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Wednesday
May 12, 1999

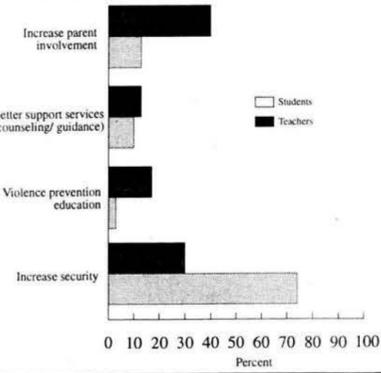
the Central High School Register

Volume 112
Issue 8

The oldest high school newspaper west of the Mississippi, established 1886

Students, staff react to Littleton

The best way to prevent student violence is...



154 students polled 39 teachers polled Beth Weis/The Register

By Brian Joseph

To those Central students who fear violence similar to the recent shootings in Littleton, Colo., Principal Dr. Gary Thompson has a message: it's going to take everyone's help to prevent such things from happening here.

"We are doing our very best to make Central a safe place," he said. "[But] this is your school. Help us make it a safe place."

Dr. Thompson, who called for a moment of silence on April 22 in memory of the students and teachers involved in the shooting, said that

students need to alert administrators and teachers about anything suspicious or potentially dangerous.

"We need you to report non-students in the building or on school grounds; potential fights and acts of violence; individuals in possession of drugs or weapons; individuals writing graffiti in our building, something that is happening all too frequently this year, and individuals demonstrating threatening or intimidating behavior," he said.

"Ignoring or tolerating these behaviors is an endorsement of the behaviors."

In addition, Dr. Thompson said

that the administration is doing many other things to prevent such violent acts including having teachers visible during the passing periods and employing some six security guards.

But, even with these security measures, Security Guard Charles Williams said it would be wrong—and potentially dangerous—to think that an incident similar to the Littleton shootings could not happen at Central.

"We always think that it can't happen to us," he said, "but it can."

Williams said that it is extremely

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Neighborhood Schools Plan offers students, parents choices

By Andrew Danford
Junior staffer

In just two years, students and parents in the Omaha Public Schools (OPS) District will be faced with many more choices, OPS Administrator Dr. Douglas Bahle said.

"If [the neighborhood schools plan] gives kids and families lots of choices," Dr. Bahle said.

The added choices are a result of OPS's change from the 23 year old desegregation plan to a new neighborhood schools plan, Dr. Bahle said.

As part of the plan, all seven OPS high schools will be open for all students to enroll in starting in the 2000-2001 school year if the bond issue passes.

Students will be provided free transportation to school only if they live two or more miles away from school and in a certain home school zone.

On the Elementary school level, the city will be divided into four zones. In each zone, there will be between 13 and 16 elementary schools.

Each zone will have two "magnet" schools and one "academy" school, Dr. Bahle said.

Dr. Bahle said that magnet schools will be specially created to attract students with special talents in the arts and sciences.

An academy school is a school which will be located in an area surrounded with a low socioeconomic population.

Class sizes in grades kindergarten through third in academy schools will be limited to 15 students and in 20 students in grades fourth through sixth.

Students will have the option of attending their home elementary schools or either of the magnet schools or the academy school in their zone.

at a theater

NEAR YOU



PHOTOS COURTESY OF NEW LINE CINEMA

YEAH, BABY!! Check out the Entertainment Section's Summer Movie Preview Page (7-B) to find out about this year's hottest new releases. Above, Mike Meyers (left) and Heather Graham star in "Austin Powers: the Spy Who Shagged Me." Top, a scene from New Line Cinema's new comedy "Detroit Rock City" starring (from left to right) Edward Furlong, Guiseppe Andrews, James DeBello and Sam Huntington.

Tax caps may cause cutbacks in schools

By Sarah Peterson

Property tax caps have limited money available to district schools, affecting the supply of equipment, teachers, and money for renovation, Principal Dr. Gary Thompson said.

"The money just isn't available," Thompson said. "The district is no longer raising money."

Programs at Central have not yet been cut due to lack of funding, but ultimately various programs will have to be cut, Dr. Thompson said.

"Central deserves more money for its programs and for renovation," sophomore Laura Chaney said.

Legislative Bill 114, passed in 1997, installed property tax caps, Dr. Dennis Pool, budget director for OPS, said.

Under this bill, school districts receive \$1.10 per \$100 of assessed value for the 1998-99 and 1999-00 school years, Pool said.

After that time the levy drops to \$1.00 per \$100 of assessed value, Pool said.

These tax limitations have caused OPS to lack funds needed to construct new facilities, Pool said.

"Does money make a difference in education? The answer is yes. My job is to make sure that tax payers dollars are used effectively and efficiently," Pool said.

Pool said that it has to be understood that there is not a bottomless pit of money.

"Property tax caps make this [the limit] very visible," Pool said.

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The Register Online

The Oldest High School Newspaper West of the Mississippi is now on the Web. Visit us @ <http://www.highwired.net/centralhs/register>.

Attention Seniors!

Be sure to check out the special senior pullout of this issue. Inside, you'll find information about where all of your classmates will be going to school next year.

Do YOU have 'schoolphobia?'

Some teens suffer from fear of attending school, counselor says

By Jennifer Friedman
junior staffer

"Schoolphobia" is a teenager's fear of going to school, a teen counselor said.

Sharon Kryger, a counselor for teens, said that Schoolphobia is triggered by a lot of different things.

"Schoolphobia usually happens to teens after they have stayed home ill for a few days," Kryger said. "It's an irrational fear about being in school."

A teen may feel a need to stay home from school, usually because of family turmoil.

"Most teens who go to counseling are having issues with

their families or are having problems fitting in at school," Kryger said.

One instance is that a teen may have a mother who is abused and may feel like he/she needs to stay home to protect them.

Also, teens may have a parent or a sibling with a fatal illness, such as cancer, and feels that they need to spend as much time with that person as possible. Sometimes a divorce may trigger schoolphobia.

Kryger said that a teen might feel that the parents fight less when he/she is around and thinks that staying home will keep the parents together.

"Divorce isn't what hurts," Kryger said.

"It is the arguing between the parents over a long period of time."

A lot of counselors will have sessions with the family, because it is not always the teen that needs the help.

However, schoolphobia is not just caused by family problems.

Believe it or not, problems at school can cause this fear as well.

Kryger said that sometimes some teens who are having a hard time fitting in at school develop Schoolphobia.

"It's a lot easier to stay home and drink milkshakes all day rather than go to school," Kryger said.

Some other teens who develop

schoolphobia have been physically attacked at school.

Others are failing classes and feel that it is a lost cause to go back to school.

Kryger said that counseling would help a teen get over schoolphobia.

Teachers also may contribute to a teen's need for counseling.

Some of teachers demand respect from their students but do not feel that they should respect their students back, Kryger said.

One sign of lack of respect from teachers is when they correct students in front of the whole class, causing embarrassment.

Some teachers tend to overdo the load of homework, causing overachieving students an overload of stress.

A few counselors will tell the teachers of students who are not turning in work, or are failing classes, that some of the lesson plans need to be modified to fit the interests of the teens.

If a teen or their parent thinks that the teen needs counseling, there are multiple places to go.

Family Services is a non-profit organization where people who do not have insurance can go to get help.

The Child Saving Institute is also a helpful place to go.

Juvenile Justice Society

Institution celebrates anniversary

By Marina Tsed
junior staffer

The centennial celebrating the formation of the Juvenile Justice Society will take place this October in Reno, Nev. It marks the pivotal point in the States history of the justice and its treatment of juveniles.

The need for the creation of the juvenile justice system came from the fact that children were brutally punished for minor crimes such as stealing, Dr. Johnson, a Juvenile judge said.

The society realized that it needed a second chance, rehabilitation was the key.

Thus, in 1899, the first juvenile court was established in Cook County, Ill. Set up to punish 11 years of age or older for acts, they had the rights to a jury trial, open hearings, and a judge. However, much has changed since then. The juvenile justice system operates today.

Legislation passed in 1997 authorizes criminal courts to sentence a child 14 years or older to criminal punishment for serious felony offenses. The changes limit the juvenile court's original jurisdiction to lowering the age limit of the crimes.

One of the advantages of the juvenile court is that it allows for the rehabilitation of one's criminal record is better, it Johnson said.

However, in recent years many states including Nebraska have lowered the age limit of the juvenile's record cannot be on file if he or she has committed a felony, he said.

The juvenile courts are changing to involve the victims of juvenile crimes in the punishment of their offenders.

As part of diverse programs in Nebraska, the Victim Offender Mediation Program provides restitution for victims through negotiations involving the victim and the offender, Jennifer Johnson, Juvenile Diversion Coordinator said.

Furthermore, today's juvenile courts hear more cases of neglect and dependency, Johnson said. In fact, he said, about 75 percent of the cases he hears involve these issues. As a result, the courts have an increased jurisdiction in divorce and custody cases, as he said.

In fact, family courts have gained momentum in recent years. Their purpose is to protect abused, neglected or dependent children rather than delinquents.

In addition, more states are establishing youth service departments as opposed to juvenile correctional institutions.

CAPS

Property tax limits may lead to cutbacks in schools

Continued from page 1

Doug Christensen, Nebraska's commissioner of education, said that property tax caps are the most effective way of controlling property taxes.

However, Christensen said, property tax caps do not control the amount of taxes collected.

This phenomenon occurs because the assessed value of the property being taxed is multiplied by the levy to determine the actual amount of taxes collected on a piece of property.

"Property tax caps affect schools when they hit the limit of the levy cap, experience no growth in assessed valuation, and no other funds come in to make up the difference," Christensen said.

For example, Christensen said, when levy caps go down to \$1.00, assuming there is no growth in assessed value, the school will have \$.10 times the assessed value in less funds to fund their programs at the same level as the previous levy cap of \$1.10.

"This is the debate in the Legislature right now: Is the state obligated to fund the difference so that schools have level funding?" Christensen said.

Christensen said that schools should be funded by a mixture of funding sources.

"Certainly local property taxes should be part of the mix," he said.

This gives the local people a sense of responsibility for funding the kind of local education they want.

Also, there should be state funding that can come from a mix of tax revenues such as sales and income.

Splish, splash





PHOTOS BY CLAIRE DEVNEY/THE REGISTER

POM SQUAD

gave some cars a bath during its annual fundraiser on April 24. Above, junior Jessica Boro plays with suds. Left, juniors Katie Spoonhour and Julie Miyeno share a light-hearted moment. Top, Spoonhour sprays a client's car down.

CAPS

Property tax limits may lead to cutbacks in schools

Continued from page 1

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"After I first took it, I couldn't remember the few hours afterward."

--Anonymous source

POW speaks to students

By Mikayla Chambers
junior staffer

"We were just damned tickled to be alive," the father of American History teacher, Carol Krejci and World War II Prisoner of War (POW) said.

John J. Krejci spoke to his daughter's classes on April 14 about his experiences as a German POW in Stalag 17B.

Krejci enlisted in the Airforce on November 29, 1943 when he was 19 years old and began active duty in December of 1943.

On April 29, 1944, their tenth mission was an air raid to Berlin. During the mission, Krejci said that a problem occurred and his plane crashed.

The plane crashed 22 miles north of Hanover in a farmer's field. The plane crashed its nose in the ground and the tail of the plane was sticking 25 to 30 feet in the air, Krejci said.

The plane was 39 percent destroyed. Almost all of the damage took place in the front of the plane.

While the plane was going down, the men on board had to decide whether to jump out or go down with the plane. Three men decided to jump while the rest decided to stay. The three men who jumped were killed, Krejci said.

The seven men left in the plane slid down in parachutes to the field below and were captured by a German farmer, Krejci said.

They were put into solitary confinement for four to five days. The only time the men saw anyone was when their meals came and when they were interrogated.

"It is not just the little man who becomes a POW," Krejci said.

No one was excluded when taken prisoner. Twenty-three thousand, five hundred POWs were taken at the Battle of the Bulge. Fifteen hundred of them died.

"A POW is one who is being held against his will," Krejci said.

The barracks in Kremz were designed for 100 people in each, but 250 to 300 men were put there, Krejci said.

Ecstasy use on rise, group says

By Ally Freeman

* The name has been changed to protect the identity of the student.

If you've attended a rave recently, you might have come in contact with the drug, ecstasy.

The wide spread use of the drug ecstasy, also known as MDMA has been on the rise because of the popularity of large, all-night social gatherings and raves, Penny Holland of the National Institute on Drug Abuse (NIDA) said.

MDMA, which stands for methylendioxymethamphetamine, is a stimulant drug, extremely addictive and destructive to brain cells Holland said.

Jane Doe* a Central freshman, said that she has tried ecstasy once before.

Doe said she tried it to see what it was like.

"It felt like my hormones were going nuts," Doe said.

Holland said that some psychological effects of ecstasy include sleep problems, confusion, depression, drug craving, severe anxiety and paranoia. Doe said that after she took the drug she experienced a headache and memory loss.

"After I first took it, I couldn't remember the few hours afterward," Doe said.

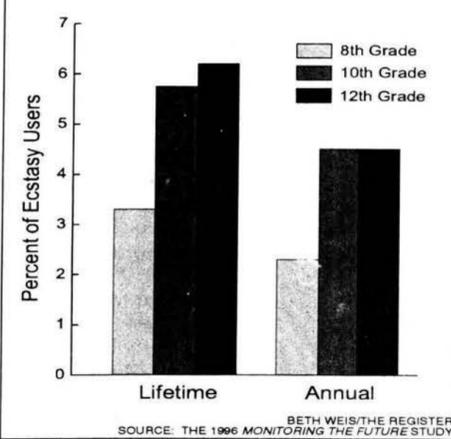
Holland said these effects can occur during, and sometimes weeks after taking ecstasy. Holland said the drug is believed to make people trust each other more. She said that some physical hazards of the drug include muscle tension, involuntary teeth clenching, nausea, blurred vision and rapid eye movement.

Using ecstasy can also increase heart rate and blood pressure, Holland said. Holland said that research has shown that MDA, parent drug of ecstasy, destroys serotonin producing neurons which play a large part in regulating aggression, mood, sleep, sensitivity to pain, and sexual activity. She said it is probably this that acts on the body system that gives MDA properties of a heightened sexual experience and tranquility.

"People could just bat their eyes at you and you would feel it [sexuality]," Doe said.

A study conducted by the Community Epidemiology Work Group, a NIDA sponsored network, has shown that ecstasy was reported most commonly among young adults and teens at clubs, raves, and rock concerts in Atlanta, Miami, St. Louis, Seattle, and Texas.

THE GROWING USE OF ECSTASY



BETH WEIS/THE REGISTER
SOURCE: THE 1996 MONITORING THE FUTURE STUDY

Sophomore kickboxes bullies out of her way

By Claire Devney
junior staffer

For one Central student, being picked on was not something to cry over, it was motivation to fight back.

Kickboxing, sophomore Tammy Varkony decided, was a solution. Since starting in August, Varkony has won first place in her division in competition.

"I used to get beat up a lot," she said. "I decided I wanted to do something to fight back."

She has been studying kickboxing, Kajukenbo and Jujitsu at the Midwest Martial Arts Academy.

Kajukenbo, Varkony said, is a modern martial art combining Karate, Judo, Kenpo and Boxing. Jujitsu is a Brazilian art and much more physical than Karate, Varkony said.

"It's a ground fighting type of martial art," Varkony said. "More than 90 percent of the fights end up on the ground, and your kicks and punches become pretty useless... You can break people's arms or legs."

Varkony said kickboxing is a way to release tension.

Although she highly recommends the sport, Varkony realizes it is not everyone's cup of tea.

"I think people should learn to defend themselves, but kickboxing is not for everyone," she said.

When asked about the number of girls in Omaha who kickbox, Varkony pointed out that some may be afraid because it is such a physical sport.

"We [Varkony's kickboxing class] went to a tournament and some girls ended up having to fight each other, because no other women had signed up," she said.

Varkony said some girls and their parents might be afraid of injury. She said her mother worries about her.

"I can't tell them [Varkony's parents] if I got punched hard in the nose, because they freak on me. I say I have to be more 'careful'. Definitely not for all girls," she



Painting Pictures...

MIKAYLA CHAMBERS/THE REGISTER

A WORK OF ART? Sophomore Tiana Hicks works on a masterpiece to be sold at Central's Art Sale. The Art Sale was scheduled to be held on May 6 in order to raise money for supplies for Central's Art Department.

CHS freshman receives ballet scholarship

By Courtney O'Malley

Central freshman Brandon Shald received a full-ride scholarship to dance in the San Francisco Ballet, student director of the San Francisco Ballet said.

Andrea Yannone said that the scholarship is equivalent to approximately \$825 for one summer.

Shald stands out from many other students because of his hard work and determination, director of the Omaha Theater Company Dance, Robin Welch, said.

Shald has been interested in the performing arts since he was very little, Shald recalls.

He has been dancing for a total of three years. Two years were spent with Ballet Omaha, and when Ballet Omaha closed, he started to dance with the Omaha Theater Company at the Rose Blumkin Performing Arts Center, Shald said.

"I really enjoy dancing. I hope to someday make it to New York City," Shald said.

Although he enjoys dancing for the Rose, Shald's love of dance

brought him to San Francisco to audition to dance with the San Francisco Ballet, he said.

In all, over 110 males auditioned.

Only 84 were selected, Yannone said.

"The program specializes in training boys and young males in ballet. People come from all over the country to dance with us," Yannone said.

"I feel that Brandon could go far, and with the studies he will be receiving in San Francisco, it will

help to develop him," Welch said.

The program is a five-week training course from June 21 to July 23. Participants will work six out of seven days a week.

The course is for males from the ages of 13-18. It includes special training in technique, jumps and strengthening, in classical ballet, Yannone said.

Once there Shald will live in San Francisco and commute back and forth to the program.

He will continue to live there for at least two more years.

In the middle of the program, Yannone said the school will be inciting those that have potential to join in year-round school.

"I hope to be invited to join the school. I've decided that dancing is what I want to do with the rest of my life," Shald said.

"Shald was chosen because of his dancing ability, but also because of his height. With the lack of male dancers, Brandon was a good find. He's a good dancer but we were looking for height, and Brandon had it," Yannone said.

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Sophomore will provide voice for cartoon

By Sarah Peterson

A new cartoon series based on the Archie cartoon series will feature the voice of one of Central's students.

Sophomore Ben Beck auditioned for four parts in the cartoon series, including the roll of Jughead and the lead role of Archie, Beck said.

Beck was called back for the part of Dilton Dooley. His voice was then recorded and sent to Disney.

"The cartoon series will be animated and produced at Disney, but voices will be recorded in Omaha," Beck said.



Omaha was chosen as the location to cast the voices for the new cartoon because Omahans tend to have only very slight accents, Beck said.

"Archie" will eventually air on ABC, Beck said.

Beck isn't the only actor in his family. His mother, Susan Baercollins, was also called back for her audition as Big Ethyl, Beck said.

Beck has grown up acting. He has been acting since he was around eight years old, he said.

His parents, Carl Beck and Baercollins, now divorced, have been artistic directors at the Omaha Community Playhouse for 10 to 15 years.

"I guess it was kind of inevitable that I inherited a little of that acting gene," Beck said. Beck said that he has performed in 15 to 20 plays, including several at Central.

Beck performed in Central's spring play last year and this year's fall musical.

Players

RIO



GRAPHIC COURTESY OF DIAMOND

Controversial music player offers CD quality sound

By Katie McCann

There is a new product out there for the die-hard music lovers who like CD quality music, but are looking for something that could make the quality even better.

The Rio PMP300 is a portable and lightweight music player that can store up to 60 minutes of digital-quality music using MP3 compression. In Layman's terms, the Rio can download high quality music off the internet and listen to it anywhere.

Peter Trerice, a Central junior, described this new product as better than CD quality.

"It's better than CD quality, but it's on the computer."

The Rio is smaller than the audio cassette and contains no moving parts so it will not skip. It is also able to play-back 12 hours of continuous music and contains a 32MB built in flash memory.

The estimated price for the new product is around \$200, but Trerice said that he only paid about \$100 for his. Trerice works at CompUSA and said that he was able to buy the product close to the "wholesale" price. Ryan Swanson, an employee of the hardware sales department at CompUSA, said that his store sells the product at the price of \$199.99.

However, he said that there was a lawsuit against Diamond, the company that sells the product, and

it now is illegal to own a Rio to use for copying and re-selling of music. According to Newsweek magazine, the new product may be taken off the shelves.

He also said that he only knows a few people at this time who own the new Rio player.

"All the people that I know who have a Rio work with me at CompUSA," he said.

Trerice also said that he doesn't know of anyone else at Central who has a Rio player. Circuit City sales counselor Chad Beemer said that they(Circuit City) just received the players during the middle of March and suggests that people read up on the players before they buy them.

OPS begin district-wide community action program

By Sandra Czaplak junior staffer

The Omaha Public Schools (OPS) have come up with a plan to identify problems in the surrounding community, find a solution and then find a way to bring that solution into action, the program coordinator said.

David Haar, one of the OPS citizenship coordinator's, said that OPS Citizenship Today has already begun action in many surrounding schools.

He said that a few teachers are already involved in many ways to make Omaha a better city.

Teachers have looked at problems in West Omaha and the patterns these are causing.

There is also a major focus on how they can learn more about the community and what they can do to help.

OPS Active Citizenship Today has already taken affect in public middle schools such as Lewis and Clark. Students were taught sign language so that they become more aware of hearing impaired people in the community and at school, Haar said.

Central junior Elizabeth Eakins thinks that the program is a good idea, believes that it would help students more actively aware of their surroundings. "It would be a more practical teach because you're getting involved in the community while also building your resume," Eakins said.

Central has been building a program like this for years by continuing the Principal/Student Advisory Board.

He said that the classes focus on problems within the school and try to find a way to improve these conflicts. This new program will try to accomplish

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SAFE

Central students, staff members react to Littleton Tragedy

Continued from page 1

important for security to be in touch with the student body and aware of what is going on in the school.

"I think I have a decent rapport with students," he said. "That helps."

However, in the event that a situation does escalate to a potentially dangerous level, Williams said that security guards have a specific protocol that they must follow.

After first recognizing that a situation is dangerous, the security will work to get the other students away from the area. After the students have been evacuated, Williams said the security will attempt to contain the threat.

However, regardless of this protocol, Senior Zac Chapin said that the security is not nearly good enough.

"I honestly don't think the security is that great," he said. "Do you know how many times I've walked in and out of this school?"

Chapin said that the only way he would feel completely safe at Central would be if the security guards were armed.

"I really think you should be issued a sidearm if you're a security guard," he said.

On the other hand, sophomore Laura Gleason said that Chapin could not be farther from the truth.

"I think Central's already doing all it can," she said. "If you look at the school, it's pretty well-guarded."

In addition to its security, Spanish Teacher Vicky Anderson said Central has a crisis plan that she helped write.

In the event there is a crisis that would require students to leave the building quickly, Anderson said that "Green Card" would be announced over the intercom.

On the other hand, if "Red Card" is announced, the teachers are instructed to keep their students in the classroom, lock the doors, turn off the lights and move all of the students away from the windows.

If the Littleton shooting would have happened at Central, Anderson said the school would have been put on "Red Card."

Whatever the case, even with the crisis plan, Anderson said that there is very little the administration or the security can do to stop a lone gunman.

"If some kids want to come in the door and start shooting, we can't stop them," she said.

Because of this fact, junior Rashawn Smallwood said that she has doubts about the safety of Central.

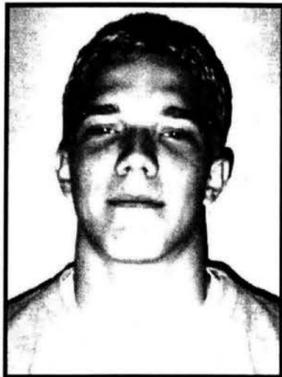
"If something happened here, I wouldn't feel safe," she said. "I love Charles and all of them [the security guards], but I don't think they could stop it."

Senior Ben Rinaker disagreed saying that Central's staff is doing the best job possible.

"They do what they can," Rinaker said. "They lock all the doors. The security officers are pretty close with the students. [But] it could happen here; there's no way to stop

Central students, who used to live in Littleton, speak-out about the tragedy

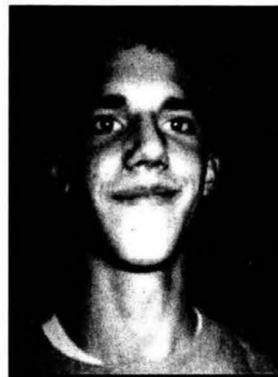
Shootings hit home



Aleks Berzins, sophomore:
"At first I was kind of shocked because I lived there. I never thought it could happen there."



Allison Gatzke, senior:
"I think we're actually very lucky to go to a school that's so diverse [as Central]. [In Littleton], you basically hang out with people like you."



Kristoff Berzins, senior:
"It was sad to hear that the school I was going to go to had a shooting. I'm just glad all my friends are all right."



Andrea Gatzke, sophomore:
"I think it's awful and a total wake-up call."

Photos and text by Brian Joseph

Special Report: ANGER

Teens must understand feelings, counselor says

By Brian Joseph

In light of the rage displayed by suspects in the Littleton Tragedy, educators and teachers alike are looking for ways to help teens control feelings of anger and resentment.

"Anger is a secondary emotion," Joyce Huebner, a counselor at Immanuel Hospital's Behavioral Services Department, said. "There is usually something else bothering them."

Huebner said that people who typically harbor a great deal of anger tend to be unsure about what they are really feeling or upset about.

"Usually people who want revenge are really miserable," she said.

Thus, she said that the key to controlling one's anger is to understand exactly what one is feeling.

However, Central Guidance Counselor Lynda Molyneaux said that the only way a student can work through his anger is by admitting that he has a need to.

"It starts with the person realizing he has a problem," she said.

But, she said, no one other than the student can make that decision for him.

If he does not want to believe that he has a problem, no one can make him.

"It's no different than the student who sits in class and doesn't work," she said.

Whatever the case, Molyneaux said that once a student realizes that he has a problem, the best thing he can do to help control his anger—at least while in school—is to go to the counseling office to cool off.

"The counseling department is a safe place where you come to when you're upset," she said.

Sophomore Joey Rider said that taking time out and thinking about how one feels would help eliminate the sort of anger issues present in the Littleton Shootings.

"I think angry students should just think things out," she said.

Freshman Emily Neumann said she agreed, but thought that having a special school program would be more beneficial.

"If you can center it [anger management] through the schools, it

can happen at school," she said.

Also, Neumann said that parent involvement in students' lives is extremely important.

Whatever the case, Stan Maliszewski, supervisor of guidance and counseling for the Omaha Public Schools, said that the district has three main programs in place to help students with anger management.

The first program, which is for students grades kindergarten through sixth, teaches students how to deal with feelings of anger and depression.

"A lot of people don't understand that anger and depression are the same emotion, just expressed a different way," Maliszewski said.

The second program, called Conflict Managers, is in place at a number of elementary, middle and high schools throughout the district.

