make it worth the watch.

Central’s new wrestling coach p. 9

Central wrestling steps into a fresh season with a new head coach and multiple state-ranked contenders.

FALL AT CENTRAL HIGH



Senior Vivian Dauner acts in “Once Upon a Mattress” as Princess Winnifred. The musical showed on Nov. 7 and Nov. 8 in the Omaha Central High School Auditorium. Reegen Meredith | The Register



Seniors Charles Gaillard and Nyawuda John act in “Once Upon a Mattress” as Sir Harry and Lady Larkin.



Sophomore Audrey Fischer, right, acts in “Once Upon a Mattress” as the jester.

Whitlatch, Park win scary story contest

Imtiaz Hussain
contributing writer

Every fall season since 2023, Central High School has hosted a scary story contest for the student body and staff. This fall, the contest was bigger than ever, featuring double the participants, prizes, and spirit of any year before.

Ajak Whitlatch and Emma Park, the first and second place winners respectively, entered the contest not out of personal interest, but because they were given the task to do so as a graded assignment. Central’s longstanding lore and urban legends provided inspiration for the content of both of their stories.

“I was really curious about the rumors that have to do with the big Central C in the middle, how if you touch it you don’t graduate, and how the first principal was buried underneath it,” Park said.

Central’s first scary story contest was held in 2023, creating a school-wide activity that involved students using the school’s historically intensive lore, along with their own imagination to create new, enticing stories. Ever since its debut, the competition has gained popularity, which librarian Jennifer Kawecky attributes increases in prize money, as well as a genuine increase in interest due to word-and-mouth, and fun in reading and writing entries. As for the contest require-

ments for consideration, anything that took place within Central, between 150 and 200 words and that lacked any content deemed inappropriate was in play.

“This year there were 106, I believe, and they were really, really good,” Kawecky said.

Lex Stitson and Olivia Williams, both sophomores, are members of Central’s Book club, the group who judged the contest. Some common mistakes people made were violent and inappropriate content and failure to set stories within Central.

Stitson said, “There were some stories that were really good, but were too long, or take place in (for example) a random field in Wyoming... They were good stories, but

they didn’t meet the requirements.”

A large number of stories were dismissed for similar reasons. The judges also said that most of the winning stories had a direct connection to Central’s lore.

As of now, Central plans to hold another scary story contest in 2026, and many more years to come. Those who are good writers should consider entering, and those who enjoy reading and literature should consider joining the Book Club.



Whitlatch

‘Frankenstein’ movie review

Paula Gutierrez Martinez
news editor

Mexican filmmaker Guillermo del Toro’s adaptation of “Frankenstein” began a limited theatrical release on Oct. 17, followed by a global digital release by Netflix on Nov. 7. The gothic sci-fi drama received critical acclaim for its stunning visuals, production design, and the performances of its lead actors, mainly Oscar Isaac and Jacob Elordi. However, black-and-white writing and flat characters prevent the film from living up to its potential.

“Frankenstein” is based off English author Mary Shelley’s 1818 novel of the same name. It tells the story of Victor Frankenstein, a young scientist who creates a monstrous being from human body parts. The 2025 film follows the same premise, except del Toro takes many creative liberties in adapting the novel.

As I have not read Shelley’s novel, I cannot say whether del Toro’s changes detract from the story. Nevertheless, del Toro’s “Frankenstein” should be judged by its own merits, not by how faithful it is to the original.

Del Toro has repeatedly said since 2007 that making his own version of “Frankenstein” is his lifelong dream project. Likewise, he is the dream director for such a film: a blend of fairytales, Gothic elements, and horror characterizes his work, often looking to reveal beauty within the grotesque. He also has a profound and enduring affection for monsters.

This was the perfect opportunity for del Toro to display his skills, yet it did not live up to expectations.

The visuals are the highlight of the film, which del Toro divides into two parts: Victor’s Tale and the Creature’s Tale. The former flits from neoclassical mansions to crumbling

towers that double as laboratories. Here, del Toro’s use of bright colors and intricate patterns becomes the most apparent.

There is less of this in the Creature’s Tale, which mostly takes place in a secluded cabin in the woods, but there are still several breathtaking shots of the Creature standing against the Arctic horizon.

But a stunning visual style can’t save “Frankenstein” from one-dimensional characters. Del Toro reimagines Victor’s backstory by giving him an abusive father and a dead mother. While these changes help the film develop its core themes, such as generational trauma, they do nothing to add depth to Victor’s character.

Isaac plays Victor with a theatrical flair that comes across as humorous on a few occasions. Despite his performance, the character stays confined to the familiar stereotype of the arrogant genius.

Modern scream queen Mia Goth makes her first appearance in the film as Victor’s late mother, who dies giving birth to his younger brother William. But in an Oedipal twist, her main role is that of Elizabeth, William’s fiancée for whom Victor has feelings. Like Isaac, she is unable to save her character from one-dimensionality.

Elordi (the Creature) offers the most standout performance out of all the cast. He does a marvelous job communicating the Creature’s innocence when he comes to life, and an even greater job portraying his rage at being rejected by the world.

The film runs for two hours and a half, yet the world del Toro creates is so mesmerizing that it doesn’t feel so long. The pacing of Victor’s Tale is perfect, although the Creature’s Tale feels rushed in some parts and slow at others.

Overall, Guillermo del Toro’s “Fran-



Kylee Fulkerson | The Register

kenstein” can be summed up by style over substance. While enjoyable, its characters and themes feel simplistic, occasionally pulling the

viewer out of the impression of innovation built by its impressive visuals and worldbuilding.

‘Springsteen: Deliver Me from Nowhere’ is heavy hitter, worth a watch

Steven Dickerson
editor in chief

Born in the U.S.A.,” “Born to Run,” and “Glory Days” are instantly recognizable hits from Bruce Springsteen, an artist whose music defines decades of American rock. His cultural weight makes him a natural subject for a biographical film.

Yet, “Springsteen: Deliver Me from Nowhere” isn’t the typical glossy rock biopic I was expecting. While it left me somewhat unsatisfied, it also deepened my understanding of Springsteen’s life and the haunting story behind his “Nebraska” album.

I went in expecting a generic telling of a music star’s life, but this film caught me off guard. It dives into Springsteen’s chaotic upbringing, particularly his strained relationship with his father. Acting as a caretaker to

his alcoholic father, Springsteen was forced to grow up too quickly, and that early pain echoes throughout his music. The film captures how that emotional weight pushed him toward risk and recklessness in his 20’s and 30s. The choice to focus not just on adversity, but on its psychological aftermath, set this movie apart.