Basically, Maliszewski said that the 10-year-old program selects a group of students from each of the participating schools to intervene in conflict situations.

Thirdly, Maliszewski said that the many schools in the district offer after-school anger management groups for students.

Where can I get help for...

Anger Management?

Hotlines

Boys Town National Hotline 1-800-448-3000
Health Touch One 1-800-273-3737

Counseling

Family Service 977-0804
Operation Bridge 449-5560
Children's Hospital Family Support Center 536-6300
Arbor Family Counseling 330-4700
Immanuel Alegent Center for Mental Health 449-4650

SOURCE: Central's Counseling Department
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Violence needs solution

Many people are trying to blame specific aspects of society for the tragedy in Littleton Colo. Nothing can be solved by placing blame on just one area of society.

All aspects of society [the media, parents, schools, friends and etc.] share the collective blame. Therefore, all sections of society must work together to make sure this does not happen again.

It is our responsibility as a school, a society and a nation to watch for signs of violence from students, as well as co-workers and friends.

Simply adding more security will not do it.

The actions of Dylan Klebold and Eric Harris have been named the worst act of school violence in history. But not long ago, the shootings in Jonesboro, Ark. were thought to be the worst.

History keeps repeating itself; parents and peers lay blame, schools across the country beef-up security and the students once again begin to feel safe.

But in order to be truly secure, the students, teachers and parents themselves must take the matter into their own hands.

The truth is that no one and no thing is entirely guilty for influencing these students. All aspects share the responsibility.

True, they may be prone to killing due to an excess of violence in the media, and they can get easy access to firearms due to lack of gun control, but there are many other factors.

Stress in school and at home, pressure from friends and peers and dozens of other

problems can push kids to violence.

Some schools are providing more security guards, metal detectors and video cameras to help solve the problem. This will help, but these things do not see into the minds of the students.

Students talk to their peers every day, and they can tell if their friends are becoming more violent or are threatening to do something.

Education is one of the ways to help solve this serious problem. Teachers, with the aid of many different programs, are able to educate their students to recognize certain signs of violence.

Plus, teachers and counselors can aid those students becoming more and more violent. [Education is a strong point of simply preventing violence altogether.]

Parents need to take a more active role in their kids' lives in order to prevent them from turning to violence.

And they should certainly be able to control their kids or at least tell the school about an increase of violence from their child.

However, many students, including Central students, will not report an illegal act because of loyalty to their friends.

But with the lives of fellow students and staff members on the line, "telling" on someone is not so bad.

The shootings at Littleton was the most tragic act of school violence in the history of the U.S.

All aspect of society must work together to fix this problem so tragedies like this one are never repeated.

Johanns veto: bad choice

Gov. Mike Johanns' veto of proposed Legislative Bill 149 has hurt his image in the eyes of Nebraskans.

With that veto, Johanns sent a message. He said that he would rather see a tax cut than see the children of Nebraska receiving the full-quality education that they deserve.

LB 149 was an amendment to a previous legislative act involving state aid to schools. The first bill changed the formula that determined how much state aid each school district was entitled to.

The goal of the bill was to make the amount of state aid more predictable for that district so it could plan ahead for the following school years.

However, the change resulted in over \$20 million being cut from state aid to schools altogether.

The new bill would fix the problem and offer \$19.5 million in reconciliation for the loss.

Though Gov. Johanns vetoed the bill, the state legislature overrode his veto and the bill has become law. Now Johanns is paying for his actions against education.

Officially, Johanns opposed the bill

because computers would determine how the state aid would be divided among the school districts, and Johanns wanted elected officials to divide the money.

However, according to many members of the state legislature, Johanns unofficially wanted the school districts to budget themselves in favor of his tax relief plan.

What Johanns does not seem to realize is that Nebraska school districts have been budgeting themselves for years.

State Sen. Ardyce Bohlke and other members of the legislature had suspected Johanns would veto the bill for that exact reason and had prepared to override it in case he did.

Whatever Gov. Johanns did, the bill will become law.

Johanns knew the legislature would override the veto, yet he still openly opposed the bill, and with it the education of Nebraska's youth.

It is the job of any politician, especially a governor, to look towards the future, and this bill would have aided the education of future Nebraska generations. Gov. Johanns does not seem to be doing his job.

Piercings rule proves unjust

Body piercings and tattoos are well accepted most of the time, but next year this will all change for Central High's spirit squads, and without just cause.

Next year, a new rule forbidding visible tattoos and body piercings has been set for the spirit squads.

It is said that the rule was created for the dancers' safety and to protect their personal belongings from being damaged.

But most of the dancers do not feel the same way.

Piercings and tattoos have become more and more popular among this group, especially within the past few years.

The rule is supposedly to decrease the risk of injury but how can a tattoo cause bodily harm? It can't.

Paul Pennington, Central High's athletic director, said that there is already a rule that states tattoos must be covered up with tape.

If it is already a rule, why was it not being enforced?

Although this new rule does not affect everyone on the squads, some feel as if the new rule is trivial.

Wendy Olson, Pom Squad sponsor, has said that this is not a new rule, but next year will be the first year that she will use it and enforce it.

Again, if it is not a new rule, why was it not enforced in previous years?

If these rules had been enforced from

the beginning, the problems and the opinions that have developed because of this issue would have either ceased altogether or would have been put on the "back burner" of most people's agendas.

However, if Olson said that if she does not enforce this rule, she could lose her coaching jobs for five years.

(Obviously, the Register does not want Olson to lose her job as coach--we are simply saying that the rule is silly.)

She also said that this rule is mainly to enforce the issues of tattoos. She said that tattoos are not acceptable by the terms of the Nebraska State Athletic Association (NSAA).

What really is acceptable in any situation?

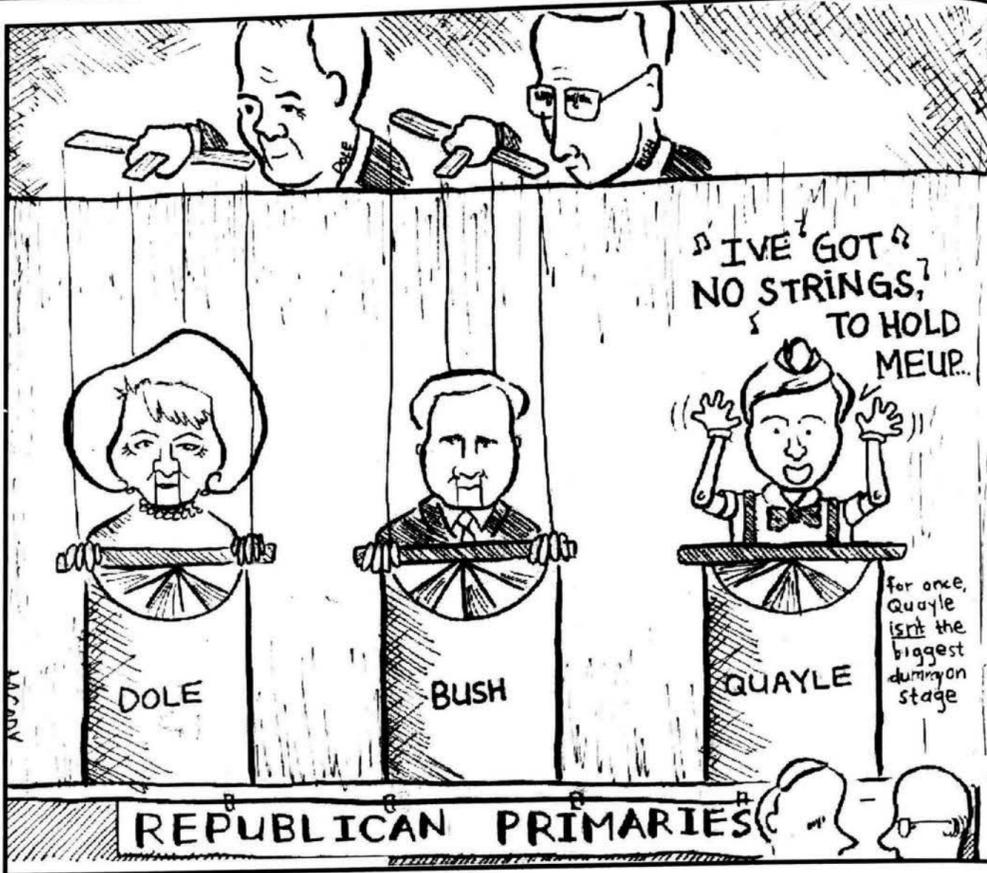
In terms of society, acceptable means "what is normal."

How can a group of any kind, involved with sports or any other type of activity, make rules that are basically used to demonstrate the norm?

A hypothetical example of this would be a rule that would require all of the people with black hair and dye it blond because they do not fit in the norm.

If this was a rule, and was enforced, it would be considered prejudice of some sort.

Stopping a person from demonstrating her life-style or personality because of an opinion is not justifiable, no matter what the situation.



Factors for choosing a college

Financial aid. These are the two scariest words known to anyone over the age of twelve who is even considering going to college.

When the counselors visit sophomore English classes, they emphasize that "Money should not be a deciding factor" when choosing a college.

I got two letters for ya: B and S.

And they certainly don't stand for Bulgarian Salute.

Money is one of the hugest factors in deciding where you're gonna go to school for 13th grade.

I may get into some huge private school on the East Coast, but can I pay for it?

Only if Ed McMahon visits my house real soon.

As for scholarships, getting them is pure chance my friends.

You can apply for 25 scholarships, but

who says you'll get any of them?

Besides, all of the scholarships these days are offered to such specific types of people that it's a challenge to simply be eligible for one.

The fact that I'm not a teenage minority parent who has single-handedly saved a small Lithuanian village while reversing the greenhouse effect does not speak well for my chances at a scholarship.

By the way, did I mention that neither of my parents are war veterans?

They certainly weren't thinking about my education when they decided to be peace-loving hippies.

Some of the "wisest" advice I've gotten is, "Start saving your money, kid."

Alrighty gramps, I've had a savings account since I was five years old, a job since I was 16 and the total balance still won't pay for jack shmuck once I get to college.



The other thing to consider is loans. But who the heck wants

debts when they finally get out of the most expensive years of a person's

I'm telling ya, the whole conspiracy set up by the government is in league with your parents!

All Mommy and Daddy was more precious year with their innocent son or daughter.

More time to cherish... yeah. And while Mommy, Daddy & I. C. Money plot out a numerous

of elaborate plans, you'll be sweating trying to figure out how to pay

"very necessary if you want a real world" education.

So unless I'm to become a rock star or reinvent sliced bread, I college education.

Or maybe just a steady job in a mill or local assembly line.

So go for the scholarships, loans, volunteer a lot, and wear

It works.

'Time' controls too much of our time

BRRINGG! Off goes the dreaded alarm clock. Out of everything I hate (besides stupid people), I hate time the most.

I hate the fact that our lives revolve around the clock. I don't like having a schedule I have to follow, and if I don't, then I'll be punished.

Like say if I miss my curfew by fifteen or twenty minutes, my mom will flip out and give me a guilt trip saying that she thought I was laying dead in a ditch somewhere in Iowa.

And if I don't go to school at a certain time, there is a consequence. Likewise, if I choose not to go to work at a certain time, I'll get fired.

Will I ever be free of time responsibilities? I have to wake up at the same time every morning to go to school. The bell rings at the same stinkin' time every five days a week to dismiss class. It gets really annoying sometimes.

Some may say, "Oh, when you grow up you can do whatever you want to." Yeah right! When I become an adult, I will still

have to wake up at the same time everyday and go to a job that I'll probably hate.

I think Jessie from "Saved By the Bell" said it best when she said, "Time! There's never any time! I don't have time to study, I'll never get into Stanford!" And then she gave Zack a big hug as he took away her caffeine pills.

If you stop and think, time controls everyone's life whether you know it or not or like it or not. You have to be here at a certain time, you have to be there at a certain time. It gets to be nerve wrecking.

I once read a story in eighth grade about some Native American tribe and how they don't use time to direct their lives. They were against setting schedules and let things come as they do. They played everything by ear and lived the "free life."

Ahh, what I would give to be one of them I just want to wake up when I feel like it and

come home whenever I want to. I throw responsibility out the door.

Nonetheless, my youthful teenage life is the fullest.

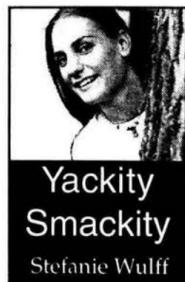
I have the rest of my life to go to work and be responsible. Why don't want to start, or show, change continue, now.

Without time, I can't admit, that some things are hectic, but I know society's great

get use to it. Look at the cavemen hundreds of years without

Yeah, there were cavemen any more, but I doubt that why is because the lack of a clock.

I would love to go back in time to see how life would be with no such appointments or clocks. I could run on the prairie with the cool air against my face and come home for dinner when I was hungry. Just meet me when I comes up, and we'll play it by ear.



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Central experience reshapes students

"In four years, you won't recognize yourself." This quotation appeared in the opening-page collage of the 1996 *O-Book*, which came out my freshman year. When I first read it, I remember thinking that this had to be the biggest load of huey I'd ever seen. There is no way that I could be affected by something as trivial as the high school experience, I thought. Boy, was I wrong. Looking back to my freshman year, I see someone completely different from the person I am now. Brian Joseph of four years ago would have even considered becoming the editor of *the Register*. Coming into high school, I had actually no direction and no idea about what I wanted to do with my life.



Central Scene
Brian Joseph

Now, four years and many deadlines later, I not only know where I'm going to college (the University of Missouri-Columbia), but also what I want to do with my life (become a reporter, of course). And, whom do I have to thank for this seemingly miraculous change of heart? Actually, no one in particular—I attribute my newfound success and confidence to the high school experience in general. By living through what some people call the greatest years of my life—or what others call, the worst—I have experienced the whole gamete of emotions. These past four years have featured the highest highs of my life, as well as the lowest lows. I've seen myself make honor roll, win national journalism competitions and earn a spot on National Honor Society. But, then again, I've also seen myself go

multiple nights with practically no sleep, flunk numerous tests and face my own fear of failure. And, even though there were times when I counted the days until I could finally get out of here, I am a better person because of my time at Central. With that said, let me offer a tiny bit of advice to the underclassmen the seniors will be leaving behind: enjoy your time here and learn from it. Yes, I'm burned out on high school and I'm ready for a change. And, yes, I can't wait until I head off to college. But, regardless, I'm going to miss this place. So, to all those freshmen, sophomores and juniors, don't simply rush through your years waiting to move on to college. Have fun during your time here at Central. Explore what this school has to offer and what you can gain from the high school experience. If you do, four years from now you could end-up looking in mirror and seeing a new you.

High School decisions affect later life

As graduation nears, and this section of my life comes to an end, I can't help but look back on the past four years, contemplating the differences between then and now. It is shocking to realize exactly how much change can occur during what seems to be such a short amount of time. Who I was four years ago and who I am now are such different people. My guess is that most of the you, seniors especially, are probably thinking the exact same thing. So the only natural question to ask after coming to this major realization is "what caused all of this change?" The one answer that keeps resurfacing is that my choices brought the changes. Which high school to attend, which classes to take, which friends to hold onto over the years: these are just a few of the decisions that have affected my life. It's kind of scary when you think about it—the affect of a small decision of your life, and possibly even the life of those around you. Like the decision to take a certain route to school everyday. One

day you might decide to take a different path and get hit by a driver who ran a red light. That could have been someone else if you had just taken the usual route. But circumstances like that one seem to be based merely upon coincidence. The major changes come with the choices that are consciously made. An example is the choice of what to do after graduation. Does one choose to work full-time, go to college or join the army? And if the decision is to attend a college, one is forced into making a life-altering decision: which college to attend. The choices and decisions that have to be made everyday seem endless. Beyond this, the reflection on the past few years gives me a chance to realize the amount of growth that paralleled the change. Central High has seen us all grow and mature together. No matter who you are, you have shared many of the same experiences as the rest of us. It's hard to imagine ever leaving.



S(o)up of the day
Mary Lynn Super

American voters do not make a difference

America the beautiful. As a generation, we determine the direction of America. That's scary. America is letting a bunch of teens, most of who don't know their own minds, vote for president. Yet through it all, how many people out there even vote. Not many. So, why would anyone live here if you don't care where our country goes? OK, let's look at voting. If you don't vote, what grounds do you have to be upset at where our country ends up? None. Where's the down side of voting? You have to select who you think is the best man for the job. It's not like you can lose. Why wouldn't you vote? Were you going to change the world instead of vote? It was your vote or cure cancer, right? Even though I haven't even registered, I look forward to this 2000 election. It will be a great step in American history. We could finally have the first woman president. Or we could have America's first African-

American president. I know I'm voting. What I don't know is how I'm ever going to vote for senators and representatives. If you didn't know, candidates poll voters and tell them what they want to hear. How will we ever know what a candidate really stands for? We won't. But it doesn't make a difference. We elect these people, and they vote how ever they want anyway. Actually, I take that back. They vote the way the highest bidder wants them to. Am I implying that senators and representatives can be bought or swayed? Of course not. Yeah, that makes sense. So a candidate runs, then no matter what he said in his election campaign, whoever pays the most gets their vote.

Yes, don't you love democracy? No matter what, we can't get an honest, sensible person in Congress. No matter what we vote, write or say there is no effect on Congress. So what can we do? There is absolutely jack we can do. If America is the world power people say, then why doesn't my vote matter? Teachers and leaders will tell you your vote counts but it doesn't. Even if your vote does matter, who you elect does not. The congressman will vote to the highest bidder, and that's that. Which brings me to my point--voting is a catch-22. It's extremely important to vote--but then again, it doesn't matter if you do or not. I love America.



I'm better than you
Jared Hart



Register Your Opinions

"Register Your Opinions" is a sampling of school opinion. It is not meant to represent the views of the entire student body or the staff of *the Register*.

Do you think the United States should be involved in the conflict in Kosovo, despite the objections of other world powers?

-  Ben Beck, 10
Yes. The United States has an obligation to help those in need. If we don't, we risk repeating the mistakes of World War II.
-  La Donna, 9
No. The U.S. should only help a country or a people if they directly ask for it. And if they do, we should only provide nonmilitary assistance.
-  Ben Hannaford, 11
Yes. As a nation we must prevent ethnic-cleansing and events that may lead to another world war.
-  Terra Gillespie, 12
No. It's a mistake for the U.S. to intervene in Kosovo. In some situations it is necessary, but in this case it is just too dangerous.
-  Sally Hess, 11
Yes. We need to aid those countries and peoples that are less fortunate than us. It will help the world become more unified.
-  Terry Sellers, 10
No. United States' soldiers should not have to die for another country. The U.S. should stay out of the business of other countries altogether.

LETTERS TO THE EDITOR

A READER OPINION FORUM

Dear Editor,

From our early days of kindergarten, our parents and teachers have always tried to stress one simple point: "If you don't have something nice to say, don't say anything at all." So, what happened from those first innocent days to the present? Making fun of people and spitting out rude comments seems to have become the norm, especially in high school. It's hardly possible to go through the day without either witnessing, or taking part in the verbal bashing of another student. People just don't realize the huge effect that one simple comment can have on someone.

The Littleton, Colorado incident is a perfect example of rude comments that were taken to heart. These kids had no friends, and people made fun of them. I think it is very important that people think about the consequences of their actions, and understand that words always hurt. So who was the last person you made fun of?

Sincerely,
Audrey Kosmicki, junior

Dear Editor,

As the school year draws to an end, many students are faced with the reality of leaving their friends, teachers and the school they have called home for the last four years. Whether you're a senior saying goodbye to your school or an underclassmen parting with your senior friends, it's a situation no one wants to face. One thing is for sure, no one will ever forget the memories they have gained from attending Central.

It will definitely be difficult for seniors to live without all of Central's perks that everyone has grown to know and love. These perks include: state of the art air conditioning, spacious parking facilities, and being able to roam around downtown during the lunch periods.

After attending Central for four long years, seniors can leave with the comfort of knowing that they are not to be forgotten. Regardless of what sport you played, what club you belonged to, or what group of friends you hung out with. The seniors definitely formed a strong bond with the underclassmen of Central. Wherever your life may take you this next year, good luck and remember you will always have a home at Central.

Sincerely,
Lauren Pettit, senior
Molly Hoberman, junior

Family Matters



COURTESY OF GELISHA WALL, JESSICA KEELE AND MAGGIE DAY

Families come in all shapes and sizes. "I wish I had waited until I finished high school, but I love my baby anyway," senior Gelisha Wall said about eight-and-a-half-month old, Tyler Julich. (Far left) Although junior Jessica Keele said balancing a baby and school is extremely time consuming, she finds time to take a photograph with her daughter Julia. (Center) Junior Maggie Day laughs as she holds her adoptive mother, the mother she said she has loved since birth. (Far right)

Adoption process affects students

By Talya Greenspoon

Though adoption may seem like a process that isolates or singles-out kids, it can actually provide a stable environment, a Central sophomore said.

"Being adopted does not change anything. My mom is my mom, and my dad is my dad," Noah Moe said.

He said that he knows first hand about adoption and the questions that come along with it because he, like several other Central students, is adopted.

Moe said that he went through a closed adoption, unlike most of the ones today. This means there was no reference to who his birth parents were, he said.

Moe said that he has no interest in finding his birth parents and never will.

Jennifer Meyerson, Adoption Coordinator for Jewish Family Services, said that closed adoption used to be the only choice.

Meyerson said that the disadvantages of closed adoption are that the child did not know any medical or genetic information about his birth parents.

She said that for teenagers, image is already very important, and they may want to know what they will look like as they grow

older.

Meyerson said that she still deals with the results of closed adoptions today.

She said that, recently, an elderly woman asked her to help locate the boy she gave up for adoption sixty years ago; the woman wanted to meet her son before she died.

Now, participation from the birth parents in the adoption process is stressed, Meyerson said.

Today the majority of adoptions are open or semi-open, Andrea Kuhn, Director of Adoption Links Worldwide, said.

Open Adoption means that the birth parents can decide on the adoptive parents, she said.

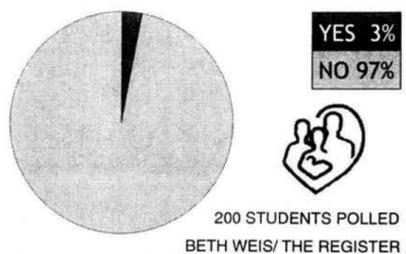
In open adoption, the birth parents can exchange pictures or letters with the child, and sometimes meet face-to-face, Kuhn said.

She said the teenage developmental period is when most experience identity problems and adopted teenagers can have questions about their birth parents.

"We encourage children to find out about their birth parents," Kuhn said.

One case of open adoption is with Junior

Were YOU adopted?



Maggie Day.

Her adoptive parents were not able to have children so they decided to adopt, Day said. They used a lawyer to find a young mother who wanted to give up her child for adoption, she said.

When she was in fifth grade, Day said she decided to meet her birth mother.

"It was awkward, but I don't regret it," she said of the meeting.

She said being adopted has changed her appreciation for life.

"It made me a better, stronger person," she said.

Divorce creates relationship problems

By Meredith Kalina

Divorce really hits home with the children in the families it affects, a Central senior said.

Tynessia Harrold said she was eleven years old when her parents got divorced, and now she said she only sees her dad when he decides to show up.

"Our lives were full of false promises from him [my dad]," Harrold said.

She said that when she was young she never saw him, but now she sees him once in a while.

"He didn't start to care about us [her family] until we were old enough to actually understand that he wasn't part of our lives," she said.

She said her parents divorced because they were not ready to be together, and because her father was verbally abusive to her mom and physically abusive to her brother.

Harrold said that although she knows that her family is probably better off without him and his past actions, she cannot help but confess that he has tainted her view of relationships.

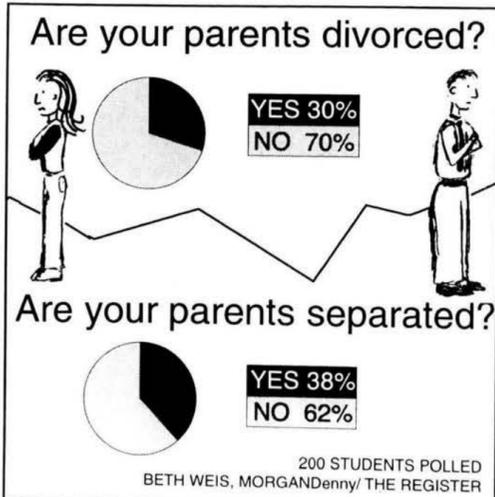
She said it affects her personal relationships with her

friends and boyfriends.

"If somebody tells me they are going to do something and they don't follow through with it, hurts a lot," she said.

She said she has a hard time trusting people because her father was untrustworthy.

"My dad was supposed to be there to teach me how to form the right kind of personal relationships, and he wasn't," Harrold said.



Pastor Peter Brewer, an ordained minister and a licensed mental health practitioner, said he agreed with the fact that a lot of relationship problems form at a young age.

"The reason people have problems in relationships is because they have experienced problems in the formative years of a person's life," Brewer said.

He said that people have a hard time making a relationship work if they are afraid of getting hurt.

"Underlying issues in a person's past cause relationships to become problematic," Brewer said.

He said that past problems the parent might be dealing with also rub off on the children, leaving them wondering if their parents love them.

This fact is also becomes important when the ques-

tion of custody comes into the picture, he said.

"They have a love for both mom and dad, and then all of a sudden must choose between the two," Brewer said.

Central sophomore Katie Pryor said her parents got divorced when she was five years old, and she lives with her mom because her parents live in different states.

She said her mom has total custody of her, and her dad visits only on vacations.

"I've gotten use to living with my mom and just visiting my dad," Pryor said.

Mike Pistillo, attorney at law, said he agreed that the custody process is definitely a major part of divorce.

"Who gains custody is always based on the best interests of the child, and the court looks at a wide array of factors before making a decision," Pistillo said.

He said the court looks at who has been the most involved with raising the child and who has played an active roll in the child's extracurricular activities. He said that they also look at the individual parents' past history before they make a decision.

"If the child is old enough, they may definitely have some say in who they want to live with," Pistillo said.

Central counselor Karen Cirulis said that whatever the situation, there is a lot of change that will take place.

"The family unit changes, and everyone in the family will experience different individual changes," Cirulis said.

Cirulis said at Central, students can come in individually to talk about what changes they might be going through, or they can learn about any community groups that may be offered at that time.

"People have come in to get counseling before they follow through with divorce, have decided to try and work things out, and sometimes walk away with a better relationship than before," Brewer said.

Families foster safe environment

By John Eubanks

One Central student said she realized the importance of giving back to the community after her parents took on the task of being foster parents.

"It always gives you a sense of prestige, knowing that you are giving back to your community," Junior Katie Spoonhour said.

Spoonhour said her parents were foster parents for about nine years. The last occasion was when she was 14 years old.

She said that one must apply in order to be a foster parent.

"When one applies, there are different subdivisions that the people must choose from," Spoonhour said.

She said that her parents, after applying, mainly kept watch over infants.

Spoonhour also said that there are certain regulations people must follow, especially with infants.

"We had to take them to appointments and meetings with social workers," Spoonhour said.

Spoonhour said that most of the babies that came to them were either addicted to drugs, mentally handicapped or had been

abused.

"It felt really good to know that these children had proper care when they were with us," Spoonhour said.

Spoonhour said that most of the babies would stay with them on an average of two weeks, with the exception of one little boy who stayed with them for three years.

"It is really hard to see these kids go after they have been with you for so long," Spoonhour said.

Spoonhour said that this has been a learning experience and she will follow in her parents footsteps and be a foster parent when she is an adult.

Boystown, is an example of another type of foster care.

Dan Pasilivac, a foster parent at Boystown, said that foster parents are just like any other parent. Pasilivac said, however, that the parents at Boystown have a house full of 20 or 30 children.

He said that the children are placed with other children of the same sex and age.

"The household is like a normal home," Pasilivac said. "We do everything like a family."

Pasilivac said that the children do chores,

like cooking dinner and cleaning.

He also said that the children work on a discipline point scale.

Pasilivac said that for every chore they are suppose to complete they earn points, and with those points come privileges.

They can also lose privileges if they do not complete their chores.

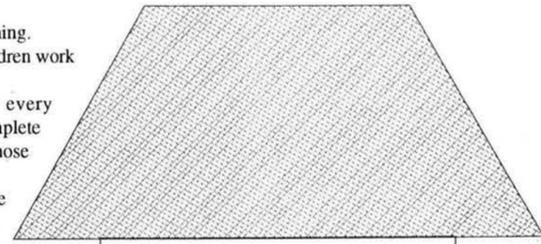
"I think it is a very clever system to work off of," Pasilivac said. "It has been working very well for quite some time now."

Pasilivac said that Boystown has a great system, but it is not for everyone. Dr. Eugene Lanspa, a family practitioner, said that he agrees.

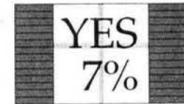
Lanspa said that kids will eventually one day overcome their faults of arguing with their parents.

"I have seen many cases of this," Lanspa said. "Parents usually get scared and take precautions, but for the most part all cases turn out for the better."

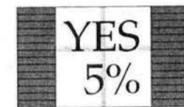
Lanspa said that kids eventually grow up and start to realize how much their life, parents and family mean.



Have you ever been in foster care?



Has your family ever provided a home for foster children?



200 STUDENTS POLLED
BETH WEIS/ THE REGISTER

Teen Parents

Students discuss difficulties of parenting

By Rebecca Rennard

Life is simple. Eat. Sleep. Breed.

But life is not so simple. "Wait," advised a classroom full of teen parents. "Life is already hard enough," they said.

Several Central students said they have experienced the difficulties of raising a child during high school and want to advise other teenagers to think about the consequences before putting themselves in the same situation.

"Don't go out and get pregnant," senior Gelisha Wall said. "You should finish school first."

Junior Jessica Keele said she agreed. She said balancing school and a baby is hard work.

"Don't even think about trying it at this age," she said. "No matter how tough you are, most kids aren't ready."

Above all, don't rely on the father, the girls added. He might make promises he can't keep.

"Even if he is a good father when the baby first comes, he might not stay so nice," Wall said. "He might not stay at all."

Teen Parenting teacher Kelli Priebe frowned as she listened to the teenagers in her class speak.

"Just because the guy wants to have sex, doesn't mean he'll be a good father," she said.

Priebe said that the teen parenting class at Central usually has a strong majority of females. This year only two of the 16 students in Teen Parenting are male.

Not all teenage fathers are unkind, Keele said.

Although she and her daughter Julia are living with Keele's mother, she said they visit Julia's father on weekends and holidays.

"He does everything for the baby," she said.

Priebe said that some teenage girls are luckier than others, having more family support from both the parents and the father.

"When the baby arrives, they discover how difficult it really is," she said. "Those without the support of their family usually try to do everything on their own and do not do as well."

Wall said her father supported her all the time, especially once he learned she was naming the baby after him. It was the support of her mother that was difficult to earn.

Keele said that in the beginning she had no family support at all, but in time that changed.

Priebe said that teenagers can also attend support classes at school like Teen Parenting. The point of this particular class is to give teenage parents a chance to share with other people who are in the same situation.

In addition, the class teaches them career components, parenting skills and money management.

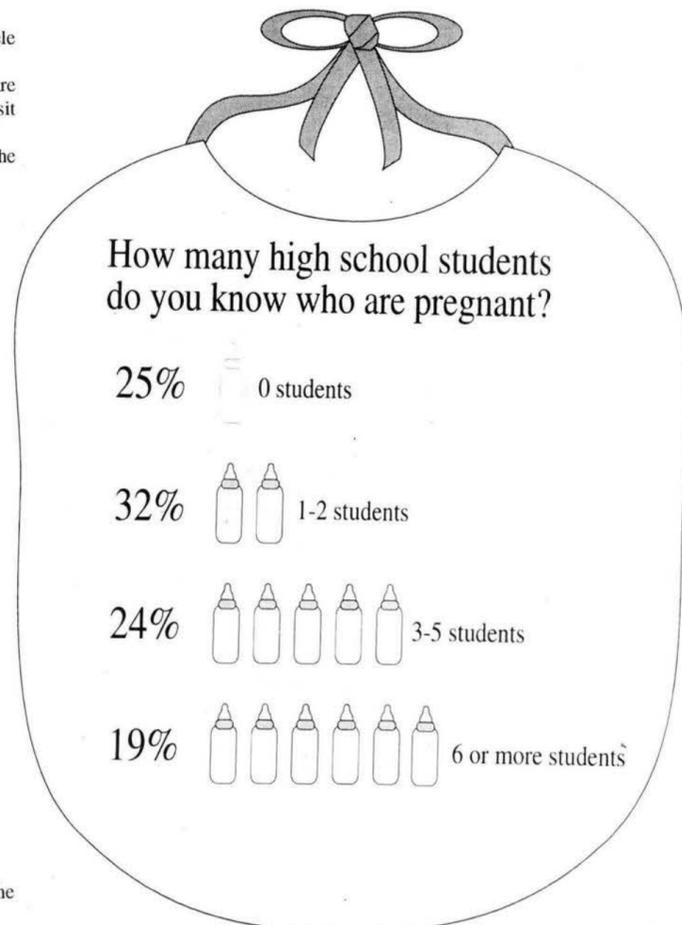
There are many challenges ahead that the class attempts to prepare them for, she said.

She said the purpose of the class is not to promote teen pregnancy but to give help to students who are or will soon be parents.

"It is important for them to know they have support," Priebe said.

Unfortunately, despite the support available, many pregnant teenagers drop out of school. Priebe said that last year 48 percent of her Teen Parenting students dropped out.

Former Central student Andrew Hickman was forced to drop out of school at the beginning of his junior year to take care of his son Wesley.



"Dropping out of school was the worst thing," he said.

He said he has, however, earned his GED (Graduation Equivalency Diploma) and will attend Metro in the fall.

Hickman said that he has been working full time since he left school. Although he has been shifting from job to job, he said he is currently working at Capital One.

"It's difficult," he said. "But once you get into the routine, it is just like school. I guess in a way it is kind of good, because once you get home you are done. There is no homework."

Nebraska Statistics:

2,447 live births for women 19 and younger

10.5 percent of all live births were to women aged 19 and younger

32.5 percent of all births to unmarried women were to teens

1 million adolescents in the United States become pregnant each year

Source: Planned Parenthood, "Teen Pregnancy"

Junior returns from Israel after three weeks

By Becky Storm
junior staffer

Recently a Central junior experienced what it was like to live abroad and learn about different cultures.

Maggie Day recently returned from a three-week adventure to Tel Aviv, Israel. Before the trip began, there was a short delay because the sponsors were concerned that it might be too dangerous to get the students back home from Israel, Day said.

She said that the media portrays Israel as being a bad place to go to, but the reality was that Israel was just as normal as the United States.

"My friends kept saying for me to be careful and not to get shot or anything, but I was not really afraid," Day said.

The trip was not all play. A lot of work went into the preparation of getting ready for the trip and the preliminary steps.

"Just to prepare for the trip I had to attend a lot of meetings, and I also had to keep up with the current events in Israel," she said.

Day said she found out about the trip through her American Government teacher David Morris.

"I thought that the trip would be a great experience for any student to go, but Maggie was just the person who they were looking for," Morris said.

While in Israel, Maggie did a lot of site seeing, touring and she attended a school there, Morris said.

Just Chillin'



CHARLIE CARLIN/THE REGISTER

KICK'N BACK. . . The old market is a popular hangout for many Central students. Frequent old market goers senior Zack Clark and former Central student Kelsey Stump spend their Friday night at The Diner, on 12th and Harney.

CHS student designs web pages

By Claire Devney
junior staffer

Through teaching computer languages, the junior has opened the door to opportunity, and started creating web pages.

Samira Nazem said she learned HTML, a computer language, to make web pages.

She has designed for clients, maintains three pages and still has three pages under construction.

Her three personal pages are all different in format and subject. She has an award winning "Titanic" page, a "Phantom of the Opera" page, and a page about her friends.

"My 'Titanic' page is the best," Nazem said. "I've won the most awards."

She has accumulated approximately 30 awards for creating the page.

The awards come from other web page owners, a few have come from Nazem said.

"Samira is very talented," Central junior Vince Weis (who also maintains a page) said.

"Her pages demonstrate organization, which is key to web pages."

Besides designing web pages, Nazem also designs custom web pages for people.

Nazem said that she designs graphics for but charges nothing on actual web page work.

Even though she spends time updating the pages, Nazem said that she enjoys a great deal.

"It's a lot of fun," she said. "I get a great feeling when you award or your counter hits."

Although she's not planning to turn her hobby into a business, Nazem said she hopes to work on her pages in her free time.

New technology allows people to spy on loved ones

By Jane Swirzinski
junior staffer

The cost of spying on your loved ones these days is a bit high, or so the employees of local electronic stores and investigation agencies say.

How much would you pay to find out degrading information about someone who you care about?

Amazingly enough, spying on

loved ones, spouses, children or baby-sitters seems to be the thing to do when suspicions arise.

These suspicions start with a small inclination that one is being lied to. Personal Investigator David Uden said.

Radio Shack Employee and Central Graduate Tom Coleman, said that a phone tap can be easily

purchased.

One of the easiest methods of finding a verbal confirmation that people are not aware of, is a phone tap, Coleman said.

A tap is an inexpensive way to play "I spy the liar" compared to the bills that personal investigation agencies charge, Coleman said.

"I believe taps break the trust in

families," Dorothy Daley, from Daley Detective Agency, said in regards to parents spying on their children.

Granted there are other options to spying. The phone-tap is one of the most cost efficient, and effective options.

Photo-surveillance is also another option, but is more expensive, Daley said. Access Photosurveillance

Employee Uden said that he avoids "this type of work", parents trying to find out about their children.

He works more in the spouse questioning area. Uden said there are a number of ways to disguise camera faces.

Electronical devices are not an unusual alternative for spying, Coleman said.

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1999-2000 Bond issue may affect next year's budget

By Ally Freeman

The passing of the bond issue will not only put air conditioning in Central, but will have a large effect on next year's budget for the Omaha Public School (OPS) District.

Dr. Dennis Pool, budget director for OPS, said that for the 1999-2000 budget, the passing of the school bond issue could have a strong influence on next year's budget.

Pool is currently working with principals and staff from each school and members of their leadership teams on the budget for next year.

Pool said that they are in the process of developing the budget and it will be completed sometime in late July, although the state does not require it to be filed until Sept. 20.

They are also waiting for the result of the election to decide many proposals for the budget.

If the bond issue is passed, Pool said that it would affect the budget because it will cost more to reduce the pupil to teacher ratio and open three more magnet schools.

However, expenditures will be reduced for transportation costs, which will allow extra money within the budget, Pool said.

Jay Rhoads, Central junior, said that his highest priority for OPS is to deal with the schools that need to be renovated.

"This is important because school facilities must be kept fur-

"It is difficult to maintain programs of high quality, without spending more."

Dr. Dennis Pool, budget director for the Omaha Public Schools

nished and clean before actual learning can be taught," Rhoads said.

Rhoads said that OPS should also focus on the student assignment plan for the upcoming year's budget.

"The districts need to keep all of its schools in order, and that comes first," Rhoads said.

Dr. Gary Thompson, principal of Central High School, said that while he is not involved in the planning process of the district budget, each principal submits an individual school budget.

Thompson said he submitted Central's budget in February and should hear whether the district has approved Central's budget in May.

Last year, Thompson said, the district cut \$100,000 from Central's proposed budget. No programs will be added or cut from Central's budget this year, Thompson said. However, if the population of the school increases, Central will need a larger staff.

Right now, Pool said, he does not know if any programs will be cut from next year's district budget.

"If the situation arises, the board priorities for the district are against the goals of the district," Pool said.

Instead of cutting a program, the district would also look at gaining efficiencies in some areas. Pool said, Thompson said that students will see no changes from next year's budget.

"There is not going to be a lot of dollars per student spent, but it will require more staff to deal with the number of students growing in the programs we currently have," Thompson said.

Pool said that it also requires staff ongoing programs to deal with the population of each school.

"It is difficult to maintain programs of high quality, without spending more," Pool said.

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Cellular Telephones

Trend allows teens to feel older, teacher says

By Courtney O'Malley

Cellular phones are the dilemma of today's society, Central Sociology teacher Tim Shipman said. Shipman said that in today's society the young want to act older, but adults try to feel younger. Thus, he said that cell phones give everybody a sense of independence and freedom.

"Cell phones and the independence they provide act as a gateway to adulthood," Shipman said. Cellular phones, may be considered the trend of the 1990's. Most students have them, and there is no exception, Central Sociology teacher Matt Darling said.

Between 1982 and 1994 the sales of cell phones has more than doubled. Airtouch Cellular Branch Business Manager Scott Hoey said the sales have grown rapidly because of popularity and competition. The want of phones and the use of phones, by many including students has made people more aware of the phones and want them more, Hoey said. Popular features, such as caller ID, first incoming minutes free, text message, voice mail and numerical and alphabetical attract many customers. Other popular features are the prepay programs. One can prepay for the minutes, and have to pay no more, rather than pay monthly, Hoey said. "The number one reason people

"Cell phones and the independence they provide act as a tapestry to adulthood."
Tim Shipman,
Central Sociology Teacher

have cell phones is a matter of safety. Cell phones provide security and safety when there's road conditions, bad weather, in high school and in college, so one doesn't have to acquire landing services," Hoey said. There are also many other benefits of cell phones, junior Katie

Spoonhour said. "My cell phone is an advantage to me. I use it to inform my mom where I am because of hectic schedules. I use it also to get in contact with friends and family. It also saves me \$.35 a call," Spoonhour said.

Other Central students said they also feel that cell phones are very beneficial.

"I feel that my cell phone helps me keep in touch and also gives me a sense of freedom," Senior Andrew Thompson said.

While many teens feel that cell phones are very beneficial, they can also have disadvantages, too, if not used correctly, Director of National Traffic Board Renard Hauber said.

"One fatality occurred a couple years ago, due to a cellular phone. No others have been documented, yet that doesn't mean they haven't occurred. Many others have occurred, yet no others have been honestly reported," Hauber said.

If not used properly while on the road, cell phones can lead to serious accidents.

Anything that distracts people's attention while on the road is considered to be health hazards Hauber said.

"Talking on the phone while driving hinders driving abilities somewhat because I have to reach for my purse, find it and find the answer key, all while paying attention to the road," Spoonhour said.

One time, there were speculations and rumors going around about cellular phones causing some forms of cancer. Mary, who due to the circumstances of her job cannot reveal her last name said.

1997 Central Graduate visits China as missionary

Alumnus Erin Beal joined a 10-person group to East Asia last summer

By Audry Prosterman
junior staffer

A Central high graduate recently returned from her mission to teach her Christian faith in secret in a land where religion is opposed.

Erin Beal, a 1997 Central graduate, went to East Asia last summer as a part of a ten-member team that was organized through a group called Friends of College and University Students (FOCUS International).

FOCUS, a non-profit organization that promotes friendship between students in countries usually sends around 150 college students to other countries each year.

Beal, who wanted to go to share her beliefs, was a bit apprehensive to go because missionary work is not allowed in Asia because government officials see it as a threat to their power.

In order to eliminate this threat, they even bugged the phones and censored the letters and e-mails, she said.

Beal was admitted into the country as an English-speaking partner for university students with English majors.

She lived on the university's campus and was assigned to a student with whom to talk.

That student would take her to visit different places in the city.

She would then share Christ with the people she would form relationships with.

"It is no different there how you share God with your friends here[in the United States]," she said.

"You share what is most important to you and God is one of them."

Beal said that the university officials overlooked that they were Christian's because they were so thankful to have them there.

If the government found out that she was there to evangelize, she could have arrested.

"You share what is most important to you and God is one of them."
Erin Beal, Central Graduate

Practice makes perfect



CLAIRE DEVNEY/THE REGISTER

"RUSSIAN" REVOLUTION... Eighth graders Natalie Andreasen (front ground) and Lynne Clare practice for cheerleading tryouts on April 21. Cheerleading tryout were held on April 24 at Central. Andreasen tried out for the Varsity Spirit Squad while Clare tried out for the freshman squad.

Freshman rivals Van Damme

Kyle Clark is currently ranked first among minor martial artists in Nebraska

By Michael Gerhardt
junior staffer

It is not everyday you meet someone with the same kickboxing abilities as Jean Claude Van Damme.

Freshman Kyle Clark has the same belt as the "Muscles from Brussels," as well as seventh degree black belts in Aikido and Ninjutsu. To top that off, he is the top ranking minor martial artist in the state and has a 61-1 boxing record.

"That one loss was only by points. I beat him in the first round of the rematch with a knockout," Clark said.

It has taken Clark ten years, 107 different broken bones, 400 stitches and seven hours a day of training to make him the martial artist he is today, but the effects they have had on his life have been worth it.

"I'm a lot more in tune with myself. They help me achieve a better inner peace," Clark said.

Clark said that besides the broken bones, stitches and hard work, he's on call to instruct at his dojo in Council Bluffs whenever they need someone. He said that the martial arts also give him a uniqueness that only a few people in Nebraska have.

"There are not too many Irish martial artists. I'm glad I'm a little bit different than everyone else," he said.

Competition has also helped Clark put him where he is today. He has never lost a tournament, no small feat when competing at the National Young Masters Tournament for three years in a row. In the 1998 Tournament, Clark faced 46 people from all over the country and won.

"Through the course of the tournament, I broken two ribs, my wrist, had a concussion and during the final competition, I broke my ankle. But, I still came out on top," Clark said.

Hard work has its benefits, though. Clark said he earns a lot of respect, although sometimes it takes some persuasion. Clark said that the adults he teaches do not really want to be taught by a "kid." But, once they spar with him, they learn to respect him quickly.

At age 18, Clark will have his eighth degree black belt in Aikido, giving him the same belt as action star Steven Segal. At 28, he'll have his eighth degree black belt in kickboxing, giving him the same belt as Ultimate Fighting Champion Ken Shamrock.

The spiritual aspect of martial arts has had one of the strongest effects on his life.

His sensei encourages him to practice Tai Chi, which focuses the mind and energy, and also brings one closer to his spirit.

Drug study helps teens to quit smoking

By Cary Luken

"Smoking is the stupidest thing somebody can ever do and the hardest thing somebody will ever have to quit," a Central junior said.

The anonymous junior said he has been smoking for four years and has tried to quit numerous times before.

The junior said he has used the nicotine patch and giving up smoking cold turkey, but neither method lasted long enough to break

the addiction. A recent study found that Zyban was more effective than the nicotine patch in helping adults quit smoking.

Zyban, which has not yet been approved for teens, is being studied by Dr. Gary Elsasser, associate professor of pharmacy practice at Creighton, to find its effectiveness on teen smokers trying to quit.

Dr. Elsasser said that Zyban does not make people break their addiction of nicotine by slowly decreasing the amount of nicotine in the body like the patch or gum.

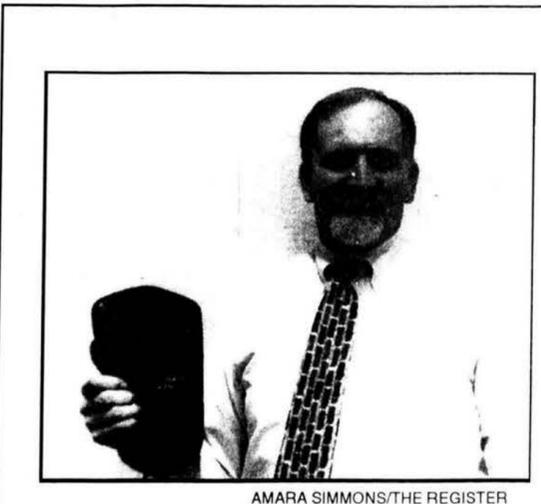
Zyban decreases the urge to smoke by changing some chemicals, called dopamine and norepinephrine, which are found in the brain.

Dr. Elsasser needs 40 teens to study the effectiveness of Zyban.

Dr. Elsasser said 20 of the participants will be given a placebo and the other 20 will be given Zyban.

Dr. Elsasser also that the teens must want to quit smoking and attend 11 clinic visits.

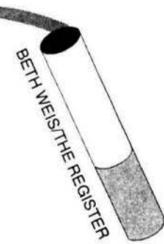
Dr. Elsasser said that before he could start his study he must get first approval from the Federal Food and Drug Administration and a Creighton University review panel.

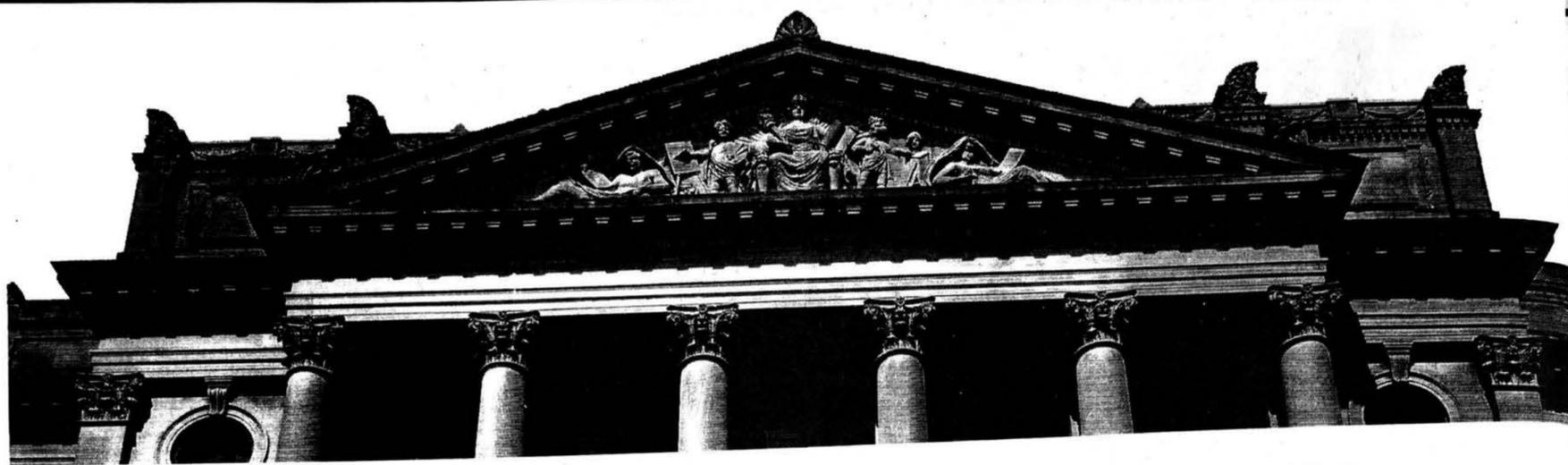


AMARA SIMMONS/THE REGISTER

And the winner is...

HARRY GAYLOR! The Central business teacher and DECA sponsor was awarded a honorary lifetime membership State DECA. Gaylor said that the award is a reflection of Central's quality business department, not necessarily himself. "I was older by a few days and months than my two colleagues and a few inches taller," he said. "[But], it's always nice to be nominated and selected by people in your field."





Strange but TRUE

By Rebecca Rennard

With hidden tunnels, a lost elementary school and disappearing statues, Central High School might be mistaken for a good mystery.

Ever wonder what might be hidden in Central's history; what is beneath the building, in a series of dark, mysterious tunnels?

The answer is not much.

Louis Sanders, Custodial Engineer for Central, said the tunnels are mostly used as air ducts and pipe chases.

While the air chambers are large, empty rooms with gothic-like structural design, Sanders said the pipe chases are what most people would consider tunnels. Running on three sides of the building, the chases are almost completely filled with pipes.

"You can still get through," he said, "but you are not going to be able to walk standing upright."

Sanders said the tunnels used to extend much farther, but have been closed off.

"The school used to have its own boilers that were kept far away from the building," he said. "The tunnels used to connect the pipes to those boilers."

He said there are rumors that the tunnels extended even farther than the

boilers.

"I never believed it, but when I started working here, people told me the tunnels went far into downtown," Sanders said laughing.

Putting aside all currently closed tunnels, Sanders said the underground passages have approximately five entrances. Most of these are kept locked at all times, he said.

"It can be dangerous," Sanders said. "We don't want anyone to get hurt."

Besides the tunnels, Central itself had some rather unusual features as well.

"The hallway was lined with various classical busts," English Department Chair Dan Daly said.

"There was a Winged Victory statue and a replica of the liberty bell."

He said that when he began working at Central in 1962 (then called Omaha High School), the statues were always in need of repair.

"They were made of a substance which was heavier, but much the same as paper-machae," Daly said.

Latin Teacher Rita Ryan said she was told of the giant Winged Victory statue.

"One day, when everyone entered the school, the statue fell into a pile of dust," she said. "It just disintegrated."

Daly said that while the statues are now

During the course of its 150-year history, Central High School has had many unusual features

gone, the remnants of the shelf where the busts used to rest, can still be seen by the East entrance.

The statues are not the only disappearing trick performed at Central. Central Grade School used to reside across the street from the high school.

Daly said that because the elementary school had no cafeteria, the students came to Central High School for lunch. During fourth hour, they could be seen around the building, proud to be in high school, if only for lunch.

When the students came for lunch, the girls and boys might have been asked to take separate staircases.

Daly said that the girls were only allowed to use the stairs on the left, while the boys could only use those on the right.

Daly said the reason for the segregated stairs was that the bathrooms were located on the landings.

"The girls' bathrooms had doors, but the boys' did not. The reason for this was so that they might be able to catch smokers," he said. "Regardless, they needed the privacy of separate staircases."

Take a step back into Central High School's History

1850 Central opens as Omaha's first all grade graduate public school.

1860 The Nebraska Legislature debates the old capitol building at 21st and Capitol Ave. The condition: it must be used as a high school.