Jeremy Allen White, taking on the large task of portraying Springsteen, delivered a raw and convincing performance. While I wasn’t expecting him to make a good Springsteen — he peaked with Lip Gallagher in “Shameless” — he did capture the necessary feelings. His intensity mirrored Springsteen’s restless energy, especially during the recording sequences of “Nebraska.”

Released in 1982, “Nebraska” is one of Springsteen’s most unusual albums. Instead of making a big, full-band rock record, he re-

corded simple demos at home on a basic tape machine and ended up liking the rough versions so much that he released them as-is (despite his producer’s wishes—they cover this in the movie). The album is quiet, stripped-down and a lot more serious than his usual hits. He based it after seeing coverage about Nebraska serial killer Charles Starweather. Even though it’s not flashy, many fans and critics consider “Nebraska” one of his most powerful and personal projects.

Rather than glamorizing success, the film mirrors the album and lingers in moments of solitude and uncertainty, long nights, reckless highways and quiet tension that reveal more about the man than Wikipedia could. The cinematography matches that tone, often washed in cold grays and muted browns, reminding me of fall in Nebraska.

Still, the pacing dragged on at times, and

the film’s heavy introspection only covered the mental adversity of Springsteen rather than his on-stage fire. It was a surprise when the film ended, and that was all that had been covered.

The choice to focus so narrowly on one album and period of his life, while thematically strong, made the story feel incomplete. For a figure as legendary as Springsteen, more triumphs and less depressing moments were warranted. Even with its imperfections, “Springsteen: Deliver Me from Nowhere” was a powerful portrait of an artist wrestling with identity, guilt and purpose. It wasn’t the celebration of fame I expected, but rather a meditation on the loneliness that lingers behind his loudest anthems. Much like “Nebraska,” the film is stark, slow, and haunting, and yet, the discomfort it evoked in me is what I will remember.

‘The Long Walk’ movie better than book due to cast chemistry, emotion

Suri Alvarado
staff writer

The novel is a cardio horror, a style of storytelling that keeps your heart rate high, using constant tension to turn the experience into real fear. A classification that is relevant for both the book and the film. King’s “The Long Walk” has always been one of his most quietly horrifying stories. It’s a tale of endurance, youth and slow unraveling of humanity. Now, with the 2025 film adaptation, fans are asking whether the movie lives up to the book or perhaps goes even further.

Sset in dystopian America, “The Long Walk” follows teenage boys forced to compete in a government-run endurance contest. The rules are simple: maintain a steady pace of four miles per hour in the book, reduced to three in the film, and never stop walking. Fall below the limit three times, and you receive your “ticket,” which is a bullet. The last boy standing wins. With the prize being whatever he wishes for.

The premise feels as timely now and as when King wrote it because of its core themes of government control, rebellion of youth, the

commentary on social issues like economic hardship and the culture of “win or die” it remains faithful to the story’s central idea while also making a few smart adjustments.

The most effective change is reducing the number of walkers from 100 to 50. What was a blur of names on the page becomes a smaller, more intimate group on screen, focusing on two boys at the story’s heart: Ray Garraty, played by American actor Cooper Hoffman and the secondary character, Peter McVries, played by British actor David Jonsson.

In King’s novel, Garraty’s thoughts dominate the narrative, immersing those who read it in exhaustion and confusion through a narrative style that mirrors the physical and mental deterioration he was experiencing. The film, however, opens that perspective outward. Hoffman and Jonsson’s chemistry give the story an emotional center that was never fully in the book. Their friendship becomes the heart of the movie, changing “The Long Walk” from a grim endurance test into something almost gentle story about sticking together even when everything feels hopeless.

This shift is supported by another notable

change. In the book, Garraty’s reasons for joining “The Long Walk” are vague. The film instead gives him a clear motive which is revenge against The Major, the man responsible for running the long walk adding tension and clarity to a story that felt uncertain.

The adaptation also makes a practical decision in slightly aging the competitors. In King’s version, most of the boys are around 16, which intensifies this tragedy but could feel unsettling on the big screen. By casting older actors, the film keeps the realism of suffering.

Other omissions where equally wise. King’s books are often filled with uncomfortable sexual details and his fascination with teenage desire. The film cuts all this away. Some of the violence, too, is treated with subtlety. Where the book lingers on grotesque deaths, the film relies on suggestion; a gunshot echoing across an empty road or the silence that follows that (in my opinion) were far more chilling than any explicit show.

The largest difference comes in the end.

In the book, the story concludes abruptly. McVries sits down to die; Stebbins who is the illegitimate son of The Major and was

chosen for the walk to extend the competition and fuel the others with energy in the end collapses, and Garraty, delirious, keeps walking without realizing he’s won. It is bleak, haunting and plain. But the film dares to reshape this moment. Stebbins reveals he’s been planted as a “rabbit,” meant to motivate others and take his own ticket, leaving Garraty and McVries to face the end together. In one of the last scenes, when Garraty turns back to help his friend, he earns his own death, and McVries, in an act of rebellion, kills The Major and then he keeps walking.

King’s “The Long Walk” is a story about obedience and the quiet horror of survival. The film version keeps that spirit but replaces hopelessness with humanity. It trims what doesn’t work, strengthens what does, and finds a meaning the book only hinted at.

For some, King’s ending will remain the truer reflection of his worldview. Yet for those who want emotional weight alongside horror, the film walks the extra mile. It gives the characters more depth and leaves you with a sense of hope that the novel lacks.

Central’s favorite pies: pumpkin pie wins

Eduardo Torreblanca-Hernandez
staff writer

Now that the holiday season is in full swing, families will get together to celebrate the holidays. When everyone sits down for dinner, you may be wondering if your favorite pie might be served for dessert. And guess what? It is your favorite! Central students and staff filled out a survey about what their favorite pie was and why.

According to the survey, pumpkin pie received the most votes, which received 23 out of 63 votes. Math teacher Jeffrey Wolford voted for pumpkin pie and said, “it is the best.” It was also well recognized as a holiday staple.

Coming in second are other pies which covers a range of pies like sweet potato to French silk pie, received 16 out of 63 votes. English teacher Molly Mattison voted for candy cane pie from Village Inn and said, “because it tastes like Christmas.” Other respondents cited the sweet taste, the ingredients, the sugar rush, the combination of flavors of their respective favorite pies

After that is apple pie, receiving 14 out of 63 votes. Secretary Wilson Diep voted for apple pie and said, “it goes so good with ice cream.” Other respondents cited that it’s best warm, it goes well with ice cream, the spices,



A chocolate pie and pumpkin pie.

EDUARDO TORREBLANCA-HERNANDEZ | The Register

it’s delicious, the holidays and family.

Second to last was a tie between cherry and peach cobbler pie, with both having four out of 63 votes. Tech Support Adam Lawton voted for peach cobbler pie and said, “it’s what I grew up with.