1870 Central's tower is wired to give Omaha its first demonstration of electric light.

1880

1890 **CONSTRUCTION ZONE**

1897 Due to overcrowding and lack of ventilation, the school board approved the construction of a new school building.

1900 1900-1912 The new building is constructed one side at a time.

1910 1911 President William Taft climbed Central's 150 ft. tower to get a better view of the city.

1915 1915 Central's track team captured the state title, earning nearly three times the score of any other school.

1920 1923 Central's own radio station KOCH ("Known Omaha Central High") was first broadcast. Reception came in from New York to California.

1930 1930 A gym and auditorium wing were added. Before this time, basketball games were played in the fourth floor cafeteria and musicals were performed in the auditorium that is now the vocal music room and the ESL room.

1940 1945 Roller Skating Club is popular.

1950

1960 1969 Military Ball candidates show the popular fashion styles at the time.

1970 1977 Students gather for the groundbreaking of the new gym on the north and east side of the school.

1980 1981-1982 The building goes under a complete renovation, including the placement of a translucent dome over the courtyard.

BETH WEIS/THE REGISTER
PHOTOS COURTESY OF THE WESTERN HERITAGE MUSEUM, THE O-BOOK, AND HISTORY OF THE UNITED STATES (DIBAC)

CAN YOU NAME A FEW OF CHS' WORLD FAMOUS GRADUATES?



Gale Sayers '61: inductee to the National Football Hall of Fame, chosen as the "Greatest Running Back in the first 50 Years of Professional Football" in a sportswriter' poll.

Henry Fonda '23: Academy

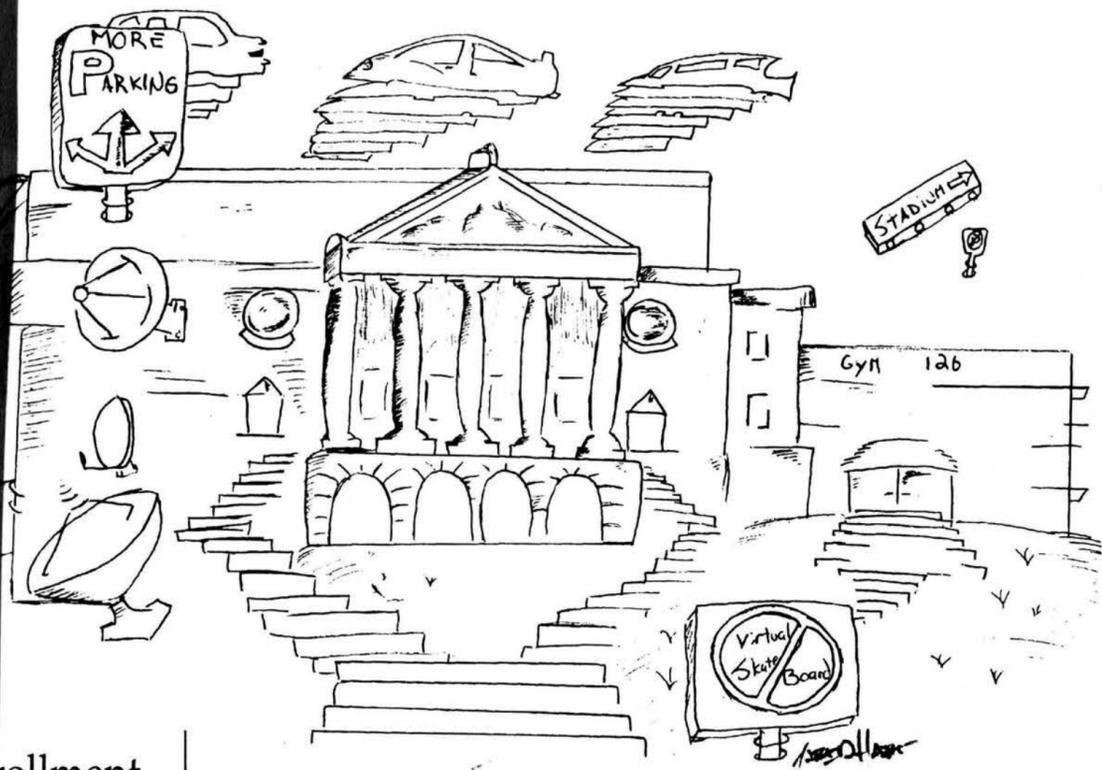
Award Winning actor.

Lawrence Klein '38: Nobel Prize winner.

Sam Johnson '81: Co-creator of the MTV cartoon series "Beavis and Butthead."



PHOTOS COURTESY OF THE CHICAGO BEARS, MTV



What will Central's future hold

With the next millennium just around the corner, what new issues and programs will become a part of CHS?

Renovation Plan will add gym, parking

By Andrew Danford
junior staffer

A media and library wing, fourth floor science classrooms, a gym capable of hosting home games, a larger-cafeteria, air conditioning and more parking are all part of a recent renovation plan for Central High.

Central High School Restoration Committee Co-Chairperson David Jacobson said that the plan was drawn up during the summer of 1998 for the committee by the Dana Larson and Roubal (DLR) architectural group.

According to the plan, the new media center and library wing would be located on the 20th Street side of Central. Above the new addition, a plaza would be built. The estimate cost of the new addition is \$2.9 million.

Central Librarian Kristel Mayberry said that the new library would greatly benefit Central students. She said that she often is forced to turn students away from the library because it is filled to capacity.

"Students have the most to gain [from the renovation]," Mayberry said. "That's what it's all about."

Than plan also calls for the change of the fourth floor kitchen and cafeteria space into science classrooms. The estimate cost of this change is near \$2.5 million.

Science Department Chair Jean Whitten said that the science department too would benefit from the added space. She said that every science classroom is in use every hour of every day.

"It [the renovation] would just be incredibly wonderful," Whitten said.

Also, the plan allows for the building of a new physical education and athletic facility. This facility would be built across Davenport Street from Central where the senior parking lot is currently located. The gym would be able to host home basketball games and seat up to 2,500 people. A walkway above Davenport Street would connect the facility to the rest of Central. The estimate cost of the new athletic facility is \$8.75 million.

A new cafeteria would be located where the gyms are currently located. The new cafeteria area would measure 20,800 square feet. The estimate cost of the new cafeteria is \$4.2 million.

Central Principal Dr. Gary Thompson said that the new cafeteria space is greatly needed. He said that the current cafeterias are too crowded and out-of-date for Central's needs.

"We probably have the worst cafeteria in the city in terms of a high school," Dr. Thompson said.

In addition to the other construction, the plan calls for the addition of air condition, electrical and plumbing upgrades, and the improvement of the heating system at Central. The estimate cost of these changes is \$6.5 million.

Besides the changes stated by the DLR plan, the committee also hopes to add more parking to Central.

Jacobson said that the committee is exploring the option of building a multi-level parking garage on top of the existing teachers' parking lot at 22nd and Davenport.

Central Sophomore Clint Lloyd

said that he believes the changes to Central are necessary.

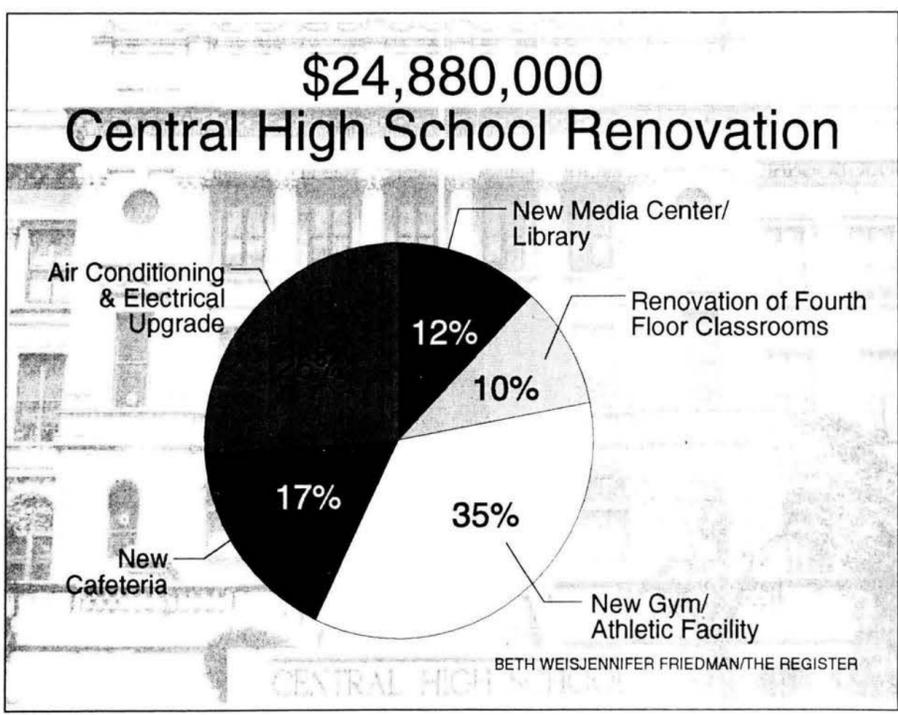
"It makes it really hard to focus on your school work when you are sweating all over your papers," he said.

Lloyd also said that it is unfair to Central students to have facilities that are not comparable to those found at other schools.

He said that the physical work on the project will begin as soon as ample

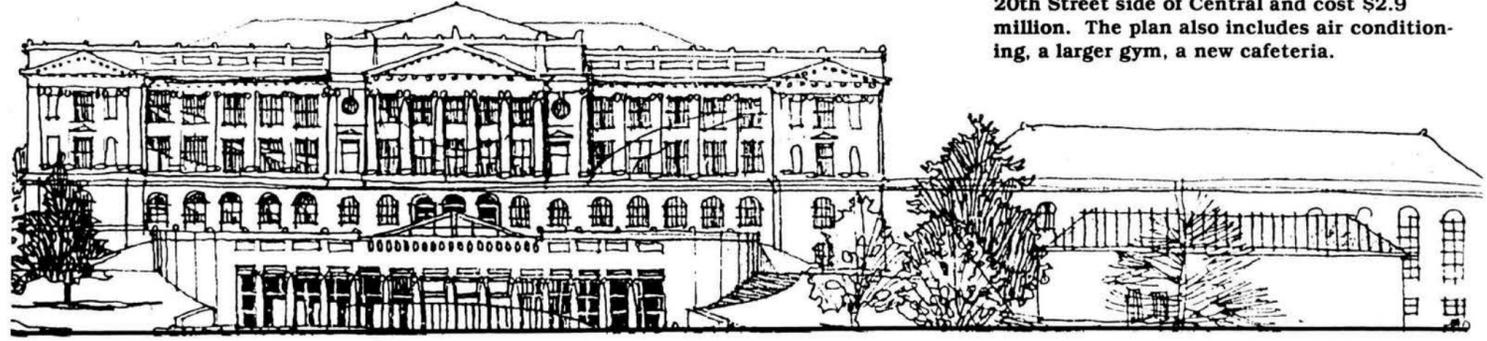
funds are raised. On the other hand, Dr. Thompson said that he is unsure when work will begin.

"We don't know where this will go," Dr. Thompson said. "It's still a concept."



SOURCE FOR PIE GRAPH AND PLANS:
Central High School Restoration Committee

BUILDING FOR THE FUTURE . . . The Central High School Restoration Committee hopes to add a new media and library wing to CHS. The new wing would be located on the 20th Street side of Central and cost \$2.9 million. The plan also includes air conditioning, a larger gym, a new cafeteria.



Restoration committee to raise money for Central's renovation

By Andrew Danford
junior staffer

As part of the planned renovation project at Central, the Central High School Restoration Committee has been working to raise funds since the fall of 1997, the committee co-chairperson said.

David Jacobson said that the committee has been working with both the school board and private donors to raise money for the project.

Jacobson said that the bond issue would provide Central with \$15 million. This money would allow Central to add a new cafeteria, air

conditioning and plumbing and electrical upgrades. The remainder of the funds for the renovation project would have to come from private donations, he said.

"We have been working with the school board since day one to set up public funds for Central," Jacobson said.

He said that he was very pleased that the school board passed the bond issue.

He said that now the committee's sole purpose is to see that the voters pass the bond issue.

Committee Co-Chairperson

Susie Buffett said that she had sought funds from private donors before the school board passed the bond issue.

However, Buffett said that she has now focused her efforts on gaining local support for the bond issue.

"Right now, we are hoping that the bond issue passes because it benefits all of the schools," Buffett said.

Jacobson said that he has worked to gain the support of local organizations, such as the Omaha Chamber of Commerce, for the bond issue.

Also, he said that members of the group have made television appearances in order to gain local support of the bond issue.

Buffett said that it was important that the bond issue passes in order to draw private donations.

She said that donors would feel more comfortable giving knowing that public funds are also being used in the effort.

Central Principal Dr. Gary Thompson said that occasionally people call Central to donate money.

However, Dr. Thompson said that because of the size of this project,

that the private donations must be large sums of money.

He said that after the major fundraising is over that others will be able to contribute to the project.

Jacobson said that the Central High Restoration Committee was formed during the fall of 1997 in order to keep Central competitive with other Omaha Public high schools.

"Central has always been one of the top academic high schools in OPS," Jacobson said.

"The group is committed to make Central the best high school [in OPS] for the next 50 years."

Let's talk about sex

Sexual activity common among teens, survey says

By Andrew Danford
junior staffer

According to the 1997 Youth Risk Behavior Survey conducted by the Centers for Disease Control and Prevention (CDC), 48 percent of high school age adolescents in America have had sexual intercourse at least once.

However, University of Nebraska-Lincoln (UNL) Professor Dr. Ian Newman said that Nebraska has a relatively high abstinence rate compared to the national average and the averages in other states.

He said that in the 1997 Youth Risk

Behavior Survey of Nebraska teens, 45 percent of those surveyed had sexual intercourse at least once.

Central sophomore Chad Gould said that he is not surprised by the results of the CDC's surveys.

"I am really not surprised because I know a lot of people who are having sex and don't care about using condoms or contracting STD's [Sexually Transmitted Diseases]," Gould said. "It's just about them doing what they want to do."

Central junior Chloe Karpf also said that she was not surprised by the

recent statistics.

"Kids are just wild," she said. "They just do whatever they want."

Linda Kollar, a nurse practitioner for the past 16 years at the Cincinnati Children's Hospital, said that the fact that so many teens are sexually active creates major problems.

She said that sexually transmitted diseases are at a higher rate in adolescents compared to other age groups. She said that teens, especially women, are not physically ready for sexual intercourse. This makes teens more susceptible to infection.

Also, Kollar said that teens often do not use methods of birth control, such as condoms, because they are afraid that their parents will find out that they are having sex. This makes teens vulnerable to having unplanned pregnancies and the complications that arise because of them.

"Kids are afraid to talk with their parents," she said.

In addition to the physical risks, Kollar also said that sex often leads to broken hearts. Teens are often shocked when their partner leaves them, she said.

Felicia Webster, a counselor at the Boys and Girls Club of Omaha, said that she is not surprised by the results of the CDC's survey.

The portrayal of sex in the media, movies, magazines, and billboard makes sex look appealing, Webster said.

Central freshman Ed Yin said that he thinks that the prominence of sex in society today adds to the problem.

"I am not surprised at all [by the survey statistics]," Yin said. "I mean you see sex on TV and its everywhere."

However, when adults tell teens to abstain from sex, society sends teens a mixed message, she said.

Webster said that education about the risks and dangers involved in becoming sexually active is important.

"Once you know something, it's easier to make a positive, conscious decision about it," Webster said.

Kollar also said that she believes that sex education in school is important. This education should include the development of decision making and communication skills, she said.

Webster said that it is important that teens and adults are honest with each other. She said that too often adults turn a blind-eye to the problem.

Kollar said that she too believes that the development of honesty and trust between adolescents and adults is important.

"As a health care provider, part of the biggest thing that I have to do is to build the trust of those who I deal with," Kollar said. "I think that the most important thing is to be real."

Dr. Newman said that recent trends in teen sexual activity have seen a slight decline in the number of teens who are sexually active.

According to the 1995 Youth Risk Behavior Survey, 53 percent of teens in America had never had sexual intercourse. This is 5 percent higher than the 1997 survey.

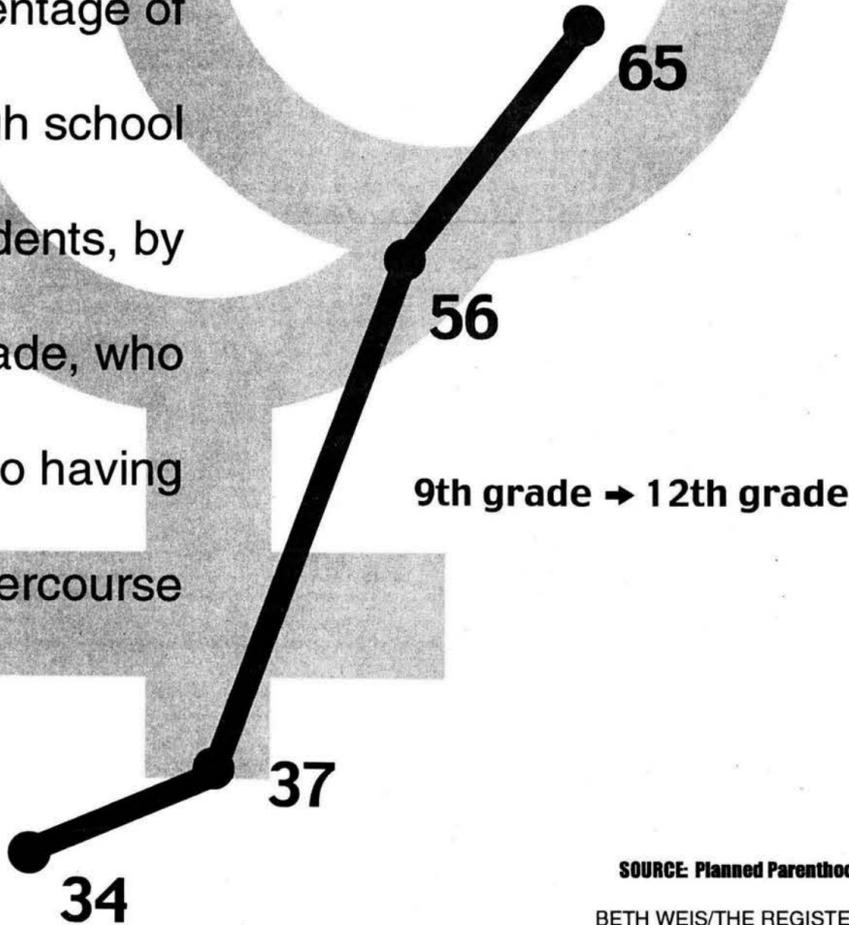
Dr. Newman said that in the 1995 Youth Risk Behavior Survey of teen in Nebraska, 47 percent of those surveyed had ever had sexual intercourse. This is 2 percent higher than the 1997 survey.

However, Dr. Newman said that recent trends have not been moving in a favorable direction.

"Generally, trends that we have seen have been going the wrong direction," Dr. Newman said.

Who's having Sex?

Percentage of high school students, by grade, who admit to having intercourse



SOURCE: Planned Parenthood

BETH WEIS/THE REGISTER

Sexually Transmitted Diseases

Prevention starts with education, doctor says

By Michael Gerhardt
junior staffer

More treatments for gonorrhea, chlamydia and herpes, the sexually transmitted diseases that affect teens, are available today, but teens are still reluctant to seek treatment, a doctor from the Applewood clinic said.

Dr. Jannsen Williams said that all three of these diseases can be treated or cured. Chlamydia, Dr. Williams said, can be cured with either Zithromax or Doxycycline, two prescription drugs, in just a few doses. Dr. Williams said gonorrhea can be cured with a single shot of the prescription drug Rocephin, and herpes can be treated with the prescribed drugs Ovirex or Acyclovir.

Gonorrhea, known more commonly as "the clap," is a contagious disease that infects the genital area and causes a pus-like substance to ooze from the urinal

tracts and later leads to infertility, Kelli Priebe, Human Growth and Development teacher at CHS said.

Additionally, Priebe said chlamydia is the most common cause of Pelvic Inflammatory Disease, which results in infertility and higher risk of tubule birth in females. Men are the primary carriers of chlamydia, which causes painful urination, discharge and infertility.

Herpes, Priebe said, is a viral infection in which sores filled with clear liquid appear around the genitals.

Once contracted, herpes lies dormant until a reappearance triggered by such factors as fever, pregnancy, sunlight or menstruation.

Herpes can be given to children during birth.

Dr. Williams said that teenagers are more upset with their partners when they

find out they have chlamydia, while they are more upset with themselves when they find out they have herpes.

Priebe said teens are more frustrated with themselves when they find out they have herpes because they know it is an incurable disease, while more frustrated with their partners with chlamydia because so few teens know about it.

"There's a stigma about herpes, no one knows about chlamydia," Jennifer Conahan, CHS nurse said.

Dr. Williams also said that there is still some denial that occurs in teenagers, although they eventually accept their disease.

Mr. Priebe said people blame it on things such as bladder problems or other things.

"They always say 'I've only had one partner. We always use protection.

Except twice," Conahan said.

Treatments and tests are getting simpler, Dr. Williams said. Researchers are very close to inventing a simple urine test for STDs, instead of the uncomfortable culture test that is used now. He also said effectiveness of the treatments is going up, while treatment price is going down.

Cook and Dr. Williams both said the best way to avoid STDs is good prevention.

Abstinence, they said, is the most effective way to avoid STDs, but condoms should always be used.

Dr. Williams said having just four sexual partners can lead to HIV or other diseases.

"Condoms are only a dollar a piece, aren't too much trouble and are a lot cheaper than the treatments," Dr. Williams said.

BIRTH CONTROL

These are some of the birth control options available

(Information from Planned Parenthood)

Abstinence: not having intercourse. Pregnancy cannot happen if sperm is not released into the vagina. It is 100 percent effective. Advantages: it has no hormonal or medical effects. Disadvantages: women and men end their abstinence without being prepared to protect themselves against pregnancy.

The Pill: a woman takes a series of pills of hormones that regulate her monthly cycle. Most kinds of birth control pills prevent a woman's ovaries from releasing the eggs. Advantages: it changes the lining of her uterus (the opening to her uterus). It is 95 percent effective. Disadvantages: monthly package of pills can cost between \$15 and \$25. Advantages: very effective, women do not have to think about it while having sex. Disadvantages: a woman who smokes more than 15 cigarettes a day cannot use it.

Male Condom: a sheath of thin rubber or animal tissue that is worn on the penis during intercourse. It collects semen before it enters the vagina and keeps sperm from entering the vagina. It is 86 to 89 percent effective and the cost ranges from \$0.50 to \$1.00. Advantages: it has virtually no side effects and protects from STDs. Disadvantages: if a condom is used improperly, it can break.

Female Condom: a loose-fitting sheath that fits inside a woman's vagina and works like a male condom. It is 86 to 95 percent effective and costs around \$2.50. Advantages: it has no side effects and protects from STDs. Disadvantages: like the male condom, it can break if used improperly.



Diaphragm and Cervical Cap: a rubber barrier in a woman's vagina, used with contraceptive cream or jelly. The diaphragm or cervical cap covers the entrance to the uterus and the cream or jelly stops the man's sperm from moving. It is 82 percent effective and costs between \$13 and \$25. Advantages: once used it is easy to use. Disadvantages: women prone to frequent bladder infections should avoid frequent use.

Norplant: a set of six capsules placed under the skin of a woman's arm. A hormone is released slowly into the woman's bloodstream to keep her ovaries from releasing eggs. This form of birth control is 99.95 percent effective. Advantages: they are effective, continuous, long-lasting (up to five years). Disadvantages: they have many side effects, including changes in appetite, acne, or nervousness and are costly (between \$500 and \$750 for five years).

Intrauterine Device (IUD): a small device made of plastic that contains copper or a hormone inserted into a woman's uterus and can be left in place for ten years. The IUD prevents the fertilization of an egg, and changes the lining of a woman's uterus. Its effectiveness rate is 99.7 percent and the cost ranges from \$200 to \$450. Advantages: very effective, not hormonal, reversible and, although the up-front cost is high, the cost over the ten years it can be used is less compared with similar products. Disadvantages: although most women have few side effects, some can experience cramping and infection.

Spermicide: foams, creams, jellies, and suppositories that are inserted deep into the vagina before intercourse. The chemicals in them contain immobilize sperm. Spermicide is 74 percent effective and cost between \$4 and \$10. Advantages: they are available at drugstores and are easy to use. Disadvantages: if used improperly they may not form a good barrier and can cause irritation.

Emergency Contraception: a sequence of two separate doses of certain oral contraceptive pills started within 72 hours of unprotected intercourse and taken 12 hours apart. It reduces the risk of pregnancy by 75 percent. For example, eight out of 100 women will become pregnant after unprotected intercourse once during the second or third week of their cycles, but only two out of 100 will become pregnant after taking emergency contraception pills.

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Crossphade
Family

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10 Things I hate
about



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'The
Out of
Towners'

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'Cruel Intentions'

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Beebe



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'The Astronaut's
Wife'



COURTESY OF COPPERTOP MEDIA



CHARLIE CARLIN/THE REGISTER

ABOVE, Rob Somers shakes hands with fans of his Boulder, Colo. band, the Samples, who played at the Ranch Bowl on April 22. **Top**, the Samples: left to right, Rob Somers (guitar), Andy Sheldon (bass, vocals), Sean Kelly (guitar, vocals), Sam Young (drums) and Alex Matson (keyboards)

would
you
like
to
try
a
Sample

Colorado band deserves recognition

By Kara Lund

Change is good.

The mellow sound of the Samples was a fantastic change from the usually rowdy atmosphere of the Ranch Bowl.

Being able to enjoy a concert without having to worry about being kicked in the head made it a remarkable show.

The April 22 concert was definitely the most relaxed concert I have been to. The concert was quite different without the crowd surfers and moshers. I was able to really focus my attention on the musicians.

The unique blend of jazzy, folk music provided by the Samples made the concert very relaxed. The rock and pop melodies are mixed with elements of ska that has a very refreshing and sophisticated sound.

The Boulder, Colo. band consists of very talented musicians proven by their perfected musical sound. The polished harmonies sound great together. Vocalist and song writer, Sean Kelly's lyrics are emotionally charged with detail and imagery, that makes the show a unique and unrepeatable performance.

One of the best parts of the concert was the special band-audience relationship that

was formed at the beginning of the concert. Alex Matson, Samples keyboard player, took some time out to film the crowd prior to the concert. This video was shown during the concert on a screen behind the band.

Also, while the Samples were on stage cameras were set up to record the audience swaying and enjoying themselves. This crowd involvement gave the show a sense of enthusiastic unity.

Besides the local video, the band also played other videos to go along with their songs, including an outer space clip. I really enjoyed being able to hear their music while

watching videos that related to their music. There was not a minute of boredom during the concert.