Although it’s best served with fresh

peaches and using an oatmeal crust and then served a la mode with vanilla ice cream or drizzled with cream.” Other respondents cited the first pie being sweet and tart and the second pie being delicious and fresh and for both, family and childhood memories

Last is pecan pie with two out of 63

votes. Spanish teacher Denise Forrest voted for pecan pie and said, “I love the crispy layer of pecans and it’s delicious/available anytime of the year.” Both respondents cited the pie having a sweet taste and the pecans itself.

‘Everyone’s a Star’ sheds light on harsh realities of fame

Isabella Smith
staff writer

After years of each member working on solo projects, the Australian band 5 Seconds of Summer came out with their highly anticipated sixth studio album “EVERYONE’S A STAR!” It was released Nov. 14 with members Luke Hemmings, Calum Hood, Michael Clifford and Ashton Irwin all working to promote it.

They originally started this process on Sept. 23 by posting a 24-hour countdown on their website with a pre-save link and the words “5 seconds of summer is not okay.” The next day, there was a complete rebranding on their social media, and the first single, “NOT OK,” was released. The band also performed a free surprise

show in Los Angeles.

In the last month, two other singles, “Boyband” and “Telephone Busy,” were released along with a massive announcement of the 2026 “Everyone’s a Star! Tour.” The band has also made music videos for each of these singles, all leaning into this pop-rock genre surrounding the album.

The album itself is 12 tracks encapsulating their experience being thrown into the spotlight as teenagers and the dangers that come with being idols at just 17 and 18 years old. They started their career by touring with the world-famous boyband One Direction from 2013 to 2015 and got their names in global headlines, for better or worse. “EVERYONE’S A STAR!” finally gets their message out by using some of this over-the-top sensationalism they’ve dealt with

their entire career.

Each song dives deeper into the truth about fame and how it’s not actually what people tend to glamorize, portraying the harsh realities of the music industry. The songs all have the same message, which makes the listener feel a little uncomfortable or trapped as it goes on, but that’s the point. This is their life; while the listener could simply skip a song or pause the album, the band does not have that luxury.

The album was perfectly crafted and cohesive from start to finish. The overarching theme was a cautionary tale with each song shedding light on one aspect of their reality to another.

One of the most obvious, yet successful, ways the band achieved this was by fully leaning into the title they have tried to avoid for years:

“boyband.” This label seems to undermine their hard work being taken seriously as musicians and not just as heartthrobs or a group of boys adored by teenage girls. By reclaiming “Boyband” as a song, it emphasizes how the public might never see them in the way they want to be seen, but it’s better than nothing.

As a fan, this album was incredibly eye opening and clearly it was one of their most vulnerable to date. This is by far one of my favorite works they’ve ever released, especially looking at songs like “I’m Scared I’ll Never Sleep Again” and “istillfeeltthesame.” The emotional depth and parallels to some of Hemmings’ solo work makes these two songs to stand out, especially against some of the more upbeat techno music the rest of the album falls into.

‘Regretting You’ falls flat

Katie Besancon
managing editor

Regretting You” is the latest of the Colleen Hoover book-to-movie adaptations, starring Mckenna Grace (Clara Grant), Allison Williams (Morgan Grant), Mason Thames (Miller Adams), and Dave Franco (Jonah Sullivan) in a plot-twisting romantic comedy.

The movie itself is not like the previous Hoover movies in that this is a lot more mellow and more of the beginning phases. The movie is less of a romance and more a story about the fragile bond between a mother and daughter coping with grief. The film preserves the novel’s dual-perspective narrative, allowing viewers to experience the perspectives from both Clara and her mom, Morgan. After a sudden accident brings immense grief in the family, the relationship between mother and daughter is destroyed.

Morgan becomes an overprotective mother who follows Clara’s every move as she falls for her classmate, Miller. Cara continues sneaking around, going behind her mom’s back while simultaneously overcoming immense grief and navigating a world without the two prominent figures she once had. The movie itself is really well done; you can tell when watching that the actors cared about the show they were putting on.

The storyline was easy to follow, and, as a high school student, I found it very relatable. The producers used music that has been released recently or is well-known to teenagers and young adults, furthering the sense of connection between the storyline and the viewer.

However, throughout the movie, there were mentions of prom several times. Whether that would be some sort of cheesy

promposal, a milestone in their relationship, or the overall excitement surrounding going to a high school dance as a couple.

What confused me, though, was the fact that the movie ended before they had gotten to prom. It felt as if the story was left without the story ending, sparking the idea that there could be a sequel in the future.

It is weird to prominently mention an event within a movie but not include it in some fashion. It gave the feeling that the movie should have been longer, despite it standing for an hour and 56 minute, it felt as if aspects of the movie were missing and they cut it short.

The movie follows the book’s core plot but condenses a lot of the character and emotional development. The tone of the book compared to the movie was sometimes inconsistent. They tried to blend heavy drama with moments of humor, which sometimes did not translate as well as they may have thought; it makes moments awkward as well as understated compared to other scenes.

I wish that Hoover and her team would have advocated to ensure a longer movie, where emotional and character development is shown to provide a smoother translation between book and movie. Overall, the movie as a whole was a good melodramatic romantic comedy that was made for younger audiences. There were moments of laughter, judgement, and tears that summarize much of what it is like to be a high schooler. I would go back to watch it again and I hope that it goes to streaming services in the future.



COACHES AND CULTURE



Central boys wrestling coach Ronald Wells, left, was a three-time state champion at Central. Right: The boys wrestling team listens to Wells before a practice. **BRADLEY SMITH** | The Register

Boys wrestling in for unique season as former champion takes over

Noah Sipe
staff writer

After the departure of head coach Matt Storm, Central wrestling looked to former assistant coach Ronald Wells to fill the head coach position. Wells himself was a three-time state champion in three different weight classes for Central's wrestling from 2011-13.

"It's really just following the footsteps of my old wrestling coach Jimmie Foster, modeling what I do after him," Wells said.

Wells said his role as assistant coach has

highly prepared him for the step up to head coach.

Ever since he has been given the responsibility of assistant coach, Wells has continued to improve, comparing how much one can learn not only as a student, but as himself as a coach.

"When you're coaching, you never stop learning, and I think that can take you a long way," Wells said.

When it comes to the students new to wrestling, Wells is optimistic in watching the

progress and helping them learn, compared to coaching athletes who already know their ins and outs of wrestling.

"It's a completely different animal, when a guy walks into the dresser room and has never put on wrestling shoes," Wells said.

Central has a great group of wrestlers, who are all aiming for great seasons, including junior Kylon Haynie, whose season was cut short last year due to injury.

Haynie is ranked number one at the 205 weight class in the state as of Nov. 12. When

it comes to preparation for this season, he is more than ready.