The Samples' most recent CD, produced in 1998, is titled "Here and Somewhere Else." The biggest hit of this album is "We all move on" and sounded awesome live.

Because the Samples are such talented musicians, they have nation-wide fans. Samples have been together for over a decade and created almost ten CDs.

The quality of the concert only further proved that the band deserves all of the recognition it receives, maybe even more.

Millard

Theater offers entertainment on cue

By Caroline Walburn

Imagine Aretha Franklin, Elvis Presley and Otis Redding all performing in the same theater on the same night...

Well, not exactly.

It's all part of the play "Legends in Music," which is showing at On Cue Entertainment, a new theater company located in the old Millard 4 movie theaters, owner Steve McCollister said.

While currently only one of the theaters has been renovated for plays, plans are on the way for the renovation of the other three, he said.

"We're just getting our feet on

the ground, but there seems to be a lot of interest," McCollister said.

The idea is to eventually have four plays showing simultaneously. People will be able to walk in and choose from a variety of different shows.

"One theater may have a children's play, and a comedy club and karaoke club are possibilities for the other two," McCollister said.

The idea for the complex originated when McCollister and a few of his friends saw a show called "Beehive" in the basement of a bar.

They loved the Motown/rock-and-roll type of show, but

they didn't enjoy the environment.

"The show was wonderful, but the smoke-filled and crowded room wasn't," McCollister said.

However, based on the show they saw, they decided that opening a theater complex with the same type of show but more pleasant environment would be fun to do.

Things started coming together in mid December after the Millard 4 complex was leased, McCollister said.

After they had a building to work out of they began hiring actors and actresses.

"We have a cast of 12 people, along with five people that work

lights and sound," McCollister said.

As more of the theaters open, the cast will grow, he said.

Tickets for the shows range from \$20 to \$25, and the theater is open at night from Thursday to Sunday.

Central drama student Quinn Corbin said she thinks the idea for On Cue is great.

"It will give people more options than just going to or renting a movie," she said.

"I've heard about theaters like this in Chicago and New York, so it's nice to know that Omaha is keeping up with the times."

K-ROCK returns

By Kara Lund

Live, loud and 24 hours a day, the former radio station K-Rock is back but only via the Internet.

Donn Seidholz, general manager of Triathlon Broadcasting Omaha radio stations, said K-Rock's music on the web is supplied by the Triathlon Lincoln rock station, the Blaze (KIBZ 106.3 FM).

"I think that the Blaze is popular in Lincoln and would do good in Omaha," Seidholz said.

Seidholz said that he plans to play local music and air weekly programs on the website.

"We are just trying this new game of broadcasting Internet-based radio station so it is so early to see how well it will do," Markel said.

Entertainer of the month: Crossphade Family



MEREDITH ZENDEJAS/THE REGISTER

CROSSPHADE FAMILY IN THE HOUSE!... (Left to Right) Breathless, Todd Reese, and Sinesta are the starters of the group Crossphade Family. The Group recently released their newest album "681."

Hip hop group completes search for members

By Amanda Radi
junior staffer

Local Omaha group, Crossphade Family, tries to stay away from "gangsta rap" and violent lyrics by using hip hop verses to attract all types of people, the producer said.

Todd Reese said he started the group about nine years ago and is happy with all members of the group.

The hunt for the right group of people took forty different auditions, but now he feels that they are done with the recruiting.

The group consists of nine members including Reese, DJ Suicide, Sinesta, Kane, Breathless, Hylander, The Y, J Money, and

Mr. All Nighter.

The group is not a "gangster group," Sinesta, president of the group, said. It is mostly a hip hop group that talks about partying, Sinesta said.

Reese said he never wanted to be part of gangster rap due to all of the violence and hatred and the lyrics.

"One song may appeal to the east siders, but the next song will appeal to the west siders. This is done so everyone will like the songs," the Sinesta said.

Crossphade Family writes and rehearses at their apartment, he said. Everyone writes, but it's Reese's and Sinesta's decision of what

songs the group uses.

The group is big on a lot of college campuses. Sinesta said that they want to have a lot of knowledge before they sign with a record company.

All the members have jobs or go to school, but the group wants to go to bigger and better things in the music business, Reese said.

Breathless, one of the female rappers, said that music is a passion. She loves it and said music is a part of life in general.

Reese said that he would like for the group to teach others how to be successful and to get the recognition they should have.

Central Scopes

bad depending on how you look at it. Read in-between the lines when dealing with a tense situation.

Virgo (Aug. 23-Sept. 22) It's okay to be alone sometimes. It's easier to entertain one person rather than two. You're not a dork if you are by your self at the movies.

Libra (Sept. 23-Oct. 22) You get what you want and everyone recognizes your happiness. Life for you couldn't be better.

Scorpio (Oct. 23-Nov. 21) Communications with your other will start becoming hectic. Concentrate on the good qualities of your friends, not their bad.

Sagittarius (Nov. 22-Dec. 21) A friend may try to trick you into revealing secret information. Don't stick your foot in your mouth. We both know that it will not taste

good.

Capricorn (Dec. 22-Jan. 19) Be a naughty flirt while you enjoy the upcoming weeks. Take a risk if you think it will turn out for the better.

Aquarius (Jan. 20-Feb. 18) A friend could easily become more. Be careful if crossing the line. You may not be able to go back.

Pisces (Feb. 19-March 20) Stop depending on others. Stand on your own two feet and be independent for a change. You won't always have other people to back you up.

Aries (March 21-April 19) You know the right words to say to make someone's day. Make them feel good about themselves. What goes around comes around, so be flattering.

By Stefanie Wulff

Happening

- May 13- Tommy Castro (blues rock) at the 18th Amendment
- May 13- Boystown Blue Cross/Blue Shield Memorial Day Run at the Boystown Campus
- May 13- July 25—Searching for Ancient Egypt exhibit at Joslyn Art Museum
- May 13- June 27—Fletcher Benton Homage to WWII Aircraft Exhibit at the SAC Museum
- May 14- Maria Muldaur at 18th Amendment
- May 15- 5 Story Fall at 18th Amendment
- May 16- Charlie Burton at 18th Amendment
- May 16- Hoi Polloy at Sokol Underground
- May 22- KC & the Sunshine Band at Harveys Casino
- May 25- '99 Graduation at Aksarben
- May 26- The Verve Pipe at the Ranch Bowl
- May 28- Baby Jason and Little Slim at 18th Amendment
- May 29- Carolyn's Mother's CD release party
- May 29- SweetStock II featuring N' Sync and Coolio at the Westfair Amphitheater
- May 30- Sun Mem Eve with Lie Awake at 18th Amendment
- June 5- Blue Panic CD Release Party with 5 Story Fall at the Ranch Bowl
- June 12- Grasshopper Takeover at 18th Amendment
- June 26- Kansas at Harveys Casino
- July 8- Ziggy Marley at the Ranch Bowl

Movie Trivia

- Who originated Michelle Pfeiffer's role in "Frankie and Johnny?"
- What college is featured in the Chevy Chase movie "The Groove Tube?"
- In what film did Tom Cruise play an army veteran working as a bartender?
- Who was Dan Ackroyd's and John Belushi's mentor in "The Blues Brothers?"
- Who played the first James Bond?
- In "A Fish Called Wanda," what made Kevin Kline's character, Otto, very angry?

SOURCE: BLOCKBUSTER VIDEO

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BIRTHDAYS * HOLIDAYS * OTHER SWEET THEMES

Mojo's brews good selection of caffeine

By Katie McCann

Oh yeah, baby! Latte's are my life. Feeling the need for an espresso of some sort, I decided to try a place to see what it had to offer any coffee connoisseur.

Mojo's Coffee House, located at 4826 Dodge Street, was the high falutin', sorta nice place that was chosen.

From the moment I walked in the door, I knew I was going to like it. The lady working

at the time was friendly right from the start. Perfect customer service!

As I looked at their chalkboard menu, I was mortified. There was way too much to choose from. Mojo's has coffee flavors of all sorts; flavors like coconut, egg-nog, hazelnut; the list goes on.

While the lady made my wonderful, two shots of espresso mocha, I took a look at the other items that are available. Some of the other types of coffee drinks that they have

include chai, steamers, espresso, latte's and cappuccino.

There is an enormous supply of coffee and espresso beans available for retail. Flavors like snickerdoodle and vanilla fill the shelf. Dessert items are available like baklava, biscotti and cheesecake.

It's a fairly small place, but it was comfortable. I especially remember the little, two-seat green couch with an odd shaped coffee table. The wooden floors and the brick

walls also added to the atmosphere.

Mojo's Coffee House is one of those places that you and a group of your friends can go hang out at after seeing a movie or if you have nothing better to do. You guys could sit there and carry on a conversation for hours while drinking coffee, or if you don't like coffee, a dessert. I definitely recommend to coffee lovers, of course, to make your way to this Mojo's for your next adventure into those wonderful, jumpin' java beans.



Atmosphere creates educational meal

By Kara Lund

Take off your shoes and let's eat. Mt Fuji Inn, located at 72nd and Blondo, is Omaha's first Japanese restaurant. This restaurant is a very unique.

I was speechless at how beautifully Mt Fuji Inn was decorated. The Japanese paintings and artwork are gorgeous.

I really liked the pond in the center of the restaurant with Koi fish in it. I really felt like I was in Japan.

At Mt Fuji Inn there are two different areas one may eat. One area is a big, open room, like any other restaurant and the other seatings are tiny private rooms.

I chose the tiny rooms because I wanted to try something new.

As my waitress lead me to my table, I quickly took off my shoes, which is a Japanese custom.

I loved the cute Japanese dresses that the waitresses wear and this just made my eating experience even more ethnic.

My waitress led me into a secluded room with beautiful doors. I thought that being in my own room was so special.

I glanced at the menu and decided to go with the Oyakodon for \$7. The Oyakodon is a bowl of white rice topped with chicken and egg pieces.

My waitress told me that this dish symbolizes mother and baby. The chicken means mother and the egg symbolizes a baby. I enjoyed this cultural information.

While waiting for my meal, I sipped some great Japanese tea.

I just loved looking at the artwork and this made time fly by while I was waiting for my food.

I received my food very quickly and really enjoyed it. The chicken was glazed in a delicious teriyaki sauce. The food was very filling and it didn't take me long until I was stuffed.

I was excited to get a really cute take home carton for my Oyakodon. When the bill came, I was thrilled to receive my favorite cookie, the fortune cookie.

I was very pleased with everything about this restaurant. The service was outstanding, the atmosphere, great and the food, exceptional.

In a day and age where the efficiency and organization of the eating experience are typically valued over creativity, the unique nature of Mt. Fuji Inn is something to notice.

Even if the food was disgusting (which it wasn't) and the service was horrible (which it wasn't) the thrill of sitting barefoot on the floor would likely compensate.

But because the food is exceptional and the service is great, the thrill of sitting on the floor barefoot is only heightened.

Mt. Fuji Inn is pleasantly unique.

If you cannot go to Japan, I would strongly suggest this restaurant for a great cultural experience.

Teens get revenge in '10 Things'

GOT YA!
Julia Stiles, top right, plays Kat Stratford, the mean, guy-hating, older sister who falls in love with Patrick Verona.

HEY YOU!
Heath Ledger, right, plays Patrick Verona, who is payed to go out with the most popular girl in school's older sister, Kat Stratford, and ends up falling in love with her.



COURTESY OF TOUCHSTONE PICTURES



COURTESY OF TOUCHSTONE PICTURES

By Meredith Zendejas

One thumb up for Touchstone's comedy, "10 Things I Hate About You." It wasn't bad, but it wasn't good either.

Walter Stratford, played by Larry Miller, has only one rule in his house for his two daughters: no dating until you graduate from high school.

Bianca, Larisa Oleynik, the youngest daughter has a problem with the rule, so her father changes it.

The new rule is: Bianca can't date until her older sister starts dating.

One might think that the new rule would be better, but it is even worse.

Bianca is pretty and popular, but her older sister Kat, played by Julia Stiles, is an ill-tempered animal whose sarcastic wit is matched only by her steadfast determination to alienate any guy who might be remotely interested in her.

The rest of the movie was about Cameron

James, played by Joseph Gordon-Levitt, who is infatuated by Bianca, trying to get Patrick Verona, Heath Ledger, to go out with Kat so he could go out with Bianca.

Patrick is the only one that will even try to talk to Kat, plus he is the only one who has just as bad of reputation as Kat.

One of the things that I didn't like about the movie was the fact that it was too predictable. I knew everything that was going to happen.

It was just a spin off of every other "teen" movie recently made.

The school they chose to film the movie at was great. The outside looked just like a castle. It was huge. I would not have minded going to school there.

I am still trying to figure out whether this movie would be considered a teenybopper movie or not.

I guess you will just have to find out for yourselves.

Eminem lacks lyrics, offers rhymes, absurdity

By Stefanie Wulff

M & M's melt in your mouth but not in your hand. Eminem will melt in your ear but not in your head.

Filled with disgusting and rude lyrics, the white rap star, Eminem, who's born name is Marshal Mathers (I can see why he changed his name), also known as Slim Shady, sings about life from a "white trash" point of view.

Starting from his first hit, "My Name Is," Eminem wants you to know what his name is, Slim Shady.

The beat and lyrics are repetitive and basically introduce Eminem as a loser.

Even though the lyrics are funny, they can be offensive to many people. The only thing catchy about the song is that it rhymes.

The creativity of Eminem's songs is inconceivable. In "Guilty Conscience," Dr. Dre sings the part of the good conscience while Eminem sings the bad.

The two out-weigh the situations of

Eddie, a guy who is fed up with life and wants to rob a liquor store, and Stan, a 21 year-old who meets a young girl at a rave and wants to sleep with her.

Again, the only neat part of the song is that it rhymes.

In "If I Had," a song about wanting to be a millionaire, Eminem sings of how much better it would be to have a million dollars. With a woman moaning in the background during the whole course of the song, it gets really annoying.

Eminem admits that he's "white trash" in the song and "sick of eating with plastic silverware."

He just wants a magic wand and a million bucks. What more could you ask for?

A disgusting and repulsive song called "97 Bonnie & Clyde" illustrates Eminem singing to his baby daughter about murdering his wife and going to the beach to throw her in the lake. He kills her because he claimed that she whined to much.

The twisted lyrics and profane descriptions about him having his little daughter help him throw his dead wife's body in the lake and singing "just the two of us," is sickening.

When I first heard the lyric, "just the two of us," I thought Eminem did a remix of Will Smith's song. I was very afraid.

However in the middle of this horrifying album, Eminem raps "My Fault," which is a funny but sad story.

It's about him giving his girlfriend, Sue, too many mushrooms (the drug). She freaks out and starts talking to the plant, while Eminem feels horrible. He sings "I never meant to give you mushrooms girl, I never meant to bring you to my world, but now you're sitting in the corner crying, and it's my fault, my fault." At the end of the song, she ends up dying. The music, or if I can even call it music, of Eminem mostly speaks of drugs, sex and breaking the law, which sad but true, is common in most music today.



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Here we go again!

'Futurama' is an instant classic, like 'The Simpsons'

By Laura Werkheiser

Nothing captures an audience like drunk robots.

Add to that list coin-operated suicide booths and robotic police brutality towards humans.

Oddity is the name of the game, and with that in mind, "Futurama" really delivers.

Since launching "The Simpsons" in 1990, Matt Groening has proven that humor can go way beyond people slipping on banana peels and that cartoons can be funny. "Futurama" serves as further proof of this theory.

Set in the year 3000 in a galaxy known as "The Fourth Millennium," "Futurama" depicts the somewhat rocky coexistence of humans and robots.

Ongoing lifestyle differences between the two specimens provides continual opportunities for somewhat clever, somewhat stupid, humor.

In a scene from one particular episode, a misfit robot assembled at a factory on planet Earth is caught flipping through a "pornographic robot magazine."

As he feasts his eyes, which are truly sockets, on the centerfold, viewers are shown that he's enjoying a two page spread of computer code.

Like "The Simpsons," the show's humor is cleverly intertwined within the story. There are lots of quick jokes and frequent eye-catching visual references.

For example, at the robot base where the destruction of humans is planned, there is a billboard inscribed with the words, "Got Milk?...If you do, you're human and we will kill you."

Basically, "Futurama" is packed with such witty scenarios. This sort of comedy behind the stories enhances the show's overall quality considerably.

Groening's unparalleled creativity doesn't hurt either.

To set a cartoon in the year 3000 and gear it towards mainstream television viewers is risky. To make the cartoon funny is admirable. To combine science fiction with robot porno is genius.



COURTESY OF PARAMOUNT PICTURES

Martin falls, along with film

Martin

By Meredith Zendejas

Imagine taking a business trip to New York. You will only be there for a day. You would tend to think that nothing would happen, right? Wrong.

What starts out to be a predictable business trip for Henry Clark, played by Steve Martin, turns into a riotous series of mishaps that wave through Central Park, Greenwich Village, Times Square, the Fulton Fish

Market and ultimately sours completely out of control when he arrives at a luxurious hotel.

I would have to say that "The Out of Towners" was not one of Steve Martin's best movies.

Outside, on the streets of New York, is where 95 percent of the movie was filmed.

I would have to assume that the producers did not spend a lot on the making of the film, and their cheap-

ness really shows.

Goldie Hawn plays the part of Nancy Clark, Henry's wife that tags along with him.

Nancy, a captivating romantic who wants to "suck the marrow out of life," will do anything it takes to create more passion in their marriage, which was lost somewhere between mortgage payments and college loans for the kids. Nancy and Henry meet up with an unusual hotel manager,

who in my opinion makes the movie somewhat funny. Mr. Mersault, and m Cleese, is a hotel manager by day, a woman by night.

Yet, you can't tell if he is really a woman or not, he just likes to do it around in their clothes.

Funny or not, just because Steve Martin is in it, does not make it a good movie. I went into the movie with high expectation of the movie and was greatly disappointed.

'The Out of Towners' leaves viewers feeling flat

'Sunscreen Song' has twist, advice

By Alison David junior staffer

"Ladies and gentlemen of the class of '99...wear sunscreen."

If I could offer you only one tip for the future, sunscreen would be it."

You've all heard it. Most of you probably thought it was just a weird commercial and changed your radio to a different station.

But this isn't a commercial, his is the new song by Baz Luhrmann, the director of the 1996 hit movie, "William Shakespeare's Romeo and Juliet".

In fact, it has been called "one of the strangest and most requested songs on the radio these days," by MTV.

The CD, entitled "Something for Everybody", is a collection of remixed songs from Luhrmann's films.

Also, a few are from his past theater and opera productions.

These include "Romeo and Juliet", "Haircut", and "Midsummer Night's Dream."

The Sunscreen Song, as it is referred to, was really never intended to be on the CD.

Luhrmann had been working on a remix of "Everybody's Free", from "Romeo and Juliet", and came across the speech online.

It was written by Mary Schmich of the Chicago Tribune. She'd used it in her column and someone had posted it online.

Luhrmann loved the speech, and felt that they were words to live by.

He wanted it to go on the remix of "Everybody's Free". So he contacted Schmich and Lee Perry, the

voices reading the speech, and "Everybody's Free (To Wear Sunscreen)" was born.

It does have good advice.

The voice states that "the long term benefits of sunscreen have been provided by scientists, whereas the rest of my advice has no basis more reliable than my own meandering advice."

That may be true, but if you listen to the words he speaks, it makes a lot of sense.

One of my favorite lines is, "read directions, even if you don't follow them. Do not read beauty magazines, they will only make you feel ugly."

The opening statement is great—lighthearted, yet completely true.

"Enjoy the power and beauty of

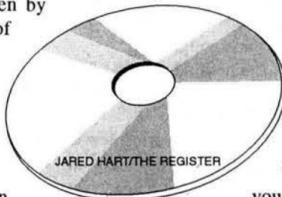
your youth; oh never mind, you will not understand the power and beauty of your youth until they have faded."

More serious topics are also discussed. He says, "don't feel guilty if you don't know what you want to do with your life...the most interesting people I know didn't know at 22 what they wanted to do with their lives, and some of the most interesting 40 year olds I know still don't."

That makes me feel a little more confident about my plans for the future, or rather, lack of.

The song is blunt, and gets the important point across, while adding humor at the same time. I think that is what I like best about the song.

It's meant to be a serious, helpful speech that makes people think, but throws some things in it that are just so out there that you can't help but laugh.



Cuisine is spicy hot

By Stasia Bahkitt junior staffer

If you're looking for something new to eat, you want it to be spicy and healthy. I would recommend Al at restaurant.

Al Dewan Middle Cuisine is located at 115 St. in Rockbrook Plaza.

Ordering was hard because there was so many that I never heard of. I ordered the Kibbe Supreme was cracked wheat crust, ground beef, onion, filling with low fat yogurt-cucumber dip.

It was covered in tomatoes and cucumber was small, brown, crisp, spicy. At first it tasted good there was a little sour after

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Pucker

UP

Sexy movie tells no lies, offers morals

By Kara Lund

Columbia pictures, "Cruel Intentions" is a twisted, but entertaining movie. Sebastian Valmont (Ryan Phillippe) a bored and spoiled senior who challenges his step-sister Kathryn Mereuil (Sarah Michelle Gellar) to a bet.

The bet is that Sebastian can take Annette Hargrove's (Reese Witherspoon) virginity. Annette is the head masters daughter that recently published an article in "Seventeen" about why she chooses to stay a virgin.

If Sebastian loses the bet Kathryn will get her step-brother's 1956 Jaguar Roadster. If Sebastian succeeds, he gets to sleep with Kathryn.

I thought there was a lot of shocking elements that featured in this movie such as Kathryn's cocaine snorting habit.

Sex is a big issue in this movie. But, luckily, everything was all talk. This movie showed less skin than a Leaver 2000 comerial.

All though I thought they were distasteful elements in the movie, I still liked the movie.

The story line was very interesting and creative. I was not bored one minute.

Annette does too a good job communicating her morals to wait for marriage before having sex.

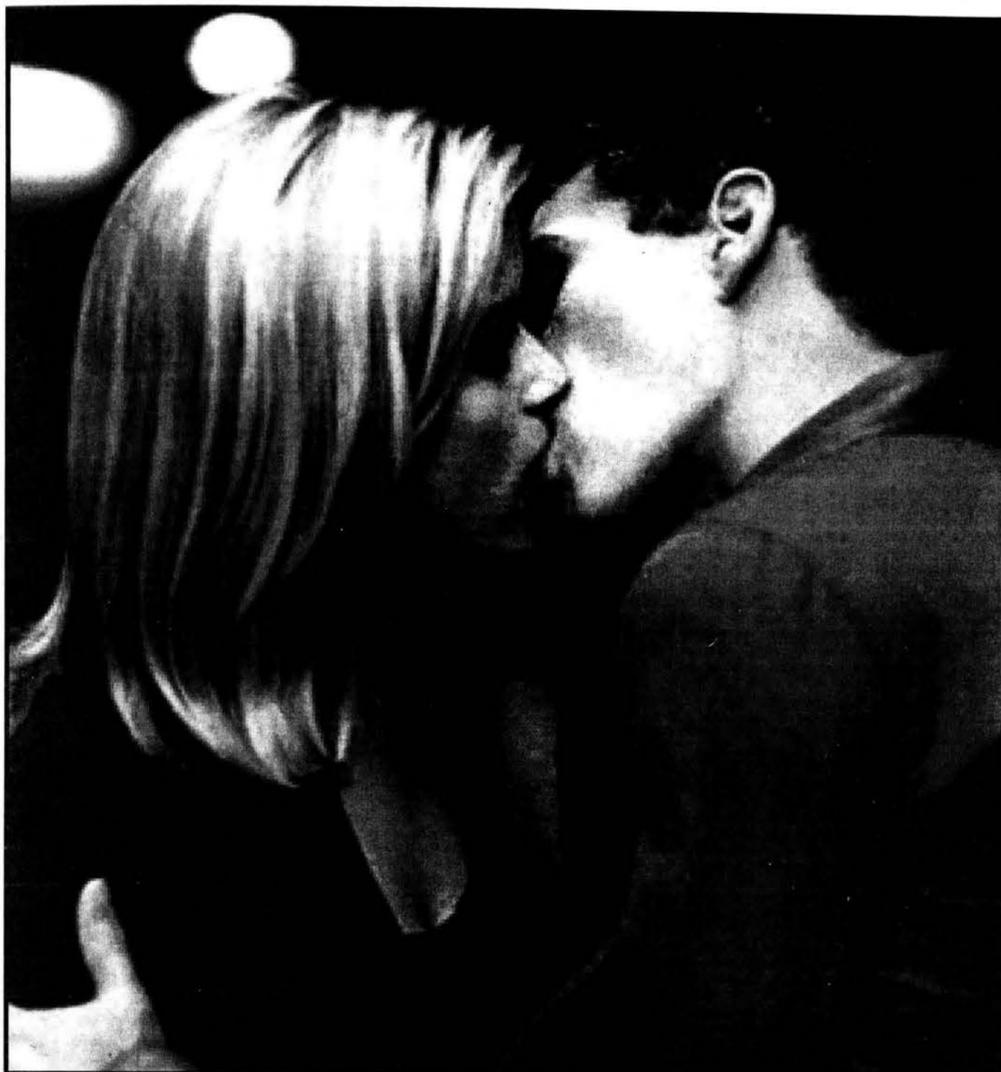
Annette wants to wait because she does not believe that teens are mature enough to experience love, and that people who are not in love should not be making love.

I was glad to see someone like this finally in a movie.

The part I really liked about this movie is that Sebastian finds love because he really does care for Annette.

Even after knowing about Sebastian's past, Annette still loves him.

This movie taught me a valuable lesson: the truth always comes out.



PDA Alert!!!

ABOVE, Sebastian (Ryan Phillippe) and Annette (Reese Witherspoon) are lovers in a diabolical web in "Cruel Intentions." This drama is centered around Annette's strong morals and how Sebastian tries to break them. Phillippe and Witherspoon offer valuable lessons for all. Right, Kathy (Sarah Michelle Gellar) and Phillippe are coniving sibilings.



PHOTOS COURTESY OF COLUMBIA PICTURES

Guster serves up sound for kids

By Laura Werkheiser

Guster is the kind of band you'd expect to hear playing on "Dawson's Creek."

First impressions would tend to associate it with your average Abercrombie khackis sportin,' Honda drivin' stereotypical teenage wonder.

But just as stereotypes are weak and Honda's lack trunk space, Guster is worth listening to. I'm sure Dawson would concur.

There's a certain depth to the music that boosts it beyond "one hit wonder" status. Although, technically, they are one hit short of that. Don't let popularity dictate the worth of the latest album, "Goldfly," however. The songs have quality - kind of like Abercrombie khackis. Do you see the connection?

The sound can best be described as a mixture of Toad the Wet Sprocket, and a 6th grade garage band. Yet, the recipe works. The simple, guitar based tracks are plain but appealing.

"Goldfly" is not a party CD. It is not a head-banging, booty-shaking, beat-thumpin'

ed. In fact, I would not recommend this album to people with Attention Deficit Disorder, infatuations with loud noise or aversions to talent.