"I put the work in to be ready and be dominant," Haynie said. He is expected to have an outstanding season coming off missed opportunities sophomore year.

Sophomore Isaiah Tuttle was fourth in state in 2024 and is a pre-season rank number one at the 106 weight class and junior Austin Lathan transferred in from Indiana at the 157 weight class. Both are looking toward big seasons.

Matt Rhule accepts contract extension, to continue building Huskers

Grace Sunseri
copy editor

Nebraska football head coach Matt Rhule has signed a two-year contract extension, taking him to 2032 with the Huskers. This extension came amid rumors that Rhule would abandon the Huskers, in the middle of the regular season, for the prestigious Penn State football head coaching job.

His buyout this season increased from \$5 million to \$15 million. While his base salary does not change, each year on the deal, Rhule's salary will increase by \$1 million. The increase in his buyout almost guarantees Rhule would not take another job this season.

According to ESPN sources, "Rhule and his family's happiness is at Nebraska," which is one of the main drivers for his agreement.

In his own statement following the agreement, "Our focus remains on building

Nebraska Football into a perennial championship contender," Rhule said.

Last year, in his second season with Nebraska, Rhule led the Huskers to a bowl game, a first for the program since 2016. The Huskers played in the Bad Boy Mowers Pinstripe Bowl and beat Boston College 15-20.

Nebraska had a 7-3 record, coming off an electric win against University of California, Los Angeles (UCLA), a win that is probably one of Rhule's most significant at Nebraska. The 2-6 Bruins were a +1.5-point favorite over the 6-3 Huskers, a discouraging outlook for Nebraska.

The game outlook was bleak; starting quarterback Dylan Raiola was out with a season-ending fibula fracture he sustained the week before. Therefore, true freshman TJ Lateef took the position. Lateef previously played in three games: Akron on Sept. 6,

Houston Christian University on Sept. 13 and University of Southern California on Nov. 1. He was not the starter in any of these games, only going in after Raiola started.

Lateef went 13 for 15 in pass attempts and threw 205 yards for three touchdowns. This impressive showing by a true freshman in his first career college start shows the success of Nebraska this year is not down to one talented player, but a team led by a knowledgeable and capable coach. He changed the outlook for the season, exciting Husker fans for what is to come.

In the two games after UCLA, the Huskers performance was lacking. They fell to Penn State 37-10 and Iowa 40-16. Both teams were able to rush for over 200 yards against Nebraska's defense. They allowed 77 total combined points in their last two games. On Dec. 1, defensive coordinator John Butler was

terminated, effective immediately.

Rhule came in after the unpopular Scott Frost era. Frost was supposed to save Nebraska, and fans put their full faith behind him. He was never able to lead the Huskers to a bowl game and never had a winning season. Frost was fired three games into his fifth year and ended with a 16-31 record.

Rhule came in later that season as a well-known program builder. He has experience in both college and professional football and came to Nebraska from the Carolina Panthers. When Rhule was hired, former Nebraska Athletic Director Trev Alberts said, "Coach Rhule has created a winning culture throughout his coaching career."

Nebraska has been searching for a successful head coach since Bo Polini left in 2014, and for now it seems like their wish has come true.

Student section gears up for basketball, reflects on football

Jagger Hansen
contributing writer

Senior leaders Paul Brannen and Tessa Fershee are excited for the upcoming student section for the winter season of basketball games. Fershee, Central's activities coordinator, is planning some of the student section themes to bring energy to the games.

The first home games will be on Dec. 12, and both the girls and boys are playing Millard South.

In the student section at the basketball

games, it is a more confined area to cheer in. Compared to the football games, the basketball bleachers where the students will be standing are smaller. With such a small space and it being right next to the players, it will be packed in and extremely loud.

"It is a lot closer, it is a harder chance of winning, and a lot of screaming. You're right next to the players, right next to the board. It is exciting," Brannen said.

Themes are a big part of what make the student section enjoyable for the students. Students at Central High School are working

on themes for this basketball season that is coming up. The people who had planned the football themes have now had time to see which of those had the best results.

Fershee said in an interview, "Themes will be similar to ones from the football games, but still a little different. We will be meeting to discuss the themes we want to do for the games."

Brannen said, "I am hearing that themes for the basketball games may be more fun. We got a little trial and error with the football games."

Brannen expects attendance for the basketball games to be similar to the attendance during the football games. One reason he expects this is because it will not be as cold. Since it was freezing toward the end of the football season, attendance decreased very quickly, but basketball is inside and the weather is not as much of an issue.

"I hope, I think, as many people should come to the games as there were at the football games," Brannen said.

Aringu leads Central runners

Arianna Detisch
contributing writer

Junior Martin Aringu was one of the only two boys cross country runners who made it to the state competition from Central High School, despite it being his first cross country season ever, running a time of 16 minutes, 33 seconds.

Aringu is a refugee from South Sudan who came to Omaha in February of 2024, and he couldn't run much in Sudan because of the war going on. Aringu started to run competitively during track his sophomore year.

Throughout the track season he started winning more and more races that eventually led him to join the cross-country team for his junior year. Despite this being his first season of cross country Aringu got the third all time for boys cross country record at Central, with a time of 15:56.

Aringu said he doesn't run every day, but trains with his team and sometimes outside of their group training. His coach John Morley said he nearly made it to all the practices and

would even walk if he didn't have a ride to practice.

Aringu is known for having a strong lead in his race and continuing to keep a strong pace. During races he challenges himself to finish hard.

"Sometimes the person behind me, if I hear the footsteps, I feel like I don't want the person to get close to me," he said. Having the fastest time on his team, Aringu plays a crucial role in helping their team score go up at different meets. "The team also depends on me sometimes," Aringu said.

He expressed that his team and coaches are always supporting him in races and practices. Morley said that Aringu is a leader in practice, and works hard to keep in the front. He said having Aringu in the lead makes the other runners work harder and get faster, which is good for everyone on the team.

"Martin is very team focused. When I asked him his goals for the end of the season, his goal wasn't about him. His goal was I want the team to make it state," Morley said.

His teammate Gregory Fong said, "He motivates me to run faster times in my races."



Junior Martin Aringu runs in a race during the season. KATE KUZELKA | The Register

Bowling team ready to begin season, hope to grow competitive mindset

Lyla Cramer
contributing writer

The 2025 Central bowling team has high hopes for their bowlers this year.

Gerald Kreber, a teacher at Central High School and the head bowling coach, said some of his bowlers competed in a summer bowling league and did pretty well, making him optimistic about the upcoming season.

The team is looking to expand their varsity team this season, and Kreber said a good bowler is usually patient and calm. Kreber said he loves being the bowling coach and spending time with the kids on the team.

"Even if you're an amateur bowler, it's easy to learn," Kreber said.

Assistant bowling coach Brent Larson said one goal for the season is for the bowlers to make it to the state tournament for team bowling tournaments and individual tournaments.

"Ultimately, our goal for the season is to build strong teams on both the boys and girls side where all of our athletes have a chance to compete and that they grow and improve in their games," Larson said.

"Bowling is a great sport and is easy to learn with some practice," Larson said, and the coaches would like to push their players past a recreational mindset. They have to adjust to the team setting by trying harder and working with their teammates. Student bowlers also adjust to different conditions in



Students try out for the bowling team at West Lanes. JULIUS WAKOLE | The Register

bowling such as the lane condition, where to approach, and what to aim at making each competition a new experience to learn and improve their skills.

Larson likes many different sports and

loves coaching the bowling team. His favorite part is the competition and how every sport requires a different skill set, and he wants to help his players have the right ones to be successful.

Season begins for Metro hockey; two Central students on the team

Harper Gniffke-Leak
contributing writer

With the loss of five seniors and the addition of new players, the Omaha Metro Hockey team is trying to develop teamwork and communication skills as it begins the new season.

There are seven new freshmen on the team this season and they have played four games to start the 2025-2026 season and have won four, lost five, and tied two.

"We haven't been off to a great start, but kind of getting back on track and then making a deep run into the playoffs come February," Central senior Noah Smith said.

The coaches are looking for new people to step up and be leaders.

"Just like any other sport, they've got to be ready to rise to the occasion," Assistant Coach and math department head Brent Larson said. The previous hockey season with this one has been drastically different for the players.

"Last year we had no incoming freshmen, so the team kind of knew each other." Smith added. "So, this year is definitely a new step in kind of rebuilding."

The team has various skills to their advantage this season.

"We got a lot of speed. We got some physical players. We've got a couple kids that have very high hockey IQs," Larson said.

Returning Central seniors Isaiah Larson and Noah Smith are both forwards on the team, who specialize in speed, accuracy and team building. Larson had 26 points last season and has 12 points so far this season.

Brent Larson added that the obstacles they are facing are adapting to the new members of the team.

"But it's also going to be something that if we can build them up, they could keep this

team going and keep a strong program," he said.

After finishing in the middle of the Omaha High School League last season,

Larson hopes the team can get through the year and feel they accomplished something.

"If we can look back at the entire season and say we did some really good things, we

had some headaches, but bottom line, we gave it our best, that's ideally what we want to happen," he said.



Senior Isaiah Larson, right, shoots a last-second game tying goal versus Lincoln East. BRADLEY SMITH | The Register

PALABRAS DE INSPIRACIÓN

Un panel estudiantil entrevista a Javier Zamora sobre su viaje en ‘Solito’

Jasmin Gutierrez Garcia
editor de traducción

Gaby Antunez
editor digital

El viaje de Javier Zamora desde El Salvador hasta Estados Unidos se suponía que duraría solo dos semanas, pero acabó siendo las peores nueve semanas que un niño podía atravesar.

Zamora, autor de “Solito”, fue entrevistado por un panel de cuatro estudiantes en el 5 de noviembre en el auditorio de Central High School. “Solito” es una memoria que cuenta la historia de un niño de nueve años en su viaje de El Salvador a los Estados Unidos para reunirse con sus padres.

Los cuatro panelistas estudiantiles fueron la estudiante de último curso Jasmin Gutiérrez García, la estudiante de último curso Justin Pineda Choto, la estudiante de último curso Gaby Antúñez y la estudiante de tercer curso Raquel Miranda. El evento fue organizado por el departamento de estudiantes de inglés, el Club de Lectura y la Fundación Central de Institutos. La entrevista se realizó tanto en inglés como en español. A continuación, se encuentran algunas de las respuestas en inglés, que han sido editadas para mayor claridad y extensión. La entrevista completa está disponible en omahacentralregister.com.

Gaby Antunez: Tu libro muestra cuánto extrañaste a tus padres durante tu viaje, ¿cómo ha cambiado tu relación con ellos desde entonces?

Javier Zamora: Lo que pasé fue algo por lo que mis padres, que eran indocumentados cuando llegué a este país, casi me enseñaron a no decírselo a nadie y estamos hablando de seguridad. Tenían miedo de que se lo dijera a mis maestros y que los maestros dirían. En ese momento, ICE (Servicio de Inmigración y Naturalización de EE. UU.) se llamaba INS (Servicio de Inmigración y Naturalización) y debido a eso también aprendí a ocultar esta historia. A los nueve años, a los 10 años, eso estaba bien, no tenía ninguna pregunta o no rechazaba a mis padres. Pero en esos años, nunca tuve una salida para hablar sobre lo que sentía por dentro.

Una vez que las hormonas se activaron cuando tenía 11, 12 y 13 años, me convertí en un adolescente enojado. Nuestra relación se puso difícil porque comencé a decirles a mis padres esto: “¿Por qué me trajeron aquí? Odio estar aquí. Este país apesta. ¿Por qué no volvemos? ¿Por qué no lo dejamos todo? El Salvador es más cálido. Extraño la comida. Extraño a mis abuelos, etc.” Nuestra relación se volvió extraña.

No comenzó a repararse hasta que comencé a escribir en la escuela secundaria con poesía. A los 20 años, todavía estaba enojado porque algo sucede una vez que comienzas a recordar, y recuerdas las cosas de manera diferente a como lo recuerdan tus padres o tus abuelos.

En ese recuerdo, hay una oportunidad de hablar. A veces mis padres querían hablar, a veces mis padres no, pero me gustaría decir que escribir también nos unió porque podían o tenían la oportunidad de disculparse por muchas cosas. Tuve la oportunidad de disculparme con ellos por estar tan enojado con ellos y escribir nos ayudó.

Jasmin Gutierrez Garcia: ¿Cómo influyó escribir poesía antes de “Solito” en la forma en que escribiste tu memoria?

Javier Zamora: ¿Cómo influyó la poesía en mi escritura? Mencioné antes cuando tenía 17 años, lo bueno de la poesía es que no había sido estudiante de ELL (Aprendizaje del idioma inglés). El inglés para mí fue algo muy difícil de aprender, leer y escribir. Creo



Javier Zamora, al centro, se prepara para hablar durante entrevista, desde la izquierda, senior Justin Pineda Choto, Junior Raquel Miranda, senior Jasmin Gutierrez Garcia y senior Gaby Antunez.

BRADLEY SMITH | El Registro

que debido a la forma en que lo aprendí, no necesariamente me gustaba leer y escribir. Me tomó tener 17 años cuando me di cuenta de que la maestra que mencioné antes, lo que dijo sobre la poesía es que no necesitas reglas. No es necesario ser un experto en inglés para escribir algo. La otra cosa sobre la poesía es que literalmente puedes escribir una línea y darle un título y ponerle un punto y boom, eso es un poema. A los 17 años, saber eso me dio el poder de creer en mí mismo, creer que mi historia importaba.