This is the kind of CD to play while doing homework. All of the songs on the album have excellent "sing along" potential and accompany trig notes quite nicely. While there is nothing particularly unique or unusual about Guster, they deserve attention.

There is nothing wrong about low-key, inconspicuous guitar songs sung by guys you'd run into anywhere and never notice. Actually, in a musical age that prospers from

shock rock, "boy bands," and prepackaged superstars, normalcy is a welcome change. Good music doesn't hurt either.

Moving lyrics are always a nice touch to an album, but you can't have everything. Perhaps the band strategically included phrases like, "Who's your daddy? I'm your daddy now." To forces listeners to concentrate on the sound exclusively. It works.

So all in all I like "Goldfly." Images (or lack thereof) aside, Guster is a good band. Bust out your khackis, hop in your Honda and play this album for miles - humming along the entire time.



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CAN YOU FEEL THE LOVE?...Buck-o-nine, Homegrown and River Phoenix Entertain the wild crowd at the Ranch Bowl. Buck-o-nine sang songs from their newest release "Labido."



CATHY COLLING/THE REGISTER

Fans excitement turns to trouble

By Kara Lund

Who are they and where do they get their information?"

These lyrics are from the ska band, Buck-o-nine's newest CD release, "Labido".

These lines were screamed by Buck-o-nine at the Ranch Bowl, and by their fans in a very wild and fun concert.

This concert was by far the best crowd involvement I have ever been to.

River Phoenix opened the show and the crowd was definitely not into this band.

Next came Homegrown, which always puts on a fantastic show. They did a great job opening for Mxpx in October and even more of an excellent job opening for Buck-o-nine.

Next came the long awaited Buck-o-nine. The excited audience soon started jumping around and doing their ska dance right when the horns started blaring.

Crowd surfers were floating over everybody onto the stage. Out of all the concerts I have been to, this was the first time ever to see these crazy crowd surfers sailed right on to the stage.

Buck-o-nine let them sing and dance on stage and then dive right back into the crowd. How awesome.

The greatest event of the night was when Buck-o-nine brought its own personalized skateboard for a lucky fan.

A very excited crowd member

tried to steal the skateboard and o-nine stopped the show and the kid out of the show stealing is wrong.

A very crazy kid, with the best mohawk I have ever seen, was climbing the rafters and the Security guards tried to get him down, but Buck-o-nine told them to let him stay.

Buck-o-nine said, "now how you get a skateboard".

This crazy concert was a fun and not a minute was

Self Odyssey

Band explores music clichés

By Laura Werkheiser

Music today is weak.

At least that's what the members of Self Odyssey will tell you.

Comprised of members from Central and North, the band strives to defy predetermined, mainstream standards, the lead singer and songwriter said.

Central junior Landon Hedges said he places a lot of emphasis on the impact music can make, rather than the notoriety it can bring.

"Our sound makes you do things...feel things," he said.

Making such sound takes dedication and understanding. Hedges, joined by North juniors Jason Kopa and Mike Sweeney, and Dan McGill, a Central senior feel the band is completely bonded by music.

"I had always wanted to start my own band," Hedges said, "one time I saw Jason up at Memorial Park and said 'We should jam sometime.'"

And jam they did. Following the addition of the other two members, Self Odyssey's sound began to develop.

"We aren't hard [rock] at all, but fast paced and upbeat. We're straight rock and roll," McGill said.

Hedges uses the term "emo-indie-rock" to best describe the band. "Emo" referring to the emotional influence of the music, and "indie" depicting their underground foundation.

While there are a variety of rock bands playing the Omaha music scene, Self Odyssey strives to separate itself by being completely original, McGill said.

"We kind of look down on people doing cover bands. Our songs are our own," McGill said.

Hedges, who does the songwriting said he is inspired by things that happen in his life and gears the sound to reach the audience during performances, he said.

Sharing the music with others is a big part of Self Odyssey's cause.

"It's the greatest feeling in the world to be on stage and play songs that we worked so hard on. There's nothing like being able to bring the music to the people," Hedges added.

Performances are a common activity of the band, McGill said.

Being consistently booked for months at a time allows for frequent opportunities to spread their sound.

Upcoming gigs in Des Moines and Kansas City ensure Self Odyssey an enlarged fan base.

"We're pretty crazy and like to let it all out on stage," Hedges said.

With a locally produced record in the works, and a well-defined purpose, the band desires nothing more.

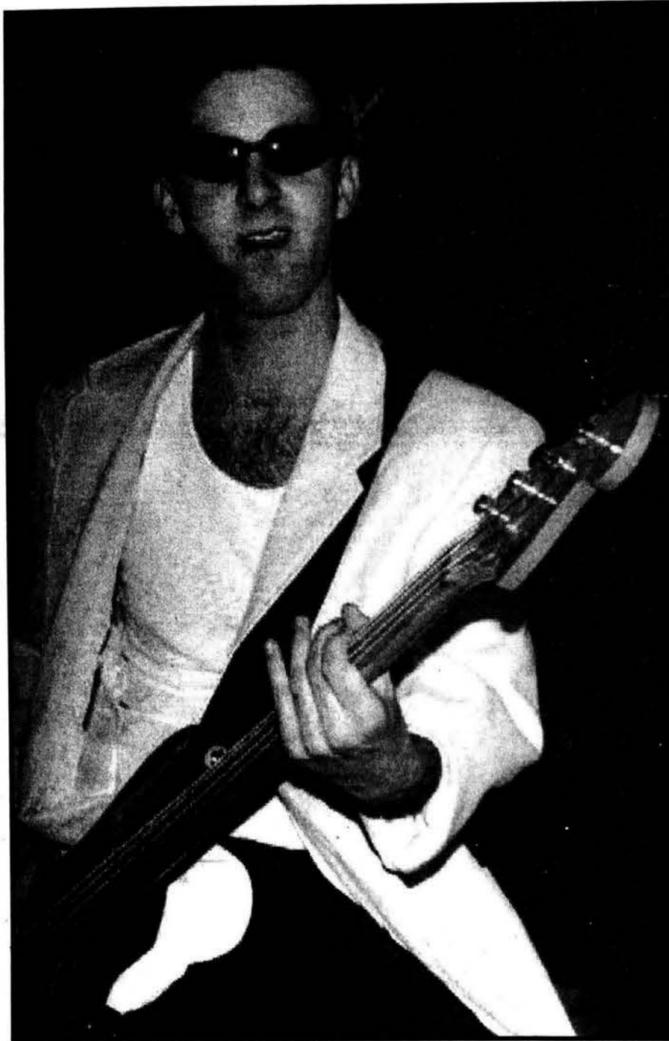
"We want to stay underground," Hedges said.

Going STRONG



Still Rockin'

Above, Alixcia (vocals) bangs on her rattles while she performs with the rest of her band, Beebe. Left, Justin (bass) is the newest member of the band Beebe. A junior at Central, Justin has only played with the band for a couple of shows.



PHOTOS BY CHARLIE CARLIN/THE REGISTER

Beebe wakes up Underground

By Stefanie Wulff

Guitar riffs, drum solos, bass boost and dynamic voices filled the smoky air during Nick and Eric Local Original Music Night, with Beebe performing for a short, but rockin' night of music.

Following bands such as Jonstones and Mastermind, Westside High School band, Beebe did not let down the crowd, as many people, including myself, expected.

While waiting for Beebe to continue the entertainment of the evening, I overheard several people saying, "The singer's old enough to be my mom!"

Granted, Beebe isn't exactly the New Kids on the Block. They are music-loving adults who like to play with the teen scene in front of wild rowdy crowds.

The band includes Jenifer on vocals, Michæl on guitar, Justin, Central junior on bass, J.E. on drums and Alixcia, on vocals. The members only go by their first names.

At first it was a bit difficult to get into the music. It was hard, loud and confusing. I was trying to figure out the lyrics so I could find out what kind of message Beebe was trying to send out. However, I was unsuccessful.

Local band Hoi Polly sings... and reads

By Kara Lund

Hoi Polloy is the name of a recent Omaha spoken word jazz band. While the instruments are being played, original poetry is read.

Sophomore Andy Gobel, and Central graduates Ian O'Donnell (97) Terence Hough (93), and Clark Chancellor from Texas are the musicians in Hoi Polloy.

Gobel (saxophonist), O'Donnell (drummer), Hough (vocalist and poet) and Chancellor (bassist) form Hoi Polloy.

Hoi Polloy is a jazz band, and while the instruments are playing Hough reads some of his personal poetry.

Hough said that he writes the original spoken word.

He said he enjoys when the beat starts going and when he talks over the instruments for a set.

"I empty myself out and talk

mostly about inspirational and universal love.

"The language is easy to understand where everyone can relate and come together," Hough said.

"We are going for happiness and to paint pretty pictures with words," Hough said.

Gobel said, that the band covers older jazz music but it also writes and plays its own original music.

"We are going for a more positive vibe, something that makes the listener feel good about himself and we do not want to sound like everybody else on the radio," Gobel said.

O'Donnell said he really enjoys playing music together with everyone in the band.

"As a group we simultaneously create the music," O'Donnell said.

"Music is the way I express myself and is a very spiritual feeling," Gobel said.

O'Donnell said that the group does not have an organized set of songs that they play at every show.

He said that however they feel at that moment is what they play.

Hoi Polloy is a synonym for the common people.

Because the band means the common people Gobel said, whoever shows up at their shows at Stage Right or Sokol Underground can sit in with their band and jam with them.

"It is fun when others sit in our jam session. We had a guy last week play the harmonica with us," Gobel said.

Gobel also said that the band donates 3/4 of the band's profits to charities such as the Frances House.

"We want to do a bunch of benefit shows over the summer," Gobel said.

On May 16 at 8:00 at the Sokol Underground, Hoi Polloy will play at the J. Doe show.



CATHY COLLING/THE REGISTER

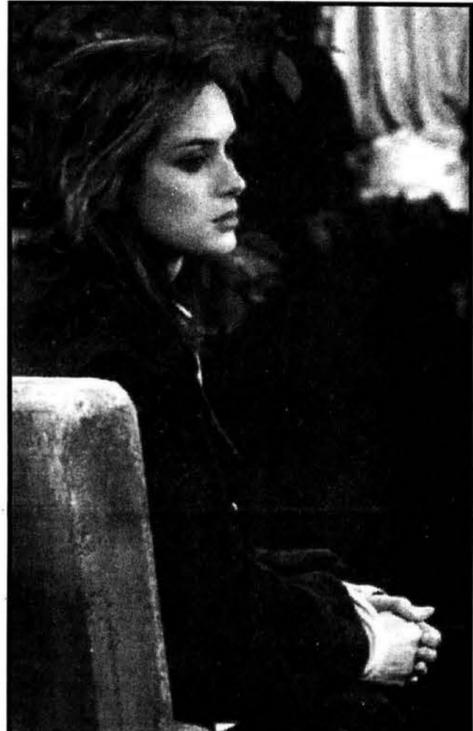
BANG, BANG...Ian O'Donnell, drummer for the band Hoi Polly, rehearses during onsets practices.

Summer

FUN

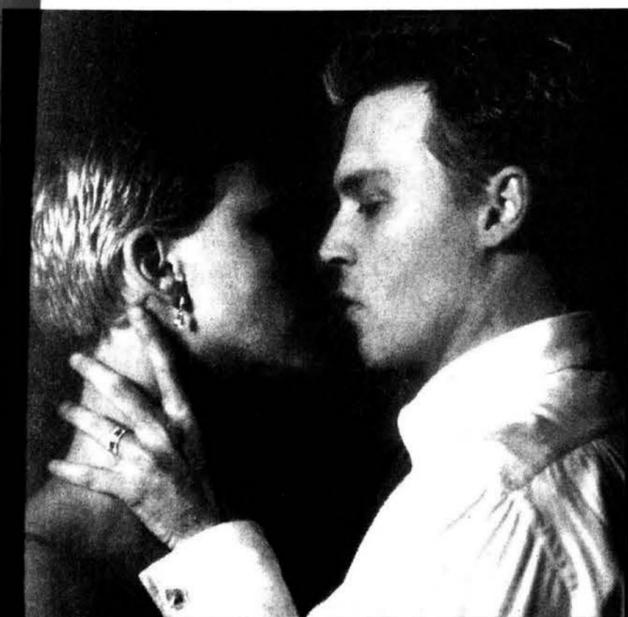
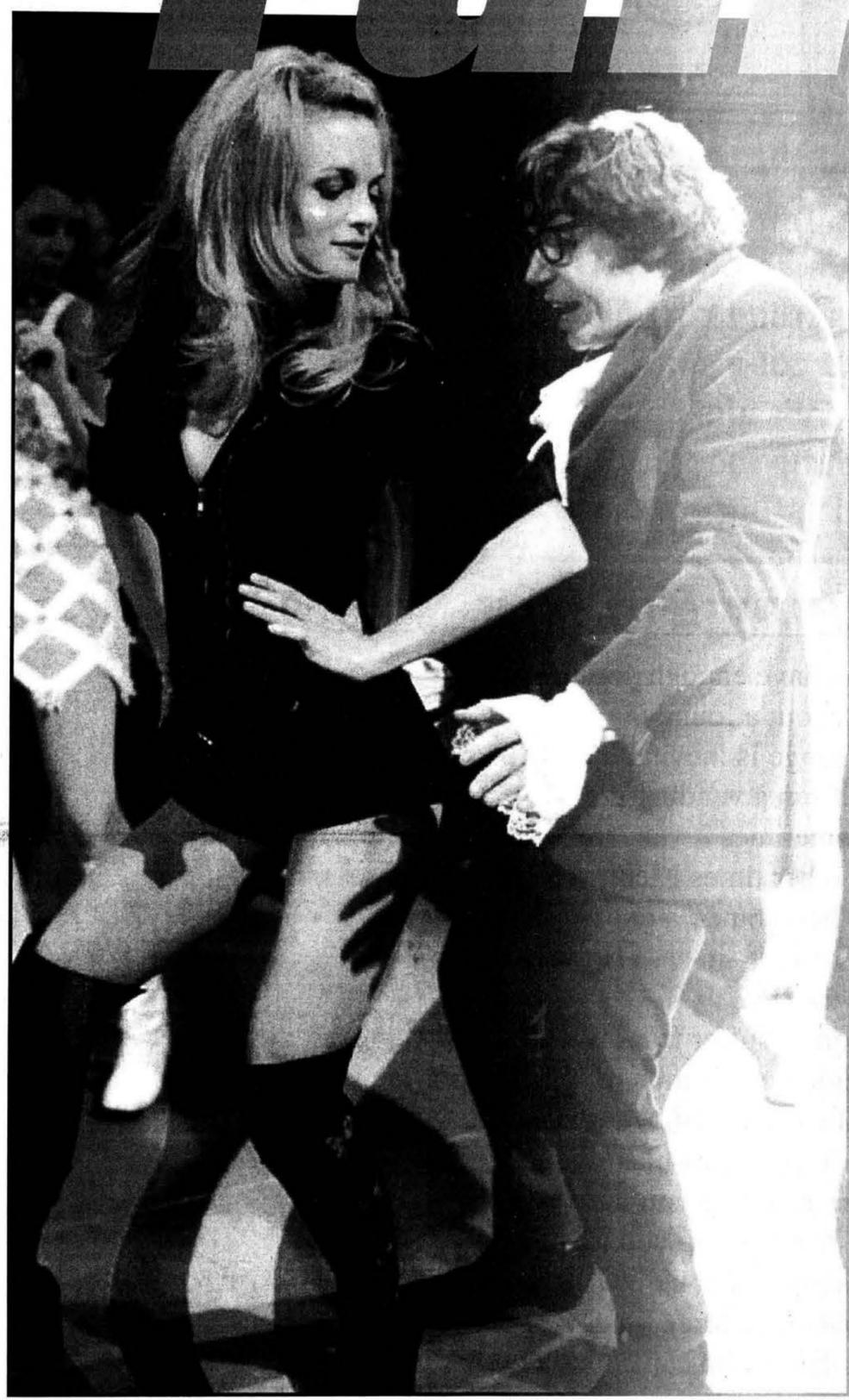
Starting this June, a number of new movies will be hitting your local theater. Here's a brief look at just some of the new films due during summer vacation.

LEFT: Winona Ryder stars in the supernatural thriller, "Lost Souls," which comes out Aug. 27, 1999.



FAR LEFT: He's back and he's groovier than ever, baby! Heather Graham and Mike Myers star in "Austin Powers: The Spy Who Shagged Me." This wild comedy comes out June 11, 1999.

BELOW: Amy Adams, Brittany Murphy, Denise Richards and Kirsten Dunst star in the new comedy "Drop Dead Gorgeous." This movie is expected to come out on July 16, 1999.



TOP: Charlize Theron and Johnny Depp star in the psychological thriller "Astronaut's Wife." This story about a wife married to an astronaut whose marriage disintegrates after a freak accident in space. The film is expected to come out July 9, 1999.

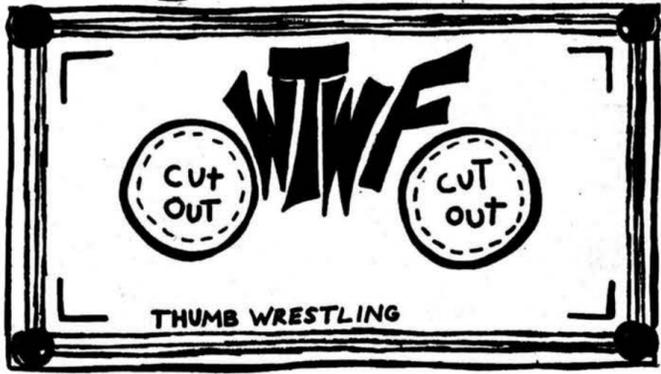


ABOVE: Johnny Depp and Charlize Theron star in the spine-chilling thriller, "Astronaut's Wife." In the film, Depp's character, Spencer Armacost, is rushed back to Earth and revived after a routine mission goes awry, only to discover that something horrific took place while he was up in space. The movie comes out July 9, 1999.



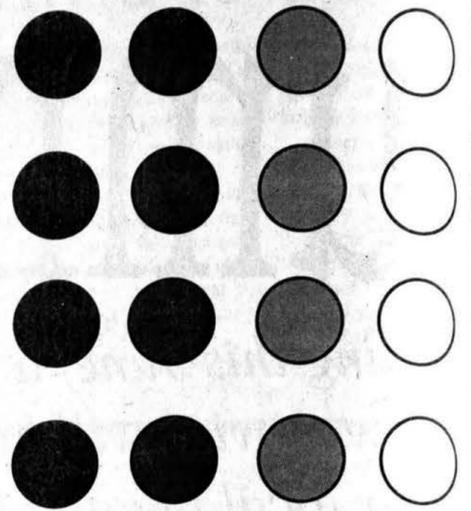
LEFT: Kristen Dunst and Ellen Barkin star in the new comedy, "Drop Dead Gorgeous." The movie is about a small town's obsession with its teenage beauty contest. "Drop Dead Gorgeous" is expected to be released July 16, 1999.

STOP finger time



Instructions: Well, basically like normal Twister except with your fingers. In order to discern what finger goes where, flip a coin over the grid chart like thing-a-ma-bob. Have fun but don't strain yourself.

WARNING: This product is not meant for consumption. Any type of ingestion may cause permanent stupidity for which the Register is not responsible.



Twister

Finger Twister that is

Thumb wrestling: if you don't know how, you just haven't lived. Glue the wrestling ring on some cardboard and cut it out. Keep in mind that there's absolutely no slamming or thumb locks aided by the pointer. With that said, let the games begin!

Funny Bumper Stickers

- ★ We have enough youth, how about a fountain of SMART?
- ★ Change is inevitable, except from a vending machine.
- ★ Sometimes I wake up Grumpy; other times I let him sleep.
- ★ When you do a good deed, get a receipt--in case heaven is like the IRS.
- ★ I don't suffer from insanity, I enjoy every minute of it.
- ★ Always remember you're unique, just like everyone else.
- ★ Friends help you move. Real friends help you move bodies.
- ★ i souport publik edekashun.
- ★ There are three kinds of people: those who can count and those who can't.
- ★ I love cats... they taste just like chicken.

MIX AND MATCH

your favorite staff



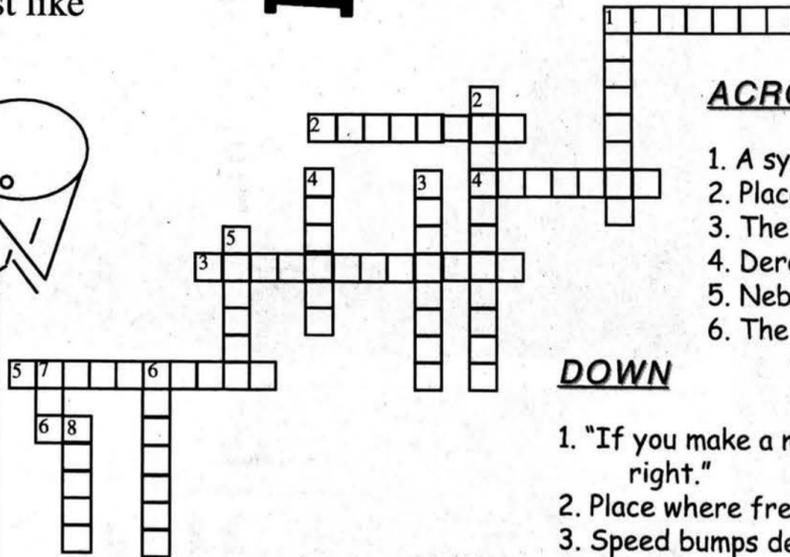
Thumb Pointer Birdie Ring Pink

Black
Dark Gray
Light Gray
White

This page has been brought to you by the letters M and O... and the number 18.

Ha ha, I'm graduating!

PAGE BY MORGAN DENNY



CROSSWORD ANSWERS: down: 1. Mt. Peaches 5. Cow-tipping 6. AS
across: 1. Millard 2. Bathroom 3. Dawson's Creek 4. Hansen 2. Computer lab 3. doorstops 4. da bomb 5. Hanson 6. Parking 7. OEA 8. Seven

ACROSS

1. A synonym for isolated
2. Place from which you could inhale without smog
3. The newest Wednesday night entertainment
4. Derek Tritsch's most prized nickname
5. Nebraska's stereotypically favorite pastime
6. The word "as" spelled with capital letters

DOWN

1. "If you make a mistake and call me Mr. Handsome, that's right."
2. Place where freshmen check out the Starr Report
3. Speed bumps despised by the freshmen that walk Central halls
4. An "explosively, like five minutes ago" way to say "cool."
5. Mmm bop. Need I say more?
6. Reason to get to school at an ungodly hour
7. Way expensive parking lot
8. Number of OPS high schools



Grixby battles injury bug--again

By Derek Tritsch

DeAntae Grixby's drive to greatness in the Nebraska football program hit another bump in the road.

The former Central great injured his knee during a non-contact drill at Husker practice on Monday, March 29.

His torn anterior cruciate ligament (ACL) necessitated reconstructive surgery, of which he successfully underwent April 10. Rehabilitation typically takes four to six months, Grixby said.

The injury will most likely force Grixby to miss the entire 1999 football season, Nebraska running backs coach Dave Gillespie said, although Gillespie is not ruling out a return around fall practice.

"Rehabilitation varies from person to person," Gillespie said. "There's a chance that he could be ready to practice in the fall."

Grixby said that even if he is physically ready by August, he'll be far behind in the mental aspect of the game.

"Having missed a year already, I needed to be there for spring practice, summer workouts and all of fall practice," Grixby said. "I'm not going to be able to just walk in during fall practice and know to do."

Talking to Grixby, you get the sense that he is understandably disenchanted with his sport.

"I was finally situated; it was all going so well," Grixby said. "At first I was ready to call it quits. I didn't want to rehab any more."

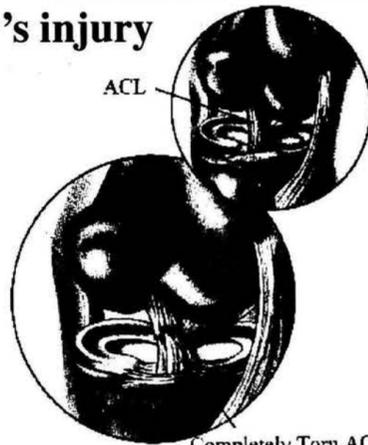
The injury is just another frustrating twist in the career of the former All-Nebraska player. The first came in August of 1998 when a shoulder separation suffered in the Shrine Bowl required arthroscopic surgery.

The surgery did not fully repair the shoulder; thus he was forced to then undergo reconstructive surgery.

The surgeries delayed the I-back's enrollment at the University by a semester and caused him to miss an entire year of playing football.

Grixby's injury

- ✓ torn anterior cruciate ligament (ACL)
- ✓ treatment: major reconstructive surgery
- ✓ period of recovery: 4-6 months
- ✓ rehabilitation: 2.5 hours daily



SOURCE: BOB'S BUM KNEES

Completely Torn ACL

Soccer



Just kickin' it

Above, Central sophomore Colin Boatright dribbles the ball upfield during the Eagles' 3-1 victory over Burke at Norris Junior High. The win brought the Central varsity squad's record to an even 5-5. Right, Central freshman Ryan Miyeno and sophomore Ty Griess stretch out before junior varsity soccer practice at Norris Junior High.

PHOTOS BY CARA MILLER/THE REGISTER

Golfer looks to defend metro title

By Derek Tritsch

If it's true what they say about the virtues of practicing, then one Central golfer is on the brink of perfection.

Senior Chris Kelly said that this year he is hoping to parlay his long hours of hard work into a State title. The defending Metro champion is among the five or six favorites to win State, Central head golf coach Jim Galus said.

"I am expecting Chris to contend for State," Galus said. "I believe that with his work habits and attitude, the '99 season will be his best."

Kelly said he is hoping to use a strong finish in the season to springboard him into Metro and State.

He shot a 76 to win the Chieftain Invite at Willow Lakes by one stroke. He said that the performance was his best of the season, so far.

"I was really surprised with how I played," Kelly said. "I wasn't expecting anything from this tournament—I almost didn't even play in it."

Kelly said that it was not until a lesson he had with Oak Hills Golf Professional Mike Cornell that he decided to play in the tournament.

"Mike Cornell is very, very knowledgeable," Kelly said. "He has worked with guys on the PGA Tour, so I really listen to what he has to say."

Although his eventual goal is the State Championship, Kelly said that Metro is his primary concern.

"Metro, being on my home course (Benson), is biggest for me," Kelly said. "That's just a tournament that I really should not lose."

Kelly said that he is currently benefiting from a productive off-season.

"The weather was pretty good this winter, compared to what it normally is," Kelly said. "It allowed me to be more faithful to my conditioning program and also allowed me to tinker with my putting style."

The "tinkering" Kelly did was a switch to cross-handed putting style, a practice that is fairly uncommon in pro golf.