En ese momento, estamos hablando de 2006-2007 probablemente antes de que nacieras. En ese momento no había un libro escrito por un salvadoreño, un libro de poemas escrito por un inmigrante salvadoreño. Tenía muchas ganas de leer un libro de poemas escrito por un salvadoreño.

Cualquier salvadoreño, pero particularmente un Inmigrante salvadoreño. Avance rápido 10 años después, en 2017, mi libro se convirtió en el primer libro publicado por una editorial de poesía por un salvadoreño. Y ahora creo que el poder que me dio la poesía cuando tenía 17 años es cómo, finalmente, a los 30 años, aprendí a creer en el poder de la escritura y en quién era yo y en mi historia.

Mi memoria es la primera memoria publicada en los Estados Unidos por un inmigrante salvadoreño. Esto quiere decir que el hecho de que esa maestra me dijera que puedes hacer cualquier cosa y que cualquiera puede leer poesía fue muy útil y creo que es la razón por la que estoy aquí contigo esta noche.

Raquel Miranda: ¿Qué les diría a los jóvenes inmigrantes de hoy que tienen ganas de dejar la escuela porque el clima político los hace sentir incómodos? ¿Cómo pueden reclamar su derecho a soñar, aunque alguien les haya dicho que no lo hagan?

Javier Zamora: Esa es una buena pregunta; Tengo que ser completamente honesto, que sentí lo mismo. Sentí lo mismo siendo indocumentado cuando era estudiante de secundaria. No sé sobre Nebraska, pero en California habría sido imposible, no imposible, pero realmente difícil como estudiante indocumentado ir a la universidad.

En California hasta 2006, nos trataban como estudiantes internacionales. Incluso yendo a la universidad comunitaria, habría tenido que pagar la matrícula fuera del estado. En ese entonces, habría habido una diferencia entre \$ 500 en el colegio comunitario si me

hubieran considerado residente de California a \$ 10,000. Es como un gran salto, pero afortunadamente en 2006, California aprobó esta ley que los estudiantes indocumentados fueron tratados como residentes de California.

Espero que Nebraska sea lo mismo, pero si no lo es, incluso sabiendo que a los 16 o 17 años comencé a sentir que mi camino hacia la educación iba a ser difícil o más difícil que el de alguien nacido en este país. Eso realmente me enojó. Estaba enojado porque tenía buenas calificaciones. Puede que no me haya portado bien, pero si tuviera buenas calificaciones, la única diferencia, lo único que me impedía obtener una educación, fue el hecho de que no nací en este país.

Aquí es donde la terapia realmente no funcionó entonces, pero luego escribir también me ayudó a calmarme, pero siento tu ira. Deberías estar enojado, las personas que te dicen que no te enojas no saben de lo que están hablando. Mi trabajo para ti es decirte que te siento. Sentí exactamente lo mismo y siento que el mundo está tratando de atrapar-te y que el mundo no te entiende y, honestamente, no lo hace. El mundo no me entendió, y realmente te animaré a usar esa ira o a usar esa tristeza para impulsarte a seguir adelante y seguir adelante porque eso fue lo único que me mantuvo vivo y por encima del agua. Estaba tan enojado y necesitaba demostrarles a otras personas, pero también a mí mismo, que puedo hacerlo.

En mi biografía, se puede ver que la ira me llevó a Universidad de California, Berkeley, que en ese momento era la universidad pública número uno del mundo. Me llevó a la Universidad de Nueva York, que sigue siendo la universidad más cara del mundo, pero me dieron un viaje completo. Me llevó a Stanford, la universidad número dos del mundo, y me llevó a Harvard. Dicho esto, no estoy diciendo que la universidad sea la respuesta.

No estoy diciendo que obtener un diploma sea la respuesta. Para mí lo fue, pero ir allí ahora puedo decirle a la gente, y puedo decirles que los diplomas no te definen. Sabes que ir a la universidad no te dice que mereces estar aquí. Honestamente, a la [expletivo] con eso. Mereces estar aquí solo por lo que eres, y mereces sentir lo que sientes porque lo que sientes tiene sentido.

Este presidente en este momento nos está diciendo literalmente que no nos quiere aquí, por lo que los animo a todos a que empujen

a los adultos que los rodean y algunos de ustedes también se están convirtiendo en adultos jóvenes o ya lo son, pero ustedes son la respuesta que necesitamos. Puedes y tienes el poder de cambiar la forma en que la sociedad te ve. Puede ser difícil de creer, pero desearía que hubiera alguien que se pareciera a mí y que me hablara cuando estaba en la escuela secundaria. Eso no existía, y desearía que alguien fuera tan honesto o que me dijera que deberías estar enojado y que tal vez ir a la universidad no es lo tuyo, pero aun así Te animo a que lo hagas y vayas a la universidad porque cambió mi vida.

Sigue adelante y cree que puedes hacer algo y que perteneces aquí porque todos los días, cuando solía despertarme, sentía que no pertenecía aquí. Todavía lo hago a veces como adulto y tal vez muchos adultos por aquí también sienten lo mismo. Es bueno hablar sobre cómo nos sentimos, y escribir para mí fue la herramienta que usé y la herramienta que necesitaba para sentir eso.

Justin Pineda Choto: Si el viaje nunca hubiera sucedido, ¿en qué crees que te habrías convertido? ¿Lloras esa versión de ti mismo?

Javier Zamora: No lo sé. Es raro decirlo, pero ni siquiera puedo imaginar quién sería en El Salvador porque si el viaje no hubiera ocurrido, eso significaría que me habría quedado en El Salvador. Históricamente hablando, si me hubiera quedado en El Salvador en los años 90, no había muchas opciones para mí. En la escuela primaria a la que fui, muchos de nosotros nos fuimos. Vinimos a los Estados Unidos. Los amigos con los que crecí y que se quedaron terminaron siendo pastores evangelistas o se unieron a las pandillas, y algunos de ellos no pasó nada bueno.

Realmente no se habla de eso, la razón por la que dejamos nuestros países y muchas de esas razones son que nuestros propios países realmente no creen en nosotros o no invierten en nosotros. Soy de una zona muy pequeña, rural y pobre. En El Salvador, al igual que en muchos lugares de América Latina, si naciste en esas áreas o si no vienes de una familia rica, la educación no es algo que puedas hacer.

Siempre me pregunto y siempre me gusta decir que, si me hubiera quedado en El Salvador, nunca habría sido escritor. Nunca habría tenido la vida que tengo ahora. Es extraño decirlo porque casi siento que tuve que emigrar. Que tenía que venir aquí.

La campaña de donación del JROTC ayuda a veteranos sin hogar

Paula Gutierrez Martinez
editora de noticias

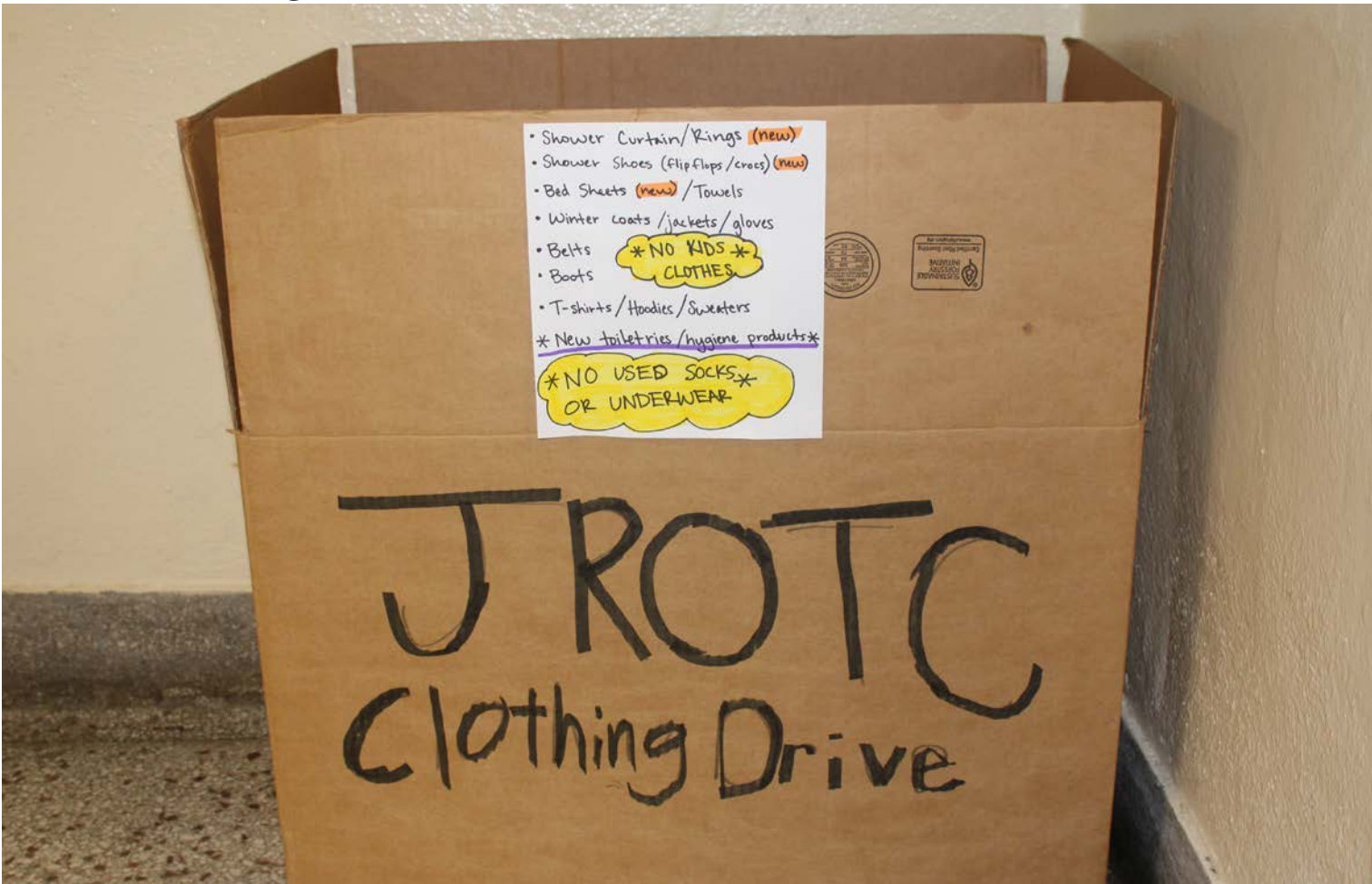
El programa de entrenamiento de Oficiales de la Reserva Juvenil (JROTC) de Central inició una campaña de donación de ropa el 27 de octubre como parte de su Proyecto de Aprendizaje Servicio LET IV (estudiantes de cuarto año del JROTC). La campaña tiene como objetivo recaudar donaciones de ropa de invierno nueva o en buen estado, baño comodidades y sábanas para veteranos sin hogar en Omaha. Hasta el momento, han recaudado veinticinco millones de dólares.

El programa de Liderazgo y Formación es un componente fundamental del currículo del JROTC que enseña a los estudiantes de secundaria habilidades de liderazgo, ciudadanía y responsabilidad personal. El aprendizaje-servicio brinda a los cadetes de LET IV la oportunidad de manejar un proyecto de aprendizaje-servicio, utilizando diversas herramientas de gestión de proyectos.

El sargento primero Angel Aguirre y el capitán cadete Jakob Kuhn, ambos estudiantes de último año, tomado control de este aprendizaje-servicio proyecto. No es la primera vez que gestionan un proyecto de este tipo, ya que lo codirigieron el año pasado. El programa JROTC colaboro como voluntario en una residencia de veteranos, donde ayudaron a poner las decoraciones navideñas mientras conversaban con los veteranos. Aunque el proyecto está totalmente dirigido por los estudiantes, la organización de la colecta requirió la ayuda del mayor Ryan Cripps, instructor del JROTC de Central.

“Durante el verano, el Mayor Cripps tuvo la suerte de conocer a una representante de New Visions Homeless Services, quien le dio su tarjeta de presentación, así que aprovechamos esa idea y corrió con eso,” dijo Kuhn.

New Visions Homeless Services es una organización sin fines de lucro que satisface las necesidades humanas básicas de vivienda, alimentación, vestimenta y seguridad para



Caja de donaciones en el sotano de Central.

personas sin hogar. Cuenta con una sede en Council Bluffs y otra para veteranos en Omaha; las donaciones ira al campus de veteranos.

New Visions acepta donaciones en especie que les ayudarán con sus misiones. Aunque no pueden aceptar todos los artículos por limitaciones de espacio, aceptan muchos artículos nuevos y usados. Entre las donaciones que más necesitan se encuentran desodorante, jabón, champú y acondicionador para hombres. El programa JROTC recibió una lista de productos para recolectar por parte del voluntario con quien se pusieron en

contacto.

Comenzar el proyecto fue un proceso complejo. “Aproximadamente un mes antes de empezar aquí en Central, nos pusimos en contacto con ellos, y fue un poco confuso porque mi tarjeta no era la de su coordinadora de voluntarios. Pero una vez que logre comunicarme con ella, fue muy fácil,” dijo Kuhn.