"The only guy who really does it well on the [PGA] Tour is Jim Furyk," Kelly said.

<p>inside</p>	<p>Skateboarders 2 Turn Pro</p>	<p>ATHLETES 3 OF THE YEAR</p>	<p>FUTURE 4 A look into the future of Athletics STARS</p>	<p>health section 5 Teenagers look for health to deal with stress</p>	<p>6 AS students begin to practice of YOGA</p>
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Skateboarders

struggle for sponsorships

By Jeff McWhorter

If you are a skater from around here it's common knowledge. Attempting to find a skateboarding sponsor in Omaha, Nebraska may not be the most ideal spot to in the United States.

However, two Central students are improving and fulfilling their skating aspirations here in their hometown.

"My goal is to go to California to skate after I graduate high school," sophomore skater Jeron Beninato said.

For now, Central skaters Beninato and junior Kevin Nicol are skating under a local sponsor, Wiseguy Skateboards. Worldwise Skateshop around 60th and Maple Streets is the hub store that Wiseguy is based out of, Nicol said.

Being sponsored means that Wiseguy pays for Nicol and Beninato to compete in competitions using Wiseguy equipment. The two skaters use their skills to promote Wiseguy to the skating community.

Wiseguy noticed the two skaters during their regular street skating trips around town.

Both skaters had just been routinely skating and pulling tricks when they were asked to skate for Wiseguy, Beninato said.

"It's really nice being sponsored," Nicol said.

"We get discounts on boards and all the merchandise we need to skate."

Beninato and Nicol have both been skating for around three years. Skating seemed appealing to Nicol because it was popular and seemed

fun, he said.

"I have improved a lot since I started, now I can do more technical tricks," Nicol said.

The pair comprises the whole Wiseguy skate team. Wiseguy sends the duo to competitions around the Midwest in surrounding states like Iowa and Kansas. Recently there have not been any competitions to speak of due to the winter weather. The last local competition was held at the Salvation Army store, Beninato said.

"We really haven't been to any competitions lately. I'm excited for warmer weather though and some more events," Nicol said.

Both skaters specialize in the street skate area of the sport. Street skating focuses mainly on taking on any terrain that the city has to offer. Street is the only area where either skater enjoys participating, Beninato said.

The Wiseguy team is enthusiastic about the opening of a skate park in Omaha later this year. It looks to give skaters all around the city a better place to hone their skills.

"It is good because we'll have a place to skate, but at the same time people will use that as an excuse to kick us out of everywhere else," Nicol said.

On the whole, both skaters think the Omaha skating scene is improving. Skating in California is still a definite goal for both Nicol and Beninato to pursue in the future, they said.

"Omaha has a large number of quality skaters, Beninato said. There just is nowhere for them to skate."



PHOTO COURTESY OF JERON BENINATO

SOPHOMORE Jeron Beninato slides the rail outside of the W. Dale Clark Public Library. Beninato and junior Kevin Nicol are both sponsored by Wiseguy Skateboards.

Senior take stab at fencing

By Jeff McWhorter

Dueling to the death is in two countries.

This is just one of the catching facts that helped Jamison Richart and Kristofer into fencing.

"I always wanted to be since I was a kid," Richart

When Richart saw an announcement for fencing classes in the city of Nebraska at Omaha, he jumped at the opportunity. He was so excited, in fact, he lured his friend Berzins into the classes as well.

"I have always been into dueling and chivalry of the Berzins said.

Now the two friends, parents, have been fencing for a year and are both still enthusiastic about it, they said.

"There is something really about getting to poke people with a sword. You can hit hard, but sense it is a rush," Richart said.

The fencing club that they received lessons at is in downtown Benson.

The Three Musketeers Club doubles as a dance studio of the week, Richart said.

"Fencing is much more popular on the East Coast," Berzins said. "There you will find kids who take classes which revolve around fencing."

The classes offered at the Musketeers are somewhat less than that. Both Berzins and Richart participated in an eight-week class that went over the basics of fencing and swordplay, Berzins said.

One aspect of fencing that surprised the two students is the amount of physical exertion put into it.

"Surprisingly fencing is a workout," Berzins said.

Both Richart and Berzins completed their classes and now attend open fencing held at The Three Musketeers Club every Sunday.

"We are really evenly matched fencers," Berzins said.

Both students said that regardless of their success, fencing has been a rewarding and exciting experience, Richart said.

"People should try it," Richart said.

Central graduate leads team to national tournament

By Amy Yin

A former Eagle has helped lead the Lancers to its second straight playoff appearance.

Lancer forward Jed Ortmeyer, is trying to help his team to a second United States Hockey League (USHL) Playoff Championship.

"It feels pretty special to be back in the playoffs again," Ortmeyer said. "We hope to be able to make it back again this year."

The Lancers are tied in a seven game series (2-2) for the championship with the Des Moines Buccaneers.

"We play the best of seven games, so that means we have three more games to play," Ortmeyer said.

The Lancers have bounced back from a slow start at the beginning of the season to a record of 10.

"To improve our record we had to do a lot of extra work on the ice, in the weight room and running," Ortmeyer said.

"The work we did paid off a couple of weeks later."

After the Lancers' season is over, Ortmeyer will attend the University of Michigan on a hockey scholarship.

"Getting a hockey scholarship for college is great," Ortmeyer said.

Ortmeyer also said that he has not had much time to prepare for the college season.

"I haven't had much time to work out for next year," he said. "Hopefully me playing in the playoffs will carry over to next year."

**"I learned hard work from playing with the Lancers. I learned that I should never think that I'm better than someone else because there will always be someone out there that will be better."
Jed Ortmeyer,
Central Graduate and
Lancer Captain**

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Stressed Out?!

Teens should look for healthy ways to deal with it, professor says

Sophomore Eric BenSalah demonstrates a typical teenage reaction to stress.
CLAIRE DEVNEY/THE REGISTER



By Michael Gerhardt
junior staffer

Students at CHS say stress from school, siblings, parents and jobs is something they know well.

Joseph C. LaVoi, professor of psychology at UNO, said high levels of stress impede schoolwork and impact relationships with family and friends.

LaVoi also said that under low levels of stress, people become more attentive and alert.

To deal with excessive amounts of stress, LaVoi said teens should look for positive activities to help them cope, instead of resorting to substances which are illegal and damage the body. LaVoi said exercise or meditation is an excellent way to deal with stress.

LaVoi said school was the main stressor among teens, and along with that came perfectionist parents who expect more of the kids than their kids are able to do.

He said that parents should force their kids to work to their abilities but not any higher.

According to a survey taken by the Register, school ranked as the highest stressor for both sexes.

Mid-terms and finals, projects and homework were some of the main reasons given.

Parents came seconds for both sexes and then the agreement stopped.

Females found their significant others to be the most stressful, while males found their jobs more stressful.

Kyle Clark, freshmen, said he is involved in baseball, football,

boxing and French and Drama clubs. He instructs martial arts and is the president of the educational program of the National League of Cities Youth Program. To deal with the stress this creates, Clark said he mainly uses his job as a martial arts instructor to vent it. He said his stress affects him both positively and negatively, giving him more things to do, but at the same time forcing him to get them done.

Sophomore Travis Hepburn, is president of the Chess Club and a member of the Advanced Debate/Speech team and the Math Club. Along with that, he is in seven honors classes, plays football and lifts weights. Lifting weights and playing football, along with music, help relieve his stress, which he believes makes him focus.

David Rennard, senior, is involved in debate, marching band National Honors Society and is a soccer coach. To deal with his stress, Rennard goes for long runs, which he says are his best ways of dealing with stress.

"Stress makes me work harder, and it makes me try to finish what I'm doing," Rennard said.

Tae-Bo offers alternative to traditional exercises

By Julia Miller

Ready to kick your way into shape? If so, try Tae-Bo.

Tae-Bo was originated by 7th Degree Black Belt, Billy Blanks.

Tae-bo is a new form of aerobics that incorporates dance moves with karate and blends self defense with boxing.

"It's fun and you don't realize that you're actually working out," said Central sophomore Mara Olesh said. "You learn to really to kick some butt."

Mike Nobel an instructor at the Jewish Community Center, said that he thinks Tae-Bo is a new and fun way to get into shape.

It builds endurance, increases strength, flexibility and aerobic capacity," he said.

Nobel said that since many people don't like to work out, it's very fun and entertaining and breaks the monotony of exercising. He also said that when it comes to fitness, people are always looking for a new ways to be healthy and this could be another passing fad.

"Basically, it's an aerobics class that uses punching," he said.

The JCC refers to it as "Tae-Box" so not to infringe on any copyrights.

Lisa Rix, an aerobics instructor at Central, plans to teach Tae-Bo next year. She said that she feels that Tae-Bo is here to stay.

"I saw a Tae-Bo class in session and there were as many as 75 people participating," she said. "There were people from ages 17-75. I think that it could attract males into taking aerobics classes."

Rix said that all gyms in Omaha are offering some type of a Tae-bo class and currently Benson is offering it in its gym classes. She said that participants should have enough space so not hurt themselves or others while doing Tae-Bo.

Amy Sternberg, a senior at Central, has been taking Tae-bo for about a month.

It's something different," she said, "It makes working out a lot more fun."

Sleep deprivation common among teens, students, doctors say

By Tarrin McGhee
junior staffer

BEEP! BEEP! BEEP! BEEP!
If you dread hearing the insistent tone of your alarm clock, chances are you're sleep deprived.

But don't feel bad, you are not alone. Millions of Americans suffer from sleep deprivation, including 85 percent of all teens.

Students' lack of sleep results from all the stresses in life that teens have to deal with, including school, homework, extra-curricular activities, and after-school jobs, sophomore Aquanda Bender said.

"I think that if students didn't have so many things to deal with, they'd all be getting enough sleep. While you're in high school, it's just

not possible."

Freshman John Orduna said that sleep deprivation has caused him many problems such as moodiness and problems with siblings, parents and peers.

"I get into trouble all the time with my teachers and my mom and dad for having attitude problems, which are all resulted from my not getting enough sleep."

But sleep deprivation can cause an even bigger problem on the road. According to the National Transportation Safety Board, dozing while driving has been the cause of 100,000 crashes, involving 1500 deaths, and 71,000 injuries.

According to The Guinness Book of World Records, the body can

survive without sleep for 13 days.

Studies show that drowsiness affects mental alertness, concentration, memory, mood and judgement.

Just one night of sleep deprivation can be hazardous to your health, sleep expert Clete Kushida said.

"If a person lets the sleep debt accumulate over time...eventually the person just crashes," Kushida said.

A lot of students believe that six to seven hours of sleep a night is enough.

But it's not. The minimum requirement is nine hours, while one out of four teens get less than six hours of sleep per

night. Sleep Disorder specialist Rochelle Goldberg said a well-rested person does not need an alarm clock.

"You should drift off to sleep peacefully within five to ten minutes and sleep through the night without any disturbances and wake up spontaneously. If you don't leap out of bed, you should at least get up easily," she said.

Getting enough sleep is very essential to your health. Lack of sleep can be a very damaging thing.

One of the worst possible thing that can come out of sleep deprivation is a condition called apnea, in which breathing stops briefly during sleep, and it creates fatigue in waking hours.

Studies show that apnea is most common in teens.



CATHY COLLING/THE REGISTER

SOPHOMORE ANDY GOBEL catches a quick snooze during study hall.

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FOR YOUR Health

Education
impacts health,
professor says

By Jessica Ritsch
junior staffer

Can a person's education have an impact on his health? A recent study done by a professor of health education at UNL said that the more years of schooling a person has can lead to better health.

Dr. Ian Newman said data gathered over a three-year period, by the Nebraska Health and Human Services as part of its Adult Health Risk Behaviors Survey, showed that people who had more years of education had more healthy days.

Healthy days are defined as days free from illness or injury and free from excessive stress, depression and mental problems.

According to survey data from the Centers for Disease Control and Prevention, Nebraskans who failed to graduate from high school experience an average of 21.6 healthy days a month. High school graduates had an average of 25.1 healthy days a month and college graduates had an average of 26.2 healthy days a month.

Healthy days are not the only product of education, Newman said.

"It (the study) is a very important factor in health care and education," he said.

If people are more educated, they usually seem to take better care of themselves and pay more attention to recent health advances. Also, education usually increases income, which helps people to gain access to better health care, Newman said.

"Those with more education are more attuned to the media and the information it generates," he said.

He said that these factors affect productivity in work and school. For example, if a student misses a lot of school they will probably not do as well on their assignments and

Newman said that healthy days are an important factor for society. They represent productivity at work and home, fewer absences from work and school and reduced health care costs. Added together over a lifetime, the increase in healthy days translates into thousands of dollars earned or saved for families, as well as for businesses and communities.

This is an especially good reason to keep young people in school for as many years as possible, Newman said.

But what do Central students think of this?

A poll taken of Central students showed that the student population was evenly divided on the issue. Forty-nine percent agree with the study, forty percent disagree and eleven percent were undecided.

One of the students who agrees with this study is Central sophomore Sarah Osthoff.

"I agree with this study," she said. "You have to have education to take care of yourself."

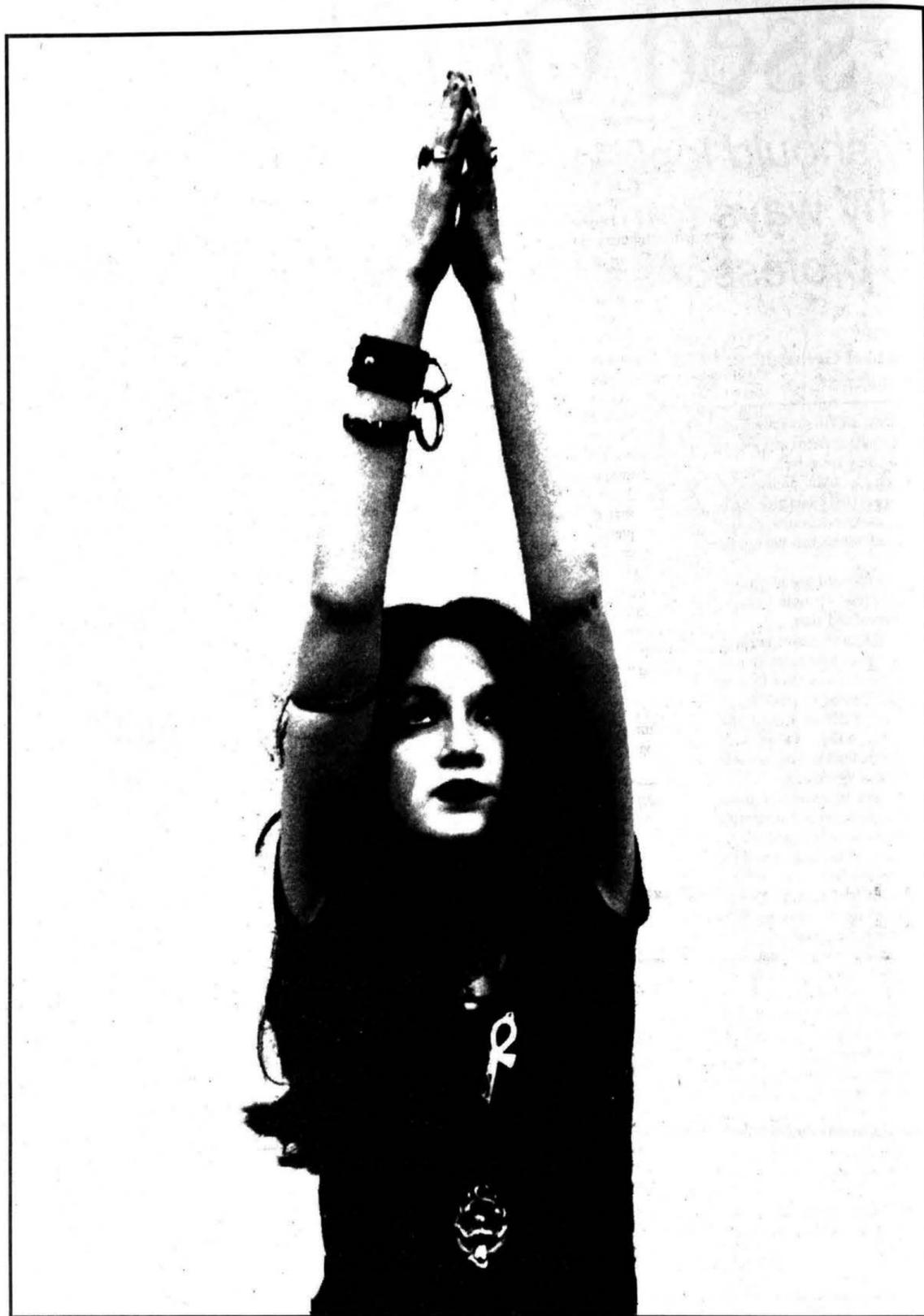
She said that the more educated a person is, the more they pay attention to the things they pay around them, and are, therefore, more cautious about their health and taking care of themselves.

"With more education, you learn how to take care of yourself," Osthoff said.

She also thinks that this study shows that students should stay in school through college and get a better education.

Central freshman Ally Shandell disagrees.

"I think to be really healthy you have to be happy with what you're



CLAIRE DEVNEY/THE REGISTER

THE ART OF YOGA: Freshman Jennifer Gunn demonstrates one of the exercises of Yoga. Gunn regularly practices Yoga.

A handful of
Central students
are turning to
this ancient form
of meditation

Y O G A

By Cary Luken

Making all the pressures of work and school disappear, and improving your appearance through stretches is the basis behind Yoga, Lindy Van Latenstein, a certified yoga instructor, said.

"The main reason I started doing yoga was to help me relax and get some exercise. After a month my posture has improved and my stress level has decreased," freshman Jennifer Gunn said.

Yoga affirms the practice of certain disciplines so that one may achieve liberation their earthly body, Latenstein said.

"You can be doing yoga while you are cleaning your bathroom or making love as long as you do it to improve your mental status," Latenstein said.

Latenstein said that in Europe yoga is, a common practice, but in the United States people are not reaching into deeper levels of emotions and their right brain. We are cavemen compared to some civilizations.

"Yoga is meant to help people achieve a state of mind in which people are at one with their mental well being," Gunn said.

Yoga comes from the word yoke, which means to come together or connect to ones inner self. The most common type of yoga is hatha. Hatha uses stretching and other physical exercises to clear the mind and the body so one can meditate with ease.

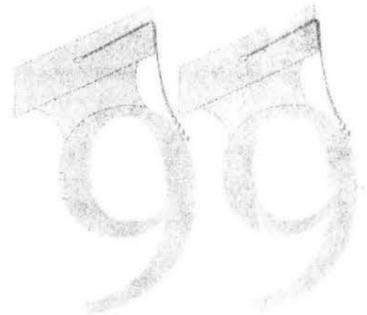
Latenstein said that the number of people participating in yoga is doubling about every month. Six months ago one could not find any information about yoga, but now there is an endless supply.

Latenstein said some of the people who practice yoga believe in self-knowledge instead of God, and that others believe it can take several births, reincarnation, in order to achieve liberation.

In order to be a yoga instructor, a person needs to be certified by an international certification organization. In Nebraska there are a few sites in Omaha, Lincoln and a few other cities in Nebraska where somebody can be certified.

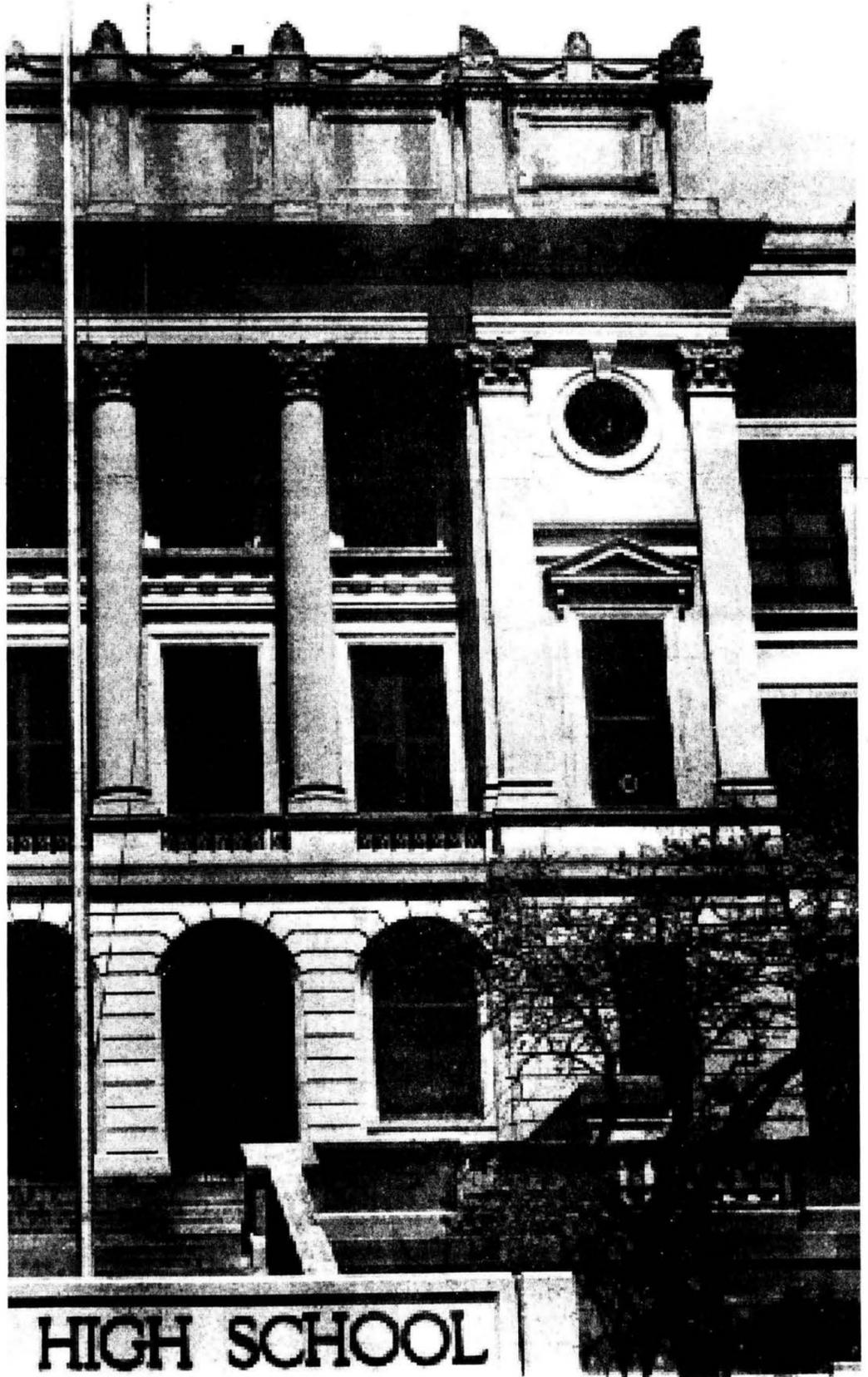
"As soon as you clean up yourself internally and externally, the world will clean up itself," Latenstein said.

SENIORS REFLECT ON THE MILLENNIUM



“The last class of the millennium: saving the best for last.”

Terra Gillespie, senior



Mary Lynn Super Jane Swirzinski Marci Holmes



What happens now?

Abersfeller, Rebecca Midland Luthern College (Fremont, NE)
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 Akers, Kathryn Univ. of Nebraska (Omaha, NE)
 Akin, Patrick Undecided
 Alexander, Megan Undecided
 Allen, Chris Univ. of Nebraska (Omaha, NE)
 Almazan, Efred Creighton University (Omaha, NE)
 Alukonis, Rachel Univ. of Nebraska (Omaha, NE)
 Anderson, Mary Metro. Comm. College (Omaha, NE)
 Anderson, Mitchell Undecided
 Anderson, William Univ. of Kansas (Lawrence, KS)
 Anyaegbunam, Jennifer Emory University (Atlanta, GA)
 Arndt, Chad College/Undecided
 Arroyo, Amanda Creighton University (Omaha, NE)
 Ascencio, Adriana Work
 Bacome, Tara Undecided
 Baines, Jody Univ. of Nebraska (Omaha, NE)
 Balkovec, Christopher Undecided
 Barth, Brandon Univ. of Nebraska (Omaha, NE)
 Beck, Jeramy Work
 Beckius, Cory College/Undecided
 Benish, Joseph Univ. of Nebraska (Omaha, NE)
 Berman, Emily Marquette University (Milwaukee, WI)
 Berzins, Kristoff Univ. of Nebraska (Lincoln, NE)
 Biben, Elizabeth Univ. of Nebraska (Omaha, NE)
 Black, Lataya Metro Comm. College (Omaha, NE)
 Bradshaw, Antwuan College/Undecided
 Brandt, Christina Work
 Bresel, Michael Univ. of Nebraska (Omaha, NE)
 Brewer, Tynia Undecided
 Bringe, Tanya Univ. of Nebraska (Omaha, NE)
 Brink, Elysia Work
 Brooks, April Creighton University (Omaha, NE)
 Brown, Joey Work
 Brown, Matthew Undecided
 Brown, Melissa McPherson College (McPherson, KS)
 Buckley, Andrew Marines
 Bueno, Celeste Univ. of Texas (Edinburg, TX)
 Buller, Jennifer Univ. of Nebraska (Omaha, NE)
 Bullington, Nathaniel Univ. of Nebraska (Omaha, NE)
 Bush-Sanders, Tamara Metro Comm. College (Omaha, NE)
 Calabro, Domenic Metro Comm. College (Omaha, NE)
 Callaghan, John Metro Comm. College (Omaha, NE)
 Campbell, Katharine Univ. of North Carolina (Greensboro, NC)
 Campbell, Molly Univ. of North Carolina (Chapel Hill, NC)
 Campbell, Taylor Univ. of Nebraska (Omaha, NE)
 Carlin, Charles Depauw University (Greencastle, IN)
 Carlson, Annika Univ. of Nebraska (Lincoln, NE)
 Carpenter, Dariel College/Undecided
 Castillo, Magaly Univ. of Nebraska (Omaha, NE)
 Chaidez, Rafael Army

Cornish, Seth College/Undecided
 Cramer, Stacy Univ. of Nebraska (Lincoln, NE)
 Crews, Andrew Univ. of Nebraska (Omaha, NE)
 Crooms, Charles College/Undecided
 Dalrymple, Cara Univ. of Nebraska (Lincoln, NE)
 Darling, Matthew Hastings College (Hastings, NE)
 Davenport, Richard Metro Comm. College (Omaha, NE)
 Davey, Gregory Univ. of Kansas (Lawrence, KS)
 Denny, Morgan Western Washington University (Bellingham, WA)
 Douglas, Megan Creighton University (Omaha, NE)
 Driscoll, Nicole Univ. of Nebraska (Lincoln, NE)
 Duckett, Muriel Undecided
 Dudley, Karin Univ. of Nebraska (Omaha, NE)
 Duffy, Meghan Univ. of Nebraska (Lincoln, NE)
 Duffy, Neal Univ. of Nebraska (Omaha, NE)
 Dworak, Melody Univ. of Iowa (Iowa City, IA)
 Ellis, Felecia Tennessee State University (Nashville, TN)
 Ellis, Shannon Univ. of Nebraska (Omaha, NE)
 Emshwiller, Travis Metro Comm. College (Omaha, NE)
 Ervin, Michael Kansas State University (Manhattan, KS)
 Felix, Dale Undecided
 Ferris, Julie St. Louis University (St. Louis, MO)
 Finley, Michael Undecided
 Fisher, Brianna Univ. of Nebraska (Omaha, NE)
 Fisher, Jennifer Metro Comm. College (Omaha, NE)
 Foley, Katherine Army
 Frank, Dustin Westmont University (Santa Barbara, CA)
 Franklin, Dontae Undecided
 Fraser, Elizabeth Univ. of Nebraska (Lincoln, NE)
 Freeman, Kristin Univ. of Nebraska (Omaha, NE)
 Fry, Tegan Metro Comm. College (Omaha, NE)
 Fuchs, Thomas Univ. of Nebraska (Lincoln, NE)
 Funahashi, Yumiko College/Undecided
 Gallagher, Margaret Undecided
 Galvan, Juan Metro Comm. College (Omaha, NE)
 Garcia, Kelly Undecided
 Garcia, Michelle Undecided
 Gardner, Terrell Colorado State (Fort Collins, CO)
 Garrison, Ryan Southeast Comm. College (Mitford, NE)
 Gass, Robert Univ. of Nebraska (Omaha, NE)
 Gatluak, Nyak College/Undecided
 Gatzke, Allison College/Undecided
 Getty, Georg Nebraska-Wesleyan University (Lincoln, NE)
 Gibilisco, Meghan College/Undecided
 Gill, Michael Univ. of Nebraska (Omaha, NE)
 Gillespie, Terra Univ. of Iowa (Iowa City, IA)
 Girthoffer, Brittney Bellevue University (Bellevue, NE)
 Gobel, John Undecided
 Gonsher, Zachary College at Ner Yaakov (Jerusalem, Israel)
 Graber, Douglas Undecided
 Grace, Nicole Undecided
 Green, Andrise Millikin University (Decatur, IL)

Hendee, Dana
 Hensler, Jennifer
 Hepburn, Kirsten
 Hernandez, Makayla
 Hernandez, Nicolas
 Hilson, Brandis
 Hodges, Amy
 Holm, Stephanie
 Holmes, Marcellene
 Housh, Shannon
 Howell, Nicole
 Humphrey, Joshua

St. Olaf College (North
 Univ. of Nebraska (Omaha, NE)
 Kansas City Art
 (Kansas City, MO)
 Univ. of Nebraska (Omaha, NE)
 Metro Comm. College (Omaha, NE)
 Wayne State University (Wayne, MI)
 Bellevue University (Bellevue, NE)
 Univ. of Kansas (Lawrence, KS)
 Univ. of Arizona (Tucson, AZ)
 Colorado State (Fort Collins, CO)



I'll never forget the speeches the candidates for the senior class president election made. I've never laughed so hard!