“Es conmovedor ver a tanta gente dispuesta a venir a donar... ver como la caja se llena cada vez mas de bolsas,” dijo Kuhn.

La bolsa que el JROTC solía usar para las donaciones era una bolsa de basura,

pero también usaron dos bolsas de plástico grandes. Hasta ahora han recolectado casi 20 bolsas, además de cinco bolsas con productos de higiene y artículos de aseo.

Kuhn opina que el proyecto les ha ayudado a ser más independientes.

“Hemos desarrollado mucha esa independencia y la capacidad de organizarnos nosotros mismos, y eso también influye en lo que queremos hacer después de la secundaria,” dijo Kuhn.

- Traducido por Jazmin Mills.

La Sociedad Nacional Honores de Español no se rendirá sin luchar

Gaby Antunez
escritora

La Sociedad Nacional Honores de Español Honorífica Hispanohablante (SNHS) es n un club disponible para los estudiantes sobresalientes en Español y tienen un promedio notable de B o más en cursos de Español. Se reúnen el segundo y cuarto Jueves de cada mes en el salón 127 antes de clases a las 7:15 a.m.

Trabajan en actividades para la comunidad y colaboran con otros clubes, por ejemplo, Latino Leaders. A menudo consiguiendo invitados para hablar sobre becas, personas, y otros clubes que puedan ser beneficiosos para los miembros.

Melisa Kuskie maestra de español, ha patrocinado al club desde 2005 y aha notado que el club se encuentra en su punto más bajo a nivel histórico. Está tratando de revivir al grupo ya que después del Covid-19 habido

menos personas atendiendo.

Kuskie es también la entrenadora del primer equipo varonil de tenis, así que el club recién empieza su año. La primera junta fue el 30 de Oct. con tan solo siete personas presentes.

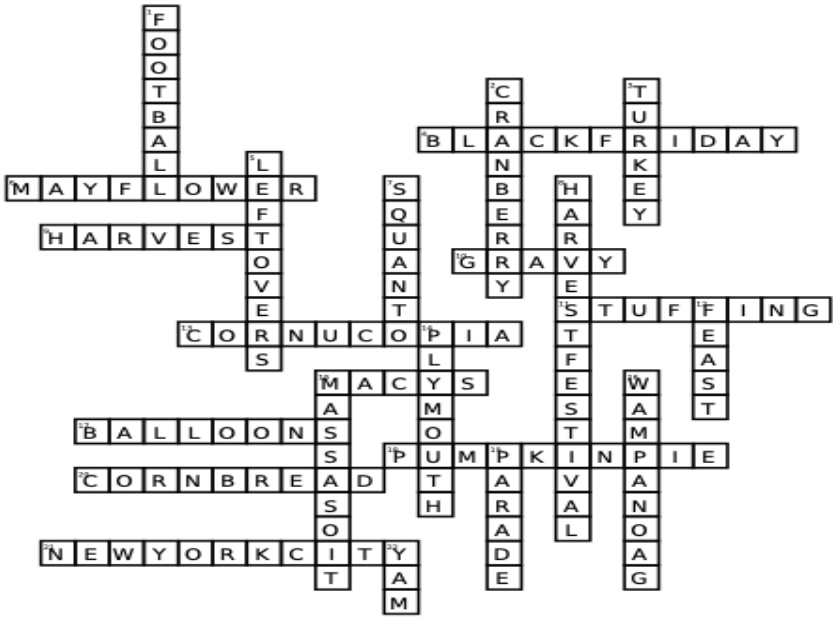
Kuskie ha tratado de patrocinar el club tanto como sea posible, así como también pidiendo al presidente Hellen Jordan Salguero que corra la voz.

“Hablo con mis alumnos. Enseñó español de honores 7-8, honores 9-10, así como español avanzado y lenguaje; Hablé con aquellos en las clases sobre unirse y los animé especialmente si su promedio de calificación (GPA) es alto en español. Y tal vez este no sea el caso con sus calificaciones en las clases regulares, pero con que la nota sea alta en clases español están muy bien recibidos,” .

La próxima reunión se llevará acabo el 20 de Nov. en el salón 127 antes de clases.

- Traducido por Suri Alvarado.

Crossword answers



Merecemos más que nuestro mínimo indispensable

Arysbeth Hernandez Garcia
escritora

El cierre del gobierno ya ha afectado muchas familias que trabajan para el gobierno. Estas familias trabajan duro cada día para poner comida en sus platos.

Lamentablemente, esta vez los más afectados son los estudiantes de educación especial. Esto es porque creo que los beneficios de SNAP son necesarios. El reciente cierre de SNAP (Programa de Asistencia Nutricional Suplementaria) es más que una simple cuestión gubernamental.

Los estudiantes de educación especial ya se enfrentan al hecho de que su vida funciona de una manera única. Sus familias con

beneficios de SNAP o EBT se sienten un poco libres de peso al saber que estos beneficios los ayudarán.

Después del 1 de noviembre, se redujeron todos los beneficios de SNAP para todos. Esto se significa que cualquier niño con necesidades especiales y sus familias que dependían de SNAP se quedaron sin ayuda, como muchas otras familias.

Es bien sabido que un niño que no está bien alimentado tendrá dificultades para concentrarse. Con el cierre en marcha, es más probable que el personal vea que los niños tienen dificultades para concentrarse. Esto no es algo en que los niños tienen que pensar o con lo que deben luchar. Sin embargo, solo los estudiantes de educación especial. Lo único

que deben pensar es en obtener una buena educación y recibir los beneficios que les corresponde.

Nadie se da cuenta realmente de cuanto afecta esto a las familias, hasta que se ponen en su lugar. Yo lo entiendo y mi familia también. A mi hermano lo diagnosticaron con autismo cuando tenía dos años y desde entonces ha luchado con la vida cotidiana. Aunque mi hermano no recibe SNAP mis padres estaban muy agradecidos de poder tener unos meses sin preocuparse por las compras. Por una vez, el dinero extra no iba a cubrir ninguna de las necesidades de mi hermano, pero mis padres pudieron usarlo con mis otros hermanos menores. Fue de gran ayuda. Se que para la mayoría de los padres es

un alivio que entre semana sus hijos vayan a la escuela y puedan recibir almuerzo y desayuno escolares gratis. Así como snacks durante el día.

Tenemos suerte de saber que hay muchos bancos de alimentos que podrían ayudar a las familias durante todo este mes. KETV tiene muchos lugares donde las familias pueden recibir ayuda.

Es desgarrador ver todo lo que pasa en el mundo y saber que parece estar empeorando. Las personas con discapacidades con discapacidades también tienen derechos y cuando no pueden hablar, sus familias lo harán. Un plato de comida no se le niega a nadie, especialmente cuando tienen derecho a él.