Monique Wyatt

"The best memory I have of Central is my very first day of school. When I walked in, I saw so many different types of people, I knew I would find friends."

Dana Keeling

Huskey, Sarah Texas Christian University (Fort Worth, TX)
 Imig, Elizabeth Univ. of Nebraska (Omaha, NE)
 Ingraham, John Dakota Wesleyan (Mitchell, SD)
 Ingram, Ashley Texas A & M (Corpus Christi, TX)
 Inzerillo, Kerri Wayne State College (Wayne, MI)
 Jackson, Ryane Nebraska College of Business (Omaha, NE)
 Jacobson, Zachary Dodge City Junior College (Dodge City, KS)
 Jimenez, Hector Univ. of Nebraska (Omaha, NE)
 Johnson, Jeffrey UTI (Omaha, NE)
 Johnson, Joe Metro Comm. College (Omaha, NE)
 Johnson, Johann Univ. of Nebraska (Lincoln, NE)
 Johnson, Sarah Univ. of Nebraska (Lincoln, NE)
 Johnson, Gabe College/Undecided
 Jonak, Philip Creighton University (Omaha, NE)
 Joseph, Brian Univ. of Missouri (Columbia, MO)
 Karpf, William Univ. of Nebraska (Omaha, NE)
 Kearney, Mikala Colorado College (Colorado Springs, CO)
 Keeling, Dana Univ. of Nebraska (Omaha, NE)
 Keeney, Stephanie Univ. of Missouri (Columbia, MO)
 Kelley, Stephanie Undecided
 Kelley, Terrell Univ. of Nebraska (Omaha, NE)
 Kelly, Christopher New Mexico State (Las Cruces, NM)
 Kenny, Roland Univ. of Nebraska (Omaha, NE)
 Kiel, Shaun Rockhurst College (Kansas City, MO)
 Kimball, Katherine Concordia University (Seward, NE)
 Kirk, Jennelle Univ. of Nebraska (Omaha, NE)
 Kirkpatrick, Brody Undecided
 Kizzee, Raynelle College/Undecided
 Knott, Katherine Univ. of Nebraska (Lincoln, NE)
 Kowalewski, June Neb. College of Business (Omaha, NE)
 Kruse, Vanessa Univ. of Nebraska (Lincoln, NE)
 Kueth, Doboul Undecided
 Kukula, Margaret Univ. of Nebraska (Lincoln, NE)
 Kyster, Thomas Univ. of Nebraska (Omaha, NE)
 Lafolette, Brian Undecided
 Lambertson, Melody Undecided

Chapin, Zachary Marines
 Christensen, Danyell Work
 Chunn, Tameka Creighton University (Omaha, NE)
 Chuol, Tut Undecided
 Cieciora, Tyler Univ. of Nebraska (Omaha, NE)
 Clark, Dayna Univ. of Nebraska (Omaha, NE)
 Clark, Zachary Univ. of Nebraska (Lincoln, NE)
 Clay, Kendrick Undecided
 Clemetson, Zachary Univ. of Nebraska (Lincoln, NE)
 Cody, Meagan Univ. of Nebraska (Lincoln, NE)
 Connor, Brian Univ. of Nebraska (Omaha, NE)
 Constance, Trevor Holmes Comm. College (Granada, MS)
 Cooper, Jamila Creighton University (Omaha, NE)

Guhde, Nicholas Undecided
 Guzman, Rachel Undecided
 Haataja, Sarah Work
 Hager, Alison Georgetown University (Washington, D.C.)
 Hall, Jacqueline Metro Comm. College (Omaha, NE)
 Halpine, Nicole Undecided
 Hansen, Lacie Univ. of Nevada (Las Vegas, NV)
 Harbison, Eric Univ. of Nebraska (Omaha, NE)
 Hartquist, Kristen Univ. of Nebraska (Lincoln, NE)
 Hartso, Adrian Work
 Healy, Teri Univ. of Nebraska (Omaha, NE)
 Heck, Amy Metro Comm. College (Omaha, NE)
 Heller, Bryan Undecided



amoreaux, Joshua
 Leibman, Matthew
 Lengyel, Rachel
 Levison, Kendall
 Lewis, Tanasha
 Linares, Ismael
 Long Jr., William
 Lowery, Ryan
 Lowman, Richetta
 Lueth, Jennifer
 Lund, Kara
 Luther, David
 Mahan-Dofner, Candice
 Marasco, Erin
 Martin, Kristin
 Mattea, Meggin
 McCann, Katie
 McCourt, Erin
 McDonald, Kevin
 McFarland, Jason
 McFarlin, Angela
 McFee, Jill
 McGinness, Matthew
 McLaughlin, Sunshine
 McMahon, Tara
 McMorris, Lorenzo
 McQuinn, Douglas
 Medlock Jr., James
 Meigs, Katherine
 Meraz, Leeann
 Mickles, Ashanta
 Miller, Cara
 Minnifield, Larahn
 Moeller, Adam
 Montag, Elizabeth
 Montes, Jose
 Montes, Juan
 Morales, Jorge
 Moran, Michelle
 Morgan, Dylan
 Morris, Tasha
 Moses, Mitchell
 Moten, Temia
 Mueller, Elisha
 Munderloh, Brian
 Murphy, Kathleen
 Myers, Jeffrey
 Myszkowski, Leah
 Nebel, Jonathan
 Nelson, Andrew
 Neumann, Nicole
 Nguyen, Hiep
 Nguyen, Yen
 Nielson, Josiah
 Niemeier, Jason
 Noonan, Dustin
 Nwaju, Christian
 O'Boyle, Matthew
 O'Connell, Elena
 O'Connell, Regina
 O'Day Jr., Charles
 Oliveto, Anthony
 Olson, Tara
 Opico, Rosa
 Orellana, Wilber
 Orris, Kimberly
 Ortmeier, Rachel
 Padilla, Erin
 Papst, Melissa
 Paragas, Chenelle
 Parrott, Emilie
 Peasinger, Carrie
 Peery, Jamie
 Petersen, Sara
 Pettit, Lauren
 Phalen, John
 Philbin, Randa
 Pierce, Benjamin

Univ. of Iowa (Iowa City, IA)
 Colorado Institute of Art (Denver, CO)
 Metro Comm. College (Omaha, NE)
 Creighton University (Omaha, NE)
 College/Undecided
 Undecided
 Metro Comm. College (Omaha, NE)
 College/Undecided
 Creighton University (Omaha, NE)
 Univ. of Nebraska (Kearney, NE)
 Undecided
 Figure Skate Training
 Univ. of Nebraska (Omaha, NE)
 Univ. of Nebraska (Omaha, NE)
 Metro Comm. College (Omaha, NE)
 Univ. of Nebraska (Omaha, NE)
 Univ. of Nebraska (Lincoln, NE)
 Univ. of Nebraska (Lincoln, NE)
 Undecided
 Univ. of Nebraska (Lincoln, NE)
 Undecided
 Univ. of Nebraska (Lincoln, NE)
 Undecided
 Undecided
 Univ. of Nebraska (Omaha, NE)
 Creighton University (Omaha, NE)
 Univ. of Nebraska (Omaha, NE)
 Arizona State University (Tempe, AZ)
 Undecided
 Wayne State University (Wayne, NE)
 St. Olaf College (Northfield, MN)
 Iowa Central (Fort Dodge, IA)
 Washington University (St. Louis, MO)
 Univ. of Kansas (Lawrence, KS)
 College (Mexico)
 Univ. of Nebraska (Omaha, NE)
 Undecided
 Univ. of Nebraska (Lincoln, NE)
 Univ. of Nebraska (Omaha, NE)
 Univ. of Nebraska (Lincoln, NE)
 Army
 New Mexico State University
 (Las Cruces, NM)
 Military
 Undecided
 The Chicago Art Institute (Chicago, IL)
 Univ. of Nebraska (Lincoln, NE)
 Univ. of Nebraska (Omaha, NE)
 Work
 Univ. of Iowa (Iowa City, IA)
 Univ. of Nebraska (Lincoln, NE)
 Univ. of Nebraska (Omaha, NE)
 Creighton University (Omaha, NE)
 Univ. of Nebraska (Lincoln, NE)
 Univ. of Nebraska (Omaha, NE)
 Undecided
 Undecided
 Work
 Undecided
 Univ. of Nebraska (Omaha, NE)
 Univ. of Nebraska (Lincoln, NE)
 Kansas State (Manhattan, KS)
 Univ. of Nebraska (Omaha, NE)
 Undecided
 Undecided
 Work
 Undecided
 Univ. of Nebraska (Omaha, NE)
 Univ. of Nebraska (Omaha, NE)
 Univ. of Nebraska (Omaha, NE)
 Pacific Lutheran University (Tacoma, WA)
 College/Undecided
 Work
 Work
 Rockhurst University (Kansas City, MO)
 College/Undecided
 Work
 Hastings College (Hastings, NE)

Pina, Adriana
 Ponec, Brooke
 Poole, Shawneca
 Porter, Keiara
 Pratt, Carrie
 Radi, Christina
 Rager, Amber
 Ramirez, Priscilla
 Randolph, Errol
 Reed, Jeremy
 Reese, Jimos
 Reichenbach, Birte
 Renfrow, Shana
 Rennard, David
 Renner Jr., James
 Reynolds II, Wayne
 Rhoades, Rosalind
 Richart, Jamison
 Rinaker, Benjamin

Univ. of Nebraska (Omaha, NE)
 Univ. of Nebraska (Omaha, NE)
 Air Force
 Undecided
 Army Reserves
 College of St. Benedict (St. Joseph, MN)
 Graceland University (Harmoni, DA)
 Univ. of Nebraska (Omaha, NE)
 Iowa Central Junior College
 (Fort Dodge, IA)
 Undecided
 Jackson State University (Jackson, MS)
 College (Germany)
 Undecided
 Harvard University (Boston, MA)
 Undecided
 Univ. of South Dakota
 (Vermilion, SD)
 Work
 Air Force Academy
 (Colorado Springs, CO)
 Northwestern University
 (Evansville, IL)

Sena, Jordan
 Sequenzia, Sara
 Serrant, Lee
 Servellon, Marlon
 Sheehan, Michael
 Shelstad, Sonja
 Simmons, Michaela
 Slowik, Jeremy
 Smith, Jacky
 Smith, Joshua
 Smith, Luke
 Smith, Shayla
 Spielmann, Stephanie
 Stanek, Jessica
 Stava, Kristina
 Stearns, Jason
 Stecker, Lucas
 Steffensmeier, Cara
 Sternberg, Aimee
 Stoffel, Colin
 Strickland, Jeremiah
 Strickland, Minsu
 Strobel, Marnie
 Stutzka, Jeremy
 Super, Mary Lynn
 Swendroski, Wendy
 Swirzinski, Jane
 Tatum, Courtney
 Taylor, Joel
 Thies, Justin
 Thomas, Aaron
 Thompson, Andrew

Univ. of Nebraska (Lincoln, NE)
 Undecided
 Univ. of South Dakota (Vermillion, SD)
 Undecided
 Univ. of Nebraska (Omaha, NE)
 Univ. of Texas (Austin, TX)
 Undecided
 Work
 Univ. of Nebraska (Lincoln, NE)
 Iowa Central Comm. College
 (Fort Dodge, IA)
 Undecided
 Undecided
 Univ. of Nebraska (Omaha, NE)
 Univ. of Nebraska (Omaha, NE)
 Undecided
 Work
 Univ. of Nebraska (Omaha, NE)
 Creighton University (Omaha, NE)
 Univ. of Nebraska (Kearney, NE)
 Undecided
 Univ. of Nebraska (Lincoln, NE)
 Univ. of Minnesota (Twin Cities, MN)
 Year off
 Metro Comm. College (Omaha, NE)
 Lehigh University (Bethlehem, PA)
 Univ. of Nebraska (Omaha, NE)
 Univ. of Nebraska (Lincoln, NE)
 Univ. of Nebraska (Omaha, NE)
 Undecided
 Undecided
 Undecided
 Wittenburg University
 (Springfield, OH)
 Univ. of Nebraska (Lincoln, NE)
 Undecided

Thompson, Cerone
 Thompson, Kellie
 Thornburg, Noelle
 Totzke, Constance
 Tripp, Christian
 Tritsch, Derek
 Vaughn, Versie
 Voss, Sonja
 Wall, Gelisha
 Ward, Mikayla
 Wardlow, SirWayne
 Waters, Joseph
 Waters, Stuart
 Weis, Elizabeth
 Welbourn, Kelly

Berklee College of Music (Boston, MA)
 Creighton University (Omaha, NE)
 Univ. of Nebraska (Omaha, NE)
 Univ. of Missouri (Columbia, MO)
 College/Undecided
 Creighton University (Omaha, NE)
 Metro Comm. College (Omaha, NE)
 Univ. of Nebraska (Lincoln, NE)
 College/Army
 Marquette University (Milwaukee, WI)
 Univ. of Iowa (Iowa City, IA)
 Iowa State University (Ames, IA)
 Nebraska-Wesleyan University
 (Lincoln, NE)
 Work

Wells, Bethany
 West, Jennifer
 Weston, Denise
 Wheeler, Jesse
 White, Tamay
 Whitehill, Derek
 Whitmyre, Amy
 Wiedman, Sarah
 Williams, Brandon
 Williams, Emily
 Williams, Terrill
 Williamson, Jason
 Willits, Chad
 Wilson, Brian
 Windom, Logan
 Wolff, Norene
 Wolfson, Alex
 Womacque, Matthew
 Woodard, Jessica
 Woods, Danielle
 Wyatt, Monique
 Ybanez, Dora
 Yin, Amy
 Yoshikawa, Misato

Kansas City Art Institute
 (Kansas City, MO)
 Wichita State University (Wichita, KS)
 Undecided
 Dana College (Blair, NE)
 Univ. of Nebraska (Lincoln, NE)
 Clarkson College (Omaha, NE)
 Arizona State University (Tempe, AZ)
 Univ. of Michigan (Ann Arbor, MI)
 Univ. of Nebraska (Lincoln, NE)
 Work
 Undecided
 Iowa Western (Council Bluffs, IA)
 Army
 Metro Comm. College (Omaha, NE)
 Tufts University (Boston, MA)
 Univ. of Kansas (Lawrence, KS)
 Univ. of Nebraska (Lincoln, NE)
 Undecided
 Metro Comm. College (Elkhorn, NE)
 College/Undecided
 Iowa State University (Ames, IA)
 College (Japan)



The most memorable moments I spent at Central were watching my friends grow and change over the years.

Carrie Pratt

Ringbloom, Eric
 Robertson, Stephanie
 Rohmeyer, Katie
 Rose, Jayme
 Rosenthal, Jessica
 Rosenthal, Tracy
 Ross, William
 Salgado, Armando
 Salgado, Jose
 Sayles, Christopher
 Schaffer, Judith
 Schellevis, Maria
 Schlotzhauer, Josie
 Schulte, Kara
 Schultz, Jeremiah
 Seefus, David

Undecided
 Undecided
 Undecided
 Creighton University (Omaha, NE)
 Work
 Methodist College of Nursing
 (Omaha, NE)
 Work
 Undecided
 Univ. of Nebraska (Omaha, NE)
 College/Undecided
 Metro Comm. College (Omaha, NE)
 College (Holland)
 Work
 Metro Comm. College (Omaha, NE)
 College/Undecided
 Southeast Comm. College (Milford, NE)



A look into the future of the

Class of 1999

Senior Section

Three CHS students make college decisions early

By Mary Lynn Super

Making the decision about which college to attend can be stressful and overwhelming. But three Central seniors had their decisions made early in the school year.

Dave Rennard, Jamison Richart and Brandon Williams said they were certain of their future plans by the end of first semester, if not earlier.

Rennard was accepted to Harvard University by way of Early

Decision. This is an option given to students, giving them the chance to apply to a college early and therefore being accepted early. The benefit of such an option is that, if the student is accepted, he saves the expense and time associated with applying to other colleges. The only stipulation is that the student must attend that college if accepted.

"There was never any question about it. I've wanted to go to Harvard since I was in first grade," Rennard

said. He said that the main reason for his desire to attend Harvard comes from the fact that his father graduated from there.

"I don't know whether I wanted to impress him by going to Harvard, or if I simply wanted to follow in his footsteps," he said.

So, ever since he was a child, Rennard said that his motto when considering colleges was "Harvard or Bust." Although he

originally became interested in Harvard because of his father, he said that his reason for staying interested is that he wants to get the best education he possibly can. "I want to learn everything," Rennard said. "Harvard is the place where I imagine it can be done."

Jamison Richart also said that education is important to him, which was a large factor in his decision to attend the Air Force Academy, in Colorado Springs, Col.

"Basically, I visited [the

Academy] and was impressed with the military way of life," Richart said. "I also knew that I wanted to be a pilot, and I could find both there."

Richart said that he knew very early in life that he wanted to be a pilot. Never once did this desire waver, he said. "It all began when I spent a lot of time flying around Nigera with my family," he said.

Williams said that although his decision was not made as early in life as Richart's, he knew that he wanted

to play football in an option given to the University of Michigan.

"Michigan gave me the choice to play my freshman year," Williams said.

"Nebraska wanted to play offense."

Otherwise, he said the academic programs and staffs are on the same level.

Williams also said that his college decision early made much easier.



Rennard



Richart



Williams

RUSHING



Going once...

Left, an auctioneer attempts to get people to pay even more money for the item up for sale. Above, Senior Andrew Thompson displays one of the many items donated for sale at the auction.



PHOTOS BY CHARLIE CARLIN/THE REGISTER

Going, Going, Gold!

By Mary Lynn Super

Between a 1993 Ford Taurus and a much-coveted OEA parking lot pass, the items sold at this year's annual scholarship auction brought in a substantial amount of money, Principal Dr. Gary Thompson said.

He said that the money raised totaled over \$17 thousand.

Some of the money raised by the auction goes to the athletic fund, but a substantial amount is given to the CHS Foundation, a committee that allots scholarships to Central seniors.

Aaron Rich, junior, said that he thinks that the auction is so successful because of the quality of prizes that it

provides. Rich's parents bought a package that included a chance for him to choose his own schedule and the placement of his locker.

"My parents probably paid too much money for it, but I'm really happy, and I can't think of a better place to give money to," he said.

Tickets to the auction were sold at \$15 apiece. Besides the items that were auctioned off, "prize balloons" were also sold.

These "prize balloons" contained slips of paper with numbers that could be matched to donated prizes, many of which were gift certificates.

Students from many different school organizations also donated their

time. The volunteers performed a number of activities, including selling the balloons, serving food and helping with the auction itself.

Senior Neal Duffy, who volunteered through Student Council, said that he felt that the best aspect of the auction is the unity that it creates.

"It's a good way to bring all of the organizations together for a fantastic cause," Duffy said.

Junior Nicole Bowers said that the best part of the event was the opportunity for parent and community involvement.

"The amount of people [who attended] shows that people still care about the community," she said.

Individuality prospers at Mass. college

By Marci Holmes
junior staffer

When enrolling in college, many students do not expect to find "The Relationship Between Dance and War" on their list of prospective majors.

In fact, while high school students all over the country fret over their major when applying to college, students at one school take the time to find their unique field and then design their own major.

Hampshire College, located in Amherst, Mass. (home of such prestigious schools as Mount Holyoke and Amherst Colleges), differs from the ordinary liberal arts undergraduate schools in that students have no boundaries on their choice of study for a college degree.

Hampshire bases its degrees on the fulfillment of five different contracts. These contracts relate to a student's favorite study topic and are organized with a group of teachers within the subject.

While the school doesn't have set departments, the contracts are concentrated in five main areas such as Humanities or the Arts.

Sound different? Well it is. The school has no letter grades either, just a pass/fail requirement. But while Hampshire may seem like an ideal place to attend, it is much harder than what many may think, one staff member said.

"This system is very challenging to the student," Gregory Prince, Jr., University president, said. "The success of an individual depends solely on the willpower and motivation that one possesses."

So, while the overall concept seems easy, the challenge of finding out what one really wants to study can prove to be the most difficult for the 1100-plus students that currently attend the University, Prince said.

While many seniors contemplate what to major in while filling out college applications, Hampshire students don't decide their prospective major, or focus, until their second or third year in college. This gives students time to organize a plan of study that fulfills their requirements and interests them the most, said Prince.

Ryan Cooper, a second-year student at college, is in the process of determining his topic.

"I want to focus on something that combines economics and the environment," Cooper said. "Then I can use the results of my future role in fighting for the rights."

Each major topic is purely individual and some are extremely original, Prince said.

Prince said he is working with an undergraduate who is focusing her study on the relationship between dance and music resolution. She said she plans to utilize research towards the production of a major which will serve as her senior year thesis.

Such individualistic topics can only come from creative people, and Hampshire College presents a variety of personalities and interests, Cooper said.

"The typical person that attends our school is the one that everyone ignored in high school, the student who had all the original ideas that everyone else saw as weird," Cooper said. "Somehow we all ended up here."

Students are admitted to the college based on their writing samples, which are required for an extensive application.

Hampshire College does not look at SAT scores, ACT scores, or grade-point average of a student in the process of admission.

"We have found that students who excel at school are not those with the 4.0, sparkling record, but those who really have ambition and drive in their career pursuits," Prince said.

While the college may call to particular students, some Central High seniors said that they would not like to attend a school with such a system.

"I need structure in my college education," Liz Montag, senior, said. "Pursuing a major like that would require a lot of willpower that I don't have."

Yet for the few that do choose the college, it is almost guaranteed that they will graduate with a major and a college education perfectly suited to their creativity and interests, Cooper said.

HAMPSHIRE COLLEGE

Location: Amherst, Mass.
Number of students enrolled: 1157
Acceptance Rate: 64 percent
Cost: \$30,715
Graduating students (1997): 222
Average class size: 17

College visits usually prove beneficial, counselor says

By Marci Holmes
junior staffer

As juniors take that last look back, they can wave good-bye to those carefree, non-stressful nights as an underclassman.

Though many juniors may think they can slack off this summer and their entire senior year, students may want to think twice about wasting their summer away.

Richard Servis, college guidance counselor, said that while many students seem to wait until their senior year to start visiting colleges, spring and summer are the ideal times to take trips and plan their college years.

"Visiting a university early helps students because it makes them more excited and less apprehensive when they enter school and

realize everything they have to do their senior year," Servis said.

Many colleges offer programs to help students decide which college to attend, and such programs are beginning to make a big impact on the enrollment process, a Rockhurst College representative said.

Junior Calla Pappas said she started her college plans in January when she partook in Rockhurst's Rockview visitation program. This program buses students down to the college, where they spend a day and night just as a typical student would.

"I think the visitation program is a great idea because the people there made me feel really wanted and

treated me like I was one of their students," Pappas said.

Many colleges do not have the budgets to offer such a program, but those who do have found the results extremely rewarding, Servis said.

At visitations, potential enrollees are given the chance to attend classes, tour the college and even spend the evening with various Rockhurst students.

"We actually went out with the students and found out what the nightlife was like," Pappas said.

While the University of Nebraska-Lincoln does not

offer such a program, its Red Letter Days have become increasingly popular among future students. The program was devised to show what life is really like in college, and many schools have incorporated these visits into their daily activities.

Such sessions offer students a chance to learn about financial aid, potential scholarships, majors, housing and the overall attitude surrounding the establishment.

Though colleges offer the same type of program, the attitude surrounding the students guiding tours or giving lectures has a significant impact on a student's final decision, Servis said.

"Two universities that I visited totally turned me off because of the lack of respect

they seemed to have for their visitors," said Annika Carlson said. "It was as if I thought I was not good enough to go to that school."

Carlson's ultimate decision to attend the University of Nebraska-Lincoln came as a result of these visits.

"I wanted to go where they seemed to care about me," Carlson said. As this is the place where they are going to spend their next four years or more, town and physical atmosphere has to fit their needs and wants, Servis said.

Although some return from college visits turned-off by a school, many express a great desire to attend the institution. So visitation seems to be a win-win situation, Servis

